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March 2003 • Free



Photo by Joe Zainer

Short-term goals are based upon understanding the full demands of your broader goal. Grab that bottle, you'll need it to last the race.

## Steps for Being Well Prepared

ERIK MOEN PT, CSCS

New seasons are exciting. Returning is like going back to school after summer break. The start of a new bicycling season holds promises of attempts at new rides or races, improving your times on your favorite rides, and getting to socialize with the usual suspects. These seasonal desires can really be called goals; they are the stars you reach for. Goals can be delineated into short-term and long-term.

Your long-term goals should be considered first, as they will be comprised of a series of short-term goals. How you define your long-term goals should be based on your dreams or big-picture. The time frame on long-term goals can be a minimum of six months, or as long as your life span. Of course, setting a long-term goal does not always guarantee long-term success and if you never aim for anything, you'll hit it 100% of the time. However, having a goal better enables you to achieve something meaningful. I am a big fan of shooting for the stars. An efficient way of reaching the stars is to involve a coach or knowledgeable expert. A coach can help design performance-markers, which are required in order to compete at your chosen level. A coach can also help bring the reality of task completion to your personal situation. Examples of long-term

goals might be finishing your first Seattle to Portland in two days, completing your favorite century 20 minutes faster than your previous best, riding a 40-km time trial in under an hour, or completing a criterium race with the pack.

Short-term goals are based upon understanding the full demands of your broader goal and recognizing the reasonable steps of the physical and mental progressions necessary to match a given long-term goal. Short-term goals should be measurable and realistic; things that are under your control. They are the stepping-stones to your long-term goals. Some form of a performance test should be established to determine your progress towards goals. Short-term goals can be based on things such as flexibility, bicycling specific skills, endurance, strength and physiology. A key step in goal setting is to identify the parameters that will make your long-term goals a reality. Short-term goals direct you to being 100% prepared for your chosen long-term goal. Some general short-term goals for any long-term goal might include the following:

1. Understand heart-rate training zones.
- The intensity at which you ride your bike is important.

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▶ Feature

## Going Nowhere . . . Fast

By TARYN FAGERNESS

"Get into the spin," commands James Knippel, cycling class instructor at the posh Seattle athletic club, ZUM. "Everybody out of your saddles, we're holding for eight, seven . . ." The pack pedals furiously; sweat drips; muscles burn. This is performance cycling, also known as spin. Knippel describes it as "multi-terrain training with difference paces and different levels of intensity," all on a stationary bicycle surrounded by fellow spinners, dare I say spinsters, pushing the pedal to the limit and back again.

Recently the term "spin" has snuck into media, being mentioned on Fox's reality show *Joe Millionaire*, cruise commercials and MTV's *The Real World*. Determined to discover the burn behind this new buzzword I joined Knippel for a class at ZUM to see what all the pedaling was about.

"Every kind of person spins," claims Knippel. Those looking for calorie burning and weight loss can spin, and elite athletes spin to train during the off-season. "The bike is adjustable, if it

becomes too stressful you can lower the intensity," explains J.D. Barrale, Membership Director for ZUM and 20-year veteran of the fitness industry. "You can be a novice athlete and get something out of it as well as someone who does R.A.M. (Race Across America)" says Andrea Gravatt, a ZUM member and marathon runner. This is one reason, according to Knippel, spin has been popular since performance cycling classes came to the name "spinning" in 1989 when cyclist and personal trainer Johnny G opened the first Spinning studio in California. However, Knippel is quick to point out that fitness in general has come to the forefront. "People are drawn to different activities like pilates, yoga and spin," says Knippel. And spin is different, at least from the run of the mill, or treadmill, workout, a difference I experienced.

After adjusting the saddle height and tuning my headset Knippel begins the class at a smooth pace, disco music thumping out a beat. I look around as

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▶ Feature

## Susie Stephens Memorial Rides

By TARYN FAGERNESS

One year after her tragic death, Washington's bicycle and pedestrian communities remember Susie Stephens with three commemorative rides and walks planned for Friday, March 21. The rides and walks will take place in Seattle, the Methow Valley in Central Washington, and Spokane.

In Spokane, Susie's birthplace, the ride will begin at noon from Comstock Park and wind through the neighborhoods where Susie grew up. "There will also be a commemorative walk," explains Barbara Culp, Executive Director for the Bicycle Alliance of Washington, "since Susie was a pedestrian when she was killed." Susie's mother is planning to participate in the Spokane walk. The Spokane Bicycle Club is coordinating the event for the Bicycle Alliance.

The Methow Valley ride is scheduled to start at 11:00 a.m. from the Red

Barn in Winthrop, a small mountain biking community in Central Washington where Susie lived. "She just loved that area," says Culp. Participants should bring a lunch for this fifteen-mile ride sponsored by the Methow Conservancy.

In Seattle the ride and walk will get underway at 4:00 p.m. from Occidental Park. Culp hopes bicycle commuters will be able to join the ride, which will end in Fremont.

At each ride location speakers will talk briefly about the importance of the ride and the ride's outcome. City Councilwoman Heidi Wills will speak at the Seattle event. Other council members and the mayor have been invited as well. "We want to approach these rides from a bicycle and pedestrian perspective," says Culp. Each city has its own bicycle and pedestrian safety issues, the Bicycle

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## Bikestation Coming to Seattle

By TARYN FAGERNESS

Bikestation, the latest in clean transportation innovations, has found a future home at the Mottman Building, in the Pioneer Square area of Seattle. According to Georgia Case, Director of Media and Public Relations for the Bikestation Coalition, Bikestation Seattle is still in the planning stages, but will hopefully open for Bike-to-work day, May 16, 2003. Bikestation's goal is to encourage people to choose clean modes of transportation such as bicycles and electric vehicles.

Seattle's Bikestation will be modeled after Bikestations already operating successfully in Palo Alto, Berkeley and Long Beach, California. Bikestation Long Beach features secure valet bicycle parking, changing and restrooms, bicycle repairs and accessories, bike rentals, electronic lockers for overnight bicycle storage, free air for tires, a café, and electric scooter, bicycle and Ford Think city-car rentals. These city-cars carry two passengers and are available to rent 24 hours a day. Good for 50 miles each charge and capable of going 55 miles per hour, these city-cars easily meet the needs of local transportation. The electric cars, scooters and bicycles are

all emission free. To take advantage of this public facility, Long Beach Bikestation users sign up for one of three levels of membership, ranging in price from free to \$35.

According to Case, Bikestation Seattle will also employ a subscription-based membership system allowing members access to vehicle-sharing services, bicycle parking, changing rooms, retail sales and other benefits. Users can sign up for their proximity card via the Internet or at Bikestation's E-station located at the facility.

Bikestation Seattle is funded by King County Metro, a grant from the Federal Transportation Commission and WestStart, an advanced transportation technologies consortium out of California. Also involved in the project is the Bikestation Coalition, a national non-profit whose mission is to improve the quality of life in urban communities by developing public bike-transit centers.

"It's a cutting edge idea," says Case. "I think it will fit with Seattle's image and the lifestyle of the people who live here." Watch for later coverage on Bikestation Seattle's progress and spring opening.

## I-go Environmental Impact Study to be Completed Early April

By TARYN FAGERNESS

Brake lights stretch across Lake Washington's I-90 floating bridge in both directions, commuters wait, buses are late, and morning and evening congestion over the I-90 bridge is only projected to get worse by 2005. A transportation solution is needed, but which solution? A draft Environmental Impact Study of the five proposed roadway configuration alternatives for the I-90 bridge is scheduled to be completed for the April 4th Federal Register, said Mehrdad Moini, I-90 Project Manager with the Washington State Department of Transportation. The study will examine the environmental, safety and traffic consequences of each design proposal and help to inform the final solution.

After the draft EIS is completed a 45-day comment period will follow. According to Andrea Tull, I-90 Project Manager with Sound Transit, open houses will take place in Seattle, Mercer Island and Bellevue allowing for public and agency comment. Washington Department of Transportation, Sound Transit and the Federal Highway Commission will then choose a

preferred alternative, and another EIS, which only examines the chosen option, will begin.

The current proposals include the highly debated R8a which would decrease the bike path by 2 feet and squeeze traffic right next to the path, cutting the 10-foot buffer between traffic and the bike path to a scant 2 feet. These cuts would accommodate extra lanes of traffic.

Bicyclists and pedestrian groups are worried about added wind, and decreased visibility, room, and overall road and path safety if R8a is implemented. Rebecca Slivka, a member of the Cascade Bicycle Club believes adding lanes will not solve the bridge's traffic problems. "The proposed alternative encourages more people to drive," Slivka says in a press release. "We have reached a point where traffic will never get better, so our only option is to improve access for buses, bicyclists and pedestrians."

For information on each of the proposed roadway configurations visit the Sound Transit website at [www.soundtransit.org/stplans/easting/I\\_90.htm](http://www.soundtransit.org/stplans/easting/I_90.htm)

## Racing News

### Women's Challenge off the Calendar

This year would have marked the 20th anniversary of the Women's Challenge. However, instead of celebrations it is the end of an era for women cyclists and all will feel the huge hold that is left by the cancellation. First known as the Ore-Ida, the race was the first to take women's cycling to a higher level, to provide women with longer races and more difficult stages. Jim Rabdau, the founder of the event, had an idea of what women cycling could be, and he did not let anyone, even the International Cycling Union, tell him that it was impossible. Rabdau and his team created a unique world-class event that saw riders from 29 countries, including many Olympians and World Champions, fight for victory on the tough roads of Idaho. In the end money, or lack thereof, was the reason for the close of this one of a kind event.

### Tour of Willamette Cancelled for 2003

Stalled sponsorship negotiations and increased police escort fees forced Larry Smith, the organizer of the Tour of Willamette, to cancel the 2003 edition of the event. However, Smith seems to have found a potential sponsor for next year's event and is actually working to finalize the details of the agreement. "I spent a lot of time working with other groups and it fell through; I found other interests but we just did not have enough time to put everything together for this year's event. However it looks very promising for 2004," says Smith.

### News from the Worlds

Anne Grande from Des Moines, WA posted the best U.S. results at the Cyclocross World Championships presented in Monopoli, Italy earlier this year. On a muddy and slippery course Grande took 10th place overall in the elite women's race, though she felt she could have finished amongst the top six. A tangled wheel with another rider on the first lap and failing to hear, like many other riders, the bell announcing the final lap cost her a few positions. But all and all, an excellent result from a woman who could barely ride her bike at the beginning of this cyclocross season.

Two other Northwest riders were in Italy with the National Team. Portland resident Barry Wicks was the top U.S. rider in the Espoir category with a 30th place finish while David Fleischauer from Olympia, WA took the 52nd spot in the junior race.

### Training Opportunities for Women

The Marymoor Velodrome Association is preparing to launch a new program, designed especially for women who want to learn how to ride the track. Starting on Thursday, April 17th and through August 28th, the velodrome will welcome all women interested in adding this cycling discipline to their repertoire or for those looking for training alternatives. The hour-and-a-half sessions start at 6:00 p.m. and coaches will be available to teach various techniques and assist with the learning process. Track cycling is a great way to improve your fitness level and learn to spin more efficiently while having fun. More information will be available soon at [www.nwvc.org](http://www.nwvc.org) and <http://marymoor.velodrome.org>.

## Mayor Briefed on Missing Link

By TARYN FAGERNESS

The Seattle Department of Transportation Project Team, studying design options for the Burke-Gilman Trail extension through the Ballard corridor, met with the mayor's office January 28. According to Patrice Gillesp-Smith with SDOT, the Team updated the mayor on the continuing project study, but this meeting was not the Team's final recommendation.

The meeting comes after traffic engineer Robert Spillar joined the Project Team December 2002. Previously the Project Team did not have a traffic engineer. New to the city and the project, Spillar can provide a fresh look at the project and offer technical assistance to help make the final recommendation, explains Gillesp-Smith.

Meanwhile the bicycle and pedestrian communities continue to advocate for the Green Route, a route option that would take the trail through Ballard's industrial corridor parallel to the railway. This highly debated solution to the Burke-Gilman "missing link" would keep trail users separated from traffic. Kevin Carrabine, of the Friends of the Burke-Gilman Trail, asserts the Green Route is the "simplest, safest way." However, the route has proved challenging, with heavy truck traffic and an operational railway to consider. "It's the most difficult area the city has

dealt with by far," says Scott Roberts, SDOT Project Manager. Opponents of the trail, including Salmon Bay Sand and Gravel owner Paul Nerdrum, believe bringing the trail through an industrial area will be the beginning of the end for business and also creates too many safety concerns.

As the debate continues, plans for extending the Burke-Gilman Trail from the Ballard Locks to the Golden Gardens are underway. The section will be completed in two parts; the first, Ballard Locks to NW 60th Street, will hopefully begin construction this September, explains Roberts. Planning for the 60th to Golden Gardens leg will begin planning once the previous section is finished.

When extension construction begins the trail-less stretch through Ballard will have earned its "missing link" nickname, being the only gap in the currently 17-mile-long trail. Louis McGrody of the Washington Bicycle Alliance encourages people to write the mayor or city council to help fill that gap with the Green Route. "It's just the most logical piece," advocates McGrody.

For more information on design ideas, route options and contacting the mayor visit the Friends of the Burke-Gilman Trail at [www.burkegilman.org](http://www.burkegilman.org).

## Movie Presentations to Benefit Track Cycling

If you like track cycling or if you are curious and want to find out more about this sport, don't miss this unique opportunity to see "Six Day Bike Rider," a 1934 film about a rider who competed during the 1920s and 30s at the Madison Square Garden six-day track racing events. Also, a new documentary about velodrome racing, created in Kingston, WA will be presented that evening. Projection is scheduled for Thursday, March 6th at 7:00 p.m.

at the JBL Theater in the Experience Music Project. Tickets can be purchased in advance at the Marymoor Velodrome booth during the Seattle International Bicycle Expo or at the door on the evening of the show for \$10. Benefits from the evening will go towards the Marymoor Velodrome racing programs.

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## OPINION

### Traditions to Mark the Season Opener



By Jay Stilwell  
Bicycle Paper  
publisher

At first, I was reluctant to write about the same things that make up the beginning of the Northwest cycling season - the Seattle International Bicycle Expo, Chilly-Hilly bike ride, Bicycle Paper annual calendar. Then, suddenly, I came to the realization that the reason why we look forward to these events is because they are more than merely markers of the beginning of the cycling season in the Northwest. They are traditions that have developed over the decades and represent the connection between the memories of past seasons and the promise of new beginnings. With so much uncertainty today with the economy, gas prices, and our world political situation, it is nice to know that season after season some things will always be there for us to enjoy.

As in the thirty-one seasons before, the March issue is the first of a new season and highlights all of the cycling events in our annual calendar. For us at Bicycle Paper, everything is new and

exciting; we patiently wait for the upcoming season to unfold. It becomes a time when we discover new events and people, as well as reconnect with old friends, readers, and advertisers from previous seasons. In this issue we work hard to provide a comprehensive outlook for the upcoming season and share our excitement with our readers. This is one tradition that we look forward to each year.

The Seattle International Bicycle Expo is another tradition that starts the new season. With many exhibitors from all over the United States and Canada, Expo is a great way to find out more about new products and events that are showcased at this event. Also you can discover the people and personalities that make the Northwest cycling community unique. One of our favorite traditions at the Expo is to give awards for the most unique, classiest and best of the show booths. It is our way of highlighting the effort that many exhibitors put in to celebrate the new season.

The other traditional season opener is Chilly-

Hilly on Bainbridge Island. This bike ride is the first of the new year and celebrates what makes cycling unique to the Northwest. This ride includes a trip on a ferry and a tour around one of the islands in Puget Sound. Though Bicycle Paper's co-publisher, Paul Clark had ridden this ride many times in past seasons, he decided to ride Chilly-Hilly last year with his son, Alex, eight was pedaling with Dad on an attachment to Paul's bike. Paul shared after the ride that he had enjoyed the experience and that the Alex was thrilled to be a part of the event. Maybe Alex will make the Chilly-Hilly a part of his own traditions.

Looking forward, knowing that an event that we enjoy is going to happen each year and sharing that joy with others is what keeps a race, ride or show from becoming repetitive, and transforms it into a tradition. It is hard to imagine the beginning of the cycling season without these events and being able to share this joy with newcomers and old-timers alike. These cycling traditions are part of our ritual to celebrate cycling in the Northwest. Please come join us as we usher in the new season.

## FEATURE

### ► "Going Nowhere" from page 1

we gain some speed, find a rhythm; a cluster of cyclists pedals towards Knippel, most going faster than myself, a beginner. We look as if we are worshipping Knippel and his calculated commands. "Lets add some resistance now, find how much you can add comfortably and feel your body working," says Knippel and I give my tension knob a twist. Before I know it we're adding and removing resistance, standing off our saddles and putting one hand behind our backs. Knippel claims these extras add interest, fun and strengthen even more muscle groups than regular cycling without the impact of other aerobic exercises. Spin works the hip flexors, glutes, legs, trunk stabilization and arms. "You can sit and spin and before you know it you've gained strength and endurance," explains Knippel.

"Some exercises are meant to simulate the road," says 3-year spinner and ZUM member, Amy Szeliga. Classes teach road technique and how to work efficiently on the road. "[Spin] is effective training for mountain and road biking," comments Knippel. "It has improved my own road biking, especially hills." However, ZUM member Morgan Belford feels the extras do not add to his bicycling abilities. As a tri-athlete Belford finds longer, endurance-oriented cycling workouts more helpful, but he says spin classes push him more. "I always get more out of it in a class," he adds.

I quickly begin to agree with Belford. I would never push myself as hard without the support of a motivating instructor and a pack of pedal-pushing peers. Knippel says people choose to cycle in a class because of a social mentality. As Belford puts it, "It's just more fun to do with others." But perhaps one of the core reasons people spin

together: "Misery loves company," laughs Knippel. It is this "misery" Szeliga enjoys. "The more intense the better," she says. Cycling in a class with an instructor helps challenge her to get outside her box, or safety zone. "Spin is a good thing for people who have trouble motivating on their own," she continues. "If you do it alone you don't push yourself," says Gravatt, "but in a class you keep going until the music is over."

Knippel, of course, only represents one style of spin. Szeliga has spun at various clubs for the past three years. She claims some classes are more serious, others more entertaining. Szeliga explains that one class had a disco ball and fancy lights, another dimmed the lights to create a mood. Others have a heavy visualization component. "In one class I took the instructor was like, 'Now we're going past Safeco Field, now we're going over speed bumps,' and the speed bumps were pushups," says Szeliga. Barrale asserts, "The quality varies with the instructor." Because of this, Barrale says people can find an excellent spin workout even at the average gym. With a motivating and knowledgeable coach, quality equipment and a good bike fit, anyone can spin and sweat.

Keeping this in mind, I decided to check out my neighborhood athletic club to see how it was spinning. I arrive at the Gig Harbor Athletic Club and introduce myself to five-year cycling instructor Margie Crawford. "Today is a race day," she tells me, and I follow her into a purple room where 12 stationary bikes wait for the after-workout group. As Crawford sets up her bike and helps newcomers raise and lower their seats, we chat. "Yeah, today is what Johnny G calls a race day, we warm up then go 15 minutes as hard as we can, 10 minutes recovery then another hard 15," she tells me.

Crawford incorporates visualization into her classes. "You never know what clues people will



Photo courtesy of ZUM

**Check out your neighborhood athletic club to see if they offer spin class like ZUM.**

respond to," she points out. "I'll tell people, now there's a breeze in your face, now we're on a flat road, now a slight hill." Crawford has even told classes to visualize mud on their tires. "And just yesterday," Crawford continues, "I moved the class in front of the mirrors so they could see themselves."

Crawford's ability to get her classes to focus becomes apparent as the evening class filters in with nothing but praise for Crawford's style. "In three months she's given me better cadence, form and focus," claims Scott Turner, a class regular. "I've been a mountain biker for 10 years, but since her class I got a street bike," he admits. "And when I'm on my street bike I focus four feet ahead of me and I hear her voice." Other people overhearing our conversation laugh in agreement. "It took this class to make me realize that I can focus and put out 110 percent," says Turner.

As Crawford adjusts the music, which can range from Fat Boy Slim to Leonard Skinnard, she invites me to stay, but this time I pass; I need to ride my own bike home before dark. As I pedal away from the club I can't help thinking about that room full of people with an imaginary breeze in their faces, getting so much benefit by going nowhere at all. I almost feel guilty for gaining ground.

► "Susie" from page 1

Alliance hopes some of those issues will be addressed with new vigor as a result of the commemorative ride. "We want to keep Susie's spirit for advocacy alive," explains Culp.

Susie Stephens was a national leader in bicycle and pedestrian safety advocacy. Susie worked as Executive Director of the Bicycle Alliance in 1994 and continued with the organization until 1998. Under her leadership the Bicycle Alliance helped push the Cooper Jones Bicycle and Pedestrian Safety Education Act through the political process to its passage in 1998. The Act was named for Cooper Jones, a Spokane boy who was killed by an inattentive motorist during a bicycle race. Among other things the act created a statewide committee that works exclusively on bicycle and pedestrian safety and gives grants to help local safety programs. Susie went on to be the first Managing Director of the Thunderhead Alliance, a non-profit organization made up of national bicycling advocate leaders. Most recently Susie started her own consulting business.



Susie Stephens

Those who knew her remember Susie as someone passionate about her cause. "Susie had a contagious enthusiasm. Advocates from Australia to Alaska, Florida to Vancouver have told me that after meeting Susie at a conference or a Thunderhead Retreat they returned home energized and rededicated to the work at hand," says Adam Spey, Executive Director of the Thunderhead Alliance, after Susie's death. "She could motivate anyone to do anything," remembers Culp. "Her passion would really enflame people."

Along with being an outspoken advocate for bicycle safety, Susie was a passionate cyclist who pedaled to work often and rode tours along the Pacific Coast, Australia and New Zealand. She also led a team of advocates, with the Transportation Choices Coalition, on a tour across Washington to spread the message about transportation alternatives.

With all her work for pedestrian safety, Susie's death came as a shock to the pedestrian and bicycling communities. According to the police report, a tour bus struck and killed Susie as she

crossed a crosswalk on a downtown St. Louis Street. She was in St. Louis working as a consultant for the National Center for Bicycling and Walking to help run a conference on innovative approaches to transportation. The driver of the bus, Michael Wamble, plead guilty in municipal court to failing to yield to a pedestrian signal and received the maximum fine of \$500 and no jail time, explains St. Louis City Counselor John Bouhasin. Police tested Wamble, 46, for drug and alcohol use, but found no evidence. Without evidence of intent the charge is only a city ordinance violation, says Bouhasin. According to the police report, Wamble claimed "the top of a person's head suddenly appeared," as he made a left turn. Wamble stated that he "never saw the person until then and didn't know where the pedestrian came from."

"Susie spent so much of her life working to make cycling and walking safer. In fact, that is exactly what she was doing when she was killed. I hope we can all honor her life, by continuing this important work," comments Randy Neufeld, Chair of the Thunderhead Alliance Board of Directors and Executive Director of the Chicagoland Bicycle Federation, in a Bicycle Alliance article published shortly after Susie's death. Barbara Culp and the

Bicycle Alliance also hope Susie's "infectious enthusiasm" continues to spread the bicycle safety bug. "We hope to do an event every year to remember Susie," says Culp.

Donations in Susie's name can be made to:

**Bicycle Alliance of Washington**  
P.O. Box 2904 Seattle, WA 98111  
Phone: 206.224.9252  
Email: info@bicyclealliance.org  
www.bicyclealliance.org

**Methow Conservancy**  
315 Riverside Ave. Winthrop, WA 98862  
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P.O. Box 3309 Prescott, AZ 86302  
Phone: 928-541-9841  
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www.thunderheadalliance.org

Oregon Launches New Adult Bicycle Safety Campaign

By TARYN FAGERNES

"Right Ride. Live Longer." This is just one slogan soon to be seen in print ads and posters throughout Oregon urging adult bicyclists to obey traffic laws. The new campaign is led by Rick Waring, Manager of the Oregon Bicycle and Pedestrian Safety Program. The goal of this mostly visual campaign is to reduce the number of adult bicyclist, 20 and above, injured in motor vehicle crashes to below 260 by December 31, 2003 and even lower by 2005.

The campaign comes as a response to an increase in adult bicycle injuries in the last few years. While Oregon's highly successful children's bicycle safety program educates through the schools, Waring says finding a way to effectively reach adults proved puzzling. A poster and print campaign, meant to saturate the state, became the solution.

Waring is currently in the process of planning how to distribute the posters and hopes to enlist volunteers and bicycle clubs to spread posters

locally. Each poster in the six-poster series will highlight a common bicycling error. The first: "Go with Traffic. Or It Might Work Against You", emphasizes riding on the right side of the road with traffic. The Bicycle and Pedestrian Safety Program has contracted a media firm to help develop the next five posters over five years. The second poster will deal with visibility while riding. "I'd like it to be more generic, about visibility during the day and night, but we may have to focus just on lights and visibility at night"

says Waring. After a few years of this educational campaign, Waring hopes to increase enforcement efforts.

Besides the print campaign the Bicycle and Pedestrian Safety Program will work to develop new data on bike crashes, find opportunities to provide input to driver's education and police training curricula, and help fund community safety efforts.

For more information or to volunteer contact Rick Waring at the Oregon Department of Transportation Bicycle and Pedestrian Safety Program (503) 986-4196.

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## ▶ "Health" from page 1

Intensity can be measured by heart rate and power-production. Heart rate is an easy indicator to observe. There are several methods of determining your heart-rate zones. These are advertised and published. You will need a heart-rate monitor. There are several manufacturers. My favorite is Polar.

## 2. Understand cadence.

Cadence for endurance bicycling is typically around 90 rpm. If you don't know what 90 rpm is, you might make your first goal to appreciate and measure it. 90 rpm is 15 revolutions in a 10-second count. The easiest way to observe cadence is to buy a bicycling computer with cadence. A computer with cadence provides real-time feedback and is my preferred method.

## 3. Understand or appreciate required strength.

Suspending yourself on the bicycle for hours requires strong muscles of the trunk, arms and shoulders. Strength is required to climb hills or sprint. Understanding and monitoring power required for a given aspect of a ride allows for greater specificity in your training. An easy way to monitor your power output is the Power Tap. If you know it takes a certain level of power to

complete a task then it makes it easier to establish training goals and craft workouts.

## 4. Know your chosen event.

Knowing the skills or challenges required to complete a task lets you know how you should train or prepare. Proper analysis of the event will consider terrain, weather, feeding requirements, gearing, handling-skills, and endurance.

## 5. Appropriate equipment.

Does your bicycle serve you well in areas of fit, gearing, wheels and tires? Will you need to attain an aerodynamic position that will be different from your standard endurance position? Do you have the right clothes for the job? There are excellent clothing options for the cyclist. Knowing your weather demands will allow you to choose your clothes. Typically temperatures at or below 60 degrees F require layers (tights, jackets, booties, gloves). Stop by your local bicycle shop to test fit of clothes and discuss function of technical fabrics. Not all clothes fit the same. Try them on. Do not compromise fit, even if it is a good price. Does your helmet fit well? Never compromise fit and function of your helmet. Upgrade your helmet on

a maximum of every three years.

## 6. Performance test

A field test is a steady state effort that will last approximately 12 minutes. Carmichael Training Systems (CTS) suggests a 3-mile time trial as a field test. A field test should be repeatable, reliable and safe. Performance of a field test 2-6 times a year is a good way to monitor your progress towards your goals. Field tests can help you establish heart rate intensity zones.

## 7. Flexibility preparation

Flexibility training is important for bicycle comfort and proper pedaling. Good flexibility allows you to attain and maintain good bicycle-posture assuming your bicycle is fit well to your body. Bicyclists should pay close attention to good flexibility of the hamstrings, gluteals and quadriceps, as these are the most commonly deficient muscle groups in a bicyclist. Poor flexibility of these muscles may result in poor pedaling mechanics and unnecessary discomfort on the bicycle. Improper flexibility could lead to overuse injuries of the back, neck, hip, knee and ankle. A physical therapist (PT) is a great resource to assess your flexibility specific to the

task of bicycling. A PT will be able to instruct you with specific stretching techniques to remedy your inflexibility. The recent popularization of yoga provides many class options for a structured approach to improving flexibility. Improving flexibility is a worthwhile investment. Attaining and maintaining flexibility takes regular performance and attention to good form.

Realistic goal setting helps provide a higher level of accomplishment and preparation for your chosen aspirations. Best wishes for a fulfilling 2003 season!

*Erik Moen PT, CSCS is the Director of Health Services for Carmichael Training Systems (CTS) in Colorado Springs, CO. CTS (www.trainright.com) is a coaching service for endurance athletes founded by Chris Carmichael, coach of 4-time Tour de France Champion Lance Armstrong. Erik may be reached at emoen@trainright.com or 303-898-6877*

## Hidden Opportunity: What's Out There for Juniors?

By VALERIE CARTER

ASC Junior Development Association developed about two years ago with the express purpose of further opening bicycle racing to junior cyclists. According to their mission statement, "ASC is committed to providing opportunities to youth athletes who want to get involved in cycling, good equipment to use (if they don't have their own) and support through education, mentoring and encouragement, in hopes of expanding the options that are available to junior competitive cyclists". The program focuses on kids ages 18 and under. Team Manager Jerry Cutright runs the Association with the aid of Assistant Managers, parents and senior-cyclist mentors, and draws in both experienced and first-time riders.

In order to accomplish its goal, ASC focuses on several key elements. One of these is equipment subsidy. Many youths do not see cycling as an option due to the cost involved with acquiring equipment. It can be quite expensive to begin racing if you want the proper gear. In order to minimize this downside, ASC tries to provide as much assistance as possible. Cutright tells the story of one 16-year-old cyclist who joined ASC about a year ago. His first race took him to Mason Lake, where he competed in sweats on a 30-lb. bike. After connecting with ASC they were able to provide him a newer bike.

Equally important is ASC's emphasis on providing training for team members. Seventeen-year-old ASC member David Volkert had been racing for a couple of years before joining ASC. Looking back he realizes that he now spends more time training for races than prior to joining ASC. He continues, "being on a team really helps you push yourself more." This focus on training becomes even more crucial when you take account that most junior cyclists discovering ASC may be doing so without any experience in cycling, particularly racing. Cutright opines, "cycling has a big void for kids; it's lacking in resources." Which is why he also

loves to help juniors who want to break into racing. "If they have no skills, we're here to teach," says Cutright.

One significant aspect of ASC's training options is the mentorship program. ASC is partnered with Super Squadra Sports Cycling Team and The Spoke & Sprocket Cycling Team. The combination of these two partnerships provides senior leadership for juniors in road, track and mountain bike cycling. In addition, cyclocross pros Dale Knapp and Ann Grande serve as mentors for the junior. Volkert feels that "access to mentorship is very beneficial." He continues, "You can train to ride a bike fast, but if you don't learn how to handle the bike and read the race, you aren't going to be able to do well. That's where mentorship really helps; it prepares you for the road ahead. People like Barry Roiblat help you with how to train right, while others like Rick Knowles teach you how to take care of your bike."

While all of these elements are key in heightening a junior cyclist's chances for success, they still do not illuminate the heart of the issue; the true reasons why cyclists stay with ASC, managers keep it running, and parents continually lend it support. Cutright has been in cycling for many years, has a 10-year-old son, and just loves kids. His goal is, "just to try to make it fun; that is the biggest thing to them. It doesn't matter if you're first or last." This type of encouragement is what fosters the appropriate relationship between mentor and student, and ultimately leads to success.

The team members recognize this as well. Fifteen-year-old John Larsen had had no exposure to cycling before his teacher mentioned ASC to him. However, it sounded like fun, so he joined. In his opinion, the biggest benefits are, "you have people that are really experienced who can help you on techniques. And you're part of a group, so you're never alone, it's never boring. You always have people who want you to get better."

Parents share the same sentiments as the

managers and team members. Cindy Larsen, John's mother, enthused, "It's been great. Jerry is a fabulous team manager; he tends to each one individually." Brian Volkert, David's father, became involved with ASC after David discovered it. Now, Brian volunteers as a promoter for the team, and participates in mountain bike and cyclocross races. In his opinion, "ASC offers juniors the opportunity to learn and compete in what can be a life-long sport or physical activity. It provides a baseline for future development. As important, it helps youth develop focus, discipline and goal-setting skills that go beyond merely possessing the physical attributes to compete, but are essential life skills as well."

ASC's final contribution to junior cycling is to actively create more opportunities for juniors to race. The team hosts the St. Jude Children's Research Hospital Benefit Cyclocross Race, which raises money for said hospital. Also, the team seeks out other races that either specifically cater to juniors, or that have the potential to do so. One such is the Seattle Juniors Criterion Series, hosted by Series Director David

Schilling. The description for the series reads, "There are very few opportunities for kids to safely race bikes in a competitive atmosphere. Most juniors fields are 14 and under, with the 15 to 18 year olds racing with adults. The younger, 10 to 13 year olds, have a difficult, if not impossible task of trying to compete with kids much stronger and faster. It is simply not fun." As a result, this series was created. It has four categories, breaking age groups into 10-12, 13-14, 15-16, and 17-18. This way, competition will be tight, and much more fair.

Together, these openings for juniors are giving cycling a much-needed overhaul. So, if you are a junior or know of one who just might be interested in racing, be sure to avail yourself of these opportunities. There are more out there than you may realize.

Contact Info  
ASC: Jerry Cutright,  
jerry@actionsportcycling.com, 253-373-0675  
Seattle Juniors Criterion Series: David Schilling, drvid@comcast.net, 206-619-1355



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# A Season of Cycling North of the Border

By ALLISON MARKIN

Last October, BMX officially joined Cycling BC, and the inaugural season is shaping up to be a great one with four BC Supercup events. The first and second events will be held May 10-11 in Pitt Meadows/Maple Ridge, just east of Vancouver, while the third race of the series (July 18-20) will feature a single point and triple point events in Ridge-Meadows and a double point event in Surrey. BC Supercup #4 and the finals will be presented up north in Prince George on August 9-10. All of the Supercups are open to both pros and amateurs.

Several organizers are offering BMX events alongside other races. The Coquitlam Bike Park plays host to the Pipeline Classic on May 31 and the King of Bikes on September 13. Both events will showcase BMX racing and a 4-cross event. Coming to Canada via Victoria? Take a drive up-island for the Island Games on September 13-14. The Nanaimo event will present downhill, trails and BMX competition.



Photo by Jeremy Basklem

Tyler Morland at the 2002 downhill MTB Championships

## Off-Road

Speaking of downhill, once again the BC Cup Off-Road series will feature great venues for daredevils looking for speed, and excellent cross-country races for the less vertically inclined. The BC Cup series is comprised of 6 cross-country, 6 downhill and 5 dual and 4-cross. The series begins May 3-4 at the well-known Hammerfest event, which celebrates its 10th anniversary this season. Held near picturesque Parksville on Vancouver Island, Hammerfest hosts a downhill and a dual.

A couple weeks later on May 17-19, the series continues at Action Quest, which returns to Summerland in the sunny Okanagan with a cross-country, downhill and 4-cross. This is a long weekend up in Canada, so you may want to take advantage of the many festivals going on around the Okanagan, or hop on your bike for a leisurely back-roads tour of some of the area's wineries.

On June 7-8 the BC Cup Off-Road series moves to the Lower Mainland with a cross-country and downhill event in Mission, located

across from Sumas in Washington State, for the Bear Mountain Challenge.

Panorama Mountain Village, a year-round destination on the BC side of the Canadian Rockies welcomes, on June 28-29, the triple event Mad Trapper.

Red Mountain near Rossland hosts the Gravity Fest July 5-6, a perfect event for an extended Fourth of July holiday. Gravity Fest features a cross-country, downhill, dual, kids race and trials.

From the folks who bring you the 60km Test of Metal cross-country event (June 21-22 this year) comes a BC Cup event in Squamish August 2-4. Cross-country and 4-cross events will be part of the BC Cup series, and a non-BC Cup downhill will also be held.

Finally, the BC Cup Finals will take place at Hemlock Valley Resort, near Agassiz, with the presentation the last triple event August 23-24.

July can be called "international off-road racing month" as all weekends are taken over by internationally sanctioned events. The Grouse Mountain World Cup starts the activities with the presentation of a triple event in North Vancouver on July 12-13. Last year's World Cup drew thousands of spectators who were treated to incredible cross-country racing action. Next, Whistler, the famous BC Resort, plays host to the second international event with the presentation of the Tim Horton's Mountain Bike National Championships, July 18-20. Cross-country, downhill fat tire criterium and 4-cross are scheduled on the program. Fernie Alpine Resort, near the Alberta border, hosts a Canada Cup cross-country and downhill, along with a non-Cup dual, July 26-27. Finally, the international frenzy ends with the Sun Peaks Resort Canada Cup Finals presented just outside of Kamloops on August 9-10.

## Road

Not to be outdone, the road racing circuit in BC will be a packed one as well, with its own BC Cup series, beginning April 13 in Pitt Meadows. BC Cup number two takes place May 23-25 at the Victoria Times Colonist Bike Festival in Victoria. Using the famous Gary Lund road race

circuit and the Bastion Square criterium course, this event promises a lot of fast action.

Two BC Cup road events, numbers 3 and 4, will be held in June: the Atomic Road Race in Langley on June 1, a popular event in a quaint town filled with antique shops, and the Norm Lowe Memorial June 14 in Mission.

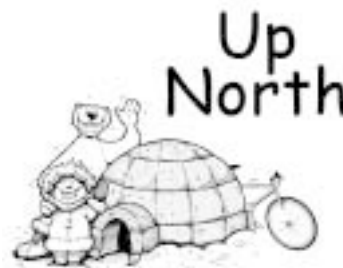
The most anticipated BC Cup Superweek, featuring the Tour de Delta July 18-29 (BC Cup #5), the Steamworks Tour de Gastown July 23 and the Tour de White Rock July 25-27 (BC Cup #6), will guarantee, once again, a high level of racing action from the Canadian and US riders. The Steamworks Tour de Gastown, which takes place in the heart of Vancouver's historic downtown, should draw over 30,000 spectators, who will clog the sidewalks to cheer the participants.

Finally, Victoria will present the Track Championship on July 5-6 at the Greater Victoria Velodrome. The Criterium champs are scheduled for August 16 in North Vancouver, while Squamish hosts the Time Trial championship on August 17. The provincial Cyclo-Cross Championships will be held in Vancouver on October 25 just before the National Cyclocross Championship on November 9.

## Randonneurs

For riders looking for a 'marathon' on the road, randonneuring is also a popular discipline in BC. Administered by the BC Randonneurs Cycling Club, you must be a member to ride most events with the exception of the "populaires". Fees can be paid at sign up prior to any ride.

Some of this year's highlights include the Pacific Populaire, April 6, starting at the Riley Park Community Centre in Vancouver. The Flèche Pacifique, a randonneur team event, takes place May 16-18. This event is modeled after the Flèche Velocio in France. The Canada Day 136-kilometer populaire returns this year and begins in historic Fort Langley, which



hosts a number of Canada Day events and is considered "the birthplace of BC".

There are also a number of randonneur events in the Peace River region in Northern BC, as well as across BC's Southern Interior. On Vancouver Island, highlights include the Victoria Populaire on June 29, and the Galloping Goose Populaire, near Victoria, on September 7.

Whatever your discipline, be sure to check with race organizers prior to your trip to BC to make sure you have the right paperwork to ride. Governed by the Canadian Cycling Association, (CCA), which has its international affiliations with the Union Cycliste International, (UCI), Cycling BC recognizes a number of licenses, usually making registration at BC events a breeze.

For more information on any of the events, refer to the Bicycle Paper calendar, which will provide you with information on each organizer. Or go directly to [www.cycling.bc.ca](http://www.cycling.bc.ca).



Photo by Joe Zauer

The Victoria Times Colonist Cycling Festival, part of the SISU BC Cup Road Series.

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# I Gotta Wear a Watch Next Time

By TOM TRIMBATH

Why do I continually set new goals for myself? Last year I finished my ride from Roche Harbor to Key West. This year I realized that I hadn't hit any international borders along the way. Does that really matter? Logically, no. Emotionally it felt like I had baked a cake but hadn't frosted it.

Someday I'll have enough money and time to start at the Canadian border and the timing to get a warm tailwind to push me all the way down to the Mexican border. But for now, sitting in our house in Bothell, it seemed silly to not hit the Canadian border when it was only a hundred miles from my front door. I had not trained so I figured I'd just take two or three days to get there. Getting back was something to think about later.

The first morning I wanted to start riding I balked when I woke up to rain hitting the window. That evening I noticed the clouds clearing off and the winds dying. My pannier was still packed so I set my alarm and attitude for a pre-dawn start.

By the time the alarm and the cat woke me up, the temperature had dropped into the forties. I added another layer and headed out. At 6:30 a.m. it was barely light enough to see the clouds over the Cascades catching the earliest sunshine. They were strokes of brilliant color over silhouetted mountains.

Beautiful, yes. But it was cold. No doubt about it. My fingers were numb and my body was shivering. Why was I doing this?

Our home in Bothell is near the Interurban trail. For the first few miles I got to watch the dawn colors without having to dodge traffic. After sunrise my shivering vanished in the sunny spots only to return in the shadows.

Does Everett know that they are the only ones with fog some days? Visibility was down to a block or two. I managed to navigate through a class change at Everett High School. Early morning, self-absorbed, frantic chaos units (a.k.a. students) crossing the road on their way to class made for a highly variable obstacle course.

A few miles later as I crossed the river into Marysville, I popped out of the fog into marvelous sunshine. The polypro gloves went into the pannier but not the jacket. It was acting like a chilly fall morning, not a sunny September day.

On long rides I use interstates as much as possible. This surprises some folks. They expect all bicycle tourists to ride quiet country lanes amidst flowers, songbirds, and covered bridges. That makes for a nice fantasy. Reality for me is that the interstate is flatter, straighter, has better facilities, and is much safer. Country roads can put a bicyclist within arm's reach of a pickup that is going by at forty miles an hour. I'd much rather be on the interstate where the traffic is so far away that its speed doesn't affect me. Okay,

the noise is a bit much sometimes, but safety is far more important to me. Besides, outside of town the interstates usually are going through country every bit as nice as what you'd see from a narrow side road.

Though the countryside is shrinking, thankfully there was some quiet land between Marysville and Mount Vernon. Nurseries were big enough to be called plant farms. Barns were used as barns. There was even a lot of land doing

nothing more than looking pretty. The trees and plants were freshly cleaned by the rains and had nice deep greens, yellows, and browns. Even the hawk's red tail seemed brighter.

I don't have a bike computer and wasn't wearing a watch. The data distracts me too much. So Mount Vernon came up faster than I had expected. I didn't know what time it was but I did know that it was too early to stop. I was pleased. Since I hadn't trained I

figured that I might only make it to Mount Vernon on the first day. Parts of my body thought I had already gone far enough, but I guessed that there was enough time to get to Bellingham even at a more leisurely pace. The hills around Samish Lake weren't going to help though.

One of my concerns was that I didn't know of any motels between Mount Vernon and Bellingham. After I maneuvered through the side streets of Mount Vernon, bicycles wouldn't be allowed on the interstate through the north end of town. I guessed I might not see another motel for thirty miles. Deciding to continue took a bit of a commitment.

The temperature refused to rise much despite a gorgeous clear sky with little wind. But it did warm enough for me to get rid of the jacket. I was getting tired. The hills weren't very steep; still, my stops became much more frequent and necessary, not just occasional and casual. I had to catch my breath and give my heart a chance to drop a zone or two.

The crest of one hill surprised me with a casino. I thought, if these keep popping up in the middle of nowhere they may just become a bicycle tourist's best friend. Each motel is a new safe haven to keep in mind when you're on the road. Retreating to a casino with buffets and entertainment sounded pretty good too.

I was tired, hungry and wondering if I had enough energy to make it to Bellingham. The sun was high enough that I wasn't running out of light, but running out of energy was a possibility. Stops were happening on the flats in addition to the hills.

It was nice to see Samish Lake come into view. However, I also knew that Bellingham and the "Bicycles Must Exit" sign weren't too much farther. I hoped to get across to the far side of

town where bicycles were allowed back on the highway. Then I'd find a place to eat and sleep.

When time came, I didn't mind being diverted off the interstate. I did mind being abandoned at the end of the ramp. At least stopping pedestrians for directions gave me an excuse to catch my breath. Unfortunately everyone gave me directions to on-ramps that prohibited bicycles. I gave up and looked for a place to eat near a motel.

My addled brain ordered something simple: a burger and fries. When I saw the receipt I couldn't believe it - the time printed was only 1:30! I forgot about getting a room. While I ate I calculated that I had six hours of daylight left to do about 25 miles. I didn't care how tired I was; somehow I would manage a five miles an hour pace.

Back on the road, I saw that the nearest on-ramp was the last one that bikes weren't allowed to use. The correct one was a mile up the interstate or an unknown distance through unfamiliar side streets. Now, I'm the sort of bicyclist that stops at stop signs, but in this instance my frustration won out. One mile of interstate later I was back on a legal shoulder and headed for the border.

Luck comes in two flavors: good and bad. First the bad luck. The shoulder and one lane were closed for road construction. The good luck was that the road crew said the border was only another mile. So my main challenge would be not blowing out my tires on the tar - hot enough to damage rubber - they were spraying. I had to jump out into the traffic lanes when I could and hop back onto the closed lane when I had to.

Sure enough I ended up riding right across the tar. Fortunately, nothing happened but I didn't need the added worry.

Then, of all the places to get lost... It took me twenty minutes to find the border. Normally I would have stayed on the highway the whole way but I wasn't sure how paranoid things were around the border. As an alternative I took the exit leading to Peace Arch Park. I ended up in a parking lot surrounded with nice flowers and signs telling bicyclists to walk their bikes. I wanted to ride to the border, not walk there. I left the park and tried the other side of the highway. There I found a chain link fence. That was worse. I gave up, got back on the highway, and touched the border without any trouble at all. It was 4:10 p.m..

I was amazed at finishing a hundred-mile ride in less than ten hours without any training. Imagine how well it would have gone if I had a road bike.

I proudly called my wife to tell her that my multi-day bike ride had been drastically shortened. She offered to leave work early and retrieve me. I didn't argue one bit.

Still, the ride only temporarily satisfied my desire to ride from border to border. There is a road bike to buy and money to save. Stay tuned.



The border was closer than expected.

Photo courtesy of Tom Trimbath

Tom Trimbath is the author of "Just Keep Pedaling", the story of his ride across America from North of Seattle to South of Miami.

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**CARTER SUDARU**

# Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, lectures, etc), **Multisport** (events that include cycling as part of the competition), **Series** (weekly competitions where cumulative point standings are awarded), **BMX competition**, **Cyclocross**, **Off-Road Racing** (competition featuring single-track and other off-road riding), **Off-Road Touring** (rides featuring single-track and off-road riding), **Road Racing** (bicycle competition), **Road Touring** (road rides of various distances and for any type of bicycles), **Track** (velodrome type event).

To conserve space, we've chosen to run web sites only on events where both web site and email are available. If you are an organizer and your event is not listed, or if the information listed changes, contact us and we will gladly update the calendar. Please send your event information in the same style and format as seen here.

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## EVENTS

### FEBRUARY

**Feb 28-Mar 2: Seattle International Bicycle Expo**  
Seattle, WA. Seahawks Exhibition Center - next to Safeco Field. 3rd largest bicycle show in the nation. 150 exhibitors. Hours: Fri, 4 p.m.-9 p.m., Sat, 10 a.m.-7 p.m., Sun, 10 a.m.-5 p.m. Ernie Grillo, Cascade Bicycle Club, 85 S. Washington St. #304, Seattle, WA, 98104. 888-334-2453, www.cascade.org

### MARCH

**Mar 8-9: Community Cycling Festival**  
Start the 2003 season right. On Saturday Portland's best mechanic will check your bike. Attend a repair class. Sunday is the Giant Swap Meet. Presented at the Lloyd Center DoubleTree Hotel. Begins at 10:00 a.m. both days. 503-222-5868, www.bicyclefestival.com

**Mar 9: Giant Swap Meet**  
Portland, OR. The area's largest swap meet boasts once-in-a-lifetime prices on everything bicycle for one day only at the Lloyd Center DoubleTree Hotel. Admission is only \$5, which includes admission to the bike show and a slice of pizza! See web site for information on selling your bike gear. Oregon Biking, www.orbike.com

**Mar 19: Bicyclists' Legal Clinic**  
Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

**Mar 21: Susie Stephens Memorial Bike Ride & Walk**  
Seattle, WA. Bike and walk to commemorate the 1st anniversary of Susie's death as well as the 77 bicyclists and pedestrians killed in WA in 2002. Start at 4:00 p.m. at Occidental Park in Pioneer Square and end at Hales Brew Pub in Fremont. Barbara Culp, Bicycle Alliance of Washington, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, www.bicyclealliance.org

**Mar 21: Susie Stephens Memorial Bike Ride & Walk**  
Spokane, WA. Bike and walk to commemorate the 1st anniversary of Susie's death as well as the 77 bicyclists and pedestrians killed in WA in 2002. Start at noon from Comstock Park. Barbara Culp, Bicycle Alliance of Washington, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, www.bicyclealliance.org

**Mar 21: Susie Stephens Memorial Bike Ride & Walk**  
Winthrop, WA. Bike and walk to commemorate the 1st anniversary of Susie's death as well as the 77 bicyclists and pedestrians killed in WA in 2002. Start at 11:00 a.m. from the Red Barn. Barbara Culp, Bicycle Alliance of Washington, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, www.bicyclealliance.org

**Mar 23: Bike Works Winter Auction**  
Seattle, WA. Support Bike Works and the youth Eam-A-Bike program at this fun dinner auction. Bike Works, 3709 S. Ferdinand St. Seattle, WA, 98118. 206-725-9408, www.scn.org/bikeworks

**Mar 30: 15th Annual Seattle Area Old Bike Swap Meet and Show**  
Kent, WA. Antique/classic bicycles from 8 a.m. to 2 p.m. at Kent National Guard Armory, 24410 Military Rd. Jerry Germeau, Vintage Cycle Enthusiast, 7111 Linden AV NO, Seattle, WA, 98115. 206-524-4878, www.geocities.com/seattleoldbikeswap

### APRIL

**Apr 25-27: International Discover Walk Festival Rides**  
Vancouver, WA. Two 42K marathons and 5K/10K/21K/32K walks, 25K/50K bike and 2 swims. Health and fitness seminars. International Walk Fest, 877-269-2009, www.discoverywalk.org

### MAY

**May 10: The Fifth Annual Kids Bike Swap**  
Seattle, WA. 10:00 a.m. to 4:00 p.m. Free event is for the 77 bicyclists and pedestrians killed in WA in 2002. Bring an outgrown kids bike (24" wheels and smaller) and swap it for a better-fitting one or buy a first bike. Also donate unused kids bikes to Bike Works' programs. Suzanne Carlson, Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206-725-9408, www.scn.org/bikeworks

**May 16: WQR Bike To Work Day**  
Seattle area, WA. 35 commuter stations around King, Snohomish & Kitsap Counties. A community event to get more people to consider another way of getting to work. Pete Verbrugge, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org

**May 21: Bicyclists' Legal Clinic**  
Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

**May 22-29: Utopian 500**  
Bellingham, WA to Eugene, OR. 500 miles, 7-day Rock and Roll tour where the roadies and musicians (4 groups) ride their bicycles from show to show. Kurt Liebert, 505 14th Ave. E. #202, Seattle, WA, 98112. 206-329-8501, www.utopian500.com

### JUNE

**Jun 1: 7th Annual National Trails Day Event**  
Klamath Falls, OR. OC&E Woods Line State Trail - Switchback Trailhead. 7- and 10-mile ride. Entry \$3. All profits will go to trail development. Registration open at 7:00 a.m. Art Sevigny, Klamath Trails to Trails Group, Box 2102, Klamath Falls, OR, 97601. 541-884-3050, sevignya@cvc.net

**Jun 7: Bavarian Bike & Brews Festival**  
Leavenworth, WA. 8.6 mile loop, almost all single-track, beautiful views, challenging climb. Beer festival after race. James Munly, Leavenworth Fat Tire Club, 1207 Front St., Leavenworth, WA, 98826. 509-548-5615, www.dasradhaus.com click events

**Jun 15-15: Stanley Park Bike Festival**  
Vancouver, BC. Multi event festival attracting cyclists of all types Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe St., Vancouver, BC, V6C 1Z7. 604-681-0419, www.stanleyparkbikefest.ca

### JULY

**Jul 11: Girls in Dirt Downhill Camp**  
OR. MTB camp for women. Leigh Donovan, www.obra.org

**Jul 16: Bicyclists' Legal Clinic**  
Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

**Jul 19: Bike Works Summer Cycle Challenge Bike-a-Thon**  
Seattle, WA. How far can you ride? Test your riding skills and compete for cool prizes. Enjoy a BBQ and bike games at the Finish Line Festival. All proceeds support Bike Works. Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206-725-9408, www.scn.org/bikeworks

### AUGUST

**Aug 9: 2003 Tour de Fat Festival Series**  
Boise, ID. Road, Family, and Cruiser Rides all start at 9:00 a.m. Ride your bike and taste great beer. David Kemp, New Belgium Brewing, 500 Linden, Fort Collins, CO, 80524. 970-221-0524 or 970-227-7358, www.newbelgium.com

**Aug 16: 2003 Tour de Fat Festival Series**  
Eugene, OR. Road, Family, and Cruiser Rides all start at 9:00 a.m. Ride your bike and taste great beer. David Kemp, New Belgium Brewing, 500 Linden, Fort Collins, CO, 80524. 970-221-0524 or 970-227-7358, www.newbelgium.com

**Aug 23: Washington State Hillclimb Time Trial Championships**  
Crystal Mountain, WA. Six miles, 1500 ft. elevation gain. An uphill time trial to Crystal Mountain. All categories. Counts for NWWC series. Dave Bachman, WheelSport Cycling Team, 23333 106th Ave. S.E., Kent, WA, 98031-3353. 253-852-4946, dachman@libertycontrols.com

**Aug 23: 2003 Tour de Fat Festival Series**  
Seattle, WA. Road, Family, and Cruiser Rides all start at 9:00 a.m. Cost of Ride is \$5 and benefits the Marymoor Velodrome Association. Many other activities. Ride your bike and taste great beer. David Kemp, New Belgium Brewing, 500 Linden, Fort Collins, CO, 80524. 970-221-0524 or 970-227-7358, www.newbelgium.com

### SEPTEMBER

**Sep 6: 2003 Tour de Fat Festival Series**  
Missoula, MT. Road, Family, and Cruiser Rides all start at 9:00 a.m. Ride your bike and taste great beer. David Kemp, New Belgium Brewing, 500 Linden, Fort Collins, CO, 80524. 970-221-0524 or 970-227-7358, www.newbelgium.com

**Sep 17: Bicyclists' Legal Clinic**  
Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

### NOVEMBER

**Nov 15: 11th Annual Bicycle Alliance of Washington Auction**  
Seattle, WA. Join 300 fellow cyclists at the Scottish Rite Masonic Center for the biggest non-riding event of the cycling year. Hundreds of cool holiday gifts, fabulous food, complimentary beer and wine. \$40/person. Barb Culp, Bicycle Alliance, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, www.bicyclealliance.org

**Nov 19: Bicyclists' Legal Clinic**  
Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

## MULTISPORT

### MARCH

**Mar 22: 3rd Annual Wenatchee Valley Duathlon**  
Wenatchee, WA. Wenatchee Valley Velo Club, 509-886-3873, www.triwenatchee.com

### APRIL

**Apr 10-Aug 21: Thursday Duathlon Series at Pacific Raceways**  
Kent, WA. Registration starts from 6:00 - 6:45 p.m., race at 7:00 p.m. Entry fee \$13. Pacific Raceways is located off of Hwy. 18 at 304th St. 253-941-5810, www.buduracing.com

**Apr 12: Junior Ridge to River Relay**  
Wenatchee, WA. This junior event challenges participants with running, biking, paddling and an obstacle course. Racers may enter individually or as a team. Start at 9:00 a.m. Jennifer Korfiatis, Saggiessa Marketing Goup, 5 South Wenatchee Ave, Ste. 312, Wenatchee, WA, 98801. 509-662-8799, www.r2r.org

**Apr 13: Ridge to River Relay**  
Wenatchee, WA. The event is comprised of nordic ski, alpine ski, run, bike and paddle legs that span the 35-mile course. Racers may enter individually or as a team. Start at 9:00 a.m. Jennifer Korfiatis, Saggiessa Marketing Goup, 5 South Wenatchee Ave, Ste. 312, Wenatchee, WA, 98801. 509-662-8799, www.r2r.org

### MAY

**May 31: Gap-to-Gap Relay**  
Yakima, WA. The race takes place on and around the Yakima Greenway, along the scenic Yakima River. Race features five legs: field run, mountain bike, kayak/canoe, road bike, and 10K run. Individual or team entry. Junior Gap-to-Gap race for kids 8-14. Kids navigate an obstacle course, rollerblade, paddle in Reflection Pond, bike, and run. Starts at 7:45 a.m. 509-453-8280, www.yakimagreenway.org/g2g

### AUGUST

**Aug 23-24: Mountain Bike Triathlon**  
Spokane, WA. 1K swim, 30K bike, 10K run at Liberty Lake Park (tentatively a Regional Xterra Championship) Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste. 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

## RACE SERIES

### MARCH

**Mar 8-22: Mason Lake Road Race Series**  
Mason Lake (near Shelton), WA. Mason County Park. Road race on a 13-mile loop course. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Mar 8-22: Southern Oregon Time Trials**  
Medford, OR. Time trial series, Saturdays, March 8, 15, 22. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

**Mar 9-23: Tour de Dung Road Race Series**  
Sequim, WA. Road race event. Bill Rowland, 360-457-8069, browland@olypen.ca

**Mar 22-Aug 10: WIM Mountain Bike Race Series**  
Various locations. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste. 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

### APRIL

**Apr 2-29: Cottage Grove BMX Racing**  
Cottage Grove, OR. Wednesday nite, 6:00-7:00 p.m. Reg. \$5; Every Saturday 2:30-3:30. Reg. \$7. Racing ASAPI Dick Wentland, Todd Kephart Memorial BMX Association, Box 693, Cottage Grove, OR, 97424. 541-767-2699, www.geocities.com

**Apr 6-Aug 24: Lance Armstrong Junior Olympics Race Series, Seattle criteriums**  
Seattle, WA. Seven event series for junior riders. All events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. David Schilling, 8231 4th Ave NE, Seattle, WA, 98115. 206-619-1355, www.pazzovelo.com

**Apr 8-Sep 30: Tuesday Night PIR Race Series**  
Portland, OR. Portland International Raceway. Summer race series for categories 1-5, women and juniors. First time racers to pros. Registration opens at 5:30 p.m. First race at 6:05 p.m. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Apr 8-Aug 15: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. Road Race series with 4 alternating courses. Categories 1/2/3, categories 4/5, masters 35+ Pacific raceways is located off of Hwy. 18 at the 304th St. exit. Follow signs to raceway. Registration 5:30 p.m. - 6:45 p.m. Race at 7:00 p.m. Rory, 253-941-5810, www.buduracing.com

**Apr 8-May 27: Eugene Time Trial Series**  
Eugene, OR. Eugene time trial series every Tuesday at 6:00 p.m., single and team classes, short and long course. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugenecyclingteam.com

**Apr 8-Aug 26: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. Registration starts at 5:00 p.m. Races start at 6:00 p.m. sharp. 24-hour race information hotline 509-235-3880. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org



## CALENDAR

**Apr 10-Aug 21: Seward Park Cycling Series**  
Seattle, WA. Thursday night criterium on 0.8-mile loop inside Seward Park, one 120-degree turn and 100-yard hill. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Apr 10-Aug 21: Thursday Duathlon Series at Pacific Raceways**  
Kent, WA. Registration starts from 6:00 - 6:45 p.m., race at 7:00 p.m. Entry fee \$13. Pacific Raceways is located off of Hwy. 18 at the 304th. St. 253-941-5810, www.buduracing.com

**Apr 13-Jul 27: 2003 SISU Road BC Cup Series**  
Various, BC. The series includes six events in six various locations. Overall standings and prizes. Allan Praszky, Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca

### MAY

**May 1-Sep 25: Alpenrose Weekly Series**  
Portland, OR. Alpenrose Velodrome, Thursday evenings track racing. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

**May 3-Aug 24: 2003 SISU Mountain Bike BC Cup Series**  
Various, BC. The series includes six events (xc, dh, 4x) in seven various locations. Overall standings and prizes. Candace Shadley, Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca

**May 5-Sep 8: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. Portland International Raceway. Masters 30+ and open women. Distances vary depending on category and daylight, races start 6:30 p.m. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**May 14-Sep 3: Track Class**  
Portland, OR. Track series. Bill Cass, 503-246-6480, www.obra.org

**May 14-Aug 27: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Phil Miller, Marymoor Velodrome Association, http://marymoor.velodrome.org

**May 16-Aug 30: MVA Friday Night Track Races**  
Redmond, WA. Track racing. http://marymoor.velodrome.org/trackracing.asp

**May 29-Sep 4: Thursday Nighters**  
Medford, OR. The course is just over a mile loop with a short hill. Course is fully closed to traffic. A's start at 6:10 p.m. for 20-25 laps. B's start at 6:00 for 10 - 14 laps. Glen Gann, 541-779-6986, gagann1@aol.com

### JUNE

**Jun 4-Aug 27: Central Oregon Criterium Series**  
Bend, OR. Criterium series. Damian Schmitt, 541-350-3327, www.obra.org

**Jun 6-Aug 29: Masters/Juniors/Women Track Series**  
Portland, OR. Friday night track racing. Juniors 5:30-6:30 p.m. Masters and Women from 6:30 p.m. until dusk. Geri Bossen, Team Bossen, 503-254-7563, www.obra.org

**Jun 11-Jul 16: Mt. Tabor Series**  
Mt. Tabor Park, OR. Circuit race series held around the upper reservoir at Mt. Tabor Park. Six events in the series. Cash prizes and overall prizes for top finishers and best climbers - best 5 out of 6 results count. Races categories: Master 40+/50+, women and men. Clark Ritchie, 503-493-3777, www.obra.org

**Jun 11-Aug 20: Central Oregon Short Track MTB Series**  
Bend, OR. Mountain bike race series. Damian Schmitt, 541-350-3327, www.obra.org

**Jun 16-Aug 25: MVA Monday Night Junior Track Races**

Redmond, WA. Track racing. http://marymoor.velodrome.org/trackracing.asp

**Jun 24-Aug 25: Port Angeles BMX**  
Port Angeles, WA. BMX racing on Tuesdays night. Ten event series. Mike Thomas, 360-417-8116

### AUGUST

**Aug 5-26: Twilight Tuesday Night Criterium Series**  
Eugene, OR. Four criterium series. Sal Coltura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

### OCTOBER

**Oct 5-Dec 7: Cross Crusade**  
Portland, OR. 10 event series races on various courses. Brad Ross, 503-246-7338

**Oct 25-Nov 22: Outlaw Cyclocross**  
Medford, OR. Four event series races in the Medford area. Jana Jensen, www.obra.org

## BMX

### APRIL

**Apr 2: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, Todd Kephart Memorial BMX Association, Box 693, Cottage Grove, OR, 97424. 541-767-2699, www.geocities.com

**Apr 5: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Apr 9: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Apr 12: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Apr 16: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Apr 19: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Apr 19-20: Port Angeles BMX**  
Port Angeles, WA. Saturday sign up 3:00-4:00 p.m., Sunday 11:00 a.m.-12:00 p.m. Race for Life on Sunday. Mike Thomas, 360-417-8116

**Apr 23: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Apr 26: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Apr 30: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

### MAY

**May 3: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 7: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 10: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 10: River Valley BMX**  
Sumner, WA. SCR event. Registration 4:30 p.m.-5:30 p.m. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, www.gobmx.com

**May 10: South Kitsap BMX**  
Port Orchard, WA. SCR - State Championship Race. Registration 10:00 a.m.-11:00 a.m. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661

**May 11: River Valley Redline Cup**  
Sumner, WA. RCQ event. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, www.gobmx.com

**May 14: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 17: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 21: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 24: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 24-26: Walla Walla Valley BMX**  
Walla Walla, WA. Three double points events. RFL on the 24th, earn double on 25th. SCR double on the 26. Saturday sign in 2:00-3:00 p.m., Sunday 12:00-1:00 p.m. Steve Bailey, 509-301-6461

**May 28: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 31: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**May 31: Pipeline Classic**  
Coquiltam, BC. 4-cross and BMX event. Kevin O'Brien, Pipeline Bike Park Society, 604-872-7287, www.bmfilies.com

**May 31: River Valley**  
Sumner, WA. RFL Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, www.gobmx.com

**May 31: South Kitsap BMX**  
Port Orchard, WA. RFL. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661

**Jun 4: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

### JUNE

**Jun 7: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jun 11: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jun 14: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jun 15: Port Angeles BMX**  
Port Angeles, WA. Fundraiser for Lymphoma/Leukemia Society of America. Sign up 11:00 a.m.-12:00 p.m. Mike Thomas, 360-417-8116

**Jun 18: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jun 21: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jun 25: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jun 28: Coal Hills BMX**  
Cumberland, BC. Fundraiser for Lymphoma/Leukemia Society of America. www.gobmx.com

**Jun 28: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. RFL race. Dick Wentland, Todd Kephart Memorial BMX Association, Box 693, Cottage Grove, OR, 97424. 541-767-2699, www.geocities.com

**Jul 2: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 5: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 9: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 12: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 12-13: Port Angeles BMX**  
Port Angeles, WA. Earn double points on Saturday and SCR on Sunday. Mike Thomas, 360-417-8116

**Jul 13: Port Angeles BMX**  
Port Angeles, WA. SCR Mike Thomas, 360-417-8116

**Jul 16: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 19: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 21-25: World Cup week at River Valley**  
Sumner, WA. Clinics during the day, racing at night. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, www.gobmx.com

**Jul 23: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 26: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Jul 30: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

### AUGUST

**Aug 2: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 6: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 9: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 13: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 16: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 20: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 23: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 27: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Aug 30: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

### SEPTEMBER

**Sep 3: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Sep 6: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Sep 10: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Sep 13: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Sep 13: King of Bikes**  
Coquiltam, BC. 4-cross and BMX event. Kevin O'Brien, KOB Production, 604-872-7287, www.bmfilies.com

**Sep 13-14: Island Games**  
Nanaimo, BC. Downhill, trials, BMX. Steve Tranfield, The Real Riders, 250-340-1159

**Sep 17: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Sep 20: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Sep 24: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Sep 27: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**OCTOBER**

**Oct 1: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.



Photo courtesy of Ryan Bowland

Big air competitions are always popular with the northwest crowds.

**Oct 4: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Oct 8: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Oct 11: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Oct 15: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Oct 18: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Oct 22: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Oct 25: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

**Oct 29: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information.

## CYCLO-CROSS

### SEPTEMBER

**Sep 28: Disco Cyclo-Cross**  
Hood River, OR. Cyclo-cross event. Julie Wilson, 541-387-2673

### OCTOBER

**Oct 5: Cross Crusade**  
Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**Oct 12: Cross Crusade**  
Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**Oct 19: Cross Crusade**  
Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**Oct 25: Outlaw Cyclocross**  
Medford, OR. See race series for further information. Jana Jensen, www.obra.org

**Oct 25: BC Provincial Cyclocross Championships**  
Vancouver, BC. BC Champs Dave Cressman, Team Soliton/Krebs Cycle Club, 1175 Maple St., Vancouver, BC, V6J 3R7. 604-730-1998, www.team溶iton.com

**Oct 26: Cross Crusade**  
Portland, OR. See race series for further information. Brad Ross, 503-246-7338

### NOVEMBER

**Nov 1: Outlaw Cyclocross**  
Medford, OR. See race series for further information. Jana Jensen, www.obra.org

**Nov 2: Cross Crusade**  
Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**Nov 9: Vancouver Cyclo-Cross**

Vancouver, BC. Location TBA. David Cressman, Team Soliton, 604-730-1998, dave\_cressman@telus.net

**Nov 9: Cross Crusade**

Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**Nov 9-16: Vancouver Cyclo-Cross Grand Prix**

Vancouver, BC. Cyclo-cross event. Dave Cressman, 604-730-1998

**Nov 9: Canadian National Cyclo-cross Championships**

Vancouver, BC. Beautiful course in Jericho Park - perfect cross Dave Cressman, Team Soliton/Krebs Cycle Club, 1175 Maple St., Vancouver, BC, V6J 3R7. 604-730-1998, www.teamsoliton.com

**Nov 15: Outlaw Cyclocross**

Medford, OR. See race series for further information. Jana Jensen, www.obra.org

**Nov 16: Cross Crusade**

Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**Nov 22: Outlaw Cyclocross**

Medford, OR. See race series for further information. Jana Jensen, www.obra.org

**Nov 23: Cross Crusade**

Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**Nov 30: Cross Crusade**

Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**DECEMBER****Dec 7: Cross Crusade**

Portland, OR. See race series for further information. Brad Ross, 503-246-7338

**MOUNTAIN BIKE RACING****FEBRUARY****Feb 23: Blazing Saddles Chili Ride**

Spokane, WA. Fun cross-country ride for those who just wanna have fun, and a race for those rarin' to go. Free chili afterwards for all. Part of the proceeds will benefit the Riverside State Park Foundation. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**MARCH****Mar 22: McMud Fest**

Spokane, WA. WIM cross-country for all ages and ability levels at Highbridge Park. Cross-country #1. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Mar 22: First Canadian MTB Orienteering**

Sunshine Coast, BC. Mountain bike cross-country orienteering. Jackie Slavenova, Ultimate Outdoor Adventures, 604-671-2931, www.uoadventures.com

**Mar 29: Big K Mountain Bike Festival**

Elkton, OR. Course is single-track with some double-track. Awesome descents and absolutely gorgeous views. Cross-country event. Mitch LaMoure, 1217 NE Walnut, Roseburg, OR, 97470. 541-957-1020, frameman@mcsi.net

**Mar 30: Beacon Blastoff**

Spokane, WA. WIM downhill for all ages and ability levels at Beacon Hill. Downhill #1. Required WIM Points Race Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**APRIL****Apr 5: Battle in Seattle**

Seattle, WA. WIM Series cross-country racing for all ages and ability levels at South Seattle Park. 400 participants. Cross-country #2. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Apr 6: 17th Annual Peak Sports**

**Mudslinger**  
Blodgett, OR. Cross-country event. Mike Ripley, 541-342-1493, www.obra.org

**Apr 6: Sagebrush Sunday**

Bend, OR. 25 mile MTB race. One course for all. OBRA Off Road Series. 10:00 a.m. \$25 - \$35 entry fee. Hutch's Bicycles, Bend, OR, 541-382-9253, www.hutchsbicycles.com

**Apr 12: MTB Massacre Race**

Chewelah, WA. Race down this dual slalom, dual course on the slope of the 49 North Mountain Resort. The course runs through the terrain park and features drops, jumps, rollers and banks. Shawna Hughes, 3311 Flowery Trail Road, Chewelah, WA, 99109. 509-935-6649 ext. 610, www.ski49n.com

**Apr 20: The Bear Ridge**

Pitt Meadows, BC. Cross country, downhill and hill climb. Barry Lyster, Cross Trails Adventures, 604-467-8577, www.mountainbikerides.com

**Apr 26-27: Olympic Meltdown**

Port Angeles, WA. WIM Series cross-country #3 and downhill #2. Hillclimb and fat tire criterium for all ages and ability levels. Wendy Zupan, Round and Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Apr 27: Hutch's Bear Springs Trap**

Ski Bowl, OR. Oregon MTB Racing Series. Cross-country. Petr Kakes, OR, 503-272-0240, jlogan@skibowl.com

**Apr 27: Bear Springs Trap**

Mt. Hood, OR. Oregon MTB Racing Series. Downhill. Petr Kakes, OR, 503-272-0240

**MAY****May 3-4: Spring Thaw MTB Festival**

Ashland, OR. Oregon MTB Racing Series. Cross-country and downhill. Thom Kneeland, 541-488-7784, springthaw@somba.org

**May 3-5: Hammerfest 10**

Parksville, BC. Part of BC Cup Series. Cross-country, downhill, dual. Brian Lunn, Arrowsmith MTB Club, 521 Fournneau Way, Parksville, BC, V9P 2J7. 250-248-4020, www.arrowsmithmtbclub.com

**May 3-4: Chelan MTB Festival**

Chelan, WA. WIM Series racing for all ages and ability levels. Cross-country #4 and downhill #3. Wendy Zupan, Round and Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**May 10-11: The Rat Race**

Gibsons, BC. Cross country, downhill, fat tire criterium. Roberts Creek, SCUMB, RR 6 1611 Grady Rd, Gibsons, BC, V0N 1V6. 604-886-1525, www.theratrace.allcanadiansport.ca

**May 11: Cascade Chainbreaker**

Bend, OR. Cross-country. Part of Oregon MTB Series. Marcel Russenberger, 442 N.W. State St., Bend, OR, 97701. 541-318-6188, bikeraace@bendcable.com

**May 17-19: Action Quest / DO Classic**

Sumnerland / Penticton, BC. Part of BC Cup Series. Cross-country, downhill, 4-cross. Bob Leslie, Pentiction Cycling Club, PO Box 208, Summerland, BC, V0H1Z0. 250-494-4050, www.rideactionquest.com

**May 18: Beaverton Grand Prix**

Beaverton, OR. Mountain bike race event. Stan Gardner, 503-313-6125, g20sparky@coho.net

**May 18: Whidbey Island Mudder**

Langley, WA. 4th annual event. 5-mile cross-country course with a few hills. Robert Frey, One Speed Promotions, 2255 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

**May 18: Ben Eder Memorial Coast Hills Mountain Bike Classic**

Newport, OR. The Coast Hills Classic is a fun and challenging race for all ability levels. Cross-country event. Miles Johnson, 199 Murray Loop, Toledo, OR, 97391. 541-336-5215

**May 24-25: 24 Hours Around the Clock**

**MTB Race**  
Spokane, WA. 24-hour race from noon Saturday to noon Sunday. Choose from solo or several team classifications. 11-mile course at Riverside State Park. On-site camping. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**May 24: BC High School Invitational MTB Championship**

North Vancouver, BC. This event is for the BC High School MTB Championship. There are 4 boys and 4 girls divisions. Race is from 10:00 a.m. to 4:00 p.m. at Don Ross School in Brackendale, B.C. Sam Scorda, North Shore Sec. Schools Athletic Assoc., 1131 Frederick Road, North Vancouver, B.C., V7K 1J3. 604-903-3300, www.nsmbl.net

**May 24-25: Pickett's Charge Mountain Bike Stage Race**

Bend, OR. Mountain bike race event. Damian Schmitt, 541-350-3327, www.obra.org

**May 24-25: BC Junior MTB Festival**

N. Vancouver, BC. Cross-country and kids races. Richard Juryn, Shore Events Ltd., 604-983-3625, www.shoreevents.com

**May 25: Rumble Mountain Race**

Port Alice, BC. Cross-country. Michelle Reimer, Village of Port Alice, 951 Marine Dr., Port Alice, BC, V0N 2N0. 250-284-3416, www.village.port-alice.bc.ca

**May 31-Jun 1: Boneshaker**

Winthrop, WA. WIM Series cross-country and downhill racing for all ages and ability levels. Cross-country #5, Downhill #4. New courses. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**May 31: North Shore Enduro**

N. Vancouver, BC. Enduro- cross country event. Richard Juryn, Shore Events Ltd., 604-983-3625, www.shoreevents.com

**May 31: Pipeline Classic**

Couquimal, BC. 4-cross and BMX event. Kevin O'Brien, Pipeline Bike Park Society, www.bmxfiles.com

**JUNE****Jun 1: Humbug Hurry-up**

Yreka, CA. 12 miles course is 65% single-track. LeMans style start for all racers. Staggered start. Lauren Sweezy, 530-467-3129, www.obra.org

**Jun 1: Merritt Cow Trail Classic**

Merritt, BC. Cross-country and kids events. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

**Jun 7-8: Bear Mountain Challenge**

Mission, BC. Part of BC Cup Series. Cross-country, downhill Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-850-4603, www.bearmountainchallenge.com

**Jun 7: Bavarian Bike & Brews Festival**

Leavenworth, WA. 8.6 mile loop, almost all single-track, beautiful views, challenging climb. Beer festival after race. James Munly, Leavenworth Fat Tire Club, 1207 Front St., Leavenworth, WA, 98826. 509-548-5615, www.dasradhaus.com click events

**Jun 8: Race at Reehers**

Forest Grove, OR. Oregon MTB Racing Series. Cross-country. Jon Meyers, 503-234-9273, www.obra.org

**Jun 11: Central Oregon Short Track Mountain Bike Series**

Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jun 13-15: T&E Mountain Bike Challenge**

MT Hood, OR. Downhill and cross-country. Peter Kakes, 503-272-0240, skibowlbikeraace@aol.com

**Jun 14-15: Beacon Bomber**

Seattle, WA. WIM Series cross-country and downhill racing for all ages and ability levels at Seatac. Cross-country #6, Downhill #5. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jun 14-15: Torque Baby MTB Challenge**

Kimberly, BC. Cross-country, downhill, dual, kids race, fat tire criterium. Jikke Stegeman, Kimberley Alpine Resort, Kimberley, BC, 250-427-6165, www.skikimberly.com

**Jun 15-16: Mt. 7 Psychosis**

Golden, BC. Longest downhill race in North America, over 4000 feet of technical singletrack downhill. Steve Fisher, Golden Cycling Club, Box 1171, Golden, BC, V0A 1H0. 250-439-1115, www.pinkbike.com

**Jun 15-25: Stanley Park Bike Festival**

Vancouver, BC. Multi event festival attracting cyclists of all types. Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe St., Vancouver, BC, V6C 1Z7. 604-681-0419, www.stanleyparkbikefest.ca

**Jun 21-22: Test of Metal**

Squamish, BC. 60 km point-to-point cross-country, trial, downhill, and kids races. Cross-country limited to 800 riders. Cliff Miller, SORCA, P.O. Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-5195, www.testofmetal.com

**Jun 21: Greenwater Killer**

Greenwater, WA. WIM cross-country racing for all ages and ability levels. Cross-country #7. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jun 22: VW/Trek Oregon Cross-country MTB Championship**

Oakridge, OR. Great courses, lots of single-track, new design featuring less climbing for most classes. Randy Dreiling, Oregon Trails Promotions, 541-782-2388, www.oregon-adventures.com

**Jun 22: Dash for Cash**

Run on the Mudder course, but in the opposite direction. It is a cash prize race where 50-60% of the registration money in each class is returned to the riders. Robert Frey, One Speed Promotions, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

**Jun 25: Central Oregon Short Track Mountain Bike Series**

Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jun 28-29: Mad Traper**

Panorama, BC. Part of BC Cup. Cross-country, downhill, dual slalom. Keith Simmonds, Panorama Mountain Village - Inlawstraw, Panorama, BC, V0A 1T0. 250-312-5424, www.panoramaresort.com

**July****Jul 5-6: Rossland Gravity Fest**

Rossland, BC. BC Cup downhill, dual. Also cross-country event, kids races and trials. Jon Hopper, Rossland MTB Society, P.O. Box 1840, Rossland, BC, V0G 1Y0. 250-362-5797, jonhopper@telus.net

**Jul 5: South Surrey Bike Festival**

Surrey, BC. Tour, kids races, and dirt jump competition. Jim Richardson, SORCE, 604-598-5716, www.telus.net/sorce

**Catch the Joyride freeriding action in Whistler this July.****Jul 9: Central Oregon Short Track Mountain Bike Series**

Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jul 11-13: State Games Mountain Bike**

Mt. Hood, OR. Downhill and cross country. Petr Kakes, 503-272-0240, Skibowlbikeraace@aol.com

**Jul 12-13: Grouse Mountain UCI Triple World Cup**

Vancouver, BC. Cross-country, downhill and dual mountain bike world cup events. Chantal Lachance, GESTEV Inc, 418-827-1122, www.gestev.com

**Jul 12-13: Terminator DH**

Golden, BC. Downhill at its best. Steve Fisher, Kicking Horse Resort Mountain, Golden, BC, V0A 1H0. 250-439-5409, www.kickinghorseresort.com

**Jul 18-20: Tim Horton's National MTB Championships**

Whistler, BC. Cross-country, fat tire criterium, downhill, 4-cross. Rob McSkimming, Canadian Cycling Association, 4545 Blackcomb Way, Whistler, BC, V0N 1B0. www.canadian-cycling.com

**Jul 19-20: 24 Hours of Adrenalin**

Canmore, AB. Steve Merker, Trifl Sports International, 160 Gibson Street, Unit #4, Markham, ON, L3R 3K1. 905-944-9436, www.24hoursofAdrenalin.com

**Jul 19-20: Summer Ride Festival**

Oakridge, OR. Mountain bike festival event. Richard Sweet, 541-334-6449

**Jul 23: Central Oregon Short Track Mountain Bike Series**

Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jul 23-26: 2007 NORBA National Championship Series #4**

Sandpoint, ID. Cross-country, downhill, 4-cross, short track at Schweitzer Mt. Resort. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jul 26-27: Canada Cup #4**

Fernie, BC. Cross-country, downhill and dual slalom. Fernie Alpine Resort, Ski Area Road, Fernie, BC, V0B 1M1. 250-248-1353, info@skifernie.com

**Jul 26-27: Fat Tire Frezzy**

Red Lodge, MT. Sat: Downhill and criterium; Sun: Cross-country and observed trials. Tera Reynolds, Red Lodge Jaycees, Box 225, Red Lodge, MT, 59068. 406-446-2433, www.redlodge.com/frezzy

**AUGUST****Aug 2-3: Northwest Bike Festival**

Oakridge, OR. Days 2 and 3 of the NW Bike Festival. Day 2: MTB time trial during the day. Day 3: Sunday MTB cross-country race. Randy Dreiling, Oregon Trails Promotions, 541-782-2388, www.oregon-adventures.com

**Aug 2-3: 19th Annual White Knob Challenge and MTB Stage Race**

Mackay, ID. The oldest MTB race in the NW adds short track and head-to-head drag races for a full weekend event. Kurt Holzer, Lost River Cycling, 2234 N 9th Street, Boise, ID, 83702. 208-385-9613

## CALENDAR

**Aug 2-4: Squamish BC Cup**  
Squamish, BC. Part of BC Cup. Cross-country, 4-cross, and downhill. Cliff Miller, SORCA, PO Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-5195, www.sorca.org

**Aug 6: Central Oregon Short Track Mountain Bike Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Aug 9-10: The Squilchucker - WIM Series Finals**  
Wenatchee, WA. WIM Series cross-country and downhill as well as kids' races for all ages and ability levels. Cross-country #8, Downhill #6. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Aug 9-10: Canada Cup Finals**  
Kamloops, BC. Cross-country, downhill, dual. All categories, all levels. Race at Sun Peak Resort. Henry Pejnil, 7-1380 Summit Dr., Kamloops, BC, V2C 1T8. 250-578-5484, www.sunpeakresort.com

**Aug 9-10: Lakeside Mountain Bike Races**  
Mountain bike race event. Kevin Thompson, thompsonk@loswego.k12.or.us

**Aug 9: BC Provincial Road Race Championships**  
New Denver, BC. Fat tire criterium. Angie Hartley, SVCC, BC, 604-692-0545, http://stats.stocanlake.com/bicyclub/

**Aug 16: 12 Hours of Hemlock**  
Hemlock, BC. Cross-country endurance event. John Whitmore, Hemlock Valley Resort, 6455 129 A St, Surrey, BC, V3X 1R9. 604-591-8811, www.bigdagsraceevents.com

**Aug 16-17: Island Triple Throwdown**  
Courtenay, BC. Cross-country, downhill, dual. Chris Hounsell, Mount Washington Alpine Resort, 250-792-1211, www.mountwashington.ca

**Aug 17: Return on the JEDI**  
Grants Pass, OR. Top-rated course finishes on 5 miles of twisting single-track ("The JEDI Trail") at Sam Brown Campground. Cross-country. Richard Anneus, Bikekraft, 1448 Williams Hwy., Grants Pass, OR, 97527. 541-476-4935, bikekraft@atinternet.com

**Aug 20: Central Oregon Short Track Mountain Bike Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Aug 23-24: Hemlock Challenge - BC Cup Finals**  
Hemlock, BC. Cross-country, downhill and 4-cross. Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-850-4603, www.beamountainchallenge.com

**Aug 27-Sep 1: World Masters Mountain Bike Championships**  
Bromont, QC. Contact the USCF/Norba for additional information.

**Aug 29-31: Mountain Bike Series Finals**  
Mt. Hood, OR. Mountain bike race event. Petr Kakes, 503-272-0240

**Aug 30-31: 24 Hours of Adrenalin**  
TBA. BC. MTB team relay. Teams of 4-10 people and solos. Riders of all levels can participate. Steve Merker, Trillie Inc., 160 Gibson Street, Unit #4, Markham, ON, L3R 3K1. 905-944-9436, www.24hoursofadenalin.com

### SEPTEMBER

**Sep 13-14: 24 Hours of Adrenalin**  
Snoqualmie Pass, WA. Steve Merker, Trillie Inc., 160 Gibson Street, Unit #4, Markham, ON, L3R 3K1. 905-944-9436, www.24hoursofadenalin.com

**Sep 13: King of Bikes**  
Coquitlam, BC. 4-cross and BMX event. Kevin O'Brien, KOB Production, 604-872-7287, www.bmxfiles.com

**Sep 13-14: Island Games**  
Nanaimo, BC. Downhill, trials, BMX. Steve Tranfield, The Realm Riders, 250-340-1159

**Sep 14: Whidbey 8 hour Race**  
Teams or individuals welcome. Start at 10:00 a.m. Robert Frey, One Speed Promotions, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

**Sep 27-28: Whistler MTB Festival**  
Whistler, BC. Downhill, enduro, kids races, fat tire criterium. Richard Juryn, Shore Events Ltd., 604-983-3625, www.shoreevents.com

### OCTOBER

**Oct 4-5: Methow Valley Mountain Bike Festival**  
Winthrop, WA. Three-day MTB event includes circuit race, catered lunch rides, downhill races (kids and adults), salmon dinner, bike rodeo, and cross-country races (kids and adults). Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

## MOUNTAIN BIKE TOURING

### FEBRUARY

**Feb 23: Valentine's Day Ride**  
Fort Stellaocoom Park, Tacoma, WA. Group function in place of usual Valentine's Day Challenge. Discussion with park representative, followed by group ride and prize raffle. Watch JF2 Racing website for updates. www.jf2racing.com

### APRIL

**Apr 27: The Westside Ride**  
Bend, OR. 20-mile ride that joins popular Westside trails together into a big loop. 4-hour ride. No food or water along this ride. Meet at Hutch's westside store on Columbia St at 9:00 a.m. No entry fee. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 541-382-9253, www.hutchsbicycles.com

### MAY

**May 17: Reach the Beach Clean Air Bicycle Challenge, 13th Annual**  
Portland, OR. Six different breathtaking routes through Oregon's wine country & forests. Finish at the coast. Lisa Vennes, American Lung Association of Oregon, 7420 SW Bridgeport Road, Ste 200, Tigard, OR, 97224-7790. 503-924-4094, www.reachthebeach.org

**May 24-26: Bend Bicycle Festival**  
Bend, OR. Three day celebration of bicycles. MTB rides, road rides, women only rides, kid rides and a classic cruiser ride mixed in with Bend's best food and beer. One \$10.00 fee for all events. Hutch's Bicycles, Bend, OR, 541-382-6248, www.hutchsbicycles.com

### JUNE

**Jun 1: 7th Annual National Trails Day Event**  
Klamath Falls, OR. OC&E Woods Line State Trail - Switchback Trailhead. 7- and 10-mile rides. Entry fee \$3. All profits will go to trail development. Registration opens at 7:00 a.m. Art Sevigny, Klamath Trails to Trails Group, Box 2102, Klamath Falls, OR, 97601. 541-884-3050, sevignya@cvc.net

**Jun 21-26: Best of BC - Freeride Tour**  
Fernie, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Fernie, Nelson, Kootenay Lake and Rossland. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

**Jun 28-28: MS Mountain Bike Challenge**  
Fall City, WA. Conquer the mountain to conquer MS. Angela Dettorre, National Multiple Sclerosis Society, 192 Nickerson ST #100, Seattle, WA, 98109. 800-800-7047, www.nationalmssociety.org/was

**Jun 28-Jul 3: Best of BC - Singletrack Tour**  
Invermere, BC. Six-day mountain biking extravaganza in BC and Alberta. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

### JULY

**Jul 5: Green Owl Rendez-vous**  
Schweitzer Mt. Resort, Sandpoint, ID. 24-mile ride from the top of Schweitzer to the Green Owl Tavern on the Priest River. 5000+ ft downhill. Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com

**Jul 5-10: Best of BC - Freeride Tour**  
Fernie, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Fernie, Nelson, Kootenay Lake and Rossland. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

**Jul 12-17: Best of BC - Singletrack Tour**  
Invermere, BC. Six-day mountain biking extravaganza in BC and Alberta. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

**Jul 19-24: Best of BC - Freeride Tour**  
Fernie, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Fernie, Nelson, Kootenay Lake and Rossland. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

**Jul 20: 9th Annual Mountain Bike Poker Run**  
Bellaire, WA. Tahuya State Forest. 9th Annual non-competitive MTB event for all skill levels. Kids course. Marked trails through lush forest, with stations for card drawing. Registration starts at 8:00 a.m. at the Tahuya River Camp. Jim Grill, Single Track Mind Cycling Club, 6824 19th St W. PMB #147, Tacoma, WA, 98466. 253-863-3837, www.stmcc.org

**Jul 26-31: Best of BC - Singletrack Tour**  
Invermere, BC. Six-day mountain biking extravaganza in BC and Alberta. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

**Aug 2: Green Owl Rendez-vous**  
Schweitzer Mt. Resort, Sandpoint, ID. 24-mile ride from the top of Schweitzer to the Green Owl Tavern on the Priest River. 5000+ ft downhill. Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com

**Aug 2-7: Best of BC - Freeride Tour**  
Fernie, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Fernie, Nelson, Kootenay Lake and Rossland. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

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Photo courtesy of Chelan Mountain Bike Festival

Many mountain bike festivals and events to choose from this summer such as the May 3-4 Chelan event.


**Aug 8-10: Northwest Bike Festival MTB Tours**  
Oakridge, OR. Days 4-7 of NW Bike Festival. Friday-Sunday: Road and MTB tours. Randy Dreiling, Oregon Trails Promotions, 541-782-2238, www.oregon-adventures.com

**Aug 9-14: Best of BC - Singletrack Tour**  
Invermere, BC. Six-day mountain biking extravaganza in BC and Alberta. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

**Aug 10: Green Owl Rendez-vous**  
Schweitzer Mt. Resort, Sandpoint, ID. 24-mile ride from the top of Schweitzer to the Green Owl Tavern on the Priest River. 5000+ ft downhill. Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com

**Aug 16-21: Best of BC - Freeride Tour**  
Fernie, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Fernie, Nelson, Kootenay Lake and Rossland. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

**Aug 23-28: Best of BC - Singletrack Tour**  
Invermere, BC. Six-day mountain biking extravaganza in BC and Alberta. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com



June 21  
Mount St. Helens  
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80km & 135km

\$35 registration fee  
after June 16th fee is \$45  
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www.tourdeblast.com

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CALENDAR

**Aug 24: Cascade Cruise**  
Bend, OR. 30-mile MTB ride from Mt. Bachelor Nordic Center to Bend. One major climb then mostly fantastic downhill single-track. Make sure shuttle arrangements are made. Begins at 10:00 a.m. No entry fee. Hutch's Bicycles, Bend, OR, 503-382-9253, www.hutchsbicycles.com

**Aug 30: Green Owl Rendezvous**  
Schweitzer Mt. Resort, Sandpoint, ID. 24-mile ride from the top of Schweitzer to the Green Owl Tavern on the Priest River. 5000+ ft downhill. Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83364. 208-610-0691, www.allaboutadventures.com

**Aug 30-Sep 4: Best of BC - Freeride Tour**  
Fernie, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Fernie, Nelson, Kootenay Lake and Rossland. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefati.com

SEPTEMBER

**Sept 6-11: Best of BC - Singletrack Tour**  
Invermere, BC. Six-day mountain biking extravaganza in BC and Alberta. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefati.com

**Sept 13-18: Best of BC - Freeride Tour**  
Fernie, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Fernie, Nelson, Kootenay Lake and Rossland. Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 250-423-7849, www.ferniefati.com

**Sept 14: Black Rock Ride**  
Bend, OR. 20 miles MTB ride around Paulina and East Lake. Very strenuous loop with no food or water along the way. Begins at 10:00 a.m. No entry fee. Meet at Paulina Falls parking area 35 miles south of Bend. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-9253, www.hutchsbicycles.com

NOVEMBER

**Nov 17-29: Mali: Sahel Journey**  
Mali. Exploring the lifestyle of the 'Sahel', including a boat trip on the Niger River, visits to the fascinating, culturally rich Mopti/Djenne/Dogon region. Optional trip to Timbuktu. 500 km, 300 miles, flat, 20% rough dirt. Cost \$1090 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S, Seattle, WA, 98108. 206-767-0848, www.tbike.org/bikeafrica/mali.htm

ROAD RACING

FEBRUARY

**Feb 23: Jack Frost Time Trial**  
Vancouver, WA. 12.4 mile out and back. Start in Vancouver Lake Park. Phil Sanders, Beaverton Bicycle Club, 503-649-4632, www.obra.org

MARCH

**Mar 2: Banana Belt Road Race #1**  
Hagg Lake, OR. Road race event. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

**Mar 2: Ice Breaker TT**  
Black Diamond, WA. This is the classic Ice Breaker race of years past. 10-mile course on Green Valley Rd near Flaming Geyser State Park outside of Auburn. Registration opens at 7:15 a.m., first start at 9:00 a.m. Erik Olson, Seattle Velo, 425.644.7216, www.seattlevelo.com

**Mar 8: Mason Lake Road Race #1**  
Mason Lake, WA. Road Race on a 13-mile loop course at Mason Lake near Shelton. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Mar 8: Southern Oregon Time Trials #1**  
Medford, OR. See race series for further information. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

**Mar 9: Banana Belt Road Race #2**  
Hagg Lake, OR. Road race event. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

**Mar 9: Windy 2-person TT**  
Boise, ID. Time Trial event. Jeff Gasser, 208-867-2488

**Mar 9: Tour de Dung Road Race #1**  
Sequim, WA. Bill Rowland, 360-457-8069, browland@olypen.ca

**Mar 15: Mason Lake Road Race #2**  
Mason Lake, WA. Road Race on a 13-mile loop at Mason Lake near Shelton. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Mar 15: Southern Oregon Time Trials #2**  
Medford, OR. See race series for further information. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

**Mar 16: Banana Belt Road Race #3**  
Hagg Lake, OR. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

**Mar 16: George's RR #1**  
Boise, ID. Road race event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

**Mar 16: Tour de Dung Road Race #2**  
Sequim, WA. Bill Rowland, 360-457-8069, browland@olypen.ca

**Mar 22: Mason Lake Road Race #3**  
Mason Lake, WA. Road Race on a 13-mile loop at Mason Lake near Shelton. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Mar 22-23: OSU Omnium**  
Corvallis, OR. Doug Ollershaw, 541-738-6194, www.obra.org

**Mar 22: Southern Oregon Time Trials #3**  
Medford, OR. See race series for further information. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

**Mar 23: Time Trial Training #1**  
Boise, ID. Mountain Velo, 208-336-3854

**Mar 23: Tour de Dung Road Race #3**  
Sequim, WA. Bill Rowland, 360-457-8069, browland@olypen.ca

**Mar 29: Snohomish Road Race**  
Snohomish, WA. Flowing Lake Park - Road Race on an 11-mile loop. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Mar 29: Snohomish Road Race**  
Snohomish, WA. Road race event. David Douglas, Pazzovelo, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Mar 30: Piece of Cake Road Race**  
Halsey, OR. Road race event. Rich Cramer, www.obra.org

**Mar 30: George's RR #2**  
Boise, ID. Road race event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

**Mar 30: Toppenish Time Trial**  
Yakima, WA. Start Location is off Highway 97 on Pumphouse Road. 5 miles south of Toppenish. Entry Fee \$10.00. Registration starts at 9:00 a.m., first rider goes at 10:30 a.m. for a 20-mile race. Kelly Connolly, Chinook Cycling Club, 509-248-1910, connallykb@nwinfo.net

APRIL

**Apr 5-6: Tour of the Frozen Flatlands**  
Cheney, WA. 12th Annual Cooper Jones Memorial. Circuit Race on April 5th, and road race on April 6th. Baddlands Cycling Club, 418 East Pacific #2, Spokane, WA, 99202-1426. 509-456-0432, www.baddlands.org

**Apr 6: Estacada Time Trial #1**  
Estacada, OR. 10 miles. All categories. Out and back on highway 224 along the Clackamas River. First rider off at 10:00 a.m. Geni Bossen, OBRA, 503-245-7563, www.obra.org

**Apr 6: Sagebrush Sundae**  
Bend, OR. Time Trial. Mike McKinnin, 541-382-9253, mike@hutchsbicycles.com

**Apr 6: Recycled Cycles Boat Street Criterium**  
Seattle, WA. This exciting 3-corner course requires the handling, nerve and finesse of a seasoned racer in order to be in contention for the podium. Seattle Juniors Criterium Series event. Robert Trombley, Recycled Cycles, Seattle, WA, 206-528-2242, www.nwocyclingevents.com

**Apr 6: Time Trial Training #2**  
Boise, ID. Mountain Velo, 208-336-3854

**Apr 8: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Apr 8: Eugene Time Trial Series #1**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugencyclingteam.com

**Apr 8: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit race to take place at SRP. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Apr 10: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Apr 10: Crit Training Begins**  
Boise, ID. Criterium racing Lindsay Cyclery, 411 Caldwell Blvd., Nampa, ID, 83651. 208-465-6491

**Apr 12-13: Rocky Mountain Roubaix**  
Missoula, MT. Road Race and Collegiate Crit and Time Trial. Corbin Schwanke, Corbin Schwanke, 155 N. Easy St., Missoula, MT, 59802. 406-721-6380

**Apr 12: Kings Valley Road Race**  
Kings Valley, OR. La Doynene of Oregon Road Racing. Scott Goldstein, Classic Events, 2290 Corinthian Ct, Eugene, OR, 97405. 541-343-4833, sgoldstein@mail.bit-by-bit.com

**Apr 12: Vance Creek Road Race**  
Elma, WA. Road race event. Jack Broadhead, www.pazzovelo.com

**Apr 13: 35th Annual Volunteer Park Criterium**  
Seattle, WA. One mile course. Seattle Juniors Criterium Series event. Dan Norton, www.gregscycles.com

**Apr 13: Harris Roubaix - SISU BC Cup #1**  
Pitt Meadows, BC. Road race event. Goeff Rice, Steve Engh, BC, 604-328-7370, www.trekvwrcing.com

**Apr 13: Estacada Time Trial #2**  
Estacada, OR. 10 miles for 10-14 juniors, 20 miles for all others. Out and back on Highway 224 along the Clackamas River. First rider off at 10:00 a.m. Geni Bossen, OBRA, 503-245-7563, www.obra.org

**Apr 13: George's RR #3**  
Boise, ID. Road race event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

**Apr 15: Eugene Time Trial Series #1**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugencyclingteam.com

**Apr 15: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Apr 15: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Apr 15: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Road Race Short to take place at Chapman Lake. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Apr 16-20: Tour of Willamette**  
Eugene, OR. CANCELLED  
www.tourdevillamette.com

**Apr 17: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Apr 19: Tahuya-Seabeck-Tahuya Road Race**  
Tahuya, WA. Voted #1 Road Race in Washington. Ethan Meglignes, Terry Buchanan, 3910 Sunnyside Ave N, Seattle, WA, 98103. 206-633-3944, www.broadmarkcycling.com

**Apr 19: Estacada Time Trial #3**  
Estacada, OR. Features two-man team format and fixed gear. 10 miles for 10-14 juniors, 20 miles for all others. Out and back on highway 224 along the Clackamas River. First rider off at 10:00 a.m. Geni Bossen, OBRA, 503-245-7563, www.obra.org

**Apr 19: Icebreaker Criterium**  
Eugene, OR. The 8 corner, 0.5-mile course has one small hill and two tight S turns. Primes and prized announced on day of the race. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. 541-747-3336, http://hometown.aol.com/comotionclassic/myhomepage/icebreaker.html

**Apr 22: Eugene Time Trial Series #1**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugencyclingteam.com

**Apr 22: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Apr 22: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Apr 22: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Time Trial to take place at SRP. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Apr 24: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Apr 26-27: Tour of Walla Walla Stage Race**  
Walla Walla, WA. Stage race, include road race, time trial, criterium events. Pre-registration required. Steve Rapp, 701 Boyer Avenue, Walla Walla, WA, 99362. 509-527-8724, www.tourofwallawalla.org

**Apr 26: Bald Peak Hill Climb**  
Portland, OR. Road race event. Ernie Conway, 503-329-7978, www.obra.org

**Apr 27: Time Trial Training #3**  
Boise, ID. Mountain Velo, 208-336-3854

**Apr 29: Eugene Time Trial Series #1**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugencyclingteam.com

**Apr 29: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Apr 29: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Apr 29: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Oval-Crit to take place at SRP. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

MAY

**May 1: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**May 2-4: Columbia Plateau Stage Race**  
Heper, OR. Stage Race. Mark Schwyhart, 4425 SE Woodward, Portland, OR, 503-231-0236, www.obra.org

**May 4: Seward Park Spring Classic Criterium**  
Seattle, WA. Seward Park - Criterium on a 0.8-mile loop inside Seward Park, one 120-degree turn and one hill. All categories. Seattle Juniors Criterium Series event. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**May 4: George's RR #4**  
Emmett, ID. Road race event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

**May 5: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**May 6: Eugene Time Trial Series #2**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugencyclingteam.com

**May 6: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**May 6: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**May 6: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Road Race to take place at Williams Lake. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**May 8: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**May 10: Even Steven Road Race**  
Eugene, OR. Event to promote women's cycling. Seven different women's categories and one category for men! Shirley Brown, EWEB Windpower Cycling Team, 2380 Garfield St., Eugene, OR, 97405. 541-686-5049, www.eugencyclingteam.com

**May 10: Warp Speed Time Trial**  
North Vancouver, BC. Scenic 20 km Time Trial in the Seymour Demonstration Forest. Jonathan Wornell, Team Soltion, 8 W.22nd Ave, Vancouver, BC, V5Y 2E8. 604-836-9993, www.teamsonlton.com

## CALENDAR

**May 10: Nooksack Road Race**  
Bellingham, WA. In its second year, the Nooksack Road Race having already proven itself as one of the hardest road races of the year. Pro 1.2 men distance: 100 miles. Robert Trombley, 206-528-2242, www.nw cyclingevents.com

**May 11: Mothers Day Lake Oswego Criterium**  
Oswego, OR. Criterium. Jon Puskas, 503-635-7013, jmpuskas@yahoo.com

**May 12: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**May 13: Eugene Time Trial Series #2**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugenebicyclingteam.com

**May 13: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

**May 13: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**May 13: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Criterium to take place at Lincoln Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**May 15: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**May 17-18: Mutual of Enumclaw Stage Race**  
Enumclaw, WA. Road race event. Ti Cycles, 2943 N.E. Blakely St, Seattle, WA, 98105. 206-522-7602, www.ticycles.com

**May 18: Oregon Team Time Trial**  
Tangent, OR. Road race event. Craig Messie, 541-753-7622, craig.messie@cmug.com

**May 18: Eagle Hills**  
Eagle, ID. Road race event. Lactic Acid Cycling and World Cycles, 180 N. 8th Street, Boise, ID, 208-343-9130

**May 19: Swan Island Classic Race**  
Portland, OR. Criterium race featuring all categories & kids' event. Beth Whittaker, Beth Whittaker, 16249 SE Morrison St., Portland, OR, 97233. 503-261-9560, www.obra.org

**May 19: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**May 20: Eugene Time Trial Series #2**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugenebicyclingteam.com

**May 20: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

**May 20: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**May 20: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Road Race (long) to take place at Chapman Lake. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**May 22: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**May 24-26: The Ecology Center Classic Stage Race**  
Missoula, MT. 3 day, 4 stage race. Street Sprints, TT, Criterium, and a true road race. Jeff Crouch, 406-728-5720, www.wildrockies.org/bikeclassic

**May 24-25: Times Colonist Cycling Festival - Sisú BC Cup #2**  
Victoria, BC. Road race, criterium and track events as well as Tour de Garden City community ride (20K, 50K, 100K). Road Race using the Gary Lunn course, criterium on Bastion Square. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

**May 24: Oregon State Championship Rehearsal**  
Lane County, OR. 1st part of Oregon Road Championships. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-334-6449, www.eugenebicyclingteam.com

**May 24-25: Snake River Omnium**  
Boise, ID. Stage Race Lindsay Cyclery, 411 Caldwell Blvd., Nampa, ID, 83651. 208-465-6491

**May 26: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**May 27: Eugene Time Trial Series #2**  
Eugene, OR. See race series for further information. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.eugenebicyclingteam.com

**May 27: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

**May 27: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**May 29: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**May 29: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**May 29-Jun 1: Mt. Hood Cycling Classic**  
Hood River, OR. This four-day race features rides located in the picturesque Hood River Valley at the base of Mt Hood. Chad Sperry, MT Hood Cycling Classic, P.O. Box 1432, Hood River, OR, 97031. 541-296-3779, www.mthoodcyclingclassic.com

**May 29: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**May 31-Jun 1: Race Across Oregon**  
Portland, OR. Portland to Mt. Hood, 527 mile course! RAAM Qualifier. Solo, two and five person relay team, tandem, master and collegiate. George Thomas, 541-753-7622, www.raceacrossoregon.com

**JUNE**

**Jun 1: Washington State Master and Junior Road Race Championships**  
Longbranch, WA. Old Town Bicycle, 253-858-8040, www.oldtownbicycle.com

**Jun 1: Atomic Road Race (SISU BC Cup #3)**  
Langley, BC. Road race event. Sean Rice, Atomic Racing, 26-250 Casey Street, Coquitlam, BC, V3K 6Y4. 604-788-3955, www.atomicracing.com

**Jun 1: Lyle Pearson Classic**  
Boise, ID. Road race event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

**Jun 2: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**Jun 3: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

**Jun 3: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Jun 3: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit Race to take place at Spokane Raceway Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Jun 4: Central Oregon Criterium Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jun 5: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jun 5: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Jun 6-8: Tour of Eagle**  
Eagle, ID. Stage race event. Gary Casella, 208-884-1925

**Jun 7: Silverton Road Race**  
Silverton, OR. Criterium on June 8. Scott Willson, 503-233-1098, www.obra.org

**Jun 7: Wenatchee Twilight Criterium**  
Wenatchee, WA. Downtown Wenatchee. David Douglas, Wenatchee Valley Velo, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Jun 7-Jul 8: Wenatchee Omnium**  
Wenatchee, WA. Road race event. David Douglas, Wenatchee Valley Velo, www.pazzovelo.com

**Jun 8: Silverton Criterium**  
Silverton, OR. Road race on June 7. Steve Yenne, 503-364-3846, yennes@aol.com

**Jun 9: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**Jun 10: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

**Jun 10: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Jun 10: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Time Trial to take place at Spokane Raceway Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Jun 11: Mt. Tabor Series**  
Mt Tabor Park, OR. See race series for further information. Clark Ritchie, 503-493-3777, www.obra.org

**Jun 11: Bogus Bassin Prologue**  
Boise, ID. Road race event. Jeff Gasser, 208-867-2488

**Jun 12: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Jun 12: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jun 13-22: Women's Challenge**  
Boise, ID. CANCELLED

**Jun 13: Fremont Twilight Criterium**  
Seattle, WA. Criterium event. www.nw cyclingevents.com

**Jun 14: Olympic Athletic Club Twilight Criterium**  
Ballard, WA. Criterium on a 0.6-mile, 4-corner flat course in old Ballard. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Jun 14: Norm Lowe Memorial Road Race - SISU BC Cup #4**  
Mission, BC. Road Race (16km circuit) in beautiful Hatzic Valley (just 1 1/2 hours east of Vancouver) Jonathan Wornell, Team Soliton, 8 W.22nd Ave, Vancouver, BC, V5Y 2E8. 604-836-9993, www.teamsoliton.com

**Jun 14: Oregon State Road Championships**  
Lane County, OR. Road race event. Richard Sweet, 541-334-6449

**Jun 15: Seward Park Summer Classic**  
Seattle, WA. Seward Park - Criterium on a 0.8-mile loop inside Seward Park, one 120-degree turn and one hill. All categories. Seattle Juniors Criterium Series event. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Jun 15: Larch Mountain Time Trial**  
Corbett, OR. Road race event. Ernie Conway, 503-329-7978, LarchMountain@consistency.net

**Jun 15: Brockton Criterium**  
Vancouver, BC. Criterium racing in Stanley Park Alistair Barrett, Healthmasters, 604-254-5460, www.escapevelocity.bc.ca

**Jun 15: 5 Person 50/50 Team Time Trial**  
Boise, ID. Kurt Holzer, Lost River Cycling, 2234 N 9th Street, Boise, ID, 83702. 208-385-9613

**Jun 15: Stanley Park Bike Festival**  
Vancouver, BC. Multi-event festival attracting cyclists of all types. Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe St. Vancouver, BC, V6C 1Z7. 604-681-0419, www.stanleyparkbikefest.ca



Women's peletons are growing in size.

**Jun 17: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Jun 17: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Road Race Hill Climb to take place at Steptoe Butte. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Jun 18: Central Oregon Criterium Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jun 18: Mt. Tabor Series**  
Mt Tabor Park, OR. See race series for further information. Clark Ritchie, 503-493-3777, www.obra.org

**Jun 19: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Jun 19: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jun 20-22: Elkhorn Classic Stage Race**  
Baker City, OR. Four race, three day, timed stage race - 1, 2, 3, 4 Men, Masters 40+ Men, Women. Nathan Hobson, Nathan and Claire Hobson, 4004 SE Licyntra Lane, Milwaukie, OR, 97222. 503-652-3763, www.elkhornclassic.com

**Jun 23: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**Jun 24: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

**Jun 24: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

## CALENDAR

**Jun 24: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit Race/BCC Team Photos to take place at Spokane Raceway Park Baddlands Cycling Club, 509-456-0432 or 509-328-1170. www.baddlands.org

**Jun 25: Mt. Tabor Series**  
Mt Tabor Park, OR. See race series for further information. Clark Ritchie, 503-493-3777. www.obra.org

**Jun 26: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Jun 26: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jun 28: Great Northern Road Race**  
Mt. Vernon, WA. Road race event. Derrick Queen, Aurora Cycles Team, www.pazzovelo.com

**Jun 28: River Spirit Race**  
Boise, ID. Road race event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782. www.georgescycles.com

**Jun 28: Idaho State TT championships**  
Boise, ID. Time trail event. Durance Cycles, www.pazzovelo.com

**Jun 29: Washington Senior State Criterium Championships**  
Bellingham, WA. New course. Northwest Women's Race Series event. Paul Clement, www.kulshancycles.com/race.htm

**Jun 29: Mt. Tabor/Rose Festival Circuit race**  
Portland, OR. An annual 1.3-mile loop circuit race at a beautiful venue since 1952. Race will be held at Mt. Tabor Park. Open to recumbent cyclists; race between noon and 1:00. Bruce Harmon, Team Rose City, 4060 Summerlinn Drive, West Linn, OR, 97068-5109. 503-742-9037. www.teamrosecity.org

**Jun 29: Ketchum Criterium**  
Ketchum, ID. Criterium Sun Summit.

**Jun 30: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229. www.obra.org

### JULY

**Jul 1: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636. jeff@digwest.com

**Jul 1: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 2: Central Oregon Criterium Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327. www.obra.org

**Jul 2: Mt. Tabor Series**  
Mt Tabor Park, OR. See race series for further information. Clark Ritchie, 503-493-3777. www.obra.org

**Jul 3: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Jul 3: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jul 4: 27th Annual Joe Matava Memorial Classic Criterium and WA State Jr. Championship**  
Burien, WA. Criterium. Flat, 6-corner course. All categories. Free kids' race. Seattle Juniors Criterium Series event. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. S.E., Kent, WA, 98031-3353. 253-852-4946, dbachman@libertycontrols.com

**Jul 6: Snohomish Kia Ha Ya Days Road Race**  
Snohomish, WA. Road race on a 5-mile loop with a mile climb and fast descent. All categories. Start 1st and Maple. \$20. Northwest women's cycling events. Robert Trombley, 206-528-2242. www.nwyclingevents.com

**Jul 6: The Falls City Fireworks**  
Falls City, OR. Cross country event. Kevin Thompson, 503-702-0774. www.obra.org

**Jul 7: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229. www.obra.org

**Jul 8: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636. jeff@digwest.com

**Jul 8: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 8: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit Race/BCC Team Photos to take place at Spokane Raceway Park Baddlands Cycling Club, 509-456-0432 or 509-328-1170. www.baddlands.org

**Jul 9-13: Cascade Cycling Classic**  
Bend, OR. This is a 5-day 6-stage race for Pro 1/2 men, 4-day 5-stage race for Women, and 3-day 4-stage race for Masters and Cat/3 riders. Brad Ross, Bend, OR, 503-246-7338. www.cascade-classic.org

**Jul 9: Mt. Tabor Series**  
Mt Tabor Park, OR. See race series for further information. Clark Ritchie, 503-493-3777. www.obra.org

**Jul 10: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Jul 10: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jul 12: Redmond Derby Days**  
Redmond, WA. Road race event. cdxion@ci.redmond.wa.us

**Jul 13: Talgo Criterium at Seafair**  
Seattle, WA. CANCELLED

**Jul 14: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229. www.obra.org

**Jul 15: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636. jeff@digwest.com

**Jul 15: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 15: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit Race to take place at Spokane Raceway Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170. www.baddlands.org

**Jul 16: Central Oregon Criterium Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327. www.obra.org

**Jul 16: Mt. Tabor Series**  
Mt Tabor Park, OR. See race series for further information. Clark Ritchie, 503-493-3777. www.obra.org

**Jul 17: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Jul 17: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jul 18-20: Tour de Delta - SISU BC Cup #5**  
Delta, BC. Start of BC Superweek. Road race, hill climb and criterium events. \$10,000 in cash purse. Municipality of Delta, 4500 Clarence Taylor Crescent, Delta, BC, V4K 3E2. 604-952-3545. www.tourdedelta.bc.ca

**Jul 19: Lake Washington Velo Circuit Race #1**  
Silvana, WA. Brian Hall, Lake Washington Velo, 3910 Sunnyside Ave, Seattle, WA, 98103. 206-242-1131. www.broadmarkcycling.com

**Jul 20: Washington State Time Trial Championships**  
Elma, WA. See web site for details. Jack Broadhead, www.pazzovelo.com

**Jul 21: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229. www.obra.org

**Jul 22: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636. jeff@digwest.com

**Jul 22: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 22: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit Race to take place at Lincoln Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170. www.baddlands.org

**Jul 23: Steamworks Tour de Gastown**  
Vancouver, BC. Criterium in downtown Vancouver. Part of BC Superweek \$10,000 in cash Gastown Business Improvement Society, Vancouver, BC, 604-646-3564. www.tourdegastown.com

**Jul 24: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Jul 24: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Jul 25-27: Tour de White Rock - SISU BC Cup #6**  
White Rock, BC. Event features hill climb, criterium and road race. Cash Purse \$10,000. End of BC Superweek. Angela Belsham, City of White Rock, 15322 Buena Vista Ave, White Rock, BC, V4B 1Y6. 604-541-2161. www.city.whiterock.bc.ca

**Jul 26: 17th Annual Wells Fargo Twilight Criterium**  
Boise, ID. Criterium event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782. www.georgescycles.com

**Jul 27: Elma Road Race - Washington State Senior Road Race Championships**  
Elma, WA. Road race event. Jack Broadhead, www.pazzovelo.com

**Jul 27: Camas Criterium**  
Camas, OR. Criterium event. David Kerchinsky, 360-936-6598. www.obra.org

**Jul 27: Morning After Criterium**  
Boise, ID. Lactic Acid Cycling and World Cycles, 180 N. 8th Street, Boise, ID, 208-343-9130

**Jul 28: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229. www.obra.org

**Jul 29: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636. jeff@digwest.com

**Jul 29: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 29: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit Race to take place at Spokane Raceway Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170. www.baddlands.org

**Jul 30: Central Oregon Criterium Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327. www.obra.org

**Jul 31: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Jul 31: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**August**

**Aug 1: Pedal Criterium**  
Portland, OR. Criterium event. Brad Ross, 503-246-7338

**Aug 1-2: NW Bike Festival Road Racing**  
Oakridge, OR. Days 1 & 2 of NW Bike Festival. Day 1: Road Bike criterium Friday night. Day 2: Road Bike criterium Saturday night. Randy Drilling, Oregon Trails Promotions, www.oregon-adventures.com

**Aug 2: University Place Criterium**  
Tacoma, WA. Criterium event. Spoke & Sprocket Cycling Team, Tacoma, WA, 98466. 253-564-1422. www.pazzovelo.com

**Aug 3: Lake Washington Velo Circuit Race #2**  
Carnation, WA. Brian Hall, Lake Washington Velo, 3910 Sunnyside Ave, Seattle, WA, 98103. 206-242-1131. www.broadmarkcycling.com

**Aug 3: Camas Road Race**  
Camas, OR. Road race event. David Kerchinsky, 360-936-6598

**Aug 4: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229. www.obra.org

**Aug 5: Twilight Tuesday Night Criterium Series #1**  
Eugene, OR. See race series for further information. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

**Aug 5: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636. jeff@digwest.com

**Aug 5: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Aug 5: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. See race series for further information. Circuit Race to take place at Spokane Raceway Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170. www.baddlands.org

**Aug 6: Health Masters Hill Climbing Championships**  
North Vancouver, BC. Road hill climb for 30 and over. Barb Zimich, Health Masters, 766 Mont Royal Ave, North Vancouver, BC, V7R 2G. 604-983-2765. www.nso.ca/zimich/

**Aug 6: Central Oregon Criterium Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327. www.obra.org

**Aug 7: Seward Park Cycling Series**  
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Aug 7: Thursday Nighters**  
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Aug 9: Tualatin Crawlfish Criterium**  
Tualatin, OR. The course consists of a downhill, sweeping corners and an uphill rise to the finish line. Brian Witly, 503-282-7074. brian@halfast.com

**Aug 9: Denny Creek Hill Climb**  
Snoqualmie, WA. Hill Climb time trial on Denny Creek Road near Asahel Curtis 190 exit to Alpendal Intersection. Start at 8:00 a.m. 425-747-3136. www.jetcityvelo.com

**Aug 10: Volunteer Park Summer Classic & Master State Championships**  
Seattle, WA. Volunteer Park - Criterium on a 0.8 mile loop inside Volunteer Park with a small 150 yard hill. All categories. Seattle Juniors Criterium series event. David Douglas, Ashmead College, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921. www.pazzovelo.com

**Aug 10: BC Provincial Road Race Championships**  
New Denver, BC. Road race. Angie Hartley, SVCC, BC, 604-692-0545. http://stats.slocanlake.com/bicycleclub/

**Aug 10: District Criterium**  
Gresham, OR. Criterium event. Jay Martineau, 360-882-0723

**Aug 10: Table Rock HC**  
Boise, ID. Road race event. Jeff Gasser, 208-867-2488

**Aug 11: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229. www.obra.org

**Aug 12: Twilight Tuesday Night Criterium Series #2**  
Eugene, OR. Four criterium series. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

**Aug 12: Tuesday Night PIR Race Series**  
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636. jeff@digwest.com

## CALENDAR

**Aug 12: Tuesday Night Road Race Series @ Pacific Raceways**

Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Aug 12: 15th Annual Cooper Jones Memorial Twilight Series**

Spokane, WA. See race series for further information. Road Race to take place at Williams Lake. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Aug 13: Central Oregon Criterium Series**

Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Aug 14: Seward Park Cycling Series**

Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Aug 14: Thursday Nighters**

Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Aug 16: Lake Washington Velo Circuit Race #3**

Olympia, WA. Northwest Women's Race Series event. Brian Hall, Lake Washington Velo, 3910 Sunnyside Ave, Seattle, WA, 98103. 206-242-1131, www.broadmarkcycling.com

**Aug 16: Provincial Criterium Championships**

N. Vancouver, BC. Criterium event only. Barb Zimich, 604-983-2765, www.nso.ca/zimich/

**Aug 17: BC Provincial Time Trial Championships**

Squamish, BC. Individual time trial event. Gary James, Escape Velocity, 3390 West 15th Ave, Vancouver, BC, V6R 2Y8. 604-888-5779, www.escapevelocity.bc.ca

**Aug 17: State Time Trial Championships**

Champoeg, OR. Road race event. Joe Cipale, 360-750-6659

**Aug 17: Ken Meyer Memorial Criterium**

Bellingham, WA. Criterium event. Paul Clement, www.kulshanevelocycles.com/race.htm

**Aug 18: Lakeside Bicycles Monday Night Masters & Women PIR**

Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**Aug 19: Twilight Tuesday Night Criterium Series #3**

Eugene, OR. Four criterium series. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

**Aug 19: Tuesday Night PIR Race Series**

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Aug 19: Tuesday Night Road Race Series @ Pacific Raceways**

Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Aug 19: 15th Annual Cooper Jones Memorial Twilight Series**

Spokane, WA. See race series for further information. Crit to take place at Lincoln Park. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Aug 21: Seward Park Cycling Series**

Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Aug 21: Thursday Nighters**

Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Aug 22-24: Co-Motion Classic Tandem Stage Race**

Eugene, OR. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

**Aug 23: WA State Hill Climb Time Trial Championships**

Crystal Mountain, WA. Northwest Women's Race Series event. Dave Bachman, Wheelsport Cycling Team, dbachman@libertycontrols.com

**Aug 23: High Desert Road Race**

Bend, OR. Road race event. Damian Schmitt, 541-350-3327

**Aug 23: Stanley Challenge**

Boise, ID. Road race event. Jeff Gasser, 208-867-2488

**Aug 24: Seward Park Season End Classic**

Seattle, WA. Criterium on a 0.8-mile loop inside Seward Park, one 120-degree turn and one hill. All categories. Seattle Juniors Criterium Series event. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Aug 25: Lakeside Bicycles Monday Night Masters & Women PIR**

Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**Aug 26: Twilight Tuesday Night Criterium Series #4**

Eugene, OR. Four criterium series. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

**Aug 26: Tuesday Night PIR Race Series**

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Aug 26: Tuesday Night Road Race Series @ Pacific Raceways**

Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Aug 26: 15th Annual Cooper Jones Memorial Twilight Series**

Spokane, WA. See race series for further information. Best of the Bunch: Road Race & awards to take place at Chapman Lake. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

**Aug 27: Central Oregon Criterium Series**

Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Aug 28: Thursday Nighters**

Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Aug 31: Oregon Hillclimb Championships**

Government Camp, OR. Road race event. John Lombard, OBRA, 503-737-1727, www.obra.org

**SEPTEMBER**

**Sep 2: Tuesday Night PIR Race Series**

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Sep 4: Thursday Nighters**

Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

**Sep 6-7: Idaho State Championships**

Boise, ID. Road race and criterium championships. Kurt Holzer, Lost River Cycling, 2234 N 9th Street, Boise, ID, 83702. 208-385-9613

**Sep 8: Lakeside Bicycles Monday Night Masters & Women PIR**

Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**Sep 9: Tuesday Night PIR Race Series**

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Sep 13: 31st Annual Bogus Basin Hill Climb**

Boise, ID. Road race event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

**Sep 16: Tuesday Night PIR Race Series**

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Sep 20-21: Eugene Celebration Cycling Classic**

Eugene, OR. Pro/1/2, Cat.3, Cat.4/5, Masters, Women, Stage Race (RR/Circuit, TT and Crit.). Distances vary. Part of Eugene Celebration Festival! Saturday - Road Race and Time Trial, Sunday - Downtown Criterium. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com

**Sep 23: Tuesday Night PIR Race Series**

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**Sep 30: Tuesday Night PIR Race Series**

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

**OCTOBER**

**Oct 7-12: World Championships - Road**

Hamilton, ON. Not a NW event but the best chance to see 800 of the greatest cyclists from 50 countries racing for the ultimate title. It is only the 5th time the event is raced out of Europe. Hamilton, 35 Glen Road, P.O. Box 5190, LCD1F1, Hamilton, ON, 905-529-2003, www.hamilton2003.com

**ROAD TOURING**

**FEBRUARY**

**Feb 23: 30th Annual Chilly Hilly Bicycle Classic**

Bainbridge Island, WA. Opening day of NW cycling season. 2,500 participants 33-mile route around Bainbridge Island. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

**Feb 24-Mar 31: Tour of New Zealand - North Island**

Auckland, NZ. Ride the perimeter of the sub-tropical North Island. Sag support, cabins & camping. Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 98816. 877-283-3551, www.waynesue.com/page2.html

**MARCH**

**Mar 1: SIR 100 km Populaire**

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Mar 8: Solvang Century & Half Century**

Solvang, CA. 100- or 50-mile bike ride Randy ICE, Randy Ice P.T., C.C.S., 12300 E. Washington Blvd Suite W, Whittier, CA, 90606. 562-690-9693, www.bikesccor.com

**Mar 9-15: Wheeling Hawaii**

Kona, Hawaii. Wonderful week-long tour of the "Big Island" of Hawaii. Totally supported tour. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owct.com



Sunset on Orcas Island during the 2000 Trek Tri-Island bike tour.

**Mar 15: SIR 200 km Brevet**

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Mar 15: McClincy Mile**

Montroe, WA. Choice of 3 loops of 25, 50 or 70 miles. \$15 if you pre-register at Expo. Warren Bare, B.I.K.E.S., 425-478-9594, www.bikesclub.org

**Mar 23: Wet-N-Windy 50**

Bend, OR. 50 miles road ride east of Bend. 9:00 a.m. \$5.00 entry fee. Energy food and drink provided. Hutchs Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com/event.htm

**Mar 23: Nanaimo Populaire**

Nanaimo, BC. 50 km and 100 km. Start at 10:00 a.m. Route: Lantzville, Yellow Point. Stephen Hinde, 250-245-4751, www.randonneurs.bc.ca

**Mar 29: Tour of the Cowichan Valley**

Cowichan Valley, BC. 200 km, 150 km, 100 km, 50 km available. Stephen Hinde, 250-245-4751, www.randonneurs.bc.ca

**APRIL**

**Apr 6: 18th Annual Pacific Populaire**

Vancouver, BC. Starts 9:00 a.m. from Riley Park Community Centre. Tour Vancouver, Richmond. Distances: 25 km, 50 km, 100 km. Danelle Laidlaw, 604-220-8403, tourbc@tour-bc.net

**Apr 6: Peace Region - 50 km**

Peace Region, BC. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**Apr 12: 50, 100, 150 & 200 km**

Surrey, BC. 200 km - 7 am, 150 km - 7:30 a.m., 100 & 50 km - 9 a.m. Route goes through Fleetwood, Ferdale, Maple Falls & Abbotsford Dan McGuire, 604-942-3235, www.randonneurs.bc.ca

**Apr 12: Peace Region - 100 km**

Peace Region, BC. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**Apr 13: SIR 300 km Brevet**

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Apr 13: Daffodil Classic**

Orting, WA. 20, 50, 70, & 100 miles. 7-mile fun ride on trail. Forms and online registration at website. Jan Brame, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-759-6984, www.tbwc.org

**Apr 13: Daffodil Classic**

Orting, WA. 20, 50, 70, and 100-mile routes. Cost before/day-of: \$15/\$18 ind., \$35/\$40 family, \$12/\$15/T-shirt. Jan, Tacoma Wheelmen's Bicycle Club, PO Box 112078, Tacoma, WA, 98411. 253-759-6984, www.tbwc.org/daffodil.htm

**Apr 18-19: SIR Fleche Northwest**

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Apr 19: 200 km Southern Interior Brevet**

Southern Interior, BC. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

**Apr 19: Vancouver Island - 300 km**

Vancouver Island, BC. See web site for details. Stephen Hinde, 250-245-4751, www.randonneurs.bc.ca

**Apr 19: Peace Region - 150 km**

Peace Region, BC. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**Apr 25-27: International Discover Walk Festival Rides**

Vancouver, WA. Two 42-km Marathons, 5-km, 10-km, 21-km or 32-km Walks, 25-km or 50-km Bike and Two Swims. Also Health and Fitness Seminars. International Walk Fest, 877-269-2099, www.discoverwalk.org

**Apr 26: Signys of Spring**

Fort St John, BC. 200 km. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**Apr 26: Lower Mainland - 300 km**

Lower Mainland, BC. Starts 6:00 a.m. See web site for details. John Bates, Danelle Laidlaw, 604-421-1717, www.randonneurs.bc.ca

**MAY**

**May 3: SIR 400 km Brevet**

TBA, WA. Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**May 3: Le Petit Tour de Peace**

tbc, BC. 300 km, 200 km also available. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**May 3: Vancouver Island - 300, 400 km**

Vancouver Island, BC. See web site for details. Stephen Hinde, www.randonneurs.bc.ca

**May 3: 300 km Brevet**

Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

**May 3: Ride Around Clark County**

Vancouver, WA. Four scenic loops of Clark County, ranging from 18 miles to 100 miles. Cost is \$14 w/o shirt and \$24 with shirt if registered by April 22nd. Scott Martin, Vancouver Bicycle Club, 3014 NW Kent St, Camas, WA, 98607. 360-834-6737, www.vancouverbicycleclub.com/racc.html

Photo courtesy of American Lung Association of WA

**C A L E N D A R**

**May 4: Monster Cookie Ride**  
Slate Capitol Mall, Salem, OR. Recreational ride through backroads to Champoeg State Park and back. Entry fee is for map, rider ID# & checkpoint services. Full-service checkpoints including toilet facilities along the route. Snacks, fruit & refreshments will be available. Doug Parrow, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-390-9558, www.salembicycleclub.org

**May 10: 13th Annual Skagit Spring Classic Bicycle Ride**  
Burlington, WA. Scenic tour through north Skagit and south Walcom Counties. New routes which still include Samish Islands & Chuckanut Dr. 25-, 45-, 62- and 100-mile routes. Sag, showers and spaghetti feed included. Registration start at 7:00 a.m. at Bayview Elem. School. Cheryl Minor, Skagit Bicycle Club, P.O. Box 363, Burlington, WA, 98233. 360-424-4836, www.skagitbicycleclub.org

**May 10: 11th Annual Rhody Tour**  
Port Townsend, WA. Four route choices, 32, 45, 55, and 62 miles, following the rural roads of East Jefferson County. Jon Mueller, Port Townsend Bicycle Association, PO Box 681, Port Townsend, WA, 98368. 360-385-7567, www.ptguide.com/rhodytour/index.htm

**May 10-11: STOKR (Scenic Tour of the Kootenai River)**  
Libby, MT. 9th annual, 2-day ride in scenic NW MT. Little traffic, incredible food and fun volunteers. Susie Rice, 1020 Idaho Ave, Libby, MT, 59923. 406-293-2441, www.libbymt.com/events/stokr.htm

**May 10: Lower Mainland - 400 km**  
Lower Mainland, BC. Starts 6:00 a.m. See web site for details. Ali & Roger Holt, www.randonneurs.bc.ca

**May 10: Port Townsend Rhododendron Tour**  
Port Townsend, WA. 32, 45, 55, 62 miles Jon Mueller, Port Townsend Bicycling Association, 360-385-7567, www.ptguide.com/rhodytour/

**May 10: Inland Empire Century**  
Richland, WA. Century ride through the beautiful lower Yakima River Valley; options of 25, 55, 75, and 100 miles Judy and Dick Packard, Tri-City Bicycle Club, P.O. Box 465, Richland, WA, 99352. 509-375-0594, www.ownt.com/tcbc

**May 10: 21st Annual Lewis Co. Historic Bike Ride**  
Chehalis, WA. Registration 7:00 a.m. to 10:00 a.m. 18, 34, 67 and 100 miles. ANSI or Snell helmets required. Bill Schlickeliser, 360-262-9647, slick@localaccess.com

**May 16-18: Fleche Pacifique**  
Harrison Hot Springs, BC. Entry deadline is Sat, April 26th. Starts at Harrison Hot Spring. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

**May 17: Le grand Tour de Peace - 400 km**  
Fort St John, BC. 400 km, 300 km also available. Kim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**May 17-18: Tosrv West**  
Missoula, MT. Challenging Double Century Tour in Scenic River Valley Debora Adams, Missoulians On Bicycles, 170 Strand Avenue, Missoula, MT, 59801. 406-728-0364, www.tosrvwest.org

**May 17: Reach the Beach Clean Air Bicycle Challenge, 13th Annual**  
Portland, OR. Six different breathtaking routes through Oregon's wine country & forests. Finish at the coast. Lisa Venness, American Lung Association of Oregon, 7420 SW Bridgeport Road, Ste 200, Tigard, OR, 97224-7790. 503-924-4094, www.reachthebeach.org

**May 18: Santa Fe Century**  
Santa Fe, NM. 18th year - 2500 riders. 25-, 50-, 75-, 100-mile routes. Terrain is flat, rolling and moderately hilly. Food stops and sag wagon. Willard Chilcott, Santa Fe Century Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282, www.santafecentury.com

**May 18: Twin County Double-Metric Century**  
Olympia, WA, Thurston County. 20-, 36-, 70-, 85- & 126-mile loops on low-traffic, scenic routes in Thurston & Lewis counties. Terry Zander, Capital Bicycling Club - Olympia, WA, P.O. Box 642, Olympia, WA, 98507. 360-956-3321, www.capitalbicyclingclub.org

**May 18: Your Canyon For A Day**  
Yakima, WA. Start/Finish: milepost #7 on WA State Hwy 821 north of Selah in the Yakima River Canyon. 9:00 a.m. - 3:00 p.m. Route follows paved, scenic Yakima River Canyon Highway, which will be closed to through traffic. 35 miles if you go round-trip. Proceeds support Yakima County Crime Stoppers. Mike Balmelli, 509-453-0351

**May 23-26: Ride of the Centuries**  
Pendleton, OR. Kicks off with a Main Street concert. Saturday ride to a guest ranch - picnic lunch, Wild West show and evening BBQ. Sunday's ride features beautiful century farms in the area. Monday's ride includes a tough alternative from Pendleton to the Blue Mountains, rising 3700 feet. Leslie Carnes, Pendleton Chamber of Commerce, 1-800-547-8911, www.pendleton-oregon.org

**May 24-25: SIR 600 Km Brevet**  
tbc, WA. Seattle International Randonneurs Mark Thomas, Seattle International Randonneur (SIR), 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**May 24-26: Bend Bicycle Festival**  
Bend, OR. Three day celebration of bicycles. MTB rides, road rides, woman only rides, kid rides and a classic cruiser ride mixed in with Bend's best food and beer. One \$10.00 fee for all events. Hutchs Bicycles, Bend, OR. 541-382-6248, www.hutchsbicycles.com

**May 24: 400 km Brevet**  
Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

**May 24-25: Vancouver Island - 600, 400 km**  
Vancouver Island, BC. See web site for details. Stephen Hinde, www.randonneurs.bc.ca

**May 24: Le grand Tour de Peace - 400 km**  
Fort St John, BC. See web site for details. Kim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**May 25: Tour de Garden City**  
Victoria, BC. Ride 20 km, 50 km or 80 km. Part of Times Colonist Cycling Festival. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

**May 25: The Halfmoon 150**  
Longsdale, BC. Starts point Langdale, Halfmoon Bay at 9 a.m.. Distances: 50, 100, 150 km on the Sunshine Coast routets. Robert Irvine, 604-885-1044, www.randonneurs.bc.ca

**May 26: 7-Hills of Kirkland**  
Kirkland, WA. 40-70 mile routes through Kirkland and environs. Great scenery, hills and charitable cause. Karin Frankenburger, KITH, 125 State Street, Suite B, Kirkland, WA, 98033. 425-576-9531, www.kithgive.org

**May 31-Jun 1: Lower Mainland - 600 km**  
Lower Mainland, BC. Time and location TBA. Michel Richard, Karen Smith, 604-732-0212, www.randonneurs.bc.ca

**JUNE**

**Jun 1: Peninsula Metric Century**  
Gig Harbor and Southworth, WA. 50K, 100K, and 100-mile routes on rural roads with hills. Forms and online registration at website. Howie Kaplan, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-460-3319, www.twbc.org

**Jun 2-Jul 28: Coast to Coast Bicycle Classic**  
Seattle, WA. Cross-country from Seattle to the Jersey Shore. Cross 3 mountain ranges in 12 states and pedal 3395 miles in 55 days. Tim Kneeland & Associates, Inc., 410 West Spazier Ave, Burbank, CA, 91506-3216. 1-800-433-0528, www.owct.com

**Jun 7-8: Foothills Randonnee**  
Peace Region, BC. 600 km event, 400 km also available. See web site for details. Kim Wok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**Jun 7-8: 600 km Brevet**  
Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

**Jun 9-Jul 3: Great Alaska Highway Ride 6**  
Alaska, Yukon, BC. Annual ride the full length of the Alaska Highway, Delta Junction, AK to Dawson Creek, BC. Tom Sheehan, Cyclevents, PO Box 725, Hilo, HI, 96721. 888-733-9615, www.cyclevents.com/alaska/

**Jun 13-14: SIR 600 Km Brevet**  
TBA, WA. Seattle International Randonneurs. Mark Thomas, Seattle International Randonneur (SIR), 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Jun 13-17: SIR 1000 Km Brevet**  
TBA, WA. Seattle International Randonneurs. Mark Thomas, Seattle International Randonneur (SIR), 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Jun 14: Tour de Fronds V**  
Glendale or Powers, OR. Paul Tamm, Umqua Velo Club, P.O. Box 118, Oakland, OR, 97462. 541-459-1385, www.geocities.com/umpvelo/

**Jun 14: Apple Century Ride**  
Wenatchee, WA. 100- and 50-mile rides up the Scenic Columbia River Erik Peterson, Wenatchee Sunrise Rotary, PO Box 1433, Wenatchee, WA, 98801. 509-663-7526, www.wenatcheesunrise.org/century

**Jun 14: Yakima Ridges Bicycle Ride**  
Yakima, WA. Ride through the sunny upper Yakima Valley in this debut ride with 25, 45, and 100 mile options. David Severson, Apple Valley Kwanis Club, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com/yr/

**Jun 14: Skookumchuck Challenge**  
Tenino, WA. 100-, 80-, 70-, 50-, 30-, 20- or 6-mi courses start and end in Tenino. Leon Wayt, Lions Clubs, PO Box 1241, Rainier, WA, 98576. 306-446-1332, www.lionsbikeride.org

**Jun 15: Lake Chelan Century**  
Chelan, WA. A demanding 30-, 60-, 100-mile ride in the hills surrounding Lake Chelan. \$25 Entry Fee Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 98816. 877-283-3551, www.waynesue.com/page2.html

**Jun 15: Stanley Park Bike Festival**  
Vancouver, BC. Multi-event festival of cycling attracting cyclists of all types. Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe Street, Vancouver, BC, V6C 1Z7. 604-681-0419, www.stanleyparkbikefest.ca

**Jun 15: SIR 400 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Jun 20-22: Crownsnet 1000 km**  
Crownsnet, BC. 1000 km in 3 days. See web site for details. Eric Fergusson, 604-733-6657, www.randonneurs.bc.ca

**Jun 20-22: Lower Mainland Brevet- 1000 km**  
Victoria, BC. Route: Victoria - Port Hardy - Victoria. Several start options available. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca

**Jun 20-22: Summer Solstice Millenium Tour**  
Peace Region, BC. Start on Friday. 1000 km Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**Jun 20-22: Southern Interior Brevet - 1000 km**  
Southern Interior, BC. See web site for details. Start on Friday. www.randonneurs.bc.ca

**Jun 21: 9th Annual Tour de Blast**  
Toutle, WA. Tour de Blast offers a 80 & 135K ride with breathtaking views of Mt. St. Helens blast zone. Well staffed by Longview Noon Rotarians. \$35 covers T-shirt, rest stops & end-of-ride pasta feed. Limit 1200 riders Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tourdeblast.com

**Jun 21: American Diabetes Association Flying Wheels Summer Century**  
Redmond, WA. From family fun to grueling hills. Official STP Training Ride - 25, 50, 75, 100 miles. Jen Smith, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

**Jun 21-22: Walla Walla Potpourri**  
Walla Walla, WA. Choose your distance for the weekend. 6 ride options - 30 to 130 miles (approx). Steve Rapp, 701 Boyer Avenue, Walla Walla, WA, 99362. 509-527-8724, www.tourofwallawalla.org/potpourri

**Jun 22-Jul 5: Ecuador Exploration: Pichincha to Imbabura (Northern Circuit)**  
Ecuador, South America. Northern circuit. Discussions on history, indigenous culture, gender rights and roles, music, language, religion, geology, botany and ecology. Great people to meet and scenic beauty to die for. 400 km, 250 miles, paved roads, long hills, high elevation. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206-767-0848, www.ibike.org

**Jun 22: Double Dawg Ride**  
Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. Meet at westside store. 9:00 a.m., \$10.00 pair entry fee. Deluxe snacks provided at the Park. Hutchs Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, www.hutchsbicycles.com

**Jun 22-30: Across America North**  
Astoria, OR. Astoria, OR to Boise, ID. 8 days, 614 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, www.abbike.com

**Jun 22-Aug 11: Across America North**  
Astoria, OR. Astoria, OR to Portsmouth, NH cross-country tour - 50 days, 3600 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, www.abbike.com

**Jun 26-Aug 1: Cycle Washington**  
Redmond, WA. Adventure Cycling's 7-day van supported event, beginning and ending in Redmond. Riders will cover 376 miles on both sides of the Cascades. Adventure Cycling, 800-755-2453, www.adventurecycling.org

**Jun 28: RATPOD: Ride around the Pioneers in One Day**  
Dillon, MT. This a benefit ride; 157-mile loop in one of the most gorgeous and remote areas in our country. Jennifer Bentone, Phil Gardner, Camp Mak A Dream 32 Fl Missoula Rd, Missoula, MT, 59804. 406-549-5987, www.ratpod.org

**Jun 28-29: Border Randonnee**  
Peace Region, BC. 600 km. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

**Jun 28: Cannonball**  
Seattle, WA. Seattle to Spokane on I-90; 275 miles. Duane Wright, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondycyclingclub.org/index.html

**Jun 29: Victoria Populaire**  
Victoria, BC. Route: 50 km, 100 km, 150 km, various routes. Ride begins 9:00 a.m. at the Oak Bay Beach Hotel. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca

**Jun 29: Tour de Pierce**  
Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County Sheila Pudists, Pierce County Parks, 9112 Lakewood Drive SW Suite 121, Lakewood, WA, 98499. 253-798-4176, www.piercecountywa.org/parks

**Jun 29: Ashland Triple Challenge**  
Ashland, Oregon. Century, Metric Century and Half-metric routes. Tamara Abbott, Siskiyou Velo Bicycling Club, P.O. Box 974, Ashland, OR, 97520. 541-488-2305, www.siskiyouvelo.org

**JULY**

**Jul 1: Canada Day 136 Populaire**  
Fort Langley, BC. Start from 8:00-9:30 a.m. Stralton, Vedder Crossing, Huntingdon, Aldergrove. Part of BC Randonneurs cycling clubevents Ian Stephen, 604-576-4425, www.randonneurs.bc.ca

**Jul 1-10: Northern Rocky Ride**  
Boise, ID. Boise, ID to Casper, WY - 9 days, 707 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, www.abbike.com

**Jul 4-6: NWTR 2003 (Northwest Tandem Rally)**  
Eugene, OR. Two days of tandem riding in the beautiful Willamette Valley. Debbie & Dunny Sorensen, NWTR 2003 Steering Committee, PO Box 11044, Eugene, OR, 97440. 541-485-8643, www.nwtr.org

**Jul 4: SIR 300 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Jul 4-5: SIR 600 km Brevet**  
TBA, WA. Seattle International Randonneurs. Mark Thomas, Seattle International Randonneur (SIR), 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Jul 5-18: Ecuador Exploration: Andes to Amazon (Southern Circuit)**  
Ecuador, South America. Southern circuit. Discussions on history, indigenous culture, gender rights and roles, music, language, religion, geology, botany and ecology. Great people to meet and scenic beauty to die for. 400 km, 250 miles, paved roads, long hills, high elevation. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206-767-0848, www.ibike.org

**Jul 5: SIR 300 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Jul 6: SIR 200 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Jul 6: Lower Mainland - 200 km**  
Lower Mainland, BC. Start at 7:00 a.m. Larry Voth, Wayne Harrington, 604-534-0379, 604-552-1667, www.randonneurs.bc.ca

**Jul 6: Lower Mainland - 50, 100 & 150 km**  
Lower Mainland, BC. Shorter variation of the 200 routes. Start at 7:30 p.m. Wayne Harrington, 604-552-1667, www.randonneurs.bc.ca

**Jul 9-13: Red-Spoke**  
Redmond, WA. 16th annual bike tour across beautiful Washington state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. 475 donation required. Connie Carnuth, Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org



## CALENDAR

### Jul 12: Tour de Greater Victoria

Victoria, BC. Start at the Tim Horton in Gateway Village. 200 km. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca

### Jul 12-13: 24th Annual Seattle-to-Portland Bicycle Classic (STP)

Seattle, WA. One of the largest and best cycling events in the nation. 8,000 riders cover the 200 miles in 1 or 2 days. A NW tradition. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-2453, cscstp@cascadecb.org

### Jul 13-19: Sandpoint-Glacier - Sandpoint

Sandpoint, ID. Cycle up and down the path left by the world's largest flood, Great Lake Missoual Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.alaboutadventures.com

### Jul 13-19: Bicycle Idaho

Jerome, ID. 7-day, fully supported, campsites, all breakfast & dinners, road support, mechanical support. Craters of the Moon, Lost River Valley, Salmon River, Sawtooth Mts. Sandy Green, 1324 NW Vicksburg, Bend, OR, 97701. 811-413-8432, www.bicycledaho.org

### Jul 13-19: TourBC

North Vancouver, BC. 7-day supported bicycle tour on Sunshine Coast and Vancouver Island. Danielle Laidlaw, dpl Consulting, 7068 Mawhinney Close, Burnaby, BC, V5B 4W2. 877-606-2453, www.tour-bc.net

### Jul 13-19: Habitat 500

Duluth, MN. 7-day 500-mile Bike Ride Fundraiser for Habitat for Humanity. Leah Langevin, Habitat, 3001 4th St SE, Minneapolis, MN, 55414. 612-331-4439, www.habitat500.org

### Jul 18-21: Ride Around Marble Mountain Wilderness

Etna, CA. 4-day ride, 220 miles. Spectacular scenery, great swimming, great food and a relaxed, friendly atmosphere. Cost \$295. Russ & Renee Rickert, Mt. Velo Cycling Club, 164 Alma Drive, Ashland, OR, 97520. 541-482-8704, www.siskiyoucycleyer.com

### Jul 18-24: State of Jefferson Tour

Ashland, OR. 420 miles. Spectacular scenery, great swimming holes, gourmet meals and relaxed, friendly atmosphere. Cost \$450. Russ & Renee Rickert, Mt. Velo Cycling Club, 164 Alma Drive, Ashland, OR, 97520. 541-482-8704, www.siskiyoucycleyer.com

### Jul 19-Aug 2: Sbusi Litalhal Ti Swatixftud:

"Rolling the hoop through the land" Western Washington & BC. Explore the hear land soul of multicultural western Washington/British Columbia. 500 km, 310 miles, paved roads, hills. David Mozer, International Bicycle Fund, 4887 Coleridge Dr. S., Seattle, WA, 98108-1919. 206-767-0848, www.ibike.org

### Jul 19: Lower Mainland - 300 km

Lower Mainland, BC. Starts 6:00 a.m. See web site for details. Barry Chase, 604-266-4214, www.randonneurs.bc.ca

### Jul 19: SZS

Seattle, WA. Seattle to Spokane on Hwy. 2; 283 miles. Diane Wright, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondyclingclub.org/index.html

### Jul 20: Hutch's 100 km

Bend, OR. 62-mile ride (Metric - century) road ride northwest of Bend with incredible view of Cascade Mountain. Mostly flat with small rollers. One stop with energy food and drink provided. Meet at Tumalo State Park. 5 miles west of Bend. 8:00 a.m. \$5.00 entry fee. Hutch's Bicycles, Bend, OR, 503-382-9253, www.hutchsbicycles.com/event.htm

### Jul 22-26: Cascade to the Coast

Oakridge, OR. A one to five-day tour of the Willamette Valley including the McKenzie area, Oakridge, Cottage Grove, Florence and the surrounding countryside and vineyards. Randy Drilling, Oregon Trails Promotions, 541-782-2238, www.oregon-adventures.com

### Jul 26: Vancouver Island - 300 km

Vancouver Island, BC. Also offered: 300, 200, 150, 100, 50 km. Stephen Hinde, 250-245-4751, www.randonneurs.bc.ca

### Jul 26: 8th Annual Summit to Surf Bike Ride

Mt. Hood to Hood River, OR. A spectacular destination ride offering over five route options including the Century Challenge. Nichol Simpson Montfort, American Diabetes Association, 380 SE Spokane St., suite 110, Portland, OR, 97202. 503-736-2770, www.diabetes.org/adaor/summit

### Jul 26: SIR 300 km Brevet

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

### Jul 26: Valley to Coast

Oakridge, OR. An 85- or 110-mile tour on very lightly traveled backroads. Randy Drilling, Oregon Trails Promotions, 541-782-2238, www.oregon-adventures.com

### Jul 27-Aug 2: Washington Alps

Index, WA. 398-mile, fully supported tour of the Central Cascade Mountains. Gorgeous, challenging route. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owct.com

### Jul 27: SIR 200 km Brevet

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

### Jul 31: RAMROD 2003 - Ride Around Mount Rainier in One Day

Enumclaw, WA. 154 miles, 10,000 feet of climbing, incomparable scenery and support, entry is limited - see website. Don Harkleroad, Redmond Cycling Club, P O Box 8141, Bothell, WA, 98041. 206-781-3903, www.RedmondCyclingClub.org

## AGUST

### Aug 1-2: 400 km

Lower Mainland, BC. Night Ride. Start at 9:00 p.m. on Friday night. See web site for details. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

### Aug 2-4: Lower Mainland Brevet - 1000 km

Lower Mainland, BC. More information to come. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

### Aug 2: The Dram Brevet

Peace Region, BC. 200 km. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

### Aug 2-4: Southern Interior Brevet 1000 km

Southern Interior, BC. See web site or details. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

### Aug 8-9: Ride Seattle to Vancouver & Party (RSVP)

Seattle, WA to Vancouver, BC. 185-mile ride on scenic Washington backroads. Post-event party w/ live band and no-host cash bar. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org/rsvp

### Aug 8-10: Northwest Bike Festival MTB Tours

Oakridge, OR. Days 4-7 of NW Bike Festival. Friday-Sunday Road and Mountain Bike Tours. Randy Drilling, Oregon Trails Promotions, 541-782-2238, www.oregon-adventures.com

### Aug 9-11: Courage Classic Bicycle Tour

Snoqualmie, WA. 3-day, 172-mile fully supported ride over Snoqualmie, Blewett and Stevens Passes Jeff Randall, Mary Bridge Children's Hospital, 409 South J Street, Tacoma, WA, 98415. 800-392-9253, www.courageclassic.com

### Aug 9-10: Lower Mainland - 600 km

Lower Mainland, BC. Starts 6:00 a.m., See web site for details. Ted Milner, BC Randonneurs Cycling Club, 604-936-3519, www.randonneurs.bc.ca

### Aug 10-16: The Oregon Bicycle Ride

Madras, OR. 7-day fully supported, camping, all breakfast & dinners, campsites, road support, mechanical support. Central Oregon's ranch and farm land, ponderosa forests, John Day fossil beds. Sandy Green, 1324 NW Vicksburg, Bend, OR, 97701. 800-413-8432, www.oregonbicycleride.org

### Aug 16: The Vine Ride

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 50, 65 and 100 miles. Karl White, Wheel Help Rides, 6415 SW 153rd Ave., Beaverton, OR, 97007. 800-390-6189, www.vineride.com

### Aug 17-23: Wheelin' Over Washington

Seattle. All the way across via Rt 20, the North Cascades Hwy/ Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.alaboutadventures.com

### Aug 17-22: Ride Around Washington (RAW)

Seattle, WA. RAW turns 5 by reversing its original route w/ a few changes (via mostly SR20) Six day ride from Davenport, WA, over the North Cascades. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.cascade.org/raw

### Aug 17: Successor to the Wolf Haven Ride

Tenino, WA. 20, 30, 50, 80 and 100 miles. Includes maps, cue sheets, reststops with food, sag. Kids under 12 ride free. \$15 in advance, \$18 day of the ride. Capital Bicycle Club, 360-956-3321, www.capitalbicycleride.org

### Aug 23-24: 600 km Brevet

Lower Mainland, BC. You can ride either the 200 km, 300 km, 400 km or 600 km. You must contact organizer by Sun, Aug 17 to participate in the 400 or 600 km. Starts at Haney, 6:00 a.m. Harold Bridge, 604-941-3448, www.randonneurs.bc.ca

### Aug 23: 200, 300, 400 km

Haney, BC. Starts at Haney, 6:00 a.m. Must contact organizer by Sun, Aug 7 to participate in 400 km. Harold Bridge, 604-941-3448, www.randonneurs.bc.ca

### Aug 24-31: Oregon's Rim to the Rogue Bicycle and Rafting Tour

Roseburg, OR. 5 days of cycling up the Umpqua River to Crater Lake and 3 days of rafting down the Rogue River. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owct.com

### Aug 24: Torture 10,000, The Toughest Century in the West

Portland, OR. 30, 72, 100 miles, 10,000 feet of climbing. Portland Wheelmen, www.pwct.com

### Aug 30-Sep 1: Lower Mainland Brevet - 1000 km

Lower Mainland, BC. Details to follow. BC Randonneurs cycling club, www.randonneurs.bc.ca

### Aug 30-Sep 1: Southern Interior Brevet-1000 km

Southern Interior, BC. See web site or details BC Randonneurs Cycling Club, www.randonneurs.bc.ca

### Aug 31-Sep 5: SPUDS 9 - Cycling Around Idaho

Boise, ID. Annual ride across Idaho, Boise to Salmon. Tom Sheehan, Cyclevents, PO Box 725, Hilo, HI, 96721. 888-733-9615, http://spuds.cyclevents.com

## SEPTEMBER

### Sep 4-15: Bike, Barge and Beer Tour

Belgium & Holland. 11-night tour of Belgium & Holland on a traveling barge. Goes through Benelux region of Europe. Includes 10 private tours of breweries. Casual riding every day. Wendy Zupan, Round and Round Production, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundaround.com

### Sep 6: Quiche Brevet

Fort St. John, BC. 200 km, also 75 and 150 km available. Wim Kok, Fort St John, BC, 250-785-4589, wkok@nlc.bc.ca

### Sep 6-8: Trek Tri-Island

Seattle to Friday Harbor, WA. A 3 day, 135mile fully supported ride through the San Juans. Meredith Gibson, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. 206-441-5100, www.alaw.org

### Sep 6-13: Cycle Oregon

Seattle to Friday Harbor, WA. This is a fully supported, 7-day bicycle tour through the most magnificent scenery in the West. Mark Anderson, Cycle Oregon, 5253 NE Sandy Blvd, Portland, OR, 97213. 800-292-5367, www.cycleoregon.com

### Sep 7: Galloping Goose Populaire

Victoria, BC. Start at 9:00 a.m. from Thetis Lake Park and follow the Galloping Goose Trail. 100 km and 75 km with some off-road. Micheal Poplawski, 250-882-1239, www.randonneurs.bc.ca

### Sep 7-13: Wheeling Washington

Seattle, WA. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owct.com

### Sep 7: Headwaters Century

Enumclaw, WA. 45-, 65-, and 100-mile routes. Scenic and rural roads. Forms and online registration at website. Linda Higgins, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-759-5480, www.tbwc.org

### Sep 7: Great Northwest Fall Tour

Newport, WA. Enjoy a beautiful ride in the country. Choose either a 15 or 50-mile route on paved county roads. Melody Goddes, Melody Goddes, 1282 South Shore Road 1, Newport, WA, 99156. 509-447-4058

### Sep 8-13: WYCYC XIV - Wyoming Cycling Celebration

Jackson, WY. Annual ride across Wyoming, Jackson to Dayton Tom Sheehan, Cyclevents, PO Box 725, Hilo, HI, 96721. 888-733-9615, wyicyc.cyclevents.com

### Sep 13: SIR 100 km Populaire

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

### Sep 13-15: Trek Tri-Island

Seattle to San Juan Island, WA. A 3-day, 135-mile fully supported bike ride. Meredith Gibson, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. 206-441-5100, www.alaw.org

### Sep 14: 24th Annual Autumn Century

Spokane, WA. 100 miles challenge, 62 miles metric century, 20 family ride. Beautiful north Spokane countryside. Fully supported. Jon Rascoff, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-325-1171, www.spokanebicycleride.org

### Sep 14-20: Lewis & Clark in Idaho

Coeur d'Alene, ID. Cycle down the Palouse to the Weippe Prairie for the anniversary of Wm. Clark meeting the Nez Percé Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.alaboutadventures.com

### Sep 14: 50, 100 & 150 km Brevet

Mission Ridge, BC. Starts at Albion Hall. 150 km - 7:30 a.m., 50 & 100 km - 9:00 a.m. Keith Fletcher, BC Randonneurs, 604-530-9273, www.randonneurs.bc.ca

### Sep 14-Oct 3: Santa Fe Trail Bicycle Trek

Santa Fe, NM. 12th Year. Limit 50 Riders. Follows the Santa Fe Trail on paved roads only. Willard Chilcott, Santa Fe Trail Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282

### Sep 14: Fall Flatlander 200 km

Mission Ridge, BC. Start 7:00 a.m. from Maple Ridge. Tour Mission, Rosedale, Ft. Langley. Also available: 50 km, 100 km, 150 km. Keith Fletcher, BC Randonneurs, 604-530-9273, www.randonneurs.bc.ca

### Sep 14: Spokane Autumn Century

Spokane, WA. 20, 62 or 100 miles. \$30. jenandjon@omnicast.net

### Sep 20-21: Tour des Laacs

Spokane, WA. 2-day cycling tour from Spokane to Coeur d'Alene and back. Variety of routes and mileage options. Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundaround.com

### Sep 20: Southern Interior Brevet - 200 km

100 Mile House, BC. On-road/Off-road Brevet - Bring your MTB. Adrian Messner, 250-791-5742, www.randonneurs.bc.ca

### Sep 20-22: Trek Tri-Island

Seattle, WA to Victoria, BC. A 3-day, 135-mile fully supported bike ride. Meredith Gibson, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. 206-441-5100, www.alaw.org

### Sep 20: SIR 200 km Brevet

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

### Sep 20: Six covered Bridge Tour

Cottage Grove, OR. This event will start in Cottage Grove at 8 a.m. and include 6 covered bridges. 90 percent of the tour will be on paved Rides to Trails paths. Choice of 3, 50 and 85 mile ride. Randy Drilling, Oregon Trails Promotions, P.O.Box 50806, Eugene, OR, 97405. 541-984-1433, www.oregon-adventures.com

### Sep 26-28: SIR 1000 km Brevet

TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

### Sep 27-28: Kwanis Wine Country Trek

Yakima, WA. Join this amazing two day ride through wine country in the Yakima Valley to Prosser and back! David Severson, Apple Valley and Prosser Kwanis Clubs, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8903, www.desertvalley.com/rides

### Sep 28: Peach of a Century

Salem, OR. 62 and 100 miles. Salem Bicycle Club, www.salemicycleclub.org

## OCTOBER

### Oct 4: Ellensburg Manastash Century/ Half-Century Bicycle Tour

Ellensburg, WA. Scenic ride to Cle Elum and back along the Yakima River. 104-kilometer and 50K loop rides. Jean Lofy, Ellensburg Cross Country Ski Club, 701 N. Willow St., Ellensburg, WA, 98926. 509-962-8040, www.ellnet.net/XCski

### Oct 5: Kitsap Color Classic

Edmonds, WA. 14 to 64 miles loops along Kitsap Peninsula. Cascade's last event of the season. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org/kcci

## NOVEMBER

### Nov 1: Solvang Prelude

Solvang, CA. 25, 50 mile or Metric Century ride Randy ICE, Randy Ice P.T., C.C.S., 12300 E. Washington Blvd Suite W, Whittier, CA, 90602. 562-690-9693, www.bikescor.com

## CALENDAR

**Nov 15-22: Tour Tucson & El Tour de Tucson**  
Tucson, AZ. Tour Tucson environs: Desert Museum, Biosphere, Colossal Cave, includes entry into El Tour de Tucson Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owct.com

### DECEMBER

**Dec 1-13: People-to-People**  
Senegal, Africa. Explore the culturally and historically rich area of the West Africa coastal. 550 km, 300 miles. 85% paved roads, flat terrain. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848, www.ibeike.org

## ROAD TOURING SERIES

### AUGUST

**Aug 2-9: Tour of the Volcanoes**  
Road tour around Mt Rainier and St. Helens. 60-80 miles/day. Sag and some meals. Larry Glickfeld, Apple Capital Bicycle Club, 412 Cottage Ave., Cashmere, WA, 98815. 509-782-4123, www.bikeabc.com

## TRACK

### APRIL

**Apr 23: MVA Wednesday (Pre-season) Track Races**  
WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

### MAY

**May 1: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 8: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 14: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480, www.obra.org

**May 14: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**May 15: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 16: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**May 21: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480, www.obra.org

**May 21: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**May 22: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 23: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**May 24: Times Colonist Cycling Festival**  
Victoria, BC. Saturday afternoon and evening track events part of Cycling Festival. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

**May 28: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**May 28: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**May 29: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 30: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

### JUNE

**Jun 4: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jun 4: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jun 5: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 6: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Jun 6: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jun 11: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jun 11: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jun 12: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 13: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Jun 13: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jun 16: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jun 18: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jun 18: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jun 19: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 20: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Jun 20: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jun 23-28: Alpenrose Six-Day**  
Portland, OR. The only 6-day race in North America. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

**Jun 23: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jun 25: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jun 25: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jun 26: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 27: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Jun 27: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jun 30: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

### JULY

**Jul 2: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jul 2: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 3: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jul 4-6: Oregon State Track Championships**  
Portland, OR. Track event. Candi Murray, 503-667-6220, cmurray@teleport.com

**Jul 4-6: Provincial Track Championships**  
Victoria, BC. Track event. John Errington, GVCC, 250-479-0276

**Jul 4: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 7: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 9: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jul 9: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 10: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jul 11: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Jul 11: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 12-13: State Games Track Races**  
Portland, OR. Track event. Phil Sanders, 503-649-4632, phil@sanders21@attbi.com

**Jul 14: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 16: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jul 16: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 17: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jul 18: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Jul 18-20: Alpenrose Challenge - AVC**  
Portland, OR. Track event. Mike Murray, 503-661-5874, www.obra.org

**Jul 18: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 21: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 23: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jul 23: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 24: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jul 25: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Jul 25: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 28: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Jul 30: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Jul 30: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 31: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

### AUGUST

**Aug 1: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Aug 1: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 2: Oregon State Junior and Team Track Championships**  
Portland, OR. Track event. Candi Murray, 503-667-6220, cmurray@obra.org

**Aug 4: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 6: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Aug 6: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Aug 7: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Aug 8: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Aug 8: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 11: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 13: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

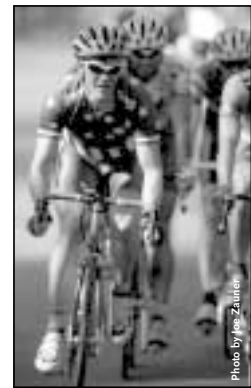
**Aug 13: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Aug 15: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 18: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 20: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Aug 20: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>



Kenny Williams will focus on track racing during the 2003 season.

**Aug 21: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Aug 22: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Aug 22: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 23-24: Oregon Masters Track Championships**  
Portland, OR. Track event. Candi Murray, 503-667-6220, www.obra.org

**Aug 25: MVA Monday Night Junior Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

**Aug 27: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Aug 27: Marymoor Wednesday Night Track Racing**  
Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Aug 28: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Aug 29: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

**Aug 29: MVA Friday Night Track Races**  
Redmond, WA. Track racing. <http://marymoor.velodrome.org/trackracing.asp>

### SEPTEMBER

**Sep 3: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

**Sep 4: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Sep 11: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Sep 18: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Sep 25: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

# The Golden Age

By MAYNARD HERSHORN

You hear guys claim they remember "better days" in road cycling. There were no better days. Today is the best day.

We never had the choices we have, several fine alternatives for every consumer decision, whether products or services. We've never had the convenience we have now.

Examples? Back in the '70s you could buy a titanium frame. You still can. But the worst Ti frame you can buy today is worlds better than anything you could have bought then. No comparison.

And although the '70s were the so-called heyday of lugged steel frames, you can buy a better lugged steel frame now than you could've then. Frames from many of today's builders are finer, more fussed-over and better finished than anything Cinelli, Hetchins, Singer or Confente ever produced.

Today you can also buy aluminum or carbon fiber frames. You can buy aluminum frames with carbon stays. You can buy composite aluminum frames that won't behave the way aluminum frames are reputed to behave.

No doors are closed. If you still believe steel is real, buy steel. Buy whatever you want, go for a ride, then explain to me why the "old days" were superior.

You say you miss the oneness you used to feel with your bike when friction held your bike in gear? Buy an old parts group, new in the box. Buy used parts. Or buy a 9- or 10-speed group or Mavic's electronic Mektronik shifting. You've never had so many options.

In the '70s, you leaned over a sink and hand-washed your wool cycling clothing. That stuff took hours to dry, hanging on a line. It shrank anyway. Shorts rode up, arm and leg warmers fell down. There was no woman-specific clothing.

No bike clothing had style. Style was inauthentic; no one wanted it. Did Fausto Coppi's

clothing have style? Hell no.

Today, all bicycle clothing is easy to wash. Almost all of it can be machine dried without shortening the life of the garment. You can buy jerseys and shorts made to fit women. You can buy comfortable, stylish, long-wearing clothing at a wide range of price levels.

If you still want to wear what you wore in the '70s, embroidered wool jerseys with front (chicken-leg) pockets, you can do so. Niche clothing marketers will cater to your every wooly whim.

Seventies shoes were pointy-toed Italian things that fit only this one guy in Venice who'd already quit riding. Unless you had cheap, crummy Detto Pietros or expensive Sidis, you paid an impatient shoe repairman to nail cleats to your shoe soles, then re-nail them and RE-re-nail them, glaring at you all the while.

There was as much to know about shoes then as there is to know about Windows today — but no one would pay you to learn it. Knowing it didn't guarantee you foot comfort, either. You suffered anyway.

Crummy, inaccurate cyclometers clicked every time the front wheel revolved. You couldn't mount some tires onto some rims without brute force. Or the tires went on easily, then blew off the rims when you parked your bike in direct sunlight.

Don't get me started about saddles. If you want a '70s seat for some perverse reason, you can still buy one. Or you can choose from 100s of current designs.

In the old days, we were encouraged to dismantle our bikes frequently for maintenance, sometimes at ludicrous, compulsive-obsessive intervals.

We used to have to remove inner brake cables once a year and smear grease on them to keep them from rusting inside the housings. Now we have nylon-lined housing and rust-proof cables. No fuss.

Back then, you had to maintain top-level parts nearly as often as cheap ones. Cheap parts were dramatically inferior to today's cheap pieces, some of which work as well and last

nearly as long as today's best stuff.

You can still fuss if you want, dismantling, grease-packing and hand-washing, but you don't have to. We're free at last.

Today you can take organized, professional cycling tours all over the world. You can pick and choose your tour company; there are dozens. You can choose from dozens of cycling training camps all over the world: Florida, Majorca, Tuscany, Colorado, California...

You can read hundreds of books about cycling. You can watch hundreds of videos. You can learn about cycling on-line. You can read dozens of cycling periodicals, many of them free.

You can learn more in an hour than you could've reading 12 issues of *Bicycling Magazine* or *Bike World* in 1978.

Cycling is no longer a cult of true believers and freaks. There's no initiation, no hazing. You don't have to be a mechanic or wear geeky clothes. You don't have to speak French or be an expert in the care and preservation of wool and leather.

Cycling today does not demand a life commitment. It's fun for nearly everyone.

I'm not saying everything about road cycling is fun. Sharing the road with cars is not fun; not often anyway, but it never was.

Dealing with self-absorbed bike shop employees is not fun, but you can choose among shops or buy mail-order or on-line from some pretty cool outfits. You have alternatives.

In the '70s, if you were lucky you had one good local shop. If they liked you, meaning if you passed their mysterious coolness tests, you were in. If, for whatever reason, you did not pass - you were out in the cold. Not fun.

It surely wouldn't have been fun if you were a woman, and not a racer. There was no Olympic road race for women until 1984, remember. Many old school cyclists and coaches failed to appreciate females who rode.

Shops today are used to women customers. The employees aren't all adept at helping them



but at least they aren't blown away when a woman walks into the store...or a guy whose legs aren't shaved or who asks uninformed questions.

The retail environment isn't perfect, but it's not the old boys' club it was.

Bike clubs are better. The racer/tourist splits in many clubs have healed. As the average age of club cyclists rises, perhaps fewer are as hardcore as they were. Clubs have graded rides and clubs-within-clubs.

The '70s are gone, but you can act as if they aren't. You can wear wool shorts or a leather hairnet-style "helmet." You can hang out with guys who know part numbers for Campag pump hands.

You can learn French and read *L'Equipe*. You can choose clips 'n straps and spoked, handbuilt wheels. You can shift clicklessly and let your brake cables wave in the wind.

Unlike the '70s, you don't have to if you don't want to.

Most significantly, you can't go for a ride in the '70s. You CAN go for a ride today. Today's the best day.

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