

BICYCLEPAPER

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▶ New Bill to Benefit Comuters

- See page 2

▶ Learning my Expo ABC's

- See page 5

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Photo by Richard Uhlhorn

Tabitha Brownfield and Rick Schloss enjoy Chelan's Echo Ridge. Over the next several years, the Forest Service will be expanding Echo Ridge's nordic ski trails creating new mountain bike trails for locals and visitors.

The Future of Northwest Mountain Biking

By TARYN FAGERNES

Tired of riding the same old single-track? The Northwest's new trail line-up for 2003 could alleviate those bored-on-the-bike blues. Area International Mountain Bicycling Association (IMBA) reps, parks departments, forest services and Northwest mountain biking natives talk about some of the more exciting trails on the horizon . . .

Washington

Imagine biking in the rain without getting wet, or biking at night without needing a light. Seattleites could see the construction of a trail that affords both luxuries under the elevated portion of Interstate 5 in downtown. According to Art Tuftee, Washington IMBA rep, land under the freeway could be covered, lighted and developed into two miles of tight technical trail. The Backcountry Bicycle Trails Club has offered to design, construct and maintain the trail. David Goldberg, Planner with Seattle Parks and Recreation, says plans for a park in the open space under the freeway are already underway, with site plan completion scheduled for midsummer 2003. "The details are still up in the air," says Goldberg. "The park is likely to include pedestrian connections, bicycle connections and an off-leash

area." The connections would link the Lakeview area with Eastlake. As for two miles of tight technical trail, Goldberg says, "It's a possibility, one of many suggestions." The park will be funded by the Pro Parks levy, which passed in November 2000.

About 45 minutes east of Seattle, 100-plus miles of trail could be built through the Olallie area according to a 2002 study done for Washington State Parks. "That's a long way off though," says Tuftee. Still in the early stages, the proposed multi-use trails, which would wind through the area east of North Bend and south of Interstate 90, would be primarily for mountain bike use. The U.S. Forest Service and other agencies own the land, and the Back Country Bicycle Trails Club is working with the Forest Service to recommend the best routes. According to the Washington State Parks and Recreation Commission, the area was heavily logged between the 1950s and 1980s creating many opportunities to convert old logging roads into multi-use trails. In 2 to 5 years an interim 30-mile loop will hopefully be completed, says Tuftee, but currently the proposal must make it through the Forest Service planning process and find funding for design and construction. If and when the trails are built they would offer an "alpine riding experience that isn't available without going far

See "Future of MTB" on page 4

▶ Feature

Junior Series Inaugural Season Gears Up for April Start

By VALERIE CARTER

The Lance Armstrong Junior Olympics Race Series - Seattle Criteriums seems slated to be the next big event of junior cycling in the Northwest. Surprised that you haven't heard much about it yet? That would be because the idea was conceived only 3 months ago - amazing, with a start date of April 6 and a line of sponsors including USA Cycling and Cascade Bicycle Club. So how did this come about, one may ask. It all started with Series Director David Schilling.

Schilling, a member of Aurora Cycling Team, has a 10-year-old son who also races. Last year his son raced on the track and did well. However, come January, Schilling realized that though there are well-developed track racing programs for juniors, road racing remains something of an uncharted territory. Existing races lump juniors together, pitting 10-

year-olds against 14-year-olds and 16-year-olds against adults. As you can imagine, this setup does not provide enjoyable competition or optimal challenge for all participants.

This realization led Schilling to create the Lance Armstrong Junior Olympics Race Series - Seattle Criteriums, with its defining characteristic being the four categories available to separate racers by age. According to Schilling, "Kids gain strength quickly as they progress from pre-teen through the late teens. The series age categories reflect the strength progression." Category A features 17- and 18-year-olds, while Category B is for 15- and 16-year-olds, Category C is for 13- and 14-year-olds and Category D is for 10- to 12-year-olds. In addition, the categories will be separated into boys and girls to further enhance fair competition.

See "Jr. Series" on page 3

▶ Feature

Flax Attack!

By ERIK MOEN

What is flax and what does it have to do with me? Flax is a blue-flowered crop grown for its oil-rich seeds. Flaxseeds are small, smooth, flat and range in color from light to reddish brown. They have a pleasant, nutty flavor, and are rich in protein. Research suggests that its health benefits probably have more to do with its fatty acid and fiber profile. Flax has been used in many foods, such as bread, muffins, cereal and cookies.

Flaxseed has long been associated with good health. In fact, Hippocrates used flax as a remedy for gastrointestinal problems "back in the day". In spite of flax's old roots, it seems to be making resurgence in current times.

The many health benefits from flax include, aide in digestion, natural anti-inflammatory, decreased risk of heart dysfunction and lower cholesterol levels.

The Flax Council of Canada provides the following information on flax:

- Several studies confirm that flaxseed can be a cholesterol-lowering agent, like oat bran, fruit pectin and other food ingredients that contain soluble fiber. By packaging both omega 3 fatty acids and soluble fiber together, flaxseed presents two ingredients that favor healthy blood lipid patterns.
- Flaxseed contains healthy amounts of both soluble and insoluble fiber. Scientists at the American National Cancer Institute singled out flaxseed as one of six foods that deserved special study. The reason: flaxseed shows potential cancer-fighting ability. Flaxseed is one of the richest sources of lignans, a type of phytoestrogen which may protect against cancer, particularly hormone-sensitive cancers such as those of the breast and prostate.

Marcia Kyle, RD, CDE wrote an article regarding the omega 3 fatty acids titled, "Good Fats for Heart

See "Flax Attack" on page 6

New Bill to Benefit Bicycle Commuters

By TARYN FAGERNESS

H.R. 1265 - Bicycle Commuter Act, introduced by Congressman Earl Blumenauer (D-OR) and Congressman Mark Foley (R-FL) March 4, would give employees who bike to work the same financial incentives currently available for employees who choose mass transit or van pools. The bill would change the existing transportation fringe benefit in the tax code to include bicycle commuters.

In 1998, the Transportation Equity Act for the 21st Century (TEA-21) was enacted, with one of the provisions being the transportation fringe benefit. The goal of this provision is to entice more people to use alternative modes of transportation rather than single-occupancy vehicles for commuting, thereby reducing traffic congestion, pollution and road wear. According to Kathie Eastman, spokesperson for Congressman Blumenauer, the tax benefits under the transportation fringe benefit go to either employee or employer. "The employer can pay for the benefit [like a] bus pass, [or] parking fee, and then get a tax deduction/credit for it. Or the employer can pay the employee cash," explains Eastman. This money is tax-free since it is being used for commuting. Employees can receive up to a \$180 tax exemption for participating in qualified parking plans or \$100 for bus fare or vanpool expenses. The Bicycle Commuter Act would extend these benefits to bicycle commuters, although a monetary amount has not been decided.

"It's time to level the playing field for bicycle commuters," says Blumenauer in a press release. "Bicycling is one of the cleanest, healthiest and environmentally friendly modes of transportation that exists today. People who bike to work should have the same financial incentives as those who use transit or participate in a qualified parking plan." While bicyclists do not pay for bus passes or car parking, bicycle commuters do have transportation expenses. Besides rain gear, lights, maintenance, panniers and the like, bicycles also pay commuter-related expenses such as bike lockers and bike parking, claims the League of American Bicyclists. "It's an issue of fairness, if people can get tax breaks for commuting by car, why not bike?" asks Eastman.

Plus, bikes do not cause the same environmental impacts as cars and buses. According to figures provided by the League, "half of all Americans believe that cars, SUVs, pickups and vans are the primary cause of air pollution and 65 percent are concerned about the level of traffic congestion." It continues, "If the purpose of the [transportation fringe benefit] is to reduce traffic congestion, alleviate air quality problems, and conserve energy, it makes sense to add bicycling to the definition."

An increase in bicycle commuters could also help battle America's growing obesity problem. More than 50 percent of the US adult population is overweight. With \$22 billion spent each year

on health care related to the obesity condition and 10 percent of annual deaths caused by physical inactivity, bicycle commuting, argues the League, "is an ideal solution to the need for moderate physical activity, which can be practiced five times a week." The Bicycle Alliance of Washington also supports the bill as incentive to ride more often. "It's a way for busy, but sedentary people to incorporate activity into their daily lives," says Linda Schwartz, Commuting Programs Director with the Bicycle Alliance.

The League also asserts there is great potential to increase the number of bicycle commuters. "The Bureau of Transportation Statistics recently found that bicycling is the second most preferred form of transportation after the automobile - ahead of public transportation." In addition, forty percent of all trips in the U.S. are made within two miles of the home and 50 percent of the working population commutes five miles or less to work claims a 1995 Nationwide Personal Transportation Study. "People look for incentives to ride. They say, 'I don't have a good bike, I don't know a safe route to ride, my work pays for my parking, why would I bike?' This is one more potential obstacle that can be removed," comments Schwartz. "It adds a level of legitimacy to bicycle commuting; we would like to see it as a main stream option." And with the proper incentives, that could become the case for this target group of commuters.

With so many obvious benefits, few oppose the bill. Eastman points out there would be a slight loss in federal revenues because of the tax payments, but no one has voiced opposition regarding this point. "It's largely a non-partisan issue," says Scott Bricker with the Oregon

Bicycle Transportation Alliance. Plus the League claims the savings from reduced traffic, pollution and road maintenance outweigh other costs. Bricker also believes employees who are healthier from bicycling to work regularly will cost less on company health plans. "Instead of taking a parking spot I can cash out on biking to work, buy bike equipment, be healthier, save the company money and be a better worker," says Bricker as he describes how he hopes commuters will look at the bill.

Blumenauer introduced the Bicycle Commuter Act bill in time for the 2003 National Bike Summit in Washington D.C. At the Summit Blumenauer sought sponsors for the Bike Commuter Act and new members for the Congressional Bike Caucus, which Blumenauer founded. The Caucus, at the end of 2002, was made up of 116 congress members interested in bicycling for various reasons. Other Summit activities included a rally, lobby day, reception with three-time Tour de France winner Greg LeMond and a bike ride. Representatives from the Bicycle Alliance of Washington and the Oregon Bicycle Transportation Alliance attended the Summit to ask Congress members to endorse the bill. "In many cases they were already on board," says Schwartz. Bicycle advocates also lobbied to reauthorize TEA-21, which will end with the current fiscal year claims Bricker.

Eastman explains the bill is still in the early stages; the Ways and Means Committee must take up the Bicycle Commuter Act for a hearing, after which it will move on to the House where it needs 218 votes to pass. To help support this bill contact your congressperson and ask him or her to sponsor the bill.

Five Million "Wilderness" Acres Proposed

By TARYN FAGERNESS

The Oregon Natural Resource Council has proposed that 5 million acres of land be classified as "wilderness." This reclassification would make approximately 5 million more acres in 32 different areas off limits to mountain bikers. Most of the new wilderness is planned as extensions to existing wilderness areas.

These wilderness sections would be made up of roadless areas 1,000 acres (about a mile and half square) or greater. "There aren't a whole lot left," says Jay Ward with the Oregon Natural Resource Council. According to Ric Balfour, Oregon International Mountain Bicycling

Association (IMBA) rep, nothing mechanized is allowed on wilderness land as established by the 1964 Wilderness Act, and bicycles are considered mechanized. Oregon wilderness guild lines are strict. "You can't even use a chainsaw to cut a tree in the path, you have to use a hand saw," explains Balfour. However, Ward claims mechanized devices can be used for fire control purposes.

If Congress approves the new wilderness, any mountain biking trails within the proposed boundaries will be lost, and no new ones could be constructed. Balfour has been looking into the new classification's impact to mountain bike

trails and hopes to either move the boundaries around any existing trails or propose a different, less strict designation for the land. According to Ward, the next classification is "national recreation area," which allows a host of activities including mountain biking, grazing and logging. Ward confirms there is some overlap with mountain biking trails and the proposed wilderness boundaries, specifically around the Mt. Hood National Forest. The Resource Council is in contact with the mountain biking communities to identify and work with these trails.

"It's not insurmountable," says Ward. "We have huge commonalities with the mountain biking community, neither of us want to see logging; we want to see forests preserved."

Unfortunately, one of the only and best ways to save forests from logging is to apply the wilderness classification.

"We are focusing on ecological integrity," explains Ward. Currently half of Oregon's forests are state owned and only 3 percent of those forests are protected as wilderness. "We're trying to make that at least 15 percent," says Ward. "Our long-term vision is all 32 areas, but our current strategy is to get 12 areas in the next couple years." For more information on this proposed wilderness's effect on mountain biking call the Oregon Natural Resource Council at (503) 283-6343.

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Visit your bike shop early



By Paul Clark
Bicycle Paper
Publisher

Talk of bicycling comes up regularly within the Bicycle Paper's staff. We spend many working hours researching, discussing and finally writing about bicycling. Yet never does the excitement get more intense than in the spring season. Plan upon plan can infect even the non-cyclists.

Some plans I've already heard intend to include a variety of cycling challenges. As the weather improves, thousands of Pacific Northwest residents shift back to bike commuting. Spectators know the racing season is near, so many are hedging bets on their 2003 champions.

And then there are the rides. Rides to islands, rides over mountains, rides around lakes, rides venturing outside our borders; if everyone completes half of what they're planning there will be thousands of miles of tire wear, dozens of new friends made and hundreds of stories to tell before the fall leaves ever hit the ground.

However, if you listen closely, the conversation always comes back around to the bicycle. For example, a few lucky people have already

decided to buy a new bike. "I've waited long enough and I'm going out to look at new bikes with a friend on Saturday." For many people change may come without replacing the whole bike. This includes a new pair of wheels, better fitting stem, a new saddle or some waterproof bags.

No matter what you are planning, now is a very good time to visit a local bike shop, especially for maintenance, repairs and upgrades. Bicycle experts around our region can help you look closely at your bike to determine what level of aid may be needed. As well, they have the tools, supplies and advice to enable you to do it yourself.

"You'll know if it's time for repairs if your braking is poor or your shifting isn't smooth," says Mechanic Don Cofeod from Hutch's Bicycles in Bend, Oregon. "Everybody's bike is different but in the shop we can clean rusty chains, unplug the cables and fix the gummy bearings." Cofeod notes that how long and in what way the bike has been stored relates closely to its need for maintenance and repair. "A bike stored outside gathering dust is different than a bike stored in a warm, dry space."

Brandon Dryer, Service Manager for River City Bicycles in Portland agrees and adds that idle storage time is an important factor to consider. "We're seeing bikes that have been stored in a barn for three years," he says. "Even then we can help people check for bearing adjustment, brake pad wear, frayed cables, chain wear and tire condition."

When it comes to repairs in the shops, timing is everything. Dryer and Cofeod both say sooner is better. Tune-ups and other repairs will pick up pace from now until summer is over. Manager Aaron Scully of Richland Bicycles and Fitness Equipment in Richland, Washington says his shop even offers \$5 to \$10 spring tune-up discounts off their normal \$40 price to encourage people to visit during March and April. "Get it done earlier before we really get busy," he says. "We've already noticed the unseasonably warm weather and higher gas prices are getting even those who didn't ride bikes before to come to the shop."

So as you discuss bicycling plans this year, be sure to stop by your local bike shop during April for professional advice, mechanical support and the supplies you'll need to be prepared for the season. You'll be rewarded with piece of mind and less last minute frustration.

FEATURE

► "Jr. Series" from page 1



By Valerie Carter
Bicycle Paper
Staff

Creating the categories was an easy enough choice. The larger challenge came in deciding what kinds of courses the series would feature. Schilling mentioned that road racing would have been wonderful; unfortunately, the effort required to make the courses safe

for juniors ruled it out on such a short time frame. The next logical course was a criterium series. The courses are as safe as possible, being completely closed to traffic, and the shorter length allows fans and parents to support and keep an eye on the racers. In addition, Schilling points out, "All...races are part of established criterium races, such as the Seward Park series, the Volunteer Park criteriums and the Boat Street criterium." The typical course is less than a mile and timed at 20 to 30 minutes. Racing on established courses allows young riders the opportunity to hone skills that will carry them beyond junior cycling.

Of course, an integral part of any event's success is external support. The series' list of sponsors includes USA Cycling, Cascade Bicycle Club, Bicycle Paper, WSBA, Schilling Sports NW and Clif Bar. The most prominent of these is USA Cycling, which is contributing to the series in several ways. USA Cycling hosts the Marty Northstein Junior Olympic Track Series. Upon investigation, Schilling discovered that they also host the Lance Armstrong Junior Olympics Road Race Series (LAJORS). He approached USA Cycling with his idea, the Seattle Juniors Criterium series, which they immediately received. As a result, the series underwent a small transformation. The name changed to the Lance Armstrong Junior Olympics Race Series - Seattle Criteriums, and the series became part of USA Cycling's national junior road race series. Both of which massively increased the series' publicity. The series is now part of a larger series, arching from Washington to Minnesota, California to

New York, and a host of other states. Next, USA Cycling will provide banners for each of the races and medals for the series winners, boosting the prestige of winning the series. And finally, series winners will be welcomed to attend USA Cycling's 2003 Road Cycling Development Camps, which are available by invitation only.

The series' next largest supporter is Cascade Bicycle Club (CBC), which is providing the bulk of much-needed funding for an event of this proportion. Chuck Ayers, Executive Director of Cascade Bicycle Club, also has a child who is a junior cyclist. He, along with CBC had been searching for more opportunities for juniors. No surprise, then, that they recognized the series' potential and almost immediately latched onto the project, providing headliner sponsorship for the series.

Bicycle Paper has also recognized the value of the junior series, and has chosen to sponsor the series in the best way it knows how - via print. It began at the Seattle Bicycle Expo with fliers and advertising in the 2003 Northwest Racing Guide, handed to expo attendees in hopes of quickly spreading word of the series before its April 6 start date, and will continue throughout the season through further advertising and disbursement of series information.

WSBA has been another integral means of putting the series together so quickly. Said Schilling, "Dave Douglas, the first promoter contacted, immediately jumped onboard, and is in fact putting on 4 of the 7 races in the series." Schilling Sports NW, Schilling's own corporation, and the latest addition Clif Bar serve as the final sponsors.

With such a positive reception, hopes are high for the future of the series. Schilling hopes to create clinics during the pre-season, as well as before or after races. "We'll aim to find top racers and/or coaches to volunteer their time," said Schilling. In his opinion, having accomplished teachers, much like MVA does for track racing, could motivate a lot of juniors to tackle



Photo by David Schilling

Connor Schilling is ready for an exciting racing season.

road racing as well. Schilling also still dreams of creating a road race series, despite the amount of work and volunteers it would demand: front and rear cars to enclose each group and a broom wagon for dropped riders. And who knows - it just may be possible if the criterium series' reception is any indication. Schilling also threw out ideas of a track series, cyclocross series and mountain bike series. "MVA does a great job, and is always getting better," enthused Schilling. If he does propose a track series, it would be in complete conjunction with MVA and only for competition's sake. He also recognizes that others may beat him to the punch in organizing other series. And really, that wouldn't matter to him - the mere prospect of increased options for junior cyclists is what he and the sponsors and supporters are looking for.

Now all that remains is the most important part: participation. The formation of junior clubs such as Rad Racing, ASC and Aurora Cycling Team's junior program heighten chances of a great turnout, as do the centrally-located races. "Hopefully, the series will draw new kids into junior cycling as well," said Schilling. Word is already starting to spread; based on murmurs at Expo, this series will be one you'll not want to miss this season. And if you need further motivation, a brand new medal! How can you pass that up?

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BICYCLEPAPER

▶ "Future of MTB" from page 1



By Taryn Fagerness
Bicycle Paper
Editorial Intern

from Seattle. It will be 45 minutes away rather than 2 hours," says Tuffee. According to the Olallie study, two trails, Rock Creek and Alice Creek, "traverse mostly talus slopes below imposing cliffs and crags that would provide a unique and attractive trail

experience not available elsewhere in the study area." Other features in the study area include cascading streams, small lakes and meadows, summits, old-growth forest and outstanding views.

Farther east still, Echo Ridge at Lake Chelan will see additions made to the existing 18 miles of trails. The new sections are tentatively planned to open in time for the Lake Chelan Mountain Bike Festival and race May 3. According to Richard Uhlhorn of the Chelan Valley Cyclists, jammer roads will be opened all over the countryside and another three to four miles of single-track will be added. The new sections of trail will offer spectacular views and intermediate challenges such as drops into jammer roads from single-track. The additions come partly as a response to racers complaints that the trails were getting boring. "We want to give them something new for this year's race," says Uhlhorn.

Idaho

As part of its plans for a four-season resort, Tamarack Resort in the McCall area is building an aggressive mountain biking project. "We'll start by working on our existing trails," says Tamarack Director of Recreation Tim Flaherty. Eventually the project will include a rhythm trail, which is a large circular trail offering a paved route for the less adventurous and 20 yards parallel a more technical route featuring elevated wooden portions, a challenge park with rocks and logs, along with other trails which will take riders all over the expansive resort and encompass 25 miles. Flaherty stressed the importance of using the latest trail building technology to construct the new system of trails. "We're bringing in people who have been to mountain biking trail building clinics, and Joey Klein with IMBA is our chief designer," says Flaherty. The trails will incorporate drainage technology, banked turns and new topsoil materials to help prevent environmental impact and erosion. Flaherty hopes to hold sponsored events in the summer and later add a downhill course with chairlift service. The resort also offers mountain bike rentals and guided tours. Currently in the planning stage, construction of the trail system and existing trail repair will begin as soon as the snow melts.

Oregon

Central Oregon's trademark Phil's Trail will see some rerouting and additional connectors as the trail moves to all single-track. Having fought off a gravel pit and rebuilt after logging, Phil's Trail remains the most well known trail in central Oregon although according to Mark DeJohn with the Central Oregon Trail Alliance, Phil's trail is neither long nor technical. Phil's trail was, however, the first single-track in central Oregon and helped catalyze the building of a network of trails throughout the region. When complete, three trails will lead out of the Phil's trailhead, and a restroom facility will be added. According to DeJohn, an IMBA crew will be out this October to create the connections.

Another famous Oregon trail, the longest linear trail in the state, the OC&E, will also see improvements. Already sixty-two miles long, the State Parks owned OC&E Trail runs along revamped rail bed through Oregon's Klamath Basin and the Fremont National Forest stretching from Klamath to Bly. At mile 52 a trail spur continues another 40 miles to meet the Sycan Marsh, one of the nation's largest freshwater marshes. While the trail is already complete, the Klamath Rails-to-Trails Group continues to seek funding for trail improvements, says Arthur Sevigny, member of the Rails-to-Trails Group. Installation of gates to keep motor vehicles off the wide trail and two formal trailheads with parking lots and restrooms are planned for the upcoming year. Sevigny also hinted at some additions to the OC&E Trail; at mile 18.5 the Bureau of Land Management has a multi-purpose non-motorized trail in the conceptual stage. Also in the works is a National Forest Services trail through the Fremont National Forest which would travel over 100 miles and come within six miles of the OC&E terminus. Sevigny hopes the two trails can link in the future. Along the OC&E trail riders experience gentle hills and trestles ranging from 40 feet to 400 feet long. The trail rides through agricultural lands, forest ridges, meadows and woody canyons, and while two sections of the trail see snow in the winter, the OC&E is open year round.

Far different from the wide, easy route of the OC&E, stunt trails are seeing a surge in popularity partly due to recent mountain biking videos made on stunt trails in Northshore, Vancouver, says Ric Balfour, Oregon IMBA rep. Stunt trails are what Balfour calls, "the low end of trials." These trails incorporate jumps, ladders, teeter-totters and "all sorts of wild and wacky contraptions," laughs Balfour. He compares the evolution of stunt trails to snowboarding terrain parks at ski resorts. "A few years ago ski resorts were reluctant to allow snowboarders on their slopes," says Balfour, "but look at them now, it's common." Stunt trails, however, pose several problems. As their popularity grows people build trails without landowner permission, causing liability and environmental impact concerns. "Stunt trails can be built properly," assures Balfour. One such trail is in the Blackrock area a few miles outside of Fall City, west of Salem. According to John Barnes, Public Use Coordinator with the Oregon Department of Forestry, people have been riding the area for years, but the Blackrock Freeride Association is building a stunt trail with Department of Forestry permission. While it's not an official trail yet, the 3-mile trail will include log rides, a 13-foot cliff and jumps. "There are some very imaginative riders, they keep coming up with new things to do," says Barnes. One new obstacle is a spiral bridge, explains Leo Kowalski, President of Freerider. "We hope to have the trail ready to ride by May or June," says Kowalski.

British Columbia

"B.C. is so far ahead of the curve compared to the rest of North America when it comes to mountain biking trails," boasts Doug Inkpen, owner of Sooke Cycle and Surf on the southern tip of Vancouver Island. "New trails are built regularly." In Sooke, Broomhill is seeking reclassification to make the existing network of trails an official mountain bike only park.

Mountain bikers developed the 50-plus miles at Broomhill and it's Inkpen's hope the park will be mountain bike only within the year. Mountain bikers have been working with the provincial government for the last four years to reclassify the land. Currently an environmental impact study of the area is being completed. The trails are mostly single-track, offering technical challenges plus built obstacles for stunts. Riders wind through patches of old growth forest to amazing views of the Strait of Juan de Fuca, Sooke Harbor and the Olympic Mountains. "It's one of the most beautiful areas I've ever biked," claims Inkpen. Bicyclists can make a weekend of their Sooke visit by staying in one of the bed and breakfasts in town or camping in the summer. Broomhill is open year round.

On the rugged west coast of Vancouver Island, a new 26km trail, planned to connect the two remote villages of Tahsis and Zeballos, will take riders along old logging roads through scenic and historical sites and also link with Gold River. Pearl Myhres, director of the Zeballos/Tahsis Trail Committee, hopes riders will drive to Gold River and take the Uchuck III freight boat, which runs to the villages to make deliveries regularly, and then ride back from Zeballos to Gold River via the trail through Tahsis. The trail will be for hiking and biking with some technical areas along the trail for the more adventurous riders, explains Myhres. "It will be an exciting trip for people seeking an endurance ride, who love the outdoors and wildlife," says Myhres. Highlights in the trail include a floating bridge over a beaver pond and the Esperanza outpost, which Myhres hopes will be a first aid and sandwich stop for riders. Camping huts are also planned along the trail. Currently Myhres is seeking support and input from local biking clubs, with an optimistic completion goal set for June 30.

Off the island, perhaps the most famous trail in Canada, the Trans Canada Trail, constantly sees improvements and rerouting. This multi-use trail spans coast to coast. The B.C. leg alone spans over 1700km. While completion of the B.C. Trans Canada trail is scheduled for 2005, portions of the trail are already finished, and where the trail is not finished, interim routes are open. Ava Caldwell, Provincial Facilitator with Trails B.C., estimates about 65 percent of the B.C. Trans Canada trail is complete. The most recently finished portion of the trail is the Coquihalla Summit Trail between Hope and Princeton. It took two and half years and lots of negotiating for Trails B.C. to get permission from the Trans Mountain Pipe Line to bring the 23.5-mile trail through this corridor says Caldwell. "It's great to get that level of cooperation with a private company," says Caldwell of their victory. To celebrate the grand opening of the Coquihalla Summit Trails B.C. is holding the Coquihalla Challenge, a non-competitive event for mountain bikers, hikers, runners and



Photo courtesy of Arthur Sevigny

Join the Klamath Rails to Trails Group on June 1st for the National Trails Day Celebration and ride part of the longest linear trail in Oregon, the OC&E.

equestrians, July 13. The Trans Canada Trail is maintained by municipalities, cycling groups, community groups and the military who help build bridges and refurbish railroad trestles as part of their training. Caldwell says bicyclists often ride segments of the trail, but also says people have tackled the entire B.C. trail. "One person took 28 days to ride across the province at around 65-70km a day," explains Caldwell. "He couldn't get the time off work though, so he only rode on the weekends, starting where he left off each time." Much of the trail is open year round, but portions of the trail that pass through the mountains, such as the Coquihalla Summit Trail, are only open in summer.

Find Additional Information on these Projects

- **I-5 open space park**
www.cityofseattle.net/parks/proprks/projects/i-5openspace.htm or Seattle Parks Planner, David Goldberg at 206-684-8414.
- **Olallie area proposed trail system**
go to www.parks.wa.gov/
- **Chelan Valley Cyclists**
www.bikelakechelan.com or www.roundandround.com.
- **Tamarack Resort**
www.tamarackidaho.com.
- **Phil's trail and the Central Oregon Trail Alliance**
www.cotambt.org.
- **OC&E trail**
www.trailink.com.
- **Blackrock stunt trail**
Oregon Department of Forestry 503-945-7200
- **Broomhill**
Sooke Cycle and Surf, 250-642-3123
- **Tahsis/Zeballos trail**
Pearl Myhres at pearl@zeballos.net.
- **Trans-Canada Trail and Coquihalla Challenge**
www.trailsbc.ca.

From Apple Century to Zilly's Adventure Press

Learning my Expo's ABCs

By TARYN FAGERNESS

When I finally saved \$500 for a new mountain bike, I thought I was pretty cool. After going to Seattle's International Bicycle Expo March 1, I realized my bike and I were living under a rock. Being new to the biking scene, Expo blew me away: Did you know they make full-suspension mountain bikes? Did you know there is such a thing as energy gel? Did you know people actually bike across the entire United States? Needless to say Expo was a learning experience; I talked to tons of bike-smart people, picked up all the free goodies and test rode everything.

Upon arriving at Expo I, of course, immediately raided the Clif Bar booth for samples. This year Rad Racing Northwest, a Junior Development Cycling Team, sold Clif bars for fundraising. Clif's new flavors include Lemon Poppyseed, Peanut Toffee Buzz (with caffeine) and Black Cherry Almond, which I tried and personally found too much cherry and too little almond. Also on the sample menu: Carrot Cake, my newfound favorite, and Apricot . . . definitely not my first choice. The battle of the bars raged between Clif and the Nutricia Extran bar. I saved my sample Extran bar for after a hilly bike ride and found it sticky and difficult to eat - also Apricot! I didn't stop at bars; I conducted an informal energy gel taste test as well. Favorites: Carb Boom's Apple Cinnamon and Clif's Mocha Mocha with caffeine. Clif's gel packaging has a "litter leash" so the ripped off top won't end up in the ditch. Least favorite: Carb Boom's Vanilla Orange with caffeine and Clif's Strawberry.

Loaded with energy, I felt ready to tackle the bustle of Expo. First stop: Giant Bicycles to lift their amazing 2.9-pound carbon composite frame. According to Dave McIntosh with Giant, their Ultimate TCR Composite bicycle was awarded bike of the year from British magazine Cycling Plus. "Not many companies have the capabilities to make carbon frames," says McIntosh. "They're much more expensive to produce." And that expense pops up in the price tag; the TRC frame and fork can be had for a mere \$1500. I'll put it on my Christmas list.

On the other hand a custom-built frame could be a nice option too, while remaining a relatively affordable choice. Custom handmade mountain bikes, road, tandems, trikes and others frames from Davidson, Erickson, Strong Frames, Ti-Cycles, Co-Motion, da Vinci Designs, Rodriguez, Co-Motion, Lightfoot, Hampsten and Curtlo Cycles, to name a few, were showcased and for many of these exhibitors Expo provided an opportunity to meet the customers directly.

Since I am a dabbling mountain biker, Rocky Mountain Bicycles booth caught my eye. According to Scott Schlosser with Rocky Mountain, their full-suspension ETSX-70 helped its riders win the Trans-Alps and Trans-Rockie challenges, two of the world's toughest wilderness mountain biking events. Their freeride bikes, like the RM7 Wade Simmons and Switch, can handle riding/hurling down rocky cliff faces as evidenced by their demo video which I drooled over for a good fifteen minutes.

Obviously it was time to ride myself; I got in line at Expo's test ride area. The first bicycle I tried was a stretched out recumbent with a cushy seat and a leisurely look. This Lightfoot bike looked easy enough; but upon mounting I

soon found that my balance was completely off. One of the attendants held me up and gave a push; I felt like I was six again learning to ride for the first time. "You'll get used to it," my helping hand called after me as I made it twenty feet before falling again. I later learned my friend, who does not even own a bicycle, had no problem cruising on the Lightfoot. Balance was never one of my strong points. Needless to say the attendants did not offer to let me try the tandem recumbent.

Quite the opposite of the long Lightfoot, I next tried the sleek Hyack by Ti Cycles. Being my first time on a road bike, I wobbled a bit at first; it felt like I was riding a flying broom, but I quickly came to love the fast, streamlined feel and knew I'd added that composite frame to my Christmas list for a reason.

Finally I snagged one of the popular three-wheeled recumbents, the Lepus (Latin for "rabbit"), and toiled around unafraid of falling over. Val Kleitz of Bikesmith explained the differences between the recumbents. According to him, The Lepus is one of the more unstable types of three-wheeled recumbents, having a higher seat and center of gravity, two wheels in back and one in front. Recumbents with the seat set between the two back wheels, Kleitz claims, make popping wheelies easy, "although we're not encouraging people to do that here," he adds. Recumbents with two wheels in the front and one in back, Kleitz says, are the most stable and turn sensitive of all. "It creates some complicated steering problems, as far as [building] the mechanics go, but once that's figured out, it can turn quite sharply. Just by looking at it you wouldn't think it would," says Kleitz.

The last bike I tried was a regular mountain bike with an Xtracycle attachment capable of hauling up to 200 pounds. "I've strapped on a La-Z-Boy recliner no problem," says Kleitz.

Satisfied with my riding experience I checked out the gizmos of Expo. At the Phiten Titanium I picked up some titanium discs. Applied to stiff or sore areas of the body, the titanium emits energy that controls the flow of bioelectric current resulting in pain relief and easier movement explains Mari Okuda, a Phiten rep. I later applied four discs to my back and shoulders before a strenuous mountain bike ride. Maybe my shoulders felt less tight, maybe my lower back felt less strained . . . maybe.

Another pain relief product was The Seat, a hornless bicycle saddle. "You sit on your buttocks, instead of your pubic area," says Thomas White, president of Ergo, the company that manufactures The Seat. "It's mainly for road, touring and commuting. It takes some getting used to." Once on The Seat I agreed. I felt too free, like I forgot to wear my seatbelt. White says The Seat provides a more comfortable ride than a normal seat, particularly on long rides, and alleviates heat problems caused by prolonged pressure from the saddle horn such as numbness.

Tied for coolest gadgets at Expo are the Never Reach and PowerCranks. For sale to the public for the first time, the Never Reach is an aerodynamic water container that mounts behind the saddle. A tube runs from the container along the frame to the rider's thirsty mouth over the handlebars. Linda Litton, inventor of the Never Reach explained the

details. "I designed the Never Reach with the Ironman in mind," says Litton. Indeed, the Never Reach container has a hole for a grabbed-while-riding water bottle to be placed upside-down. Litton also pointed out statistics showing the gain in speed not having to reach for water caused. The Never Reach sells for \$99, and Litton recommends it for the serious rider.

Finally I tried the PowerCranks. Mounted on a stationary bike, these bicycle cranks operate independently forcing the rider to push and pull on both pedals. The object is to help improve rider performance by forcing them to pedal in cycles and working new muscle groups. Finding a rhythm proved difficult. "You're hesitating with your left foot," PowerCranks rep Frank Day tells me. With much focus I manage a semi-normal looking cadence, but after about 45 seconds find myself sweating. This is hard! "You're using muscles you don't normally use," explains Day. PowerCranks proudly claims a gain of 2-3 mph for cyclists in time trials, and 1 minute per mile for runners, and I believe it. This could be the ultimate training device for tri-athletes and cyclists.

Feeling a bit wobbly after my turn on the PowerCranks, I explored some of the less sweat-inducing Expo booths. Skiforall, recreational programs for people with disabilities, was recruiting volunteers for their unique program. Skiforall boasts a fleet of 50 adaptable cycles, recumbents, handcrank cycles, trikes and tandems and a plethora of events for adults and children with disabilities. Their Cycling Demo Day, open to anyone who wants to check out their bikes and programs, is May 3rd at Seward Park, Seattle.

At Cycle America I perused photos from their cross-country rides. According to Bob Goldberg, veteran Cycle America participant, the organization sponsors a nine-week coast-to-coast tour. Riders camp at local schools along the way and feast on meals prepared by organizations like the Boy Scouts. "We had 48 people who went coast to coast, but never rode with less than 75. People join for various legs," says Goldberg, who asserts the people are the best part of the

experience.

Goldberg is also part of Pedal for a Purpose (P4AP), and one of the highlights of Expo was meeting founder of this program, Ellis Corets. P4AP makes it possible for cyclists to raise money for their favorite charity while riding various bicycling events including Group Health's Seattle to Portland. In the program's first year Corets recruited four non-profits to participate and he's doubled the number each year. "I already have forty," he says, well on his way to this year's goal of 64.

I also scouted out bike tools, massage stations, spinal evaluations, electric assisted bicycles, Pygmy Packs, tire tread picture frames, Tech Pedal Boats, clothing deals, the photography contest, bike racks, Bodyglide, and John Zilly's Adventure Press mountain biking guides. I signed a petition to finish the Burke-Gilman Trail, watched some very bouncy bikers hop on and off crates at the trials demonstration, tried on sunglasses, caught snippets of Joe Kurmaskie's (the Metal Cowboy) and Maynard Hershon's hilarious talks, and picked up an apple from the Wenatchee Century Ride folks.

One thing I did not do: buy. Talking with vendors and Expo attendees, it seems not many people did. Phil Meyer of Phil's South Side Cyclery says, "The volume of people is good, and I've made some positive contacts, but there's not a lot of buying." Expo attendee, Kevin Kerkof of Seattle, says he came to Expo to see what's new and be around a bicycling crowd, but not to buy. "I've never bought a bike at Expo," says Kerkof. Beginning mountain biker, Farrah Dowling of Auburn says she came to Expo to learn about clubs and places to ride. "We came to see what's new and different, and for some entertainment," say Paul Jones and Melinda Irahazy of North Bend. "We already have everything we need," they laugh. Meyer wonders if the economy is to blame, but shrugs, "Hopefully people will remember my name when they do need a bike."

In any case, I will certainly remember my Expo experience and plan on attending next year. My goal: save for that composite frame, sign up for Cycle America's coast-to-coast ride (at least one leg anyway), give money to someone doing Pedal for a Purpose, join a club, definitely buy new bike shorts and think about a Phiten titanium t-shirt.

Bicycle Paper Awards



Each year The Bicycle Paper presents awards to the three best booths of the Seattle International Bicycle Expo show. This year the following exhibitors have been recognized:

People's Choice award goes to Phil's South Side Cyclery of Federal Way (upper left). Phil Meyer's booth was voted number one by the Expo attendees. Phil and his crew put a lot of effort in making their booth fun and attractive and the crowd did notice. Phil's South Side Cyclery is not new to Bicycle Paper's awards, as he won the 2002 "Best of Show" award.

Class Act award was awarded to Pygmy Products of Missoula, Montana (middle left), makers of the protective bicycle component travel packs. Pygmy's booth was selected for its simple, yet thorough presentation of information and products.

Finally the **Best of Show** award was presented to Erickson Cycles and Erickson Cycle Tours from Seattle (lower left). Recognizing the originality in the design of the booth, the judging panel was impressed with the overall display, which brought visitors from the bicycle frames to the European Tours in a smooth fashion.

The marathons, and ultra-marathons, of bike racing

By ALLISON MARKIN

British Columbia is home to just about any type of extreme or endurance sport, heck we've even invented some mettle-testing disciplines, and with mild weather in the majority of the province's southern region, it's possible to participate in most sports year-round.

On top of the cache of mountain trails and road routes tempting any level of rider, BC also has a thriving randonneur community. The BC Randonneurs Cycling Club organizes a number of events throughout the season and oversees participation in international-level events.

For some riders, randonneuring is more of a touring discipline, meandering for kilometer after kilometer, or mile after mile, taking in the scenery, wildlife and nature along the road. For the more competitive cyclist, randonneuring means striving for faster times and higher speeds, strategizing in pacelines and aiming for records and personal bests. The word *randonnée* is French for ramble or tour, and has been adopted by this type of 'race' to mean a long-distance event along a set route. Participants must complete the route, or sections of it, within prescribed time limits and can only receive aide at designated checkpoints. Riders need to be prepared for mechanical malfunc-

tions, many weather conditions (rain and wind for sure) and, essentially, the unexpected.

The most exciting randonneur event of the year doesn't take place in BC; it doesn't even take place in North America: the Paris-Brest-Paris, commonly referred to as the PBP, is randonneuring's most prestigious ultra-marathon. Every four years, randonneurs from around the world converge on Paris for this remarkable event. The 1200-kilometer distance from Paris to Brest on the Brittany coast and back to Paris must be completed within 90 hours. To qualify a rider must complete a 200-600 kilometer series by mid-June of the PBP year. Twenty-six riders from BC qualified for and participated in the last PBP in 1999 and more are expected to take on the challenge this season. The next PBP is this August 18-22.

The randonneur season in BC begins with a series of shorter events called *populaires*, which are 100 kilometers or less, building up to brevets that begin at 200 kilometers. As the season goes on, the rides become longer and longer, getting up to about 600 kilometers. Riders must successfully complete a 200 kilometer brevet before moving on to 300 kilometers, then must complete that level before going on to 400 kilometers and so on. Anything in the 1000 to 1200 kilometer range, such as the PBP is

tagged as an 'ultra-marathon'. On alternate years ending in an even number, the BC randonneur season is capped off with the Rocky Mountain 1200 - look for this event in 2004. The route runs from Kamloops in BC's Thompson region, along the spectacular Columbia ice fields through the tourist-heavy areas of Jasper and Lake Louise, back into BC through the Okanagan and returning to Kamloops. It's BC's version of the PBP.

To take part in randonneur events, you must adhere to a number of rules. Riders must be a minimum of 14-years-old to ride with an adult in an event. Those who are 17-years old can ride alone with signed parental approval. If you're over 19, you can ride alone. All traffic laws must be obeyed and proper helmets must be worn.

Bikes must be in good condition with a front white light and red rear light - carry extra bulbs or a spare light and batteries. Full fenders are required, covering 90 degrees of the front wheel and at least 180 degrees of the back wheel. Penalties are assessed for inappropriate gear.

Riders must carry ID, especially for rides crossing the border, as well as a control card that is stamped or signed at 'controls', or checkpoints, throughout the ride. For anyone wanting to cheat and take a shorter route, beware that there may be secret controls to help



keep you honest. Cards are turned in at the end of an event.

Above all, be prepared: eat and drink regularly, wear appropriate and visible clothing with reflective tape or bands, pack along the necessary extra gear and tools and be courteous to those with whom you share the road. Both road and off-road bikes are used in randonneuring, but you must be sure to have a bike that suits the course: make sure you have enough gears to get up those BC hills!

For information on events this year, visit the BC Randonneurs website at www.randonneurs.bc.ca.

Editor's note: Like its UpNorth counterpart, Seattle also has an active Randonneurs group. Information can be found at www.seattlerandonneur.org.

HEALTH



By Erik Moen
PT, CSCS

Health - The Benefits of Omega 3". Her suggested daily intake of omega 3 fatty acids is 750-1,000 milligrams per day. The below table describes objects containing omega 3 fatty acids.

Dr. Andrew Weil's on-line article, *The Facts on Flax*, describes the health benefits of flaxseed. Weil describes flax as one of the best plant-based sources of alpha-linolenic acid. Alpha-linolenic acid converts in the body to the same heart-protective omega-3 fatty acids found in salmon, sardines, and mackerel. Weil also noted the benefits of flaxseed in the arena of digestion and as a cancer-fighter. He recommends one or two tablespoons of ground flaxseed a day to anyone who wants to keep their heart healthy, especially vegetarians who may not otherwise get omega 3 fatty acids from their diet.

How to use flaxseed

Whole flaxseed can be found at natural-food

stores. It is suggested that flaxseed be stored in the refrigerator. Grinding of whole flaxseed is a must, otherwise the tiny, hard-shelled flax seeds will pass through the body undigested. Grind a quarter-cup or so at a time, in a blender or a coffee grinder dedicated to flax. Ground flax meal should be refrigerated in an airtight, opaque container, where it will keep for up to 30 days. You'll know that flax meal has spoiled if it smells like oil paint.

Weil suggests not using flaxseed oil, either in liquid form or in capsules. Aside from being more expensive and less palatable than flax meal, flax oil spoils faster and, most importantly, lacks the protective lignans found in the ground seeds.

Bob's Red Mill from Milwaukie, OR offers a ground flax meal. It can be found in the health food section of local grocery stores or ordered from Bob's website. Ground flax meal is one of my favorite applesauce additives. Bob's Red Mill has the following information on flaxseed: In a 2-

tablespoon serving size (13 grams) the fiber content is 1.33 grams of soluble fiber and 2.67 grams of insoluble fiber, and there are 2400 mg of omega 3, fatty acids.

Try involving flax into your diet if you haven't already done so. It's natural and it's good for you!

Resources:

- Bob's Red Mill Natural Foods, (800) 349-2173, www.bobsredmill.com
- Flax Council of Canada, Winnipeg, Manitoba, (204) 982-2115, flax@flaxcouncil.ca

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,

Source	Amount	Calories (1000 milligrams)
Flaxseed oil	1/2 teaspoon	30
Ground Flaxseed	1-1/2 teaspoon	40
Walnut halves	5	70
Canola Oil	2 teaspoons	80
Soybean Oil	1 tablespoon	120
Wheat germ oil	1 tablespoon	120
Salmon, herring, albacore, sardine, rainbow trout, etc.	2 ounces	160
Other fish contain some omega 3, but not as much	9 - 12 ounces	300 (or more)
Broccoli, cooked	5 cups	230
Spinach, cooked	10 cups	280
Soy nuts	3/4 cup	285
Flax than oil	4 tablespoons	480

coach of 4-time Tour de France Champion Lance Armstrong. Erik may be reached at emoen@trainright.com or 303-898-6477

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Photo by JOE ZAUNER/www.nwracerreport.com

Washington BARR CAT 3 champion Jon Perry (Recycled Cycles) leads Ian Tubbs (Seattle Super Squadra) during the Tour of Dungeness. Early-season races provide clues as to which athletes are fit for the big spring races.

Here's who's hot for spring season

By JOE ZAUNER

NWRR editor-in-chief

With the March races coming to a close in the Northwest, riders are starting to eyeball the big spring events with anticipation. They're also eyeballing other as well.

While some athletes and coaches exclaim that the early-season proving grounds of Mason Lake in Washington, Hagg Lake in Oregon and River Road in BC are meaningless, these March races can often provide clues as to which riders are on form for the big spring events and who might be holding back.

In British Columbia, four March races have been contested with the usual suspects gracing the podium. Chief among them are Symmetrics Cycling riders Matt Osborne and his teammate Scott Goguen. Both riders are seemingly picking up where they left off in 2002 — a year that saw these two athletes win some highly prized championships.

In 2002 Osborne likely won more races than any Northwest cyclist with 25 victories. So far this year Osborne hasn't found the top spot on the winner's podium, but he *has* stood on the box twice — one second-place finish and one third, both races in March.

Osborne is a complete rider, winning the 2002 track provincial pursuit championships and in the same year producing the goods on an uphill time trial defeating world mountain bike champion Roland Green and the bulk of the Saturn professional road team in the prologue at the Tour de Delta in July.

Symmetrics' success could open door for other BC riders

Osborne didn't often race in the United States in 2002, but with his first-year Symmetrics team, that should change in 2003. Symmetrics is a well-funded team, driven largely by Goguen. The 1990 Commonwealth Games road race bronze medalist and former Canadian national criterium champion, Goguen was instrumental in putting the team



Scott Goguen

together. In fact, he designed the NORCO bicycles the team races on.

Like Osborne, Goguen seldom raced in the United States last year, but when he did he produced stellar results. The one that stands out is his victory at the Mutual of Enumclaw Stage Race — one of the most coveted jewels on the Northwest race calendar. In that event Goguen ripped the mostly American field in the final road stage, winning in a solo effort that also secured the overall title.

Broadmark rider Todd Coglon was the leader going into that final stage. He stood slack jawed at the end of the race not sure who Goguen was.

"There wasn't anybody left to chase," said Coglon of the depleted field of riders near the end of the race. "I didn't know who (Goguen) was. Anyone who can get a gap that big deserves some respect."

Goguen and his Symmetrics crew will certainly get that deserved respect on the Northwest circuit in 2003 thanks in part to the increased media coverage of cycling on the Internet. But that's a blessing in disguise. Sure, it makes the sponsors happy, but it also puts them squarely in the cross hairs of teams hoping to neutralize their efforts. This could leave the door open for the remaining BC talent, of which there is plenty.

The CDS/Kenwood duo of Dylan Sebel and Andrian Elzinga were formidable in 2002. Both riders could be described as climbers and both made their mark last year as big-time stage racers. Sebel was second at the 2002 Tour of Walla Walla, handing Saturn for Seattle rider Kenny Williams a rare defeat in the time trial, and Elzinga was the top Northwest amateur at the Cascade Cycling Classic stage race in July, which tips him as the best regional climber.

See "Spring Racing" on page 8

Drake — 17 year chain smoker



By Joe Zauner
NWRR
editor-in-chief

This is the first of several reports contributed by Northwest Race Report.com to Bicycle Paper's continuing coverage of cycling in the Pacific Northwest. Check out the Bicycle Paper each

month for your racing news, stories, photos, and results from Washington, Oregon, Idaho and British Columbia. For daily coverage of the northwest bicycle-racing scene, log on to www.nwracerreport.com

This month we look at some of the top male racers by region. Next month it's the females.

I talked on the phone with Peter Drake, the winner of the final Banana Belt Road Race near Forest, Grove, OR, recently and he proved an interesting interview.

Turns out 17 years ago Drake was heavy into punk-rock music, going out late to clubs and smoking way too many cigarettes. Now, I know you're thinking this is one of those stories where the kid turns his life around, starts racing bicycles and lives happily ever after.

But it isn't.

Okay, today Drake no longer colors his hair by seemingly throwing a dart at a spinning color wheel—he didn't really say when that stopped—but the cigarettes... On those cigarettes. They were a tough habit to kick. In fact, Drake-the-champion-cyclist didn't quit until about three years ago when he started bicycle racing at 35.

He said once he decided to quit he could feel the extra lung capacity, so he rode to San Francisco from Portland in six days to test out his new lungs. This is Drake's third year of racing. He said he has no regrets about living the punk-rock life style, but sometimes he regrets all the smoking.

"When I'm really suffering in a race, then I have some serious regrets," he said. "I think, if I hadn't smoked all those years maybe I'd have that little extra."

A welcome back goes out Franz Hammer. The 65-year-old Hammer announced his return to the Pro 1-2 peloton at the Tour of Dungeness on March 15 in Sequim, WA, by soloing off the front for several kilometers. The man who is likely the oldest CAT 1 racer in the United States was sidelined at the end of last season after prostate cancer surgery.

From the standpoint of being an athlete, Hammer has it made. He's retired, so he's got all day to train. And, he's collecting social security, so he doesn't have to worry about race earnings while traveling the circuit.

Something to aspire to.

Joe Zauner is the editor-in-chief of Northwest Race Report.com, which provides daily coverage of the northwest racing scene. Visit www.nwracerreport.com.

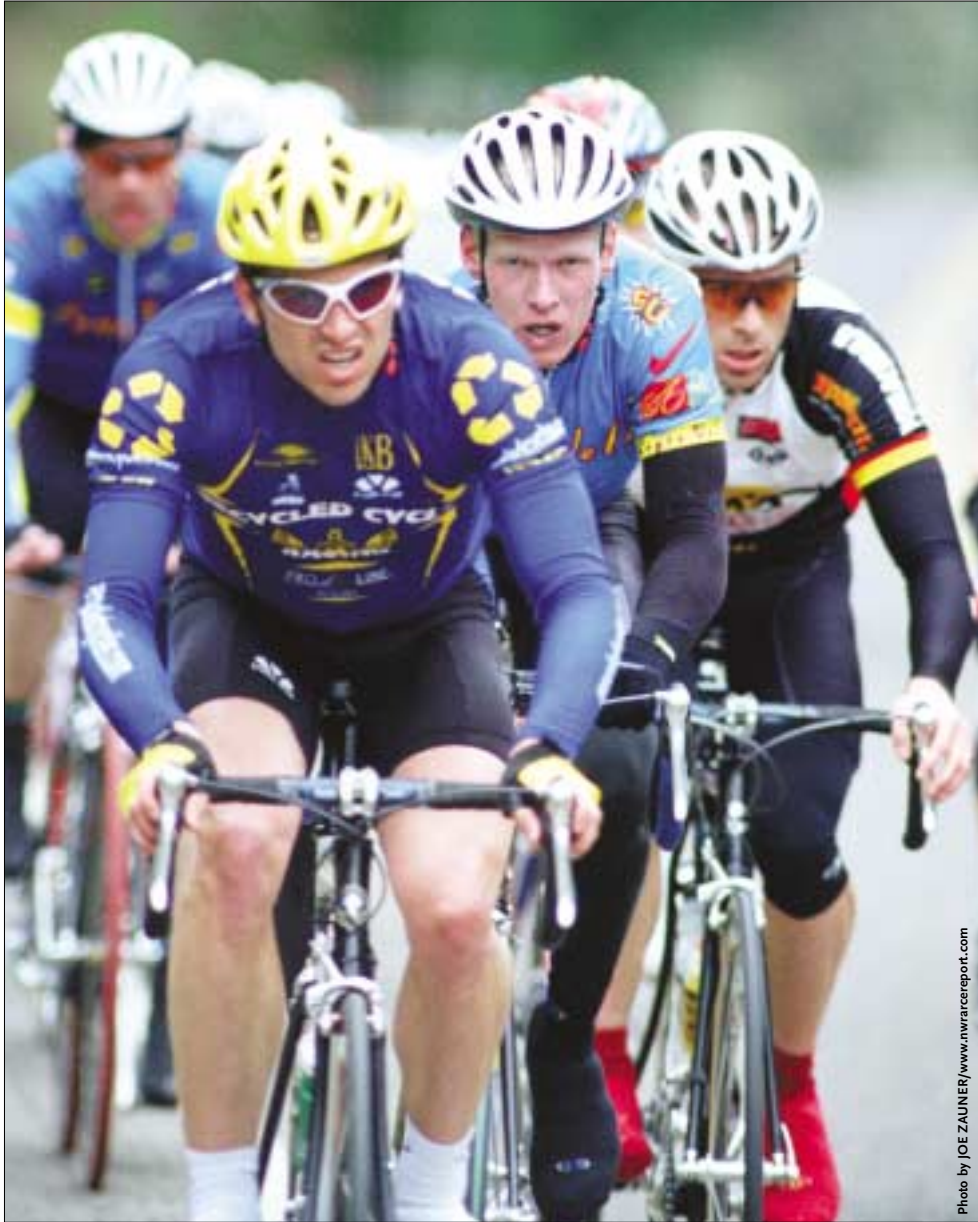


Photo by JOE ZAUNER/www.nw-race-report.com

Troy Critchlow (left) leads John Bravard and the rest of the winning break in the men's Pro 1-2 event at the 2002 Kings Valley Road Race. The Kings Valley Road Race, held this year on April 12 near Corvallis, OR, is regarded as an important spring objective for most Northwest cyclists.

► "Spring Racing" from page 7

Other riders from British Columbia to watch are Cam Evans (Broadmark), Sean Dawson (Trek/VWV), Cory Lange (ACBB/Marco Polo) and Luca Segato. All are proven race winners on the Northwest circuit.

Oregon, Three Guys you Never Heard of

In Oregon, three relative neophytes are making an impact at the top levels. In 2002 Sam Schartz (Hutch's), Peter Drake (Fred Meyer) and Scott Springer (EnSelle/NoMad) had few notable results between them. This year, however, they've nearly cornered the market March race wins.

Schartz is the biggest surprise and clearly the most dominant rider in Oregon so far this year. Last year he started his season as a CAT 5 earning a plethora of wins, enough to upgrade to a CAT 2 for the 2003 season. Schartz is a big rider; a former high school football player, he can generate the wattage in a sprint as

evidenced by his defeat of former Prime Alliance pro and sprint specialist John Wallrod in the first Banana Belt on March 2. He nipped Wallrod at the line in that downhill sprint, but his lack of experienced likely got the better of him a week later when he was out gunned on the same 200-meter stretch by 2002 Oregon BAR champion Doug Ollerenshaw (Broadmark), a rider more noted as a climber than a sprinter.

To his credit, Schartz isn't all about the sprint. In fact, he said his favorite aspect of cycling is climbing and at the Banana Belt series he proved he can hang with some pretty strong climbers and all-around riders. Hagg Lake, where Banana Belt is contested, is an undulating course with two long hills on an 11-mile circuit. Schartz won the three-race series convincingly — a first, a second and, riding defensively in the last race, a fourth-place finish.

Finishing second in that series was Drake, also a relative new comer to cycling. He's 38-years-old and in his third season of

racing after sitting out much of last year with a head injury suffered during a crash on the Alpenrose Velodrome banks. Like Schartz, Drake is a relatively big rider. He's a solid sprinter but can also climb as he showed in the third Banana Belt race where he dropped former Irish national team member and Northwest strongman Mick Walsh (Saturn for Seattle) on the final hill en route to the win.

Springer has three race wins under his belt this year, two coming on the same day in the same race. Springer was the solo winner at the Oregon season opener, the Cherry Pie Road Race in early February and followed that up with one of the most impressive time trial performances in Oregon to date. The former Stanford varsity football player won the masters division of the Jack Frost Time Trial in Vancouver, WA on Feb. 23 in a time of 26 minutes, 12 seconds for the 12-mile course. About 25 minutes later he won the senior men's title, this time clocking a 26:36, 25 seconds faster than second place.

Another rider from Oregon to watch is Daimon Shanks. The 21-year-old Hutch's rider is very strong and showed great determination at the second Mason Lake Road Race, sparking an early break and then grabbing onto the coat tails of the winning move after his attack was countered.

The 2002 Oregon BAR champion Doug Ollerenshaw (Broadmark) will likely spend most of his year racing on the national circuit, but expect to see him at two of the big spring races — Tahuya-Seaback-Tahuya Road Race in April and the Mutual of Enclaw Stage Race in May.

In Washington it's all Broadmark so far

In Washington the Broadmark team has shown good early-season form. The 2000 Washington road champion Richard McClung is regaining his conditioning after sitting out much of last season. McClung is a former U.S. national team member with hundreds of races under his belt on both the national and international levels.

He won the first Mason Lake series race on March 8. In that performance McClung joined an early break that rolled for about 65 miles in cold, wet conditions. He attacked his break mates and rode the last 12-mile lap alone.

The Triple Crown

These are the three spring races that seem most coveted by Northwest athletes:

- 1) **Snohomish Road Race** on March 29
 - 2) **Kings Valley Road Race** on April 12
 - 3) **Tahuya-Seaback-Tahuya Road Race** on April 12
- (See the calendar section on page 10 for more information.)

McClung is solid in all aspects of the sport. Despite his burly appearance he climbs quite well against Northwest talent and can also time trail with equal effectiveness. His sprint is good, especially if the race is difficult.

Another Broadmark rider making the top spot of the podium is Rob Campbell. The Olympia rider took the first Tour of Dungeness series race. The Tour of Dungeness, as it is affectionately known in Washington, is a very flat and relatively undemanding course provided the wind isn't blowing. Campbell was the recipient of a long lead out by his teammates when he won on March 9.

He is likely not the best bet for a win on a difficult course like Tahuya-Seaback-Tahuya, Kings Valley or the Mutual of Enclaw Stage Race, but he can deliver in criteriums and sometimes on difficult road races as evidenced by his win at the Washington road champion-

ships in 2001 on a very difficult Long Branch course.

Laying low is the 1999 national criterium champion Kenny Williams. The Saturn of Seattle rider is the most prolific Northwest champion in recent memory. He has stayed mostly in the fields at Banana Belt and Mason Lake this year, ramping up for the bunch sprints only. His teammate, Mick Walsh, on the other hand has shown great strength in March. He was sixth at the March 8 Mason Lake race and second a week later at the Banana Belt race.

Other riders with note-worthy performances who will likely race well in the spring are Chad Nikolz (Ashmead College), David Richter (Recycled Cycles), Steve Williams (Recycled Cycles), Tyler Thompson (Broadmark) and Troy Critchlow (Seattle Super Squadra).

(Editor's note: This is the first in a two-part series that profiles Northwest cyclists. The second part in the series will look at the women's road-race athletes.)

Road Results

Cherry Pie Road Race
Harrisburg, Oregon
February 16, 2003

Senior Men 1 2 3 (92 riders)

PI Name	Team
1 Schartz, S.	Hutch's
2 Walrod, J.	River City
3 Auker, D.	Cliff Bar
4 Holland, S.	Corben Huntair
5 Atchortua, K.	Santa Cruz

Senior Women 1 2 3

1 Marik, M.	River City
2 Whitlatch, S.	Fred Meyer
3 VanValkenburg	Sorella Forte
4 Knable, M.	Sorella Forte
5 Kunz, K.	Sorella Forte

Senior Men 3 4 5 (137 riders)

1 Glass, S.	Collins/Specialized
2 Solomon, M.	Bike Kraft
3 Hopper, E.	EnSelle/Nomad
4 Gritters, J.	
5 Collura, S.	Hutch's

Senior Women 4

1 Kramer, J.	
2 Broberg, W.	
3 Valda, V.	EWEB
4 Riley, J.	
5 Rose, E.	

Masters 35+ Men (26 riders)

1 Springer, S.	EnSelle/Nomad
2 Brown, G.	EWEB
3 Marcote, T.	EWEB
4 Burkhardt, R.	

Masters 35+ Women

1 Sheulfeld, J.	
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Masters 45+ Men

1 Coffel, L.	RMS
2 Jackson, D.	Hutch's
3 Lewis, J.	Hutch's
4 Buck, J.	TRC

Masters 40+ Women

1 Miller, L.	BBC
2 Clark, S.	TRC
3 Hahn, R.	TRC
4 McCabe, G.	Capitol Velo

Juniors 15-18

1 Williams, B.	Team Oregon
2 Long, J.	Team Oregon
3 Kneuvén, T.	BBC
4 Anderson, G.	Compass Comm.
5 Mathew, J.	EWEB

Juniors 10-14

1 Miller, C.	Team Oregon
2 Bossen, K.	Team Oregon
3 Jurgenson, B.	
4 Guerrero, A.	Team Oregon

Jack Frost Time Trial

Vancouver, WA
February 23, 2003

Senior Men Cat. 3 (32 starters)

PI Name	Team/Club	Time
1 Palmer, D.	Half Fast Velo	27:18
2 Hopper, D.	EnSelle/NoMad	27:33
3 Ball, K.	EnSelle/NoMad	27:42
4 Porreco, L.	Half Fast Velo	27:49
5 Hobson, N.	Half Fast Velo	27:58

Senior Men Cat. 4/5 (64 starters)

1 McClung, L.	28:03
2 Anton, C.	29:17
3 Schlabach, A.	29:24
4 Heiman, A.	29:28
5 McCloud, S.	29:52

Junior Men 12-15 (15 starters)

1 Buckley, N.	35:11
2 Megale, I.	36:12
3 Bossen, K.	37:05
4 White, K.	37:09
5 Saulsbury, J.	45:22

Junior Men 16-18 (9 starters)

1 Williams, B.	Team Oregon	29:45
2 Cahill, M.	Corben Huntair	29:55
3 Given, T.		30:00
4 Kneuvén, T.	BBC	30:04
5 Long, J.	Team Oregon	31:03

Junior Women (9 starters)

1 Fisk, A.	38:06	
2 Thrower, A.	Perf. Multisport	40:29
3 Cobb, A.	b.i.k.e.	40:50
4 Hobson, R.	Team Oregon	43:11
5 Hollendbec	b.i.k.e.	45:34

Masters Men 30-39 (40 starters)

1 Springer, S.	EnSelle/NoMad	26:12
2 Drake, P.		27:49
3 Hummel, R.		28:14
4 Marcotte, T.		28:30

Masters Men 40-49 (41 starters)

1 Chase, C.	27:07	
2 Roberts, C.	Clif Bar	28:04
3 Given, B.		28:20
4 Carter, B.		28:51

Masters Men 50+ (32 starters)

1 Kemp, L.	28:57	
2 Truesdale, S.		30:08
3 Buck, J.	TRC	30:21
4 Schreck, G.	Corben Huntair	30:21

Masters Women 30-39 (10 starters)

1 Howard, A.	33:49	
2 Thatcher, A.	Perf. Multisport	36:23
3 Wilson, A.	Perf. Multisport	36:33
4 Hardy, C.		36:48

Masters Women 40-49 (15 starters)

1 Ross, M.	MAC	31:47
2 Howard, J.	Perf. Multisport	32:40
3 Hewett, N.	Capitol velo	33:11
4 Croucher, D.		33:50

Masters Women 50+ (1 starter)

1 Michaelson, E.	Team Oregon	37:22
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Men's Tandem (3 starters)

1 Groves/Burney	Corben Huntair	28:08
2 Alling/Ripp	Columbia River	28:38
3 Schauer/Rantala	Columbia River	28:56

Mixed Tandem (9 starters)

1 Brown/Brown	27:49	
2 Winestorfer/Winestorfer	30:40	
3 Curt/Curt	Team Rubicon	30:54
4 McCabe/McCabe	Capitol Velo	31:03
5 Pietzold/Pietzold		31:56

Recumbent (11 starters)

1 Kochanowski, J.	23:58
2 Wolf, M.	29:55
3 Nieberlein, N.	32:59
4 Nielsen, D.	33:16
5 Marley, T.	35:17

Senior Men 1-2 (23 starters)

1 Springer, S.	EnSelle/NoMad	26:35
2 Walsh, M.		27:00
3 Bethel, J.		27:00
4 Ecker, B.		27:12
5 Braun, M.	GS Camerati	27:15

Senior Women 1-2 (10 starters)

1 White, C.	Team Oregon	29:52
2 Lozano, M.	River City	33:00
3 VanValkenburg	Sorella Forte	33:25
4 Knable, M.	Sorella Forte	33:36
5 Sullivan, S.		33:45

Senior Women Cat 3 (4 starters)

1 Walsh, M.	30:49	
2 Given, L.	Hutch's	31:30
3 Buchan, B.		35:05
4 Carter, K.		46:36

Senior Women Cat 4 (9 starters)

1 Funk, J.	33:33	
2 Parker, H.	34:32	
3 Brobergwillie,	34:50	
4 Burns, B.	Sorella Forte	38:49
5 Kizer, D.		40:04

Banana Belt #1
Haag Lake, OR
March 2, 2003

PI Name Team

1 Schartz, S.	Hutch's
2 Walrod, J.	River City
3 Dominguez, C.	
4 Walsh, M.	Satum of Seattle
5 Ollershaw, D.	Bike Gallery

Women 44 miles (32 riders)

1 Sanborn, M.	Hutch's
2 White, C.	Orange
3 Lyall, W.	North River Racing
4 Pennington, A.	Bike Gallery
5 Lozano, M.	River City

Cat 3 44 miles (98 riders)

1 Truelove, B.	EWEB Windpower
2 Boelsens, J.	GS Camerati
3 Krick, D.	Team Oregon
4 Mauch, M.	Corben Huntair

Category 4/5 44 miles (96 riders)

1 Ness, B.	Lakeside
2 Connelly, B.	Logie Velo
3 Quirk, D.	
4 Martel, M.	Capitol Velo

Juniors 33 miles (9 riders)

1 Kneuvén, T.	BBC
2 Walker, M.	EWEB Windpower
3 Bousaw, B.	Gregg's Trek
4 Bossen, R.	Team Oregon
5 Fisk, A.	

Masters 35+

1 Drake, P.	Fred Meyer
2 Douglas, D.	Compass Comm.
3 Root, D.	Corben Huntair
4 Johnston, K.	Fred Meyer

Masters 40+

1 Holland, S.	Corben Huntair
2 Headrick, D.	Hutch's Bend
3 Coffel, L.	
4 Birkhart, R.	

Banana Belt #2
Forest Grove, Oregon
March 9, 2003

Senior Men 1/2, 66 miles (49 riders)

PI Name	Team
1 Ollershaw, D.	Broadmark
2 Schartz, S.	Hutch's
3 Leonard, J.	Trek/VW
4 Fasano, B.	Bike-N-Hike
5 Drake, P.	Fred Meyer

Women, 44 miles (23 riders)

1 Kunz, K.	Sorella Forte
2 Lozano, M.	River City
3 Pennington, A.	Bike Gallery
4 Browning, J.	Titan
5 Marik, M.	River City

Senior Men 3, 55 miles (70 riders)

1 Tucker, S.	Fred Meyer
2 Brandt, N.	Collins/Specialized
3 Getsis, S.	Presto Velo
4 57?	
5 Shanks, D.	Half Fast Velo

Senior Men 4/5, 44 miles, (63 riders)

1 493	
2 Haliburton, A.	
3 Randall, J.	Corben/Huntair
4 Piva, P.	Hutch's

Cat 4 Women

1 Bozeman, M.	Nomad
2 Anen, J.	Corben/Huntair
3 Lower, C.	

Juniors, 33 miles, (4 riders)

1 Kneuvén, T.	BBC
2 Walker, J.	EWEB Windpower
3 Megale, I.	BBC
4 Beckman, K.	BBC

Masters 35+, 44 miles (18 riders)

1 Douglas, D.	Compass
2 Ross, B.	Presto Velo
3 Goldstein, S.	EWEB Windpower
4 354	

Masters 40+, 44 miles (18 riders)

1 Coffel, L.	RMS
2 Holland, S.	Corben/Huntair
3 McGarry, J.	Team Oregon
4 Christenson, E.	RCW

Banana Belt #3
Hagg Lake, Oregon
March 16, 2003

Senior Men 1 2, 77 miles (55 riders)

PI Name	Team
1 Drake, P.	Fred Meyer
2 Walsh, M.	Satum of Seattle
3 Houghton, Z.	Bike - N - Hike
4 Schartz, S.	Hutch's
5 Williams, K.	Satum of Seattle

Senior Women, 44 miles (29 riders)

1 Pennington, A.	Bike Gallery
2 Kunz, K.	Sorella Forte
3 Whitlatch, S.	Fred Meyer
4 Moon, M.	Team Rubicon
5 Walsh, M.	Satum of Seattle

Senior Men 3, 66 miles (75 riders)

1 Woras, S.	River City
2 Vrijmoet, D.	EWEB
3 Sheridan, C.	Team Oregon
4 Sander, A.	
5 Eglitis, I.	Presto Velo

Senior Men 4/5

1 Dolah, M.	O So Kleen
2 Steger, M.	Team Oregon
3 Jones, T.	Compass
4 Sherman, A.	Team RCW
5 Haliburton, A.	

Masters 35+ Men, 44 miles (16 riders)

1 Douglas, D.	Compass
2 Johnston, K.	Fred Meyer
3 Cockron, B.	HFV
4 Ross, B.	Bike-N-Hike
5 Root, D.	Corben Huntair

Masters 40+ Men, 44 miles (29 riders)

1 Coffel, L.	RMS
2 Zimbleman, D.	Excel Sport
3 Brown, G.	EWEB
4 Huff, R.	HFV
5 Christerson	Rose City

Juniors, 33 miles (8 riders)

1 Kneuvén, T.	BBC
2 Bossen, R.	Team Oregon
3 Miller, C.	Hutch's
4 Megale, I.	BBC

Banana Belt
Final Series Standings

Senior Men

PI Name	Team	Points
1 Schartz, S.	Hutch's	52
2 Drake, P.	Fred Meyer	34
3 Ollershaw, D.	Bike Gallery	30
4 Walsh, M.	Satum of Seattle	23
5 Leonard, J.	Trek / VW	20

Senior Women

1 Pennington, A.	Bike Gallery	34
2 Kunz, K.	Sorella Forte	33
3 Lozano, M.	River City	19
4 Sanborn, M.	Hutch's	16
5 White, C.	Team Oregon	13

Senior Men 3

1 Woras, S.	Team Oregon	24
2 Truelove, B.	EWEB Windpower	23
3 Krick, D.	Team Oregon	23
4 Stent, S.	Fred Meyer	21
5 Schanks, D.	Half Fast Velo	15

Senior Men 4 5

1 Steger, M.	Team Oregon	29
2 Randall, J.		21
3 Haliburton, A.		19
4 Dolah, M.	O So Kleen	16
5 Ness, B.	Lakeside	16

Masters 35+ Men

1 Douglas, D.	Compass Comm.	60
2 Johnston, K.	Fred Meyer	27
3 Ross, B.	Presto Velo	27
4 Root, D.	Corben Huntair	24

Masters 40+ Men

1 Coffel, L.	Fred Meyer	49
2 Holland, S.	Corben Huntair	33
3 Headrick, D.	Hutch's Bend	18
4 McGarry, J.	Team Oregon	14

Juniors 10- Men

1 Kneuvén, T.	BBC	48
2 Walker, M.	EWEB Windpower	26
3 Megale, I.	BBC	22
4 Bossen, R.	Team Oregon	21
5 Fisk, A.		

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

APRIL

Apr 6: SpeedSeries Learn to Race Clinic #1
BC. Specifically designed for new cyclists; run by experienced racers and certified coaches. Participants can look forward to learning the basics of competitive cycling, specialized equipment, racing and preparation rituals, training cycles, tactics, nutrition, and riding skills. Additionally, participants have the option of entering a sanctioned race event at a reduced rate! Cycling BC, 604-737-3034, www.cycling.bc.ca

Apr 11-13: 1st Annual International Cycling Coaches Women's MTB Training Camp
Victoria, BC. Steve Lund, International Cycling Coaches, 250-883-1949, www.InternationalCyclingCoaches.com

Apr 15: Seattle Bicycle Club monthly speaker presentation
Mercer Island, WA. Bicycling South of Florida. Two week bicycle tour in Cuba. Speaker presentation for monthly meeting. Visitors welcome. Location: VFW Hall 1836 72nd Ave. SE Patty McKee vice president, Seattle Bicycle Club, Mercer Island, WA, 98107. 206-903-9434, http://www.seattlebicycleclub.com

Apr 19: MVA Junior Auction & Social
Seattle, WA. With Gerard Bisceglia. At the UW Center for Urban Horticulture Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 25-27: International Discover Walk Festival Rides
Vancouver, WA. Two 42-km marathons and 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, 877-269-2009, www.discoverywalk.org

Apr 30: Video Premier-"Kranked V : In Concert"
Seattle, WA. Seattle premier showing of new "Kranked V : In Concert" at Ballard Firehouse to benefit BBTC Justin Vadar Pol, BBTC and Downhill Zone, PO Box 21288, Seattle, WA, 98111. 206-283-2995, http://bbtc.org/recreation/calendar.php?event_id=1343

MAY

May 10: The Fifth Annual Kids Bike Swap
Seattle, WA. 10:00 a.m. to 4:00 p.m. Free event is at Genesee Playfield, 43rd Avenue S. and S. Genesee, in South Seattle. Bring an outgrown kids bike (24" wheels and smaller) and swap it for a better-fitted 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-Jun 13: Bike to Work Month-Challenge

King, Kitsap & Snohomish Counties. Ride your bike to work the month of May and win prizes! Linda Schwartz, Cascade Bicycle Club, Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.biketoworkday.org

May 16: WRQ's Bike To Work Day
Seattle, 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 17: Mountain Speed Series #1
Summerland, BC. Beginner and Intermediate racing clinics. XC. Designed by the Provincial Coach at Cycling BC an led by qualified top-end athletes and coaches throughout the province. Cycling BC, 1367-332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

May 20: Seattle Bicycle Club Monthly speaker presentation & meeting
Mercer Island, WA. Patty McKee Vice President, Seattle Bicycle Club, Mercer Island, WA, 98107. 206-903-9434, http://www.seattlebicycleclub.com

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@bt4bikes.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, http://www.utopian500.com

May 25-Jun 8: Women's Learn to Race Clinics
Vancouver, BC. Purpose: to prepare beginning women riders for their first bike race. There are two race options on the weekend following the clinics: The Norm Lowe Memorial Road Race in Hatzic Valley, June 14 and The Stanley Park Bike Festival, June 15. Clinics are on Sundays, 10:00 a.m. to 2:00 p.m. Cost: \$60 for all three days! Darnelle Moore, 604-714-0449 or 604-339-5778, darnelle@telus.net

May 31: Mountain Speed Series #2
Mission, BC. Beginner and Intermediate racing clinics. DH, XC. Designed by the Provincial Coach at Cycling BC an led by qualified top-end athletes and coaches throughout the province. Cycling BC, 1367-332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

May 31-Jun 1: Sugoi Dirt Series #1
Sechelt, BC. Mountain bike camps for women. Offers two days of expert small group instruction and hours of practice on the trails to reinforce new skills. Cycling BC, 1367-332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

MULTISPORT

APRIL

Apr 10-Aug 21: Thursday Duathlon Series at Pacific Raceways
Kent, WA. Registration 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, Saggezza 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, Saggezza 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

RACE SERIES

Mar 9-Aug 25: Northwest Women's Race Series
Redmond, WA. 16 events in various locations around Washington. Look for the mention "Counts for NWWC Series" in individual event description. Overall standing calculated after each event for category 4 women. Awards at the end of the season. Heather Johnson, www.nwwc.org

Mar 13-Sep 25: Thursday Time Trials
BC. Roger Thomas, http://mars.ark.com/%7Ecvcc/clubinfo.html

Mar 20-Apr 28: Northwest Women's Race Series
Redmond, WA. Women's only racing. Every Thursday from 6:00 p.m. to 7:30 p.m.. If you are looking for an alternative to the Seward Park Races, come join us. Heather Johnson, Marymoor Velodrome Association, Redmond, WA, http://marymoor.velodrome.org

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

Mar 23-Sep 7: Comox Cup Road Series
Comox, BC. Scott Sutherland, http://mars.ark.com/%7Ecvcc/clubinfo.html

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

Apr 6-Sep 6: Island Cup Regional XC Series
Vancouver Island, BC. Various cross country events races around Vancouver Island. Organized by various club around the Island. Points calculated for overall winners. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.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-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. 24-hour race information hotline 509-235-3880. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org

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.eugenebicyclingteam.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@digiwet.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 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 6:00 p.m. - 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 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

Apr 29-Aug 31: Oregon Uphill Championship Series

OR. The OUCH Series is a season-long event comprised of three hillclimb time trials. Not designed just for climbers. Offers not only traditional Category and Masters divisions for men and women, but also introduces the Caliber Class for non-traditional climbers. Sign-in at 8:00 a.m.-9:00 a.m. Course and profiles online. Oregon Bicycle Racing Association, www.consistency.net/obra/ouch

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

May 14-Aug 27: MVA Wednesday Night Racing
Redmond, WA. Track racing at the Velodrome. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

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

May 16-Aug 30: MVA Friday Night Track Races
Redmond, WA. Track racing. Marymoor Velodrome Association, 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 p.m. for 10-14 laps. Glen Gann, 541-779-6986, gagann1@aol.com

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/cg_bmx

Apr 4-6: ABA Great Northwest BMX Nationals
Pasco, WA. Indoor track.

Apr 5: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Apr 9: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Apr 12: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Apr 16: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

- Apr 19: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- 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. 541-767-2699, www.geocities.com/cg_bmx
- Apr 26: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- Apr 30: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

MAY

- May 3: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- May 7: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- May 10: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- 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: River Valley SCR**
WA. Registration at the track 4:30 p.m.-5:30 p.m. Mike Raich, 206-246-2661, mike@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 10: South Kitsap SCR**
WA. Registration 10:00 a.m.-11:00 a.m. Mike Raich, 206-246-2661, mike@gobmx.com
- May 11: River Valley RCQ**
WA. Redline Cup stop at River Valley. Mike Raich, 206-246-2661, mike@gobmx.com
- 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. 541-767-2699, www.geocities.com/cg_bmx
- May 17: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- May 21: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- May 24: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx
- 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. 541-767-2699, www.geocities.com/cg_bmx
- May 31: Cottage Grove BMX Racing**
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

- May 31: Pipeline Classic**
Coquitlam, BC. 4-cross and BMX event. Kevin O'Brien, Pipeline Bike Park Society, 604-872-7287, www.bmxfiles.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: River Valley RFL**
WA. Mike Raich, 206-246-2661, mike@gobmx.com
- May 31: South Kitsap BMX**
Port Orchard, WA. RFL. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661,
- May 31: South Kitsap RFL**
WA. Mike Raich, 206-246-2661, mike@gobmx.com

OFF-ROAD RACING

APRIL

- Apr 5: Battle in Seattle**
Seattle, WA. WIM Series cross-country racing for all ages and ability levels at South Seatac 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: Island Cup Regional XC Series**
Victoria, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com
- 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.sk49n.com
- Apr 13: Island Cup Regional DH Series**
Victoria, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com
- Apr 20: Race the 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 & 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: Island Cup Regional XC Series**
Parksville, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com
- Apr 27: Salty Dog 6 Hour Enduro**
Salmon Arm, BC. Jim Maybee, Skookum Cycle & Ski, 1870 Okanagan Ave, Salmon Arm, BC, V1G 1H4. 250-832-7368, www.skookumcycle.com/saltydog
- 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 & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundandround.com

MAY

- May 3-5: Hammerfest 10**
Parksville, BC. Part of BC Cup Series. Cross-country, downhill, dual. Kevin Lunn, Arrowsmith MTB Club, 521 Fourneau Way, Parksville, BC, V9P 2J7. 250-248-4020, www.arrowsmithmtbclub.com
- 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 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. One of the biggest and best races in Oregon. The course is fun and challenging. Kevin Gorman, Marcel Russenberger, 550 SW Industrial Way # 23, Bend, OR, 97702. 541-318-6188, www.webcycling.com
- May 17-19: Action Quest / DQ Classic**
Summerland / Peniticon, BC. Part of BC Cup Series. Cross-country, downhill, 4-cross. Bob Leslie, Peniticon 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: 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 18: Whidbey Island Mudder**
Langley, WA. 4th annual event. 5-mile cross-country course with a few hills. Robert Frey, One Speed Promotions, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com
- 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: BC Junior MTB Festival**
N. Vancouver, BC. Cross-country and kids races. Richard Juryn, Shore Events Ltd., 604-983-3625, www.shoreevents.com
- 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 25: Rumble Mountain Rage**
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 26: Island Cup Regional DH Series**
Victoria, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com



Photo by Sybil Raymond

The 2003 Victoria Cycling Festival will not be using the Mount Tolmie course (above), however, the replacement - Gary Lund course - will not be any easier for riders.

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

OFF-ROAD TOURING

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, 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. Hutch's Bicycles, Bend, OR, 541-382-6248, www.hutchsbicycles.com

ROAD RACING

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. Geri Bossen, OBRA, 503-245-7563, www.obra.org

- 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.nwcyclingevents.com
- Apr 6: Sagebrush Sundae**
Bend, OR. Time Trial. Mike McMackin, 541-382-9253, mike@hutchsbicycles.com
- Apr 6: Time Trial Training #2**
Boise, ID. Mountain Velo, 208-336-3854
- 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 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.eugenebicyclingteam.com
- 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@digiwest.com
- Apr 10: Crit Training Begins**
Boise, ID. Criterium racing Lindsay Cyclery, 411 Caldwell Blvd., Nampa, ID, 83651. 208-465-6491,
- 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 12: Kings Valley Road Race**
Kings Valley, OR. La Doyenne of Oregon Road Racing. Scott Goldstein, Classic Events, 2290 Corinthian Ct, Eugene, OR, 97405. 541-343-4833, sgoldstein@mail.bit-by-bit.com
- Apr 12-13: 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: 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.greggscycles.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. Geri Bossen, OBRA, 503-254-7563, 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 13: Harris Roubaix-SISU BC Cup #1
Pitt Meadows, BC. Road race event. Goeff Rice, Steve Engh, BC, 604-328-7370, www.trekwracing.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 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@digiwest.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 16-20: Tour of Willamette
Eugene, OR. CANCELLED
www.tourdewillamette.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: 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. Geri Bossen, OBRA, 503-254-7563, www.obra.org

Apr 19: Icebreaker Criterium
Eugene, OR. The 8-corer, 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 19: Tahuya-Seabeck-Tahuya Road Race
Tahuya, WA. Voted #1 Road Race in Washington. Ethan Meginnis, Terry Buchanan, 3910 Sunnyside Ave N, Seattle, WA, 98103. 206-633-3944, www.broadmarkcycling.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 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@digiwest.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 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: Bald Peak Hill Climb
Portland, OR. Road race event. Ernie Conway, 503-329-7978, www.obra.org

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

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

Apr 29: Bald Peak Time Trial
OR. Part of Oregon Uphill Championship Series. Category and Masters divisions for men and women; Caliber Class for non-traditional climbers. Sign-in at 8:00 a.m.-9:00 a.m. Course and profiles online. Oregon Bicycle Racing Association, www.consistency.net/obra/ouch

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@digiwest.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

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
Hepner, OR. Stage Race. Mark Schwyhart, 4425 SE Woodward, Portland, OR, 503-231-0236, www.obra.org

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 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 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: 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 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@digiwest.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 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: 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.nwvcyclingevents.com

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

May 10: WarpSpeed Time Trial
North Vancouver, BC. Jonathan Wornell, Team Soliton, 604-836-9993, www.teamsoliton.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: 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 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.eugencyclingteam.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 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: Eagle Hills
Eagle, ID. Road race event. Lactic Acid Cycling and World Cycles, 180 N. 8th Street, Boise, ID, 208-343-9130,

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

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 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 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 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.eugencyclingteam.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 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: 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.eugencyclingteam.com

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

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-Sisu 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 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.eugencyclingteam.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

Century Ride of the Centuries
Pendleton, OR
MAY 24-25-26, 2003

- Saturday - Ride the Snake Ranch Ride 180 km
- Sunday - Century Ride of the Centuries 100 miles
- see times dating back to the turn of the Century
- Monday - Ride the Trail - 88 miles on the Blue Mountains Trail includes a 14-mile climb

Shorter rides available each day

\$25 Registration Fee Includes:
SAC Support All Rates, Refreshment Stop, Entertainment, T-Shirt & Access to the Pendleton Aquatic Center

Contact Info: 1-800-547-0911
www.pendleton-oregon.org

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-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: 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: Thursday Nighters
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.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 teams, tandem, master and collegiate. George Thomas, 541-753-7622, www.raceacrossoregon.com

ROAD TOURING

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 a.m., 150 km-7:30 a.m., 100 & 50 km-9 a.m. Route goes through Fleetwood, Ferndale, 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: Daffodil Classic
Orting, WA. 20-, 50-, 70-, & 100-mile. 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: 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 18-19: SIR Fleche Northwest
TBA, WA. Randonneurs event. 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: 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 19: Vancouver Island-300 km
Vancouver Island, BC. See web site for details. Stephen Hinde, 250-245-4751, www.randonneurs.bc.ca

Apr 25-27: International Discover Walk Festival Rides
Vancouver, WA. Two 42-km marathons and 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, 877-269-2009, www.discoverywalk.org

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

Apr 26: Signs 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

MAY

May 3: 300 km Brevet
Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

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: 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 22. Scott Martin, Vancouver Bicycle Club, 3014 NW Kent St, Camas, WA, 98607. 360-834-6737, www.vancouverbicycleclub.com/racc.html

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: Vancouver Island-300, 400 km
Vancouver Island, BC. See web site for details. Stephen Hinde, www.randonneurs.bc.ca

May 4: Monster Cookie Ride
State Capitol Mall, Salem, OR. Recreational ride through backroads to Champeog 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: 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 Muellner, Port Townsend Bicycle Association, PO Box 681, Port Townsend, WA, 98368. 360-385-7567, www.ptguide.com/rhodytour/index.htm

May 10: 13th Annual Skagit Spring Classic Bicycle Ride
Burlington, WA. Scenic tour through north Skagit and south Watcom Counties. New routes which still include Samish Islands & Chuckanut Dr. 25, 45, 62 and 100-mile routes. Sag, showers and spaghetti feed included. Registration starts 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: 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 Schlickeiser, 360-262-9647, slick@localaccess.com

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.owt.com/tcbc

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



Three days, three mountain passes, beautiful scenery and great food, that's the Courage Classic for you.

May 10: Port Townsend Rhododendron Tour
Port Townsend, WA. 32, 45, 55, 62 miles Jon Muellner, Port Townsend Cycling Association, 360-385-7567, www.ptguide.com/rhodytour/

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 16-18: Fleche Pacifique
Harrison Hot Spring, 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: 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, http://www.reachthebeach.org

May 17-18: Tosrv West
Missoula, MT. Challenging Double Century Tour in Scenic River Valley Debra Adams, Missoulians On Bicycles, 170 Strand Avenue, Missoula, MT, 59801. 406-728-0364, www.tosrvwest.org

May 17: Tour de Wellness
Yakima, WA. Century and Half Century challenge through orchards, desert foothills, and steep grades! Stephanie Pratt, Central Washington Comprehensive Mental Health Foundation, 402 S. 4th Ave., Yakima, WA, 98902. 509-573-3656, www.cmhfoundation.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 Co. 20-, 36-, 70-, 85- & 126-mile loops on low-traffic, scenic routes in Thurston & Lewis counties. Terry Zander, Capital Cycling Club-Olympia, WA, P.O. Box 642, Olympia, WA, 98507. 360-956-3321, www.capitalbicycleclub.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 Baimelli, 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 into the Blue Mountains, rising 3700 feet. Leslie Carnes, Pendleton Chamber of Commerce, 1-800-547-8911, www.pendleton-oregon.org

May 24: 400 km Brevet
Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

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. Hutchs Bicycles, Bend, OR, 541-382-6248, www.hutchsbicycles.com

May 24: The 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 24-26: Leavenworth Tandem Rally
Leavenworth, WA. Formerly known as the Sleeping Lady Tandem Rally. Join Evergreen Tandem Club for 2-3 days of great food and great rides, all originating at the beautiful Sleeping Lady Conference and Resort Center. Rides vary from 15 to 65 miles. Check website for registration and additional information. http://tinyurl.com/67n9

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 24-25: Vancouver Island-600, 400 km
Vancouver Island, BC. See web site for details. Stephen Hinde, www.randonneurs.bc.ca

May 25: The Halfmoon 150
Langsdale, BC. Starts point Langdale, Halfmoon Bay at 9 a.m. Distances: 50, 100, 150 km on the Sunshine Coast routes. Robert Irvine, 604-885-1044, www.randonneurs.bc.ca

May 25: Tour de Garden City
Victoria, BC. Ride 20 km, 50 km or 80 km. Part of Times Columnist Cycling Festival. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

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

RIDERS WANTED

The Lupus Foundation is recruiting cyclists for the 2003 Portland Spring Classic, STP, RSVP and RAW.

Great fun & memories guaranteed!

Join our Team and help us raise money to fight Lupus.

Lupus Foundation of America
Pacific Northwest Chapter

The Lupus foundation of America is a nonprofit entity that provides educational programs, information and referral services for Lupus patients, their families and friends. Lupus is a chronic incurable autoimmune disease that affects every ethnic group. There are 2 million people afflicted with this disease, of which 90 percent are women. Do you or someone you know suffer from this chronic disease?

Info 1-877-774-2992, 206-548-6785
or lupuspnw@earthlink.net
www.lupuspnw.org

Part of Pedal 4 a Purpose

May 29-Jun 1: Ride to Cure Diabetes
 Monterey, CA. Riders raise pledges to fund a cure for diabetes through research. Angela Uhl, Juvenile Diabetes Research Foundation, 1200 Sixth Ave. Suite 605, Seattle, WA, 98101. 206-838-5153, www.ride.jdrf.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

TRACK

APRIL

Apr 1: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 3: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 5: Velodrome Clean-Up Day
 Redmond, WA. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 6: Marymoor Adult Class #3
 Redmond, WA. Adult track class at the Velodrome. 10:00 a.m.-3:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 8: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 10: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 12: Marymoor Adult Women's Class #1
 Redmond, WA. Adult women's track class at the Velodrome. 10:00 a.m.-3:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 15: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 17: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 22: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 24: Attack the Track #2
 Redmond, WA. Track racing at Marymoor Velodrome. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 24: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 25: MVA Friday Night Preseason Racing #1
 Redmond, WA. Track racing at the Velodrome. Racing from 7:30 p.m.-9:30 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 26: Marymoor Adult Women's Class #2
 Redmond, WA. Adult women's track class at the Velodrome. 10:00 a.m.-3:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Apr 29: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

MAY

May 1: Alpenrose Weekly Series
 Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

May 1: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 2: MVA Friday Night Preseason Racing #2
 Redmond, WA. Track racing at the Velodrome. Racing from 7:30 p.m.-9:30 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 3: Marymoor Adult Class #4
 Redmond, WA. Adult track class at the Velodrome. 10:00 a.m.-3:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 3: Pee Wee Pedalers #1a
 Redmond, WA. Ages 5-8. Classes are designed to teach bicycle safety and elementary cycling skills. Saturdays at 9:00 a.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 6: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 8: Alpenrose Weekly Series
 Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

May 8: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 9: MVA Friday Night Preseason Racing #3
 Redmond, WA. Track racing at the Velodrome. Racing from 7:30 p.m.-9:30 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 10: Pee Wee Pedalers #1b
 Redmond, WA. Ages 5-8. Classes are designed to teach bicycle safety and elementary cycling skills. Saturdays at 9:00 a.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 13: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 13: Youth Class #1a
 Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Youth level participants will be riding brand new Davidson bicycles designed specifically for this age group. Classes meet on Tues and Thurs at 4:00 p.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 14: Marymoor Wednesday Night Track Racing
 Redmond, WA. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 14: Track Class
 Portland, OR. See race series for further information. Bill Cass, 503-246-6480, www.obra.org

May 15: Alpenrose Weekly Series
 Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

May 15: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 15: Youth Class #1b
 Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Youth level participants will be riding brand new Davidson bicycles designed specifically for this age group. Classes meet on Tues and Thurs at 4:00 p.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 16: MVA Friday Night Track Races
 Redmond, WA. Track racing. Kiddie Kilo. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

May 17: Pee Wee Pedalers #1c
 Redmond, WA. Ages 5-8. Classes are designed to teach bicycle safety and elementary cycling skills. Saturdays at 9:00 a.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 20: Marymoor Tuesday Night Training
 Redmond, WA. Track training at the Velodrome. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 20: Youth Class #1c
 Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Youth level participants will be riding brand new Davidson bicycles designed specifically for this age group. Classes meet on Tues and Thurs at 4:00 p.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 21: Marymoor Wednesday Night Track Racing
 Redmond, WA. Racing from 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 21: Track Class
 Portland, OR. See race series for further information. Bill Cass, 503-246-6480, www.obra.org

May 22: Alpenrose Weekly Series
 Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

May 22: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 22: Youth Class #1d
 Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Youth level participants will be riding brand new Davidson bicycles designed specifically for this age group. Classes meet on Tues and Thurs at 4:00 p.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 23: MVA Friday Night Track Races
 Redmond, WA. Track racing and Beer Garden. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

May 24: Marymoor Adult Class #5
 Redmond, WA. Adult track class at the Velodrome. 10:00 a.m.-3:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

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 27: Youth Class #1e
 Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Youth level participants will be riding brand new Davidson bicycles designed specifically for this age group. Classes meet on Tues and Thurs at 4:00 p.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 28: Marymoor Wednesday Night Track Racing
 Redmond, WA. Racing from 7:00 p.m.-9:00 p.m. 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 29: Attack the Track #3
 Redmond, WA. Track racing at Marymoor Velodrome. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 29: Northwest Women's Racing
 Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 29: Youth Class #1f
 Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Youth level participants will be riding brand new Davidson bicycles designed specifically for this age group. Classes meet on Tues and Thurs at 4:00 p.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org

May 30: MVA Friday Night Track Races
 Redmond, WA. Racing from 7:30 p.m.-9:30 p.m. Kiddie Kilo and Junior graduation. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

May 31: Pee Wee Pedalers #2a
 Redmond, WA. Ages 5-8. Classes are designed to teach bicycle safety and elementary cycling skills. Saturdays at 9:00 a.m. in 3-week sessions, after which riders may participate in their age category at Friday Night Racing under the lights! Marymoor Velodrome Association, http://marymoor.velodrome.org



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The Rules (for Men)

By MAYNARD HERSHON

This article's for single guys who ride bikes and aren't meeting women, or aren't meeting women they like. The best way to meet women is on bikes - and the best way to do that is riding centuries.

Here's how to maximize your century magnetism. Photocopy this piece and tape one copy on your bathroom mirror. Seal another copy in plastic and carry it in your jersey pocket on centuries. Reread it often.

Why centuries? Meet a woman on a long ride and you can feel confident you have a lot in common: You don't smoke; you're secretly afraid to weigh yourselves; you use boutique brands of shampoo and conditioner; you subsist on chicken burritos; you have unflattering tan lines.

Meeting a woman on a bike is not like meeting her in a fern bar or at the frozen pizza freezer in Safeway. Distanced from the meat-market scene and its second-rate men, she's more able to distance herself from the certain knowledge that you are just like them. Worse, maybe.

On a bike ride, she may actually be glad to meet you, despite the tools clanking annoyingly under your saddle and the gross sweat-salt Rorschach on the back of your shorts. She may be happy to have company on her ride, even yours...

It's easy to start a conversation on a century. After all, you're all there to have a good time, all

doing the same stuff. Everyone's going the same places, climbing the same endless sun-baked hills, screaming white-knuckled down the same perilous descents, grinding into the same relentless headwinds, eating the same century "food."

So much to talk about. And it's easy to meet lots of people. Each time the nice century folks provide a roadside rest stop, the deck gets shuffled. Rider combinations can change - or they can stay the same. Works like this:

Let's say you're riding with a young lady. You feel your companion MAY be Ms. Right. The two of you roll into a rest stop. Cleverly, you keep an eye on her and leave the rest stop when she does. You are so cool.

You ride with her some more, perhaps hand-in-hand through meadows of wildflowers into eventual Sun City retirement and motor home travel.

If, on the other hand, you suspect your riding companion MAY NOT be Ms. Right: Merely depart the rest stop before or after she does. No rejection, no confrontation, no "we need to talk." Couldn't be simpler.

She, you understand, has precisely the same options.

At the century: Don't wear a jersey with 14 brand-names on it you can't pronounce. Wear a plain, "un-pro" jersey - you'll look like you have a life beyond cycling. Until, of course, you begin to speak.

Don't ride the "challenging" distance with the studly guys and the four deadly serious women. You don't need miles; you're exhausted all the time already. What you need is a date. Ride 100 kilometers with the normal folks, the folks with lives: You might meet someone.

Don't get in an all-guy paceline following a tandem. The only woman you'll see all day is the one on the back of the tandem. She's married to the guy on the front of the tandem. Though she sometimes finds herself hating him, she's not gonna go out with you. You're not the answer to any of the questions she's asking.

Don't blow by anyone without saying hi. If you know you have a tendency to do that, to pass without a word, ask yourself why. Would Greg LeMond recognize you on the street? Would Madonna? Howard Stern? Have you written your name in bold across cycling's record books?

Who (cosmically) are you? That's what I thought.

So say hi. If you're greeting a potential Ms. Right, follow the "hi" with a question, one that makes you sound as if you're sincerely interested in other people. "Howya doin'?" is good, and you can get it said even when you're gasping for breath.

If you manage to get a conversation going, adjust your pace to that of your new riding partner. Forget your fitness goals. Ride along side-by-side, talk light-heartedly. Compare sunscreen numbers. Ask more questions. Laugh if you feel the urge.

Again: forget your fitness goals. Don't call your bike rides "workouts." Don't quote bike magazine articles. Never mention bike-parts brands.



Don't complain about politics in your bike club.

When you reach the next rest stop, keep an eye on her but do your own thing. She can spread peanut butter on a bagel-half without your help.

If, when you climb on your bike to roll out of that rest stop, you notice she's putting on her helmet and checking to see if you're ready to go too, quickly read the sealed-in-plastic copy of this piece again.

If you and she are still riding together at the next rest stop, lose the article. Rest of the ride, dude, you're on your own.

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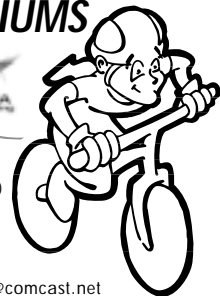


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