

BICYCLEPAPER

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Tires - smooth, soft, and slick or rough, hard, and knobby - a multiple choice question.

How to Choose a Tire

By ERICA FRITCH

We have all had to buy new tires at one time or another. It may be because your tire is worn out and has been giving you flats lately, or that you have decided that your present tire just does not satisfy your riding needs. Whatever the reason, a visit to your local bike shop for new tires can be overwhelming when you see how many selections are available. A little information will help you understand why there are so many tires, and decide which model is best suited to your riding style. The difference between tires comes down to four things: tread, compounds, size and aesthetics.

The tread from tire to tire varies greatly, and for good reason. The types of terrain that bikes see are diverse, and treads are designed and created with specific terrain in mind. Generally, the smoother the road or trail surface the smoother, or slicker, you want your tread. Road bikes, which are ridden on the smooth pavement of the road, require slick treads, as the slickness offers less rolling resistance while riding and you have to work less to move at high speeds.

Once the riding surface starts to break up, you want your tread, in a sense, to break up, too. Cross-country riding, where the ground is fairly firm, can be handled

with a semi-slick mountain bike tire. The tread on these tires has depth to it and will provide traction and stability as you ride. The more extreme the terrain you ride, or the greater chance there is of mud and debris collecting in your tires, the more aggressive tread you want. Aggressive tread means large lugs, though the size of the lugs is only half of it as their layout serves a purpose too. Good lug design provides the rider with good grip and increased traction while cornering. Well spaced lugs also promote self-cleaning while riding.

The state of the surface you ride will affect your choice of tire width as well. Wide tires, like those on a mountain bike, offer greater balance and comfort, more control and more puncture resistance than their skinny counterparts. They do, however, have the disadvantage of being heavier and of offering more rolling resistance. The increase in rolling resistance is due to the low air pressure at which these tires are run. As a result of a low psi, a wider section of the tire is in contact with the road as you ride and you have to work harder to turn the wheels. If your bike feels heavy and slow and you want something speedy and easier to peddle, try a narrower, slicker tire.

A wheel can accommodate many different widths of tire. However, when replacing a tire on your bike, you

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► Feature

Bike To Work

By VALERIE CARTER

Within the cycling world, the month of May has come to be known nationwide as Bike To Work Month (BTWM). Originally started by the League of American Bicyclists 47 years ago, BTWM has grown in popularity ever since.

Oregon

In recognition of National Bike Month, the Bicycle Transportation Alliance in Oregon will host Bike To Work Day on Friday, May 16th. Local bike shops will participate by providing special offers for bicycle commuters. The BTA will follow-up Bike To Work Day with the Bike Commute Challenge in September. For more information see www.bta4bikes.org.

Washington

The Cascade Bicycle Club Education Foundation will host the WRQ Bike To Work Month, which runs from May 16 to June 16. Last year participation topped 7,000 for the King, Snohomish and Kitsap counties alone. This year, Cascade Bicycle Club

hopes to heighten interest and participation by hosting the Bike Commute Challenge, which lasts for the duration of BTWM. Commuters can register in the Bike Commute Challenge either individually or as a team of 4-10 riders and compete against co-workers or other businesses for a variety of prizes. Each team must choose a Team Captain, who will attend orientation, manage the weekly tally, and receive an invitation to the "Captains Bash," held at the close of the challenge.

Prizes will be awarded to team and individual riders for a variety of accomplishments. For teams, these include Best Business to Business Challenge, Best Inter-Workplace Challenge, and Most New Bike Commuters in One Team. For individuals Most Total Bike Trips by New Bike Commuter, Most "Bring a Buddy" trips, as well as miles and number of bike trips awards for both group and single entries.

To get everyone in the mood in

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► Feature

Science of Socks: Is There such a Thing?

By ERIK MOEN PT, CSCS

Socks are socks... aren't they? I have to admit that I have a few favorite pairs for a given activity. Sock choice should be made based on function. Why not have the best choice in socks for your chosen endeavors. You choose your chamois, sport-drink, jersey, and bike based on function. Why not consider your socks? Socks affect the comfort of a primary interface in bicycling: the foot to the pedal. A study recently performed by the Office of Naval Research (J. Am. Podiatr Med Assoc 2000; 90(4): 194-198.) provided data that demonstrated a link between constant friction blisters and a greater risk of more serious lower extremity injuries, such as sprains, tendonitis, and stress fractures

Socks arrived upon the scene

around fifth century B.C. Accounts tell of wool, silk, and cotton having been used to make primitive socks. Not much changed over the years until Du Pont began developing "technical knitwear" to meet the needs of athletes (both recreational and competitive). Our feet play an important role in our body's biomechanical efficiency and thermal regulation. It has been estimated that 3 out of 4 Americans experience chronic foot pain, and more experience discomfort from blisters or cold feet. If you've had consistent problems or other discomforts in your feet, you might consider how your socks may be affecting your foot comfort.

The demands of temperatures (heat vs. cold) and moisture rates (sweat vs. rain) while bicycling are different for us as Northwest athletes. This makes

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Riding Outside the Lines with the Metal Cowboy

By TARYN FAGERNES

Belly up to the bar and listen to a story or three. Joe Kurmaskie's (a.k.a the Metal Cowboy) latest installment of bicycling adventures reads like a slaphappy conversation over beers down at the local watering hole. Indeed, the opening story takes place in an Irish pub where a table of boisterous Irish men, like every character he meets, welcomes Joe to their table and ribs him about his rain suit. While at times a little sentimental, Kurmaskie's tales are also humorous, original and even inspiring.

Joe's adventures find him nearly drowning in cold New Zealand waters, ice golfing in Alaska, playing Ping-Pong in Venezuela, chasing after a brood of bagpipe playing lassies, dumpster diving in Acapulco, drinking wine in the jungle with an ex-bounty hunter, and stumbling into a nudist colony. He tells these tales with comedy, energy and right-on wit. Kurmaskie does for bikes what James Herriot does for cows. Sprinkled with Dave Barry's calculated use of that perfect hilarious detail, *Riding Outside the Lines* will elicit audible laughs.

In one of the funniest stories, "We'll Find Your Balls Come Springtime," Joe and his riding

companion, Rusty, face an Alaskan grizzly. As the bear begins oddly swaying back and forth, so does Rusty. Kurmaskie writes, "They danced like that for two or three minutes, a Fox special that I hoped wasn't titled *When Animals with Bluesy Rhythm Attack*." In "Fast Food in the World's Slow Lanes," Joe waits behind a car in line at a Mexican burger joint for twenty minutes before realizing the car has no wheels. "Turns out the drive-through had officially become a walk-through years before Back at corporate headquarters, Mayor McCheese had to be going ballistic over the dismal food totals at this outlet." It's Kurmaskie's ability to punch up his adventures, small or big, which makes his style friendly and funny.

Occasionally, Kurmaskie's punch misses its target, and the language seems forced. Why call it a "barely-tainted beverage?" It's beer. Why call it the "Chiquita or Dole;" it's a banana! Some metaphors seem out of place and a tad cliché: "... the water's surface remains as calm as the Dali Lama and smoother than a grifter on the

con." But his tendency to throw in the obscure comparison or colloquial quip lends to the pass-me-another-pint feel of his story telling style.

Besides Kurmaskie's friendly voice, one of the defining features of his stories are the individual characters he meets along the ride. Joe rides with Norba, the 20-something Nepalese professional Sherpa bent on riding to Ares rock, but not climbing it and Alabama Shane, a close to 70, alcoholic, retired telephone operator in "Three (Unlikely) Amigos." He chases down a Vespa-driving, bodybuilding, Scottish-Aussie in "Confessions of a Kilt-Wearing Cowboy." And in "Dumpster Diving with Sammy D.," Joe riffs through waste with Sammy D., treasure hunter of trash and Mr. Rogers look-alike. The simple fact that Joe rides his bike across continents immediately attracts the interest of locals, and his quick-to-smile attitude and ability to laugh at his own exuberance gain him invite after invite to naked barbeques and caber tosses.

These stories and characters are solid, but Kurmaskie's tendency to add sappy introductions and conclusions to tales that could otherwise stand alone, make some of the

adventures difficult to get into. For example, in "Dumpster Diving with Sammy D.," the long comparison of biking across the world to the currents of the ocean seems a bit cheesy and unnecessary. However, once past this round-about introduction readers will find it is the meat of the adventure where Kurmaskie's story telling ability really shines.

Kurmaskie's voice has the ability to buy the reader another round and make them stay for another fantastic and funny adventure. After a few spirited tales it becomes clear that this is much more than a book about a touring bicyclist; it's a travel narrative with a fresh perspective, a clever observance of the funnier side of cycling thousands of miles and an inspiration. By the end of *Riding Outside the Lines*, it begins to seem like a good idea to pack the panniers, hit the pavement and see what happens - experience some adventures to tell the boys about back at the bar.

Riding Outside the Lines

International Incidents and Other Misadventures with the Metal Cowboy
By Joe Kurmaskie
Published by Three Rivers Press, New York
In book stores May 2003

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Seattle, the grand opening of Bikestation Seattle will occur on Friday May 16 and will kickoff the WRQ Bike to Work Month festivities, with the ribbon-cutting ceremony scheduled for 8:30 a.m. at 311 Third Ave. S. Continental breakfast for commuters will be served from 6:00 a.m. to 10:00 a.m., while everyone will be able to tour the new facilities between 9:00 a.m. and 6:00 p.m.

Other events on the Bike to Work Month program include on May 30, the UW Bicycle Hub and Rally, and on June 7, the Share the Road-Share the Trail Shindig. Finally on June 13, the Gas Works Park a Go-Go Bike Rally & BBQ and Captains Bash will wrap up Bike To Work Month activities.

For further information on any aspect of the WRQ Bike To Work Month, stop by www.cascade.org, where you can find a complete calendar, detailed information, and (soon) online registration.

For information on other areas' activities, contact your local bike club.

"The" Place to Go



By Valerie Carter
Bicycle Paper Staff

The Bend Bicycle Festival, held over Memorial Day weekend, enjoyed a successful opening last year, as the first event of what Mike McMackin hopes will become an established tradition. McMackin is the general manager of Hutch's Bicycles, which, together with the Central Oregon Trail Alliance (COTA), created the festival in Bend, OR.

This three-day event, taking place May 24-26, includes everything from races to rides (including Pickett's Charge Mountain Bike Stage Race and road and mountain bike guided tours), a kids' rodeo, bike swap meet and classic American bike show. Add to the mix a pizza feed, raffle, and discounts offered by local merchants, and you have the Bend Bicycle Festival. All in all, a very well rounded weekend for cycling enthusiasts. This year the festival is a collaboration between all of the area's bike shops, Cog Wilde bike tours and the Deschutes

Brewery, as well as non-profit organizations Commute Options and Bicycle Transportation Alliance (both of which, along with COTA, receive a portion of the proceeds from \$10 Festival admission buttons).

As the host for the Cascade Cycling Classic and the stomping grounds for many accomplished road racers, Bend has long held the potential to be a great cycling town. However, before last year, it had not explored this possibility. While mountain bike racers had a relatively easy time navigating their way through Bend's cycling world, organizers became "tired of jumping through all the hoops involved with staging mountain bike race for a very small percentage of riders that come to Bend," explains McMackin. He continues, "We thought that if we offered non-competitive group rides, that maybe folks who just want to learn about the area could do that."

This shift in focus provided more than just increased numbers of recreational and explor-

atory cyclists, central though that may be to the success of the Bend Bicycle Festival. As McMackin describes, "by contacting the competing shops and giving everyone neutral and non-profit organizations to support, this festival has started to create a 'glue' to get [the local bike shops] on the same page. So while this idea for a festival started as a 'Hutch's' thing, my intention from the beginning was to get everyone else involved, [which] should give it more of a community feel this year." He adds, "My ultimate goal for this event is to make it 'THE' place to come for cycling over the Memorial weekend." As a result, Bend is starting to see the birth of a unified cycling community. With last year's attendance cherted at 350, this year will hopefully bring things even closer to fulfilling McMackin's original dream.



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► "Socks" from page 1



By Erik Moen
PT, CSCS

sock choice important. We endure the changes from Seattle's winter and spring rains at 30-40 degrees to the eastern side's summers, which reach upwards of 100 degrees. While each condition has its special concerns, they are still alike in many ways. For example, they are similar in the sense that with rain there is a lot of moisture and with heat there is a lot of moisture. The human foot is capable of sweating a lot, with each carrying roughly 200,000 sweat glands per foot. At rest, the foot can sweat over 0.25 cups in a 12-hour period. This equates to 10-15 gallons of sweat per year (yuck). Sweat rates reach four times their resting rate under exertion. Studies show that the problem with chronically wet feet is that damp skin is more permeable to irritating substances, more readily colonized by microorganisms (fungus and bacteria), and more prone to friction blisters than dry skin. (Pediatr Dermatol 1986; 3(2): 95-101 and J Invest Dermatol 1966; 47(5): 456-465).

There are two major sock categories: natural fibers and synthetic fibers. The individual fibers' primary characteristics consist of length, strength, flexibility, extensibility, cohesion and uniformity. Secondary characteristics include physical shape, density, elastic character, thermoplasticity (how it responds to heat), dyeability, and moisture absorption. Yarn is made from spun and twisted fibers and results in technical knitwear that will exhibit characteristics consistent with fiber content. The construction of an athletic sock should correspond to desired function. Therefore, knowing some common sock information will make you an informed, savvy shopper.

Cotton Blends

If you are buying socks for anything other than lounging around, avoid 100% cotton. Even though cotton feels soft and comfortable, it absorbs moisture and flattens out over time. Loss of cushioning and comfort are quickly lost with cotton socks. Generally, the higher the percentage of cotton, the more the sock will load

up with moisture and flatten out, becoming a point of friction and heat build-up. However, a sock with a cotton blend (60% or more cotton content) offers little advantage over its all-cotton counterpart. These variations are usually blended with nylon, acrylic or rayon. While these supplemental materials should aid in moisture transport, in actuality, the high cotton content limits the movement of water away from the skin.

CoolMax

This lightweight material features a four-channel fiber engineered to wick away moisture and speed evaporation of perspiration, making it the perfect material for warm weather and racing socks.

Acrylic

A man-made fiber, acrylic combines softness with lightweight, quick-drying properties, and is durable and versatile. Acrylic is the main fiber used in Duraspun and Lumiza.

Wool

Wool offers good moisture removal while retaining its cushioning properties. Merino wool is a fine-grade wool that offers a softer, non-itchy feel against the skin. Aside from its insulation and ability to wick away perspiration, wool also holds its shape better than other materials. Wool is an outstanding choice for cold and wet weather.

Thermax™

Thermax is a synthetic fiber with a hollow core, designed to insulate against heat loss. It is a cold-weather alternative to natural wool, which is often abrasive.

Padded Socks

Padded socks are good for sensitive feet. As we age, the fatty pads on the bottom of our feet deteriorate, resulting in a reduction in overall cushioning. There are two types of padded socks: loose weave and dense weave. As you might imagine, the dense weave sock will offer better cushioning. Thorlo, one of the best brands on the market, uses a high-density combination

of acrylic and nylon in certain areas of their socks for an anatomical fit and better cushioning. Always take your cycling shoes with you to ensure that these will not compromise fit as cycling shoes tend to have a somewhat snug fit.

The sizing of your socks is very important. The arch, toe area and heel should all fit close to your skin but not so snugly that they stretch too tight or hang too loosely over any part of your foot. One size fits all does not always apply. Sock size correlates with, but is different than, shoe size. If you are between sizes, it's best to go with the slightly larger size, given the fact that your foot will swell during most athletic activities.

Proper sock selection will aid in comfort of the foot, therefore increasing pedaling tolerance, and that is ultimately about making the bike go down the road. Stores such as Gregg's Greenlake in Seattle and any REI have great selections of socks. Your enlightened sock choices will make your feet happy!



Courtesy of Lin Mfg. & Design

Construction and fashion, two important factors to consider.

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 and was founded by Chris Carmichael, coach of 4-time Tour de France Champion Lance Armstrong. Erik may be reached at emoen@trainright.com or 303-898-6477

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Redline Conquest Tour- The Return of the Touring Bicycle



By Jay Stilwell
Bicycle Paper
Publisher

It has been a while since a bicycle has inspired me to ride more and then write about it. I have been searching for a suitable replacement for my racing bike that can go on long rides but still be able to stand up to my daily commute to work. In this article, I will review the Redline Conquest Tour, providing insights to the reader about why this bike is a serious contender for the rider who wants the performance of a road bike with the flexibility of a touring bike.

For several years, Redline has been designing and producing cyclocross bikes that are based on traditional European designs. The Conquest Tour has roots in Redline's cyclocross line with its similar design and geometry. It is the merging of these designs and Redline's experience that makes the Conquest Tour a fun bike to ride. I spent a month riding the Conquest Tour and here are some of the highlights and feedback from this experience.

Coming from a steel road frame to aluminum frame was a big change. With the lightweight frame and design of the Conquest Tour, riding was smoother than I expected over rough roads and the stiffness of the frame allowed for better handling on the climbs. Getting around the tight

corners does take some getting used to, though I discovered that it was just a matter of practice and adjusting to the handling. My old bike had 12 speeds and friction shifting, so it was a big change to have Shimano's STI shifting and 27 speeds. It is nice to have all the gearing options. Though on the downhill I would have traded a couple of gears for a 52-chaining instead of the bike's 48. For the majority of my riding I found that the combination of gears and ratios worked well.

One of my favorite features was the Radius brake levers and the handlebar, since they provide the rider with an upright position similar to being on a mountain bike. This heads-up position for the rider provides better control at slower speeds. At first it took a while to get used to the levers, but after that they made commuting in Seattle's downtown traffic easier and safer. The one drawback to having these levers at the top of the handlebar is that it makes room for other commuting accessories such as a computer, bell, and headlight very tight. Though I was able to fit all of these items

on the handlebar, there was little room to spare.

The Conquest Tour has several features that make maintenance and adjustment simple. The cantilever brakes not only provide good braking but were easy to center and adjust the tension. The threadless headset used a hex tool to adjust and tighten. The chain can be removed with a master link not requiring a chain tool. Easy roadside maintenance is important to me,



since there have been several times that walking home was the only option because I didn't have the correct tool to fix the problem.

Other features that the Conquest Tour offers, you would typically find on touring bicycles. For example, multiple braze-ons for mounting racks and a triple front chain rings are included. One surprise was the inclusion of Shimano clip-less pedals, which was a nice addition to the bike.

My overall experience with this bike was positive and I would recommend the Conquest Tour as a good choice for a rider who is looking for a bike for more than one purpose. At a suggested retail price of \$1199.00 it's competitive with other brands. For more information about the Conquest Tour go to www.redlinebicycles.com

The Specs

- Frame: Kinesis redline conquest pro alloy cyclocross, 7005 superlight aluminum butted tubing (3 tube) cnc dropout, curved seatstays.
- Fork: Threadless 7005 aluminum 1 1/8" leg blade length 406, aluminum steer tube w/lowrider riv-nut in outside fork leg
- Headset: Dia-compe a-headset
- Cassette: Sram, 9 nine speed, 12 x 26t
- Front derailleur: Shimano Tiagra 9 sp braze-on triple w/clamp
- Rear derailleur: Shimano Tiagra 9 sp direct attach long cage
- Crank: Sugino rd5000t 48x38x28 w/ alloy rings triple, silver
- Pedals: Shimano pd-m505 w/sh51 cleats
- Brakes: Radius RC2.2 cantilevers.
- Shifters: Shimano Tiagra, 9 sp, STI
- Brake Levers: Shimano Tiagra and Radius RA3.0 runkel/safety levers
- Front hub: Sunrace road hub, 32h sealed bearing w/qr
- Rear hub: Sunrace road hub, 32h sealed bearing w/qr
- Rim: Alex DA-28 32h alloy, Double wall with a machined sidewall
- Tires: Kenda Kontender, 700 x 26

► "Tires" from page 1

must know the correct rim size. It is very easy to learn your rim size. All you have to do is look on the tire that is on your wheel right now. The size of every tire is recorded on its sidewall. In fact, the size of the tire is recorded twice; once in inches, and once in a more precise manner dictated by the European Tire and Rim Technical Organization (ETRTO). The ETRTO system of sizing was introduced as a standard, metric way of measuring tires. Previously wheel and rim sizes differed slightly from region to region, and were measured not just from edge to edge of the rim, but from the outside edges of the tire while on the rim. This explains why, for instance, a 700C tire is labeled '700' when it is in fact 622mm in diameter. The C was an introduction that tried to further describe the size. An arbitrary letter was added to the number to classify its width - A was narrow, B slightly wider, C wider still. By using the outside edge of

the tire on the wheel, wheels of the same diameter could be classified as being of different sizes, and, likewise, rims of different sizes were given the same inch measurement. To clear up the confusion, the ETRTO number was introduced. If you check your tire for its size, there will be two sets of numbers. The first will be in inches (ex. 26 x 1.35) and the second, listed in brackets will be a double-digit number, a hyphen and a three digit number (ex.35-559). The size in inches is listed as the rim diameter, followed by the tire width when it is inflated. The ETRTO number is listed as the tire width in millimeters followed by the rim diameter, also in millimeters. It is useful to know your rim width's ETRTO number, as a 26-inch wheel can be 559mm (the most common), or 571mm, or 584mm. If you ride a recumbent with a 20-inch wheel on the front, you may need a tire with a diameter of 451mm, but end up with one of 406



Tires treads are designed and created with specific terrain in mind. Photos courtesy of Schwalbe Tires North America.

mm, as both of these tires will be labeled 20 inch. How frustrating! To avoid buying the wrong size tire, check what you are running now and let your bike shop know what size you need.

Riding wide tires in the city seems to make people feel more comfortable than riding narrow tires. Likewise, some people are nervous about riding slicks. They feel that slick tires are less safe than something with lots of tread, and that the tires will slip out from under them easily. The reality, however, is that tire manufacturers have created a great deal of variety in the compounds they use to make tires. The qualities of the compound are easy to control, and it has been found that a soft compound, like silica, is very grippy and gives you the traction you need on hard road surfaces and, particularly, in the corners. Being a soft compound, however, means that it will wear out quickly. Hard compounds last longer, are useful on soft terrain, and provide less rolling resistance.

There are some tires that combine two different compounds to make use of the benefits of each. Generally, the soft silica compound is used on the outer two thirds of the tire to provide traction, and the center third is made of a hard, long wearing compound to bear the load and take the wear of riding. These tires are very specific in design - but there are even more specific tires

available! Some models come in front and rear specific options. The emphasis on the front tire is softness for handling, and on the rear tire hardness, as the rear bears a greater load and will wear more quickly. Thus the tires will wear evenly and need replacing at the same time.

Another benefit of the vast variety of compounds available is that it is possible to add colors to tires. As we all know, aesthetics are important. When you want your bike to have a certain look, tire choice can help. Whether it's a white side wall for a retro look on your cruiser, orange sidewalls on a BMX, blue sides for your mountain bike, or yellow, red or blue sidewalls on your road tires, there's a lot to choose from if you want a change from basic black.

And now you know why there are so many models of tires available! Armed with the information you need, you can feel confident that you will make an appropriate tire choice for a smooth ride.

Erica works for Schwalbe Tires North America. A fan of road racing, she has been known to pretend to be Roberto Heras, Lance Armstrong or Andrea Tafi on her ride to work every morning. She also designs and knits sweaters, plays the violin, and dreams of being a professional cycling journalist.

The Bend Bicycle Festival

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Bicycle Advocacy by NRA Rules!

By **BARBARA CULP**
Executive Director, Bicycle Alliance of WA

Bear with me a minute while I bare my soul — not my arms! I'm not Charleton Heston. I've never been asked to climb onto a stage and wave my bicycle frame over my head while you all chant, "It's my right to ride any road in Washington!" But I desperately want to have that happen!

Has this woman lost her mind? What does bicycling have to do with the National Rifle Association and why would the Bicycle Alliance want to be like the National Rifle Association?

It's about rights. It's about recognition. It's about POWER. I want EVERYONE who rides a bicycle anywhere in Washington to know that they have the same rights, same rules and same road as the Ford Excursion "sharing" the road with them.

We're not there yet. If you ride a bike in Washington (on anything from a neighborhood sidewalk, to trails, lanes and shoulders) you need to get involved. We can brag about going to Washington DC to lobby for routine accommodation of bicycles in every type of transportation but until thousands of us tell our congress-

man that bicycling is our way of life and they better not threaten it...cycling will suffer!

This year in Olympia, legislators proposed bills that would have done away with highway funds for trails and paths. This year in Olympia, legislators proposed a bill that would have required all bicycle riders regardless of age to carry a license and license their bike to fund bicycle lanes. (Sounds like a good idea but if the license fund was empty, towns and cities couldn't build or even strip a lane with their own funds!)

I don't really want to operate like the NRA; I just want bicyclists to have the same clout. I want energy conservation to have much higher priority at the local, state and national level. I



Organized ride with Congressman Jim McDermott to show the benefit of the TEA-21 funding.

want to stand on the stage and have you all chant, "It's my right to ride on any road in Washington!"

Trail Group's Success Can Be Replicated

By **LOUISE MCGRODY**

Would you like to make your neighborhood more bicycle-friendly? Is there a particular bike facility that you want built? Here's an example of what some committed citizens with a vision can accomplish.

In the fall of 1994, the Bicycle Alliance of Washington invited residents in Seattle's Ballard neighborhood on a walk along a little-used railroad line in the neighborhood's industrial area. Previously abandoned segments of this corridor had been converted into the popular Burke-Gilman Trail, and we wanted folks to visualize the trail passing through Ballard on its way to Golden Gardens Park.

Visualize it they did. That walk resulted in the formation of the Friends of Burke-Gilman Trail, a

group of citizens who made it their mission to complete the trail to Golden Gardens Park. The Bicycle Alliance nurtured and guided the fledgling group as they developed community support for completing the trail.



I-go Bridge Action held in June 2002.

The Friends of Burke-Gilman Trail were soon a force in their own right. They worked in concert with the Bicycle Alliance, Cascade Bicycle Club and other key trail supporters to complete the trail. Success came in fragmented segments. The existing trail was extended several blocks closer to Ballard and plans were approved to build the trail from the Government Locks to Golden Gardens Park. Industrial opposition to the trail resulted in a missing link

through the Ballard industrial zone.

The Friends were undaunted by the opposi-

tion. They conducted a business outreach in 2001 and found that many businesses were actually friendly or neutral to the completion of the trail. Armed with this new information and a conceptual design to illustrate how the trail could be incorporated into the area, trail supporters met with city councilmembers to cultivate the political will to complete the missing link.

A design study analyzing several route alternatives for the trail's missing link was undertaken. The study included an extensive public process that involved hundreds of citizens. Nearly 400 individuals turned out for one meeting alone!

There was overwhelming public support for continuing to locate the trail in the railroad corridor (referred to as the Green Route). This was the route favored by trail supporters. A modified version of this route was recommended by the mayor and approved by city council in April.

This accomplishment is not unique. The Bicycle Alliance has worked with many citizen



Trash, width, traffic travel speed, on and off ramps are all issues affecting the Dearborn path

groups who want trails, bike lanes and bike routes in their communities. Contact Louise McGrody at 206/224-9252 to discuss your situation. Maybe we can help!

Look Great! Feel Great! Forget About Dieting!

Sign Up to Be a Bike Buddy Mentor Today

By **LINDA SCHWARTZ**

Want to see immediate results without putting in a lot of effort? No starving yourself, no counting calories, no denying yourself anything. Help just one person through our Bike Buddy Program and we guarantee that you will feel great. You probably won't lose any weight, but you'll see immediate and very positive results from doing just a bit more than your normal ride in. Isn't that almost as appealing?

Over 100 people have gotten the kind of one-time, just-help-'em-get-started-bike-commuting assistance that we hope you might want to offer after you finish this article, and here's what a few of them told us:

"My bike buddy was fantastic! I give your program 4 gold stars! It was so much more helpful than I originally anticipated. I was matched with an experienced biker and he answered a lot of my questions regarding safety and the best routes to take and how to ride in traffic. The whole experience boosted my confidence in regards to biking." - M.G., Seattle

"My Buddy made me feel secure. I was a little nervous at first but I soon realized that the only real challenge to riding to work was the mental

block I had, thinking it would be too hard or people would always pass me. Well it's not too hard and people DO pass me, but who cares? The program helped me see that I can do this and even have fun at it. Now riding to work is my favorite part of the day." - K.M., Seattle

"My bike buddy was awesome. He showed me how to get through downtown and I'm feeling much better about riding in. The hills are still a killer but I hear they get easier with time!" - D.R., Mercer Island

"My bike buddy covered much ground - equipment, route issues, safety considerations. It was all I needed to get over the unknown. I'm set now. I'm proud to report that I made the ride in all of last week." - D.D., West Seattle

"I was nervous about commuting and navigating the roads. My Buddy showed me how to get through busy streets without getting intimidated. It was a great experience and I learned more from him in a single day than I think I could have in one month of riding around on my own. Thank you, thank you, thank you!" - H.L., Lake City

"Without this program I may not ever have started riding. Thank you!" - B.S., Seattle

"Thanks to my Buddy, I now love riding. I feel like my life has changed!" - A.K., Tukwila

What did our Mentors do to get such rave reviews? In most cases, they spent an hour or so looking over someone's bike to see if it was "commute ready" (does it fit them properly? Is it a reliable brand? Does it need mechanical work - if so, where can they go to get the work done?), checking for proper helmet fit, going over on a map the route they normally take to work and then arranging for a mutually conve-

nient time to ride that route together. During the ride, they pointed out "hot spots" or dangerous things along the way. They also answered questions about clothing, gear and parking.

Forget about that diet. Help us get more people riding safely with just an hour or two of your time and feel good about yourself. Sign up now by calling Linda at 206.224.9252 or emailing her at lindas@bicyclealliance.org.



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Cyclists in Victoria Following Different Paths

By JOHN LUTON

Victoria's cyclists are looking forward to significant improvements in their road environment. At least, some of them are.

The city is planning a "bike box" at a complex intersection downtown to give cyclists a jump on traffic as they head across one of two major bridges in the downtown core. Hundreds of cyclists cross the bridge every day on their way to the Galloping Goose regional trail. The Goose, as it is known, attracts more than 4,000 users a day in some months.

For the uninitiated, a "bike box" is a queue jumping facility for cyclists to get ahead of traffic. Bike boxes are used in many European cities and have been appearing in North America of late. Vancouver (BC) has recently put one in place and reports good results with the treatment.

The "box" is a swath of coloured pavement that puts the motor vehicle stop line 3 or 4 meters (10 to 15 feet) short of an intersection. A bike symbol is normally stenciled in the box, and a short access lane is typically provided to allow cyclists to pass stopped vehicles on the right and line up ahead of the cars. When the signal changes, cyclists are visible and predictable for the following traffic.

Bike boxes work to sort out conflicts that occur where, as in this case, the lane offers more than one choice of direction past the intersection. Most cyclists leaving this point are heading west

towards the city's Johnson Street Bridge, where drivers are prohibited from passing cyclists in the same lane. The head start from the bike box keeps northbound traffic from crossing the path of bridge bound cyclists.

Victoria's concept plans for the bike box are garnering lots of support from many cyclists. The project is, however, highlighting the conflict between advocates for infrastructure evolution and those convinced that cyclists just need to learn how to ride with traffic.

The education vs. infrastructure debate goes back decades. Purists insist that a high level of proficiency is all that is necessary for cyclists to operate in traffic. Proponents object to bike lanes, separated paths or any other facility that advantages cyclists over motorists.

Infrastructure advocates have been winning the debate all over North America over the last decade. Most current and would be cyclists don't take their egalitarianism to extremes. They are happy to have a bucket of paint applied to the road to define their space. They will ride on separate paths wherever they are available.

Teaching cyclists traffic skills is a good thing, but is currently limited to voluntary participation. It

helps people who have already made the choice to cycle do so with more confidence but hasn't proven effective in recruiting new converts. That's where the new facilities come in.

It's curious ground for the battle. Effective cycling purists (effective cycling is the term adopted by zealous supporters of car/bike equality) are agitating to keep the paint off the road. They will insist that cyclists line up in the exhaust plumes of rush hour traffic and wait their turn through successive signal phases. Passing on the right is always dangerous and shouldn't be promoted anywhere.

Infrastructure advocates (I'm one), argue that where there is space to get ahead, cyclists shouldn't have to wait in traffic. They don't equate equality of citizenship with a commitment to protecting the status quo environment built almost exclusively to accommodate cars and trucks. Why can't we redesign the road system to make life better for cyclists?



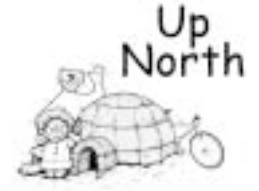
The "bike box" will likely find its way onto the pavement in late May, but the debates between the effective cyclists and the infrastructure advocates will continue to play out across the region. Bike lanes are appearing across the city and the agitators for parity are running interference wherever they can.

The city's other main bridge is targeted for an expensive bike lane project to provide some continuity to a corridor already equipped with

bike lanes.

The education-only folks are arguing that it's a waste of money to invest in physical infrastructure and the city should save their dollars for more bicycle skill classes. Disparate cycling groups in Victoria are wrangling over the education vs. infrastructure debate, slowing the development of new bike facilities around the city.

The bike box is unique. It doesn't necessarily make sense for all intersections, but it seems to be suitable for the location the city is targeting. For competing voices in Canada's most bicycle friendly city, whether or not the bike box expands to other locations will signal who the politicians and engineers are listening to.



John Luton is a 30-year veteran of cycling and advocacy, with road racing, off-road pioneering and track racing on his resume. He recently was President of the Greater Victoria Cycling Coalition and is currently Coordinator for the Vancouver Island Cycle Tourism Alliance and Executive Director of Capital Bike and Walk Society.

New Bridge to Span Fraser River



By Taryn Fagerness
Bicycle Paper
Intern

Long crossed only via the Albion Ferry, the Fraser River in Vancouver, British Columbia will see the construction of a new bridge connecting the communities of Langley, Surrey, Pitt Meadows and Maple Ridge.

Translink, the Greater Vancouver Transportation Authority, made the decision on March 28 between two proposed crossing options, a bridge and a bridge-and-tunnel combination.

Bicyclists advocated for the bridge option and will continue pushing to make sure they are properly accommodated across this important crossing. Translink chose the bridge rather than the bridge-tunnel option based on results of a detailed comparison analysis. The Fraser River Project team looked at a number of different factors to help make the decision, says Robin

Johnston, Technical Manager for the Fraser River Project, such as financial, social, environmental and economic impacts. "At the end of the day we had to look at what's logical. It's a multi-account evaluation. One account doesn't weigh more than another, but we did ultimately have to look at the financial capabilities; it must be financeable," says Johnston. According to Translink the bridge will cost \$150 million less than the bridge-tunnel and meets the project's transportation and growth management objectives in a more cost-efficient manner. The bridge will begin at approximately 200th Street with connections on the south side to Langley via 200th Street and to Surrey along a new connector road to 176th Street at 96th Avenue. On the north side the crossing connects to Lougheed Highway and 113B Avenue.

Translink claims the new bridge will decrease

travel times by 20 to 30 minutes, reduce congestion, improve transit connections and link existing cycling networks. It is the manner in which the new crossing will accomplish this last goal that had bicyclists debating. The next nearest bicycle crossings over the Fraser River are at Mission and New Westminster, over 50 km distant. Currently the river is crossed by the Albion Ferry, which Translink says will be discontinued after the bridge is complete.

The BC Cycling Coalition (BCCC) is pleased with Translink's decision. "Tunnels are a difficult environment in which to accommodate cyclists," says Peter Stary, BCCC Vice President. The tunnel option raised concerns about noise, air quality, lack of scenery and, perhaps most important, safety and visibility. "There would also be elevation gain," explains Stary, since the road would need to dip under the channel then rise to meet a bridge over the river.

At a January 30 meeting with Translink, the

Vancouver Area Cycling Coalition and the BCCC aired these concerns and made their recommendations known. These groups want to see cycling paths crossing on both sides of the bridge, rather than a two-way bike lane and the design must accommodate cycling in such a manner as to not discourage any cyclist. Routing must be direct and continuous.

Now that the bridge option is confirmed for the new crossing, Translink will meet with bicyclists from the four municipalities involved to ascertain their design requirements for the crossing. "Translink is multi-modal," says Johnston, "It looks at cars, buses, and bicycles." Construction is set to begin in 2004, with project completion in 2007. The new crossing will cost an estimated \$600 to \$700 million. Several tolling system elements are being considered.

For more information visit the Translink website at www.translink.bc.ca/frasercrossing or call the information line at 604-897-4441.

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Photo by Joe Zauner

Back to childhood and mudpie - Barret Fisher place 15th in the Mudslinger Pro category.

Mudslinger - A True Mud Story

By JOE ZAUNER

Their faces said it all. Not a single competitor at the Peak Sports Mudslinger near Blodgett, OR escaped without being covered head-to-toe in mud. Their faces got it the worse. But for the most part, under that goopy mud was a soggy smile, because the continued reemergence of the Mudslinger on April 6 was a good thing.

"Oh dude, it's just the sweetest course," says Rand Shoas, 16, who was competing in the high school division. "This course is just awesome. It's got a fun descent - super sketchy, which I like - and... well, it's steep down and steep up again."

Ten years ago the Mudslinger was the crowning jewel for many Northwest athletes. The event, then held in the research forests of Oregon State University in nearby Corvallis, attracted upwards of 450 competitors, many of whom were the sports biggest names - Kris Otter, Joe Murray, Tinker Juarez to name a few.

The race was cancelled in 2001 because of permit problems. The next year not a single

promoter showed any interest in the event and it appeared the Mudslinger would just go away. "They were ready to let it go," explains race organizer Mike Rippley, who promoted the race in the 1990s. "I said no! Don't let it go!"

The Mudslinger came back in 2002, under Rippley's guidance. The 2003 edition of the race didn't attract the scores of riders it did in its heyday - slightly more than 230 - but it did attract some pretty stiff competition. In attendance was Adam Craig (Giant), the reigning national U23 mountain bike and cyclocross champion. He found the course and the local competition a little too much.

"Those guys just took off," Craig says of the winners. "I wasn't expecting to (have a good race). I just wanted to race, have a good time and get opened up. It's the first time I've done anything hard at all this year."

Winning was Barry Wicks (Kona-Clarks) from Corvallis and a member of the U.S. national cyclocross team. Erik Tonkin (Kona) of Portland followed him across the line a short time later. Alice Pennington (Clif Bar/De Salvo), also from Corvallis, won the women's race. The big story on the racecourse was the

mud. Just before the start, while many riders were warming up, an icy shower poured down from the dark clouds above. It wasn't totally unexpected.

It rains more than 60 inches a year in the Coastal Mountain Range in which the racecourse is nestled, and the area is considered a rain forest. It acts as a buffer between the blustery Oregon coast to the west and the Willamette Valley to the east. April showers are common.

By the time riders hit the course, many were soaked and chilled to the bone. The frigid weather caused some athletes to pull out of the race, heading back a lap early to warm up in their cars before the post-race party. "My hands are just too numb to ride," mentions Caleb Dechant, 17. "I was having trouble breaking and I didn't want to take the chance of hurting myself."

Tonkin was also having trouble, but his was with the mud. On the last lap his front wheel became clogged and he went over the bars, causing him to lose contact with Wicks. "This is the first race I've done where disc breaks would have been necessary," Tonkin says. "I had to get off my bike and run to get the front wheel moving again."

On the other end, Pennington was in complete control of her race. She led from start to finish, doing most of her jockeying for position against male riders. "I'm not a big mud rider, but it was fun," explains Pennington, 21. "I felt horrible out there. I was keeping up with a lot of the guys going up hill, but then (on the downhill) they just took off."

Many of the riders came from Corvallis, a city heralded by some as the perfect place to train as a cyclist. Corvallis is nestled on the lower slopes of the Coastal Range, is home to Oregon State University and offers some of the best mountain biking and road cycling routes available.

Starker Forest, where the Mudslinger was held, is a privately-owned timber forest open to recreation. There are 64,000 acres of forest on the particular track that the Mudslinger was held on. "There's so many trails out here, you could get lost in it," Rippley comments while surveying the course shortly before the start of the race. "This is just the tip of the iceberg. And the people at Starker are very mountain-bike friendly."

Friendly enough to allow Rippley to stage another mountain bike race later this year. He's shooting for an evening race on August 9 and is planning on calling it the Duskslinger.

Mountain biking, hiking and other recreation is allowed on Starker Forest with a permit. For more information call (541) 929-2477 or go to their Web site at www.starkerforests.com

The McDonald-Dun Forest is one of the best places in the Northwest to mountain bike. No permit is required. Most bicycle shops in town have extensive maps of the logging roads and single track in the forest. For more information go to www.cof.orst.edu

Race Notes



By Joe Zauner
NWR
editor-in-chief

Snohomish Road Race

Karen Amundson (Rad Racing), Mindy Ziffren-Hall (Subway) and Ryan Miller (Prime Alliance) won their respective divisions at the Snohomish Road Race on March 29 near Shohomish, WA.

Amundson who will move up a category for the next event beat 47 cat 4 riders. She raced the last 11 miles on a solo break to finish more than two minutes ahead of the pack. Marica Jensen (Byrne Specialty Gases) beat Lisa Dunnwald (Subway) in the bunch sprint.

In the cat 1-2-3 women's race, Mindy Ziffren-Hall (Subway) won in convincing fashion, beating her break mates on the final rush up the feed hill where the finish was located. It was Ziffren-Hall's fourth win of the season.

Miller won the Pro-1-2 race. He seemed the class of the field, riding clear of his break companions on the last lap. David Richter (Recycled Cycles) held on for second. Rich McClung (Broadmark) won the bunch sprint for third.

Battle in Seattle

Erik Tonkin (Kona) and Ann Grande (Kona-Clarks) won the Battle in Seattle mountain bike race April 5 in near Demoines, WA.

Tonkin led from start to finish. He won by a wide margin over Dale Knapp (Kona) and Jamey Yanik (Giant). Defending champion Aaron Bradford pulled out early due to hypothermic conditions brought on by a squall of near 40-degree rain.

Grande was pushed by her training partner Josie Beggs (Bolla/Bianchi). She left Beggs at about the halfway point of the race. She won by a margin of more than two minutes.

Of note was the performance of the Ragnarok club. The Washington-based team had wins in the three top age categories (19-29, 30-39, 40-49) in the expert classes. Ian Mackie (19-29) posted the fastest overall time with Mike Rolcik (30-39) very close behind. Mackie racked up his second win in a row this season.

King Valley Road Race

Shannon Skeritt (Trek/VW/Bike Gallery) and Helen Grogan (Compass Commercial) won the Kings Valley Road Race near Kings Valley, OR on April 12.

Despite the difficulty of the course, both races came down to bunch sprints.

"I don't know why nothing got away," comments Skeritt, after his 75-mile race. "I mean, there's definitely some good guys here and I thought it would break apart but nothing materialized. I told my team, do what you want but if it stays together I'll try to finish it off."

Skeritt did finish it off, winning from the pack over the last one-kilometer climb. David Auker (Clif Bar) nearly made good on a late solo move. The 46-year-old made it to the foot of the finishing climb after being clear for about six miles.

Grogan won distancing herself from the field on the final uphill kilometer. Like the men's

See "Race Notes" on page 8



► "Race Notes" from page 7

race, the women's race featured little aggression throughout the day with the exception of the first lap when attacks were plentiful.

"It was hard on that first lap," Grogan says. "But after that, no one was working."

This was Grogan's first race in more than a year. The 44-year-old says she stopped competing because she thought she might be getting "too old." "I thought I was getting too old for this," she mentions shortly after the finish, still straddling her bike. "I guess not."

Volunteer Park Criterium

Ryan Miller put what might be his last stamp on the 2003 Northwest season before he departs for the national circuit and Lysle Wilhelmi added to her stack of victories on April 13 at the fabled Volunteer Park Criterium in Seattle.

Miller, who races for the Prime Alliance Cycling Team, is finding form after missing most of last year and part of the season before. His win at Volunteer Park was his fifth in six weeks. He was a marked man on the fairly undemanding, smooth Volunteer Park course in a race that was typified by numerous small breaks and solo efforts.

The first move on the day came from Troy Critchlow (Seattle Super Squadra). Than Ian Bettinger (Saturn of Seattle) and Chad Nikolz (Ashmead College) escaped but were brought back as the field reacted to Miller's effort to cross the gap.

With about 17 minutes to race, Ian Tubbs (Seattle Super Squadra) and Rich McClung (Broadmark) rolled clear. Shortly after, Bettinger, who admittedly was having a good day, bridged, but mostly soft-pedaled through his pulls. McClung felt the chances of the break were unlikely and waited for the pack. Mike Hone (Broadmark) launched a solo effort staying clear for five laps before being absorbed.

In the end, it was Miller who appeared hemmed in against the barriers with 100 meters to go, who snatched the win from Bettinger and David Richter (Recycled Cycles).

In the women's race, it was the fifth win for Lysle Wilhelmi (Ashmead College) at the Volunteer Park Criterium. In Sunday's race she was off the front early, countering a move by her teammate, Suzie Weldon.

With 19 minutes to race in the 35-minute event, Wilhelmi's move netted 12 seconds on the field, but she was fading fast. Gina Kavesh (Armondo's) attacked on the short hill before the finishing straight and bridge to Wilhelmi. She pulled the entire next lap before Wilhelmi began to work again.

Six minutes later the Wilhelmi/Kavesh duo had 24 seconds on the field, which seemed an adequate cushion. Behind, Sarah Applegate (Subway), Miranda Moon (Team Rubican) and Emily Westbrook (Prevention Solutions) were trying to close down the gap to no avail.

By the time Kavesh and Wilhelmi were winding up for the sprint, they had 54 seconds on the pack. Wilhelmi easily won. Moon appeared to have the pack sprint sewn up, but she sat up thinking she crossed the line only to be nipped by Nicole Novembre (Subway).

For Kavesh, it was her best-ever finish at Volunteer Park in ten years of racing the event. She has never made the podium.

In the Cat 3 race, at the 20-minute mark, Brandon Archibald (The Valley) countered a prime and began a soloed effort that would earn him the win.

In the cat 4 women's race, Lisa Dunwald (Subway) won, beating her two break companions down the home stretch. Dunwald, Beth Hausam and Kristi Berg (Everett Bicycle Centers) broke clear of the field on the first lap. Their margin of victory was more than 30 seconds. Hausam was second in the sprint.

Editor's Choice for Top Road Female Cyclists

By JOE ZAUNER

NWRR Editor in Chief

The Northwest has been a hotbed for women's cycling talent for several decades, producing top-flight professional athletes, world champions and Olympic medalists.

In 2003, the talent pool is still deep and is being made deeper by grass-roots programs like the Northwest Women's Cycling program (Info Box). The bulk of that talent seems to be coming from BC, where several riders have placed near the top of the North American professional circuit in some of its biggest races.

Recently at the prestigious Sea Otter in Monterey, CA, two BC riders finished in the top 10 - Sandy Espeseth from Victoria and Leah Goldstien from Vancouver. Nicole DeMars, who lives in Eugene, OR but holds Canadian citizenship, was 11th overall at the equally prestigious Redlands Cycling Classic in Redlands, CA, the week before.

Of the BC riders, one of the most familiar names to those watching the Northwest circuit is likely Marni Prazski. Her good sprinting abilities helped her win the first BC Cup race of the season. Her Trek/VW team kept everyone in check during the race bringing her to the line to finish it off for the team, which she did, winning over Lisa Sweeney (Kappa/Alfatech), who is another notable sprinter. Marni is well known to the Northwest racing scene having won last year at Seward Park and a stage at Columbia Plateau. She was second at Nooksack near Bellingham but the highlight of her 2002 season was certainly her second place finish in the highly contested Gastown Grand Prix once again relying on her sprinting abilities.

Prazski's teammate, Susan Macht, from Vancouver, BC, is in her fourth season of racing, second on the road. Her most notable results to date was her overall win at last year's Columbia Plateau Stage Race in Oregon and a fourth place at Nooksack. She



Gina Kavesh (front) and Lysle Wilhelmi (back)

Young talents are also emerging and Carry Tuck, from Victoria is one of them. Born and raised in Alberta, Carry, who is now 22, has been racing her bike for the past 11 years. Her first love has been mountain biking, through which she represented Canada at various World junior championships. She turned to road only a few years ago. A good all-around rider, she won the first two races on Vancouver Island this season. In 2002, she finished second at the

Canadian national criterium championships and was third at Tour de Delta. She will be racing in BC and the Northwest as well as nationally as part of the Rona-Esker squad.

Of the British Columbia remarkable talent list, Sandy Espeseth from Victoria is one of the

most recognizable. At 40 she's one of the oldest riders on the North American circuit, but certainly not the slowest. She is an excellent climber, a strong time trialist and many "youngsters" have trouble staying on her wheel. Although this 2000 Pan-Am time trial Champion raced locally most of last year, due in part to contract negotiations falling through, she signed up with Victory Brewing/Amoroso for 2003 along side Goldstein and Demars. Already her early results show a fifth place overall at Solano Cycling Classic, ninth-place overall at Sea Otter, and was 17th at Redlands, CA. Her Northwest appearances should include the Victoria Cycling Festival, Tour

de Delta and Tour de White Rock. Espeseth's notable results over the year include two wins at Columbia Plateau and White Rock ('98-'99), a third overall at the 2001 Tour of Willamette and a 14th at HP Women's Challenge.

There's never enough room to list all the talent coming out of the state of Washington - or any of the Northwest regions for that matter - but one rider who always gets at least a mention is Jeannette Nussbaum. The German citizen who rides for the Kona-Clarks team is nearly unbeatable against Washington riders; but she has yet to race this season due in part to her obligations as a Ph.D. candidate at the University of Washington.

When Nussbaum does race, she can climb, time trial and sprint with equal effectiveness. One rider who did give her a run for her money several times last year was Emily Westbrook, the 2002 Washington BARR champion - the best all-around rider in the state.

Westbrook is the leader of the Prevention Solutions team, a first-year squad comprised mostly of criterium racers. Westbrook fits this image. Aside from being an exceptional bike handler, she is an experienced racer with national-caliber sprint and time trial capabilities. She is backed up by Karlee Brandner, who was fifth at the 2001 national criterium championships.

Brandner and Westbrook have the capacity to pack a powerful one-two punch. However, they haven't shown it this year, focusing their training on the summer months and the seemingly never-ending parade of criteriums that populate the national and Northwest calendars.

The top team so far in Washington seems to be the Ashmead College squad. Led by former professional rider Lysle Wilhelmi, Ashmead applies team tactics to women's

racing like never before. Ashmead riders have consistently populated the podium so far this year, many times at the top spot. Wins have been post by Wilhelmi and Chris Farris, a second-year rider with a triathlon background.

The Washington rider with the most race wins to date is Mindy Ziffren-Hall. The Subway rider proved nearly unbeatable in the early season, winning at Mason Lake, Snohomish and posting a second place at the Boat Street criterium. Ziffren-Hall has been tagged a sprinter in years past but her win at the hilly Shohomish Road Race erased those notions. She won the race beating two good climbers - Farris and Suzie Weldon - in an uphill finish.

One other rider from Washington of note is Karen Admudson. The Rad Racing member is in her first full season of road racing. She is a national-caliber cyclocross and mountain bike athlete, posting podium placing at nationals in both disciplines. She was third at the Tahuya-Seabeck-Tahuya Road Race on April 19, a highly regarded race and one attended by most of the top Northwest athletes.

In Oregon, much of the talk has surrounded the performance of Melissa Sanborn on the North American professional circuit. Sanborn, a rider who makes no bones about her lack of climbing ability, is proving to be one of the best sprinters in the country.

The Intermountain Cycling Organization rider (ICO) won the sprint classification at the Solano Cycling Classic on March 29 in Fairfield, CA. Her athletic background includes college tennis and soccer. This is her third full season of racing, her first on the national circuit. Chances are likely she'll attend the big criteriums in the Northwest including Gastown near Vancouver, BC in July.

Another Oregon rider making a return to racing is Helen Grogan from Bend. The Compass Commercial rider, at 44, thought she was getting too old for the game. She won her first race back - Kings Valley Road Race near Corvallis, OR, on April 12 against some very stiff competition including Washington's Emily Westbrook.

Aside from Sanborn, the top sprinting talent in Oregon seems to be Shanah Whitlatch of Lakecity/River's Edge. Most recently she won the Icebreaker Criterium in Eugene on April 19. She claimed close to a dozen races last year, most in sprint finishes.

Alice Pennington Bike Gallery/Trek/VW is relatively new to the road scene in Oregon. Most of her top performances have come on the mountain bike. She still posts victories in that discipline, most recently she won the Mudslinger near Corvallis, OR on April 6, but she also won the demanding Tahuya-Seabeck-Tahuya Road Race on April 19 in Washington.



Karen Admudson



Helen Grogan

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



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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

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-fitting one or buy a first bike. Also donate unused kids bikes to Bike Works' programs. Suzanne Carlson, Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206-725-9408, www.scn.org/bikeworks

May 16-Jun 13: Bike to Work Month - Challenge
King, Kitsap & Snohomish Counties. Ride your bike to work the month of May-June and win prizes! 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. Led by qualified top-end athletes and coaches. 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.seattlebicycle.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@bta4bikes.org

May 21: John Zilly's REI Presentation
Seattle, WA. Find out about the best hikes close to Seattle. John Zilly, author of 10 guidebooks, will talk about his newest book, Beyond Mount Si: The Best Hikes within 85 Miles of Seattle. Begins 7:00 p.m. John Zilly, Seattle REI, www.rei.com

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 23-25: Spokeswomen Mountain Bike Camps
Whistler, BC. A full weekend of skill development and discovery of the mountain bike park and Whistler valley single track. Bike rental available. Sally Carmichael, Whistler Blackcomb Mountains, 4545 Blackcomb Way, Whistler, BC, V0N 1B4. 800-766-0449, www.spokeswoemen.com

May 25-Jun 8: Women's Learn to Race Clinics
Vancouver, BC. Purpose: to prepare beginning women riders for their first bike race. Sundays, 10:00 a.m. to 2:00 p.m. Cost: \$60 for all three days! Danelle Moore, 604-714-0449 or 604-339-5778, danelle@telus.net

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

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

JUNE

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

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

Jun 8: SpeedSeries Learn to Race Clinic #2
BC. Basics of competitive cycling, specialized equipment, racing and preparation rituals, trianing cycles, tactics, nutrition, and riding skills. Cycling BC, 604-737-3034, www.cycling.bc.ca

Jun 13-15: Spokeswomen Mountain Bike Camps
Whistler, BC. A full weekend of skill development and discovery of the mountain bike park and Whistler valley single track. Bike rental available. Sally Carmichael, Whistler Blackcomb Mountains, 4545 Blackcomb Way, Whistler, BC, V0N 1B4. 800-766-0449, www.spokeswoemen.com

Jun 14-15: Sugoi Dirt Series #2
North Vancouver, 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

Jun 14: Mountain Speed Series #3
Victoria, BC. Beginner and Intermediate racing clinics. XC. Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

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

Jun 17: Seattle Bicycle Club Monthly speaker presentation & meeting
Mercer Island, WA. Bicycle Alliance Speaker Linda Schwartz. Visitors welcome. No charge. Location: VFW Hall 1836 72nd Ave. SE, Mercer Island, WA, 98107. 206-903-9434, http://www.seattlebicycle.com

Jun 21: Mountain Speed Series #4
Whistler, BC. Beginner and Intermediate racing clinics. 4x, DH, XC. Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

Jun 27-29: Spokeswomen Mountain Bike Camps
Whistler, BC. A full weekend of skill development and discovery of the mountain bike park and Whistler valley single track. Bike rental available. Sally Carmichael, Whistler Blackcomb Mountains, 4545 Blackcomb Way, Whistler, BC, V0N 1B4. 800-766-0449, www.spokeswoemen.com

MULTISPORT

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/%7Evcvcc/dclubinfo.html

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

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

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

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, http://www.wsbjr.org

Apr 6-Sep 6: Island Cup Regional XC Series
Vancouver Island, BC. Various cross country events races around Vancouver Island. Points calculated for overall winners. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

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

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

Apr 8-May 27: Eugene Time Trial Series
Eugene, OR. 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, http://www.eugencyclingteam.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 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.pazovelo.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 Praszcky, 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 traditional Category and Masters divisions for men and women, and 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 - 332 W. Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca

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

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

May 14-Aug 27: 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 16-Aug 30: MVA Friday Night Track Races
Redmond, WA. Track racing. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 29-Sep 4: Thursday Nighters
Medford, OR. The course is fully over a mile loop with a short hill. Course is just 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

Jun 3-Aug 26: River Valley BMX Tuesday Night Racing
Sumner, WA. Will use ABA two mile racing format. Registration 6:00-6:30 p.m. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, www.gobmx.com

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

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

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

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

Jun 16-Aug 25: MVA Monday Night Junior Track Races
Redmond, WA. Track racing. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 16-Aug 25: MVA Monday Night Racing
Redmond, WA. Track racing at the Velodrome. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

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

BMX

MAY

May 24: River Valley BMX
Sumner, WA. 3 single events. Friday registration 6:00-6:30 p.m. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, www.gobmx.com

May 3: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. Dick Wenland, Todd Kephart Memorial BMX Association, Box 693, Cottage Grove, OR, 97424. 541-767-2699, www.geocities.com/cg_bmx

May 3: South Kitsap BMX
Port Orchard, WA. SPR. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661

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

May 11: River Valley Redline Cup
Sumner, WA. RCO event. Triple points. Mike Raich, 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 23-25: River Valley BMX
Sumner, WA. 3 single events. Friday registration 6:00-6:30 p.m. Mike Raich, 206-246-2661, www.gobmx.com

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
Coquiltam, 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, 206-246-2661, www.gobmx.com

May 31: South Kitsap BMX
Port Orchard, WA. RFL. Mike Raich, 206-246-2661

JUNE

Jun 3: River Valley BMX Tuesday Night Racing
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Jun 4: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Jun 6: South Kitsap BMX
Port Orchard, WA. Single race. Mike Raich, 206-246-2661

Jun 7: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Jun 10: River Valley BMX Tuesday Night Racing
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Jun 11: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Jun 14: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

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

Jun 17: River Valley BMX Tuesday Night Racing
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Jun 18: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Jun 20: South Kitsap BMX
Port Orchard, WA. Single race. Mike Raich, 206-246-2661

Jun 21: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Jun 24: River Valley BMX Tuesday Night Racing
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Jun 25: Cottage Grove BMX Racing
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg_bmx

Jun 27: South Kitsap BMX
Port Orchard, WA. Single race. Mike Raich, 206-246-2661

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

Jun 28: Cottage Grove BMX Racing
Cottage Grove, OR. RFL race. Dick Wentland, Todd Kephart Memorial BMX Association, Box 693, Cottage Grove, OR, 97424. 541-767-2699, www.geocities.com/cg_bmx

MOUNTAIN BIKE RACING

MAY

May 3-4: Spring Thaw MTB Festival
Ashland, OR. Oregon MTB Racing Series. Cross-country and downhill. Thom Kneeland, 541-488-7784, springthaw@somba.org

May 3-5: Hammerfest 10
Parksville, BC. Part of BC Cup Series. Downhill, dual. Brian Lunn, Arrowsmith MTB Club, 521 Fourneau Way, Parksville, BC, V9P 2J7. 250-248-4020, www.arrowsmithmtbclub.com

May 3-4: Chelan MTB Festival
Chelan, WA. WIM Series racing for all ages and ability levels. Cross-country #4 and downhill #3. Wendy Zupan, Round and Round Productions, 509-455-7657, roundandround.com

May 10-11: The Rat Race
Gibsons, BC. Cross country, downhill, fat tire criterium. Roberts Creek, SCUMB, RR 6 1611 Grady Rd, Gibsons, BC, V0N 1V6. 604-886-1525, www.theatracerace.allcanadiansport.ca

May 11: Cascade Chainbreaker
Bend, OR. One of the biggest and best races in Oregon. 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 / Penikese, BC. Part of BC Cup Series / Cross-country, downhill, 4-cross. Bob Leslie, Penikese Cycling Club, PO Box 208, Summerland, BC, V0H1Z0. 250-494-4050, http://www.rideactionquest.com

May 18: Beaverton Grand Prix
Beaverton, OR. Mountain bike race event. Stan Gardner, 503-313-6125, g20sparky@coho.net

May 18: Whidbey Island Mudder
Langley, WA. 4th annual event. 5-mile cross-country course with a few hills. Robert Frey, One Speed Promotions, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

May 18: Ben Eder Memorial Coast Hills Mountain Bike Classic
Newport, OR. Fun and challenging race for all ability levels. Cross-country event. Miles Johnson, 199 Murray Loop, Toledo, OR, 97391. 541-336-5215

May 24-25: 24 Hours Around the Clock-MTB Race
Spokane, WA. 24-hour race from noon Saturday to noon Sunday. Choose from solo or several team classifications. 11-mile course at Riverside State Park. On-site camping. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 24: BC High School Invitational MTB Championship
North Vancouver, BC. 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 Fredrick Road, North Vancouver, B. C., V7K 1J3. 604-903-3300, www.nsmbl.net

May 24-25: Pickett's Charge Mountain Bike Stage Race
Bend, OR. Mountain bike race event. Damian Schmitt, 541-350-3327, www.obra.org

May 24-25: BC Junior MTB Festival
N. Vancouver, BC. Cross-country and kids races. Richard Juryn, Shore Events Ltd., 604-983-3625, www.shoreevents.com

May 25: Rumble Mountain Race
Port Alice, BC. Cross-country. Michelle Reimer, Village of Port Alice, 951 Marine Dr., Port Alice, BC, V0N 2N0. 250-284-3416, www.village.port-alice.bc.ca

May 26: Island Cup Regional DH Series
Victoria, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

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

JUNE

Jun 1: 11th Annual Padden MTN Pedal & Belly BIG Air Contest
Bellingham, WA. Granddaddy of them all - this is the oldest and most respected race in the Pacific Northwest. Extensive prize list. Great course in the heart of Bellingham. Big Air contest is a major crowd pleaser. Free kids race and reduced price for juniors. Mark Peterson, Jack's Bicycle Center, 1907 Iowa St., Bellingham, WA, 98226. 360-366-0951, www.whimpsmb.com

Jun 1: Humburg Hurry-up
Yreka, CA. 12 miles course is 65% single-track. LeMans style start for all racers. Staggered start. Laurel Sweezy, 530-467-3129, www.obra.org

Jun 1: Merritt Cow Trail Classic
Merritt, BC. Cross-country and kids events. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

Jun 1: Island Cup Regional XC Series
Port Alberni, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

Jun 7-8: Bear Mountain Challenge
Mission, BC. Part of BC Cup Series. Cross-country, downhill Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-850-4603, www.bearmountainchallenge.com

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

Jun 8: Race at Reehers
Forest Grove, OR. Oregon MTB Racing Series. Cross-country. Jon Meyers, 503-234-9273, www.obra.org/

Jun 11: Central Oregon Short Track Mountain Bike Series
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

Jun 13-15: T&E Mountain Bike Challenge
MT Hood, OR. Downhill and cross-country. Peter Kakes, 503-272-0240, skibowbikerace@aol.com

Jun 14-15: Beacon Bomber
Seattle, WA. WIM Series cross-country and downhill racing for all ages and ability levels at Seatac. Cross-country #6, Downhill #5. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 509-455-7657, www.roundandround.com

Jun 14-15: Torque Baby MTB Challenge
Kimberly, BC. Cross-country, downhill, dual, kids race, fat tire criterium. Jikke Stegeman, Kimberley Alpine Resort, Kimberley, BC, 250-427-6165, www.skikimberly.com

Jun 15-16: Mt. 7 Psychosis
Golden, BC. Longest downhill race in North America, over 4000 feet of technical singletrack downhill. Steve Fisher, Golden Cycling Club, Box 1171, Golden, BC, V0A 1H0. 250-439-1115, www.pinkbike.com

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

Jun 15: Island Cup Regional XC Series
Nanaimo, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

Jun 21-22: Test of Metal
Squamish, BC. 60 km point-to-point cross-country, trial, downhill, and kids races. Cross-country limited to 800 riders. Cliff Miller, SORCA, P.O. Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-5195, www.testofmetal.com

Jun 21: Greenwater Killer
Greenwater, WA. WIM cross-country racing for all ages and ability levels. Cross-country #7. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 509-455-7657, www.roundandround.com

Jun 22: VW/Trek Oregon Cross-country MTB Championship
Oakridge, OR. Great courses, lots of single-track, new design featuring less climbing for most classes. Randy Dreiling, Oregon Trails Promotions, 541-782-2388, www.oregon-adventures.com

Jun 22: Dash for Cash
Langley, WA. Run on the Mudder course, but in the opposite direction. It is a cash prize race where 50-60% of the registration is returned to the riders. Robert Frey, One Speed Promotions, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

Jun 25: Central Oregon Short Track Mountain Bike Series
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

Jun 26: The Guides Hut Fat Tire Crit
Ferne, BC. Expert/pro-elite only. Ian Shopland, 1-888-843-4885

Jun 28-29: Mad Traper
Panorama, BC. Part of BC Cup. Cross-country, downhill, dual slalom. Keith Simmonds, Panorama Mountain Village - Inlaw, Panorama, BC, V0A 1T0. 250-312-5424, www.panoramahesort.com

Jun 29: Island Cup Regional DH Series
Nanaimo, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

MOUNTAIN BIKE TOURING

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, http://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

JUNE

Jun 1: 7th Annual National Trails Day Event
Klamath Falls, OR. OC&E Woods Line State Trail - Switchback Trailhead. 7 and 10 mile rides, equestrian events and nature hike. Entry fee \$3. All profits will go to trail development. Registration opens at 7:00 a.m. BBQ from noon to 4:00 p.m. Art Sevigny, Klamath Rails to Trails Group, Box 2102, Klamath Falls, OR, 97601. 541-884-3050, sevignya@ccvnet.net

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

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

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

ROAD RACING

MAY

May 1: Seward Park Cycling Series
Seattle, WA. See race series for further information. David Douglas, 206-932-5921, www.pazovelo.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 3: BC Masters Provincial Hill Climb Championships
Penticton, BC. Tony Hoar, BC Master Cycling Association, www.bcmasterscycling.net

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. Northwest Women's Race Series Event #6. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazovelo.com

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

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

May 6: Eugene Time Trial Series #2
Eugene, OR. See race series for further information. Richard Sweet, 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, 503-233-3636, jeff@digivest.com

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

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

May 8: Seward Park Cycling Series
Seattle, WA. See race series for further information. David Douglas, 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, EWE Windpower Cycling Team, 2380 Garfield St., Eugene, OR, 97405. 541-686-5049, www.eugencyclingteam.com

May 10: Warp Speed Time Trial
North Vancouver, BC. Scenic 20-km Time Trial in the Seymour Demonstration Forest. Jonathan Wornell, Team Soliton, 8 W 22nd Ave, Vancouver, BC, V5Y 2E8. 604-836-9993, www.teamsoliton.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. Robert Trombley, 206-528-2242, www.nwcyclingevents.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, 503-975-8229, www.obra.org

May 13: Eugene Time Trial Series #2
Eugene, OR. See race series for further information. Richard Sweet, 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, 503-233-3636, jeff@digivest.com

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

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

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

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

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

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

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

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

May 20: Eugene Time Trial Series #2
Eugene, OR. See race series for further information. Richard Sweet, 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, 503-233-3636, jeff@digivest.com

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

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

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

May 24-26: The Ecology Center Classic Stage Race
Missoula, MT. 3-day, 4-stage race. Street Sprints, TT, Criterium, and a true road race. Jeff Crouch, 406-728-5720, www.wildcrows.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, 80K). Road Race using the Gary Lund course, criterium on Bastion Square. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

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

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

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

May 27: Eugene Time Trial Series #2
Eugene, OR. See race series for further information. Richard Sweet, 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, 503-233-3636, jeff@digivest.com

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

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

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

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

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

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

JUNE

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

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

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

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

Jun 3: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digivest.com

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

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

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

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

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

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

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

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

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

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

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

Jun 10: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digivest.com

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

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

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

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

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

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

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

Jun 13: Fremont Twilight Criterium
Seattle, WA. Criterium event. www.nwcyclingevents.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Jun 24: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jeff@digivest.com

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

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

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

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

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

Jun 28: Great Northern Road Race
Mt. Vernon, WA. New course for 2003. Northwest Women's Race Series Event #7. Derrick Queen, Aurora Cycles Team, www.pazzovelo.com

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

Jun 28: Idaho State TT championships
Boise, ID. Time trial event. Durance Cycles

Jun 28: Larch Mountain 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

Jun 29: Washington Senior State Criterium Championships
Bellingham, WA. New course. Northwest Women's Race Series Event #8. Paul Clement, www.kulshancycles.com/race.htm

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

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

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

ROAD TOURING

May

May 3: SIR 400 km Brevet
TBA, WA. Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

May 3: Le Petit Tour de Peace
tbc, BC. 300 km, 200 km also available. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

May 3: Vancouver Island - 300, 400 km
Vancouver Island, BC. See web site for details. Stephen Hinde, www.randonneurs.bc.ca

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

May 3: Ride Around Clark County
Vancouver, WA. Four scenic loops of Clark County, ranging from 18 miles to 100 miles. Cost is \$14 w/o shirt and \$24 with shirt if registered by April 22. Scott Martin, Vancouver Bicycle Club, 3014 NW Kent St, Camas, WA, 98607. 360-834-6737, www.vancouverbicycleclub.com/racc.html

May 4: Monster Cookie Ride

State Capitol Mall, Salem, OR. Recreational ride through backroads to Champoug 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. Doug Parrow, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-390-9558, www.salemclubbicycleriders.org

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.skagitbicycleriders.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 10-11: STOKR (Scenic Tour of the Kootenai River)

Libby, MT. 9th annual, 2-day ride in scenic NW MT. Little traffic, incredible food and fun volunteers! Susie Rice, 1020 Idaho Ave, Libby, MT, 59923. 406-293-2441, www.libbymt.com/events/stokr.htm

May 10: Lower Mainland - 400 km

Lower Mainland, BC. Starts 6:00 a.m. See web site for details. Ali & Roger Holt, www.randonneurs.bc.ca

May 10: Port Townsend Rhododendron Tour

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

May 10: Inland Empire Century

Richland, WA. Century ride through the beautiful lower Yakima River Valley; options of 25, 55, 75, and 100 miles Judy and Dick Packard, Tri-City Bicycle Club, P.O. Box 465, Richland, WA, 99352. 509-375-0594, www.owt.com/tcbc

May 10: 21st Annual Lewis Co. Historic Bike Ride

Chehalis, WA. Registration 7:00 a.m. to 10:00 a.m. 18, 34, 67 and 100 miles. ANSI or Snell helmets required. Bill Schlickeiser, 360-262-9647, slick@localaccess.com

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 17-18: 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: 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: 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, http://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 Chicott, 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 Bicycling Club - Olympia, WA, P.O. Box 642, Olympia, WA, 98507. 360-956-3321, www.capitalbicyclingclub.org

May 18: Your Canyon For A Day

Yakima, WA. Start/Finish: milepost #7 on WA State Hwy 821 north of Selah in the Yakima River Canyon. 9:00 a.m. - 3:00 p.m. Route follows paved, scenic Yakima River Canyon Highway, which will be closed to through traffic. 35 miles round-trip. Proceeds support Yakima County Crime Stoppers. Mike Balmelli, 509-453-0351

May 23-26: Ride of the Centuries

Pendleton, OR. Kicks off with a Main Street concert. Saturday ride to a guest ranch - picnic lunch, Wild West show and evening BBQ. Sunday's ride features beautiful century farms in the area. Monday's ride includes a tough alternative from Pendleton into the Blue Mountains, rising 3700 feet. Leslie Carnes, Pendleton Chamber of Commerce, 1-800-547-8911, www.pendleton-oregon.org

May 24-25: SIR 600 Km Brevet

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

May 24-26: Bend Bicycle Festival

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

May 24: 400 km Brevet

Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

May 24-25: Vancouver Island - 600, 400 km

Vancouver Island, BC. See web site for details. Stephen Hinde, www.randonneurs.bc.ca

May 24: Le Grand Tour de Peace - 400 km

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

May 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 25: Tour de Garden City

Victoria, BC. Ride 20 km, 50 km or 80 km. Part of Times Colonist Cycling Festival. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

May 25: The Halfmoon 150

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

May 26: 7-Hills of Kirkland

Kirkland, WA. 40-70 mile routes through Kirkland and environs. Great scenery, hills and charitable cause. Karin Frankenburger, KITH, 125 State Street, Suite B, Kirkland, WA, 98033. 425-576-9531, www.kithgive.org

May 29-Jun 1: Ride to Cure Diabetes

Monterey, CA. Riders raise pledges to find a cure for diabetes through research. Angela Uhl, Juvenile Diabetes Research Foundation, 1200 Sixth Ave. Suite 605, Seattle, WA, 98101. 206-838-5153, http://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

JUNE

Jun 1: Peninsula Metric Century

Gig Harbor and Southworth, WA. 50K, 100K, and 100-mile routes on rural roads with hills. Forms and online registration at website. Howie Kaplan, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-460-3319, www.twbc.org

Jun 2-Jul 28: Coast to Coast Bicycle Classic

Seattle, WA. Cross-country from Seattle to the Jersey Shore. Cross 3 mountain ranges in 12 states and pedal 3395 miles in 55 days. Tim Kneeland & Associates, Inc., 410 West Spazier Ave, Burbank, CA, 91506-3216. 1-800-433-0528, www.owct.com

Jun 7-8: Foothills Randonnee

Peace Region, BC. 600 km event. 400 km also available. See web site for details. Kim Wok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

Jun 7-8: 600 km Brevet

Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, www.randonneurs.bc.ca

Jun 9-Jul 3: Great Alaska Highway Ride 6


Alaska, Yukon, BC. Annual ride the full length of the Alaska Highway, Delta Junction, AK to Dawson Creek, BC. Tom Sheehan, Cyclevents, PO Box 725, Hilo, HI, 96721. 888-733-9615, www.cyclevents.com/alaska/

Jun 13-14: SIR 600 Km Brevet

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

Jun 13-17: SIR 1000 Km Brevet

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



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

- Saturday - Dudes de la Dude Ranch Ride 100 km
- Sunday - Century Ride of the Centuries 100 miles - see farms dating back to the turn of the Century
- Monday - Ride the Trail - 98 miles on the Blue Mountains Trail run includes a 14-mile climb

Shorter rides available each day

\$25 Registration Fee includes:
SAG Support, All Rides, Refreshment Stops, Entertainment, T-Shirt & Admission to the Pendleton Aquatic Center

Contact info: 1-800-547-8911
www.pendleton-oregon.org



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Redmond Rotary's
Recreational Bicycle Tour
July 9-13, 2003

Enjoy the splendors of the Cascade Mountains, river canyons and rolling wheat fields on this premier, fully supported, 300 mile ride across beautiful Washington State. Go at your own pace. Stop when you like to see the attractions. Can't get any better? Consider this: Your adventures aid the many charities supported by Redmond Rotary.

Call Today: (206) 298-9288 or E-mail: info@redspoke.org
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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 80 percent are women. Do you or someone you know suffer from this chronic disease?

Info 1-877-774-2982, 206-546-6785
or lupuspnw@earthlink.net
www.lupuspnw.org
Part of Pedal 4 a Purpose



Jun 14: Tour de Fronds VI
Glendale or Powers, OR. Paul Tamm, Umpqua Velo Club, P.O. Box 118, Oakland, OR, 97462. 541-459-1385, www.geocities.com/umpvelo/

Jun 14: Apple Century Ride
Wenatchee, WA. 100- and 50-mile rides up the Scenic Columbia River Erik Peterson, Wenatchee Sunrise Rotary, PO Box 1433, Wenatchee, WA, 98801. 509-663-7526, www.wenatcheesunrise.org/century

Jun 14: Yakima Ridges Bicycle Ride
Yakima, WA. Ride through the sunny upper Yakima Valley in this debut ride with 25-, 45-, and 100-mile options. David Severson, Apple Valley Kiwanis Club, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, http://www.desertvalley.com/lyr

Jun 14: Skookumchuck Challenge
Tenino, WA. 100-, 80-, 70-, 50-, 30-, 20- or 6-mile courses start and end in Tenino. Leon Wayt, Lions Clubs, PO Box 1241, Rainier, WA, 98576. 306-446-1332, http://www.lionsbikeride.org

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

Jun 15: SIR 400 km Brevet
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

Jun 20-22: Crowsnest 1000 km
Crowsnest, BC. 1000 km in 3 days. See web site for details. Eric Ferguson, 604-733-6657, www.randonneurs.bc.ca

Jun 20-22: Lower Mainland Brevet-1000 km
Victoria, BC. Route: Victoria - Port Hardy - Victoria. Several start options available. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca

Jun 20-22: Summer Solstice Millennium Tour
Peace Region, BC. Start on Friday. 1000 km Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

Jun 20-22: Southern Interior Brevet - 1000 km
Southern Interior, BC. See web site for details. Starts on Friday. www.randonneurs.bc.ca

Jun 21: 9th Annual Tour de Blast
Toutle, WA. Tour de Blast offers a 80 & 135K ride with breathtaking views of Mt. St. Helens blast zone. Well staffed by Longview Noon Rotarians. \$35 covers T-shirt, rest stops & end-of-ride pasta feed. Limit 1200 riders Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tourdeblast.com

Jun 21: American Diabetes Association Flying Wheels Summer Century
Redmond, WA. From family fun to grueling hills. Official STP Training Ride - 25, 50, 75, 100 miles. Jen Smith, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

Jun 21-22: Walla Walla Potpourri
Walla Walla, WA. Choose your distance for the weekend. 6 ride options - 30 to 130 miles (approx). Steve Rapp, 701 Boyer Avenue, Walla Walla, WA, 99362. 509-527-8724, www.tourowallawalla.org/potpourri

Jun 21: The Ride 2003
Sedro Wooley, WA. Go the extra mile for Washington's National Park. Fun ride (30 miles), Challenge Ride - 65 miles with 4100 ft of climbing, Century ride - 8500 ft of climbing. Event start at 7:30 a.m. at the Colonial Creek Campground on Route 20. Limit 200. Washington's National Park Fund, 2112 Third Ave #501, Seattle, WA, 98121. 206-770-0627, www.wnpl.org

Jun 22-Jul 5: Ecuador Exploration: Pichincha to Imbabura (Northern Circuit)
Ecuador, South America. Northern circuit. 400 km, 250 miles, paved roads, long hills, high elevation. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206-767-0848, www.ibike.org

Jun 22: Double Dawg Ride
Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. Meet at westside store. 9:00 a.m., \$10.00 pair entry fee. Deluxe snacks provided at the Park. Hutchs Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Jun 22-30: Across America North
Astoria, OR to Boise, ID. 8 days, 614 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, www.abbike.com

Jun 22-Aug 11: Across America North
Astoria, OR to Portsmouth, NH cross-country tour - 50 days, 3600 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, www.abbike.com

Jun 26-Aug 1: Cycle Washington
Redmond, WA. Adventure Cycling's 7-day van supported event, beginning and ending in Redmond. Riders will cover 376 miles on both sides of the Cascades. Adventure Cycling, 800-755-2453, www.adventurecycling.org

Jun 28: RATPOD: Ride around the Pioneers in One Day
Dillon, MT. This a benefit ride; 157-mile loop in one of the most gorgeous and remote areas in our country Jennifer Benton, Phil Gardner, Camp Mak A Dream 32 Ft. Missoula Rd, Missoula, MT, 59804. 406-549-5987, www.ratpod.org

Jun 28-29: Border Randonnee
Peace Region, BC. 600 km. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

Jun 28: Cannonball
Seattle, WA. Seattle to Spokane on I-90; 275 miles. Duane Wright, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondswimmingclub.org/index.html

Jun 29: Victoria Populaire
Victoria, BC. Route: 50 km, 100 km, 150 km, various routes. Ride begins 9:00 a.m. at the Oak Bay Beach Hotel. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca

Jun 29: Tour de Pierce
Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County Sheila Pudists, Pierce County Parks, 9112 Lakewood Drive SW Suite 121, Lakewood, WA, 98499. 253-798-4176, www.piercecountywa.org/parks

Jun 29: Ashland Triple Challenge
Ashland, OR. Century, Metric Century and Half-metric tours. Tamara Abbott, Siskiyou Velo Bicycling Club, P.O. Box 974, Ashland, OR, 97520. 541-488-2305, www.siskiyouvelo.org

TRACK

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: 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 Friday Night Racing 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 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. Saturdays at 9:00 a.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 13: Youth Class #1a
Redmond, WA. Ages 9-12. Classes focus on basic track riding skills, safety and introductory racing techniques. 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 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 14: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480, www.obra.org

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

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

May 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. Meet on Tues and Thurs at 4:00 p.m. in 3-week sessions. 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

May 17: Pee Wee Pedalers #1c
Redmond, WA. Ages 5-8. Saturdays at 9:00 a.m. in 3-week sessions. 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. Tues and Thurs at 4:00 p.m. in 3-week sessions. 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 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 22: Alpenrose Weekly Series
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

May 23: MVA Friday Night Track Races
Redmond, WA. Track racing and Beer Garden. 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 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 27: Youth Class #1e
Redmond, WA. Ages 9-12. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 28: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

May 28: Marymoor Wednesday Night Track Racing
Redmond, WA. 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: Northwest Women's Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

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

May 29: Youth Class #1f
Redmond, WA. Ages 9-12. Tues and Thurs at 4:00 p.m. in 3-week sessions. 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

May 31: Pee Wee Pedalers #2a
Redmond, WA. Ages 5-8. Saturdays at 9:00 a.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

JUNE
Jun 3: Youth Class #2a
Redmond, WA. Ages 9-12. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 3: 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

Jun 4: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Jun 4: MVA Wednesday Night Racing
Redmond, WA. From 7:00 p.m.-9:00 p.m. - Start of Junior training. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 5: Alpenrose Weekly Series
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

Jun 5: Northwest Women's Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 7: Pee Wee Pedalers #2b
Redmond, WA. Ages 5-8. Saturdays at 9:00 a.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 10: Marymoor Tuesday Night Training
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 10: Youth Class #2c
Redmond, WA. Ages 9-12. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 11: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Jun 11: Marymoor Wednesday Night Track Racing
Redmond, WA. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 11: MVA Wednesday Night Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 12: Alpenrose Weekly Series
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

Jun 12: Northwest Women's Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 12: Youth Class #2d
Redmond, WA. Ages 9-12. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 13: Masters/Juniors/Women Track
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

Jun 13: MVA Friday Night Track Races
Redmond, WA. Track racing. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 14: Pee Wee Pedalers #2c
Redmond, WA. Ages 5-8. Saturdays at 9:00 a.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 16: MVA Monday Night Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 17: Marymoor Tuesday Night Training
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 17: Youth Class #2e
Redmond, WA. Ages 9-12. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 18: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Jun 18: MVA Wednesday Night Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 18: Wednesday Junior Training
Redmond, WA. 4:30 p.m. to 6:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 19: Alpenrose Weekly Series
Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

Jun 19: Youth Class #2f
Redmond, WA. Ages 9-12. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 20: Masters/Juniors/Women Track
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

Jun 20: MVA Friday Night Track Races
Redmond, WA. Kiddi Kilo. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jun 21-22: Washington State Track Championships
Redmond, WA. Gear Expo, Beergarden Marymoor Velodrome Association, http://marymoor.velodrome.org

Who Decides?

By MAYNARD HERSHON

If we ride the road, we share it with cars, like it or not. Cars - oh all right, drivers - are the flies in the road-riding ointment. They're careless, they're angry, they're preoccupied, they're on the damn phone.

We imagine that we upset them. We're wrong. Their anger isn't our fault. It has nothing to do with us, with who we are. Nor is it based on the 23 seconds max it'll cost them to wait for a safe place to pass on the busy or curvy two-lane.

They're already angry, preheated, when we appear in front of them.

Years ago, when there were only a few of us cyclists on the roads, it appeared drivers were angry at us even then.

Now there are lots of us on the road. Bike paths and bike routes are everywhere. Drivers are used to seeing cyclists. The city and state try to educate drivers about sharing the road. Has it helped? Nah. Drivers are still angry at us just for being there on "their" roads. Nothing has changed.

Well, something has. I have. I used to say: All I want from drivers is a good leaving-alone.

I would tell you: I don't want to make statements or enemies. I'm not a crusader, not demon-

strator, not a Critical Mass kinda guy. I don't stand for anything. I'm just trying to ride my bike in relative safety and peace.

I would say: I stay out of the way. I want to be next-to-invisible, transparent on the road. I expect nothing from drivers but the grace not to hit me.

No more. I've changed my mind — based on two recent incidents. First, I saw a van behind me and considerably went to the very edge of the shoulderless road to let him by, over on the six inches of road to the right of the white fog-line.

In my generosity, I as much as invited him to pass whenever he felt like passing. My mistake.

As he came by me oh-so-slowly, a pickup truck appeared from around the curve ahead, crowding the centerline. The van driver reacted, moving over into me, scaring the hell outta me.

His tail light finally went by, but my feeling of relief didn't last: he had a horse-trailer attached, and it swung wide into me. My shoulder brushed the side of the trailer. My tire skimmed the pavement edge, an inch from the drop-off and the emergency room.

Somehow I didn't crash. Heart pounding, I followed the van and trailer. Sure enough the guy pulled over, stopped at a vista point and got out of the van.

He was not upset, not hostile. I told him he'd nearly taken me out. He shrugged, so-what, hey

it was only a near-miss, not an actual accident involving police, paperwork and insurance.

THOSE things are real.

"What should I have done," I asked him.

"Should I have ridden in the middle of the lane to prevent you from passing until it was safe?"

He just looked at me, shrugged again. Drivers don't get it and don't try. THEIR lives or physical health aren't on the line; why should they care?

Then just yesterday, on the same road, four of us, two guys and two women, rode single-file near the road edge. A guy in a black Porsche passed us as we neared a blind corner. Sure enough, a car appeared around it as he was in mid-pass.

He too overreacted and came over into us. Scared us all silly. He got around but left us all shaken, and (presumably) drove down the hill to linger over his latte and laptop at Starbucks. Creep.

This time I asked myself, "What should you have done?"

The answer was inevitable: I should've taken the lane, as bike-safety guru John Forester says. I should've prevented the idiot in the Porsche from passing until I decided it was safe for him to do so.

I should have been prepared to listen to his horn and maybe his shouted curses, but I should never have let him decide that NOW is an okay time to pass the four bicycle riders. He's

not reliable.

Trusting the driver to decide when to pass is simply stupid. It's hiring John Dillinger to drive the armored car with the payroll in it. Worse.

Motorists don't know, and don't much care to know, how to share roads with cyclists. They've got other problems: rising cellular rates, the balloon payments on the his n' hers Land Rovers, downsizing at the nuclear energy plant, stuff like that.

Someone has to make the decisions out there. Drivers can't do it. Drivers can't decide which freeway exit to take until the last second. They can't find homes within 50 miles of their offices. They've got an owners manual in the glovebox and can't find the turn-signal lever.

I used to say: Get out of the way and let them pass.

Now I say: Let them pass when YOU are sure it's safe, and not a Land Rover-length sooner.

I'm admitting it. I was wrong. John Forester was right.

We have to take the lane. That's what I say.



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Jun 23: MVA Monday Night Racing

Redmond, WA. See race series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 24: 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>

Jun 25: Track Class

Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Jun 25: Wednesday Junior Training

Redmond, WA. From 4:30 p.m. to 6:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 25: MVA Wednesday Night Racing

Redmond, WA. See race series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 26: Alpenrose Weekly Series

Portland, OR. See race series for further information. Mike Murray, OBRA, 503-661-5874, www.obra.org/

Jun 26: Northwest Women's Racing

Redmond, WA. See race series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 26: Attack the Track #4

Redmond, WA. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 27: Masters/Juniors/Women Track

Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

Jun 27: MVA Friday Night Track Races

Redmond, WA. Track racing and junior graduation Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 30: MVA Monday Night Racing

Redmond, WA. See race series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

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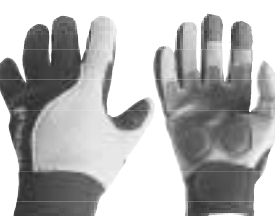
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