

# BICYCLEPAPER

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June 2003 • Free



Photo by Joe Zauner

Leah Goldstein (front) and Suzanne Macht (back) during their long breakaway at Enumclaw.

## Koslov Hammers, Goldstein Floats over Mud Mountain in Enumclaw

By JOE ZAUNER  
NWRRE Editor in chief

It seemed that the 2003 edition of the Mutual of Enumclaw Stage Race, held in Enumclaw, WA saw most of the region's top teams and riders bent on winning what has become a seasonal objective for the best Northwest cycling talent. Alex Koslov and Leah Goldstein claimed their respective titles. But to say both riders blew the competition away wouldn't be accurate. Sure, they won by convincing margins, but it wasn't a cakewalk.

Of the two victories, Vancouver resident Goldstein's was most convincing. The Victory Brewing Co./Amoroso rider won the time trial, finished fourth in the criterium and then hammered everyone in the road race over the May 17-18 weekend.

Her Saturday time trial victory margin was slim, as Suzie Weldon (Ashmead College/King-5 TV) was only one-tenth of a second behind. Goldstein clocked a 14 minutes, 46.8 seconds on the 10-kilometer flat course, only 3 seconds away from her own course record. Weldon came in at 14:46.9. Kele Hulser (Bike Doctor) was third (15:31.9) on a conventional bicycle, followed by Suzanne Macht (Trek-VW, 15:40) and promising junior rider Karen Amundson (Rad Racing NW, 15:51.3)

In the criterium later that evening, it was a coming out party of sorts for Karlee Brandner (Ti-Cycles/Prevention Solutions). The 23-year-old athlete who was fifth at the 2001 US national criterium championships suffered through a dismal 2002 season. She won in convincing fashion in Enumclaw giving a glimpse of the form that earned her that 2001 podium placing.

However, until the final bunch sprint, which Brandner won by three bicycle lengths, Goldstein was the clear aggressor, imposing the pace, albeit with few results. Up for grabs were two 5-second time bonus and Goldstein came up short both times. They went to Macht. She was also denied success in the bunch sprint. Brandner won, Marni Prazsky (Trek-VW) took second while Lisa Sweeney (Victoria-Team Kappa) finished third. After all that hard work Goldstein ended up fourth. "I didn't ride well in the crit" Goldstein says, "I was going for time bonuses but I can't sprint to save my life."

Going into the final road stage, Goldstein was the favorite, though she was still less than a second ahead of Weldon. They nearly had a one-minute lead over a handful of riders still within striking distance of the duo.

Topping the list of likely candidates were Hulser and Macht, who finished 1-2 at the difficult Nooksack Road

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## ► Feature

### Cycling Opportunities Bloom in the Garden City

By TARYN FAGERNESS

All roads lead to Victoria . . . or at least all bicycle routes. Victoria, British Columbia, located on the southern tip of Vancouver Island, boasts a well-established network of trails and touring routes, a popular mountain bike park, a number of bicycle touring companies, beautiful bicycle destinations and the most temperate climate in Canada. No wonder this seaside town and the surrounding area is known as Canada's bicycling capital. Visiting cyclists can easily explore gardens (Victoria is also known as the Garden City), parks and coasts lines, hop a ferry to neighboring islands or take a guided tour exploring some of the area's better-kept secrets.

One of the best ways to hit all the stops is to follow the famous Galloping Goose Trail and the Lochside Trail, which travel west and north respectively from Victoria. These non-motorized multi-use trails follow an old

railway route taking riders over trestles, past hidden lakes and through farmlands.

The Galloping Goose, named for the railway that once operated along the route, runs 57 km out to Sooke and is part of the Trans Canada Trail. It begins at Selkirk Trestle, which spans 300 meters over Selkirk Waters in downtown Victoria. From there it passes through the industrial area of town and heads out to Atkins Avenue where the paved portion of the trail ends and the compacted rail bed begins. This wide, mostly flat trail leads riders through marshlands, canyon land, forests and swamplands. As riders continue west they can visit historical sites like Fisgard Lighthouse, Fort Rodd Hill and Hately Castle. The Goose passes through Matchosin, one of the earliest pioneering communities on Vancouver Island and the Sooke Potholes, a popular swimming destination. "We use the Goose to get

See "Victoria" on page 3

## ► Feature

### Diamonds in the Rough

By VALERIE CARTER

Two months ago Seattle hosted the first race in the newest series to hit the Juniors' cycling scene. On April 6 the Boat Street Criterium saw over 40 racers gather to compete in a variety of categories, ranging from ages 10 to 18. The race started off without a hitch, and since then the Lance Armstrong Junior Olympics Race Series, Seattle Criteriums has experienced smooth sailing. The numbers have remained stable, and participants and spectators alike have enjoyed the opportunity to have this younger crowd enjoy some of the limelight.

Back in the end of March, when organizers had done what they could to spread word of the series, and then could only wait with baited breath for the first event's turnout, David Schilling, Series Director, shared some of his goals for the series' inaugural year. One was to create junior races that were not "kiddie"

rides, but rather offered true challenge and competition. The other was to draw new kids into the world of racing. For the latter, the goal seems to have been met. While many of the racers are part of a club, and therefore have experience racing, quite a few are making solo efforts for the first time.

One such cyclist is 13-year-old Alex Barkley of Seattle, WA. Alex is your typical good kid in many ways: he has been a boy scout since he was 10, is part of his school's track team, and is a swimmer. What is unusual about him is that he wakes up early for his 7:00 a.m. cycling training every morning and juggles boy scouts camps, track meets and cycling competitions on a regular basis. To top it off, Alex just learned to ride a bike a little over three years ago. That would make him a late bloomer in many minds. However, his time on bikes since then more than compensates for the delayed start.

See "Diamonds" on page 5

## Footprints and Bike Tracks 2003: Creating Safe and Healthy Communities

Footprints & Bike Tracks is an educational forum that provides participants with the tools and resources that will demonstrate the benefits of walking and bicycling, and offers "how to" help to overcome barriers to physical activity in their community. The conference, which is scheduled to take place at the Red Lion Hotel in Olympia, WA on September 23-25, will feature

three workshops tracks to choose from: Design, Advocacy and Law Enforcement.

Community planners, engineers, educators, bicycle and pedestrian advocates, elected officials, health providers, developers, financiers, and law enforcement officers should plan to attend this unique event.

## Kids Fun Races at PIR

Starting in June, the Monday Night PIR will be running non-competitive, fun rides for all kids under 13 years old. Events are free. Bringing bike and helmet are the only requirements. Every kid that shows up will get a participant ribbon for riding. Be ready to have fun!

A short course will be set up inside the regular

race course near registration. It will be supervised so kids will not be close to the track where adult racers are. Please be careful crossing the track to the inside area. The participants will be divided by age groups, 2-5, 5-8, 8-10 and 10-13 years old. For additional information visit [www.obra.org/flyers/2003/monday\\_pir.html](http://www.obra.org/flyers/2003/monday_pir.html)

## Spring 2003 IMBA/CLIF Bar Trail Grants

Six IMBA mountain bike clubs will receive cash awards in the first round of the 2003 IMBA/CLIF Bar Trail Preservation Grants. The \$500 grants fund projects that promote environmental education and inspire conservation in the mountain biking community.

The Backcountry Bicycle Trails Club of Seattle is among the recipients. The grant will be used to construct and install educational signs at Tiger Mountain State Forest on National Trails Day, June 7. The signs will offer tips on safety, responsible riding and trail etiquette in an effort

to minimize trail damage and reduce user conflict.

A total of 28 grants totaling \$14,000 have been distributed since the IMBA/CLIF Bar Trail Preservation grants program was established in 2001.

Six more grants will be awarded in 2003. The application deadline for the next round is September 1, 2003. All IMBA-affiliated clubs are invited to apply. For more information please visit: [http://www.imba.com/resources/grants/clifbar\\_grants.html](http://www.imba.com/resources/grants/clifbar_grants.html)

## Cycle Racing Development Camp for Kids

The Greater Seattle YMCA and Rad Racing Northwest have partnered to offer kids between the age of 11 and 15 a cycling camp week. Scheduled for June 30th to July 7th, the camp will feature 3-time Tour de France champion, Greg LeMond, as guest coach. The week is specially designed for junior cyclists with interest in BMX, mountain bike, road and cyclocross.

Campers will learn beginner and advanced racing skills, technical skills, sports nutrition, training tips and bike mechanics, and will go on multiple group rides. Mornings will be dedicated

to cycling activities, while the afternoon will present the cyclists with a myriad of activities such as swimming, archery, climbing wall, ropes course and much more.

The camp will take place at Camp Orkila located on Orcas Island. Financial assistance, to the extent possible, is available for families in need through the YMCA Partners with Youth Campaign.

For more information and to register visit [www.seattlymca.org](http://www.seattlymca.org) or call 206-382-5009.

## First American Stage Wins at the Giro d'Italia Commemorated by New Hampsten Cycles Frameset, the Gran Paradiso

Before Greg LeMond won the first of his three Tours, before Lance had his driver's license, there was the 7-Eleven team at the 1985 Giro. As far as the European peloton was concerned, 7-Eleven was a bunch of American nobodies — "cowboys" as they were known in the bunch — representing an American convenience store they had never heard of. The team was openly scorned.

Then, on Stage 15, in an uphill sprint into Perugia, Ron Kiefel hammered home for the win, the first ever in the Giro by an American. Five days later, Andy Hampsten dropped the best climbers in the world on an uphill stage to Gran Paradiso.

In a recent interview from his home in Tuscany, Hampsten recalled the 1985 Giro. "Of all the times I crossed the line

first," says Hampsten, "my win at Gran Paradiso was the most thrilling. It was my first win as a pro and it knocked all the doubting demons off of my ear. 1985 was a fantastic year. I was racing with 7-Eleven just for one month and we were all as wet behind the ears as a team can be — but we were STOMPING on the Euros! For a crew of cowboys seemingly lost in the thick of the pro jungle it was great to come out of the '85 Giro with trophies bulging from our saddle bags."

Cycling has not been the same since. Greg LeMond went on to take third in that year's Giro and second in the Tour. Hampsten, of course, went on to win the 1988 Giro with a decisive move over the snowbound Passo di Gavia in what many have called professional bicycle racing's toughest day ever.

Hampsten Cycles honors the first golden age in American cycling with a new full-race frameset named for Andy's Giro d'Italia stage win in 1985. The Gran Paradiso is a



thoroughly modern racing frameset designed to do what Andy Hampsten was designed to do: go up hills really fast. The frame, a semi-compact design, is built from an Easton 7005 Ultralight tubeset, with Easton carbon seatstays to smooth the ride. Weight is just under two and a half pounds — a number

Tour and Giro riders of the mid-eighties would not have believed.

The Gran Paradiso is stiff and light and will serve racers well in a bunch sprint or on a long uphill slog. A fast bike, period. No frills and no tricks. Says Andy Hampsten, "It's really fun for me to have such a nice sassy frame that will outperform just about any other bike. And all at a great price and made back in cowboy land, too."

The Gran Paradiso retails for \$1700 with the buyer's choice of Alpha Q, Reynolds or Wound Up fork. In another nod to the Italian racing heritage behind the bike's design, it is available only in 1967 Ferrari Metallic Blue.

Later this summer, look for the Giro '88 model from Hampsten. This will be a lugged steel bike inspired by the 15th anniversary this year of Andy's Giro win in 1988. Unlike many "retro" lugged steel bikes currently offered by other manufacturers, the Giro '88 will be light and stiff enough to race. Find out more at [www.hampsten.com](http://www.hampsten.com).



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## FEATURE

### ► "Victoria" from page 1

back and forth as much as possible. It's safe and keeps riders away from traffic," says Richard Reeve, CEO of Victoria by Bike and Kayak touring company. Riders, however, do not need a tour company to discover the Goose. This well-established trail is easy to follow and maps are available from the Capital Regional District Parks department.

The Lochside Trail, a continuation of the Goose, begins at the Victoria ferry docks and extends 29 km north making the trip from Sooke to North Saanich, near Sidney, over 80 km. Riders can stop at Swan Lake Bird Sanctuary, Islandview Beach, Matticks Farm (featuring specialty shops, ice-cream and tea), the Red Barn Market (a local farmers market), Cordovay Bay Golf Course and the Saanich Historical Artifacts Society. One of the more stunning attractions along the trail is Butchart Gardens, which features fifty-five acres of flowers, and is especially beautiful June through September when it showcases evening illumination and a popular fireworks show.

Lochside Trail riders can veer onto the recently completed Seaside Trail, which is part of the longer Saanich Bicycle Tourist Route, a 45km loop that circumnavigates the municipality of Saanich. The trail combines portions of the Goose and Lochside trails along with rural and residential roads. As riders travel the loop they pass ocean views and can access secluded coves and beaches, Elk and Prospect Lakes where cyclists can stop for a swim or picnic lunch, and the forest of Mt. Douglas Park. According to the Saanich Planning Committee, Mt. Douglas is the highest point in Saanich with views of downtown Victoria, the Olympic Mountains, San Juan Islands and Mt. Baker.

While cyclists can explore the Goose, Lochside and Saanich trails on their own, several bicycle tour companies operating out of Victoria provide guided and self-guided tours which highlight some of the area's interesting features and provide a unique cycling experience. Victoria by Bike and Kayak, a family and small-group focused tour company, has tours for every interest and works with customers to develop custom tours as well. "We try to be as all-inclusive as possible," says Richard Reeves. According to him, his company meets tourists at the airport or any ferry terminal, and provides bicycles, luggage service and prepared tours to

wherever the group desires. Victoria by Bike and Kayak's preplanned tours find tourists feeding Harbor seals and eating ice cream, swimming and picnicking at Thetis Lake, biking and kayaking along George

Waterway or visiting beautiful Butchart Gardens, where a luxury SUV waits to return cyclists to their hotels. Reeves says the company's emphasis on small groups, around 6 people, sets Victoria by Bike and Kayak apart from other touring companies. "The intimacy of the group is important to us," says Reeves.

Great Pacific Adventures takes out larger groups of up to 24, with a guide for every six people. Like Victoria by Bike and Kayak, Great Pacific Adventures customizes tours to their customer's sightseeing desires. "We can take them to the Cherry



Ride the Cowichan Valley's vineyards and sample great food and wine.

Point vineyards in Chowichan, or incorporate whale watching options or kayaking," explains Greg Dickinson, Cycletreks Operations Manager with Great Pacific Adventures. The company's prepared tours include the leisurely Lochside Trail Ride. The West Coast Adventure ride heads west on the Galloping Goose. But, according to Dickinson, their most popular rides are self-guided. "You can come with your family or your whole group and we'll drop you off and give you everything you need for a day's ride," says Dickinson.

Oak Bay Beach Hotel Marine Resort offers one of the more unique cycling opportunities. According to Brian Hobson, Chair of the Vancouver Island Cycle Touring Alliance, the hotel, located northeast of downtown Victoria on Oak Bay, runs a twice-daily ferry May 15 through October 1 to the San Juan Islands. The ferry can hold up to 56 cyclists and stops in Roche Harbor, clears customs in Sidney and continues to Oak Bay. San Juan

Island hoppers can spend the day in Victoria or vice versa. The Oak Bay Hotel also offers guided tours including the Cowichan Valley Cycling Winery Tour, which takes cyclists through the temperate Cowichan Valley to sample gourmet cheeses, fresh baguettes and wine right from the barrel. Riders can stop for lunch, help prune the vines or even stomp grapes.

For more down and dirty riders, the Hartland Mountain Bike Park, developed and maintained by the South Island Mountain Bike Society (SIMBS) and located in the northwest corner of Saanich, offers tight single-track, roots, rocks, logs and drops. According to SIMBS, the park, nicknamed "The Dump", is near the "prettiest landfill you have ever seen (only in Victoria would you find such immaculate garbage)." The park also has restrooms and a biking washing area.

Aside from Victoria's plethora of bicycling opportunities, the city hosts several bicycle touring and racing events throughout the summer including the Victoria Cycling Festival

which showcases the Bastion Square Criterium at the end of May each year. The Greater Victoria Cycling Coalition (GVCC) is also working on additional events to appeal to recreational riders, touring cyclists and casual visitors to the city, says Luton.

In the distant future, Victoria will host Pro Bike/Pro Walk September 2004, having outbid San Francisco for North America's largest cycling and walking conference, enthuses Luton. The conference focuses on health and community development as related to bicycling and walking. An expected 700 people will converge for five days September 7-12 to participate in the conference.

By now it should be clear why Victoria proudly claims the title of Canada's bicycling capital. With so much bicycling to do one might feel overwhelmed with the possibilities. But whether taking a guided tour of the

Cowichan vineyards or bike bogging at the Dump, Victoria's friendly atmosphere and leisurely pace make it easy to hop a ferry, spend the day and see where the road goes.

### For more information

#### The City of Victoria

[www.city.victoria.bc.ca](http://www.city.victoria.bc.ca)

#### Vancouver Island

[www.vancouverisland.com](http://www.vancouverisland.com)

#### Area cycling opportunities

[www.cyclingvictoria.com](http://www.cyclingvictoria.com)

#### Capital Regional District Parks

[www.crd.bc.ca/parks/parkgse.htm](http://www.crd.bc.ca/parks/parkgse.htm)

(250) 478-3344

#### Victoria by Bike and Kayak

<http://victoriabybike.freewebspace.com>

(250) 744-2801

#### Great Pacific Adventures

[www.cycletreks.com](http://www.cycletreks.com) (877)-733-6722

#### Oak Bay Beach Hotel

[www.oakbaybeachhotel.bc.ca](http://www.oakbaybeachhotel.bc.ca)

(250) 598-4556

#### Switch Bridge Tours

(866)-383-1466

#### South Island Mountain Bike Society

[www.simbs.com](http://www.simbs.com)

#### Victoria Cycling Festival

[www.victoriacyclingfestival.com](http://www.victoriacyclingfestival.com)

#### Greater Victoria BMX

[www.victoriabmx.com](http://www.victoriabmx.com)

#### Greater Victoria Cycling Coalition

[www.gvcc.bc.ca](http://www.gvcc.bc.ca)

#### Greater Victoria Velodrome Association

[www.gvva.bc.ca](http://www.gvva.bc.ca)

## NEWS

### Bicycling in Washington Web Site

Bicyclists and pedestrians have a new on-line resource with the launch of two new Web sites from the Washington State Department of Transportation.

"Washington has some of the most scenic vistas and trails for bicycling and walking in the country," said Transportation Secretary Doug MacDonald. "Our new bicycling and walking web sites are new tools to unite statewide resources for planning cycling and hiking trips - everything from trail routes, to cycling organizations, to bike shops, maps, and local

government contacts can now be found in a single location."

The bicycling web site is designed to provide easy access to information on route and trail maps for all areas of the state, making connections to Washington State Ferries and Amtrak Cascades, bicycling safety tips, biking to work and school, tips for commuters, route closure information, grant opportunities, design guides and other technical assistance, and links to other bicycle related organizations and resources.

The walking site is designed along the same lines as the bicycling one. The web site also includes information for bicyclists and pedestrians sharing trails with horses. More equestrian information will be coming soon.

The Bicycling in Washington web site can be found at [www.wsdot.wa.gov/bike](http://www.wsdot.wa.gov/bike) and the Walking in Washington web site can be found at [www.wsdot.wa.gov/walk](http://www.wsdot.wa.gov/walk).

To include information about your organization or event on these web sites contact WSDOT's Bicycle and Pedestrian Program at 360-705-7258 or e-mail [Reevesp@wsdot.wa.gov](mailto:Reevesp@wsdot.wa.gov). Ideas and feedback are welcomed.

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# Bicycle Route Network Project

## Or How to Connect 84 Cities in Four Counties



By Taryn Fagerness  
Bicycle Paper Intern

Local bicyclists are spinning a web - a web of bicycle routes that will connect 84 cities in four counties for a total of 1,516 miles to become what Dennis Neuzil, project chair with Cascade Bicycle Club (Cascade), calls a "bicycle interstate." This ambitious project began November 2001, led by Cascade in association with other central Puget Sound bicycle organizations. The project not only maps routes to seamlessly connect the cities of King, Kitsap, Pierce, and Snohomish counties, but emphasizes road improvement and identifies needs like bike lanes, wider curb lanes and paved shoulders. The project seeks to enable bicycling and create a sustainable environment for all travelers. While still in the first stages Cascade hopes to bring the network to an "interim or better level of improvement by 2010," says Neuzil.

The Regional Bicycle Route System strives to use "the minimal number of routes to connect the most places," explains Neuzil. "This is the route you'll take to get somewhere directly." The routes were identified with the help of extensive field reconnaissance studies conducted by Cascade, and city's and local volunteers' recommendations. According to Mark Keller, a volunteer with the Regional Route System, the project also tries "to use established facilities and tie existing plans together." Route criteria include continuity, connectivity, safety, distance, minimizing hills and attractiveness. The current map is only a proposal. Cascade is still working to fine-tune the routes, and the map is not yet intended as a guide, but rather a concept.

To create this concept Neuzil started with the largest on the list of the area's 84 cities and began working down, talking with communities, and transportation agencies, checking their response to a bicycle system and collecting ideas for routes. Michael Ingram, city of Bellevue Associate Planner, supports the Regional Route Project. "The routes largely correspond with our plans," claims Ingram. Jennifer Shiu, Urban Planner for the city of Tacoma also found the Regional Route proposal largely coincides with the city's existing plans. "It's a great project," says Shiu. "We'll most likely include the recommendations in our non-motorized plan." And this is what Cascade hopes for - cities that already have bicycle plans

with which the Regional Route Project can meld. "We're still missing some cities; it's not the most important thing in a lot of communities," acknowledges Neuzil, "but we hope to bring it to a higher level of importance."

Part of creating a safe and efficient bicycling system is improvement of existing roads, and the Regional Route Project identifies what Cascade calls High-Priority Improvement Needs (HPIN). "We're not only drawing lines on a map, but we're looking at what are the really serious deficient locations that need to be concentrated on. We're trying to flag those locations," explains Neuzil. The current draft of the Regional Route System designates 402 miles as HPIN. Neuzil hopes transportation agencies will incorporate these needs into their transportation plans. Most transportation plans stretch over 20-30 years, but bicycle groups are determined to have the system in place with at least interim improvements in 10 years.

Funding for this project is as varied as the cities and counties involved. Depending on the location and nature of the improvements, money could come from city funds, Washington Department of Transportation or a number of other organizations involved with transportation, such as port districts and transit agencies. One thing Neuzil is certain of: "Bikes must take their place in the public funding scheme."

Thus far Cascade is not seeking any endorsement of the Regional Route Project, Keller explains. That will be the next big step. "We need to outreach to decision makers, get them to say 'yes,' we want to do this," says Keller.

For now the Cascade Bicycle Club and other bicycle organizations such as the Tacoma Wheelman, BIKES, Edmonds Bicycle Group and the Kent Bicycle Advisory Board, are introducing the Regional Bicycle Route System idea and continuing to gain feedback from interested groups. The 25 Regional Route committee members also help spread the word. "Every chance I get I pull out my map and lobby," enthuses Neuzil. Volunteer advocates are needed to help encourage the many entities involved with the Regional Bicycle Route Project.

For more information or to participate in this effort contact project chair Dennis Neuzil at 425-455-1419, dennisneuzil@foxinternet.com or the Cascade Bicycle Club at 206-522-3222, info@cascade.org, www.cascade.org.

**PLEASE NOTE:**  
This map includes route links that need bicycle facility improvements as well as those which are currently adequate for bicycling, i.e., the map depicts a route network concept and is not intended as a navigation aid.



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- Not a lawyer, but a legal consultant
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[www.TeamEstrogen.com](http://www.TeamEstrogen.com)

► "Diamonds" from page 1

I had the opportunity to chat with Alex one morning. Since Alex is still in school, "morning" turned out to be 7:30 a.m., which is how I found myself seated around a cozy kitchen table with Alex's coach, Wendy Becker, Gabriela Beisel, his stepmother, and of course, Alex himself.

Once everyone had settled with their choice of beverage, they began to unfold the story of Alex and cycling. After learning to ride a bike, Alex soon found that he had a hidden passion for the activity. In 2002 he decided to train for, and then ride, Seattle to Portland (STP) with his father, Daniel Barkley. Though a daunting task for a 12-year-old still green in the ways of cycling, Alex felt up to the challenge. The first day he and his father covered some ground, stopping about 40 miles from where their overnight stay was located. "The next morning," Gabriela remembers incredulously, "he made us backtrack over those 40 miles to the same spot - the exact tree! - where he and Dan had stopped." Apparently Alex had made a commitment to himself to finish STP and would not "cheat" by lopping off a few miles or even a few feet. After STP Alex decided that bike racing was something he wanted to do. Seeing his determination and excitement, Alex's parents decided to bring in a third party. After all, while they thought the world of his abilities, racing was not exactly their area of expertise.

Conveniently, Gabriela is friends with Wendy Becker who happens to be a multisport coach.

So, Gabriela asked if she would be willing to go on a ride with Alex, just to evaluate his potential. "After all," Gabriela laughed, "parents can be prejudiced." The approval still strong in her voice, Wendy enthused, "I was impressed! - especially when he spun away from me. He was clearly a very strong rider." Wendy's impressions were so strong that she asked her husband, Tim Becker (a cyclist and world-class duathlete) to also go on a ride with Alex. Tim and Wendy both came to the same conclusion: "He has raw talent that needs to be developed."

Since then Wendy and Alex have worked together to develop technique. His biggest strength, in Wendy's eyes, is that he is never willing to give up. "He's like a bull!" she exclaimed, "It's a great quality in an athlete." The start of the Lance Armstrong series coincided perfectly with Alex's training. Before each race, Wendy and Alex agree on a goal for him to reach. Winning the race is not the goal yet. Rather, they are focusing on handling skills and strategy.

At the Boat Street criterium, Alex primarily tried to keep his eyes open and learn as much as possible, since it was his first time racing. For the second race, Volunteer Park, Alex's goal was to stay upright and not skid out. "He was applying the handling skills he had practiced," noted Wendy. "There was a sharp corner," Alex added. "But by the last few laps I could do it

much better."

Also, an ever-present goal is learning to ride in the pack, not merely finishing a race. "No one wanted me to draft or even be in the pack," Alex commented. The other kids are just testing him since he's new," Wendy added. Eventually he got gapped. "I just kept riding as fast as I could; kept concentrating and just pedaled," he finished.

This bullish persistence is one reason why Wendy foresees such a bright future for Alex. The other is the support his family lends. Wendy raved, "Nancy [Alex's mother] has been very instrumental in the support of Alex's bicycling endeavors. I think she and Alex's sister are his biggest fans and cheerleaders!"

As for Alex himself, he would like to try track racing, and dabbling in mountain biking would be fun. His real goal? "One day I'd like to do the Tour de France," he states nonchalantly; an appropriate goal, since the Lance Armstrong biography first stoked his interest in cycling and



Alex Barkley and his father Daniel set out to ride STP. Alex is 12 on the picture, only his second year on the bike.

his first races have been part of the Lance Armstrong series.

This innocent passion and determination is what makes Junior cycling so unique and refreshing. Alex is one of many stars waiting for their moment, and hopefully the Lance Armstrong Junior Olympics Race Series Seattle Criteriums can afford them that chance.

## Bicycle Commuting Health



By Erik Moen  
PT, CSCS

Bicycle commuting is a wonderful way to combine exercise with your daily routine, providing valuable exercise stimulus and conserving fossil fuel (therefore lessening pollution).

And, I know some cases where commuting by car is no faster than doing so by bike. The keys to a successful bicycle commute are good equipment and preparation, both of which will enable a healthy and pleasant experience.

### Your bike

Choose a sturdy bicycle that you will be capable of handling in all types of road and weather. I would suggest the use of panniers with commuting; thus your chosen bicycle should be capable of taking a rack system. I prefer panniers to backpacks because increased

weight on your shoulders means increased weight on your saddle.

Your choice of tires is personal. I prefer to use a wider tire, which allows for greater shock absorption and a little more traction. It better tolerates the higher weight from the commute. To minimize the potential for flats, you should consider Mr. Toughy's and SLIME, either alone or together. A Mr. Toughy strip is a plastic band that acts as a puncture barrier between the tire and tube. SLIME is a sealant that is placed into your bicycle tube. It seals small punctures as they occur. While these options add weight and rolling resistance to your bike, they decrease your chances of flatting.

Fenders are a must for known rainy regions, as they help keep off wet road grime and minimize the water load to the rider, especially under light rain.

### Visibility

Assume cars do not see you. Even if you have the right-of-way, some motorists have difficulty looking for bicycles. Be predictable and follow traffic laws. Your existence on the road falls under the jurisdiction of common traffic laws. Please follow them.

Visibility is crucial to a safe commute. Your commuting bicycle should have front and rear lights. Light & Motion ([www.bikelights.com](http://www.bikelights.com)) provides some great light options. Bright and white for front, rapid and red for the rear. Vista lights are very visible; you might consider using more than one for the rear of your bicycle. You may also increase visibility by placing reflective material on your clothing and bicycle.

Your commute route can present you with visibility issues. I try to stay off of busy roads. Exposure to vehicular traffic increases your chances of tangling with a car. Good choices for commuting roads are known bicycle routes (lanes), roads with broad shoulders or non-busy residential streets. Counties and cities often have map resources that suggest good bicycling routes.

### Clothing

It's better to be warm than too cold, so be prepared for all types of weather. If you commute on a regular basis, you should make sure to have the proper gear. Cycling clothes ensure that you maintain an ideal body temperature. Clean bicycling chamois is recommended for the regular bicycle commuter. On extra-rainy days you may require a second set of bicycling clothes, particularly if your workplace does not provide adequate facilities for getting your clothes dry during your workday.

### Personal hygiene and food

Some basic needs for bicycle commuting might include secure bicycle storage, lockers,

and shower facilities. Some employers have business incentives to encourage alternative commuting, so ask. Following any ride you should immediately get clean and dry.

Bicycle commuting will change your workday nutritional strategy. You should plan to have a snack immediately following your ride to work. This allows for even blood sugar levels throughout your morning and enables good recovery for your afternoon ride home. You should also plan to have an afternoon snack. There is nothing worse than a low blood sugar event to ruin a ride.

Your hydration needs are important as well, so drink water while working. Be careful not to consume too much coffee throughout the day. Coffee will lead to dehydration if you do not make it a point to compensate for the additional water loss.

### Start small

If you have not tried bicycle commuting, start small. Pick a day when you have plenty of time, plenty of light and plenty of sun. This will help facilitate a good first impression. The Bicycle Alliance of Washington and the Bicycle Transportation Association in Oregon offer various programs to assist new commuters in their choice of routes and equipment. Bicycle commuting is wonderful for the environment and for you (both mentally and physically). Also, Cascade Bicycle Club sponsors events surrounding Bike to Work Month (May 16-June 13). Plan to participate and get involved!

Erik Moen PT, CSCS is a Consultant of Health Services for Carmichael Training Systems ([www.trainright.com](http://www.trainright.com), 719-635-0645). Erik is returning to Seattle at the end of May as Director of Physical Therapy for Seattle Pro Sports Club ([www.proclub.com](http://www.proclub.com)).



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## The Steamworks Tour de Gastown: Reloaded

By ALLISON MARKIN

Last year, the long-awaited return of the Gastown Grand Prix attracted some of the best racers in North America, not to mention 24,000 spectators and well-deserved recognition from Greater Vancouver's cycling and business communities. This year, the race returns with a vengeance.

A new name and new collaboration means the historic race should attract even more attention as it becomes one of the premier road-racing events on the continent. Now named the Steamworks Tour de Gastown, the event is part of a triple threat of races that make up this summer's BC Super Cycling Week. The Tour de Delta takes place July 18-20, followed by the Gastown criterium on July 23, and the long-running Tour de White Rock on July 25-27. The Delta and White Rock races are both SISU BC Cup and the combined purse for all three events is \$30,000.

Jon Stovell, chair of the Gastown Business Improvement Society, the group that revived the race last year, says he's thrilled to be part of BC Superweek, and also have the Steamworks race lead into a higher octane event, Vancouver's Indy, which takes place the same week.

For nine years the Gastown race was absent from the BC cycling scene. The first Gastown Grand Prix was created by the late Roger Sumner, a familiar name and face to those

involved in the sport in BC and the Pacific Northwest. Taking place in 1973, about 5,000 fans witnessed the inaugural event. Despite national media coverage and the participation of many elite athletes - including Lance Armstrong who won the event in 1991 and is now coached by two former Gastown winners, 1985's Chris Carmichael and 1993's Roberto Gaggioli - when a major sponsor pulled out of the event in the early 1990s, the race died.

In 2002, its resurrection proved to be a boon for the Gastown area, an historic section of downtown Vancouver known for its steam clock landmark, the world's first, as well as the successful Saturn team. Dominating the race last year with winners Mark McCormack and Kim Davidge, the Saturn teams are returning to all three Super Cycling events this season.

Consistently ranked among the top three pro teams in the US for the last three years, the Saturn teams took over the major races in BC in



Saturn riders lead the women's field at the 2002 Gastown Grand Prix. Kim Davidge (second) won the race.

Photo by Kent Kalberg

2002. The men swept all five criteriums and road races in Delta, Gastown and White Rock. The Saturn women won two of the three criteriums.

The 2003 men's team has lost Tour de White Rock champion Frank McCormack, brother of Mark, but gained Chris Horner and Tom Danielson from two other successful teams and expects competition from other elite US teams and strong local riders. The women's team has been concentrating on the North American circuit and has a number of new racers,

including Canadians Amy Jarvis-Moore and Manon Jutras of Victoria, who has made a number of trips to the podium in this year's early races and won last year's Tour de White Rock.

If you came up last year, you'll notice that this year's event

showcases a new course, taking riders up the cobbled incline of Water Street. Following a sharp hairpin turn at Water and Cordova, the riders will head down towards Carall Street and the famous Maple Square. Then it's back up Water Street and a sprint for the start/finish, just past the famous steam clock, at Cambie Street.

Named after the first settler and colorful saloon owner "Gassy Jack" Deighton, Gastown

is a charming mix of old and new with cobbled streets, Victorian architecture, and

courtyards which house boutiques, restaurants, offices, entertainment, residences and businesses. Gastown is a complete community, where people live and work, and visit to linger and shop, find recreation and entertainment, attend classes, visit a gallery or theatre and take advantage of the special ambience and opportunities that only Gastown offers.

In 1971 a heritage designation made sure that the historical value, character and charm of the area would be preserved. Now, Gastown is a favourite spot for tourists and locals alike, with more than 150 shops, art galleries, award-winning restaurants and, of course all manner of coffee shops. It's also the home of one of Vancouver's micro-breweries, the title sponsor of the event.

The Steamworks Tour de Gastown, the only bike race in North America to have its own beer, the limited edition Skinny Tire Beer from Steamworks Brewing Co., gets underway at 6:00 p.m. on July 23. It's open to all women's categories and men's pro, one, two and three categories (to fill the field). The maximum field is 120, and registration, \$40 CAN before July 11 and \$50 after, is being looked after by the City of White Rock. Visit [www.tourdegastown.com](http://www.tourdegastown.com) for more info.



## Williams Sets His Sights on the Track

By JIM HATTORI

The mid 30's are often the age when elite cyclists hang up their cleats. Or if they continue racing, the focus becomes masters' events. But Kenny Williams, 35, who has been a major force in Northwest road racing since the mid 1990s, still has his sights set on winning at the elite level. Winning road races or criteriums is not his goal though; it's track victories he's after.

His focus on the track began last year. "I did a couple of track camps in Trexlertown, PA, with Gibby Hatton and some guys he trains and it paid off big," says Williams. He placed third in both the pursuit and the points race at the 2002 Track National Championships.

As part of his track campaign, he began working last winter with two coaches: Sue Hopkins, a cycling coach based in San Diego and Peter Schmock, a personal trainer and founder of Zum, a fitness club in Seattle.

Williams feels Schmock's gym workouts have made him a stronger cyclist. He explains, "Peter is the biggest reason for me going faster. My speed has come up even though I haven't been doing speed work. It's all due to the work in the gym."

But all this success did not come without hard work. Williams started racing in 1990 inspired by Greg LeMond's 1989 Tour de France victory. "I was out of shape, weighed 210 pounds and decided it was time to do something," he explains.

Describing his first training ride, Williams recalls "I met a 50-year-old triathlete who took

me out on a ride. He dropped me out in the middle of nowhere. I decided I would do what it took to keep up with him."

He continued riding and entered a race in Olympia, WA. "It was terrible weather: cold and rainy. There were 15 of us in the citizen's category. I got into a break with two other guys. I thought they were going too fast around corners since it was wet so I backed off. They both crashed and I ended up winning."

He progressed steadily, though not quickly, up the USCF race categories. "I stayed in each category about a year. I wanted to learn as much as I could before upgrading."

Along the way, he amassed a sizeable number of wins. Most of these victories were in the Northwest, which didn't gain him much national attention.

All that changed in 1999 when he won the National Elite Criterium Championship in Cincinnati. He almost didn't enter the race. "I was ready to go home after I got dropped in the road race but a couple of buddies convinced me to stay. I was scheduled to work that day so I had to call in sick," Williams explains.

An early break of 10 riders got away from the field but Williams and another seven riders bridged-up. These 18 riders continued to put time into the field. It became clear the winner would come from this group. Williams describes the last part of the race, "In the middle of the finishing straight there was a slight rise in the road. I decided I would race for the top of that rise and hope my momentum would keep me in front until the finish. I took off, hit the rise in first

place and just kept pedaling. I thought someone would come around me but nobody did."

Not wanting to risk getting nipped at the last second, Williams didn't raise his hands in a victory salute as he crossed the finish line. He won and was in a state of shock. Williams says, "I rode 10 minutes down the road trying to figure out what I had just done. I'd won a lot of races but none that big."

In addition to the stars-and-stripes jersey earned in that race, Williams also won another elite stars-and-stripes jersey three years later in the team pursuit event at the 2002 National Elite Track Championships. Add to that number the 14 stars-and-stripes jerseys from road and track masters national events and eight rainbow jerseys from three Masters World Track Championships and he has gotten himself a very nice collection of highly regarded jerseys.

And so far this year he's had considerable success. In March, Williams won the scratch race at the American Velodrome Challenge (AVC) in Ft. Lauderdale, FL. By winning this event, Williams made the U.S. team that competed at the Track World Cup in Cape Town, South Africa. In that scratch race, he placed 11th in the qualifying heat while only the top ten advanced to the finals. Williams says, "It wasn't that the race was too fast. It was ten times more aggressive. If I rode that way here I'd get thrown out. It was an eye opener."

At the AVC #3 in Frisco, Texas, Williams placed first in the pursuit, second in the points race and third in the scratch race. By winning

the pursuit, he qualified for the Sidney, Australia World Cup. However he declined the invitation to join the national team on that project. "My coaches and I decided it would be more beneficial to stay home and train. 10 days in Sydney would be a nice but it wouldn't help prepare me for the June AVC in Colorado Springs, which is the qualifier for the Pan Am Games and the World Track Championships."

Despite all this success, Williams has taken steps to prepare himself for life post-bike racing. Drawing upon his extensive experience and knowledge of the sport, Williams has become a cycling coach. He says, "I'm coaching 14 to 16 clients right now. A lot of them are masters riders since they have limited time to train and want to get the most out of it. My other clients are juniors and a few women."

As for the future, he says, "I want to keep coaching and eventually start a junior team. I'll keep riding because I don't ever want to get out of shape again. From where I've come, I never want to go back."

Jim Hattori is a Seattle-based cyclist who dabbles in masters racing



Kenny Williams

Photo by Joe Zauner



Photo by Joe Zauner

Never regarded as a Nooksack favorite, Ian Tubbs managed to claim the top honors.

## Hulser and Tubbs Show their Strength at Nooksack

By JOE ZAUNER

It wasn't the type of race course that favored big, powerful riders. But the winners produced at the Nooksack Road Race on May 10 near Blaine, WA were just that - big and powerful.

Ian Tubbs and Kele Hulser overshadowed their weaknesses with their strength, winning on a hilly course that seemed to favor riders with slighter builds. Both are big athletes relative to the rest of the bicycle racers in the Northwest. Both won in sprint finishes against top Northwest talent after surviving the steep two-kilometer climb on the 24-mile circuit.

Of the two performances, Hulser's was more dominant. She went clear of the 20-woman field the first time over the big climb with Tour of Walla Walla champion Suzie Weldon, 2002 Columbia Plateau Champion Suzanne Macht and her Trek/VW teammate Marni Prazsky, who is the 2003 Harris-Roubaix champion.

Once the break was established, the time gaps were at 45 seconds after the first lap. Their lead was less the second time over the climb. After that, the field put on the brakes with time checks hovering around three minutes for the remainder of the 48-mile race. All four riders in the break were contributing evenly throughout the ride. Prazsky maybe should have been conserving.

On the second and last time over the climb, Prazsky - last year's winner - was dropped. Hulser (Bike Doctor), lightly regarded as a

climber, was applying much of the pressure near the top of the hill. On the downhill side she continued to push the pace, leaving Prazsky, who was still chasing, well behind. Macht gamely hung onto and worked with Hulser but was clearly not her equal on any part of the course. "You know, I felt good today, but it always hurts a lot," says Hulser. "I usually just hang on in the climbs. I don't usually attack."

After the climb where Prazsky was dropped, Hulser continued to apply pressure. She barreled into the unpaved section of the course and lost Weldon in the process. "I just love dirt roads," claims a facetious Weldon. However, she wasn't yet out of the picture. For the next three kilometers Weldon chased Hulser and Macht, who were less than a stone's throw in front of her. She caught them at the foot of a short steep hill and lost contact midway up. She then repeated the previous process of closing the gap while as before Hulser was taking long hard pulls and Macht supplying the respite.

Weldon caught back on with about 10 kilometers to race. In the sprint, Hulser was clearly the quickest, winning by more than a bike length over Macht. Weldon took third, Prazsky held on for fourth while Annette Hanson (Team Rubicon) won the bunch sprint for fifth.

In the men's race, Tubbs was never regarded as a favorite before the event. He enjoyed that same status during most of the 98-mile affair until the last 10 kilometers when it became apparent

that the race would come down to a sprint.

Tubbs spent most of the day away from the field. On the first of four laps, a group that included Tubbs and his teammates Andrew McDermid and Jay Hilwig, Saturn for Seattle teammates Doug Carlton and Ian Bettinger, Richard McClung (Broadmark), pro Jonny Sundt (Jittery Joe's), Chad Nikolz (Ashmead College) and Brad Issei (Symmetrics) got away on the climb. The early speed of the break was impressive, reaching 28 mph on the flat gravel section. After less than 10 miles of work, the gap was already at 45 seconds.

Apparently Issei wasn't the man Symmetrics wanted in the break and the team massed at the front and began the difficult task of reeling them in. It took Symmetrics a full lap to bring them all back, all except for Tubbs. As they regrouped the counter moves came almost instantaneously. Meanwhile, Tubbs soloed for about seven miles before being caught by what would become the winning break. McClung, Bettinger and Issei joined him at the front with new faces including Greg Harris (CDS Lumber), Shane Savage (unattached) and Ron Schmeer (Saturn for Seattle). Symmetrics, a team that dominated much of the early-season racing in the Northwest, was unable to load the break with any of its top athletes. The time splits over the languishing field went from one minute on the third lap to more than three on the last.

Tubbs, Bettinger and Savage were dropped the fourth and final time over the climb, but the trio worked their way back up to the leaders. Once Tubbs regained contact, he along with Bettinger became the danger man. Bettinger had a teammate (Schmeer) and is a notable sprinter. Tubbs is also a decent sprinter, particularly on downhills. "As soon as I got over the climb, I felt good," Tubbs comments. "I knew [that] if I could get to the end of this race in the winning move, this type of sprint [would] really suit me."

Schmeer attacked late in the race but was brought back. In the final sprint Tubbs was the clear winner over McClung and Harris.

In the Cat. 3 race, Adam Johnson (Broadmark) simply schooled the entire field. The first-year rider broke clear on the second lap shortly after the climb. His lead was more than a minute at times. "They just let me roll away," Johnson explained after the race. "Out of sight, out of mind I guess."

Although there were no cohesive efforts to bring Johnson back over the last one-and-a-half laps, the field wasn't languishing. Behind there were attacks and break attempts. The pace picked up on the last lap. Johnson's Broadmark teammate Morgan Schmitt grabbed the wheel of Canadian junior national mountain bike champion Max Plaxton (Gears Racing) who did most of the work to bring the duo within 20 seconds of Johnson by the finish. Schmitt took the sprint.

Joe Zauner is the editor-in-chief of Northwest Race Report.com, which provides daily coverage of the northwest racing scene. Visit [www.nwracerreport.com](http://www.nwracerreport.com).

## Track Action



By Joe Zauner  
NWRRC  
editor-in-chief

If you're looking for something fun to do on a summer night, watching a track cycling at your local velodrome might be the ticket. Fresh air combined with the electricity of athletic competition is the perfect way to spend a great evening.

With that in mind, here's a look at some of the events worth catching this summer.

Portland is home to the Alpenrose Velodrome, which is one of the steepest tracks in North America. On most Thursday nights you will find the top track athletes in Oregon circle the 268.43-meter track. Masters, Juniors and Women get their turn on Fridays.

Alpenrose annually plays host to the Alpenrose Velodrome Challenge (July 18-20) which is the richest track cycling event in North America and the only Northwest meet to showcase so many international riders of such high caliber. Thousands of spectators pack the stands surrounding the velodrome. Olympic gold medalist Marty Northstein competed in the event last year alongside many world and national champions from various countries. Admission is free, excitement guaranteed.

Other events of importance in Portland include the Alpenrose Six-Day, the only six-day competition in North America, slated for June 23-28, and the State Championships the weekend of July 4th.

In the Seattle area, the Marymoor Velodrome in Redmond features a 400-meter track and is home to some of the top Masters racers in the world.

Most spectators sit on blankets atop the banking to watch the racing. Marymoor is like an assembly line for world-class masters cyclists. On any given Friday night, spectators can watch world champions and record holders circle the track. You can also catch some action on Mondays and Wednesdays. Expect to pay \$3 for admission.

The major event this season at Marymoor - the State Championship on June 22 - is a chance to catch the top Washington riders from all categories at once.

In Victoria, the Juan de Fuca Velodrome, a 333-meter concrete oval with 28-degree banking is recognized as one of Canada's training centers for track athletes. As many of the Canadian national team members train regularly in Victoria, weekly races are always interesting to watch. You can catch a race on Mondays and Thursdays.

Three major events are scheduled to hit Victoria and all three will attract the US and Canadian elite. Trackfest (May 24-25), the Provincial Track Championships (June 4-6) and for the first time a leg of the American Velodrome Challenge Series (July 11-13). So pack the stands for those events.

Finally, all three velodromes offer programs specifically designed to get you started or to help improve your skills. Bike rental is available at all three locations.

For more information visit [www.obra.org](http://www.obra.org) (Alpenrose), <http://marymoor.velodrome.org> or [www.gvva.bc.ca](http://www.gvva.bc.ca) (Victoria).



## ► "Enumclaw" from page 1

Race the previous weekend. With an outside chance were Amundson and Prazsky.

The 14-mile circuit for the final stage was indeed difficult. It featured Mud Mountain, a two-mile climb with several steep sections. The climb breaks into two equal parts and riders who look solid on the lower slopes sometimes become shadows of their former selves by the time they hit the top.

Goldstein knew this. She won on this course in 2001 and finished third in 2000. Keeping this in mind, Goldstein went to Macht with a plan the night before the race. "I thought we could help each other out," Goldstein explains shortly after the event. "I know she's a good climber so we

planned to go on the hill. We didn't plan for it on the first lap, but when it happened, it happened."

The first time over Mud Mountain, Goldstein was on the charge. She led the field up the lower slopes and then attacked near the top of the hill, which shattered the field and left most of her competition off balance. Macht was the only one able to follow. It ended up being the winning move.

"I almost stayed on their wheels, when they went on the hill, but I had a rider in front of me that fell off the pace just a bit, and in the second or two it took me to get around her, they pulled away," stated Weldon.

Soon after the chase group made of Pratzky, Hulser, Weldon and Cat.4 rider Lynda Finegold (Biosports/WVW), missed the right-hand turn at the bottom of Hwy 410 and rolled about 300 meters before realizing they were off course. They chased hard to regain contact with the main field.

"A time check a few miles down the descent told us we were 25 seconds behind the leaders," stated Weldon. "Shortly after we went the wrong way. After that, it was about impossible to organize (a chase)."

What was going on in the field mattered little to Goldstein and Macht. Over Mud Mountain for the second of three laps they were rolling comfortably at 16 mph over some of the flatter sections. The field crested the same portion going much slower and at five abreast, having resigned to the idea of catching the break and settling into a more tactical race for third.

Meanwhile well up the road and on their last lap, Goldstein set tempo and began ratcheting up the pace until Macht cracked about halfway up the mountain. Goldstein soloed in, 48 seconds ahead of Macht for the win. More than five minutes later a surprising Brandner beat Prazsky for third place.

After all three stages the overall standing showed Goldstein on top, Macht second followed by Weldon, Hulser, Brandner, Prazsky and Amundson.

On the men's side, Kozlov took a circuitous route to the top of the podium, flying well under the radar in the first two stages. In the 10-km time trial he posted the 10th fastest time. His seventh-place ride in the criterium was a little better, but he was never a force to be

reckoned with by any means. However, in the road race the 23-year-old, Belarus National team member, who was seventh at the U-23 Paris-Roubaix last year, was simply superior.

In the time trial, a little-known rider named Ken Johnson for the Escape Velocity Club in British Columbia ripped a 13:13.8 under relatively mild weather conditions, only seven seconds away from the course record. Matt Osborne (Symmetrics) was second (13:16.2) followed by Kenny Williams (Satum for Seattle) in third (13:23.8) who experience downpour conditions. In fourth was BC's Dylan Sebel, the newly acquired Broadmark rider, who is regarded as an up-and-coming stage race talent.

To take over the lead, Williams needed to win all the criterium intermediate time bonus sprints and win the race. He did just that. However, the main race animator was Jittery Joe's neo-pro Jonny Sundt, who was at the front almost the entire night. Williams stayed just out of the limelight except on time bonus laps where he moved to the front and controlled the race to take all sprints, winning the evening event and taking over the lead, just as he planned it. Sundt came in second, Devon Vigus (HealthNet) took third.

Going into the road race there were no clear-cut favorites. Some cast a wary eye in the direction of Doug Ollerenshaw (Broadmark) who won the collegiate cycling championships a week before. Also high on the list of hopefuls were former race winners and teammates Williams and Ron Schmeer. Broadmark Sebel, Rich McClung and first-year senior Craig Wilcox

surfaced as possible winners while Symmetrics had Osborne and defending champion Scott Goguen. Few had Koslov on their list. A closer inspection of his race resume would have changed that perspective. As a 2002 division I French team member he competed in the Tour of Italy. He had podium placings in some rather large races including a 17th place finish at the Tour De Normandie.

On Sunday morning, Sundt picked up where he left off the night before, animating the race and instigating the first serious break of the day. He, along with Jay Hilwig (Seattle Super Squadra), Darren Vogler (CDS), Jason Schniepp (Ashmead College/King-5 TV), Doug Carlton (Satum for Seattle) and Eric Harvey (Symmetrics), rode away from the pack.

Sundt continued to set tempo over the first main climb. The group (Sundt's group) worked well together although Harvey did not do much. On the second time around, Carlton, as he often does, was putting everything into the early move for his team. About 1:20 behind the leaders, Schmeer was setting a fast pace over Mud Mountain.

Soon after the descent, the HealthNet squad moved to the front of the peloton and set tempo at about 28-mph with peaks at 32 mph for extended periods. At the foot of Mud Mountain, Ollerenshaw threw down a blistering attack that only seven others could match. Williams, Schmeer, Sebel, Osborne, Wilcox, Chris McGovern (HealthNet) and Koslov where now chasing Sundt's group which was now falling apart.

The chase group closed in 47 seconds of the gap between them and the break in less than two miles of climbing. The two groups merged when reaching the top of the hill, 25 seconds ahead of the main field. But instead of putting the hammer down, they looked at each other. Of the 14 athletes now in the break, half were not working, some from the original group were simply baked after their early effort. Adding to the malaise was the presence of the sprinter Williams, who was initially sitting on. No one wanted to bring him to the line. Fortunately for them, the peloton behind was doing much the same as all the big teams had their desired representation up

the road.

It took several kilometers and the pleadings of Sundt for riders to "pull through, dammit," before the break began to work together again.

As they hit the foot of Mud Mountain for the second to last time, they had a lead of almost a minute. Ollerenshaw threw down another blistering attack to which only Koslov could initially respond. Schmeer bridged and the winning break was formed. By the time the trio crested the top of Mud Mountain, they had one minute over the chase and 1:47 on the field. Before the final climb up Mud Mountain, Williams's group was absorbed by the main field.

The last time up the hill, Koslov went to the front and set tempo. He began gradually increasing the pace until halfway up when Ollerenshaw faltered and deferred the lead to Schmeer who immediately declined. Koslov took one look back, saw he had his break companions dangling and throttled it. In the flats after Mud Mountain he hit 30 mph at times en route towards the finish line. Ollerenshaw rode clear of Schmeer to finish second, but not far enough to overtake him on general classification. He beat Schmeer by three seconds, he needed five.

"When Koslov accelerated through the feed zone that last time, he already had us hurting, and neither of us could respond. It certainly caught me by surprise," stated Ollerenshaw.

Wilcox slipped away on the climb and hung on for fourth taking sixth overall. Williams won the bunch sprint good for fifth and a fourth overall finish. Osborne finished the weekend in fifth place.

Much of the post-race talk revolved around Koslov's strength and his surprising climbing ability. "Koslov never missed a pull" says Schmeer, "I was sitting on some and was thinking about going on the climb, but Koslov put it in the big chain ring and he was gone."

Koslov doesn't speak fluent English. He did say, through an interpreter, that the competition was very difficult and he was proud to win the race. "I was glad I was able to show my teammates how great it is racing in the Northwest. This really is a very special scene you have up here."



Photo by Joe Zauner

Cat 1-2 men early in the race.



Photo by Joe Zauner

Alex Koslov

## Lake Chelan Festival draws over 600

By RICHARD UHLHORN

The weather was perfect... the wildflowers in full bloom... and the sound of happy mountain bike racers reverberated through the Lake Chelan Valley on May 3 and 4. The 12th annual Lake Chelan Mountain Bike Festival drew 372 cross-country racers and 275 downhillers for the WIM series race hosted by the Lake Chelan Recreation Association and put on by Round and Round Productions.

Cross-country racers were promised a totally new course this year. It didn't happen, but Round and Round trail crews were able to add an entirely new section of single-track at the beginning of the race and used some new existing trails on the upper portion of the course to make it interesting. "Those who didn't pre-ride the course were pretty timid in the new sections," said Kevin Hornback, JF2 Racing. "It was nice to ride something different and a little more technical. That made it worth the climb."

The racers started on the Echo Valley road

and wound their way up towards Echo Ridge where they dove back off the road and switch-backed down a new steep section of single track that had some racers riding pretty slowly. Back at Echo Valley, the riders had to climb the old Forest Service road to the top of the ski area where they hit a combination of old and new single track before descending back into the valley and grinding up the road back to the finish line.

The new course promised to the racers turned out to be impossible to prepare for this year's event. Snow and bushes choked the identified jammer (logging) roads that will become next year's course. "You couldn't even walk through it," says Mike Lawrence, Round and Round trail builder and race announcer. These old overgrown jammer roads are a part of the Chelan Ranger District's plan to expand the Echo Ridge Nordic Ski Area, they will be tied together with new single track. Chelan Valley Cyclists will continue opening these trails up throughout the summer.

The cross-country action got underway

Saturday morning with the professionals and semi-pro getting off to a quick start. The eventual winner in the pro ranks was Dale Knapp of Des Moines racing for Kona. In the semi-pros, Clint Muhfeld of Whitefish, MT was first, followed 59 seconds later by Evan Plews of Dallas, OR. Ethan Harrison of Hayden, ID was third. Des Moines resident Anne Grand was the fastest in the pro women category while Josie Berg of Tacoma clutched a decisive win in the Expert women race. Overall, everyone had a great time challenging themselves.

On Sunday racers came down a fast and a smoother course than last year. Greg Smith, a pro rider from Sandpoint, ID, nailed the course in 1:46.6. He was followed by some very fast semi-pros including DH Zone rider, Justin May who put in the second fastest time of the day with a 1:48.9. Ethan Mutoli of Shelton was second in 1:49.5 followed by Tige Eakin of Tacoma in third. Sara Johnson of Spokane posted a 2:03.4 to take first in the pro women category. Sara Chandler of Issaquah followed her in a time of 2:05.8. There was a lot of buzz about North Bend's Shawn Lorenz who nailed

the hardtail category in an impressively fast 1:57.9. The youngest downhill racer of the day was nine year old Gage Henry. It was his second downhill race and he crashed hard in the rock garden section but managed to register a 4:47.8. Not bad for a little guy.

Now that the race is over, the Lake Chelan Valley is ready to introduce some great recreational mountain biking to the mountain biking contingent and the general public. Come on over and enjoy the many miles of trails in the valley.



Photo by Richard Uhlhorn

Jason Jablonski leads Justin Hofeldt and Clint Muhfeld through a stretch of Uncle Tim's Trail.





 **PD-7750**   

Engineering accomplishment shown actual size. Weight: 275 grams of aluminum alloyed strength. Platform width: bearing placement exactly 45.1mm apart for balanced foot distribution. Side-to-side height: 6.1mm (0.24in). Pedal position angle: 5 degrees. Laces and wear entry. Spring tension: micro adjustable. Any choice of unextended window during stroke: removed. Binding close width: 29.2mm of battery smooth entry and release. Flows: exactly zero. Lance Armstrong: exceedingly happy. Visit [Shimano.com](http://Shimano.com) for more information.

**SHIMANO**



# 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

### 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, sevigny@tcv.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. Specifically designed for new cyclists; run by experienced racers and certified coaches. Look forward to learning the basics of competitive cycling, specialized equipment, racing and preparation rituals, trianing cycles, tactics, nutrition, and riding skills. Option of entering a sanctioned race event at a reduced rate! 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: Mountain Speed Series #3**  
Victoria, BC. Beginner and Intermediate racing clinics. XC. Designed by the Provincial Coach at Cycling BC an led by qualified top-end athletes and coaches throughout the province. Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca
- 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 15: 5 Person 50/50 Team Time Trial**  
Boise, Idaho. Kurt Holzer, Lost River Cycling, 2234 n 9th Street, Boise, ID, 83702. 208-385-9613, http://www.lostrivercycling.org
- Jun 17: Seattle Bicycle Club Monthly Speaker Presentation & Meeting**  
Mercer Island, WA. Quest speaker Estelle Gray will make a presentation on Bike Fit. Visitors welcome. No charge. Location: VFW Hall 1836 72nd Ave. SE. Doors open at 7:00 p.m. Patty McKee, Seattle Bicycle Club (www.seattlebicycle.com), www.seattlebicycle.com, 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. Designed by the Provincial Coach at Cycling BC an led by qualified top-end athletes and coaches throughout the province. Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

- Jun 21: Singletrack Clinic**  
Sandpoint, ID. Ken Barrett, All About Adventure, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com
- Jun 27-29: Spokeswomen Mountain Bike Camps**  
Whistler, BC. See description below.

### JULY

- Jul 4-6: 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
- Jul 5-6: Sugoi Dirt Series #3**  
Canmore, AB. 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
- Jul 6: SpeedSeries Learn to Race Clinic #3**  
BC. Specifically designed for new cyclists; run by experienced racers and certified coaches. Look forward to learning the basics of competitive cycling, specialized equipment, racing and preparation rituals, trianing cycles, tactics, nutrition, and riding skills. Option of entering a sanctioned race event at a reduced rate! Cycling BC, 604-737-3034, www.cycling.bc.ca
- Jul 11: Girls in Dirt Downhill Camp**  
OR. MTB camp for women. Leigh Donovan, www.obra.org
- Jul 12-13: Sugoi Dirt Series #4**  
Panorama, 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
- Jul 14: Mountain Speed Series #5**  
Whistler, BC. Beginner and Intermediate racing clinics. DH, XC. Designed by the Provincial Coach at Cycling BC an led by qualified top-end athletes and coaches throughout the province. Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca
- Jul 15: 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. Doors open at 7:00 p.m. Patty McKee, Seattle Bicycle Club, Mercer Island, WA, 98107. 206-903-9434, www.seattlebicycle.com
- Jul 16: Bicyclists' Legal Clinic**  
Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@btabikes.org
- Jul 19: Bike Works Summer Cycle Challenge Bike-a-Thon**  
Seattle, WA. How far can you ride? Test your riding skills and compete for cool prizes. Enjoy a BBQ and bike games at the Finish Line Festival. All proceeds support Bike Works. Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206-725-9408, www.scn.org/bikeworks

- Jul 15-27: 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

## 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.nwwo.org
- Mar 13-Sep 25: Thursday Time Trials**  
BC. Roger Thomas, http://mars.ark.com/%7Ecvcc/clubinfo.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.roundaround.com
- Mar 23-Sep 7: Comox Cup Road Series**  
Comox, BC. Scott Sutherland, http://mars.ark.com/%7Ecvcc/clubinfo.html
- Apr 2-20: 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 APM! Dick Wentland, Todd Kephart Memorial BMX Association, Box 693, Cottage Grove, OR, 97424. 541-767-2699, www.geocities.com/cg\_bmx
- Apr 6-Sep 6: Island Cup Regional XC Series**  
Vancouver Island, BC. Various cross country events races around Vancouver Island. Organized by various club around the Island. Points calculated for overall winners. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com
- Apr 6-Aug 24: Lance Armstrong Junior Olympics Race Series, Seattle**  
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 categories will be recognized at the end of the season. David Schilling, 8231 4th Ave NE, Seattle, WA, 98115. 206-619-1355, http://www.wsbajr.org
- Apr 8-Aug 26: 15th Annual Cooper Jones Memorial Twilight Series**  
Spokane, WA. Registration starts at 5:00 p.m. Races start at 6:00 p.m. 24-hour race information hotline 509-235-3880. Baddlands Cycling Club, 509-456-0432 or 509-328-1170, www.baddlands.org
- Apr 8-Sep 30: Tuesday Night PIR Race Series**  
Portland, OR. Portland International Raceway Summer race series for categories 1-5, women and juniors. First time racers to pros. Registration opens at 5:30 p.m. First race at 6:05 p.m. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digwest.com

- Apr 8-Aug 15: Tuesday Night Road Race Series @ Pacific Raceways**  
Kent, WA. Road Race series with 4 alternating courses. Categories 1/2/3, categories 4/5, masters 35+ Pacific raceways is located off of Hwy. 18 at the 304th St. exit. Follow signs to raceway. Registration 5:30 p.m.- 6:45 p.m. Race at 7:00 p.m. Rory, 253-941-5810, www.buduracing.com
- Apr 10-Aug 21: Seward Park Cycling Series**  
Seattle, WA. Thursday night criterium on 0.8-mile loop inside Seward Park, one 120-degree turn and 100-yard hill. All categories. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com
- Apr 10-Aug 21: Thursday Duathlon Series at Pacific Raceways**  
Kent, WA. Registration 6:00 p.m. - 6:45 p.m., race at 7:00 p.m. Entry fee \$13. Pacific Raceways is located off of Hwy. 18 at 304th. St. 253-941-5810, www.buduracing.com
- Apr 13-Jul 27: 2003 SISU Road BC Cup Series**  
Various, BC. The series includes six events in six various locations. Overall standings and prizes. Allan Praszky, Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca
- Apr 29-Aug 31: Oregon Uphill Championship Series**  
OR. The OUCH Series is a season-long event comprised of three hillclimb time trials. Not designed just for climbers. Offers not only traditional category and masters divisions for men and women, but also introduces the caliber class for non-traditional climbers. Sign-in at 8:00 a.m.-9:00 a.m. Course and profiles online. Oregon Bicycle Racing Association, www.consistency.net/obra/ouch
- May 1-Sep 25: Alpenrose Weekly Series**  
Portland, OR. Alpenrose Velodrome, Thursday evenings track racing. Registration starts at 5:30 p.m. - race at 6:30 p.m. and continues until dusk. Rental bike \$5. Prizes for Cat 1/2 field omnium winners June through August. Madison will be added to omnium and used for Cat 1/2 season award calculation. Event canceled if raining. Field may be combined at the discretion of the organizer. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track
- May 3-Aug 24: 2003 SISU Mountain Bike BC Cup Series**  
Various, BC. The series includes six events (xc, dh, 4x) in seven various locations. Overall standings and prizes. Candace Shadley, Cycling BC, 1367 - 322 W. Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca
- May 5-Sep 8: Lakeside Bicycles Monday Night Masters & Women PIR**  
Portland, OR. Portland International Raceway. Masters 30+ and open women. Distances vary depending on category and daylight, races start 6:30 p.m. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, http://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 14-Sep 3: Track Class**  
Portland, OR. Track series. Bill Cass, 503-246-6480, www.obra.org
- May 16-Aug 30: MVA Friday Night Track Races**  
Redmond, WA. Track racing. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp
- May 29-Sep 4: Thursday Nighters**  
Medford, OR. The course is just over a mile loop with a short hill. Course is fully closed to traffic. A's start at 6:10 p.m. for 20-25 laps. B's start at 6:00 p.m. for 10-14 laps. Glen Gann, 541-779-6986, gagann1@aol.com
- Jun 3-Aug 26: River Valley BMX Tuesday Night Racing**  
Sumner, WA. Will use ABA two moto 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 10-24: Treasure Valley BMX Tuesday Racing**  
Boise, ID. Three Saturday of racing. Registration from 5:30 p.m. - 6:30 p.m. Carol Baisley, 208-887-3885,
- 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 11-Jul 16: Mt. Tabor Series**  
Mt Tabor Park, OR. Circuit race series held around the upper reservoir at Mt. Tabor Park. Six events in the series. Cash prizes and overall prizes for top finishers and best climbers - best 5 out of 6 results count. Races categories: Master 40+/50+, women and men. Clark Ritchie, 503-493-3777, www.obra.org
- Jun 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 18-Aug 20: Caldwell BMX Wednesday Racing**  
Caldwell, ID. Wednesday night racing. Registration from 5:30-6:30 p.m. Presign by email. Brandy Miller, 208-922-9199, caldwellbmx@excite.com
- Jun 24-Aug 25: Port Angeles BMX**  
Port Angeles, WA. BMX racing on Tuesdays night. Ten event series. Mike Thomas, 360-417-8116,
- Jul 9-30: SISNA Twilight MTB Race Series**  
Sandpoint, ID. Join friends and kids every Wednesday from 4:20 p.m. - 7:00 p.m. for fun filled team races against the clock on unique courses developed for all abilities at Schweitzer Mountain Resort. Ken Barrett, All About Adventure, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com
- Jul 15-29: Treasure Valley BMX Tuesday Racing**  
Boise, ID. Three Saturday of racing. Registration from 5:30 p.m. - 6:30 p.m. Carol Baisley, 208-887-3885,

## BMX

### JUNE

- Jun 1: RockyTop BMX - Sunday Racing**  
Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500,
- 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, www.gobmx.com
- Jun 7: Cottage Grove BMX Racing**  
Cottage Grove, OR. Track series. Bill Cass, 503-246-6480, www.obra.org
- 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. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx
- Jun 13-15: Caldwell BMX**  
Caldwell, ID. Race for Life and State Qualifier. Registration Friday from 5:30-6:30 p.m., Saturday 10:00 a.m. - 11:00 a.m., Sunday 8:30 a.m. -9:30 a.m. Presign by email. Brandy Miller, 208-922-9199, caldwellbmx@excite.com
- Jun 14: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

## MOUNTAIN BIKE RACING

**JUNE**

**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 16: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class. Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

**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. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jun 20: South Kitsap BMX**  
Port Orchard, WA. Single race. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661.

**Jun 21: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jun 23: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

**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. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jun 27: South Kitsap BMX**  
Port Orchard, WA. Single race. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 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. See race series for further information. RFL race. 541-767-2699, www.geocities.com/cg\_bmx

**Jun 28: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

**Jun 29: RockyTop BMX - Sunday Racing**  
Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500.

**Jun 30: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

**JULY**

**Jul 1: River Valley BMX Tuesday Night Racing**  
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

**Jul 2: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jul 5: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jul 5-6: Treasure Valley BMX**  
Boise, ID. State Qualifier and Gold Cup. Saturday registration from 9:30 p.m. - 10:30 p.m., Sunday from 9:00 p.m. - 10:00 p.m. Carol Baisley, 208-887-3885.

**Jul 8: River Valley BMX Tuesday Night Racing**  
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

**Jul 9: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jul 12: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jul 12: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

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

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

**Jul 13: RockyTop BMX - Sunday Racing**  
Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500.

**Jul 14: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, www.seatacbmx.com

**Jul 15: River Valley BMX Tuesday Night Racing**  
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

**Jul 16: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. 541-767-2699, www.geocities.com/cg\_bmx

**Jul 19: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jul 19: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

**Jul 21: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

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

**Jul 22: River Valley BMX Tuesday Night Racing**  
Sumner, WA. See race series for further information. Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, www.gobmx.com

**Jul 23: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jul 26: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jul 27: RockyTop BMX - Sunday Racing**  
Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500.

**Jul 28: North SeaTac BMX**  
SeaTac, WA. BMX racing / including Mountain Cross Class Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206-937-3436, http://www.seatacbmx.com

**Jul 29: River Valley BMX Tuesday Night Racing**  
Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

**Jul 30: Cottage Grove BMX Racing**  
Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg\_bmx

**Jun 11: 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.whimpsmtb.com

**Jun 11: Humbug Hurray-up**  
Yreka, CA. 12 miles course is 65% single-track. LeMans style start for all racers. Staggered start. Lauren Sweeney, 530-467-3129, www.obra.org

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

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

**Jun 7: 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 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 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, skibowlbikerace@aol.com

**Jun 14-15: Beacon Bomber**  
Seattle, WA. WIM Series cross-country and downhill racing for all ages and ability levels at Seatac. Cross-country #6, Downhill #5. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

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

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

**Jun 15: Stanley Park Bike Festival**  
Vancouver, BC. Multi-event festival attracting cyclists of all types. Bonnie Fenton, Stanley Park Bike Festival Society, 11-1958 York Avenue, Vancouver, BC, V6J 1E3. 604-734-1385, http://www.stanleyparkbikefest.ca

**Jun 21: Greenwater Killer**  
Greenwater, WA. WIM cross-country racing for all ages and ability levels. Cross-country #7. Required WIM Points Race. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jun 21-22: 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 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 22: Dash for Cash**  
Run on the Mudder course, but in the opposite direction. It is a cash prized race where 50-60% of the registration money in each class is returned to the riders. Robert Frey, One Speed Promotions, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

**Jun 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 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-level 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 - Intrawest, Panorama, BC, V0A 1T0. 250-312-5424, www.panoramaresort.com

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

**Jul 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 Trails to Trails Group, Box 2102, Klamath Falls, OR, 97601. 541-884-3050, sevignya@cvc.net

**Jul 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 Ferne, Nelson, Kootenay Lake and Rosland. Fernie Fat-Tire Adventures, Box 2037, Ferne, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

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

**Jul 5-6: Rossland Gravity Fest**  
Rossland, BC. BC Cup downhill, 4-cross. Also cross-country event, kids bike derby, fun races and demonstration events. Try some of Rossland's world-renowned riding. Jon Hopper, Rossland MTB Society, P.O. Box 1840, Rossland, BC, V0G 1Y0. 250-362-5797, jonhopper@telus.net

**Jul 5: South Surrey Bike Festival**  
Surrey, BC. Tour, kids races, and dirt jump competition. Jim Richardson, SOURCE, 604-598-5716, www.telus.net/source

**Jul 9: Central Oregon Short Track Mountain Bike Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jul 11-13: State Games Mountain Bike**  
Mt. Hood, OR. Downhill and cross-country. Petr Kakes, 503-272-0240, skibowlbikerace@aol.com

**Jul 12-13: Grouse Mountain UCI Triple World Cup**  
Vancouver, BC. Cross-country, downhill and dual mountain bike world cup events. Chantal Lachance, GESTEV Inc, 418-827-1122, www.gestev.com

**Jul 12-13: Terminator DH**  
Golden, BC. Downhill at its best. Steve Fisher, Kicking Horse Resort Mountain, Golden, BC, V0A 1H0. 250-439-5409, www.kickinghorseresort.com

**Jul 13: Spike Stomp**  
Kamloops, BC. Stake Lake Trails. XC/Enduro. Carolyn Barry, Spike n' Motion, 194 West Victoria St., Kamloops, BC, V2C 1A4. 250-372-3001, www.spoikenotion.net

**Jul 18-20: Tim Horton's National MTB Championships**  
Whistler, BC. Cross-country, team relay, downhill, 4-cross. Richard Juryn, Shore Events, 604-983-2215, www.shoreevents.com or www.canadian-cycling.com

**Jul 19-20: 24 Hours of Adrenalin**  
Canmore, AB. Steve Merker, Trifli Sports International, 160 Gibson Street., Unit #4, Markham, ON, L3R 3K1. 905-944-9436, www.24hoursofadrenalin.com

**Jul 19-20: Summer Ride Festival**  
Oakridge, OR. Mountain bike festival event. Richard Sweet, 541-334-6449.

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

**Jul 23: Central Oregon Short Track Mountain Bike Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jul 24-Feb 27: NORBA National Championship Series #4**  
Sandpoint, ID. Cross-country, downhill, 4-cross, short track at Schweitzer Mt. Resort. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jul 26-27: Canada Cup #4**  
Ferne, BC. Cross-country, downhill and dual slalom. Eric Reid, Fernie Alpine Resort, Ski Area Road, Ferne, BC, V0B 1M1. 250-248-1353, info@skiferne.com

**Jul 26-27: Fat Tire Frenzy**  
Red Lodge, MT. Sat: Downhill and criterium; Sun: Cross-country and observed trials. Tera Reynolds, Red Lodge Jaycees, Box 225, Red Lodge, MT, 59068. 406-446-2433, www.redlodge.com/frenzy

**Jul 27: Island Cup Regional DH Series**  
Port Alberni, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

## MOUNTAIN BIKE TOURING

**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 Trails to Trails Group, Box 2102, Klamath Falls, OR, 97601. 541-884-3050, sevignya@cvc.net

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Ferne, BC. All-singletrack camping trip features 6 days of mountain biking on some of the best trails in BC around Ferne, Nelson, Kootenay Lake and Rosland. Fernie Fat-Tire Adventures, Box 2037, Ferne, BC, V0B 1M0. 250-423-7849, www.ferniefattire.com

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

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Rossland, BC. BC Cup downhill, 4-cross. Also cross-country event, kids bike derby, fun races and demonstration events. Try some of Rossland's world-renowned riding. Jon Hopper, Rossland MTB Society, P.O. Box 1840, Rossland, BC, V0G 1Y0. 250-362-5797, jonhopper@telus.net

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

**Jul 9: Central Oregon Short Track Mountain Bike Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jul 11-13: State Games Mountain Bike**  
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Oakridge, OR. Mountain bike festival event. Richard Sweet, 541-334-6449.

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**Jul 23: Central Oregon Short Track Mountain Bike Series**  
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

**Jul 24-Feb 27: NORBA National Championship Series #4**  
Sandpoint, ID. Cross-country, downhill, 4-cross, short track at Schweitzer Mt. Resort. Wendy Zupan, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jul 26-27: Canada Cup #4**  
Ferne, BC. Cross-country, downhill and dual slalom. Eric Reid, Fernie Alpine Resort, Ski Area Road, Ferne, BC, V0B 1M1. 250-248-1353, info@skiferne.com

**Jul 26-27: Fat Tire Frenzy**  
Red Lodge, MT. Sat: Downhill and criterium; Sun: Cross-country and observed trials. Tera Reynolds, Red Lodge Jaycees, Box 225, Red Lodge, MT, 59068. 406-446-2433, www.redlodge.com/frenzy

**Jul 27: Island Cup Regional DH Series**  
Port Alberni, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

CALENDAR

Jul 26-31: Best of BC - Singlerack 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

Jul 26: Ladies Ride to the Green Owl Schweitzer Mt. Resort, Sandpoint, ID. Ladies only. 24-mile ride from the top of Schweitzer down to the Green Owl Tavern on the Priest River. 5000+ ft downhill. 17 miles of downhill. Ken Barrett, All About Adventure, P.O. Box 1671, Sandpoint, ID, 83864. 208-610-0691, http://www.allaboutadventures.com

ROAD RACING

JUNE

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. 208-343-3372, www.georgescycles.com

Jun 1: Washington State Master and Junior Road Race Championships Longbranch, WA. Old Town Bicycle, 253-858-8040, www.oldtownbicycle.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: 15th Annual Cooper Jones Memorial Twilight Series Spokane, WA. See race series for further information. Circuit Race to take place at Spokane Raceway Park. Badlands Cycling Club, 509-456-0432 or 509-328-1170, www.badlands.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@digwest.com

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

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

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

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

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

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

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

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

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

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. Badlands Cycling Club, 509-456-0432 or 509-328-1170, www.badlands.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@digwest.com

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

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

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

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: Fremont Twilight Criterium Seattle, WA. CANCELLED

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

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

Jun 15: Brocton Criterium Vancouver, BC. Circuit race on an exciting 2.6km course in Vancouver's Stanley Park Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe Street, Vancouver, BC, Vancouver, 604-681-0419, http://stanleyparkbikfest.ca

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

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: Stanley Park Bike Festival Vancouver, BC. Multi-event festival attracting cyclists of all types. Bonnie Fenton, Stanley Park Bike Festival Society, 11-1958 York Avenue, Vancouver, BC, V6J 1E3. 604-734-1385, www.stanleyparkbikfest.ca

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. Badlands Cycling Club, 509-456-0432 or 509-328-1170, www.badlands.org

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 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 Hobson, 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: 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 Badlands Cycling Club, 509-456-0432 or 509-328-1170, www.badlands.org

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

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

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

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. Brode Harmon, Team Rose City, 4060 Summerlinn Drive, West Linn, OR, 97068-5109. 503-742-9037, www.teamrosecity.org

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

JULY

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

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

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

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

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

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

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

Jul 6: Monaco Grand Prix OR. Criterium event. \$2000 in prize - inimum \$1500 in cash. Open to all senior and masters as well as tandems. Pre-registration \$20 before July 1st. Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. http://hometown.aol.com/comotionclassic/myhomepage/monaco.html

Jul 6: Snohomish Circuit Race Snohomish, WA. New to this year's series race calendar! This race has a little bit of everything for everyone: flats, short climb, rollers. Combines some of the distance of a road race with some of the intensity of a criterium. Northwest Women's Race Series Event #9. Northwest Women's Cycling, www.nwccy.org

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

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

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

Jul 8: 15th Annual Cooper Jones Memorial Twilight Series Spokane, WA. See race series for further information. Road Race (long) to take place at Chapman Lake. Badlands Cycling Club, 509-456-0432 or 509-328-1170, www.badlands.org

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

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

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

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

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

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

Jul 12: Redmond Derby Days Redmond, WA. A criterium with a short square loop to take advantage of serious cornering techniques. Northwest Women's Race Series Event #10. City of Redmond, www.nwcc.org

Jul 13: Talgo Criterium at Seafair Seattle, WA. CANCELLEDD

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

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

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

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

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

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

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

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

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

Jul 19: BC Masters Provincial Criterium Championships Brentwood Bay, BC. Tony Hoar, BC Master Cycling Association, www.bcmastercycling.net

Jul 19: Lake Washington Velo Circuit Race #1 Silvana, WA. Brian Hall, Lake Washington Velo, 3910 Sunnyside Ave, Seattle, WA, 98103. 206-242-1151, www.broadmarkcycling.com

Jul 20: BC Masters Provincial Road Championships Shawnigan Lake, BC. Tony Hoar, BC Master Cycling Association, www.bcmastercycling.net

Jul 20: Washington State Time Trial Championships Elma, WA. Northwest Women's Race Series Event #11. See web site for details. Jack Broadhead, www.pazzovelo.com

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

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

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

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

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

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

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

## CALENDAR

### Jul 25-27: Tour de White Rock - SISU BC Cup #6

White Rock, BC. Event features hill climb, criterium and road race. Cash Prize \$10,000. End of BC Superweek. Angela Belsham, City of White Rock, 15322 Buena Vista Ave., White Rock, BC, V4B 1Y6. 604-541-2161, [www.city.whiterock.bc.ca](http://www.city.whiterock.bc.ca)

### Jul 26: 17th Annual Wells Fargo Twilight Criterium

Boise, ID. Criterium event. Georges Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, [www.georgescycles.com](http://www.georgescycles.com)

### Jul 27: Camas Criterium

Camas, OR. Criterium event. David Kerchinsky, 360-936-6598, [www.obra.org](http://www.obra.org)

### Jul 27: Morning After Criterium

Boise, ID. Lactic Acid Cycling and World Cycles, 180 N. 8th Street, Boise, ID, 208-343-9130.

### Jul 27: Washington State Senior Road Race Championships

Elma, WA. Northwest Women's Race Series Event #12. Jack Broadhead, [www.pazzovelo.com](http://www.pazzovelo.com)

### Jul 28: Lakeside Bicycles Monday Night Masters & Women PIR

Portland, OR. See race series for further information. Jim Anderson, 503-975-8229, [www.obra.org](http://www.obra.org)

### Jul 29: 15th Annual Cooper Jones Memorial Twilight Series

Spokane, WA. See race series for further information. Oval-Crit to take place at Spokane Raceway Park. Badlands Cycling Club, 509-456-0432 or 509-328-1170, [www.badlands.org](http://www.badlands.org)

### Jul 29: Tuesday Night PIR Race Series

Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)

### Jul 29: Tuesday Night Road Race Series @ Pacific Raceways

Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, [trijolly@seattlemortgage.com](mailto:trijolly@seattlemortgage.com)

### Jul 30: Central Oregon Criterium Series

Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, [www.obra.org](http://www.obra.org)

### Jul 31: Seward Park Cycling Series

Seattle, WA. See race series for further information. David Douglas, 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)

### Jul 31: Thursdays Nighters

Medford, OR. See race series for further information. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)

## ROAD TOURING

### 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.tbwc.org](http://www.tbwc.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](http://www.owct.com)

#### Jun 7-8: 600 km Brevet

Southern Interior, BC. See web site for details. Bob Boonstra, 250-828-2869, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

#### 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](http://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/](http://www.cyclevents.com/alaska/)

#### Jun 10-Aug 25: Lewis & Clark Expedition

Hartford, IL to Astoria, OR. Self-contained, camping, shared cooking, cost includes: three meals daily, camping fees, T-shirt, and maps. Adventure Cycling Association, 800-755-2453, [www.adventurecycling.org](http://www.adventurecycling.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](http://www.seattlerandonneur.org)

#### 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](http://www.seattlerandonneur.org)

#### 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](http://www.wenatcheesunrise.org/century)

#### Jun 14: Skookumchuck Challenge

Tenino, WA. 100-, 80-, 70-, 50-, 30-, 20- or 6-mi courses start and end in Tenino. Leon Wagt, Lions Clubs, PO Box 1241, Rainier, WA, 98576. 306-446-1332, <http://www.lionsbikeride.org>

#### 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/](http://www.geocities.com/umpvelo/)

#### 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/ylr/>

#### Jun 15-Aug 30: Lewis & Clark Expedition

Hartford, IL to Astoria, OR. Self-contained, camping, shared cooking, cost includes: three meals daily, camping fees, T-shirt, and maps. Adventure Cycling Association, 800-755-2453, [www.adventurecycling.org](http://www.adventurecycling.org)

#### 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](http://www.seattlerandonneur.org)

#### Jun 15: Stanley Park Bike Festival

Vancouver, BC. Multi-event festival of cycling attracting cyclists of all types. Bonnie Fenton, Stanley Park Bike Festival Society, 11-1958 York Avenue, Vancouver, BC, V6J 1E3. 604-734-1385, [www.stanleyparkbikfestival.ca](http://www.stanleyparkbikfestival.ca)

#### Jun 20-22: Crowsnest 1000 km

Crowsnest, BC. 1000 km in 3 days. See web site for details. Eric Fergusson, 604-733-6657, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

#### Jun 20-22: Lower Mainland Brevet-1000 km

Victoria, BC. Route: Victoria - Port Hardy - Michael. Several start options available. Michael Poplawski, 250-882-1239, [www.randonneurs.bc.ca](http://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](http://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](http://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 Groupview 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](http://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](http://www.cascade.org)

#### Jun 21: The Ride 2003

Sedro Woolley, WA. Go the extra mile for Washington's National Park. Fun ride (30 miles approx), 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.wnppf.org](http://www.wnppf.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](http://www.tourowallawalla.org/potpourri)

#### Jun 22-30: Across America North

Astoria, OR. Astoria, OR to Boise, ID. 8 days, 614 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, [www.abbike.com](http://www.abbike.com)

#### Jun 22-Aug 11: Across America North

Astoria, OR. Astoria, OR to Portsmouth, NH cross-country tour - 50 days, 3600 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, [www.abbike.com](http://www.abbike.com)

#### 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. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, [www.hutchsbicycles.com](http://www.hutchsbicycles.com)

#### Jun 22-Jul 5: Ecuador Exploration:

##### Pichincha to Imbabura (Northern Circuit)

Ciudad, South America. Northern circuit. Discussions on history, indigenous culture, gender rights and roles, music, language, religion, geology, botany and ecology, great people to meet and scenic beauty to die for. 400 km, 250 miles, paved roads, long hills, high elevation. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206-767-0848, [www.ibtike.org](http://www.ibtike.org)

#### Jun 26-Aug 1: Cycling 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](http://www.adventurecycling.org)

#### Jun 27-30: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group will experience the beauty of the Northwest by day, and the unique pleasures found at the Grand Lodge, Hotel Oregon, Kennedy School, and Edgefield by night. Affordable all-inclusive packages are available for three and four day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, [www.rollingpubcrawl.com](http://www.rollingpubcrawl.com)

#### 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](http://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.redmondcyclingclub.org/index.html](http://www.redmondcyclingclub.org/index.html)

#### 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](http://www.ratpod.org)

#### Jun 29: Ashland Triple Challenge

Ashland, Oregon. Century, Metric Century and Half-metric tours. Tamara Abbott, Siskiyou Velo Cycling Club, P.O. Box 974, Ashland, OR, 97520. 541-488-2305, [www.siskiyouvelo.org](http://www.siskiyouvelo.org)

#### 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, 98489. 253-798-4176, [www.pierceregionwa.org/parks](http://www.pierceregionwa.org/parks)

#### 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](http://www.randonneurs.bc.ca)

### JULY

#### Jul 1: Canada Day 136 Populaire

Fort Langley, BC. Start from 8:00-9:30 a.m. Straiton, Vedder Crossing, Huntington, Aldergrove. Part of BC Randonneurs cycling cubevents Ian Stephen, 604-576-4425, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

#### Jul 1-10: Northern Rocky Ride

Boise, ID. Boise, ID to Casper, WY - 9 days, 707 miles. Bill Lannon, America by Bike, P.O. Box 805, Atkinson, NH, 03811-0805. 888-797-7057, [www.abbike.com](http://www.abbike.com)

#### Jul 4-6: NWTR 2003 (Northwest Tandem Rally)

Eugene, OR. Two days of tandem riding in the beautiful Willamette Valley. Debbie & Dunny Sorensen, NWTR 2003 Steering Committee, PO Box 11044, Eugene, OR, 97440. 541-485-8643, [www.nwtr.org](http://www.nwtr.org)

#### Jul 4: SIR 300 km Brevet

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



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or phone: 1-509-667-8323  
Toll free: 1-866-667-8323

CALENDAR

**Jul 4-5: SIR 600 Km Brevet**  
TBA, WA. Seattle International Randonneurs. Mark Thomas, Seattle International Randonneur (SIR), 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Jul 5-18: Ecuador Exploration: Andes to Amazon (Southern Circuit)**  
Ecuador, South America. Southern circuit. Discussions on history, indigenous culture, gender rights and roles, music, language, religion, geology, botany and ecology, great people to meet and scenic beauty to die for. 400 km, 250 miles, paved roads, long hills, high elevation. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206-767-0848, www.ibtike.org

**Jul 5: SIR 300 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Jul 6: Lower Mainland - 200 km**  
Lower Mainland, BC. Start at 7:00 a.m. Larry Voth, Wayne Harrington, 604-534-0379, 604-552-1667, www.randonneurs.bc.ca

**Jul 6: Lower Mainland - 50, 100 & 150 km**  
Lower Mainland, BC. Shorter variation of the 200 routes. Start at 7:30 p.m. Wayne Harrington, 604-552-1667, www.randonneurs.bc.ca

**Jul 6: SIR 200 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Jul 9-13: Red-Spoke**  
Redmond, WA. 16th annual bike tour across beautiful Washington state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Connie Carruth, Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org

**Jul 12-13: 24th Annual Seattle-to-Portland Bicycle Classic (STP)**  
Seattle, WA. One of the largest and best cycling events in the nation. 8,000 riders cover the 200 miles in 1 or 2 days. A NW tradition. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-2453, csttp@casccade.org

**Jul 12-19: Sandpoint-Glacier - Sandpoint**  
Sandpoint, ID. Cycle up and down the path left by the world's largest flood, Great Lake Missoual. Fully supported. Ken Barrett, All About Adventure, P.O. Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com

**Jul 12: Tour de Greater Victoria**  
Victoria, BC. Start at the Tim Horton on Gateway Village. 200km. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca

**Jul 13-19: Bicycle Idaho**  
Jerome, ID. 7-day, fully supported, campsites, all breakfast & dinners, road support, mechanical support. Craters of the Moon, Lost River Valley, Salmon River, Sawtooth Mts. Sandy Green, 1324 NW Vicksburg, Bend, OR, 97701. 811-413-8432, http://www.bicycledaho.org

**Jul 13-19: Habitat 500**  
Duluth, MN. Pledged, fully-supported, 7-day, 500-mile bicycle ride benefiting Habitat for Humanity. Past riders have ranged in age from 15-82, and have come from 25 states and several countries. Ride will tour NE Minnesota, beginning and ending in Duluth on the shores of Lake Superior. Leah Langevin, Habitat, 3001 4th St SE, Minneapolis, MN, 55414. 612-331-4439, www.habitat500.org

**Jul 13-19: TourBC**  
North Vancouver, BC. 7-day supported bicycle tour on Sunshine Coast and Vancouver Island. Danelle Laidlaw, dpi Consulting, 7068 Mawhinney Close, Burnaby, BC, V5B 4W2. 877-606-2453, www.tour-bc.net

**Jul 18-21: Ride Around Marble Mountain Wilderness**  
Etna, CA. 4-day ride, 220 miles. Spectacular scenery, great swimming, great food and a relaxed, friendly atmosphere. Cost \$295. Russ & Renee Rickert, Mt. Velo Cycling Club, 164 Alameda Drive, Ashland, OR, 97520. 541-482-8704, www.siskiyocycler.com

**Jul 18-24: State of Jefferson Tour**  
Ashland, OR. 420 miles. Spectacular scenery, great swimming holes, gourmet meals and relaxed, friendly atmosphere. Cost \$450. Russ & Renee Rickert, Mt. Velo Cycling Club, 164 Alameda Dr., Ashland, OR, 97520. 541-482-8704, www.siskiyocycler.com

**Jul 19: Lower Mainland - 300 km**  
Lower Mainland, BC. Starts 6:00 a.m. See web site for details. Barry Chase, 604-266-4214, www.randonneurs.bc.ca

**Jul 19: S2S**  
Seattle, WA. Seattle to Spokane on Hwy. 2; 283 miles. Duane Wright, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondyclingclub.org/index.html

**Jul 19-Aug 2: Sbuti Lithal Ti Swatixiturf**  
"Rolling the hoop through the land" Western Washington & BC. Explore the hear tan soul of multicultural western Washington/British Columbia. 500 km, 310 miles, paved roads, hills. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848, www.ibtike.org

**Jul 20: Hutch's 100 km**  
Bend, OR. 62-mile ride (Metric - century) road ride northwest of Bend with incredible view of Cascade Mountain. Mostly flat with small rollers. One stop with energy food and drink provided. Meet at Tumalo State Park. 5 miles west of Bend. 8:00 a.m. \$5.00 entry fee. Hutch's Bicycles, Bend, OR, 503-382-9253, www.hutchsbicycles.com/event.htm

**Jul 22-26: Cascade to the Coast**  
Oakridge, OR. A one to five-day tour of the Willamette Valley including the McKenzie area, Oakridge, Cottage Grove, Florence and the surrounding countryside and vineyards. Randy Dreiling, Oregon Trails Promotions, 541-782-2238, www.oregon-adventures.com

**Jul 26: Midsummer Nightmare Double Century**  
Spokane, WA. Scenic Double Century in NE Washington. Includes shirt, food, map, and sag support Steve Sauser, Spokane Bicycle Club, 13906 E. 21st Ave., Veradale, WA, 99037. 509-922-7249, www.spokanebicycleclub.org

**Jul 26: SIR 300 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

**Jul 26: Summit to Surf**  
Welches to Hood River, OR. A challenging ride with several route lengths (10, 34, 46, 54, 66, 75 and 100 miles). Start in Welches, OR and finishes in Hood River, OR. Nichol Simpson Montfort, American Diabetes Association, 380 SE Spokane Street, Suite 110, Portland, OR, 97202. 503-736-2770, http://www.SummitToSurf.org

**Jul 26: Valley to Coast**  
Oakridge, OR. An 85- or 110-mile tour on very lightly traveled backroads. Randy Dreiling, Oregon Trails Promotions, 541-782-2238, www.oregon-adventures.com

**Jul 26: Vancouver Island - 300 km**  
Vancouver Island, BC. Also offered: 300, 200, 150, 100, 50 km. Stephen Hinde, 250-245-4751, www.randonneurs.bc.ca

**Jul 27: SIR 200 km Brevet**  
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Jul 27-Aug 2: Washington Alps**  
Index, WA. 398-mile, fully supported tour of the Central Cascade Mountains. Gorgeous, challenging route. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owcet.com

**Jul 28-29: Rolling Pub Crawl**  
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group will experience the beauty of the Northwest by day, and the unique pleasures found at the Grand Lodge, Hotel Oregon, Kennedy School, and Edgefield by night. Affordable all-inclusive packages are available for three and four day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com.

**Jul 31: RAMROD 2003 - Ride Around Mount Rainier in One Day**  
Enumclaw, WA. 154 miles, 10,000 feet of climbing, incomparable scenery and support, entry is limited - see website. Don Harkleroad, Redmond Cycling Club, P.O. Box 8141, Bothell, WA, 98041. 206-781-3903, www.RedmondCyclingClub.org

TRACK

JUNE

**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 3: Youth Class #2a**  
Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

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

**Jun 5: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Kiddie Kilo, points race 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 5: Youth Class #2b**  
Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jun 6: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563.

**Jun 6: MVA Friday Night Track Races**  
Redmond, WA. Track racing. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

**Jun 7: Pee Wee Pedalers #2b**  
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. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jun 10: 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 10: Youth Class #2c**  
Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

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

**Jun 12: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. 3 omnium event and Madison. 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. Classes will focus on basic track riding skills, safety and introductory racing techniques. 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/trackracing.asp

**Jun 14: Pee Wee Pedalers #2c**  
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. 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 at the Velodrome. 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. Classes will focus on basic track riding skills, safety and introductory racing techniques. Tues and Thurs at 4:00 p.m. in 3-week sessions. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jun 18: MVA Wednesday Night Racing**  
Redmond, WA. See race series for further information. 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: 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. Sprints and Keirin Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 19: Youth Class #2f**  
Redmond, WA. Ages 9-12. Classes will focus on basic track riding skills, safety and introductory racing techniques. 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. Kiddie Kilo. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

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

**Jun 23-28: Alpenrose Six-Day**  
Portland, OR. The only 6-day race in North America. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

**Jun 23: MVA Monday Night 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: MVA Wednesday Night Racing**  
Redmond, WA. See race series for further information. 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 26: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. 3 omnium events and Six Day Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 26: Attack the Track #4**  
Redmond, WA. Track racing. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jun 26: Northwest Women's Racing**  
Redmond, WA. See race series for further information. 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/trackracing.asp

**Jun 30: MVA Monday Night Racing**  
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

JULY

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

**Jul 2: MVA Wednesday Night Racing**  
Redmond, WA. See race series for further information. Preceded by junior training from 4:30 p.m. to 6:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jul 2: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480.

**Jul 3: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Points race. Mike Murray, OBRA, 503-661-5874, www.obra.org/

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

**Jul 4: MVA Friday Night Track Races**  
Redmond, WA. Track racing, Kiddie kilo and possible special program. See website for more details. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

**Jul 4-6: Oregon State Track Championships**  
Portland, OR. Track event. Candi Murray, 503-667-6220, cmurray@teleport.com

**Jul 4-6: Provincial Track Championships**  
Victoria, BC. Track event. John Errington, GVIC, 250-479-0276.

**Jul 5: Pee Wee Pedalers #3a**  
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. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jul 7: MVA Monday Night Racing**  
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jul 8: Junior Class #1a**  
Redmond, WA. Ages 13-18. Classes emphasize track riding skills, safety, racing techniques and tactics. Classes meet on Tues and Thurs at 4:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

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

**Jul 9: MVA Wednesday Night Track Racing**  
Redmond, WA. Preceded by junior training from 4:30 p.m. - 6:00 p.m. See race information for details. Marymoor Velodrome Association, http://marymoor.velodrome.org

**Jul 9: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480.

**Jul 10: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. 3 omnium events and Madison Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jul 10: Junior Class #1b**  
Redmond, WA. Ages 13-18. Classes emphasize track riding skills, safety, racing techniques and tactics. Tues and Thurs at 4:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

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

**Jul 11: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563.

# Our Rides

By MAYNARD HERSHON

There was a time when our club rides lost cohesion, when they routinely turned into ragged hammer-sessions. No one liked that kind of disorder or benefited from it, not even the guys who regularly dropped the rest of the group.

It seemed that when we had two or three cycling "elder statesmen" in our number the rides stuck together better, out of respect for those guys, I guess. Most people thought those men knew how things should be done, so riders would follow their example. They'd form double pacelines where there was enough shoulder and single, disciplined lines where there wasn't.

When the respected riders came along, our group started at a gentle warm-up pace, then gradually picked up momentum. Sometimes we'd drop a rider or two on a climb, then pause so the stragglers could catch. When strong but undisciplined young men surged off the front, the group would let them go. Soon those guys learned that peer approval came from a quiet display of pack-riding skills, not head-down big-gear showboating.

During the rides, you could see those group values in action, but it was hard to talk about them off the bike. You'd hear questions like: Isn't the hard solo effort the better workout? and, Isn't this ride going the speed of the slowest participant? and, Shouldn't I go hard if I'm feeling extra good today? Questions like those are hard to answer.

A new rider could go to the shop where he traded and get answers to all sorts of cycling questions. He could become technically sophisticated simply by asking questions at the parts counter. He could find out how long the chain should be on a derailleur bicycle, how to wash wool clothing, and how to join a bike club. Someone knowledgeable could tell him about pedal cadence and position on the bike.

He would still not have a clue about negotiating fast downhill corners elbow-to-elbow in a pack.

At the chaotic time I mentioned, our looked-up-to riders were temporarily absent. One quit riding to work on his new house and another left to race in the East. Our rides quickly deteriorated. Maybe a guy or two would slip through a light just before it turned red, then look back and see the distance "gained," and decide to try to stay away.

And maybe a couple of other guys would give chase and two or three more would take off after THEM. That would generally be enough to string out the whole group and ruin the ride. The people who hadn't chased or who hadn't even felt warmed up yet got discouraged at the sudden disappearance of their training ride. The escapees rode hard but raggedly and learned nothing. The chasers who caught learned nothing; chasers who didn't catch gave up in disgust and oxygen debt.

Numbers at the starts of the runs began to dwindle. People started to speak disparagingly of "the ride." Separate smaller groups sprung up, leaving 15 minutes earlier or later, or doing the ride-route backwards. I heard the grumbling and saw the rides, which had gone on for years,

falling apart.

I caught Bob right after closing at his shop. He nodded his head as I told him about our problems, as if he'd heard stories like them before. He said he'd do what he could.

Next morning Bob turned out in front of the shop for the ride. He counted the guys: only six.

"Six," Bob said. "We start with six; we finish with six."

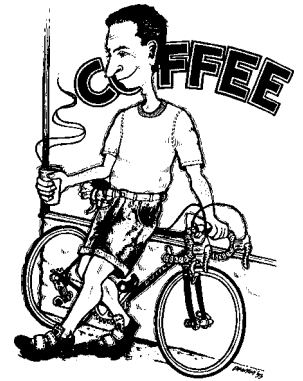
That ride was a dream. We rode in a double line mostly, at the most even pace you could imagine. Twice, guys rolled off the back on long uphill grades. Each time, Bob dropped back and towed him up to the group. Clearly, Bob was stronger than anyone else on the ride, but he used his strength to hold the ride together, not tear it apart.

The following day was better yet. One man brought a friend who had decided to give our rides another chance; that made seven. Bob counted but said nothing. The seven of us finished together.

At one point, the friend got dropped badly on a climb. Bob rolled back to him, put a hand on the back of the man's saddle, and pushed him up to the pack. Nobody'd ever helped the guy before; he raved about Bob. He said it was the first time he'd ever finished a training ride with the bunch.

The guy's gratitude and amazement touched me. I thought about how, in team sports, the casual observer gets impressed by the solo "hero" effort. The true aficionado prizes the unselfish labor of the TEAM player, the athlete whose good day brings everyone up.

Sure enough, word got around about our remodeled rides; numbers rose rapidly as we



regained drop-outs and added first timers. Bob spent most of his time with the new riders, explaining about smooth lines in corners and warning them about overlapping wheels.

One day a week he led us in pack intervals. Another day we'd sprint for city limit signs, then immediately re-form into our accustomed double paceline; elbow to elbow, six-inch gaps, friends.

Bob rode with us until he felt sure the discipline had "taken." Normally he preferred to ride after he closed his store in the evening or very early in the morning. When our racer returned from his campaign in the East, he happily dropped right into our training routine. He told us, his second day back, that some of the places where he'd stayed had crummy rides.

"It was every man for himself," he said, "nothing like this."

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CALENDAR

**Jul 11: MVA Friday Night Track Races**  
Redmond, WA. Track racing. Beer garden Marymoor Velodrome Association, <http://marymoor.velodrome.org/trackracing.asp>

**Jul 12: Pee Wee Pedalers #3B**  
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. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 12-13: State Games Track Races**  
Portland, OR. Track event. Phil Sanders, 503-649-4632, [philpsanders2@atbi.com](mailto:philpsanders2@atbi.com)

**Jul 14: MVA Monday Night Racing**  
Redmond, WA. See race series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 15: Junior Class #1c**  
Redmond, WA. Ages 13-18. Classes emphasize track riding skills, safety, racing techniques and tactics. Classes meet on Tues and Thurs at 4:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 15: Marymoor Tuesday Night Training**  
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 16: MVA Wednesday Night Racing**  
Redmond, WA. See race series for further information. Preceded by junior training from 4:30 p.m. to 6:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 16: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480,

**Jul 17: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. 3 omnium events and Madison Mike Murray, OBRA, 503-661-5874, [www.obra.org/](http://www.obra.org/)

**Jul 17: Junior Class #1d**  
Redmond, WA. Ages 13-18. Classes emphasize track riding skills, safety, racing techniques and tactics. Classes meet on Tues and Thurs at 4:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

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

**Jul 18-20: Alpenrose Challenge - AVC**  
Portland, OR. Track event. Mike Murray, 503-661-5874, [www.obra.org](http://www.obra.org)

**Jul 18: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563,

**Jul 18: MVA Friday Night Track Races**  
Redmond, WA. Track racing. Kiddie Kilo Marymoor Velodrome Association, <http://marymoor.velodrome.org/trackracing.asp>

**Jul 19: Pee Wee Pedalers #3c**  
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. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 21: MVA Monday Night Racing**  
Redmond, WA. See race series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 22: Junior Class #1e**  
Redmond, WA. Ages 13-18. Classes emphasize track riding skills, safety, racing techniques and tactics. Classes meet on Tues and Thurs at 4:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 22: Marymoor Tuesday Night Training**  
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 23: MVA Wednesday Night Racing**  
Redmond, WA. See race series for further information. Preceded by junior training from 4:30 p.m. to 6:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 23: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480,

**Jul 24: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. 3 omnium events and Madison Mike Murray, OBRA, 503-661-5874, [www.obra.org/](http://www.obra.org/)

**Jul 24: Junior Class #1f**  
Redmond, WA. Ages 13-18. Classes emphasize track riding skills, safety, racing techniques and tactics. Classes meet on Tues and Thurs at 4:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

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

**Jul 25: Masters/Juniors/Women Track**  
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563,

**Jul 25: MVA Friday Night Track Races**  
Redmond, WA. Track racing. Junior graduation. Marymoor Velodrome Association, <http://marymoor.velodrome.org/trackracing.asp>

**Jul 28: MVA Monday Night Racing**  
Redmond, WA. See race series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 29: Marymoor Tuesday Night Training**  
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 30: MVA Wednesday Night Racing**  
Redmond, WA. See race series for further information. Preceded by junior training from 4:30 p.m. to 6:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

**Jul 30: Track Class**  
Portland, OR. See race series for further information. Bill Cass, 503-246-6480,

**Jul 31: Alpenrose Weekly Series**  
Portland, OR. See race series for further information. Sprints and Keirin Mike Murray, OBRA, 503-661-5874, [www.obra.org/](http://www.obra.org/)

**Jul 31: Attack the Track #5**  
Redmond, WA. Track racing. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, <http://marymoor.velodrome.org>



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