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Northwest Trackies Challenge the Best



Annette Hanson/Photo by Joe Zauner

By DAVE CAMPBELL

The Alpenrose Velodrome Challenge (AVC), race #6 in the American Velodrome Challenge Series, drew top competitors from all around the world with its \$10,000 cash purse. Now in its 5th year, the AVC saw some inspired performances by Northwest athletes who stepped up to the challenge. The unique 268-meter concrete oval with the steep 43-degree banks was baking hot every day under the summer sun, and with temperatures hovering in the low-90s all weekend, track records were unlikely; but competition was nonetheless fierce. The three-day event held from July 18th-20th in Portland's Southwest hills, kicked off with timed events on Friday.

Portland's own time trial wonder kid Larssyn Staley (Hot Tubes), just back from a dual gold medal performance at Junior Nationals, claimed a hard-fought victory in the women's Pursuit with a 4:05.47. Heather Albert of Idaho (Basis), fresh off an impressive 2nd place performance at the Cascade Classic, was 2nd in 4:06.73, while past Masters World Pursuit Champion Annette Hanson of Washington (Team Rubicon) rounded out the podium.

The men's Pursuit results presented what would have been unthinkable just a few short years ago...Thirty-time National Champion Marty

Nothstein in 2nd place. The former Sprint specialist, now a full-fledged endurance man on the Navigators squad rode a solid 4:59.28 to be narrowly defeated by reigning World Masters Pursuit Champion Kenny Williams (Saturn for Seattle), who claimed the 4000 meter event in 4:58.41. Williams, perhaps the most dominant cyclist (in all disciplines) the Northwest has ever seen has won at least one event in the last three AVCs.

Later that night, pursuiter Hanson upstaged all the sprint riders to win the 500-meter time trial with an impressive 39.98. Laura Yoisten of Calgary, Alberta (Colnago/Carrera) was second in 40.23, while young star Ashley Kimmel of Pennsylvania (Colavita/Bolla) took third.

The smooth and powerful Mike Beers (Gotham Cyclists) registered an early 1:12:21 to lead the men's Kilometer race, but once the heavy-hitters took to the track, he was moved to fourth. His bike, however, borrowed by track record holder in the event (1:08.76) Nothstein, was given a second chance. With an incredibly consistent ride, Marty took the win in 1:10.04, turning the tables on Williams, who settled for second in 1:11.38. BC's Cameron MacKinnon (Bicisport) rounded up the top three.

The men's Sprint tournament began with US

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Not Going The Distance... Yet

By JOE KURMASKIE AKA THE METAL COWBOY

I pictured it as one of those knock-off-the-cobwebs rides. My pal Jim Moore would swing by for a late afternoon pedal around Sauvie Island - flat and free of commuter traffic. Considering I'd spent the better part of the winter and well into spring as a waterlogged two-wheeled taxi service for my five and under crowd, I was the cycling equivalent of a sturdy old mountain goat: equipped for short panic-filled bursts through yellow lights and the occasional pull over the short rise while carrying loose and live weight, but ready for nothing that required real endurance or speed. The bank, post office and grocery store just aren't that far from my doorstep.

I feared it would take more than the power of positive thinking and muscle memory to make me the sleek mustang of yesteryear. We all have to start somewhere, though. Time to log the quality miles. My quick fix equalizer?

Dig out those brand new bike shorts with the lightening bolts down the sides, the ones my sister gave me for Christmas. They smacked of virility, sure to provide a few extra mph if I looked at them during the right moments of the ride. I lubed the chain for good measure.

Jim appeared trim and tanned. He hadn't mentioned a recent vacation in the islands, but then I wasn't his social secretary, and he tended to understate his affairs in general. For all I knew Jim had just returned from a windjammer cruise or running with the Bulls. The first real sign of trouble brewing came after I indicated which direction around the island I thought the headwind would dominate. Jim acknowledged this with a tight grin, then pointed his bike the other way.

Ah, trial by fire. As long as we both had to do it, I was perfectly happy. We lit out at a decent clip but nothing to cry for mamma over, though Jim

See "Metal Cowboy" on page 4

► Feature

The Succession of Round and Round

By KELLY CHRISTENSEN & VALERIE CARTER

One husband-and-wife-headed sports event planning company, the Spokane-based Round and Round Productions, has been the most consistent contributor to mountain biking in the area over the last decade, providing all-ages mountain biking races and rides across Washington and Idaho. From a small, two-person start, Round and Round grew to be the region's dominant mountain biking event planner, tucking into their belt two World Cups in 1996 and 1999, and the Olympic trials in Helen, Georgia in 1996, along with a growing repertoire of annual events.

It began in 1994, when co-founder Wendy Zupan had her own marketing company and fellow co-founder Gino Lisiecki was working as an independent contractor. They decided to combine their talents to organize that year's NORBA Nationals. Their work

was so successful that it followed what seemed a fated path, leading them to start a sports event management company together. Zupan explains, "People just kept asking us to do things after that. One thing led to another and it kind of evolved." A year later, Round and Round Productions was in full operation and ready to take on the 1995 NORBA Nationals. This year their list of events includes the NORBA Nationals, the WIM series (WA, ID, MT), which comprises nine races, as well as a smorgasbord of road touring, triathlon and endurance events.

As event organizers on every level know, creating an event presents many challenges. Finding appropriate places to race is the first of these, and requires Round and Round to hire a skilled scouting team. A good mountain bike site ideally offers

See "Round and Round" on page 4

Banks & Bikes: A Good Mix?

By VALERIE CARTER

About six months ago, Val Kleitz, owner of Bike Smith in Wallingford, WA, visited US Bank, his bank of ten years, to make a deposit. As was his usual habit, Kleitz took his bike through the drive-through teller to make his transaction. However, upon reaching the window he was told, for the first time in over ten years, that he could ride his bike through this once, but in the future he would be refused service at the window. Kleitz, somewhat taken aback, inquired as to why this was the case. The teller replied that it was company policy out of concern for his safety. When Kleitz pointed out that there was a significantly higher likelihood of an accident when he was on the road with cars driving 60 mph, the teller maintained that it was merely



Bike lane with pump & water in Boulder, CO.

bank policy. Still confused, Kleitz took his line of questioning to the branch management. There he was told that they were concerned about liability issues. Kleitz reminded the manager that bikes are allowed in the parking lot, which represents an equivalent risk of liability to the company. In the end, Kleitz says, the attitude boiled down to, "It's private property and we make the rules."

On May 16, Bike to Work Day, Larry Naylor of Perfect Wheels had the same experience. This time, however, Larry pursued the issue beyond branch management with the aid of his Marketing Director and wife, Julie Wilson. Using her media resources, Wilson was able to bring enough attention to the issue that US Bank reviewed its policy. Upon doing research, it was discovered that it is not, in fact, corporate policy to ban bicycles in the drive-through teller

lanes, and that doing so is solely on the branch manager's discretion. The result is that regional management has now instituted a general policy of allowing bikes in the drive-through lanes.

Perhaps, in time, with enough coaxing, more regions will reach the same level of bicycle friendliness, and maybe even exceed it as Pueblo Bank and Trust in Boulder, CO has. This

Gregory Kovaciny of Bicyclists of Iowa City has compiled a very helpful guidebook of sorts, "Banking by Bike: An Incomplete Guide to Drive-Through Banking by Bike," which we have excerpted. It is a culmination of over a decade of sporadic research, stories and experiences that gives cyclists guidance on how to garner the same sort of reaction as Naylor and Wilson - a reassessment and change of bank policy.

"If you are denied service because you are on a bicycle, what do you do?"
The best thing is to start moving up the chain of command. If you are dealing in person, ask to see a copy of the no-bikes policy. If you are on the phone, suggest it be mailed or faxed to you. If there isn't one, ask who is next in line to talk with. You may be bumped around the corporate merry-go-round until you get the right person, possibly a Compliance Officer or Vice-President, who sets, directs, or coordinates policy, and who can either give you a confirmed policy response as to why you've been denied service or agree that you were denied service in error. Hopefully by this point it will have been discovered to be an oversight on someone's part, and bicycles will be afforded the same courtesies and services as motorists. Suggest that staff be reminded of the policy periodically. If the bank still insists they cannot serve you on a bike, and continues to use the false issue of insurance, it's time to write the Bank President. The Chief needs to know that a customer is dissatisfied and has been denied service for no good reason! You may also want to seriously consider switching banks to one that has no problems with you banking by bike. It is a Customer Service and Response issue, not an insurance issue."

Poker Ride

By VALERIE CARTER

On August 24, Kenmore, WA will host the 1st Annual BBTC Poker Ride at St. Edward State Park. Backcountry Bicycle Trails Club (BBTC) just put on their first big public event, the video premiere of "Kranked V: In Concert" in April, and is now ready to tackle a bike ride. While the premiere was geared more towards advanced, die-hard mountain bikers, this ride plays up the club's emphasis on family and recreational riders and is specifically tailored to highlight the fun side of cycling, rather than performance.

As the name of the ride suggests, the card game Poker is integral to winning this event. The ride is not timed. Rather, at registration, each rider receives a "poker hand." At each stop along either of the two routes (beginners and advanced) additional "cards" are handed out. At the end of the ride, whoever has the highest hand (according to conventional poker rules) wins.

The shorter of the two courses, the Family/Beginner course, runs about 5 miles. The more advanced course, which is for cyclists of intermediate level or higher, is 8 miles.

With a member base of over 400, BBTC hopes to draw a wide range of cyclists for this ride. Mire Levy, a member of the fundraising team organizing the event, explains that one group targeted in particular consists of graduates of BBTC's Boot Camp, which is a program designed to introduce people to mountain biking,

The camp covers everything from the basics of riding a mountain bike to how to traverse logs and ride steep hills. Like the Poker Ride, participants can range from young kids to older adults.

The Poker Ride can't help but be appealing to these riders and others like them, who are either beginner or purely recreational mountain bikers, when they could receive a prize regardless of how they fall in the finishing line up. The Grand Prize is a new mountain bike, and other prizes will be awarded to the top 25 poker hands.

This attitude is precisely what the organizers at BBTC were hoping to create with this ride. Levy emphasizes, "We are trying to make this as beginner and recreational rider-friendly as possible. We would like to see more families involved, not just hard-core cyclists...Burke-Gilman users - get them off the pavement and into the woods to just have some fun."

While everything about this ride is a "trial run," as Levy describes it, BBTC nonetheless harbors hopes of maintaining it as an annual event. Levy confides, "We want to do a multi-day mountain bike festival right in Seattle that will include the Poker Ride and races." She explains that while there are many mountain bike festivals in the general area, there isn't one right in Seattle. Cyclists typically have to travel for at least a couple of hours to get there.

But, for now, the focus is on the Poker Ride. "We're very enthusiastic," says Levy, "It's a good cause...and a great way to showcase what BBTC does in the area." For more details see www.bbtc.org.

Hamilton's Tour de France Wheels for Sale

Despite early injuries to a collarbone, world-ranked cyclist Tyler Hamilton of Team CSC and his sponsor, Indiana-based wheel manufacturing company ZIPP Speed Weaponry, will be donating the wheels used by Hamilton in the 100th Anniversary Edition of the Tour de France to the American Cancer Society, Great Lakes Division.

The "one-of-a-kind" wheels finished in gold hubs and trim in honor of the 100th Tour de France, represent some of the finest cycling and ceramic technology available in the cycling world. Embossed with the Society logo, the

wheels will be autographed by Hamilton and CSC team manager, 1996 Tour de France winner, Bjarne Riis.

The wheels will be auctioned off on E-Bay in August. Proceeds from the 100th year of the Tour de France commemorative wheel set will go to support the American Cancer Society's College Scholarship program.

To find the link to the auction item go to www.cancer.org. For additional information on the American Cancer Society call 1-800-ACS-2345 or visit their web site.

Classified Ad Scams

In last month's issue of Bicycle Paper one of our readers, Sandy Carter, posted a classified ad selling a bike for \$1000. He received one offer from a shipping agent, claiming that a foreign client was very interested in his bike. The offered arrangement was for the client to send a check for \$3500 to Carter, who would then forward \$2500 of that to the shipping agent. The agent would take care of all packaging and shipping requirements to get the bike to the client. Carter received the check without a hitch, but decided to verify funds on the check before proceeding with the remainder of the agreement. Upon doing so, he discovered that the check was a fraud and the entire arrangement had been a scam.

The most worrisome part of this incident is that

the check itself, by all accounts, was authentic. While details remain unclear, it seems that Carter's buyer had somehow obtained outdated, blank cashiers checks that were supposed to have been destroyed. Their hope was that Carter would merely deposit the check and, while the nonexistent funds were still "in transit," forward the remainder to the supposed shipping agent. Thus, the buyer would pocket \$2500 of Carter's money.

The drawer listed on the check is Firstar Bank, which has merged with US Bank. Steve Dale, a representative for US Bank, did not have further details on the incident. However, he urges, "If you have suspicions [of a check] contact the bank or the local authorities." From his own experience, Carter adds, "If it looks too good to be true, get your bank involved."

Oregon Bicycle Advocacy Group Recognized for Educational Leadership

On June 5th, the Bicycle Transportation Alliance, Oregon's statewide bicycle advocacy group, was awarded the League of American Bicyclists' national Bicycle Education Leadership Award. Presented by Congressman Earl Blumenuer, the award recognized the BTA's educational programs and activities, including:

- Teaching bicycle safety education to over 14,000 middle school students in communities around Oregon;
- Developing a series of humorous but hard-hitting "Share the Road" TV commercials that address cyclists' rights and responsibilities on the road;
- Offering a monthly Bicyclists Legal Clinic and Bicycle Commuting 101 workshop;
- Coordinating Safe Routes to Schools programs in middle schools in Portland and Corvallis;
- And organizing the annual statewide Bike Commute Challenge in September, when nearly 300 businesses compete for the highest percentage of employees bicycling to work

during the month.

"Education has long been a cornerstone of the BTA's advocacy work," remarked Scott Bricker, BTA Education Director, as he accepted the award. "Creating great bicycling communities means more than just lines on the pavement: it's about kids and adults knowing how to ride responsibly. That's what helps build community support."

The award was given as part of the national Bicycle Education Leaders Conference, June 4-6 which brought together 210 participants from around the country to share information on cutting-edge education and Safe Routes to School programs and to experience first-hand Portland's status as the most bicycle-friendly city in North America.

The BTA is a non-profit grassroots organization creating healthy, sustainable communities by making bicycling safer, more convenient and more accessible. For more information about the BTA, please visit www.bta4bikes.org.



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Bicycle Paper is published 8 times a year, March to November by Bicycle Paper. Write to 68 South Washington St., Seattle, WA 98104.

Phone 206.903.1333 or toll free 1.888.836.5720, fax 206.903.8565, email editor@bicyclepaper.com.

Subscription is \$14 per year; \$26 for two years.

POSTMASTER

Send address changes to:
Bicycle Paper
68 South Washington St.
Seattle, WA 98104

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Bicycle Paper is listed in The Consumer Magazine & Agri Media Source SRDS.

Serious Fun: Cycle Messenger World Championships

By KELLY CHRISTENSEN AND VALERIE CARTER

September 12-14, the Courier Association of Seattle (CSA) will welcome the International Federation of Bicycle Messenger Associations (IFBMA) and 600 to 1000 couriers for the 11th Annual Cycle Messenger World Championships (CMWC). Since its 1993 start in Berlin, the CMWC has been all over the world from London and Copenhagen to Toronto and Philadelphia. Yet it has not seen the West Coast since San Francisco hosted in 1996. This year, couriers from around the world will arrive in our backyard to deliver a challenging, fun and quirky competition.

The Cycle Messenger World Championships consist of nine events where bicycle messengers on multiple gear and single (fixed) gear bikes vie for a variety of titles, the most coveted of which is the Cycle Messenger World Title, the prize of the aptly named Main Race. The other championship events afford competitors a chance to showcase individual skills involved in messenger cycling and have equally self-descriptive names, including the Cargo Race, Messenger Polo, Sprints, Track Skid, Track Stand, Bunny Hop, Backwards Circles, and Dual Slalom.

Before all of these festivities take place, the weekend begins on Friday with the competitor's dinner and the Critical Mass Ride, held in honor of couriers who have lost their lives on the job. CSA's World Welcoming Party rounds out the evening activities.

Saturday afternoon, the real competition begins as couriers race for one of the 100 positions available for Sunday's Main Race

finals. The contenders to this World Title will be given a manifest of 10 pick-ups and deliveries to be completed along a course five city blocks long and three blocks wide, outlined in the south Lake Union neighborhoods of Fairview, Westlake, and Mercer. Permits pending, the course will take advantage of the area's perfect messenger obstacles: brick roads, steep hills and railroad tracks. The course is designed to simulate an actual workday, and accordingly, time penalties are given for mistakes that would detain a courier on the job, such as being rude to a client, or in this case a pick-up/delivery checkpoint person. Heading the wrong way on the course or taking shortcuts are grounds for disqualification. The winners are those couriers whose manifests are most complete at the end of the four-hour race period.

Competition for the other World Titles also begins Saturday. While not as involved as the Main Race, these events promise a decent challenge as well. The Cargo Race is only open to cargo bikes. Mike Dodge, four-time participant and current Volunteer Coordinator for the Seattle CMWC, describes, "They're throwing them all kinds of bulk...big, heavy, or big and heavy [packages]." The remaining events similarly test the riders' abilities as couriers by focusing on skills that are a part of a typical messenger day, such as sprinting, balance, and bunny hops. Though the endurance and skills that come with professional courier experience are necessary to race for the Main Race, they are not required to enter the other events. Art Torelli, Sponsorship Coordinator for the CMWC, explains, "Normally you have to be a bike messenger to compete, but we'll have a citizen

class where anybody can show up."

Sunday features the finals for the various events, as well as the awards ceremony and farewell party. The weekend's finale will see quite a few competitors walk away with a new title: each event will name a male and female World Champion, and the fixed bike-only events will culminate in the crowning of the Track/Fixie King and Queen. Event Coordinator and President of the Courier Association of Seattle Nick Dale says the top 10 finishers will receive "bragging rights" to the various world titles, along with merchandise provided by championship sponsors.

Throughout the CMWC weekend live music, the Film and Art Festival, the Sunset Emerald City Tour, and the midnight epic bar tour, as well as a showcase of messenger-produced art and writings will complement the competitive events. Torelli encourages, "The race is really just a gigantic party; you just show up and hang out with everybody...we want to do this so people in Seattle can just come out and have fun and learn about the messenger community."

Pre-registration is \$54 and is accessible online at www.cmwc03.com. Registration on race day is \$74. Additional information about events, IFBMA and CSA and the city of Seattle can also be found on the site.

Regardless of your messenger skills you can be involved whether it be by cheering from the sidelines or volunteering to monitor traffic or pick-up/delivery checkpoints. Artistic contributions are welcomed for the music and art festivities. Contact Mike Dodge at volunteer@cmwc03.com for more details.



Mountain Bike News from Lake Chelan

By RICHARD UHLHORN

It's been several years since Lake Chelan has enjoyed a hot, hot summer. The lake has never been warmer for swimming and the mountain biking is incredible.

Chelan Valley Cyclists (www.bikelakechelan.com) has been busy. The new club has just released its Trail Map & Guide of the U.S.F.S Echo Ridge Area. The map and guide was developed by the club to help guide mountain bikers to specific trail loops that are fun and exciting for

beginners, intermediate and expert riders. Its publication was a cooperative effort of the Lake Chelan Nordic Ski Club, Chelan Valley Cyclists and the Lake Chelan Tourism Promotion Group. The map is available at the Lake Chelan Chamber of Commerce (1-800-4CHELAN), the Chelan Ranger District and the many resorts and motels in the valley. Call the chamber to have one mailed or pick one

up in Chelan before heading up to the Ridge.

In conjunction with releasing the new map, Chelan Valley Cyclists and Uncle Tim's Toys are hosting a "Mountain Bike Extravaganza" from 8 a.m. to 6 p.m. on Saturday, August 23, at Echo Valley and Echo Ridge. Late August is a great time to visit the valley.

Events already scheduled are rides at Echo Ridge and a barbecue at Uncle Tim's facility at Echo Valley from 11 a.m. to 2 p.m. For those who don't have bikes, Uncle Tim has offered to provide them from his rental fleet. He will also provide a shuttle service to the Echo Ridge Trailhead. Club members will be on hand to promote mountain biking and help novice riders enjoy this sport. The club will hold a raffle, which will include a night in one of Tim's quaint cabins (hot tub

included) at Echo Valley and four free bikes for four hours during the winner's stay. Local Myth Pizza is planning on giving the club some pizza certificates.



Chelan Valley CC member Neil Gallagher riding some new single track.



The view from Ridge View at the Echo Ridge mountain bike area is spectacular.

More information is available on www.bikelakechelan.com. That being said, you don't have to wait until August to enjoy the Lake Chelan Valley and its many riding opportunities. While Echo Ridge offers over 18 miles of trails, for the more serious rider, there are plenty of more adventurous rides available in the area. Devil's Backbone and Pot Peak offer one of this state's best epic rides. Visit the Chelan Ranger District located at 428 W. Woodin Avenue (next to the Caravel Resort) in Chelan for more information.

Come on over and have some fun... you might even see us on the trails.

visit us on the web

www.bicyclepaper.com

The Metal Cowboy Rides Again!
By Bryan Wolfe - Nov-2002

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seemed to have plenty of heat in his hindquarters, notching it up with each mile marker. I assumed it was a way of showing me the winter had not broken his spirit. We'd bring it back down to chatting speed in short order. Anyone can go fast for five miles, but that's about when the dominoes begin to fall - a burning through the quads arrives in concert with sweat on the brow and thirst in the throat.

Jim's cell phone rang as I drafted the rear, trying not to get dropped. My friend's breathing was steady as he spoke, and while he probably didn't know it, the man's cadence had increased over the length of the call. He closed the phone and went back to work. Something wasn't right here. We were holding 20mph into a solid headwind.

Casual-like, or, as casual as one can be under such conditions, I asked, "What sort of riding were you able to do this winter?"

Jim looked over. "Well, since January I've been getting out three or four times a week. I told you about training for the Race Across Oregon at the end of the month, didn't I?"

And there it was. I would not have to hang up my jersey after all. Shamefaced and pathetic as I might have appeared on the surface, the gentleman to my right was a true athlete peaking just

weeks before one of the most challenging RAAM qualifiers in the nation. Race Across Oregon sets a blistering pace through the cascades, covering 545 miles in hours rather than days or weeks, using relay teams. The race founder and director, George Thomas, or, as Jim maintains, "that sadist course director who I imagine hovering over topo maps in a dank basement, figuring out how to make the course tougher each year," created the event from the source where so many great ideas are borne, a bar bet.

Thomas boasted he could solo across the state faster than a four man relay team. Who wouldn't take those odds? But George Thomas is the sort of person that books are written about. In fact, his life story has just been published. ("Going the Distance" Sports Publishing LLC \$24.95 167 pages).

Corvallis Gazette-Times sports reporter Jeff Welch chronicles the gritty epic of Thomas's climb from hit-and-run car accident victim and seizure riddled epileptic to a triumphant completion of the 3,000-mile bicycle odyssey known as the Race Across America. A gripping read, it also punctuates this concept: it's a bad bet to tangle with a guy scorched by the Mojave desert, pounded by the peaks of

Colorado, battered by the badlands, deprived of countless hours of sleep and still standing.

I prodded Jim for more background on the Oregon race. I was interested of course, but also to keep him talking, distract him from the pace a little.

"When we did the first official race, I knew so little that I showed up with a mountain bike and no one on our team owned their rides," Jim noted. "It was the bad news bears on bikes. We came in dead last of course, but instead of breaking us, we felt such camaraderie. We'd had so much fun we knew we were coming back."

That was five years ago. Jim's crew hasn't missed a mile of it since.

"Beyond the camaraderie, which is most of it, we're really motivated by fear of failure and peer pressure. Cycling is usually a solitary endeavor, but with the relay it's about not letting down your teammates."

Jim's team operates like a seasoned group of musicians, now. They know the melody but are ready at a moments notice to play off each other. "For us each leg of the relay isn't predetermined. We have a good idea how long each team member is going to be able to take it, then we feed off the ebbs and flows of

strength. With 43,000 feet of climbing, this can become important."

The parking lot was now in site. Jim had gone easy on me around the backside of the island and

motivated me in other ways. Maybe I'd join his team next year. Miles of riding between now and then. Jim's best piece of advice... not to take any bets from a guy named George.

The midwest is chock full of cross-state rides and races. Go round up a team and don't you take any bets from guys named George either.

Joe Kurmaskie is the author of the Random House bestseller "Metal Cowboy: Tales From The Road Less Pedaled (\$13 paperback) and the just released collection "Riding Outside The Lines: International Incidents And Other Misadventures With the Metal Cowboy (\$13 paperback) For more info: www.metalcowboy.com

Literary Rides With



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FEATURE

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downhill and cross-country courses, timing and staging areas, large start and finish areas, parking for upwards of 400 people, and space for medical emergency set up, registration, expo, etc. As cars and buildings shrink the wilderness, these places are getting harder to find. Approval of a site and negotiations with state and city governments, park officials, local bike clubs and private landowners for its use are also part of the planning process. Another of the various challenges a private sports event company faces is competition with club-sponsored biking events, which may also offer a well-selected site, refreshments, and medical attention.

Yet, in spite of these challenges, and even with steeper entry fees, Round and Round manages to stay on top, keeping their riders returning year after year. Many would say that it's due to the level of quality Zupan and Lisiecki require of their events, forcing a high dedication to detail and large time commitment. Every aspect of event production is controlled, from online registration to the electronic timing and detailed web site to the medical team that follows them everywhere. And many of their large-scale events' features, including offering many categories and bringing the races around the state, though costing more,

contribute to Round and Round's reputation of dependability and professionalism.

Richard Uhlhorn of the Lake Chelan Recreation Association has worked with Round and Round on everything from trail construction to media coverage. He says that the year Round and Round took over organization of the Lake Chelan Festival and made it part of their WIM Series, the number of racers increased from around 30 to 500 and has stayed between 550 and 650 ever since.

Riders like Jason Strother boost those numbers, as the organizers' reliability draws him back every time. Captain of the Rat 50 Cent Racing team, he has competed in every WIM Series race since he moved to the area in 2000 and enthuses, "It [the WIM series] is a little more organized as far as the timing. Also the venues tend to be a little better as far as open spaces and such. [Other events] that I've been to are just kind of like dirt roads." While smaller races may have computerized timing and a fun course, for serious racers it is no match for the consistent professionalism of a Round and Round race.

For themselves, Zupan and Lisiecki attribute Round and Round Productions' success to an

excellent staff of employees and volunteers, and conscientious business management. "Responding to our customer base, that's a big thing," says Lisiecki. For example, he explains, "The WIM series...is pretty much [just] Washington now." Concentrating their region with regard to rider participation and feedback has allowed them to satisfy more riders by providing an annual three events in each major mountain biking area, Seattle and Central and Eastern Washington.

In addition, Round and Round has answered their recreational customers' call for attention by offering family events. A substantial number of mountain bikers are parents, but before Round and Round, there were too few opportunities for entire families to participate in rides and races together. "We do a lot for families," mentions Lisiecki, further explaining that all children's events, like the Shimano Youth Series in the WIM events, are free for children and include a good piñata smashing. "A lot of people will go out and camp and just have fun. Families come out and make a weekend of it."

Mountain bike organizing has become a major commitment and life-long work for the

two, whose dedication is evident in their guiding philosophies. Zupan chimes, "Our whole thing is about making a giant party. We want everyone to have a good time!" Says her husband, "Our philosophy is, 'make it safe, make it fair.'" In accordance with their family-friendly outlook, Round and Round plans to host fewer monster-sized competitions like the World Cups and to downshift the competitive swing of their events in years to come. "One of the things we've looked at is catering [more] to non-racers; many people own mountain bikes but don't race. There are a lot of ways to get them involved in an event that doesn't scare them," Zupan explains. She adds that this switch may be a while down the road, as any new event takes a few years to build up its reputation.

Following NORBA Nationals at Schweitzer Mt. in Idaho at the end of July, the Round and Round calendar will wind down the bike season with a handful of fun-filled races and rides, which include the WIM series finals, The Squilchucker, the Nissan Xterra MTB Triathlon and the Tour des Lacs. The Methow Valley MTB Festival will end the racing season October 4-5. To find out more about these events visit www.roundandround.com.

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The Clavicle



By Erik Moen
PT, CSCS

The clavicle (a.k.a. collarbone) was recently made famous with Tyler Hamilton's Stage 1 crash in the 2003 Tour de France. Tyler's heroics have been reported daily. As of the time of this article he was still in the race in spite of his nasty clavicle fracture. Ladies and gentlemen, do not try this at home!

The clavicle is a sturdy, "s" shaped bone that connects the breastbone (sternum) to the shoulder. It is connected to the sternum by the sterno-clavicular joint and to the shoulder by the acromio-clavicular joint. The clavicle helps guide rotation and elevation of the shoulderblade and thus the shoulder. The deltoid, pectoralis major, trapezius, sternocleidomastoid, and subclavius all insert or originate on the clavicle and can cause deforming forces after an injury.

The clavicle is one of the most frequent bones fractured by the bicyclist. Common mechanism of injury includes falling forward onto out-reached arm (aka pavement pushup) or landing directly on the shoulder (aka shoulder digger).

It is pretty easy to see a fractured clavicle. Broken bones tend to bleed - a lot - therefore there will be a gradual development of swelling and discoloration. You will also sense there is something wrong with your shoulder by the incredible pain! Fractured clavicles will often times have obvious deviations of their normal route. Simple visual inspection will demonstrate bony deviation. If you think there is a chance that your clavicle is broken, it is best to seek medical attention right away. The best way to treat the injury until you can reach a physician or emergency facility is to immobilize the arm and shoulder by holding the arm close to the body with the other arm or a sling. You should put ice on the injured area for 20-30 minutes at a time, making

sure not to freeze the skin. Symptoms that add severity to a clavicle fracture include punctured skin, numbness, tingling, and weakness in the hand or arm, shortness of breath or difficulty swallowing. Your orthopedic physician will determine the severity of the fracture and discuss operative and non-operative options. Most clavicle fractures are capable of healing on their own.

Clavicular fracture healing rates vary depending on things such as age, location of the

fracture, and complexity of the fracture (how many pieces). Bony healing takes anywhere from one-and-a-half to three months. Full bony healing is preceded by the formation of a fibrous network that pulls the loose ends together.

The prognosis of the clavicle fracture is generally good. Once healing has been well established in a clavicle a physician may direct or delegate a rehabilitation plan to a physical therapist. Motion and muscular stability is gradually resumed.

Attention must be given to the normalization of shoulder blade coordination and shoulder active range of motion. Motion of the shoulder is generally not restricted once the clavicle is fully healed. Clavicle fractures that do not heal after a reasonable period of time may be considered for surgical fixation. This decision is between you and your physician.

"...but Tyler got back on his bike and raced..." Tyler is a professional bicycle racer who is paid to race his bike in the Tour de France. His actions are not typically advised. He was under close medical attention and was in a great deal of pain. An interesting Tyler

note is that drug control for the Tour de France is so tight that Tyler was significantly limited in his ability to take pain-killers while continuing to participate in the race. Rules for fair play are rules. A repeat fall on his injured shoulder could mean significant vascular and neurological damage.

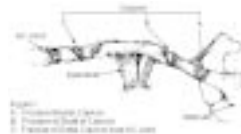
Tyler's tale is well told on his web site (www.tylerhamilton.com).

Clavicle fractures are painful, but common, fractures sustained by bicyclists. Starting with an orthopedist is a wise decision. Your rehabilitation following bony stabilization is best directed by a physical

therapist. One with good bicycling knowledge can help ease and hasten your return to bicycling.

I'll leave you with a quote from Tyler Hamilton's web site regarding the 2003 Tour de France, Stage 1 crash: "Behind the Scenes - After Stage 1 our mechanics were busy late into the evening gluing tires. Every rider on the team flattened his rear wheel from braking so hard to avoid the crash." ...Don't do this at home!

Erik Moen PT, CSCS is the Direct of Physical Therapy services for PRO Club - Seattle. He may be reached at emoen@proclub.com or 206-292-3826. Illustrations by Gray's Anatomy



FEATURE

Visiting Vancouver by Bike

By ALLISON MARKIN

Put the words "biking" and "Vancouver" together in a sentence and for many, the first image that comes to mind is the majestic North Shore mountains casting their large shadow over this Olympic city (not that we're bragging!). Grouse, Seymour and, further up the highway, Whistler, offer fantastic trails for cross-country and downhill. But for the recreational cyclist looking for a little less mud and a little less vertical, there are equally fantastic recreational trails.

Perhaps the most recognized and familiar, even to visitors to the Lower Mainland, is the Stanley Park Seawall. To cruise the wall takes just over 10 kilometers, though you can extend that trip to up to 30 kilometers by riding through to Granville Island, Vancouver's answer to Pike Place Market Science World, that big shiny globe leftover from Expo '86 and on to the beaches in Kitsilano, a trendy neighborhood with funky shops, an abundant choice of coffee

bars, and various sculptures and totem poles.

In the summer, the Seawall is flanked by artists, buskers and even the occasional theatrical performance. Several bike rental shops are located on the Coal Harbour side of the Seawall, near Robson and Denman streets. Cyclists and in-line skaters are required to ride counter-clockwise around the seawall, yielding to pedestrians. Before, or after, your ride, check out the high-priced shops of Robson Street, where Vancouverites do their star-gazing (rack up close encounters with J.Lo, Ben Affleck and Robin Williams this summer), the gelato shops of Denman Street, or simply take in the atmosphere at the aptly named Sunset Beach. If you do a Google search for "Stanley Park" you'll find a multitude of web sites to help you plan your day in the Park.

Further out of the city, in the suburb of Richmond, is the picturesque and historical village of Steveston, where you can "bike the dyke." You can even buy a t-shirt proclaiming this feat. The dyke is a wide, flat, gravel trail that

begins in the village and continues along the Fraser River towards Vancouver's airport and as you're riding, you'll see planes coming and going. It's generally flat and offers some great riverside scenery, but can be dusty if we've been without rain for a while.

Steveston is a fishing village that plays host to numerous events throughout the summer and celebrates its past as a fishing and canning center. The Gulf of Georgia Cannery, a National Historic Site, is an interactive museum showcasing the canning process from years past. The walls still shine with fish scales, but the smell is long gone. Nearby is the oldest structure on the Fraser River, the Britannia Heritage Shipyard. After working up an appetite on the dyke, treat yourself to fish and chips from one of the takeout windows in the village, or buy your fish fresh from a boat on the dock. Visit www.steveston.bc.ca for more info.

Finally, at about 45 minutes from the city, is Pitt Lake, North America's largest freshwater tidal lake. Located in Pitt Meadows, the lake is 27 kilometers long and mimics the fiords of Northern Europe. More than 50 kilometers of

hiking and biking trails surround the area and feature wildlife viewing towers upon which you can observe dozens of species of birds and a variety of sea life. A bike ride to Widgeon Falls will take less than an hour and give you a decent, but not necessarily difficult, workout.

At the north end of the lake is Goose Island where you can admire aboriginal rock painting (ditch the bike and borrow a kayak) and where the lake meets the Pitt River, enjoy a protected marsh area and its wildlife.

Pitt Meadows is definitely a few paces slower than Vancouver is. You'll feel like you're in pastoral farm country, even though you know the city is just a short ride away. For more info, go to www.mapleridge-pittmeadows.com.

For more ideas on biking areas around Greater Vancouver, pick up a copy of the Vancouver Coast and Mountains Travel Guide at any TouristInfo Centre in BC, or stop by www.vcmcbc.com.



Clif Bar 24-hour National Champs

By VALERIE CARTER

On May 24-25 Northwest racers swept many of the categories in the 2003 NORBA 24-Hour National Championships held in Spokane, WA. Though there has been some controversy (see sidebar for details) surrounding the championships and the caliber and number of racers attending, one team still pulled a notable victory.

Team Clif Bar, comprised of Russell Stevenson, Erik Tonkin, Erik Atwood and Jason Jablonski, blew away the competition in the 4-person elite men's category. Garret Heitman, marketing manager for Clif Bar, gathered these four riders - three of whom are pros - with the confidence that they would be an unbeatable team. Though two of them had never participated in a 24-hour race, all are strong riders. Oddly, the team underwent no preparation for

the race; they just showed up together. The only strategy they formed was to do the race in blocks (one lap on, three off throughout the day, then split into two groups of one on, one off at night), which Jablonski had picked up at a previous race. Perhaps this was the key to their victory, garnering them more sleep at 3.5 hours between rides. Or perhaps it was pure adrenaline keeping them energized and riding hard throughout the night. In any case, the team gained the blowout they had anticipated.

When asked about the controversy revolving around the championships, Stevenson returned, "What controversy?" Apparently it hadn't made its way onto the team's radar. However, once filled in on the subject, Stevenson merely replied, "We welcome competition; we wanted someone to challenge us."

Bicycle Paper did some very rough calcula-

tions with the numbers, comparing the winning stats of the four-person 1st place finishers for each event. While NorCalVelo, the winners at the California event, posted a time of 24:05:23 for 29 laps of 12.52 miles, Seattle's Clif Bar team clocked a 21:42:10.1 for 30 laps of 14 miles. Even allowing for differences in the courses and the number of turnouts for each race, in our eyes, the official NORBA 24-hour National Champion, team Clif Bar, remains just that. Their speed, combined with their can-do, pull-all-stops, nearing reckless abandonment attitude, convinces us that they would have come out on top, regardless of the competition.

In case you are wanting to see if they truly have what it takes, or were just one-hit wonders, the team intends to defend their jerseys at the 24 Hours of Adrenalin(tm) event at Snoqualmie Pass in September and the national championships next year.

On May 24-25 Round and Round held the 2003 NORBA 24-Hour National Championships in Spokane, WA. A week before that, on May 17-18, Trilife hosted the 2003 24 Hours of Adrenalin™ National Championships near Monterey, CA. Why the discrepancy? Trilife's event was originally slated to be the USA Cycling-sanctioned 24-hour national championships. However, when NORBA scheduled another national level event on the same weekend, Trilife organizers chose to disassociate their event from NORBA. Still in need of a location to hold the championships, NORBA officials turned to Round and Round, who agreed to host the official championships as part of their already scheduled 24-hour race. Trilife hosted their own national championships, as they do every year, and despite the break retained the large numbers it usually boasts, this year swelling to 1200. Round and Round's lesser-known event garnered only 450 riders coming mostly from the Northwest area.

Race Notes

Juniors at Nationals

Rad Racing's Karen Amundson (Woodinville) did something at the national junior road championships I think has never been done. She won all the events - the road race, the time trial and the criterium. All three times, she beat Oregon standout and stalwart on the national-junior scene Larssyn Staley (Saturn Development). Though Staley, who was ahead mid-way through the time trial, suffered a flat tire, she still managed to come in second.

Following the road nationals, the NW contingent of junior riders moved on to the track nationals. Staley captured gold in the Points Race and the 2-km Individual Pursuit, while Admussen took silver in the Scratch Race. Tela Crane (Rad Racing/Issaquah) brought home two silvers earned in the Sprint and 500-meter events. Taylor Boglioli (Gregg's/Sammamish) rode to a bronze medal performance in the 13-14 age group omnium.

On the men's side, Benny Swedeurg (Rad Racing/Auburn) came back home with the 10-12 age group omnium silver. David Fleishhauser (Rad Racing/Olympia) took the bronze in the 17-18-year-old Individual Pursuit. He and Adam Sutherland (Corbair Hunter/ Kent) teamed up with Ryan Luttrell and Zack Grabowski to win the gold in the Team Pursuit and with David Holloway to grab the bronze in Olympic Sprint. Sutherland partnered with Marty Cahill (Corbair Hunter / Portland) to grab silver in the Madison, and Cahill wrap up the weekend with a silver performance in the 25-km Scratch Race. Finally, Dean Tracy (Rubicon / Portland) and Ryan Luttrell won the bronze in the Madison.

With those road and track results Admussen and Staley earned a spot on the national team to represent the US at the Junior Track World Championships in Moscow, Russia in August and at the Junior Road World Championships in Hamilton, Canada next October.

Canadian MTB Nationals

World Champion Roland Green (Victoria) showed his best form in Whistler to win the elite men's cross-country event ahead of Ryder Hesjedal (Victoria) and Geoff Kabush (Courtenay). Marie-Helene Premont (Quebec) was first in the women's race ahead of Chrissy Redden (Ontario) and Vancouver's Alison Sydor. Max Plaxton (Victoria) easily won the junior expert race. On the downhill side Michelle Dumaresq (Vancouver) and Micheal Jones (Victoria) were crowned National Champions.

BC Superweek

Delta, Vancouver and White Rock played host to the BC Superweek from July 18-27. Both Delta and White Rock featured a hill climb, a criterium and a road race while Vancouver presented the crown jewel of the week, the Steamworks Gastown criterium. Health Net's Gord Fraser and Andrea Hannos (Rona) won overall titles of the weeklong event. Tyler Farrar (Wenatchee) finished second to Fraser.

Over 28,000 crowded the streets of downtown Vancouver and watch Canadian Gord Fraser out-sprint Alex Candelario (Prime Alliance) and Jeff Hopkins (Jittery Joe's) in the Gastown criterium. Multiple attacks and counter-attacks coming from all the major teams contributed a race average speed of 35 mph. Svein Tuft (Prime Alliance), Cameron Evans (Broadmark), Tyler Farrar (Jelly Belly), Johnny Sundt (Jittery Joes), Cory Lange (symmetrics) were among some of the Northwest riders who spent time at



Photo by Joe Zauner

Saturn Nathan O'Neill leading teammate Tom Danielson and the field up Macksenzie Pass.

Saturn Dominates Cascade Classic

By NW RACE REPORT STAFF

Saturn's Tom Danielson and Lynn Bessette came out victorious after five days of racing at the Cascade Classic in Bend, OR. Doug Ollerenshaw (Broadmark) and Lisa Magness (ICO) claimed the best Oregon rider's jerseys. Bessette came to Bend to race hard, and so she did all week, multiplying attacks and going on long breaks, not willing to sit in the pack, and using the race to prepare for the second part of her season, which includes European World Cups and the World Championships in October.

She won all the stages but one - the first of two criteriums. In the first stage, she soloed in a minute ahead of Heather Albert (Team Basis), who was the only rider able to keep up with Bessette's pace over McKenzie Pass climb. The 7.7-mile time trial was Bessette's affair, as she clocked a 15:31. Teammate Jessica Philips was 55 seconds back and Albert 59 seconds down. In the criterium the next day, the Canadian rider was on the attack the entire race but in the end it is Albert who edged national junior criterium champion Megan Long (OB12U), Laura Downey (ICO) was third, leaving Bessette off the podium. On the second road stage, the Saturn rider continued her dominance of the Cascade Classic, winning in a solo effort that began at mile 18 of the 52-mile race. She finished the day one minute and 30 seconds ahead of

the front of the race.

In the women's race, Saturn's Ina Teutenberg didn't need a sprint to beat mountain biker and Olympian Alison Sydor (Trek-Volkswagen). The pair rolled clear of the field early in the race, Sydor mostly following Teutenberg's wheel. The pack could not get organized and rapidly gave up chase and concentrated on third place. The duo lapped the main group and the German dropped Sydor to finish alone. Sydor rolled in 24 seconds later. Andrea Hannos (Vancouver) took the bunch sprint.

Albert. In the final stage, Bessette launched nine attacks that resulted in breaks before she rolled off the front alone for the win. Nicole Friedman (Team Basis) won the bunch sprint ahead of Megan Long.

Bessette had high praise for all the riders, "Most of these girls work full-time jobs. My job is to ride my bike. All these girls try hard and that's the important thing to remember".

On the men's side, the first stage did not live up to historical expectations. Pack finishes are the norms on the 93-mile Pacific Power Mt. Bachelor road stage course, which includes 4,600 feet of climbing, but Saturn would have none of that. Following a move by Tony Cruz (US Postal) after the last KOM sprint, Tom Danielson (Saturn) went up the road, Prime Alliance David Clinger took charge in bridging to him, and a break of seven formed, getting down to work immediately. Many did not believe the break would stick as the first three attempts had failed. "I thought, no, I don't want to close that gap," says Ollerenshaw. "I thought it was just another gap and someone else would close it. Next thing I know, it's gone". Clinger took the win, Ollerenshaw was 9th earning him the Oregon leader's jersey.

The next day featured a 22-mile climb over Old McKenzie Pass Road in which riders gained more than 4,025 feet of total elevation. On McKenzie Pass, Steve Larson (Webcor) began a solo effort that facilitated the winning move. Behind Larson, the Saturn team was at

In Delta, Tyler Farrar accumulated the most overall points, beating out Andrew Pinfold (Ital Pasta) and Fraser on race overall. The 19-year-old's top finish came in the hill climb where he was second behind Zack Bell (Synergy Racing). Andrea Hannos was the point leader on the women's side. Her best finish was third in the hill climb behind winner Alison Testroete (Fash 5/ Norco).

In White Rock the women's story was Sarah Noble (Bike Barn), the Canadian mountain biker turned roadie, who finished eighth at the Canadian national mountain bike champion-

the front setting a strong tempo. Shortly after the KOM sprint, Micheal Sayers (Health Net) drilled the pace on the downhill and a break of 14, which included Ollerenshaw, formed. About half-way up the lower slopes of the final climb, Danielson set a blistering tempo that only Jonathan Vaughters (Prime Alliance) and Chris Wherry (Navigators) could sustain. After several attacks, Danielson took the win, Ollerenshaw finished sixth more than a minute back.

Another Saturn rider was on top of the podium in the time trial, Nathan O'Neill posted a 13.24 and finished 10 seconds ahead of race leader Danielson. Chris Baldwin (Navigators) was third, 19 seconds back.

The criterium was fast (35 mph) but fairly uneventful. Mostly it was a Saturn-led affair with riders from other teams slipping by to take the primes. Chris Horner, who calls Bend home for much of the season, took the sprint finish, making it his third victory in a row on that circuit.

On July 12, Prime Alliance's David Clinger won his second road stage of the event defeating race leader Danielson in a pack sprint over the final climb. Doug Ollerenshaw was 13th in the stage, finishing in the same time as the winner and retaining the jersey for the top Oregon rider. BC's Cam Evans (Broadmark) was part of a seven-man break that rode away on the first climb of the day and stayed clear for five of the six laps before being reeled back.

The final criterium stage was a snapshot of the entire stage race - no one could lay a glove on Danielson or put a dent in the armor of the Saturn team that protected him. On the day, there seemed to be two races on the course. One up the road, where 11 riders powered away after two laps and fought for the win, the other about 30 seconds behind the leaders where the remainder of the 118 starters sat on the Saturn's train. In the end, Prime Alliance Alex Candelario took the stage win over Horner.

After the criterium, many riders appeared glad the entire Cascade Classic experience was coming to an end. There were many words of praise for the courses, the race management and the level of competition, but the exhaustion of racing against the best North American stage racers over the past five days was clear.

Corvallis, OR resident Doug Ollerenshaw, finished 4 minutes and 11 seconds off Danielson's pace for ninth overall and won the best Oregon rider division. Bend resident, Lisa Magness came in ninth overall in the women's field to claim the honors.

ships just a week prior, won the hill climb and the road race. She was third in the criterium.

On the men side, Danny Pate (Prime Alliance) lapped the field in the criterium and finished second to Ben Brooks (Jelly Belly) on the road after a solo effort to bridge to the duo of Brooks and Alex Lavallee (Ital Pasta), who were up the road.

The Superweek concludes the Sisu Road BC Cup Series. This year's winners are Lisa Sweeney (Kappa) and Matt Usborne (Symmetrics).

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

AUGUST

Aug 2: Mountain Speed Series #6

Squamish, BC. Beginner and Intermediate racing clinics. DH, XC. Designed by the Provincial Coach at Cycling BC and 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

Aug 3: Singletrack Clinic

Sandpoint, ID. Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691. www.allaboutadventures.com

Aug 9: 2003 Tour de Fat Festival Series

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

Aug 9-10: Elliott Bay Bicycles Historic Bike Rendezvous

WA. Show & Close Mansion Banquet on Saturday. Rides on Sunday. <http://marymoor.velodrome.org>

Aug 10: SpeedSeries Learn to Race Clinic #4 (Women Only)

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, training 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

Aug 15-17: Spokeswomen Mountain Bike Camps

Whistler, BC. A full weekend of skill development and discovery of the mountain bike park and Whistler valley singletrack. Bike rental available. Sally Carmichael, Whistler Blackcomb Mountains, 4545 Blackcomb Way, Whistler, BC, V0N 1B4. 800-766-0449. www.spokeswomen.com

Aug 16: 2003 Tour de Fat Festival Series

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

Aug 16-17: Sugo! Dirt Series #5

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

Aug 18: Seattle Bicycle Club Monthly Speaker Presentation & Meeting

Mercer Island, WA. Bicycle Touring is the feature of this month's presentation. Visitors welcome. No charge. Location: VFW Hall 1836 72nd Ave. SE. Doors open at 7:00 p.m. Patty McKee - Seattle Bicycle Club, 206-903-9434. <http://www.seattlebicycle.com>

Aug 23: 2003 Tour de Fat Festival Series

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

Aug 23: Washington State Hillclimb Time Trial Championships

Crystal Mountain, WA. Six miles, 1500 ft. elevation gain. An uphill time trial to Crystal Mountain. All categories. Counts for NWWC series. Dave Bachman, WheelSport Cycling Team, 23333 106th Ave. S.E., Kent, WA, 98031-3353. 253-852-4946. dbachman@libertycycling.com

Aug 24: 1st Annual BBTC Poker Ride

Kenmore, WA. 1st Annual BBTC Poker Ride at St. Edwards Park - family and recreational riders oriented, fun, food and prizes. Mire Levy, Backcountry Bicycle Trails Club, PO Box 21288, Seattle, WA, 98111. 206-283-2995. http://bbtc.org/recreation/calendar.php?event_id=1342

Aug 27: Mountain Speed Series #7

Williams Lake, BC. Beginner and Intermediate racing clinics. DH. Designed by the Provincial Coach at Cycling BC and 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

SEPTEMBER

Sep 6: 2003 Tour de Fat Festival Series

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

Sep 6-7: Sugo! Dirt Series #6

Calgary, 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

Sep 17: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676. info@bt4bikes.org

Sep 20-21: Sugo! Dirt Series #7

Whistler, 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. Reunion weekend. Cycling BC, 1367 - 332 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034. www.cycling.bc.ca

Sep 23-25: Footprints and Bike Tracks 2003

Olympia, WA. The conference 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 the barriers to physical activity in their community. Barb Culp, Bicycle Alliance of Washington, Box 2904, Seattle, WA, 98111. 206-224-9252. www.bicyclealliance.org

OCTOBER

Oct 19: SpeedSeries Learn to Race Clinic #5 (Cyclocross)

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

RACE SERIES

Mar 9-Aug 25: Northwest Women's Race Series

Redmond, WA. 16 events in various locations around Washington. Look for the mention "Counts for NWWC Series" in individual event description. Overall standing calculated after each event for category 4 women. Awards at the end of the season. Heather Johnson, www.nwwc.org

Mar 13-Sep 25: Thursday Time Trials

BC. Roger Thomas, <http://mars.ark.com/%7Evcvcc/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.roundandround.com

Mar 23-Sep 7: Comox Cup Road Series

Comox, BC. Scott Sutherland, <http://mars.ark.com/%7Evcvcc/clubinfo.html>

Apr 2-Oct 29: Cottage Grove BMX Racing

Cottage Grove, OR. Wednesday night, 6:00-7:00 p.m. Reg. \$5; Every Saturday 2:30-3:30. Reg. \$7. Racing ASAP! Dick Wentland, Todd Keohart 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 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

Criteria Series
Seattle, WA. Seven event series for junior riders. All events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. David Schilling, 8231 4th Ave NE, Seattle, WA, 98115. 206-619-1355. www.wsbjr.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@digiwest.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.budracing.com

Apr 10-Aug 21: Seward Park Cycling Series

Seattle, WA. Thursday night criterium on the 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.budracing.com

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 categories 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

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Resorts of the Canadian Rockies

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 at 6:30 p.m. Kids under 13 race free. 3 age group divisions, starting at 7:00 p.m. Jim Anderson, 1467 Greenleaf Circle, Lake Oswego, OR, 97034. 503-975-8229, 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 20: 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, gagan1@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 11-Aug 20: Central Oregon Short Track MTB Series

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

Jun 16-Aug 25: MVA Monday Night 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 19-Aug 16: Broadmark Capital Circuit Race Series

Washington, various. Three-event series - Skagit Flats, Carnation Farm and Boston Harbour in Olympia. Points calculated after each event. Intermediate sprint competition. Jake Frame, Broadmark Capital Cycling Team, 425-709-8356, www.broadmarkcycling.com

Aug 5-26: Twilight Tuesday Night Criterium Series

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

Aug 12-19: Treasure Valley BMX Tuesday Racing

Boise, ID. Three Saturdays of racing. Registration from 5:30 p.m. - 6:30 p.m. Carol Baisley, 208-887-3885

Aug 30-Oct 25: Treasure Valley BMX Saturday Racing

Boise, ID. Three Saturdays of racing. Registration from 10:00 a.m. - 11:00 a.m. Carol Baisley, 208-887-3885

Sep 5-Oct 24: Caldwell BMX Friday Racing

Caldwell, ID. Friday night weekly series. Registration from 5:30-6:30 p.m. Presign by email. Brandy Miller, 208-922-9199, caldwellbmx@excite.com

Oct 5-Dec 7: Cross Crusade

Portland, OR. 10-event series raced on various courses. Brad Ross, 503-246-7338

BMX

AUGUST

Aug 4: River Valley BMX Tuesday Night Racing

Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Aug 5-10: 800 points weekend at McCollum Park

August 5 - SPR part of South Snohomish County Night Out Against Crime, August 7 - Practice, August 8 - SPR, August 9 - Earn Double, August 10 SCR double. Kim Jacombe, Snohomish County Parks & Recreation, mcollumpark.bmx@gte.net

Aug 6: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 8: Treasure Valley BMX

Boise, ID. Race for Life. Registration from 5:30 p.m. - 6:30 p.m. Carol Baisley, 208-887-3885

Aug 9: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 11: River Valley BMX Tuesday Night Racing

Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Aug 13: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 16: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 18: River Valley BMX Tuesday Night Racing

Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Aug 20: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 23: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 24: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Aug 25: River Valley BMX Tuesday Night Racing

Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Aug 27: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 30: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 31: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Aug 25: River Valley BMX Tuesday Night Racing

Sumner, WA. See race series for further information. Mike Raich, 206-246-2661, www.gobmx.com

Aug 27: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 30: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Aug 31: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Sep 3: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Sep 6: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Sep 7: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Sep 9: RockyTop BMX - Mountain Home, ID. Single Point. Registration from 10:00 a.m. - 11:00 a.m. Tony Haberland, 208-587-5500

Sep 10: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Sep 10: RockyTop BMX - Mountain Home, ID. State Qualifier. Registration from 10:00 a.m. - 11:00 a.m. Tony Haberland, 208-587-5500

Sep 13: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Sep 13-14: Island Games

Nanaimo, BC. Downhill, trials, BMX. Steve Tranfield, The Realm Riders, 250-340-1159

Sep 13: King of Bikes

Coquitlam, BC. 4-cross and BMX event. Kevin O'Brien, KOB Production, 604-872-7287, www.bmxfiles.com

Sep 17: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Sep 20: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Sep 21: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Sep 24: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Sep 27: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 1: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 4: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 5: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 8: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 11: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 15: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Oct 18: Cottage Grove BMX Racing

Cottage Grove, OR. See race series for further information. Dick Wentland, 541-767-2699, www.geocities.com/cg_bmx

Oct 19: RockyTop BMX - Sunday Racing

Mountain Home, ID. Registration from 1:00 p.m.-2:00 p.m. Tony Haberland, 208-587-5500

Aug 9-10: Canada Cup Finals

Kamloops, BC. Cross-country, downhill, dual. All categories, all levels. Race at Sun Peak Resort. Henry Pejiri, 7-1380 Summit Dr., Kamloops, BC, V2 C 1T8. 250-578-5484, www.sunpeaksresort.com

Aug 9: Island Cup Regional XC Series

Cumberland, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

Aug 9-10: Lakeside Mountain Bike Races

Mountain bike race event. Kevin Thompson, thomsok@loswego.k12.or.us

Aug 9-10: The Squilchucker - WIM Series Finals

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

Aug 10: Island Cup Regional DH Series

Cumberland, BC. Hugh Fletcher, Arrowsmith MTB Club, 250-248-5575, www.arrowsmithmtbclub.com

Aug 16: 12 Hours of Hemlock

Hemlock, BC. Cross-country endurance event. John Whitmore, Hemlock Valley Resort, 6455 129 A St, Surrey, BC, V3X 1R9. 604-591-8811, www.bigdogracevents.com

Aug 16-17: Island Triple Throwdown

Courtenay, BC. Cross-country, downhill, dual. Chris Housell, Mountain Washington Alpine Resort, 250-792-1211, www.mountwashington.ca

Aug 17: Return on the Jedi

Grants Pass, OR. Top-rated course finishes on 5 miles of twisting single-track (The Jedi Trail) at Sam Brown Campground. Cross-country. Richard Amicus, Bikecraft, 1448 Williams Hwy., Grants Pass, OR, 97527. 541-476-4935, bikecraft@attininternet.com

Aug 20: Central Oregon Short Track Mountain Bike Series

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

Aug 23-24: Hemlock Challenge - BC Cup Finals

Hemlock, BC. Cross-country, downhill and 4-cross. Cory Adst, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-850-4603, www.bearmountainchallenge.com

Aug 27-Sep 1: World Masters Mountain Bike Championships

Bromont, QC. Contact the USCF/Norba for additional information

Aug 29-31: Mountain Bike Series Finals

Mt. Hood, OR. Mountain bike race event. Petr Kakes, 503-272-0240

Aug 30-Sep 1: 24 Hours of Adrenalin

Whistler, BC. MTB team relay. Teams of 4-10 people and solos. Riders of all levels can participate. Aaron McConnell, Triflie Sports International, 905

SEPTEMBER

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

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

Sep 14: Black Rock Ride
Bend, OR. 20 miles MTB ride around Paulina and East Lake. Very strenuous loop with no food or water along the way. Begins at 10:00 a.m. No entry fee. Meet at Paulina Falls parking area 35 miles south of Bend. Hutch's Bicycles, 725 NW Columbia St., Bend, OR, 503-382-8253, www.hutchsbicycles.com

ROAD RACING

AUGUST

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

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

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

Aug 3: Broadmark Capital Circuit Race Series
Boston Harbor, WA. Boston Harbor course - See race series for more information Jake Frame, Broadmark Capital Cycling Team, 425-709-8356, www.broadmarkcycling.com

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

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

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

Aug 5: 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

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

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

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

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

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

Aug 6: HealthMasters Hill Climbing Championships
North Vancouver, BC. Barb Zimich, 604-983-2765, www.zimichcoaching.com

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

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

Aug 9: Denny Creek Hill Climb
Snoqualmie, WA. 4.9 mile, 1050 ft vertical hill climb time trial on Denny Creek Road near near Asahi Curtis I-90 exit 47 to Alpental Intersection. Start at 10:00 a.m. Registration at summit - exit 54. John McKain, Jet City Velo, 425-747-3136, http://www.jetcityvelo.com

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

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

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

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

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

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

Aug 12: 15th Annual Cooper Jones Memorial Twilight Series
Spokane, WA. See race series for further information. Road Race to take place at Williams Lake. Badlands Cycling Club, 509-456-0432 or 509-328-1170, www.badlands.org

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

Aug 12: Tuesday Night Road Race Series @ Pacific Raceways
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

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

Aug 13: Central Oregon Criterium Series
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

Aug 14: Seward Park Cycling Series
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Aug 14: Thursday Nighters
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

Aug 16: Broadmark Capital Circuit Race Series
Carnation, WA. Carnation course - See race series for more information Jake Frame, Broadmark Capital Cycling Team, 425-709-8356, www.broadmarkcycling.com

Aug 16: Lake Washington Velo Circuit Race #3
Olympia, WA. Northwest Women's Race Series Event #14. Brian Hall, Lake Washington Velo, 3910 Sunnyside Ave, Seattle, WA, 98103. 206-242-1131, www.broadmarkcycling.com

Aug 16: Provincial Criterium Championships
N. Vancouver, BC. Criterium event only. Barb Zimich, 604-983-2765, www.nso.ca/zimich/

Aug 17: BC Provincial Time Trial Championships
Squamish, BC. Individual time trial event. Gary Jones, Escape Velocity, 3390 West 15th Ave, Vancouver, BC, V6R 2Y8. 604-888-5779, www.escapevelocity.com

Aug 17: Ken Meyer Memorial Criterium
Bellingham, WA. Criterium event. Paul Clement, www.kulshancycles.com/race.htm

Aug 17: State Time Trial Championships
Champoeg, OR. Road race event. Joe Cipale, 360-750-6659

Aug 18: Lakeside Bicycles Monday Night Masters & Women PIR
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

Aug 19: 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

Aug 19: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

Aug 19: Tuesday Night Road Race Series @ Pacific Raceways
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Aug 19: Twilight Tuesday Night Criterium Series #3
Eugene, OR. Four-criterium series. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

Aug 21: Seward Park Cycling Series
Seattle, WA. See race series for further information. David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Aug 21: Thursday Nighters
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

Aug 22-24: Co-Motion Classic Tandem Stage Race
Eugene, OR. Four stages of challenging courses in the beautiful hills and valleys surrounding Eugene. A and B level categories, limited to 50 tandems in each field with prizes for sub-categories. Weekend also offers fun ride. Race benefits Kidsports. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com, www.co-motion.com/CTandemRace.html

Aug 23: High Desert Road Race
Bend, OR. Road race event. Damian Schmitt, 541-350-3327

Aug 23: Stanley Challenge
Boise, ID. Road race event. Jeff Gasser, 208-867-2488

Aug 23: WA State Hill Climb TT Championships
Crystal Mountain, WA. 8 miles of pain. An uphill time trial. Northwest Women's Race Series Event #15. Dave Bachman, WheelSport Cycling Team, dbachman@libertycontrols.com

Aug 24: Seward Park Season End Classic Criterium
Seattle, WA. Criterium on a 0.8 mile loop inside Seward Park, one 120-degree turn and one hill. All categories. Seattle Juniors Criterium Series event. Northwest Women's Race Series Event #16 David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Aug 25: Lakeside Bicycles Monday Night Masters & Women PIR
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

Aug 26: 15th Annual Cooper Jones Memorial Twilight Series
Spokane, WA. See race series for further information. Best of the Bunch: Road Race & awards to take place at Chapman Lake. Badlands Cycling Club, 509-456-0432 or 509-328-1170, www.badlands.org

Aug 26: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

Aug 26: Tuesday Night Road Race Series @ Pacific Raceways
Kent, WA. See race series for further information. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Aug 26: Twilight Tuesday Night Criterium Series #4
Eugene, OR. Four-criterium series. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com

Aug 27: Central Oregon Criterium Series
Bend, OR. See race series for further information. Damian Schmitt, 541-350-3327, www.obra.org

Aug 28: Thursday Nighters
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

Aug 31: BC Masters Provincial Time Trial Championships
Penticon, BC. Tony Hoar, BC Master Cycling Association, www.bcmasterscycling.net

Aug 31: Oregon District Hill Climb
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

Aug 31: Oregon Hillclimb Championships
Government Camp, OR. Road race event. John Lombard, OBRA, 503-737-1727, www.obra.org

SEPTEMBER

Sep 2: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

Sep 4: Thursday Nighters
Medford, OR. See race series for further information. Glen Gann, 541-779-6986, gagann1@aol.com

Sep 6-7: Idaho State Championships
Boise, ID. Road race and criterium championships. Kurt Holzer, Lost River Cycling, 2234 N 9th Street, Boise, ID, 83702. 208-385-9613

Sep 8: Lakeside Bicycles Monday Night Masters & Women PIR
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

Sep 9: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

Sep 13: 31st Annual Bogus Basin Hill Climb
Boise, ID. Road race event. George's Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

Sep 15: Lakeside Bicycles Monday Night Masters & Women PIR
Portland, OR. See race series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

Sep 16: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

Sep 20-21: Eugene Celebration Cycling Classic
Eugene, OR. Pro/1-2, Cat 3, Cat 4/5, Masters, Women, Stage Race (RR/Circuit, TT and Crit.). Distances vary. Part of Eugene Celebration Festival! Saturday - Road Race and Time Trial, Sunday - Downtown Criterium. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com

Sep 23: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

Sep 30: Tuesday Night PIR Race Series
Portland, OR. See race series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jeff@digiwest.com

OCTOBER

Oct 7-12: World Championships - Road
Hamilton, ON. Not a NW event but the best chance to see 800 of the greatest cyclists from 50 countries racing for the ultimate title. It is only the 5th time the event has been raced out of Europe. Hamilton, 35 Glen Road, P.O. Box 5190, L0D41, Hamilton, ON, 905-529-2003, www.hamilton2003.com

ROAD TOURING

AUGUST

Aug 1-2: 400 km Lower Mainland, BC. Night Ride. Start at 9:00 p.m. on Friday night. See web site for details. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 2-4: Lower Mainland Brevet - 1000 km
Lower Mainland, B.C. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 2-4: Southern Interior Brevet - 1000 km
Southern Interior, BC. See web site or details. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 2: The Dram Brevet
Peace Region, BC. 200 km. See web site for details. Wim Kok, Fort St John, BC, 250-785-4589, www.randonneurs.bc.ca

Aug 3: Blackberry Bramble
Eugene, OR. 100 mi, 64 mi, and family ride Mel Huey, GEARS Cycling Club, P.O. Box 10244, Eugene, OR, 97440. 541-345-3181, http://www.eugenegears.org/bramble/bramble_index.htm

Aug 3: Friends Ride
Hood River, OR. Bicycle the Historic Columbia Gorge Scenic Highway while raising money for a good cause. Jan Rosell, Friends of People with AIDS Foundation, P.O. Box 4014, Portland, OR, 97208. 503-283-8535, www.friendspsa.org/ride.htm

Aug 3-10: Tour of the Volcanoes
Mt. Ranier, St. Helens, WA. Road tour around Mt. Ranier & St. Helens. 60-80 miles/day. Vehicle support with some meals. Larry Glickfeld, 412 Cottage Ave, Cashmere, WA, 98815. 509-782-4123

Aug 4-7: Rolling Pub Crawl
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between 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 Edgely 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

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

Aug 8-9: Ride Seattle to Vancouver & Party (RSVP)
Seattle, WA. 185-mile ride on scenic Washington backroads. Post-event party w/ live band and no-host cash bar. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org/rsvp

Aug 9-11: Courage Classic Bicycle Tour
Snoqualmie, WA. 3-day, 172-mile fully supported ride over Snoqualmie, Blewett and Stevens Passes. Jeff Randall, Mary Bridge Children's Hospital, 409 South J Street, Tacoma, WA, 98415. 800-392-9253, www.courageclassic.com

Aug 9-10: Lower Mainland - 600 km
Lower Mainland, BC. Starts 6:00 a.m. See web site for details. BC Randonneurs Cycling Club, 604-936-3519, www.randonneurs.bc.ca

Aug 9-16: Wheelin' Over Washington
Whidbey Island, WA. Ride all the way across via Rt. 20, the North Cascades Scenic Byway, to Newport. Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com

Aug 10: Blue Cruise Wheels for Wellness
Meridian, ID. 100-50-35-15-mile distances to benefit St. Luke's Children's Hospital and St. Alphonsus/American Lung Assoc. of Idaho's Camp Super Breathers for children with asthma. Fully supported. Post-ride party with live music. Blue Cross of Idaho Foundation for Health, PO/Box 8419, Boise, ID, 83707-2419. 866-482-2252, www.bcofoundation.org

Aug 10: Providence Bridge Pedal
Portland, OR. America's second largest community bike ride is celebrating its 8th year. Two route options, 25 or 14 miles. Start times 7 a.m. to 9:30 a.m., 100 cyclists are starting every minute for two and a half hours! Providence Rose Pedal, 1631 NE Klickitat St, Portland, OR, 97212. 503-281-9198, www.providence.org/rosepedal

Aug 10-16: The Oregon Bicycle Ride
Madras, OR. 7-day fully supported, camping, all breakfast & dinners, campsites, road support, mechanical support. Central Oregon's ranch and farm land, ponderosa forests, John Day fossil beds. Sandy Green, 1324 NW Vicksburg, Bend, OR, 97701. 800-413-8432, www.oregonbicycleride.org

Aug 16: Rim to Roseburg Century
Roseburg, OR. Seventh annual century from the rim of Crater Lake. Over 6000 feet of elevation loss! Bike shuttle loads Friday night in Roseburg, and on Saturday bus up the North Umpqua River, with snacks provided en route, or meet us at the rim. Enjoy wonderful descents, river and forest views. Food and drink stops along the way. Special lodging rate available. Jon or Melanie, 541-440-3070, www.geocities.com/lumpvelo

Aug 16: The Vine Ride
Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 50, 65 and 100 miles. Karl White, Wheel Help Rides, 6415 SW 153rd Ave., Beaverton, OR, 97007. 800-390-6189, www.vineride.com

Aug 17: Head to the Bay
Newport, OR. Choose either the 10-mile family ride, the 26-mile or the metric century ride. A walk/run is also available. All events start at the Yaquina Head Lighthouse and offer great scenic view. Start 7:45 a.m. Pre-register by August 1st to get a t-shirt. All funds raised will be used for restoration and preservation projects. Jane Maines, Yaquina Wheels Bicycle Club, www.yaquinahighlights.org

Aug 17-22: Ride Around Washington (RAW)
Seattle, WA. RAW turns 5 by reversing its original route w/ a few changes (via mostly SR20) Six day ride from Davenport, WA, over the North Cascades. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.cascade.org/raw

Aug 17: Successor to the Wolf Haven Ride - TRYBR 2003
Tenino, WA. 20, 30, 50, 80 and 100 miles. Includes maps, cue sheets, restops with food, sag. Kids under 12 ride free. \$15 in advance, \$18 day of the ride. Capital Bicycle Club, 360-956-3321, www.capitalbicycleclub.org

Aug 23-24: 600 km Brevet
Lower Mainland, BC. You can ride either the 200 km, 300 km, 400 km or 600 km. You must contact organizer by Sun, Aug 17 to participate in the 400 or 600km. Starts at Haney, 6:00 a.m. Harold Bridge, 604-941-3448, www.randonneurs.bc.ca

Aug 23: Activity to Benefit Children (ABC) Bicycle Ride
Mt. Angel, OR. Get a chance to win a week-long tour while contributing to a special scholarship fund for low-income families at Providence Benedictine Child Development Center. Three distances between 10-50 miles. Child Development Center, 503-845-2662, www.providence.org/oregon

Aug 23: Torture 10,000, The Toughest Century in the West
Portland, OR. 30, 72, 100 miles, 10,000 feet of climbing. Start at Mt Hood Community College. Online registration at www.active.com Portland Wheelmen, 503-288-1979, www.pwtc.com

Aug 24-31: Oregon's Rim to the Rogue Bicycle and Rafting Tour
Roseburg, OR. 5 days of cycling up the Umpqua River to Crater Lake and 3 days of rafting down the Rogue River Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owcwt.com

Aug 30-Sep 1: Lower Mainland Brevet - 1000 km
Lower Mainland, BC. Details to follow. BC randonneurs cycling club, www.randonneurs.bc.ca

Aug 30-Sep 1: Southern Interior Brevet- 1000 km
Southern Interior, BC. See web site or details BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 31-Sep 5: SPUDS 9 - Cycling Around Idaho
Boise, ID. Annual ride across Idaho. Boise to Salmon. Tom Sheehan, Cyclevents, PO Box 725, Hilo, HI, 96721. 888-733-9615, http://spuds.cyclevents.com

SEPTEMBER

Sep 4-15: Bike, Barge and Beer Tour
Belgium & Holland. 11-night tour of Belgium & Holland on a traveling barge. Goes through Benelux region of Europe. Includes 10 private tours of breweries. Casual riding every day. Wendy Zupan, Round and Round Production, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Sep 6-7: Bicycle Trek for Life & Breath
Fraser Valley, BC. Register now for a 2 day, 200 km ride through BC's beautiful Fraser Valley Katie Goe, BC Lung Association, 2675 Oak Street, Vancouver, BC, V6H 2K2. 604-731-5864, www.bc.lung.ca/ctrek

Sep 6-13: Cycle Oregon
Various regions, OR. This is a fully supported, 7-day bicycle tour through the most magnificent scenery in the West. Mark Anderson, Cycle Oregon, 5253 NE Sandy Blvd, Portland, OR, 97213. 800-292-5367, www.cycleoregon.com

Sep 6: Quiche Brevet
Fort St. John, BC. 200 km, also 75 and 150 km available. Wim Kok, Fort St John, BC, 250-785-4589, wkok@nbc.bc.ca

Sep 6: Tour de Coeur
Coeur d'Alene, ID. 2 mile to 60 mile rides on paved routes. 2% to 14% grades on longer rides. Festival events. Cynthia Rozyla, American Cancer Society, 1602 E. Sherman Suite 104, Coeur d'Alene, ID, 83814. 208-667-9749, www.acsidaho.org

Sep 6: Tour de Vine
Wenatchee, WA. Wander through our scenic upper valley as our grapes transform from vine to wine. Followed by Italian dinner and wine tasting. Begins in Wenatchee and winds through orchards, wineries, fruit stands, and a bakery. More info online after April 15. 509-663-0425, www.tourdevine.com

Sep 6-8: Trek Tri-Island
Seattle, WA. A 3-day, 135-mile fully supported ride through the San Juans. Meredith Gibson, American Lung Association of Washington, 2625 3rd Ave., Seattle, WA, 98121. 206-441-5100, www.alaw.org

Sep 7: Galloping Goose Populaire
Victoria, BC. Start at 9:00 a.m. from Thetis Lake Park and follow the Galloping Goose Trail. 100 km and 75 km with some off-road. Micheal Poplawski, 250-882-1239, www.randonneurs.bc.ca

Sep 7: Great Northwest Fall Tour
Newport, WA. Enjoy a beautiful ride in the country. Choose either a 15 or 50-mile route on paved county roads. Melody Geddes, Melody Geddes, 1282 South Shore Road, Newport, WA, 99156. 509-447-4085

Sep 7: Headwaters Century
Enumclaw, WA. 45, 65, and 100-mile routes. Scenic and rural roads generally flat with some rollers. Climb to Mud Mtn Dan on 100 mile ride. Forms and online registration at website. Registration 7-11 a.m. at Enumclaw High School. Linda Higgins, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-759-5480, www.tbwc.org

Sep 7-13: Wheeling Washington
Seattle, WA. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 W. Spazier Avenue, Burbank, CA, 91506. 800-433-0528, www.owcwt.com

Sep 8-13: WYCYC XIV - Wyoming Cycling Celebration
Jackson, WY. Annual ride across Wyoming. Jackson to Dayton Tom Sheehan, Cyclevents, PO Box 725, Hilo, HI, 96721. 888-733-9615, wycyc.cyclevents.com

Sep 13: SIR 100 km Populaire
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

Sep 13-15: Trek Tri-Island
Seattle, WA. A 3 day, 135-mile fully supported bike ride. Meredith Gibson, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. 206-441-5100, www.alaw.org

Sep 14: 24th Annual Autumn Century
Spokane, WA. 100-mile challenge, 62-mile metric century, 20-family ride. Beautiful north Spokane countryside. Fully supported. Jon Rascoff, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-325-1171, www.spokanebicycleclub.org

Sep 14: 50, 100 & 150 km Brevet
Mission Ridge, BC. Starts at Albion Hall. 150 km - 7:30 a.m., 50 & 100 km - 9:00 a.m. Keith Fletcher, BC Randonneurs, 604-530-9273, www.randonneurs.bc.ca

Sep 14: Fall Flatlander 200 km
Mission Ridge, BC. Start 7:00 a.m. from Maple Ridge. Tour Mission, Rosedale, Ft. Langley. Also available: 50 km, 100 km, 150 km. Keith Fletcher, BC Randonneurs, 604-530-9273, www.randonneurs.bc.ca

Sep 14-20: Lewis & Clark in Idaho
Coeur d'Alene, ID. Cycle down from the shores of Lake Coeur through the Palouse region and central Idaho. This tour follows the steps of Lewis and Clark in Idaho. Ken Barrett, All About Adventures, PO Box 1671, Sandpoint, ID, 83864. 208-610-0691, www.allaboutadventures.com

Sep 14-Oct 3: Santa Fe Trail Bicycle Trek
Santa Fe, NM. 12th Year. Limit 50 Riders. Follows the Santa Fe Trail on paved roads only. Willard Chilcott, Santa Fe Trail Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282

Sep 14: Spokane Autumn Century
Spokane, WA. 20, 62 or 100 miles. \$30. jenandjon@omnicast.net

Sep 19-22: Rolling Pub Crawl
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between 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 Edgfield 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.

Sep 20: SIR 200 km Brevet
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

Sep 20: Six Covered Bridges Tour
Cottage Grove, OR. This event will start in Cottage Grove at 8 a.m. and include 6 covered bridges. 90 percent of the tour will be on paved Rails to Trails paths. Choice of 33, 50 and 85 mile ride Randy Dreiling, Oregon Trails Promotions, P.O. Box 50806, Eugene, OR, 97405. 541-984-1433, www.oregon-adventures.com

Sep 20: Southern Interior Brevet - 200 km
100 Mile House, BC. On-road/Off-road Brevet - Bring your MTB. Adrian Messner, 250-791-5742, www.randonneurs.bc.ca

Sep 20-21: Tour des Lacs
Spokane, WA. 2-day cycling tour from Spokane to Coeur d'Alene and back. Variety of routes and mileage options. Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundandround.com

Sep 22-22: Trek Tri-Island
Seattle, WA. A 3-day, 135-mile fully supported bike ride. Meredith Gibson, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. 206-441-5100, www.alaw.org

Sep 26-28: SIR 1000 km Brevet
TBA, WA. Randonneurs Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

Sep 27-28: Kwanis Wine Country Trek
Yakima, WA. Join this amazing two-day ride through wine country in the Yakima Valley to Prosser and back! David Severson, Apple Valley and Prosser Kwanis Clubs, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com/rides

Sep 28: Peach of a Century
Salem, OR. 62 and 100 miles. Salem Bicycle Club, www.salemicycleclub.org

Sep 30-Oct 5: Bike & Hike Washington's San Juan Islands
San Juan, WA. 6-day journey through the island passages of the San Juans aboard the 1924 classic wooden yacht, M/V Westward. Spend your days cycling the backroads of pastoral Lopez or the rolling hills of Orcas, or kayaking and hiking idyllic shores. Pacific Catalyst Expeditions, P.O. Box 1949, Port Townsend, WA, 98368. 1-800-320-2793, www.pacificcatalyst.com

OCTOBER

Oct 4: Ellensburg Manastash Century/Half-Century Bicycle Tour
Ellensburg, WA. Scenic ride to Cle Elum and back along the Yakima River. 104-kilometer and 50K loop rides. Jean Lofy, Ellensburg Cross Country Ski Club, 701 N. Willow St., Ellensburg, WA, 98926. 509-962-8040, www.elltel.net/XCSki

Oct 5: Kitsap Color Classic
Edmonds, WA. 14 to 64 miles loops along Kitsap Peninsula. Cascade's last event of the season. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org/kcc/

Oct 7-12: Bike & Hike Washington's San Juan Islands
San Juan, WA. 6-day journey through the island passages of the San Juans aboard the 1924 classic wooden yacht, M/V Westward. Spend your days cycling the backroads of pastoral Lopez or the rolling hills of Orcas, or kayaking and hiking idyllic shores. Pacific Catalyst Expeditions, P.O. Box 1949, Port Townsend, WA, 98368. 1-800-320-2793, www.pacificcatalyst.com

Oct 18: America's Wild Rivers Coast Century Plus One
Cape Blanco, OR. Ride from Cape Blanco, OR to Crescent City, CA. Chip Weiner, 541-247-3272, www.wave.net/upg/cweiner/atwc_century_main.html

TRACK

AUGUST

Aug 1: Masters/Juniors/Women Track
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

Aug 1: MVA Friday Night Track Races
Redmond, WA. Track racing. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

Aug 2: Marymoor Adult Class #6
Redmond, WA. Adult track class at the Velodrome, 10:00 a.m.-3:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 2: Oregon State Junior and Team Track Championships
Portland, OR. Track event. Candi Murray, 503-667-6220, cmurray@obra.org

Aug 4: MVA Monday Night Racing
Redmond, WA. See race series for further information. Kiddie Kilo, Marymoor Velodrome Association, http://marymoor.velodrome.org

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

Aug 6: 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

Aug 6: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Aug 7: Alpenrose Weekly Series
Portland, OR. See race series for further information. Points race Mike Murray, OBRA, 503-661-5874, www.obra.org/

Aug 7: Northwest Women's Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 8: Masters/Juniors/Women Track
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

Aug 8: MVA Friday Night Track Races
Redmond, WA. Track racing featuring Elliot Bay Bicycle Historic Bike Races and beergraders. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

Aug 11: MVA Monday Night Racing
Redmond, WA. See race series for further information and Marty Notthstein Junior Olympic Series. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 12: Marymoor Tuesday Night Training
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 13: 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

Aug 13: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Aug 14-17: Canadian Track Nationals
Bromont, QC. Track event. Canadian Cycling Association, www.canadian-cycling.com

Aug 14: Northwest Women's Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 15: MVA Friday Night Track Races
Redmond, WA. Track racing. Kiddie Kilo. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

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

Aug 19: Marymoor Tuesday Night Training
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 20: MVA Wednesday Night Racing
Redmond, WA. See race series for further information. Preceded by the last junior training session from 4:30 p.m. to 6:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 20: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Aug 21: 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/

Aug 21: Northwest Women's Racing
Redmond, WA. See race series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 22: Masters/Juniors/Women Track
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

Aug 22: MVA Friday Night Track Races
Redmond, WA. Track racing. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

Aug 23-24: Oregon Masters Track Championships
Portland, OR. Track event. Candi Murray, 503-667-6220, www.obra.org

Aug 25: MVA Monday Night Racing
Redmond, WA. See race series for further information. Series finale. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 26: Marymoor Tuesday Night Training
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 27: MVA Wednesday Night Racing
Redmond, WA. See race series for further information. Series finale. Double Season Points. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 27: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Aug 28: Alpenrose Weekly Series
Portland, OR. See race series for further information. Sprints Mike Murray, OBRA, 503-661-5874, www.obra.org/

Aug 28: Attack the Track #6
Redmond, WA. Track racing at Marymoor Velodrome. Series finale. 7:00 p.m.-9:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 28: Northwest Women's Racing
Redmond, WA. See race series for further information. Series finale. Marymoor Velodrome Association, http://marymoor.velodrome.org

Aug 29: Masters/Juniors/Women Track
Portland, OR. See race series for further information. Geri Bossen, 503-254-7563

Aug 29: MVA Friday Night Track Racing Finale
Redmond, WA. Track racing. Double Season points. Marymoor Velodrome Association, http://marymoor.velodrome.org/trackracing.asp

SEPTEMBER

Sep 2: Marymoor Tuesday Night Training
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Marymoor Velodrome Association, http://marymoor.velodrome.org

Sep 3: Track Class
Portland, OR. See race series for further information. Bill Cass, 503-246-6480

Sep 4: Alpenrose Weekly Series
Portland, OR. See race series for further information. 2 omnium events and Madison Mike Murray, OBRA, 503-661-5874, www.obra.org/

Sep 5: The Great Restaurant Race
Redmond, WA. See website for details. Marymoor Velodrome Association, http://marymoor.velodrome.org

Sep 9: Marymoor Tuesday Night Training
Redmond, WA. Track training. 5:30 p.m.-8:00 p.m. Last training session. Marymoor Velodrome Association, http://marymoor.velodrome.org

Sep 11: Alpenrose Weekly Series
Portland, OR. See race series for further information. Madison only. Mike Murray, OBRA, 503-661-5874, www.obra.org/

Sep 18: Alpenrose Weekly Series
Portland, OR. See race series for further information. Madison only. Mike Murray, OBRA, 503-661-5874, www.obra.org/

Sep 25: Alpenrose Weekly Series
Portland, OR. See race series for further information. Madison only. Mike Murray, OBRA, 503-661-5874, www.obra.org/

► "Track" from page 1

National Team Member Stephen Alfred (Cody Racing) coming within .02 seconds of Jeff LaBaue's 2002 200-meter track record with a smoking 11.36 qualifying time. Beers and Josh Weir (Focus 2004), who now lives in Portland, were the only other men to break the twelve-second barrier. The top three qualifiers all made it to the final where Alfred tried to control Beers from the front with his usual gradual building effort and repeated accelerations. However, Beers's explosive effort on the backstretch yielded a final 200-meter split only a few hundredths off his qualifying time. When he finally came over Alfred on the backstretch, the two briefly made contact, which slowed Alfred and allowed Weir to come by for a hard-earned second. Keith Bruneau of Victoria rode to a fifth place finish.

Nothstein, the 2000 Olympic Sprint Gold put on a show of staying power and repeated attacks in the Ten-Mile. Fairly early in the sixty-lap race, Nothstein took a lap with Portland's John Walrod (River City Bicycles). Upon rejoining the pack, he quickly made his way to the front, and with Walrod stuck at the back of the field, powered a nine-man break in the final third of the race to ensure victory.

The women's Keirin final was a sea of neon orange with four of the six finalists representing Portland's Team Rubicon. Hanson held the front when the motorbike pulled off, but despite the numbers advantage by Rubicon, Yoisten delivered a very impressive turn of speed on the backstretch to win convincingly with Hanson just holding off Kimmet in a photo-finish for second.

The Miss & Out was blistering as money was for up for grabs each lap. Nothstein was the top money-earner, followed by Walrod and Williams. Once Williams, who finished fourth, had been

pulled, the final three were Nothstein, Hopkins, and last year's winner Walrod. When Nothstein laid down the law at front with two to go, Walrod was quick to give up. Meanwhile Hopkins pulled even with Nothstein on the backstretch and the two dragged race shoulder to shoulder for the final 150 meters. In this spectacular sprint, Nothstein gave his buddy a bit of a lean and a head butt in an attempt to hold him off, but the determined Hopkins scooted across the line first.

Idaho rider Heather Albert (Basis), a relative newcomer to the track, put on an incredible show of strength in the women's Points Race as she lapped the field three times during the course of the event leaving her opponents to fight it for second place. Kimmet prevailed over Hanson and Larrsyn Staley.

Team racing wrapped up Saturday's action. The Madison saw four teams Walrod/Carney, Nothstein/Hopkins, Weir/Williams, and the Team Rubicon pairing of David Godfrey and New Zealand Madison Champion Adam Curry stay on even laps throughout the race. The lead seasawed between the Walrod/Carney and Nothstein/Hopkins teams over the course of the event with first place left to be decided by the final sprint. Knowing his team had to take the final sprint to win the event, Carney jumped hard over Nothstein with 300 meters to go and held him off for a two-point victory 33-31. Weir/Williams claimed third with 16 points.

Finally, Nothstein, Alfred and Beers blasted to a 55.14 to win the Olympic Sprint, while Weir and Williams teamed with Bruneau to claim 2nd in 56.01. David Wiswell (Gotham Cyclists), Washington's Rad Cunningham (Broadmark Capital) and Hopkins rode amazingly well together to record a 56.17 for third.

Sunday's action opened with the 200-meter women's Spring qualifying rides and again Hanson was on top with a 13.49. Breanna Loster (Opus Women) of Victoria, BC rode a 14.00 while local Heather VanValkenburg (Sorella Forte) qualified third in 14.04. Hanson took the long route to the final having to fight her way through the repechage rounds, while fifth and sixth seeds Yoisten and Kimmet used their experience to make the three-up final. Hanson opted for a long drag-race sprint strategy to hold off. Yoisten; Kimmet placed third.

Keirin qualifying heats were the first order of the day for the men. Beers took the first one in front of defending AVC Keirin Champion Hopkins. Beer's teammate Wiswell took the second over a surging Weir while Nothstein and Alfred controlled their race from the front to advance out of the final heats. Speedy Canadian McKinnon and Portland all-arounder Jamie Mikami (Team Rubicon) each won their repechage heats, earning a coveted place for the weekends highly anticipated Keirin Finals.

Alfred, clearly disappointed by his Match Sprint performance, got the coveted spot behind the motorbike and aggressively protected it. Nothstein was able to come from third position to overtake Hopkins, but finished within a half-bike length of the proud man from California, who scorched down the homestretch in dominant fashion for an extremely popular victory. Weir was the top regional in fifth.

In the women's Five Mile race, local hero Staley attacked right from the start and stayed up front for eleven laps. When she was caught, the brilliant Albert immediately counter-attacked, dragging Kimmet and Hanson with her. When the pack reformed, all eyes were on Yoisten, but the speedy Canadian was too tired to contest the sprint. Kimmet stuck gamely to Albert's wheel as the strong woman from Idaho led out the group sprint. Timing her move to perfection, Kimmet flew over the top on the final turn and had time to salute the crowd, while Godfrey battled in for third.



Photo by Joe Zauner

The unique 268-meter concrete oval with the steep 43-degree banks was baking hot every day under the summer sun.

The most spectacular race of the weekend was the men's 90-lap Points Race. Nothstein, Joey D'Antoni (Cycles de Oro), Walrod bolted off the front early and quickly established a gap as the pack bunched and slowed behind. Carney and Williams came across and together the five men took a lap. Not long after, a twelve-man group split away, including all previous five antagonists. These riders eventually took a lap and only a few points separated Nothstein and Carney. With ten laps to go, Nothstein went clear again, this time with D'Antoni. Carney seemed in trouble as he fell nearly half a lap behind; but with an incredible lap-long burst he sprinted across the gap, to not only bridge but also edge Nothstein at the line for the points. Somehow the compact sprinter recovered on Marty's wheel, blasting off of the final banking in front of the Navigators rider, taking the final double points sprint and the win. Nothstein was second, while Williams ended up third.

The Flying Lap competition brought the event to a crowd-rousing end. Hanson posted a solid 18.35 that just blew everyone else off the leader board. Will Zegers (Island Bicycles), a long-time local now living in Florida, threw down a 16.10 for the first big men's challenge. Next-to-last starter Beers bettered that at 15.91 with only Alfred remaining. Alfred has won this event before and would again, thundering home with an impressive 15.84. Nothstein's consistency in a vast array of disciplines netted him the Omnium title in front of Williams and Hopkins. The women's Omnium was won by 41-year-old Hanson, who just held off 19-year-old Kimmet by one point; Albert finished third.

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