

BICYCLEPAPER

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► 2002 Annual Calendar

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- See page 6

March 2002 • Free

The I-90 Debate



Photo by Chilton

Where are all the cyclists supposed to go?

Too Many Cars, and Too Little Room

By SARAH GRINNELL

As if the Seattle climate isn't temperamental enough to put a damper on bicycle commuting - there is a pending chance that having enough room to ride may become the next big challenge, at least for bicycle commuters crossing the I-90 floating bridge.

During peak-hour commuting, the I-90 corridor has become increasingly congested. In response, Sound Transit and Washington Department of Transportation (WDOT) have proposed a series of plans to be considered in the evolution of the floating gateway between Seattle and the Eastside communities.

Currently, the floating bridge provides six lanes of two-way traffic throughout the day and two reversible lanes, which accommodate westbound travelers in the early commute and eastbound travelers in the afternoon. Bicyclists depend on the bridge, as it is the only crossing point between Seattle and the eastside that provides a bicycle/ pedestrian path.

According to Sound Transit, the efficiency for eastbound traffic in the morning and westbound traffic in the evening has dramatically decreased. A Sound Transit study on the effects of the I-90 traffic congestion has shown that "bus riders are the hardest hit", as 60% of the buses that travel through

the corridor during peak hours run late.

In response to these floating traffic jams, "Sound Transit and its partner agencies are exploring solutions to keep buses moving and on time." After three years of planning, five major proposals are on the table for review and investigation.

The Proposals:

R1: The bridge remains as is, but by 2007 there would need to be operational changes in effect to increase the number of passengers in high occupancy vehicles (HOVs), as well as restrict center lanes for HOVs only. The bicycle path would remain unchanged.

R2b modified: The two center reversible lanes would be made into two 2-way traffic lanes, separated by a concrete barrier, allowing for an equal amount of traffic to travel over the bridge corridor at all times of the day. The bicycle path would remain unchanged.

R5: Lanes restriped, narrowing lane and inside shoulder widths, allowing for transit only lanes in outer lanes for eastbound traffic during morning peak hours and westbound traffic during evening

See "I-90" on page 3

Bicycle Paper Enters 31st Year

Celebration includes new page layout, new logo, and additional personality.

By PAUL CLARK, PUBLISHER

Greetings from our staff, contributors and advertisers as we enter our 31st year of publication. Began in 1972 as the journal of record for Pacific Northwest cycling, Bicycle Paper has evolved into the source of information for thousands of our regular print edition readers as well as more than 50,000 people who check their web bookmarks each month.

Going on the Covered Bridge ride? Fund raising for the Lung Association? Commuting to work? Racing in an upcoming criterium? Waiting for the warm nights watch velodrome racing? In 2002 we will continue to connect you to the people, places, products and events that define cycling in the Pacific Northwest.

Joe Zauner of Big Sun Graphics assisted our team in developing a new layout look for Bicycle Paper. The design overhaul includes new

font styles, greater use of graphics and new layout techniques that we hope you will find make Bicycle Paper even more pleasing to read.

Quentin Little came to us on an internship program, and was tasked to refresh the Bicycle Paper logo. Quentin ground up dozens of ideas until we found the subtle use of a wheel to compliment the publication name. We've already received congratulations on his design and we hope you enjoy it also.

Most important to the Paper is the editor and the content and personality Claire Bonin brings to each edition. If you've not had a chance to meet her yet, you should.

Claire brings an expert understanding of cycling as a sport, including her certification as coach and commissaire. Claire has worked around bike events from the local weekend rides to the international

See "31st Year" on page 3

► Health

Bicycle Fit and Function

By ERIK MOEN PT, CSCS

With the immediacy of events like Chilly Hilly, Sea Otter, and the Bicycle Expo, February and March bring the excitement of the upcoming bicycling season. It's this excitement that allows northwest riders to ride and train in spite of the environmental challenges - namely rain - and temporarily subsides the desire to flee to a much warmer, sunnier climate. So what if some people in this country are able to do training rides in shorts right now and still work on their tan. The excitement still lives on. Former Tour de France winner, Bjarne Riis, credited his mental toughness on his cold, dark and wet training-days in the Danish winters.

Winter and early spring are great times to reconsider bicycle-fit, new equipment, and riding position. Typically, these early months bring in less intense and lengthy rides, thus

one may find greater potential for successful adaptation to a new riding position.

Why should you get your bike fit to you?

The sport of endurance bicycling is a highly repetitive activity in a fixed position, therefore, proper bicycle-fit is crucial. Compared to the adaptability of the human body, bicycles are very adjustable. Bicycle-fit should be an individualized process that reflects a person's flexibility, strength, and skeletal parameters. A properly fit bicycle should enable a rider the ability to maintain the most common riding position with some level of comfort, while allowing for the greatest pedaling economy (pedaling economy refers the rider's ability to efficiently produce and transfer power to the drive train). Even riders who are new to the sport would benefit from a well-fit bicycle.

See "Fit and function" on page 4



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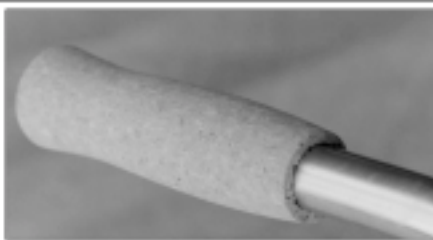


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► "I-90" from Page 1

peak hours. Two of the inner most 2-way transit lanes will be reduced by 1ft (from 12ft to 11ft). Reversible center lanes remain unchanged. The bicycle path will remain unchanged.

R5 modified: Same as the R5, but the westbound transit only lane would be placed on the inner most lane to provide a continuous connection between the I-90 transit only lane and the westbound Seattle HOV lane.

R8a: All car lanes will decrease by 2ft (from 12ft to 10ft), adding one lane for eastbound and westbound HOV traffic. New ramps will be built on certain Mercer Island exits to provide for direct access from the HOV lane. The bicycle lane will be reduced from 10ft to 8ft in width.

In early December three community forum meetings were held to assess the public opinion of the changes that could affect the I-90 Bridge. Throughout the next few months, all proposals will be investigated and written up in an Environmental Impact Statement (EIS). The statement will predict the effects that each plan will have on its surrounding environment. Due sometime in late summer, the final draft of the EIS will be presented and from there, Sound Transit, WDOT and the cities of Seattle, Bellevue, and Mercer Island will decide on the best plan of action.

A study conducted in September 2001, by WDOT, shows that on any given weekday approximately 150 bicyclists and 10 pedestrians use the floating bridge for their commute. The study showed that on Saturdays and Sundays between 300 to 500 bicyclists and 30 to 50 pedestrians cross the floating bridge. Depending on which plan is chosen, those who frequent the I-90 floating bridge may be a little cramped for space.

Bicycle advocates promote the use of the R2 and R5 plans, which advocacy director with Bicycle Alliance says would be, "much cheaper and could be implemented much more quickly." These plans, however, are considered the "underdogs" to the R8-a plan.

The R8-a proposal seems to be the one that sparks most controversy among bicycle advocates. If implemented, opponents of this

plan fear that "safety will be degraded" as a result of limited space. "There is an uncertain reality about the whole thing. If it is easier for people to drive, why shouldn't they?" says Rebecca Slivka, spokesperson for the Cascade Bicycle Club. She, along with other bicycle advocates, believes that by creating two extra lanes on the floating bridge, as the R8a plan proposes, the corridor will only be enabling traffic, making it easier to drive a car, rather than a bus or bicycle - "We have reached the point where traffic will never get better, so our only option is to improve access for buses, bicyclist and pedestrians."

A memorandum of agreement was signed by the cities of Bellevue, Mercer Island, Seattle, and WDOT, in 1976, during the planning stages of the current I-90 floating bridge. All parties agreed that one condition regarding the bridge's construction would be that the order of priority to traffic through the I-90 corridor would be, 1) transit, 2) carpools and 3) Mercer Islanders. The intentions within the MOA were to "enhance the operation of I-90 as a regional transpiration facility." Recently, Sound Transit said in its November newsletter, "because projections for 2005 show congestion getting worse, Sound Transit and its partner agencies are exploring solutions to keep buses moving and on time."

Built 10 years ago for \$1.5 billion, the I-90 floating bridge is one Washington State's safest corridors. The planning committee must assess how to balance the needs of all commuter populations, while still upholding safety and environmental standards. So far Sound Transit has invested more than \$3 million to investigate its options, and the bridge's revision may cost voters up as much as \$60 to \$80 million in the end.

As the beauty of the northwest entices more and more people to the Seattle area, bicycle commuters are faced with an ever-increasing amount of cars on the road and limited space for the two to share. The Puget Sound Transportation Panel reported in 2000 that from 1990 to 2000, the population of the



Photo by Chaton

One of many Seattle cycling commuters.

Seattle area grew 19%, but its Vehicle miles traveled (VMT) increased to 25%. Though down from the 1980's, when statistics showed a three-fold increase in VMT compared to population, the traffic problem in Seattle is not going away, there must be changes to take place in the near future.

Community members who would like to share their concerns and/or suggestions are encouraged to write to the I-90 project manager: Sound Transit, Attn: Angela Tull, Project Manager, 401 S. Jackson St., Seattle, WA 98104-2826, or email: tulla@soundtransit.org. Bicycle communities, such as the Cascade Bicycle Club and The Bicycle Alliance, are encouraging bicyclists to express how these changes may affect travel plans.



OPINION

► "31st Year" from Page 1



Paul Clark
Bicycle Paper
Publisher

arena for 20 years. This experience has brought her unique insights into the industry and advocacy of bicycling. I think Claire is one of those rare people who truly understands how ubiquitous and therefore important bicycling is to our

society. And at the same time, she is easy to approach, in fact I encourage you to call, email or visit with your thoughts and ideas.

Claire promises a "best-ever" slate of contributors for 2002. Returning will be columns on Athletic Medicine, Up North as well as feature columnists such as Maynard Hershon, a bike shop supported mechanical tips and the ride of the month.

You can expect to see more coverage of advocacy from world-class programs such as the Bike Alliance of Washington and Bike Works. As well there will be more coverage of BMX - an amazingly under-described part of bicycling - plus regional reports, product reviews, classified advertising, results and other popular staples.

Last but not least is the calendar. When I started with Bicycle Paper in 1990, we celebrated the year the region held more than 300 events. This year our annual calendar boasts 848 bike events worth traveling to in Washington, Oregon, British Columbia, Idaho and Montana.

If you have already tuned your bike and body and are looking forward to the first rides of the season, then great. If not, why not? Mathematically 848 events between March 1 and December 31 means there are nearly three events every day this year. Yes it's true,

not every Tuesday or Thursday has a ride, however that just means more events on the weekends!

For further help, go to one of the regional bike shows such as the Portland or the Seattle International Bicycle Expo, March 1-3 or visit your local bike shop. And if you haven't already, subscribe to Bicycle Paper by using the form on this page or call us and we'll deliver each issue to your door plus a copy of the annual calendar.

Bicycle Paper welcomes your ideas and article submission. You feel like we should write about something in particular, let us know. You have pictures of events you participated in or watched and you would like to see them published, send them in.



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► "Fit and Function" from Page 1

Bicycle-fit should be re-examined after crashes, due to possible re-orientation of bars, brakehoods, cleats or saddle. Bicycle-fit should also be checked on a regular basis, since a rider's capability will change in strength and flexibility. For example, a bicycle that fit me seven years ago was recently found to be a very uncomfortable fit. Changes in a person's strength and flexibility affect the ability to attain certain positions on the bicycle.

What should proper bicycle-fit should achieve?

Bicycle-fit should be a function of your riding goals and will be different for a century rider than for a triathlete, for a velodrome rider, or for a road racer. Fit will be a function of the riding demands. In general, proper bicycle-fit will minimize the discomfort associated with

prolonged maintenance of a position and effort, maximize economy, ensure safe bicycle operation, and minimize exposure to overuse injury. The majority of bicycle-fit cases I see in my clinic are a result of bicycling-related injuries or pain.

What is involved, what can I expect?

What you experience with bicycle-fit depends on the professional you choose. The majority of bicycle-fits available are based on established formulas or models, which have been successfully practiced. A bicycle-fit should consider the human variables of flexibility, skill,

experience, strengths, weaknesses, and personal goals. Consideration of the bicycle should analyze the relationships of saddle

height, fore/aft, tilt, crank-length, pedal style, pedal fit, and reach to the bars (stem and bar variations).

But I want to look like Lance...

Individual fit may change over time. Attempts to look like

Lance Armstrong, or any other professional rider may give limited success by the less experienced rider. Adaptation to racing or performance bicycle positions takes time. Time on the bicycle will help build regular

"A bicycle-fit should consider the human variables of flexibility, skill, experience, strengths, weaknesses, and personal goals."

bicycle strength and flexibility. There are exercises that help with this adaptation (flexibility and strength). Attempts at changing your position should be done on a gradual basis. This will limit your exposure to over-use injury or pain syndromes. A well-fit bicycle will help ensure that your bicycling experience is positive.



Erik Moen PT, CSCS is the Clinic Director of Physiotherapy Associates - Northgate, an orthopedic and sports physical therapy clinic located in Seattle, WA. Erik's practice includes treatment of bicycling-related injuries (overuse and acute); pain syndromes and biomechanical intervention via bike-fit and exercise. He may be reached at 206-526-1719 or PT479@juno.com.

Flat Happens! A Survival Guide To Road Side Repair.

By PHIL MEYERS

The wind is at your back, the sun is on your face but your perfect ride is ruined by a noise that seems out of place. The "psssst" sound you just heard was not the wind whistling through your helmet; it was the air escaping from your tire. You have a flat. As someone who has logged thousands of road and trail miles I can assure you that flats do happen, even to good people.

If you ride long enough it will happen to you as well. The question is, will you have the right stuff to rescue yourself? Having performed this repair hundreds of times, and having watched others attempt it dozens of times, I hope to offer some tips that will help you to avoid common mistakes. Once you are able to repair the dreaded, and more common, rear flat, the front will be a breeze. Follow these steps to cycling self reliance and you too will be able to win friends, influence enemies, and replace a flat tube in five minutes or less.

1. Align the rear derailleur & chain with the smallest cog on the rear. Lift the bike by the seat and pedal while releasing the right shifter tension. The rear derailleur will move all the way to the right. VERY IMPORTANT for reinstallation.

2. Open brake quick release; this allows for easier wheel removal and installation.

3. Open wheel quick release & remove rear wheel. Stand behind the bike and fold open the wheel quick release skewer with the left hand. Hold the adjustment nut of the skewer with the right hand and loosen it 3 full turns. Grasp the body of the rear derailleur with your right hand and pull it towards you while pushing the wheel forward. The wheel will scoot forward and out of the frame.

4. Remove tire & tube from the rim. Remove air from the tube. Pull one side of the tire off the rim by inserting a tire lever and sliding it along the rim's surface. Remove the second side of the tire by straddling the wheel and using your feet to stand on the edges of the rim. Use both hands to pull the tire and tube up and off toward the side that has already been removed.

5. Inspect tire & install new tube (use a new tube now & patch the old one later). Run your fingers all the way around the inside of the tire to search out any hidden sharp objects (there could be more than one). Use your fingers to squeeze & pinch the outside of the tire to discover and dig out little bits of glass that can hide below the surface.

6. Inflate the new tube just enough to hold its shape and place it in the tire. Try to align the

valve stem with the recommended p.s.i. that is stamped on the side of the tire.

7. Install the tire on rim and inflate.

Place the valve stem PARTIALLY through the valve hole and begin to install ONE SIDE of the tire. The last bit is typically tight so straddle the rim with your feet again and pull this first side on the rim. With your HANDS BEING YOUR ONLY TOOLS, roll the second side of the tire onto the rim. The last portion of tire is difficult, but with proper technique you should be able to do it. After the second side is installed, pull the valve stem all the way through the valve hole, lay the wheel down, & inflate. Prevent damage to the valve and maximize pump efficiency by resting the pump head against the ground while you are inflating (simplify this procedure by getting a frame pump that has a hose — thumb lock attachment).

8. Install the rear wheel & close quick releases. Remember during installation that the CHAIN AND DERAILLEUR NEED TO ALIGN WITH THE SMALLEST COG ON THE REAR. Hold the wheel between your knees & lift the bike by the seat with your left hand; use the right to guide the rear derailleur and chain onto the smallest cog. Pull the wheel straight back and it will slide home with ease. Tighten the skewer three full turns and fold the lever into the closed position, while keeping the wheel centered. Close the brake quick release and make sure the wheel isn't rubbing on the



Rest the pump head against the ground while you inflate.

pads or the frame; if they are you are off center, you need to open the skewer and realign.

Practice this simple repair at home so you can concentrate on your technique in a controlled environment. Prepare for the worst yet hope for the best, ride your bike more and worry less!



Phil "the Mechanic" Meyer is the owner of Phil's SouthSide Cyclery in Federal Way. He is an avid cyclist with 20+ years of shop, road, & trail experience. Basic mechanics, fundamentals, & techniques can be learned on his weekly South Sound group rides. He can be reached at 253-661-3903 or via email at Philthemechanic@aol.com.

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Four from the Races

By MAYNARD HERSHON

For much of the '95 Women's Challenge in Idaho, the weather was just awful, freezing cold and raining day after day. That weather would produce the most epic stage in Challenge history.

The stage started in tiny, breathtaking Stanley, Idaho, in the shadows of the Sawtooth Mountains. It was to finish 60 miles away in Ketchum. Between Stanley and Ketchum, Galena Summit rises to nearly 9,000 feet.

It was raining and bitter cold at the start. Racers wore mittens and booties. If a racer lost a glove, she had to slow and get one from a following team car; you weren't riding 10 feet barehanded.

The rain turned to snow, the road went white, and visibility went to nearly zero. Women couldn't see the bike in front of them, so they followed tracks in the snow. You don't have to go to some cobbled cow-path in France to see heroism. You can see it in the land of Famous Potatoes.

Climbing was scary enough. The long, fast Galena descent would be a frozen, slippery nightmare.

Wisely, officials stopped the race at the summit, the first and only time a Women's Challenge stage has been stopped.

No one who was there will forget. White everywhere. Snow swirled around us as support people lifted women, bare legs glowing in the cold, off bikes and carried them to team cars. Women cried out as they tried to walk or use their hands.

Soon all the race vehicles left the summit for Ketchum. Not a mile down the hill, the sky cleared. The sun shone bright in the Idaho sky. The snow vanished, the road dried. Once it appeared, the sun never failed again, warming us every day for the rest of the race.

The Tour of the Gila happens in May, in-and-around Silver City, New Mexico. Five days long like several other races; Gila is set apart because the tiny town (10,000) gets behind it like no place else — and because the Gila Wilderness countryside is so breathtaking.

Once you're a half-mile from Silver City, you're in God's Country. So-called civilized men have been there for decades but have left little trace. You hear this story about the Wilderness and the race. If you've been there, you know it may be true.

They say that during a Gila road stage, the five or six guys in the breakaway had to ride around what looked like a discarded, crumpled old carpet lying on the white centerline of the highway.

Just as the hard-chasing pack approached the obstacle, it jumped up and ran off the road. It was a bear!

In '99, I worked for Shimano at the Gila tour. During one of the road stages (no bear) my mechanic-passenger and I were patiently following the pack on our motorcycle. Until someone flattened or had a mechanical problem, we were spectators.

Shaklee racer John Lieswyn dropped back to us and handed us a water bottle.

"Would you guys take care of this?" he asked. "I hate to throw it away here in this place." Eric grabbed the bottle. What class, we agreed.

After most races, when we've packed up and we ride and drive away, we notice the road littered with gel packets and bar wrappers. We see dozens of abandoned plastic bottles near the road.

Nowhere else we go is as spectacularly natural as the Gila Wilderness, but everywhere we go is worth the effort to preserve.

In the early '90s, my wife worked for Timberland, who decided to open a store in Milan. They asked her to help out at the store for a couple of weeks, to make sure the place felt somehow "American".

Sure, they said to her, take your husband. We'll book an appropriate room. And they did, in a rockstar hotel in Milan, brutally expensive but convenient to northbound roads leading to Monza and Lake Como.

I'd clack through the hotel lobby with my bicycle. The guys working there treated me as if I was Francesco Moser. Only big shots stayed there, stuffy types, not cyclists, so the bellmen thought I was cool.

I'd ride north, never looking at my map, trying to get lost. When I'd succeed, I'd think, "you're lost on your bike in the north of Italy." Better to be lost in Italy than know where you are anywhere else.

One time I got genuinely lost and asked at a cafe for help. A guy hopped on his Vespa motor scooter; directed me to follow, and took me at bicycle speed to the road I was seeking.

I rode to La Madonna del Ghissalo. I rode to Como and had lunch at a lakeside cafe. I rode to Bergamo and hung out with the US Team. The guys were staying in a pizza place-hotel called something like Mother's.

They were racing in a big pro-am stage race. One of the national team riders, a super strong kid from Texas who'd just given up triathlons, won the thing. Later that decade and

early in the next, he won the Tour de France three times. Same kid.

At a race last year, I watched a junior racer roll up to a neutral mechanic to get his tires pumped. The kid stood close, looking over the mechanic's shoulder as he worked.

"Seven and a half BARs" the kid said, meaning seven and one-half times barometric pressure, or about 110 pounds-per-square-inch.

"That's what my coach said: seven and a half BARs," he added, referring to an authority greater than himself. The mechanic went on pumping.

"Is that gauge correct?" the kid asked. "It needs to be right on."

The mechanic, who'd pumped tires for Olympic, Tour de France and world champions, looked up and nodded. The kid still wasn't satisfied.

"You've had it checked?" he asked, "Recently?"

The mechanic assured him all was well and finished the second tire. He watched the kid clip in and pedal away. Soon another guy, not much older, rolled in and asked the same mechanic to pump his tires.

"How much air do you want in here?" the mechanic asked.

"Just pump 'em up, Andy," the young guy said, "They'll be fine."

I'm sure the first guy, the junior, is a source of pride to his family and friends. His name however, was and is unknown to the mechanic and to me. The second guy is Christian Vande



Velde of the Postal Service racing team.

Evidently the junior is wound a little tight. Simply asking him (and my other tightly wound readers) to loosen up a bit in 2002 may not be effective.

How 'bout this? In calm moments we agree that there are things that we obsess about that matter, and things that don't. Our families matter, and our friends and sweeties. Our attitudes matter.

As we pump our tires for this year's rides, let's all of us try to remember what matters. And what doesn't matter nearly as much.




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OCTOBER

Oct 20-Nov 4: Mali: Sahel Journey.
Mali. explore the lifestyle of the 'Sahel', including a boat trip on the Niger River, visit Timbuktu. David Mozer, International Bicycle Fund, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, http://www.ibike.org/ibike

MULTISPORT

APRIL

Apr 14: Ridge to River.
Wenatchee, WA. 9:30 a.m. -nordic ski, alpine ski, run 4.5 mi, bike 19mi, kayak/canoe 5mi- teams from 2-6 or solo, also event for junior Sue Frese, Ridge to River Relay Association, 656 N Miller Street, Wenatchee, WA, 98801. 509 662-8799, r2r.org

AUGUST

Aug 31: National Triathlon Championships.
Coeur d'Alene, ID. Age group championships. Residents in WA, ID, MT, OR, automatically qualify. Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509.455.7657, roundaround.com

ROAD RACES

MARCH

- Mar 2: Estacada Time Trials.**
Estacada, OR. Geri Bossen, OBRA, 503-262-9597, www.obra.org/
- Mar 2: Ice Breaker.**
Black Diamond, WA. This is the classic Ice Breaker race of years past. 10 mile course on Green Valley Rd near Flaming Geyser State Park outside of Auburn. Erik Olson, Seattle Velo, www.seattlevelo.com
- Mar 3: Banana Belt Road Race #1.**
Henry Hagg Lake, OR. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org/
- Mar 3: Tour de Dung #1.**
Sequim, WA. Road Race Bill Rowland, 360-457-8069
- Mar 9: Mason Lake Road Race #1.**
Mason Lake (near Shelton), WA. Road Race on a 13 mile loop course. All categories. \$15 David Douglas, 206-932-5921, www.pazzovelo.com
- Mar 9: Southern Oregon Time Trial #1.**
Medford, OR. Tim Turk, 541-482-2130, www.obra.org
- Mar 10: Banana Belt Road Race #2.**
Henry Hagg Lake, OR. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org/
- Mar 10: Tour de Dung #2.**
Sequim, WA. Road Race Bill Rowland, 360-457-8069
- Mar 16: Mason Lake Road Race #2.**
Mason Lake (near Shelton), WA. Road Race on a 13 mile loop. All categories. \$15. Northwest Woman's Race Series David Douglas, 206-932-5921, www.pazzovelo.com
- Mar 16: Southern Oregon Time Trial #2.**
Medford, OR. Tim Turk, 541-482-2130
Mar 17: Banana Belt Road Race #3.
Henry Hagg Lake, OR. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org/
- Mar 17: Tour de Dung #3.**
Sequim, WA. Road Race Bill Rowland, 360-457-8069
- Mar 23: Mason Lake Road Race #3.**
Mason Lake (near Shelton), WA. Road Race on a 13 mile loop. All categories, \$15 David Douglas, 206-932-5921, www.pazzovelo.com

- Mar 23: Southern Oregon Time Trial #3.**
Medford, OR. Tim Turk, 541-482-2130
Mar 24: Estacada Time Trials.
Estacada, OR. Geri Bossen, OBRA, 503-262-9597, www.obra.org/
- Mar 24: Pumphouse.**
Yakima, WA. Time trail - Registration 9:00 - 10:30 a.m., first rider off at 10:30 a.m.
Chinook Cycling Club, www.chinookcycling.com
- Mar 30: Rocky Mountain Roubaix.**
Missoula, MT. Corbin Schwanke, 406.721.3302, www.fivevalleyvelo.com
- Mar 30: The Subway Road Race.**
Snohomish, WA. Road Race on a 11 mile loop. All categories. \$20. Northwest Woman's Race Series event. David Douglas, David Douglas, 206-932-5921, www.pazzovelo.com
- Mar 31: Piece of Cake Road Race.**
Halsey, OR. Bill Fasano, www.obra.org
- Mar 31: UM Collegiate Criterium and Time Trial.**
Missoula, MT. Corbin Schwanke, 406.721.3302, www.fivevalleyvelo.com

APRIL

- Apr 2: Tuesday Night PIR Race.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636
- Apr 4: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- Apr 6: Kings Valley Road Race.**
Near Corvallis, OR. The most famous single day classic road race in Oregon Scott Goldstein, Classic Events, 2290 Corinthian Ct, Eugene, OR, 97405. 541-343-4833
- Apr 6-7: Tour of the Frozen Flatlands.**
Cheney, WA. 12th Annual Cooper Jones Memorial. Circuit Race on April 6th, and road race on April 7th. Baddlands Cycling Club, 418 East Pacific #2, Spokane, WA, 99202-1426. 509-456-0432, www.pegasusmedia.com/daddland.htm
- Apr 7: Boat Street Criterium.**
Seattle, WA. 3rd Annual Boat St. Criterium - see web site for information. Robert Trombley, Recycled Cycles, 1007 NE Boat St, Seattle, WA, 98105. 206-634-9403, www.recycledcycles.com
- Apr 7: Sagebrush Sundae.**
Bend, OR. Time Trial Mike McMackin, 541 382 9253, mike@hutshsbicycles.com
- Apr 9-14: Tour of Willamette.**
Eugene, OR. 4-day stage race. Wednesday criterium. Larry Smith, Oregon State Cycling Assoc., 541-953-8937, tourdewillamette.com
- Apr 9: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- Apr 9: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636
- Apr 11: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- Apr 13: Montana Velo.**
Helena, MT. Road race Helena Scott Herzig, 406.449.6770
- Apr 13: Seward Park Spring Classic Criterium.**
Seattle, WA. Criterium on a 0.8 mile loop inside Seward Park, one 120 degree turn and one hill. All categories. \$15 David Douglas, 206-932-5921, www.pazzovelo.com

- Apr 14: Elma Road Race.**
Elma, WA. Jack Broadhead, www.pazzovelo.com
- Apr 16: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- Apr 16: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636
- Apr 18: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- Apr 20-21: Bobcat Classic MSU Collegiate.**
Bozeman, MT. Matt Weyen
- Apr 20: Tahuya-Seabeck-Tahuya Road Race.**
Tahuya, WA. Voted #1 Road Race in Washington Ethan Meginnis, Terry Buchanan, 3910 Sunnyside Ave N, Seattle, WA, 98103. 206 633 3944, broadmarkcycling.com
- Apr 21: 34th Annual Volunteer Park Criterium.**
Seattle, WA. One mile course. Northwest Woman's Race Series event. Dan Norton, www.geggscycles.com
- Apr 23: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- Apr 23: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636
- Apr 25: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- Apr 27-28: Tour of Walla Walla Stage Race & Collegiate Omnium.**
Walla Walla, WA. Open to all USCF categories. Time trial, road race & criterium Steve Rapp, 701 Boyer Ave., Walla Walla, WA, 99362. 509-527-8724, www.tourof wallawalla.org
- Apr 28: Estacada Time Trials.**
Estacada, OR. Geri Bossen, OBRA, 503-262-9597, www.obra.org/
- Apr 30: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- Apr 30: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636

MAY

- May 2: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- May 4-5: High Desert Stage Race.**
Bend, OR. Brad Farnard, 541-318-1629
- May 4-5: Saturn of Burlington Omnium.**
Bellingham, WA. www.pazzovelo.com
- May 5: Pigeon Lake Road Race.**
Pigeon Lake, AB. The Race 'Round the Lake! All licensed riders welcome. Merchandise prizes. Lunch and refreshments. Jeff Davis, Edmonton Road and Track Club, 14419-88 Avenue NW, Edmonton, Alberta, T5R 4J5. 780-483-1880, www.ertc.org
- May 5: Recycled Cycles Circuit Race.**
Nooksack, WA. In conjunction with the Saturn of Bellevue omnium. Robert Trombley, Recycled Cycles, 1007 NE Boat St, Seattle, WA, 98105. 206-634-9403, www.recycledcycles.com

- May 6: Lakeside Bicycles Monday Night PIR Series.**
Portland, OR. See series info. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com
- May 7: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- May 7: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636
- May 9: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- May 11: Fairfield Road Race.**
Fairfield, MT. Road Race event John Juras, 406.761.7021
- May 11-12: Gary Lund Classic.**
Sooke, BC. Marc Burgess, 250-384-8840, marconbike@aol.com
- May 11: Washington State Master and Junior Road Race Championships.**
Longbranch, WA. Old Town Bicycle, 253-858-8040, www.oldtownbicycle.com
- May 12: Lake Oswego Criterium.**
Oswego, OR. Criterium Jon Puskas, 503-234-9273
- May 12: Washington State Time Trial Championships.**
Rockport, WA. See web site for details. Northwest women's cycling series event. Robert Trombley, Recycled Cycles, 1007 N.E. Boat Street, Seattle, WA, 98105. 206-634-9403, www.recycledcycles.com
- May 13: Lakeside Bicycles Monday Night PIR Series.**
Portland, OR. See race series for more info. Jim Anderson, Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com
- May 14: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- May 14: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636
- May 16: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- May 18-19: Mutual of Enumclaw Stage Race.**
Enumclaw, WA. Ti Cycles, 2943 N.E. Blakely St, Seattle, WA, 98105. 206-522-7602, www.ticycles.com
- May 18-19: TOSRV Tour.**
Missoula, MT. Deb Adams, 406.728.0364
- May 19: District Team Time Trial.**
Corvallis, OR. Craig Massie, 541-753-7622
- May 20: Lakeside Bicycles Monday Night PIR Series.**
Portland, OR. See race series for more info. Jim Anderson, Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com
- May 21: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- May 21: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636

- May 23: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- May 23: Thursday Nighters.**
Medford, OR. See series info. Glen Gann, gaganni@aol.com
- May 25-26: Bastion Square Cycling Festival.**
Victoria, BC. Road Race BC Cup #1, Criterium, Track races and Recreational Tour. Sharon White, VIBRS, Victoria, BC, 250-356-2230, www.dave.sharon@telus.net
- May 25: Swan Island Classic Race.**
Swan Island, Portland, OR. Criterium race featuring all categories & kids event Beth Whittaker, Beth Whittaker, 16249 SE Morrison St., Portland, OR, 97233. 503-261-9560, OBRA.org
- May 25-27: The Ecology Center Classic Stage Race.**
Missoula, MT. 3 day, 4 stage race. Street Sprints, TT, Criterium, and a truly road race. Jeff Crouch, 406.728.5720, www.wildrockies.org/bikeclassic
- May 27: Lakeside Bicycles Monday Night PIR Series.**
Portland, OR. See race series for more info. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com
- May 28: Tuesday Night @ Pacific Raceways.**
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206.322.0072
- May 28: Tuesday Night PIR.**
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636
- May 30: Seward Park Thursday Night.**
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com
- May 30: Thursday Nighters.**
Medford, OR. See series info. Glen Gann, gaganni@aol.com

MAY

- Jun 1: Pintler Classic.**
Philipsburg, MT. Tom Robertson, cartography@adv-cycling.com
- Jun 1-2: Race Across Oregon.**
Portland, OR. Portland to Mt. Hood, 527 mile course! RAAM Qualifier. Solo, two and five person relay team, tandem, master and collegiate George Cavet, 541-738-0549, www.raceacrossoregon.com
- Jun 1: Silverton Road Race.**
Silverton, OR. Chris Meyers, 503-233-4217
- Jun 1: Wenatchee Criterium.**
Wenatchee, WA. Downtown Wenatchee. Wenatchee Valley Velo, 663-3723, www.pazzovelo.com
- Jun 2: Atomic Road Race.**
Lower Mainland, BC. BC Cup #2 Owen Scott, Atomic Racing Club, 146 West 29th St, North Vancouver, BC, V7N 2J8. 604-980-1601, oscar8510@aol.com
- Jun 2: Silverton Criterium.**
Silverton, OR. Criterium - road race on June 1st. See Silverton Road Race Steve Yenne, 503-364-3846, yennes@aol.com
- Jun 2: Washington State Senior Road Race Championships.**
Leavenworth, WA. Road Race on a 13 mile loop with relatively flat roads, one major climb. Senior. \$20. Start/Finish at Cascade HS. Northwest women's cycling series event. David Douglas, David Douglas, 206-932-5921, www.pazzovelo.com

May 11-12: Scenic Tour of the Kootenai River (STOKR).
Libby, MT. 2 day ride in beautiful NW MT with scenic loop routes with little traffic and great food! 3hrs from Spokane. Susie Rice, Susie Rice, 1020 Idaho, Libby, MT, 59923. 406-293-2441, www.libbymt.com

May 11: Signs of Spring.
Fort St John, BC. 200 km Wim Kok, 250 785 4589, wkok@nlc.bc.ca

May 11-12: SIR 400 km Brevet.
Seattle, WA. Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, http://www.seattlerandonneur.org

May 11-13: Wine Country Weekender.
Calistoga, CA. Tour sample some of the most pitoresques landscapes of the Northern California wine country. Luna Tours, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

May 12-18: San Juan Islands - 6 Day.
Anacortes, WA. 6 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 18: 22nd Annual Inland Empire Century Bicycle Ride.
Richland, WA. Distances: 25, 55, 75 & 100 miles through lower Yakima River Valley. Start at Howard Amon Park. Benefits - Safe Kids Coalition of Benton-Franklin Counties. Judy Packard, TriCity Bicycle Club, P.O. Box 465, Richland, WA, 509-375-0594, www.owt.com/tcbc

May 18-20: Fleche Pacificque.
Lower Mainland, BC. Entre deadline is April 26th Peter Lysne, 604-980-6231

May 18: Reach the Beach Clean Air Bicycle Challenge.
Portland to Pacific City, OR. Non-competitive cycling event, with 6 different routes through Oregon's forests & wine country. Also offers mountain bike touring options. Rebecca Sandidge, American Lung Association of Oregon, 7420 SW Bridgeport Road, Suite 200, Tualatin, OR, 97224-7711. 503.924.4094, www.reachthebeach.org

May 19-20: 5th Annual Street Bicycle Ride around Sand Juans Islands.
Sand Juans Islands, WA. Two day events - various distances Kevin Warren, Salt & Light Ministries, WA, 253-503-2233 x 3061

May 19: Santa FE Century.
Sante Fe, NM. 25, 50, 75 and 100-mile routes. \$15.00 entry fee. Willard Chilcott, 885 Camino Del Este, Sante Fe, NM, 87501. 505.982.1282

May 19: Two County Double Metric Century.
Millersylvania State Park south of Olympia. Multi loop ride on beautiful back county roads. Margo Munson, Capital Bicycling Club, 19225 Kelsey Marie Ln SW, Rochester, WA, 98579. 360-273-8020

May 20: 75 km, 150 km Peace Brevets.
Fort St. John, BC. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

May 25: 400 km Lower Mainland Brevet.
Lower Mainland, BC. Start at 6:00 a.m. Gord Cook, 604.594.4644

May 25-27: Bend Bicycle Festival.
Bend, OR. MTB rides, road rides, woman only rides, kid rides and a classic cruiser ride. One \$10.00 fee for all events. Hutchs Bicycles, Bend, OR, 503.382.9253/ 503.382.6248, www.hutchsbicycles.com

May 25: Le Petit Tour de Peace.
BC. 300 km, 200km also available. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

May 25-27: Northwest Tandem Rally.
Boise, ID. Meet 300-500 other tandems, 3 days of incredible rides and great banquet dinner. Jim Kuenzli, NWTR 2002, 2030 Parkside, Boise, ID, 83712. 208-336-9102, www.nwtr.org

May 25-Jun 1: Red Rock & Rolling.
Southwest Utah. Spend 8 days, 7 nights. visit the majestic canyons of SW Utah Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

May 25-30: San Juan Islands - Victoria.
Seattle, WA. 8 days (2 layovers). Levels: energetic beginner to advanced. Activities include Biking, sea kayaking, hiking, Butchart Gardens Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

JUNE

Jun 1: 25 km, 50 km Peace Brevets.
Fort St. John, BC. Start 10 a.m. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

Jun 1: 400 km Brevet.
Southern Interior, BC. Bob Boonstra, 250.828.2869

Jun 1-2: 600 km Vancouver Island Brevet.
Vancouver Island, BC. Stephen Hinde, 250.245.4751

Jun 1-2: SIR 600 Km Brevet.
bc, WA. Seattle International Randonneurs Mark Thomas, Seattle International Randonneur (SIR), 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

Jun 1-8: Tour of the Okanogan.
Chelan, WA. A tour of the rivers, lakes, mountains, and apple orchards of E. Wash. starting in Lake Chelan. Wayne Martin, Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 98816. 1-877-283-3551, http://www.waynesue.com

Jun 2-2: 15th Annual Apple Century Ride.
Wenatchee, WA. From the Wenatchee Convention Center north to Silver Falls Park and back David Freimuth, Wenatchee Sunrise Rotary, PO Box 1433, Wenatchee, WA, 98807-1433. (509) 663-5899, www.wenatcheesunrise.org/century

Jun 2: 50 km, 100 km, 150 km Lower Mainland Brevet.
Fort Langley, BC. Part of Lower Mainland Randonneur Series. Start at 9:00 a.m. South Surrey, Fraser Valley Bob Marsh, 604.467.7065

Jun 2: Peninsula Metric Century.
Gig Harbor/Southworth Ferry. 50 km, 100 km, 100-mile routes. Cost before/day-of: \$15/\$18 ind., \$35/\$40 family, \$12/\$15 T-shirt Howie Kaplan, Tacoma Wheelmen's Bicycle Club, PO Box 112078, Tacoma, WA, 98411. (253) 460-3319, http://www.twbc.org/pmc.htm

Jun 2-7: Santa Fe-Taos Tour.
New Mexico. 6-day Tour: Bike, Hike, Raft. Highlights: Banderlier National Monument, Enchanted Circle Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 3-26: Great Alaska Highway Ride 5.
Delta Junction, Alaska to Dawson Creek, B.C.. Ride the full length of the Al-Can Highway, the ultimate wilderness road bike ride. Tom Sheehan, Cycle Events, P.O. Box 725-BP, Hilo, HI, 96721-0725. 888 733 9615, www.cycleevents.com/alaska

Jun 7-9: Paradise 3- day Challenge.
Southwest Montana & Yellowstone. Experience the grandeur of SW Montana, Yellowstone National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Jun 8-9: 600 km Lower Mainland Brevet.
Pitt Meadows, BC. John Bates, 604-528-2549

Jun 8: Le grand Tour de Peace - 400 km.
Fort St John, BC. 400 km, 300 km also available Kim Kok, 250-785-4589

Jun 9-16: The Cascade/Whidbey Island Loop.
Chelan, WA. A semi-luxury bicycle tour of the famous alpine loop. Sag support, motels, camping, Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 988. 1-877-283-3551, http://www.waynesue.com/page8.html

Jun 12-21: Paradise Challenger.
Southwest Montana & Yellowstone. Spend 10 days, 9 nights. Experience the grandeur of SW Montana, Yellowstone National Park and the famous Beartooth Plateau. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Jun 12-17: Paradise Sampler.
Southwest Montana & Yellowstone. Spend 6 days, 5 nights. Experience the grandeur of SW Montana, Yellowstone National Park and the famous Beartooth Plateau. Hot Spring tour Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Jun 15: 50 km, 100 km Peace Brevet.
Fort St. John, BC. Start 10 a.m. Route: two circuits around Fort St. John community. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

Jun 15-16: 600 km Southern Interior Brevet.
Southern Interior, BC. Ray Wagner, 250-545-7165

Jun 15: 9th Annual Tour de Blast.
Toule, WA. Tour de Blast offers a 50 & 135K ride with breathtaking views of Mt. St. Helens blast zone. Well staffed by Longview Non Rotarians. \$35 covers T-shirt, rest stops & end-of-ride pasta feed. Limit 1200 Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, http://tourdeblast.com/

Jun 15-21: Beartooth Growler.
Southwest Montana & Yellowstone. 7 days, 6 nights. For intermediate to advanced cyclists only. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jun 15: Lions Club Skookumchuck Challenge.
Tenino, WA. 6 mix and match Thurston County ride from 6-mile to 100 miles. Profit the Lions Sight and Hearing Bruce Welsh, Dist. 19 Lions Clubs, 716-34 E. Dennis St SE, Tumwater, WA, 98501. 360-956-9197, http://www.lionsbikeride.org

Jun 16-21: California Wine Country Tour.
Napa & Sonoma, CA. 6-day tour bike & hike, wine tasting dinner atwine spectator Greystone Restaurant. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com



Mountain bike racing in Fernie, B.C.

Jun 21-23: 1000 km Lower Mainland Brevet.
BC. route tbc. Part of BC Randonneurs CC events. John Bates, 604.528.2549

Jun 21-23: 1000 km Vancouver Island Brevet.
Victoria, BC. 1000 km Victoria, Port Hardy and back Stephen Hinde, 250-245-4751

Jun 21-24: Ride Around the Marble Mountain Wilderness.
Fort Jones, CA. 4-day ride. 194 miles. Russ Rickert, 164 Alameda Drive, Ashland, OR, 97520. 541.482.8704

Jun 21-22: Ride Arount Pioneer Mt Tour.
Dillion, MT. John Foire, sapphirept@email.msn.com

Jun 22: Cannonball.
Seattle to Spokane, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx 10K of climbing. A timed event. Reg. at Seattle Expo or on-line. Tom Killion, Redmond Cycling Club, 425-739-8610, www.RedmondCyclingClub.org/ Cannonball

Jun 22: Flying Wheels Summer Century.
Redmond, WA. From family fun to grueling hills. Great STP training- Three routes: 30, 60, 100 miles. Jen Smith, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

Jun 22-23: Foothills Randonnee.
Peace Region, BC. 600 km event, 400 km also available. Kim Wok, 250-785-4589

Jun 22-23: Foothukks Randonnee.
Fort St. John, BC. Also a 600 km, 400 also available. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

Jun 23-29: Beginner's Paradise Sampler.
Southwest Montana & Yellowstone. 7 days, 6 nights. Intended for women intimidated by the longer mileageas found on standard tours. Hot Springs Tour Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Jun 23: Double Dawg Ride.
Bend, OR. 65 mile ride for tandems and singles. Meet at westside store. 9:00 a.m., \$10.00 pair entry fee. Hutchs Bicycles, Bend, OR, 503.382.6248, www.hutchsbicycles.com

Jun 24-28: San Juan Islands - Camping.
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 29-30: Walla Walla Potpourri.
Walla Walla, WA. Century, metric century & 35 mile rides each day. 6 routes. Short courses include optional stops at wine tasting rooms, pass barns & historical bldgs. Steve Rapp, 701 Boyer Ave., Walla Walla, WA, 99362. 509-527-8724, www.tourof wallawalla.org/potpourri.html

JULY

Jul 1: 100 km, 150 km Peace Brevets.
Fort St. John, BC. Also a 600 km if requested. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

Jul 1: Canada Day 135 Populaire.
Fort Langley, BC. Start from 8-9:30 a.m. Straiton, Vedder Crossing, Huntingdon, Aldergrove. Part of BC Randonneurs cycling clubevents Ian Stephen, 604.576.4425

Jul 1-6: San Juan Islands Family Camping.
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 6-13: Glacier-Banff-Jasper.
Montana and Canada. 8-day tour: Highlights: Going to Sun Hwy, Icefields Parkway, Banff & Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 6: S-2-S.
Seattle to Spokane, WA. The other cross state ultramarathon, via US Hwy 2 over Stevens Pass. 285 miles and approx 12K of climbing. A timed event. Reg. at Expo or on-line. Tom Killion, Redmond Cycling Club, 425-739-8610, www.RedmondCyclingClub.org/S-2-S

Jul 7: 200 km Lower Mainland Brevet.
Lower Mainland, BC. Also available: 50K, 100K and 150K. Start 7 a.m. France Caton, 601-839-3801

Jul 7-13: Beginner's Paradise Sampler.
Southwest Montana & Yellowstone. 7 days and 6 nights. For mothers and sons. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Jul 7-12: Canadian Gulf Islands.
Victoria, BC. 6 days (one layover). levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking & Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

- Jul 8-13: Columbia Gorge.**
Portland, OR. 6 days (one layover).
Levels: all. Activities include biking, hiking and river rafting. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 8-12: Oregon Coast - Family Camping.**
Portland, OR. 5 days (two layovers).
Levels: all. Activities include biking, hiking and horseback riding. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 10-14: RedSpoke.**
Redmond, WA. 15th annual bike tour across beautiful Washington state, 300-mile ride, fully supported, limited to 100 riders. Jay Vander Pol, Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org
- Jul 13-14: 23rd Annual Seattle to Portland Bicycle Classic (STP).**
Seattle, WA. One of the largest and best cycling events in the nation, 8,000 riders cover the 200 miles in 1 or 2 days. A NW tradition. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-2453, cbcbstp@casccade.org
- Jul 13-Aug 20: Volcanoes of Washington.**
Portland, OR. 8 days (one layover)
Levels: Intermediate to advanced.
Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 14-20: Habitat 500.**
St. John's (near Mpls), MN. Charity ride to raise money for Habitat for Humanity. Money raised goes to home affiliate of rider Jenifer Page, Habitat for Humanity, Minnesota, 3001 4th St., Minneapolis, MN, 55414. (612) 331-4439, http://www.habitat500.org/
- Jul 14-19: Olympic Peninsula.**
Seattle, WA. 6 days (one layover)
Levels: All. Activities include biking, hiking, canoeing, hot springs and rafting. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 14-20: Oregon Coast - Budget.**
Portland, OR. 6 days. Levels: all.
Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 15-20: Banff-Jasper.**
Banff-Jasper Canada. 6-day tour: Cycle and Hike through Banff and Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 15-20: San Juan Islands Family Camping.**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 19-21: Paradise 3-day Challenge.**
Southwest Montana & Yellowstone. Experience the grandeur of SW Montana, Yellowstone National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com
- Jul 20: 300 km Lower Mainland Brevet.**
Lower Mainland, BC. Start at 6:00 a.m. Part of BC Randonneurs Cycling Club. Barry Chase, 604.266.4214
- Jul 20: Midsummer Nightmare Double Century.**
Spokane, WA. Scenic Double Century in NE Washington. Includes shirt, food, map, and sag support Steve Sausser, Spokane Bicycle Club, 13906 E. 21st Ave., Veradale, WA, 99037. 509 922-7249, www.spokanebicycleclub.org
- Jul 20-28: Oregon Crater Lake.**
Eugene, OR. 8 days (two layovers)
Levels: Intermediate to advanced.
Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 21-26: Canadian Gulf Islands.**
Victoria, BC. 6 days (one layover). Levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking and Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 21: Hutch's 100K.**
Bend, OR. 62 mile ride. Mostly flat with small rollers. Meet at Tumalo State Park. 5 miles west of Bend. 8:00 a.m. \$5.00 entry fee. Hutch's Bicycles, Bend, OR, 950.382.9253, www.hutchsbicycles.com
- Jul 21-27: Valcanoes Hiking.**
Portland, OR. 6 days (one layover)
Levels: all. Activities include hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 21: Victoria Populaire.**
Victoria, BC. Route: 50 km, 100 km, 150 km, various routes. Ride begins 9:00 a.m. Start location: Oak Bay High School. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca
- Jul 22-11: San Juan Islands - Camping.**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 23-27: Glacier Sampler.**
NW Montana. 5 days, 4 nights. Ride through the unparalleled beauty of Glacier National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com
- Jul 24-28: Rocky Mountain 1200.**
Kamloops, BC. North Thompson, BC and Alberta Rockies. Part of BC Randonneur series. Danelle Laidlaw, 1-877-606-2453
- Jul 25: RAMROD 2002.**
Enumclaw, WA. 19th Annual Ride Around Mt. Rainier in one day. 154 miles and 10,000+ ft. of climbing. 700 rider limit. Register on-line or at Bike Expo. No day of registrations. Tom Killion, Redmond Cycling Club, 425-739-8610, www.RedmondCyclingClub.org/ramrod
- Jul 26-29: Ride Around the Marble Mountain Wilderness.**
Fort Jones, CA. 4-day ride, 194 miles. Russ Rickert, 164 Alameda Drive, Ashland, OR, 97520. 541.482.8704
- Jul 27-Aug 3: Glacier-Banff-Jasper.**
Montana, Canada. 8-day tour highlights: Going-to-the-Sun Hwy, Icefields Parkway, Banff and Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 27-Aug 3: Washington Alps.**
Washington's Cascade Mountains. Pedal from Index to Index across the North Cascades and Stevens Pass. Fully supported and a blast. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 West Spazier Ave, Burbank, CA, 91506. 800-433-0528, www.owct.com
- Jul 28-Aug 2: Canadian Gulf Islands.**
Victoria, BC. 6 days (one layover). Levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking and Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 29-Aug 3: Glacier Challenger.**
NW Montana & Canada. 7 days, 6 nights. Ride through the unparalleled beauty of Glacier National Park. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com
- Jul 29-Aug 2: San Juan Islands Family Camping.**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Jul 30-Aug 2: San Juan Islands - 4 days.**
Anacortes, WA. 4 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 3-10: Oregon Crater Lake.**
Eugene, OR. 8 days (two layovers)
Levels: Intermediate to advanced.
Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 3: SIR 200 km Brevet.**
Seattle, WA. Mark Thomas, Seattle International Randonneurs (SIR), 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, http://www.seattlerandonneur.org
- Aug 3: Victoria 200.**
Victoria, BC. Start at the Tim Horton in Gateway Village. Tour of the Greater Victoria. Michael Poplawski, 250-882-1239, www.randonneurs.bc.ca
- Aug 4: 200 km Peace Brevets.**
Peace Region, BC. 200 km, 150 km available. Wim Kok, 250-785-4589, wkok@nlc.bc.ca
- Aug 4: Blackberry bRamble.**
Eugene, OR. Metric, Full Century, and 38 mi ride Mel Huey, GEARS Cycling Club, P.O. Box 10244, Eugene, OR, 97402. (541) 345-3181
- Aug 4-9: Canadian Gulf Islands.**
Victoria, BC. 6 days (one layover). Levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking and Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 4-9: Oregon Coast - Budget.**
Portland, OR. 6 days. Levels: all. Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 5-10: Banff-Jasper.**
Banff-Jasper Canada. 6-day tour: Cycle and Hike through Banff and Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 5-10: San Juan Islands - Camping.**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 9-10: Ride Seattle to Vancouver & Party (RSVP).**
Seattle, WA to Vancouver, BC. 185-mile ride on scenic Washington backroads. Post-event party w/ live band and no-host cash bar. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org
- Aug 10: 400 km Lower Mainland Brevet.**
Lower Mainland, BC. Bob Bose, 604.531.8869
- Aug 10-15: Banff to Jasper.**
Canadian Rockies, AB. Spend 6 days, 5 nights. Perfect trip for enthusiastic beginners or advanced cyclists. Rebecca Hintze, Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com
- Aug 10-12: Courage Classic Bicycle Tour.**
Washington. A 3-day, 172 miles 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 11-17: Olympic Peninsula.**
Seattle, WA. 6 days (one layover) Levels: All. Activities include biking, hiking, canoeing, hot springs and rafting. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 11-16: SPUDS 8 - Cycling Around Idaho.**
Emmett to Salmon, ID. Annual ride around the land of potatoes, pedal via Kirkham Hot Springs, Redfish Lake and Challis Tom Sheehan, Cyclevents, P.O. Box 725-BP, Hilo, HI, 96721-0725. 1-866-45spuds, http://spuds.cyclevents.com
- Aug 12-18: Columbia Gorge.**
Portland, OR. 6 days (one layover), Levels: all. Activities include biking, hiking and river rafting. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 12-16: San Juan Islands Family Camping.**
Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking, hiking and whale watching. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 13-16: San Juan Islands - 4 days.**
Anacortes, WA. 4 days (one layover). Levels: all. Activities include biking, sea kayaking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 16: 100 km Peace Brevet.**
Fort St. John, BC. Part of the BC Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca
- Aug 17: 200 km Vancouver Island Brevets.**
Victoria, BC. Also offered, 150 km, 100 km and 50 km. Micheal Poplaeski, 250- 882-1239
- Aug 17: 5th Annual Schwinn Picnic and Vintage Bicycle Cruise.**
Seattle, WA. This is a fun family event for all types of bikes, swap, show, fun games and ride. Joey Carpenter, Magsprocket, 6204 222nd ST SW, Mountlake Terrace, wa, 98043. 425-775-6282, adobewerks.com/schwinn
- Aug 17-24: Glacier-Banff-Jasper.**
Montana, Canada. 8-day tour highlights: Going-to-the-Sun Hwy, Icefields Parkway, Banff and Jasper National Parks Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 17-24: Oregon Crater Lake.**
Eugene, OR. 8 days (two layovers)
Levels: Intermediate to advanced.
Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 18-23: Canadian Gulf Islands.**
Victoria, BC. 6 days (one layover). Levels: energetic beginner to advanced. Activities include biking, sea kayaking, hiking and Butchart Gardens. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 18-23: Ride Around Washington.**
Seattle, WA. 6-day fully-supported tour thru Ponderosa Pine Country, "Forgotten Corner" David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org
- Aug 18-25: Rim to the Rogue Bicycle & Rafting Tour.**
Southern OR. A gorgeous ride to Crater Lake and the Rogue River, including 3 days of Wild & Scenic River rafting. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 West Spazier Ave, Burbank, CA, 91506. 800-433-0528, www.owct.com
- Aug 18-25: Tour of the Wallows.**
LaGrande, OR. 7-day ride. 385 miles. Russ Rickert, 164 Alameda Drive, Ashland, OR, 97520. 541.482.8704
- Aug 18-23: Valcanoes Hiking.**
Portland, OR. 6 days (one layover)
Levels: all. Activities include hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 19-23: Oregon Coast - Family Camping.**
Portland, OR. 5 days (two layovers), Levels: all. Activities include biking, hiking and horseback riding. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 20, 300, 400 km Lower Mainland Brevets.**
Haney, BC. Start at 6:00 a.m. from Haney. Various routes including Sedro W., Rockport and Arlington Harold Bridge, 604-941-3448
- Aug 24: SIR 300 km Brevet.**
tbc, WA. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org
- Aug 24-31: Volcanoes of Washington.**
Portland, OR. 8 days (one layover)
Levels: Intermediate to advanced.
Activities include biking and hiking. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com
- Aug 25-30: Olympic Peninsula.**
Seattle, WA. 6 days (one layover)
Levels: All. Activities include biking, hiking, canoeing, hot springs and rafting. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 21: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Jun 21: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jun 24: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jun 26: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Jun 27: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Jun 28: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Jun 28: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

JULY

Jul 1: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 3: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Jul 4: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Jul 5: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Jul 5: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 6-7: State Games Track Races.
Portland, OR. Jeff Weatherill, 503-721-6221, cpjweath@nmhg.com

Jul 8: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 10: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Jul 11: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Jul 12: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Jul 12-13: American Velodrome Challenge Track Racing Series.
Redmond, WA. The premier track racing event of the season. Elite riders compete for cash. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 12: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 15: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 17: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Jul 18: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Jul 19-21: Alpenrose Challenge.
Portland, OR. Largest prize list track race in North America. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Jul 19: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 22: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 24: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Jul 25: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Jul 26: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Jul 26: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 29-Aug 3: Alpenrose Six-Day.
Portland, OR. The only six-day race in North America Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Jul 29: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jul 31: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

AUGUST

Aug 1: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Aug 2: Marymoor Friday Night Racing Series.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 5: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 7: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Aug 8: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Aug 9: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Aug 9: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 12: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 14: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Aug 15: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Aug 16: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 16-18: State Track Championships.
Portland, OR. Candi Murray, 503-661-5874

Aug 19: Marymoor Velodrome Monday Night Junior Racing.
See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 21: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Aug 22: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Aug 23: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Aug 23: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 24: Oregon State Junior and Team Track Championships.
Portland, OR. Candi Murray, 503-667-6220

Aug 26: Marymoor Velodrome Monday Night Junior Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Aug 28: Marymoor Wednesday Night Track Racing.
Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, www.marymoor.velodrome.org

Aug 29: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Aug 30: Alpenrose Friday Night Racing.
Portland, OR. See race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Aug 30: Marymoor Friday Night Racing.
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

SEPTEMBER

Sep 5: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Sep 7-8: Oregon Masters Track Championships.
Portland, OR. Candi Murray, 503-661-5874, www.obra.org

Sep 12: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Sep 19: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

Sep 26: Alpenrose Weekly.
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503 661-5874, www.obra.org/track

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