

BICYCLEPAPER

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May 2002 • Free

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Photo by Chaton

Bike pannier, computer, ready for another ride to work.

Bike to Work Day; a step in the right direction

By CLAIRE BONIN

This year marked the 46th consecutive year that the League of American Bicyclists declared May to be the National Bike Month. Bike to Work Day is scheduled for May 17. Many cities will celebrate cycling by promoting various types of events from group commuting to trail work, helmet and educational safety programs, pancake breakfast, information, prizes and more, all in a festive atmosphere.

How many times did you tell yourself that you should or would like to ride to work? However, for various reasons, you are still at the point where you are once again considering taking action on that wishful thinking...starting tomorrow, next week, when it gets warmer... later! Mark May 17 on your calendar as the date of your first bike commute and join the hundreds or thousands of people in your community that will ride to work on that day.

There are great benefits associated with riding to work. Looking at it from the health perspective, various studies have demonstrated that bicycling improves personal fitness level and enhances energy. Physical activity such as cycling improves your concentration and performance at work, helping you to be alert and less stressed. Another great

benefit is that by cycling to and from work you get your workout in for the day and like most people with a busy schedule that is a sizeable advantage.

Bicycling is one of the most basic forms of transportation and is efficient and environmentally friendly. In the world, the bicycle is the most widely used transportation vehicle, since only 8% of the world's population owns a car. However, in the U.S., the number of cars is growing faster than the human population. The number of motor vehicles in this country has grown over 40% since 1974, although the human population has only grown 16% in that same period. Fortunately, the number of bicycle commuters has been on the rise slowly but steadily since 1983 increasing by an average 12% a year bringing the total number of commuters to about 6 million.

Another advantage brought on by cycling to work is that you don't need to worry about finding a parking spot. It also helps save money, reducing car-related expenses such as the cost of fuel, parking, parking tickets, car maintenance and repairs.

From an employer's stand point, having employees commuting by bike can help them save money. To provide a parking space cost in average \$10,000 per

See "Bike to Work" on page 5

▶ Ride of the Month

Green River Black Diamond Ramble

By PHIL MEYER

The upper stretches of the historic Green River Valley offer cycling nirvana for road riders of all ability levels. The mountain views, smooth roads (freshly paved), and wide shoulders leading you through peaceful farm country will remind you why you love to ride. The challenging climbs, scenic vistas, and thrilling alpine descents of the surrounding hills will remind you why you need to train for your own upcoming local "Spring Classics".

This 31-mile loop ride has a cumulative elevation gain (and descent) of 1,200 feet. It is a moderately challenging route that will give you a sampling of all that the area has to offer. If you are not quite ready for the hills, a beautiful (and flat) 18-mile out and back trip to Flaming Geyser State Park is well worth the trip.

To reach the start/finish 20 miles south of Seattle: take I-5 to WA St. Hwy. 18 East. Take Hwy 18 East for 5.0 miles to the Auburn - Black Diamond Road Exit. Turn right at the off-ramp stop sign on Auburn Black Diamond Road. You will immediately see the Historic Neely Mansion (1894), admire the new paint job, then turn right on SE Green River Valley Road. Instantly see a large gravel parking lot on the left - park here.

Let the ride start.

Mile 0.0 - Turn left out of the lot and soon pass the Green River Meat Market on the right. Keep in mind the 20 kinds of homemade jerky, the fresh Salmon mousse, and the freshest cuts this side of the Cascades as a potential reward at rides end. At mile 1.4 you cross the Green River bridge and coast into

See "Green River" on page 6

Follow the Money: Finance the Facilities

By BARBARA CULP

You're reading a bicycling publication so maybe I don't need to tell you the obvious — that bicycling is an environmentally sound and affordable mode of transportation — that bicycling has the potential to improve the physical and mental health of this state and nation while reducing traffic congestion and pollution. I don't have to remind you but it's my job to educate our elected officials.

I recently traveled to Washington DC to attend the League of American Bicyclist's 2nd Annual Bike Summit. Over 270-bicycle transportation advocates from around the country attended. Our first priority was to reinforce to our congressional delegation about the continued importance of bicycling to create a balanced, intermodal transportation system. The Transportation Equity

Act of the 21st Century (TEA-21) provided for funding, planning and policy tools to create bicycle-friendly communities and we want to make sure that "TEA-3" is bicycle-friendly.

However, Congress faces pressure from hundreds if not thousands of other groups whose interests are pavement, asphalt and general-purpose lanes on mega-highway projects.

Bicyclists are a vocal minority who believe that Federal transportation legislation should increase the choice of modes available to people and to encourage greater travel by bicycle and foot, particularly in urban areas. We also believe that a more balanced transportation system has tremendous benefits for national security, public health and safety, urban redevelopment, energy conservation, the environment and the transportation system itself.

See "Bicycle Alliance" on page 3

Section of Burke-Gilman Trail to be Closed to Traffic

The Princeton Bridge is coming down, and the Burke-Gilman Trail underneath the bridge will be closed for up to nine-months during construction. On Tuesday, April 2, Seattle Transportation will close the Princeton Avenue Bridge and the Burke-Gilman Trail (which runs below the bridge) to all traffic to begin the process of removing and replacing the bridge with a new, seismically sound structure. The Princeton Bridge links Sand Point Way NE to the Hawthorne Hills community via Pullman Avenue NE and Princeton Avenue NE.

The current structure, which was built in 1930, is badly deteriorated and was not designed to carry the current loads, nor does it meet the City's seismic standards. The new bridge will be similar in design to the existing structure with one lane of traffic in each direction, and a sidewalk on the west side of the bridge. The \$1.2 million project is scheduled for completion by December 2002.

Throughout the nine-month construction period, both the bridge and the Burke-Gilman

Trail at this location will remain closed to all traffic and users will be detoured around the construction site.

Detours

Pedestrians - Prior to the bridge closure, a temporary pedestrian stairway will be constructed near 47th Avenue NE to provide pedestrian access from the Hawthorne Hills neighborhood and the Burke-Gilman Trail to Sand Point Way NE.

Burke-Gilman Trail Users - Bicyclists and pedestrians using the Burke-Gilman Trail will be detoured off the trail at either 40th Avenue NE or NE 60th Street and will use 55th Avenue NE and Pullman Avenue NE to connect to the detour points. A temporary asphalt path will be installed to connect the Burke-Gilman Trail to NE 60th Street.

More information can be found at the project web site: www.cityofseattle.net/td/princeton.asp.

-Source: City of Seattle

Russell Stevenson Turns Pro

Russell Stevenson of Broadmark Capital - Elitebicycle.com amateur cycling has signed a professional contract with the Prime Alliance Cycling Team for the rest of the 2002 season. Stevenson, from Seattle, WA will make his debut for Prime Alliance this Saturday at the Boat Street Criterium in Seattle's University District. He will then join the entire Prime Alliance team on April 20th for the First Charter Criterium in Shelby, NC. The professional squad recognized Stevenson's talent after his consistent riding on the national Pro/Am circuit in the last year and a half. This was

highlighted by a 7th place finish in the very difficult Tour of Willamette last April.

Stevenson is the second Broadmark Capital rider to sign a professional contract since it started its elite amateur program last year. Svein Tuft of Langley, BC became of member of Prime Alliance last November. "We are very happy for Russ and are excited to see our riders progress to the next level. Creating this type of opportunity for our region's riders is the major reason we started our program," stated Team Manager, Terry Buchanan.

Portland, Oregon Hosts Bikesummer 2002

First presented in San Francisco in 1999; Chicago, IL and Vancouver, BC, Bikesummer is scheduled to hit Portland this coming August. Bicycle enthusiasts from the region and around the world will gather in Portland for a month of bicycle-related activities and events. The premise of Bikesummer is to bring together advocates to promote bicycling as the logical transportation choice for a sustainable future. To realize their mandate, the Portland organizers have decided to focus on involving the city and a wide variety of local cyclists, from commuters and critical mass riders to racers and weekend riders. Thousands of people are expected to attend the event.

Although it is difficult to ignore the political dimensions of bicycling, Bikesummer is not just a political event. Besides hosting events to bike activists and cycling enthusiasts, one of the primary goals of Bike Summer is to promote bicycling to those in the Portland region and encourage them to get out of their cars. Most events will be free and will range from bike camping trips, polo matches, historical tours, races, workshops, lectures and presentations.

The annual Bridge Pedal ride, a 28-mile traffic-free tour of Portland's nine Willamette River bridges, the Midsummer Night's Bike

Tour, the August Critical Mass (part protest, part bike parade) and a Bike Summer Film and Video Festival are some of the event on the schedule.

While rarely in the national spotlight like its Northwest neighbor Seattle, Portland has staked its reputation on the city's livability and its embrace of environmental issues. Recently named North America's most bike-friendly city by Bicycling magazine, bicycle transportation

is gradually becoming more institutionalized and overall bicycle trip numbers have increased precipitously in the last five years. There are currently 228 miles of bike lanes, paths and bike boulevards in Portland, all public transit is fully bike accessible, and the city government's adopted policies are very supportive of bicycling, ensuring continuing growth of overall ridership in the years to come.

Portland is no Amsterdam or Copenhagen by any stretch of the imagination, but it is a place where, for an entire month, the bicycle will be placed on a pedestal to be celebrated for its ability to provide inexpensive, pollution-free transportation and enjoyment for people of all ages.

For additional information and event listing visit Bike Summer 2002 web site at www.bikesummer.org.



Joe Hailey Passes Away

BY THE ESCAPE VELOCITY CYCLING CLUB

Joe Hailey, a fixture on the BC road and track cycling scene for well over 20 years, passed away peacefully during the night of April 5th from complications due to massive swelling of the brain.

Hailey, who had to be airlifted from a race site in the Langley, BC, where he had been involved in a severe crash during the final

sprint of a race, was at the Vancouver General Hospital Neurological Intensive Care Unit since March 30th.

His presence will be sorely missed at the races and our heartfelt condolences go out to his family. In lieu of flowers, Joe's family asks that donations for a Joe Hailey Memorial Race be sent to Cycling BC. Please contact them at: office@cycling.bc.ca

I-go Bridge Action

Bikers & Hikers Save Your Two Feet on I-go Bridge Path!

Saturday, June 8, 2002 @ 11:45 AM East Portal Park

(That's above the tunnel on the Seattle side as it looks East out over Lake Washington.)

Costumes encouraged! Walk and Bike the Bridge; It's a parade to dramatize the ONLY bike/ped lake crossing.

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FEATURE

► "Bike Alliance" from Page 1

Bicycling Magazine, reports that:

- 81% of respondents reported riding their bikes more now than 10 years ago (the ten years of ISTEAs and TEA-21);
- 90% ride on bicycle trails and paths in their communities;
- 97% favor continuing to use federal highway funds to help build bicycle facilities;
- 94% say increased funding for bicycle facilities will benefit their communities.

The Bicycle Alliance of Washington recommended the following to the Governor's Taskforce on Reauthorization of TEA-21 in April:

1. Adopt the goals of the Federal Highways Administration's National Bicycling and Walking Study:

- To double the current percentage (from 7.9% to 15.8%) of total trips made by bicycling and walking; and
- To simultaneously reduce by 10% the number of bicyclists and pedestrians killed or injured by traffic crashes.

2. Routine Accommodation: Officially adopt the USDOT's Design Guidance on accommodating bicyclists and pedestrians to ensure that every transportation project (both highway and transit) improves access, convenience, and safety for those choosing to travel by foot or bicycle. (Washington State Department of Transportation Design Guidelines state this, however, it needs to be formally embraced, enforced and taught throughout Washington to all traffic engineers, planners, designers.)

3. Preserve and improve the existing TEA-21 funding and planning programs. (Transportation Enhancements, Congestion

Mitigation and Air Quality, Recreational Trails, Transit, Surface Transportation Program, etc.) Bicycle and pedestrian projects are currently eligible under these programs and they should remain so. However, implementation is often slow and limited. (Washington ranks 16 out of 50 - good but with room for improvement.) Improvements to various programs would include providing incentives for funding bicycle and pedestrian projects, streamlining the approval process for nonmotorized improvements, and allowing for the funding of programmatic bicycle and pedestrian improvements like Seattle's spot maintenance program which helps bicycle commuting tremendously.

In addition, the planning process should require long-range transportation plans and Transportation Improvement Programs should include sections identifying planned improvements for bicycling and walking and ways in which the routine accommodation of pedestrians and bicyclists in all transportation projects is being achieved.

4. Prioritize the use of safety funds to promote Safe Routes to School initiatives and other programs to reduce the number of crashes involving bicyclists and pedestrians. Safe Routes to School programs in California, New York and Massachusetts have demonstrated tremendous potential to increase bicycling and walking and improve safety and public health. Bicyclists and pedestrians comprise 15% of all traffic fatalities - set aside this same percentage of safety funds for these programs. Incentives should be available to states that spend more than 15% of their safety construction and Section 402 traffic safety funds on Safe Routes to School initiatives.

5. Expand the requirement for State DOT's to have a bicycle/pedestrian coordinator so that each state DOT is required to have a full time bicycle program manager and a full time pedestrian program manager. Expand the requirement to metropolitan planning organizations covering a population of 200,000 or more to require a full time bicycle/pedestrian program manager.

6. Support Demonstration Projects that will make a significant contribution to completing bicycle and pedestrian networks, or that will improve the base of knowledge of how to promote bicycling and walking as common travel modes.

7. Continue funding for the USDOT Pedestrian and Bicycle Information Center to ensure that the best current technical information and research is available to state, metropolitan and local agencies, consultants, community organizations and others working to improve conditions for bicycling and walking.

8. Initiate New Programs.

- Nationwide programs to training existing and future generations of transportation officials to routinely accommodate bicycling and walking in their work.
- Establish a bicycle tourism and economic development program to promote the development of bicycling touring routes and trails.
- Significantly improve the quality and scope of data available on walking and biking.

The Bicycle Alliance of Washington is a statewide alliance of 1,950 bicyclists, 20 bicycle clubs and numerous civic organizations promoting bicycles for transportation, recreation, health and fitness.

OPINION

Beyond Cycling

Does it seem your personal information is out of your control?



By Paul Clark
Bicycle Paper
publisher

As publishers, we have the privilege of speaking to tens of thousands of people through each publication we produce. We thank you for choosing to subscribe, log-in and listen to our messages. It's from this perspective that we feel responsible to share with you a couple tips we've come to use in our daily lives to control the quality and quantity of information we give out and receive.

Let's start with "junk mail." Mail solicitation has never been worse. Armed with detailed personal information from sources you used to consider private, it seems mailing houses can target you right down to what you bought at the grocery store last week. Yet they send pounds of junk mail in cardboard tubes, boxes, oversized postcards, magazines with nearly all destined for the recycle bin.

The good news is quality businesses don't spend time or money on wasted mailings. If you are not going to use their flyer, coupon or advertising offer, they would love to know that ahead of time so they don't waste their resources.

When you receive junk mail, immediately let them know that you're not interested, by drawing a slash through the delivery address

and putting the mailed piece back in the mail. The post office will return it and charge the business for that service.

You can also contact the Direct Marketing Service (DMA) and sign on to their "opt-out" list. This is a list of people who choose not to be on mailing lists. Businesses compare their mailing list to the DMA's list before sending mass mailings to remove people who don't want to be contacted by mail. (See DMA sidebar with this article)

Telephone callers? How can they be so rude? Their timing too often seems to come in the middle of dinner or on Sunday morning? The fact is they play a numbers game and although they risk making you even madder, they want to catch you during the most likely hours your home.

Take advantage of the rules they must follow. Instead of hanging up, ask them to identify themselves (they must), ask them if this is a solicitation call, explain you never purchase via telephone call and ask to be removed from their list. (See DMA sidebar with this article)

And finally junk email. Be sure to look at the very bottom of each message as many post a "remove" feature that requires an email reply or a web site link. If they don't offer a remove feature, dig out a toll-free number from the

message and call them on their dime. (See DMA sidebar with this article)

Too many people are starting to believe privacy is a quaint memory. That may end up being true however consider working to control who has access to your information. Make it expensive and time consuming for those who attempt to access your personal information. And finally, keep your voting ballot pens ready as more and more legislation surfaces to control the activity of direct marketers who abuse people's private information.

One web site stop for telephone, mail and email list removal

The Direct Marketing Association (DMA) has a valuable service. Go to the web site www.the-dma.org/consumers/consumerassistance.html to get instant relief from mass email at no charge. Fill out the form under email removal and they will send you a confirmation of up to three email addresses they will track for you. Be sure to respond to their emails so they receive confirmation of your request.

The DMA also has telephone and mail list removal services. Fees are \$5.00 each for the online service or the cost of a postage stamp if you mail the forms into their office. Both address and telephone links are at the same site. We've prepared their forms in an Acrobat PDF file for you to download at <http://www.bicyclepaper.com/bp/issues/May02/bp4.htm>, fill in the blanks and mail it to DMA Mail Preference Service, P.O. Box 9008, Farmingdale, NY, 11735-9008.

Do You Have a Plan?



By Michael Petty
MA, MSPT

Many reasonable people are not reasonable with their bodies. An aspiring athlete may have projects at work that will take months or years to complete but won't give a second thought to going out and wracking up their unprepared body in a long endurance event. This is not right. While this behavior does keep a portion of the healthcare system flourishing, the pain and injury resulting can and should be avoided.

The first part of the plan is to set a goal. Without a specific goal, setting up a plan is impossible. Not having a plan does not preclude attaining goals, but getting there is more interesting and fun if you do have at least an outline. By being specific with your goals, you set up a framework for nicely

tailored workouts. The other benefit of specificity is that by using your time effectively you get the most "bang for your workout buck".

The next step is to set a realistic timeline for your cycling project. This is usually where many people need to deposit their reality checks. At a minimum, most endeavors will take six weeks of training and this assumes some level of fitness prior to beginning. Starting from little or no fitness means that the time scale must be longer. I heard of a person who wanted to run a marathon, which is attainable, but wanted to do it with about a month of training. At the start, she was only running a total of nine miles per week. She completed the marathon but had lots of injury and pain along the way because she pushed too hard too fast. Bodies need time to adapt to stresses, which leads to the next step.

Progressive exercise as a stressor is good so long as the progress is gradual. In its simplest form, progression is going a little bit farther each week. With more complex plans, there is a blending of farther, faster and stronger. Equally important is the use of rest in the plan. Progressively harder workouts done without sufficient rest will lead to burnout, decreased performance, and injury.

Putting together a plan sounds pretty straightforward if not just plain easy. However, I know from my own experience that it usually is not so easy. What is a sensible goal? If you are a new or novice cyclist defining a realistic goal may take input from your reading and/or from other riders. The same is true of timelines and progressions. Finding and assimilating input can be made much more simple if you find a coach or trainer. Coaches are not just for racers because proper and safe training should be for everyone.

Fortunately, cyclists have many choices in

this area as the last 3-4 years have seen a great increase in well organized and well marketed coaching services. My impression of those that I have seen is that they provide good information in different styles. Choosing among them should be based on rapport, fee schedule, amount of contact and feedback. Even if you only use a coach for one season, you will learn quite a bit so that future training will be more informed and effective. A good listing of coaching services can be found on www.bikeride.com.

Enjoy your time on the bike.

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FEATURE

Portland's Bike Commute Culture

BRITA JOHNSON, BICYCLE TRANSPORTATION ALLIANCE

Portland, Oregon is living up to its reputation as a bike friendly U.S. city, and folks are taking note! The November, 2001 issue of *Bicycling Magazine* heralded Portland as "Best Bicycling City in North America" - and for good reason.

Portland boasts a vibrant bike commuter culture, in addition to a beautiful setting ideal for recreational cycling. On any given day Portland's streets abound with lycra-clad bikers and neatly-dressed commuters alike, with everyone from architects and lawyers to city planners and students making their way to and from work by bike. Recent census data confirms what we see on the streets: Bicycle commuting doubled in Portland between 1990 and 2000. At the same time, City of Portland crash statistics show that the number of bicycle/car crashes has remained level as the number of cyclists has increased - a sign that cyclists are becoming more and more accepted as a normal part of traffic in Portland.

The number of daily bicycle trips has grown as the City has added miles of bicycle lanes and paths: In 1990, Portland had 78 miles of bicycle facilities; by 2000 the city had 219 miles. The City's bikeways now total more than 270 miles throughout the Portland metro area. In 2001, the City's own surveys measured more than 10,000 bicycle trips across Portland's Willamette River bridges into and out of downtown each day. Today, more people commute by bike across those bridges on a rainy winter day than on a typical summer day in 1992!

Forward-thinking decisions that link land use and transportation - and result in good places to bicycle - have been made on the city, regional and statewide level. But communities where progressive decisions are made don't happen by accident. They are the result of leadership and political will on the part of decision-makers and strong, organized support from citizens. Oregon's elected officials and civic leaders can go out on a limb to create bicycle-friendly infrastructure because they know that there is a constituency to back them up.

For example, in response to a strong grassroots advocacy campaign by cyclists, the Portland area's tri-county Metro council recently allocated a record-setting percentage of the region's flexible federal transportation funds to bicycle and pedestrian projects. The funds will help complete several regional trails and provide bike access across downtown bridges. This will strengthen the links between downtown and outlying communities and

make it more convenient for Portlanders to get around to bike. At the statewide level, citizen testimony and a strong coalition of advocacy groups, health professionals, transportation planners and parents convinced the 2001 Oregon Legislature to pass a Safe Routes to Schools bill that encourages communities across the state to work with schools to make cycling and walking safer for students, helping students to make decisions that are healthy for them and their communities alike.

Oregon's Bicycle Transportation Alliance (BTA), a state-wide non-profit organization advocating for safer, more convenient cycling, is proud to take some of the credit for the pro-bicycle culture that has empowered citizens to speak up and local government to take progressive and proactive steps toward making cycling a part of Portland's, and Oregon's, identity.

The BTA began in the early 1990s as a grassroots group advocating for bicycle access on Portland's public transit. Volunteer and citizen efforts secured the addition of bike racks to the front of all buses operating in the Portland Metro area (and later bicycle access to Portland's light rail). In 1999, the BTA deflected a legislative attack on Oregon's landmark Bicycle Bill, which requires that bicycle and pedestrian access be provided when roads are built or reconstructed. Cyclists in Oregon celebrated the Bill's 30th Anniver-

sary, and affirmed its place in Oregon law, with the BTA's cross-state Bicycle Bill Relay and Rally in April 2001. In that same year, the BTA crafted the successful Safe Routes to School legislation and motivated significant citizen advocacy for its passage. Now in its 12th year, the BTA is continuing its work to get its 2700 members in Oregon and SW Washington active on issues that affect community livability and bike-ability..

The BTA's Safe Routes for Kids program works to get kids on bikes, addressing the national health crisis of skyrocketing diabetes and youth obesity. The BTA is developing comprehensive initiatives and helping to provide leadership to make streets safer for

kids. And the BTA helps kids themselves to get "street ready" through its innovative Bicycle Safety Education program. Offered to more than 10,000 youth across Oregon in its successful four year history, the program teaches traffic savvy through classroom activities and on-the-bike practice. Student ridership at schools where the program is offered averages 12%, an encouraging indication of what education can do in a nation where student ridership is typically 1% or less.

With a unique mix of fun and advocacy, the BTA reaches out to adults through several programs over the course of the year. The annual Alice B. Toecaps Awards Ceremony recognizes 8-10 outstanding bike advocates in Oregon and SW Washington and serves as inspiration to the bicycling community. More than 325 cyclists attended the 2001 Awards Ceremony. In 2002, the BTA will reach out to Oregon and SW Washington advocates with a Bike Advocates Work-

shop in July, offering answers, tools, and inspiration for community change. The BTA is also supporting Bikesummer, an international festival of cycling that will celebrate cycling and inspire would-be cyclists in Portland during August this year. In September, the BTA's Bike Commute Challenge will motivate cyclists to bike commute to work - and tally their rides for prizes - in an annual competition that, in 2001, got more than 1500 cyclists on their bikes for a total of over 31,000 bike commutes during the month.

Portland and Oregon have a long tradition of active citizens - whether out on their bikes or speaking up to influence policy that affects the livability of their communities. Bicycling issues are no exception. With enthusiastic cyclists motivated by the effective advocacy of the BTA, Portland will only become a better place to bike.

For more information about the Bicycle Transportation Alliance or about bicycle advocacy efforts in Oregon, please contact the BTA at info@bta4bikes.org. Or come to Portland - for information on great cycling events in Portland this summer, check out www.bikesummer.org and www.providence.org/oregon/events/rose_pedal/default.htm.

"Portland boasts a vibrant bike commuter culture, in addition to a beautiful setting ideal for recreational cycling."

Harvey Grad

Attorney at Law

cycling accident?
injury claim?



- Not a Lawyer for several Decades
- Member of Lincoln County Bar
- Former Member of SFP Executive Committee

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spot which includes paying for design, construction, maintenance, property taxes and site insurance fees. It is less expensive for the employer to support bike commuting than an in-office fitness facility. There are also tax breaks available in some areas for companies that provide secure bike parking.

You don't have to ride every day. Begin with one day - May 17. If you are not sure about commuting, not sure of the route to take, the clothing to wear, or if you are intimidated by the car traffic ask for help. Bicycle Alliance of Washington, Bicycle Transportation Alliance and many clubs can assist and guide you through various programs designed to help new commuters.

Like many other things we want to do, all it takes is a firm commitment to take the first step, to ride that first day. If you were not yet convinced by the benefits associated with cycling to work, think about these: Every time you ride, you will have an excuse for a bad hair day, you will make your co-worker look lazy, your bike will never overheat and the air conditioning will always work. You'll get to park close to the door and be able to eat more without gaining weight but most of all, you'll have fun.

For information on Bicycle Alliance of Washington visit their web site at www.bicyclealliance.org, for Bicycle Transportation Alliance of Oregon visit www.bta4bikes.org, for League of American Bicyclists see www.bikeleague.org

King and Snohomish County Bike to Work Day Commuter Stations Information

Thirty-six stations will be ready to support bicycle commuters from 6:00 to 9:00 a.m. with small repairs, maps, prizes, WRQ Bike to Work t-shirts, water bottle and more, see the

list below for information on the nearest station. A "Celebration Ride" with local dignitaries and celebrities will leave the Seattle Center at 7:30 a.m. to join the Westlake Plaza

rally at 8:00 a.m. for food, drinks and fun. Visit www.biketoworkday.org for additional information.

Station Name	Station Location	Station #	Station Sponsor
Bainbridge Island	12th & Stevens (between 41st & 43rd Ave)	1	Seattle Center (206) 467-1111 Community Transit (206) 322-9500
Bainbridge Island	12th Street Bus	2	Tom's Bike Shop (206) 467-0022 Rainier Transit (206) 467-0022
Greenwood	10th PDX & Interurban Trail (10th St to 12th St & 14th Ave NE)	3	Harry's Bike Shop (206) 708-1340 Community Transit (206) 322-9500
Almond C.C.	10th St, 10th & 12th Ave SE (open 10:30 AM - 4 PM)	4	Harry's Bike Shop (206) 708-1340
UW Seattle, Cascade C.C.	10th St. & 10th	5	Bedford St & Winland (206) 471-0277
Woodville	12th St (12th Street) Community Transit (206) 322-9500	6	Snohomish Valley Cycle (206) 850-8440
Summerhawk Trail	10th St. NE & 12th St. NE	7	COPIA (206) 261-1211 (206) 261-1211
Shoreline	10th Street (between 10th & Greenwood Ave N)	8	REI (206) 467-1111
North Seattle C.C.	10th Street (between 10th & Greenwood Ave N)	9	America Cycle (206) 467-1111
Greenleaf	10th Street & 12th Street	10	Grogg's Cycles (206) 467-1111
Raymond	10th Street (between 10th & Greenwood Ave N)	11	Raymond (206) 467-1111
University of Washington	10th Street (between 10th & Greenwood Ave N)	12	University of Washington (206) 467-1111
UW - Bothell	10th Street (between 10th & Greenwood Ave N)	13	UW Bothell (206) 467-1111
UW - Everett	10th Street (between 10th & Greenwood Ave N)	14	UW Everett (206) 467-1111
Overlake	10th Street (between 10th & Greenwood Ave N)	15	Overlake (206) 467-1111
Bellevue	10th Street (between 10th & Greenwood Ave N)	16	Bellevue (206) 467-1111
Issaquah	10th Street (between 10th & Greenwood Ave N)	17	Issaquah (206) 467-1111
Everett	10th Street (between 10th & Greenwood Ave N)	18	Everett (206) 467-1111
Edmonds	10th Street (between 10th & Greenwood Ave N)	19	Edmonds (206) 467-1111
Shoreline	10th Street (between 10th & Greenwood Ave N)	20	Shoreline (206) 467-1111
Bellevue	10th Street (between 10th & Greenwood Ave N)	21	Bellevue (206) 467-1111
Everett	10th Street (between 10th & Greenwood Ave N)	22	Everett (206) 467-1111
Edmonds	10th Street (between 10th & Greenwood Ave N)	23	Edmonds (206) 467-1111
Shoreline	10th Street (between 10th & Greenwood Ave N)	24	Shoreline (206) 467-1111
Bellevue	10th Street (between 10th & Greenwood Ave N)	25	Bellevue (206) 467-1111
Everett	10th Street (between 10th & Greenwood Ave N)	26	Everett (206) 467-1111
Edmonds	10th Street (between 10th & Greenwood Ave N)	27	Edmonds (206) 467-1111
Shoreline	10th Street (between 10th & Greenwood Ave N)	28	Shoreline (206) 467-1111
Bellevue	10th Street (between 10th & Greenwood Ave N)	29	Bellevue (206) 467-1111
Everett	10th Street (between 10th & Greenwood Ave N)	30	Everett (206) 467-1111
Edmonds	10th Street (between 10th & Greenwood Ave N)	31	Edmonds (206) 467-1111
Shoreline	10th Street (between 10th & Greenwood Ave N)	32	Shoreline (206) 467-1111
Bellevue	10th Street (between 10th & Greenwood Ave N)	33	Bellevue (206) 467-1111
Everett	10th Street (between 10th & Greenwood Ave N)	34	Everett (206) 467-1111
Edmonds	10th Street (between 10th & Greenwood Ave N)	35	Edmonds (206) 467-1111
Shoreline	10th Street (between 10th & Greenwood Ave N)	36	Shoreline (206) 467-1111

A full week of activities scheduled for Bainbridge Island

By DANA BERG

The Squeaky Wheels Bike Club is organizing a series of bicycling events on Bainbridge Island in May, culminating in its third annual Bike to Work and School Day on May 17.

The Bainbridge Bike to Work and School Day drew 600 riders in 2000 and 800 in 2001. This year, it hopes to break the 1,000-rider mark, which would represent five percent of the Island total population. Prior to 2000, the event had focused solely on adult bicyclists, as does the national Bike to Work program. Squeaky Wheels determined, however, that school children are the largest segment of the population needing encouragement in biking, and adding them to the program has proven to be a huge success.

To promote this idea further, Squeaky Wheels led a group who met with the Bainbridge Island School Board and addressed the need to make bicycle safety education part of the district curriculum. The goal is to have all fourth-graders learning bicycle safety in school starting in the spring of 2003.

In the meantime, the City of Bainbridge Island is in the process of writing a Non-Motorized Transportation Plan. In order to show local officials "The Good, The Bad, and

The Ugly" of both walking and bicycling facilities in the downtown core, Squeaky Wheels is organizing a ride called RAW (Ride around Winslow) scheduled for Saturday, May 11. During this easy one-hour ride, participants will stop five times at key areas for discussions, including the ferry terminal. Everyone is welcome to join the ride and the gathering at the picnic lunch following the ride.

On Tuesday, May 14, local author, world bike rider, and actor Willie Weir will spend the day talking with students at the middle school and high school. Later that day, Squeaky Wheels invite the public to join them for an "Evening with Willie in the Yurt". Dessert and beverages will be served at Chuck Beek's yurt-guesthouse. As well, the public is invited to attend author Joe Kurmaskie's reading of his book "Metal Cowboy" at Eagle Harbor Book Co. at 7:30 p.m. on Thursday May 16th.

On the big day, Friday, May 17, volunteers will serve breakfast all of the schools and the ferry dock to everyone arriving by bike. Drawing prizes provided by local businesses, bike safety brochures, local and regional bike guide maps, and power bars will also be handed out.

A key component of Bainbridge Island's bike to school event is the bike mentor program. Started by Jim Starrs at Sakai Middle School,

this program pairs adult cyclists with beginners on their way to and from school. One feels like they are seeing the Pied Piper as they watch students, escorted by bike leaders, cycling down the roads. Last year one arriving group totaled twenty kids with two adult guides. School Board member and avid cyclist Ken Breiland wore a huge smile as he cycled up with his contingent of ten fifth-graders.

Finally, the Bainbridge High School Earth Service Corps students will be painting large sandwich boards prior to the event which will read SLOW - FRIDAY IS BIKE DAY and will station them around all of the Island's schools that day. Also, they will cook and serve pancakes to all students and staff who leave their cars home and walk or cycle to school. At the grade schools, parents are encouraged to ride with their children and teach them basic traffic safety. Squeaky Wheels members will be handing out the wonderful John Allen book "Street Smarts" subtitled "Riding Confidently, Legally and Safely."

Members of the business community are also being encouraged to leave their cars home and either bike, walk, or take Kitsap Transit buses to the ferry, local offices and shops. Many merchants offer free delivery of purchases too large to be carried home on a bicycle. Half of the Bainbridge Island population lives within three miles of their school, office, or the

ferry dock. On May 17, many of those folks are expected to leave their cars home and enjoy a non-motorized trip. The roads will be quieter, the air a little cleaner, and their commute will then become the best, not the worst, part of the day.

For more information on any of the Bainbridge Island Bike to Work and School day events, contact Dana Berg at 206 842 9024 or email her at veloberg66@worldnet.att.net.

Dana Berg is an active Squeaky Wheels member and the owner of Dana's Showhouse on Winslow Way.



► "Green River" from Page 1

the fields and pasturelands of this fertile valley. Enjoy the tight turns of the serpentine road as you tour the working farms and fancy ranches that display every imaginable domestic animal. Dairy cows, PotBelly pigs, peacocks, mules, bizarre looking sheep, thoroughbred horses, prize winning cattle, chickens, and llamas: Oh My!

Mile 7.0 offers a nice option for a potential side trip. A left turn would bring you to the Keta Creek Fish Hatchery. The Green River's King Salmon run, healthiest in the Puget Sound Watershed, can be seen from August to October.

Should you decide to pass the turn off option, the iron hulk of the old Whitney Bridge rises to the right as it sits idly in a pasture (mile 7.4). Cross 212th Way SE before passing one more pasture on the left; then the bluffs from either side seem to squeeze in to envelop the road. The River soon appears and you are treated to a view of a genuine Class III rapid where local paddlers test their skills. At mile 8.0, the route ahead begins to climb but turn right on SE Flaming Geyser Road for a tour through the park. Cross the river on a modern truss and cable suspension bridge in need of a paint job. * (Mile 8.4) Turn right at stop sign to follow the main park road as it hugs the river twice more before arriving at the main picnic area.

Mile 9.2 presents an opportunity for a pre hill climb break at the restrooms on the left. There truly is a Flaming Geyser and it used to be a big one; if you have never seen it you should by all means head to the end of the parking lot to warm your buns and pay homage to its current 4 inch flame.

Retrace your route out of the park and make a decision. You can turn right on SE Green River Valley Road to head uphill for cinnamon buns the size of your seat bag; or turn left to return to the car and save the hills for another day.

This hill climb rises 600 feet over the next 1.6 miles. As you can see, and will soon feel, it starts off with a steep grade: but don't get discouraged as there are gradient breaks on the way up. A sharp left followed by a sharp right and you will see a spiked river rock wall reminiscent of some childhood fairy tale (perhaps an evil one). Pass the wall and the grade eases back enough for you to catch your breath and enjoy views of the valley

below. Continue to climb through the canopy of trees that envelop the road. At the 11.2 mark, a short section of new asphalt tells the story of mudslides past; between breaths glance through the trees to see Mount Rainier flashing her top. Shortly after the road veers left and levels to give you one more break before the final pitch around the sharp right bend. Finally, at mile 12.0, the lungs and thighs enjoy some recovery time as the top of the long hill climb is reached. Shortly after you will go by the historic Kummer "Lonely Red School House". Less than a mile later, a left turn at the stop sign brings you on the busy Enumclaw Black Diamond Road (mile 13.1). Once you pass the "Welcome to Black Diamond" Coal Car on your right, a fast descent toward Lake Jones begins. Turn left on Lake Jones Road just after the road dips and crosses the lakes wetlands. One hundred yards later, the road veers right and is renamed Railroad Avenue. Take a well-deserved break at the Black Diamond Bakery on the left (mile 14.8). At the bakery you can find water, bathrooms, a full service restaurant, espresso, the fore mentioned cinnamon buns, and countless other difficult to resist homemade goodies.

Back in the saddle. Pass the railway depot and caboose of the Black Diamond Historical Society Museum on your left as Railroad Avenue veers left into a short fast descent. Plan this ride for a Thursday, Saturday, or Sunday and take the tour through the museum. Artifacts, documents, photos, displays, and volunteers do a tremendous job of explaining the areas rich coal mining and logging history.

Mile 15.5 - Turn left at the stop sign on Auburn Black Diamond Road. Mile 16.1 - Turn right at the "Y" intersection on Lake Sawyer Road after climbing a short hill. Mile 18.6 - Turn left on SE Covington Sawyer Road. Enjoy the forested views and gentle rolling hills as you pass the Druids Glen development on the left. * At mile 20.5, a left turn brings you on 188th Ave SE to climb a short steep hill. Pass under some power lines, veer left, the road is renamed SE 308th, and arrives at a stop sign just before running directly into Lake Morton. Turn right at stop sign on Lake Morton Drive SE and get ready for the Lake Morton criterion. This road is so smooth, scenic, and inviting that we absolutely



Photo by Phil Meyer

Team Tailwind at Flaming Geyser

must include at least one 2-mile lake loop on the route.

Mile 23.6 - Pass the intersection where the loop began on SE 308th but keep going around. At the 24.4 mile mark you leave Lake Morton behind and turn right on 195th Ave SE at the large "Waldheim Acres" sign on your right. A couple hundred yards later turn right on SE 320th and take an immediate left on 194th Ave SE past the private Waldheim Park. Turn right at the stop sign on SE 328th Place after dodging some "road toad" speed bumps. Turn left at the stop sign to briefly rejoin the Auburn - Black Diamond Road, turn right on SE Lake Holmes Road and climb a short two tier hill next to the Jade Green Golf Course.

At mile 26.3, veer left on Lake Moneysmith Road as Lake Holmes Road goes right. If you have any energy left; the rolling hills and fresh pavement of this 2.6-mile stretch of country road will inspire, awe, and amaze you. If the energy level is low these small hills will feel like mountains; but never fear, a fast descent to the end is near.

Mile 28.9 - Turn left at the stop sign to rejoin SE Lake Holmes Road. Up and over the final two small hills and you can see a straightforward high-speed descent that often yields the maximum speed for this ride. The road does

level briefly, but you aren't down yet, the best is still to come. The tight twisty descent along the next 3/4 of a mile will have you smiling from ear to ear. Wait for a careless moment before you plunge down, as you will need the entire lane to test your cornering, braking, and bravery techniques. Turn left at the stop sign to once again rejoin the Auburn Black Diamond Road. Immediately cross the Green River, see the Neely Mansion ahead, and turn left onto SE Green River Valley Road. A left turn brings you back to the start finish gravel parking lot on the banks of the Green River 31.3 miles later.

Prepare for the worst yet hope for the best; ride your bike more & worry less!

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



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Vancouver Commuter Update

By PAUL DONE

For many Vancouver cycle commuters, the biggest single event in some time took place on March 9, when the east sidewalk of the Lions Gate Bridge was reopened for cycling traffic. The Lions Gate Bridge has been undergoing a complete deck replacement since December 1999, and the sidewalks have been closed to cycle and pedestrian traffic throughout this process.

The Lions Gate serves as the primary cycle and pedestrian thoroughfare across the Burrard Inlet that separates Vancouver from North and West Vancouver. For the 27 months that it was closed, cyclists were forced to use a shuttle service that was of varying dependability, pay to ride the SeaBus ferry or detour ten miles east to ride the Second Narrows Bridge.

There is a silver lining in this dark cloud tale—the sidewalks on the Bridge and the sidewalks that approach it through Stanley Park have been vastly widened and resurfaced during the long construction process. The new Bridge Sidewalks have been widened from 1.3 meters (50") to 2.0 meters (80") and cyclists are now separated from motor traffic by a continuous barrier. The sidewalks that approach the Bridge along the Stanley Park Causeway have also been widened to 2.0 meters.

New sidewalks mean that there will be no more stories of tourist-dodging terror, since the blind entrances to the viewpoints have been removed. Likewise, the barriers should put an end to the legends of cyclists getting blown off the sidewalk and into traffic by the frequent swirling high winds on the bridge deck that sits some 200ft above the surface of the Burrard Inlet.

The west sidewalk on the bridge will remain closed until the entire deck is resurfaced later this spring. Even the prospect of two-way traffic on one of the new sidewalks is safer and easier than one-way traffic on the old sidewalks.

For more information, visit www.lionsgatebridge.gov.bc.ca.

In other Vancouver transportation news, late last year VanCity Credit Union awarded its first \$1 million (CDN) grant to Better Environmentally Sound Transportation to initiate the Lower Mainland GreenWay project. This project, now renamed the VanCity GreenWay, will connect downtown Vancouver to New Westminster via a 25km (15 mile) multi-use recreational path.

In commenting on the award, Greg McDade, the chair of VanCity's Board of Directors said: "The GreenWay is truly an exciting project that will literally change the face of this area. The opportunity to connect communities, improve our region and offer something that can be enjoyed for generations to come is exactly

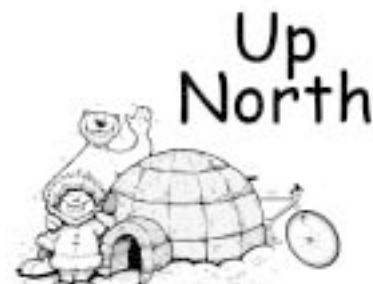
why we created the award."

The initial phase of the project is expected to take until 2004 and will cost \$8-\$12 million. Its route will connect existing transportation infrastructure such as the SeaBus passenger ferry terminal, Via Rail terminal and several existing bike routes. Also, it will link shopping areas, industrial centers and a number of colleges into the bike route system.

The building of the Greenway comes at a crucial point, as many of the green areas that it traverses are on the block for development and the window of opportunity for a project such as this one might soon close.

VanCity is Canada's largest credit union with 271,000 members and 39 branches. The decision to award the grant to the GreenWay project was based upon a vote of the membership from a short list of projects selected by VanCity's Board of Directors. For more information, visit www.best.bc.ca.

Finally, the City of Vancouver is continuing the process of public consultations on their Downtown Transportation Plan (DTP), which includes proposals for a number of new downtown bike routes. The final Open House on the DTP will be on May 15 and it is scheduled to go before city council for final approval in June. For information on the plan or meeting visit www.city.vancouver.bc.ca/dtp.



City of Vancouver Downtown Transportation Plan

Open Houses/Public Meetings.

Wednesday, May 15, 2002
10:00 a.m. to 1:00 p.m.
5:00 p.m. to 8:00 p.m.
Robson Square

Paul Done is not only a bike commuter and bike racer, but he also works in the bike business and sits on the Board of Directors for Cycling British Columbia, the Provincial bike racing organization. He should consider getting a real life!

Ask your Employer for Secure Bike Parking

By JENNA KEYSER

Six million Americans commute by bike. But another 21 million have indicated that they would bike to work if their employer offered certain amenities such as secure bike parking.

As a bicyclist, you may be one of those 21 million people who want to commute back and forth by bike to work. However, you may wonder, "How can I get my employer to install bike parking so that I have the piece of mind needed to commute by bike on a regular basis knowing that my bike is safe?"

• Rally the troops:

You may want to do some research within your company, to find out if other employees feel like you do and would ride to work should they know their bike is safely parked during the work hours. You may want to develop a locker user waiting list that could be presented to your employer. One or two requests usually aren't enough to prompt executives to take action, but if you get enough people to express their support, they may consider it.

• Simply ask:

One of the best and most direct ways is simply to ask - employers are usually open to employee suggestions. You can sit down and talk with them or drop them a note.

• Highlight bike commuting cost effectiveness and health benefits:

In your conversation with your employer, you

may want to highlight the fact that bicycling is the least expensive mode of transportation. Each and every parking space costs the employer, on average, \$10,000 in design, construction, maintenance, property taxes, and site insurance. Nine Cycle-Safe type bike lockers can fit into one car parking space, which is enough parking to hold eighteen bikes! As well, some areas offer tax breaks, and recent legislation allows for as much as 95% of bicycle or pedestrian projects to be federally funded!

Riding a bike also improves the health and fitness of employees and reduces stress. It can improve performance at work, as studies show that employees who bike to work are more alert and in a better frame of mind. Health insurance rates may be significantly reduced with healthier employees, and bicycling employees average fewer medical expenses and miss fewer workdays.

• Let them know who else is doing it:

Find out what other companies in your industry are providing their employees with secure bike parking, or similar types of amenities. Employers are more likely to add a benefit if competing companies already offer it; otherwise they will be left behind when they are looking for new employees.

• Equality counts:

Employers frequently pay for employee automobile parking, company cars and

mileage, so why not providing bike parking? According to the Hertz Corporation operating a car costs 35 cents per mile, on the other hand the costs for operating a bike is estimated to be around a nickel per mile. The federal government and some states also offer parking cash outs as an incentive to bike to work. This and the vast amount of funding that is available to employers for bike and pedestrian projects, requiring them to spend little or none of their own corporate funds to install bike parking.



Photo courtesy of Active Marketing Group

If you are interested in learning more about Cycle-Safe, or want to know which companies in your industry have already installed Cycle-Safe units, please feel free to contact us at: 616-954-9977 or visit our web site at www.cyclesafe.com.

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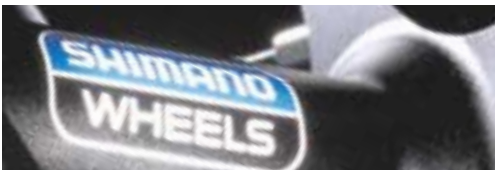
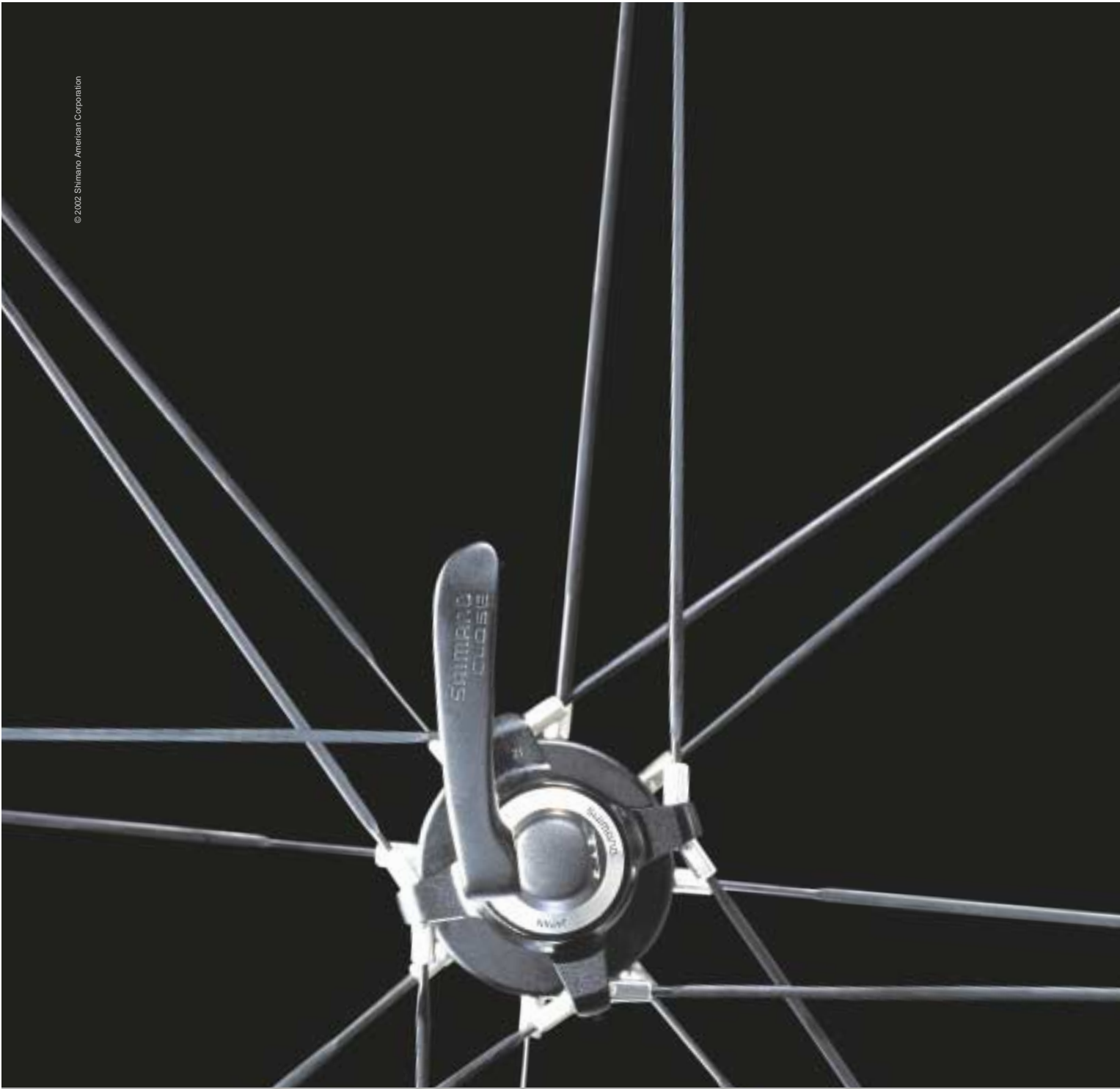


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All events are listed chronologically within their respective sections:

Events (clinics, expositions, lectures, etc), **BMX competition**, **Cyclocross**, **Multisport** (events that include cycling as part of the competition), **Off-Road Racing** (competition featuring single-track and other off-road riding), **Off-Road Touring** (rides featuring single-track and off-road riding), **Series** (weekly competitions where cumulative point standings are awarded), **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 make update the calendar. Please send your event information in the same style and format as seen here.

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EVENTS

MAY

May 4-12: Penticon Cycling Camps

Penticon, BC. Training camp with professional coaches Dan Proulx and Ron Hayman Penticon Cycling Camps, 1897 San Juan Ave., Victoria, BC, V8N 2J3. (250) 360-1053, danprix@aol.com

May 9-18: Utopian 500

Bellingham, WA to Eugene, OR. 500 miles, 11 days Rock and Roll tour where the roadies and musicians ride their bicycles from show to show. Melissa Blanchard, 206-595-6622, www.bicycletheband.com

May 15: Bicyclists' Legal Clinic

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

May 17: Bike To Work Day

Seattle area, WA. 35 commuter stations around King, Snohomish & Kitsap Counties. A community event to get more people to consider another way of getting to work. Linda Schwartz, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org

May 26: Classic Bike Swap

Bend, OR. Brooks Street. Runs from 8:00 a.m. to 2:00 p.m. John Muller, Hutchs Bicycles, Bend, OR, 541.389.5454, www.hutchsbicycles.com

JUNE

Jun 1-30: Bike to Work Month - June Challenge

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

Jun 2-7: Bryce/Zion

Bryce-Zion National Parks. 6-day Tour Bike & Hike. Highlights: The amphitheaters of red and orange sandstone of Bryce and Zion Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

MULTISPORT

JUNE

Jun 2: 6th Annual OC&E Woods Line State Trail National Trails Day Event

Klamath Falls, OR. Switchback Section of the trail (MP 32.5) 7, 10 & 18 mile Mt. Bike, equestrian routes. 10k run, 3.5 mile guided nature hike. Art Sevigny, Klamath Trails to Trails Group, Box 2102, Klamath Falls, OR, 97601. (541) 884-3050, sevignya@cvc.net

Jun 2-7: Santa Fe-Taos Tour

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

RACE SERIES

APRIL

Apr 2-24: Tuesday Night PIR Race Series

Portland, OR. Portland International Raceway. Summer race series for all Cat 1-5, women and juniors. First time racers to pros. Registration opens at 5:30 p.m. First race at 6:05 p.m. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636, jeff@digwest.com

Apr 4-Aug 22: Seward Park Thursday Night Cycling Series

Seattle, WA. Thursday night criterium on 0.8 mile loop inside Seward Park, one 120 degree turn and 100 yard hill. All categories \$8 David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzvelo.com

Apr 6-Sep 7: BC Masters Association Race Series.

Events take place throughout BC, from Vancouver Island to New Denver. Participants must be 30+ years in age. Events include TT, RR, Criterium. Riders go off in 10 year age groups. Tony Hoar, BC Master Association, 250-743-9915, www.bcmasterscycling.net

Apr 9-Aug 27: Tuesday Night Road Race Series @ Pacific Raceways (formerly SIR)

Kent, WA. Road Race series with 4 alternating courses. Cat 1/2/3, Cat 4/5, Masters 35+ Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Apr 19-Aug 23: Friday Evening Spring/Summer Series

Sumner and Port Orchard, WA. Friday night race series at Riverside Park and South Kitsap Community Park. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 206-246-2661, www.gobmx.com

MAY

May 2-Sep 26: Alpenrose Weekly Series

Portland, OR. Alpenrose Velodrome, thursday evenings track racing. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

May 3-Aug 30: Alpenrose Friday Night Racing

Portland, OR. Alpenrose Velodrome - Friday night racing for Masters men, juniors & novice women Jamie Mikami, 503-452-0312, www.obra.org

May 6-Sep 9: Lakeside Bicycles Monday Night Masters & Women PIR Series

Portland, OR. 1.9 mile closed course - distances vary with daylight. Great place to learn about racing in a supportive, friendly environment. Monthly PointsSeries. Race for Master and Women only. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com

May 15-Aug 28: Marymoor Wednesday Night Track Racing

Marymoor Park, Redmond, WA. Track Racing Wed. nights @ 7:00 p.m. Masters, Women Cat 3 & 4, Men Cat 4 Sandy Seidensticker, Marymoor Velodrome Association, 12036 201st Place NE, Woodinville, WA, 98072. 425-869-1545, www.marymoor.velodrome.org

May 17-Aug 30: Marymoor Velodrome Friday Night Racing Series

Redmond, WA. Track racing every Friday night @ 7:30 p.m. Nationally ranked riders compete for fun & prizes. Sandy Seidensticker, Marymoor Velodrome Association, 12036 201st Place NE, Woodinville, WA, 98072. 425-869-1545, http://marymoor.velodrome.org

May 23-Sep 5: Thursday Nighters

Medford, OR. The course just over a mile loop with a short hill. Course is fully closed to traffic. A's start @ 6:10 p.m. for 20-25 laps. B's start @ 6:00 for 10-14 laps. Glen Gann, gaganni@aol.com

JUNE

Jun 17-Aug 26: Marymoor Velodrome Monday Night Junior Racing

Marymoor Velodrome, Redmond, WA. Come watch local nationally ranked junior racers compete. Free admission. 7:00 p.m. Sandy Seidensticker, Marymoor Velodrome Association, 12036 201st Place NE, Woodinville, WA, 98072. 425-869-1545, http://marymoor.velodrome.org

BMX

MAY

May 3: Friday Evening Spring/Summer Series

Sumner, WA. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

May 4-5: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

May 4-5: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

May 10: Friday Evening Spring/Summer Series

Sumner, WA. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

May 11-12: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

May 11-12: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

May 11-12: Yakima Valley Outdoor Race

Yakima, WA. All SPR event weekend. Cost \$10.00. Saturday reg. @ 2-3 p.m., Sunday reg. @ 10-11 a.m. Kim Hall, PO Box 9851, Yakima, WA, 98909. yakimavalleybmx@aol.com

May 12: Yakima Valley Outdoor Race

Yakima, WA. SPR. Registration 10-11 a.m. Cost \$10.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

May 17: Friday Evening Spring/Summer Series

Sumner, WA. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

May 18-19: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

May 18-19: Columbia Basin BMX Race for Life

North of Richland, WA. Saturday Race for Life DPR sign up: 2:00-3:00 p.m. Sunday SPR sign up 12:00-1:00p.m. Track located on Hwy. 240 at the Horn Rapids Athletic Complex. L. Shaeffer, http://columbiabasinbmx.homestead.com/

May 18-19: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

May 25-26: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

May 25-26: Yakima Valley Outdoor Race

Yakima, WA. All SPR event weekend. Cost \$10.00. Saturday reg. @ 2-3 p.m., Sunday reg. @ 10-11 a.m. Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

May 31: Friday Evening Spring/Summer Series

Sumner, WA. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

JUNE

Jun 1-2: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 1: South Kitsap BMX

Port Orchard, WA. Double Points. Fundraiser for Lymphoma/Leukemia Society of America. Mike Raich, 206-246-2661

Jun 1: Mason County BMX

Shelton, WA. State Championship Double Points race. Shawn Kinney, 360-426-9891

Jun 2: South Kitsap BMX

Port Orchard, WA. State Championship Double Points race. Mike Raich, 206-246-2661

Jun 2: Mason County BMX

Shelton, WA. Double Points. Fundraiser for Lymphoma/Leukemia Society of America Shawn Kinney, 360-426-9891

Jun 5: Wednesday Night Ribbon Outdoor Race

Yakima, WA. SPR. Registration 6-6:30 p.m.. Cost \$5.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 7: Friday Evening Spring/Summer Series

Sumner, WA. Registration from 6:00-6:30pm. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

Jun 8: McCollum Park BMX

Everett, WA. Double Points. Fundraiser for Lymphoma/Leukemia Society of America McCollum Park, 425-485-3461

Jun 8-9: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 8-9: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

Jun 8: Yakima Valley Outdoor Race

Yakima, WA. SPR. Registration 3-4 p.m. Cost \$10.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 9: Port Angeles BMX

Port Angeles, WA. DPR. Fundraiser for Lymphoma/Leukemia Society of America Mike Thomas, 360-417-8116

Jun 9: Race For Life

Yakima, WA. DPR. Registration 10-11 a.m.. Cost \$10.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 12: Wednesday Night Ribbon Outdoor Race

Yakima, WA. SPR. Registration 6-6:30 p.m.. Cost \$5.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 14: Friday Evening Spring/Summer Series

Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30pm. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com

Jun 15: Abbotsford BMX

Abbotsford, BC. Provincial Championship Double Points race. Gary Harder, 604-853-4563

Jun 15: Langley BMX

Langley, BC. Double Points. Fundraiser for Lymphoma/Leukemia Society of America Brent Rasmussen, 604-533-0884

Jun 15-16: Bakerview

Mount Vernon, WA. Subject to weather and or track conditions. SPR. Reg @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 15-16: Saturday Evening Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

Jun 15-16: Yakima Valley Outdoor Race

Yakima, WA. All SPR event weekend. Cost \$10.00. Saturday reg. @ 3-4 p.m., Sunday reg. @ 10-11 a.m. Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 16: Abbotsford BMX
Abbotsford, BC. DPR. Fundraiser for Lymphoma/Leukemia Society of America Gary Harder, 604-853-4563

Jun 16: Langley BMX
Langley, BC. Provincial Championship Double Points race. Brent Rasmussen, 604-533-0884

Jun 19: Bakerview
Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 19: Wednesday Night Ribbon Outdoor Race
Yakima, WA. SPR. Registration 6-6:30 p.m.. Cost \$5.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 21-23: Columbia Basin BMX
North of Richland, WA. Friday SPR sign up 5:00-6:00 p.m., Saturday DPR sign up: 11:30 a.m.-1:00 p.m. Sunday State Championship Race sign up 9:00-10:30 a.m. Track located on Hwy. 240 at the Horn Rapids Athletic Complex. L. Shaeffer, http://columbiabasinbmx.homestead.com/

Jun 21: Friday Evening Spring/Summer Series
Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30p.m. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com

Jun 22-23: Bakerview
Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg. @ 3:30-4:30 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 22: Columbia Basin BMX
Richland, WA. DPR Richard Hallen, 509-546-8113

Jun 22-23: Saturday Evening & Sunday Racing

Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

Jun 23: Columbia Basin BMX
Richland, WA. State Championship Double Points race. Richard Hallen, 509-546-8113

Jun 26: Bakerview
Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 5:30-6:15 p.m. Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 26: Wednesday Night Ribbon Outdoor Race
Yakima, WA. SPR. Registration 6-6:30 p.m.. Cost \$5.00 Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 28: Friday Evening Spring/Summer Series
Port Orchard, WA. South Kitsap Community Park. Registration from 6:00-6:30p.m. Reed Muller, South Kitsap BMX, Port Orchard, WA, 360-876-8817, www.gobmx.com

Jun 29: Cottage Grove BMX- Race For Life
Cottage Grove, OR. Double Points. Fundraiser for Lymphoma/Leukemia Society of America registration 3-4 p.m. \$10.00. Cottage Grove BMX, 33327 Row River Road, Cottage Grove, OR, 97424. 541-729-5527

Jun 29-30: Bakerview
Mount Vernon, WA. Subject to weather and or track conditions. SPR Reg @ 3:30-4:30 p.m Dan & Jody, Mount Vernon Parks Department, 360-336-0631

Jun 29-30: Saturday Evening & Sunday Racing
Sumner, WA. Saturday registration from 4:30-5:30p.m., Sunday from 10-11 a.m. Mike Raich, River Valley BMX, 7800 Riverside Dr. E., Sumner, WA, 206-246-2661, www.gobmx.com

Jun 29: Walla Walla Valley BMX
Walla Walla, WA. Redline Cup Qualifier Triple Points race. J.D. & Carrie Jaspersen, 509-522-4647

Jun 29-30: Yakima Valley Outdoor Race
Yakima, WA. All SPR event weekend. Cost \$10.00. Saturday reg. @ 3-4p.m., Sunday reg. @ 10-11 a.m. Kim Hall, PO Box 9851, Yakima, WA, 98909. 509-454-7599, yakimavalleybmx@aol.com

Jun 30: Walla Walla Valley BMX
Walla Walla, WA. State Championship Double Points race. J.D. & Carrie Jaspersen, 509-522-4647

May 25-26: 24 Hours Round the Clock
Spokane, WA. 24 hour relay race with overnight camping. Teams, solos and a ton of fun! Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundaround.com

May 26: Whidbey Island Mudder
Near Langley, WA. 3rd annual Cross Country MTB race, with a new DH-XC category (minimum weights and travel for a bike) Robert Frey, One Speed Promotions, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

JUNE

Jun 1: 5th Annual Bavaria Bike and Brews Festival
Leavenworth, WA. 8-mile loop with a grueling uphill and fast downhill. Lots of fun, food and free schwag. Race start at 9:30 a.m. James Munly, 1207 Front St, Leavenworth, WA, 98826. 509-548-5615, dasradhaus1207@cs.com

Jun 1: Oregon High School Championships
Mill City, OR. Hosted by Cascade High School, Kimmel Park. Open to Oregon riders. Chris Sandemel, 2232 McNary Complex, Oregon State University, Corvallis, OR, 97331. 541-713-6497, www.geocities.com/chscycling/

Jun 1-2: Bear Mountain Challenge
Mission, BC. BC Cup. Cross-country, downhill Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-853-4581, www.bearmountainchallenge.com

Jun 8: Billings MTB Race
Billings, MT. Cross-country Dave Palmer, 406-252-8680, palda@mac.com

Jun 8-9: The Rat Race
Gibsons, BC. Rod Camposano, SCUMB, RR 6 1611 Grady Rd, Gibsons, BC, V0N 1V6. 604-886-1525, rod_camposano@sunshine.net

Jun 8: Dirty Moose
Roslyn, WA. WIM #7 Cross Country racing for all ages and ability levels Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundaround.com

Jun 9: 10th Annual Padden Mountain Pedal
Bellingham, WA. The oldest and most prestigious mtb race in WA. Kids race, big air contest, cross-country for all levels Mark Peterson, Jack's Bicycle Center, 1100 Roland St, Bellingham, WA, 98226. 360-733-1955, whimpsmb.com

Jun 15-16: 24 Hours of Caffeine
Kamloops, BC. 24 hours MTB endurance race. Henry Pejiri, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2 C 1T8. 250-314-5282, javaracing@home.com

Jun 15-16: T & E Mt. Bike challenge
Mt Hood, OR. part of Oregon series xc/dh Petr Kakes, 503-272-0146

Jun 15: Rumble Mountain Race
Port Alice, BC. Cross-country. Michelle Reimer, Village of Port Alice, 951 Marine Dr., Port Alice, BC, V0N 2N0. 250-284-3912, www.village.port-alice.bc.ca

Jun 15-16: T&E Mountain Bike Challenge
Ski Bowl, OR. Downhill and cross-country Peter Kakes, 503-272-0240, jlogan@skibowl.com

Jun 21: Werks
Helena, MT. cross-country race. Byron Deford, 406-442-7544, bdef123@aol.com

Jun 21-22: Rapelje 24 hour
Rapelje, MT. Cross-country event. Chris Veit, Veit5@twalpha.net

Jun 21-23: Test of Metal
Squamish, BC. 60K point-to-point cross-country, trial. Limited to 800 riders. Cliff Miller, P.O. Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-3519, www.testofmetal.com



Photo by Bicycle Paper

Catch Thursday night racing action at Seward Park.

Jun 22-23: Mt Mac Challenge
Revelstoke, BC. Mt MacKenzie. Glen Burgess, Box 1707, Revelstoke, BC, V0E 2S0. www.rctvonline.net/revcycle

Jun 22-23: The Squichucker
Wenatchee, WA. WIM #8 Cross Country & Downhill racing for all ages and ability levels Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundaround.com

Jun 23: Santiam Pedalfest
Mill City, OR. Oregon MTB Racing Series Cross-country. Michael Hunter, 503-743-2499, www.obra.org

Jun 29-30: Shotgun Creek Fat Tire Festival
Eugene, OR. Oregon MTB Series. Sunday cross-country and Saturday downhill. Voted best course in 2001. Free kids race and more. Randy Dreiling, OBRA, 541-984-1433, www.oregon-adventures.com

Jun 29-30: Mad Traper MTB
Panorama, BC. BC Cup cross-country, downhill, dual slalom Keith Simmonds, Panorama Mountain Village - Intrawest, Panorama, BC, V0A 1T0. 250-342-6941, ksimmonds@intrawest.com

OFF ROAD TOURING

MAY

May 5: The Westside Ride
Bend, OR. 20 mile ride. 4 hr ride. No food or water on this ride. Meet at Westside store. 9:00 a.m., no entry fee. Hutchs Bicycles, Bend, OR, 503-382-9253, www.hutchsbicycles.com

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 offer road 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 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

JUNE

Jun 22: MS Epic Mountain Bike Challenge
Fall City, WA. Epic Mountain Bike Challenge to Benefit the National MS Society Melissa Parker, Greater Washington Chapter, National MS Society, 192 Nickerson St #100, Seattle, WA, 98109. 800-FIGHT MS (344-4867), www.nmssw.us

Jun 30-Jul 13: Ecuador: Pichincha/ Imbabura
Ecuador. Lifestyles, history, politics, social institutions & economics of the people of the central province David Mozer, International Bicycle Fund, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

ROAD RACES

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: Saturn of Burlington Omnium
Bellingham, WA. www.pazzovelo.com

May 5: High Desert Stage Race
Bend, OR. Brad Farnard, 541-318-1629, farnand@mailbox.orst.edu

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 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 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. tjolly@seattlemortgage.com

May 7: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchev, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636, jeff@digwest.com

OFF ROAD RACING

MAY

May 4-5: Chelan Mt. Bike Festival
Chelan, WA. WIM Series #5 Cross Country & Downhill racing for all ages & ability levels Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundaround.com

May 4-5: Spring Thaw
Medford, OR. Oregon MTB Racing Series Cross-country and downhill Ian Bagshaw, OR, 541-482-8763, springthaw@somba.org

May 4-5: Jedzilla MTB Race #1
Missoula, MT. Downhill and cross-country Jed Dennison, 406-360-0582, jedix@hotmail.com

May 4: Fat Tire Farm Spring Fling
Mt Hood, OR. Downhill Petr Kakes, 503-272-0146

May 4-5: Hammerfest 9
Parkville, BC. BC CUP. Cross-country / Downhill Brian Lunn, 521 Fourneau Way, Parkville, BC, V9P 2J7. 250-248-4020, bcjunn@shaw.ca

May 11: Bear Springs Downhill
Mt. Hood, OR. Oregon MTB Racing Series. Downhill. Petr Kakes, OR, 503-272-0240, jlogan@skibowl.com

May 12: Race at Reehers
Portland, OR. Oregon MTB Racing Series. Cross-country. Jon Meyers, 503-234-9273, www.obra.org/

May 18-20: Action Quest
Sumnerland, BC. BC Cup. Cross-country, downhill, dual-slalom. Bob Leslie, Penticon Cycling Club, Box 208, Sumnerland, BC, V0H 1H0. (250) 494-0341, RL_Leslie@yahoo.com

May 18-19: Boneshaker
Winthrop, WA. WIM Series #6 Cross Country & Downhill racing for all ages and ability levels. New DH Course! Wendy Zupan, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, roundaround.com

May 19: Ben Eder Memorial Coast Hills MTB Classic
Newport, OR. Part of the OBRA series. Awesome single-track, fast descents & challenging climbs. Fund-raiser for high school MTB club & honor society. All classes including kids. Dave Campbell, c/o Newport High School, 322 N.E. Eads St., Newport, OR, 97365. 541-574-0327, www.lincoln.k12.or.us/newports/activity/clubs/mbclub/mbclub.htm

May 25: BC High School Invitational Mountain Bike Championship
North Vancouver, BC. This event is for the BC High School Mt. Bike Championship. There are 4 boys and 4 girls divisions. Sam Scorda, North Shore Sec. Schools Athletic Assoc., 1131 Frederick Road, North Vancouver, B. C., V7K 1J3. 604 903-3300, www.collingwood.org/nsmb/

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, johnjuras@aol.com

May 11: Washington State Master and Junior Road Race Championships
Longbranch, WA. Old Town Bicycle, 253-858-8040, www.oldtownbicycle.com

May 11-12: Gary Lund Classic
Sooke, BC. Marc Burgess, Schwalbe Cycling Club, 250-384-8840, marconbike@aol.com

May 12: Lake Oswego Criterium
Oswego, OR. Criterium Jon Puskas, 503-234-9273, jmpuskas@yahoo.com

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, tjolly@seattlemortgage.com

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, jeff@digwest.com

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, mobinfo@missoulalike.org

May 19: District Team Time Trial
Corvallis, OR. Craig Massie, 541-753-7622, CMassie@CH2M.com

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, tjolly@seattlemortgage.com

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, jeff@digwest.com

May 23: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

May 23: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

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 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 25-26: 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 27: Lakeside Bicycles Monday Night PIR Series
Portland, OR. See race series for more info. Jim Anderson, 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, tjolly@seattlemortgage.com

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, jeff@digwest.com

May 30: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

May 30: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

JUNE

Jun 1: Pintler Classic
Phillipsburg, MT. Tom Robertson, cartography@adv-cycling.org

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: Silvertown Road Race
Silverton, OR. Chris Meyers, 503-233-4217, myersch@ohsu.edu

Jun 1: Wenatchee Criterium
Wenatchee, WA. Downtown Wenatchee. Wenatchee Valley Velo, 663-3723, www.pazzovelo.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, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Jun 2: Atomic Road Race
Lower Mainland, BC. SISU BC Cup #2 Stephen Meyer, Atomic Racing Club, 604-980-1601, www.atomicracing.com

Jun 2: Silvertown Criterium
Silverton, OR. Criterium - road race on June 1st. See Silvertown Road Race Steve Yenne, 503-364-3846, yennes@aol.com

Jun 3: 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

Jun 4: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 4: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, (503)233-3636, jeff@digwest.com

Jun 6: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 6: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 7-9: Elkhorn Classic Stage Race
Baker City, OR. Four race, three day stage race located in historic Baker City. 2 Road Races, ITT, Criterium. Open to Pro, 1, 2, 3, 4 Men, Masters 40+ Men, Women Nathan Hobson, 503-652-3763, www.elkhornclassic.com

Jun 9: BC Provincial Road Race Championships
Victoria, BC. Christine Condon, Schwalbe Cycling Club, 519 Caleb Pike Rd, Victoria, BC, V9E 1G9. 250-478-1938, condon@shaw.ca

Jun 10: Lakeside Bicycles Monday Night PIR
Portland, OR. See race series for more info. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.eugenecelebration.com

Jun 11: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 11: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636, jeff@digwest.com

Jun 12-23: Hewlett-Packard Women's Challenge
Idaho. Multiple day stage race for women. UCI sanctioned event. www.hpwwc.com

Jun 13: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 13: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 15: Olympic Athletic Club Twilight Criterium
Ballard, WA. Criterium on a 0.6 mile, 4 corner flat course in old Ballard. All categories \$20 David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Jun 15: Brockton Criterium
Vancouver, BC. Criterium racing in Stanley Park Alistair Barrett, 604-254-5460, cognita@radiant.net

Jun 16: Norm Lowe Memorial
Mission, BC. SISU BC Cup #3 Jonathan Wornell, Soliton Cycling Club, 604-836-9993, jonathan_wornell@hotmail.com

Jun 16: Larch Mountain Time Trial
OR. Ernie Conway, 503-646-5688, unixboy@attbi.com

Jun 16: Rapelje
Rapelje, MT. Road race. Shelly kirkness, shelly@gosecuritytile.com

Jun 16: Seward Park Summer Classic
Seattle, WA. Criterium on a 0.8 mile loop inside Seward Park, one 120 degree turn and one hill. All categories. \$15 David Douglas, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Jun 17: 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

Jun 18: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 18: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636, jeff@digwest.com

Jun 20: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 20: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 21-23: Columbia Plateau Stage Race
Hepner, OR. Stage Race Mark Schwyhart, 4425 SE Woodward, Portland, OR, 503-231-0236, michelle@hevanet.com

Jun 22-23: Tour de Moody Stage Race
Port Coquitlam, BC. Stage Race Jeff Tvergyak, Lactic Acid Racing, 211-1655 Grant Ave, Port Coquitlam, BC, V3B 7V1. 604-945-7169, jtvergyak@hotmail.com

Jun 23: Test of Metal criterium
Squamish, BC. Part of Test of Metal festival Cliff Miller, 604-898-3519, cmiller@mountain-inter.net

Jun 24: 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

Jun 25: Tuesday Night @ Pacific Raceways
Kent, WA. See series information for more details. Tracy Jolly, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

Jun 25: Tuesday Night PIR
Portland, OR. See series info. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. (503)233-3636, jeff@digwest.com

Jun 27: Thursday Nighters
Medford, OR. See series info. Glen Gann, gaganni@aol.com

Jun 27: Seward Park Thursday Night
Seattle, WA. See series information for details David Douglas, 206-932-5921, www.pazzovelo.com

Jun 29: Aurora Cycles Road Race
Mount Vernon, WA. Staging at N.O.L facility parking, Conway. Beautiful. 4.3 mile roll out and 18 mile loop around lake McMurray. Moderate rollers. Brian Decker, 206-228-6767, www.auroracycling.com

Jun 30: Washington State Criterium Championships
Fairhaven, WA. New course. Northwest Woman's Race Series event. Paul Clement, www.kulshancycles.com/race.htm

Jun 30: Mt Tabor Criterium
Portland, OR. Bruce Harmon, 503-742-9037, bharmon@pce2.com

Jun 30: Cow Country Classic
Wolf Creek, MT. State Championships Byron Deford, 406-442-7544, bdef123@aol.com

ROAD TOURING

MAY

May 3-5: Okanagan Tour deVine
Penticton, BC. Ride your bike amidst the vineyard's surrounding Penticton while enjoying the flavor of local wines. Barb Sheppard, Okanagan Tour deVine Society, 888 Westminster Avenue, Penticton, BC, V2A 8L1. 1-800-663-1900, www.tourdevine.bc.ca

May 4: 300 km Lower Mainland Brevet
Lower Mainland, BC. BC Randonneur Cycling Club event Mike Richard, 604-739-6798

May 4: Ride Around Clark County
Vancouver, WA. Four scenic loops of Clark County, ranging from 18 miles to 100 miles. Cost is \$14 w/o shirt and \$24 with shirt registered by April 22nd. Scott Martin, Vancouver Bicycle Club, 3014 NW Kent St, Camas, WA, 98607. 360-834-6737, www.vancouverbicycleclub.com/racc.html

May 5-5: Camano Climb
Camano Island, WA. 50 or 35 mile ride around scenic Camano Island. Free spaghetti dinner included. Don Jovag, Stanwood-Camano Kiwanis, PO Box 1305, Stanwood, WA, 98292. 360-629-6415, stanwoodvelosport.com

May 11: Skagit Spring Classic Bicycle Ride
Burlington, WA. Scenic tour of Skagit Valley, new courses include Fidalgo, Samish Islands & Chuckanut Dr. 25, 45, 62 and 100 mile routes. Spaghetti included. Marshall Will, Skagit Bicycle Club, P.O. Box 363, Burlington, WA, 98233. 360-652-0653, www.skagitbicycleclub.org

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

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

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: 200 km, 300 km Southern Interior Brevets
Nelson, BC. John Bates, 604-528-2549

May 11: Rhody Tour
Port Townsend, WA. Four route choices (32, 45, 55, and 62 miles) follow the varied terrain of east Jefferson County Jon Mueller, PT Bicycle Association, 535 Benton St., Port Townsend, WA, 98368. 360-385-7567, www.ptguide.com/rhodytour/

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

May 11: 400 km Vancouver Island Brevet
Vancouver Island, BC. Stephen Hinde, 250-245-4751

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 18-20: 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 18: 22nd Annual Inland Empire Century Bicycle Ride

Richland, WA. Distances: 25, 55, 75 & 100 miles through lower Yakima River Valley. Start at Howard Aron 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 19: Two County Double Metric Century

Millersylvania State Park south of Olympia. Multi loop ride on beautiful back country roads. Margo Munson, Capital Bicycling Club, 19225 Kelsey Marie Ln SW, Rochester, WA, 98579. 360-273-8020, pmunson1@localaccess.com

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, kevinw505@hotmail.com

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, chilcott@aol.com

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: 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: 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. Hutchcs Bicycles, Bend, OR, 503-382-9253/503-382-6248, www.hutchcsbicycles.com

May 25-27: Northwest Tandem Rally

Boise, ID. Meet 300-500 other tandems, 3 days of incredible rides and great banquet dinner. Jim Kuenzi, NWTR 2002, 2030 Parkside, Boise, ID, 83712. 208-336-9102, www.nwtr.org

May 25: 400 km Lower Mainland Brevet

Lower Mainland, BC. Start at 6:00 a.m. Gord Cook, 604-594-4644

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

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

JUNE

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, www.waynesue.com

Jun 1: 25 km, 100 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: SIR 600 Km Brevet

tb, 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 1-2: 600 km Vancouver Island Brevet

Vancouver Island, BC. Stephen Hinde, 250-245-4751

Jun 1: 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, www.tbwc.org/pmc.htm

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: Le grand Tour de Peace - 400 km

Fort St John, BC. 400 km, 300 km also available Kim Kok, 250-785-4589

Jun 8-9: 600 km Lower Mainland Brevet

Pitt Meadows, BC. John Bates, 604-528-2549

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, 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 15-21: Beartooth Growler

Southwest Montana & Yellowstone. 7 days, 6 nights. 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, www.lionsbikeride.org

Jun 15: 9th Annual Tour de Blast

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

Jun 16-21: California Wine Country Tour

Napa & Sonoma, CA. 6-day tour bike & hike, wine tasting dinner at wine spectator Greystone Restaurant. Martha Travis, Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 16: Augerheide Scenic Byway Back Roads Tour

Oakridge, OR. Approximately 60 miles. Many historical markers along the way. Randy Dreiling, Box 50806, Eugene, OR, 97405. 541-984-1433

Jun 16: Auferheide Oakridge to McKenzie River Back Roads

ride your bike on this amazing National Scenic Byway. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

Jun 21-23: 1000 km Lower Mainland Brevet

BC. route tbc. Part of BC Randonneurs CC events. John Bates, 604-528-2549

Jun 21-22: Ride Arount Pioneer Mt Tour

Dillon, MT. John Foire, sappirept@email.msn.com

Jun 24-24: 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 21-23: 1000 km Vancouver Island Brevet

Victoria, BC. 1000 km Victoria, Port Hardy and back Stephen Hinde, 250-245-4751

Jun 22: Ride around the Pioneers in One Day - RATPOD

Dillon, MT. 153 mile ride in the scenic Big Hole Valley of Northwestern Montana. RATPOD - benefit ride for Camp Mak-A-Dream. Phil Gardner, P.O. Box 1450, Missoula, MT, 59806-1450. (406) 549-5987, www.ratpod.org

Jun 22: Ride the Frontier

Arlington, WA. 50 miles road tour, start at Arlington High School. Registration form available on line. Virginia Hatch, Arlington Kiwanis Club, 360-403-1011, www.ArlingtonKiwanis.com

Jun 22-23: Foothucks 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 22-23: Foothills Randonnee

Peace Region, BC. 600 km event, 400 km also available. Kim Wok, 250-785-4589

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



Photo courtesy of BP Archives

Get ready for your ride this summer!

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 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. Hutchcs Bicycles, Bend, OR, 503-382-6248, www.hutchcsbicycles.com

Jun 23-29: Wheeling Hawaii

Big Island of Hawaii. Ride 300 miles on an incredible cycling tour around one of the most beautiful islands in the world. Tim Kneeland, Tim Kneeland & Associates, Inc., 410 West Spazier Ave, Burbank, CA, 91506. 800-433-0528, www.owct.com

Jun 23-29: Beginner's Paradise Sampler

Southwest Montana & Yellowstone. 7 days, 6 nights. Intended for women intimidated by the longer mileages 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 24-28: San Juan Islands - Camping

Anacortes, WA. 5 days (one layover). Levels: all. Activities include biking, sea kayaking asnd 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

TRACK RACING

MAY

May 2: Alpenrose Weekly

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

May 3: Alpenrose Friday Night Racing

Portland, OR. see race series for information. Jamie Mikami, 503-452-0312, www.obra.org

May 9: Alpenrose Weekly

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

May 10: Alpenrose Friday Night Racing

Portland, OR. see race series for information. Jamie Mikami, 503-452-0312, www.obra.org

May 15: Marymoor Wednesday Night Track Racing

Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

May 16: Alpenrose Weekly

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

May 17: Alpenrose Friday Night Racing

Portland, OR. see race series for information. Jamie Mikami, 503-452-0312, www.obra.org

May 17: Marymoor Friday Night Racing

See race series for information Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

May 18: Middle of May Track Race

Portland, OR. Ron Magnus, 503-244-4866, ronm@hevanet.com

May 22: Marymoor Wednesday Night Track Racing

Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

May 23: Alpenrose Weekly

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

May 24: Alpenrose Friday Night Racing

Portland, OR. see race series for information. Jamie Mikami, 503-452-0312, www.obra.org

May 24: Marymoor Friday Night Racing

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

May 29: Marymoor Wednesday Night Track Racing

Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

May 30: Alpenrose Weekly

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

May 31: Alpenrose Friday Night Racing

Portland, OR. see race series for information. Jamie Mikami, 503-452-0312, www.obra.org

May 31: Marymoor Friday Night Racing

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

JUNE

Jun 5: Marymoor Wednesday Night Track Racing

Redmond, WA. See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Continued on page 16

RESULTS

Mountain Bike

Battle in Seattle

6-Apr-02

Pro Men (4 starters)	Home	Time
1 Knapp, D	Des Moines, WA	1:49:35
2 Rungt, G	Sandpoint, ID	1:51:15
3 Routley, W	Whistler, BC	1:55:10

Semi-Pro Men (8 starters)	Home	Time
1 Hanson, L	Issaquah, WA	
2 Atwood, E	Seattle, WA	1:52:21
3 Anderson, E	Seattle, WA	1:52:45

Expert Men 18&Under (10 starters)	Home	Time
1 West, T	Camox, BC	1:34:51
2 Thomas, T	Olympia, WA	1:39:12
3 Fleischhauer, D	Olympia, WA	1:39:43

Expert Men 19-29 (24 starters)	Home	Time
1 Cooley, D	Kennewick, WA	1:31:25
2 Carbaugh, J	Sumner, WA	1:35:11
3 Nash, M	Seattle, WA	1:35:37

Collegiate A Men (2 starters)	Home	Time
1 Peterson, E	North Bend, WA	1:38:09
2 Dolan, M	Spokane, WA	1:42:19

Expert Men 30-39 (30 starters)	Home	Time
1 Young, C	Pt Towns, WA	1:33:36
2 Williams, S	Renton, WA	1:35:25
3 Anderson, E	Seattle, WA	1:35:59

Expert Men 40-49 (13 starters)	Home	Time
1 Ewanchook, D	Vancouver, BC	1:38:32
2 Routley, T	Whistler, BC	1:41:45
3 Hardenbergh, O	Harbor, WA	

Expert Men 50+ (4 starters)	Home	Time
1 Norton, D	Tukwila, WA	1:41:52
2 Foucault, P	Chevelah, WA	
3 House, J	Sumner, WA	2:00:35

Single Speed (7 starters)	Home	Time
1 Hutchison, K	Redmond, WA	
2 Dixon, D	Yakima, WA	1:49:40
3 Zimny, J	Seabeck, WA	

Sport Junior Men (16 starters)	Home	Time
1 Volkert, D	Norm. Pk, WA	1:18:14
2 Longmuir, C	Woodinville, WA	1:19:15
3 Szafzuga, P	Pullman, WA	

Sport Men 19-29 (21 starters)	Home	Time
1 Thompson, B	Seattle, WA	1:16:01
2 Prochaska, M	Kirkland, WA	1:17:39
3 Beckman, M	Bremerton, WA	

Collegiate B Men (2 starters)	Home	Time
1 Wheeler, A	Seattle, WA	1:19:11
2 Schmitt, D	Redmond, WA	1:19:20

Sport Men 30-39 (49 starters)	Home	Time
1 Wynn, S	Roslyn, WA	
2 Mettler, J	Wenatchee, WA	1:16:55
3 Jancola, M	Seattle, WA	1:17:40
4 Bevens, C	Seattle, WA	1:18:48
5 Burton, D	Orring, WA	

Sport Men 40-49 (31 starters)	Home	Time
1 Ling, B	Poulsbo, WA	1:21:25
2 Neff, J	Seattle, WA	1:21:41
3 Wade, S	Bow, WA	1:22:50

Sport Men 50+ (10 starters)	Home	Time
1 Edris, J	Mercer Is., WA	1:27:35
2 Frank, T	Des Moines, WA	1:28:36
3 Embrey, K	Poulsbo, WA	

Sport Clydesdale (7 starters)	Home	Time
1 Milner, M	Kenmore, WA	1:13:33
2 Lamkin, B	Pt. Orchard, WA	1:16:29
3 Wilcox, C	Yakima, WA	1:21:08

Junior Men 18 & Under (3 starters)	Home	Time
1 Hansen, J	Olympia, WA	1:03:20
2 Morris, E	Ferndale, WA	
3 Hoffman, R	Pt Orchard, WA	1:33:19

Junior Men 16 & Under (8 starters)	Home	Time
1 Olson, A	Poulsbo, WA	
2 Skoldrud, S	Yakima, WA	
3 Alward, T	Spokane, WA	

Junior Men 14 & Under (17 starters)	Home	Time
1 Ettinger, S	Cashmere, WA	1:05:18
2 Dalle, G	Roslyn, WA	
3 Edick, A	Pacific, WA	

Junior Men 12 & Under (8 starters)	Home	Time
1 Kerr, J	Buckley, WA	
2 Perkins, R	Buckley, WA	
3 Kerr, J	Kent, WA	

Junior Men 10 & Under (4 starters)	Home	Time
1 Hardenbergh, J	Ok Harbor, WA	
2 Crum, S	Spokane, WA	59:58:00
3 Sember, J	Spokane, WA	

Beginner Men 19-29 (21 starters)	Home	Time
1 Speidel, B	Seattle, WA	
2 Lonac, B	Seattle, WA	
3 Howard, S	Spokane, WA	

Collegiate C Men (2 starters)	Home	Time
1 Russell, M	Moscow, ID	1:05:55

Beginner Men 30-39 (31 starters)	Home	Time
1 Jones, P	N. Bend, WA	57:47:00
2 Ross, J	Tacoma, WA	
3 Carlson, J	Spokane, WA	

Beginner Men 40-49 (17 starters)	Home	Time
1 Lohstroh, D	Spokane, WA	
2 Morris, L	Snoqualmie, WA	1:03:03
3 Albrigth, J	Olympia, WA	

Beginner Men 50+ (5 starters)	Home	Time
1 Beattie, A	Snoqualmie, WA	1:08:21
2 Hoch, J	Snoqualmie, WA	1:17:55
3 Gardner, T	Redmond, WA	

Beginner Clydesdale (14 starters)	Home	Time
1 Rieffanauh, M	Silverdale, WA	
2 Mercuri, M	Mt Lk Terrace, WA	
3 Rhode, M	Bellingham, WA	

Downhill XC (5 starters)	Home	Time
1 Gregory, T	Moscow, ID	1:03:18
2 Weik, C	CDA, ID	1:04:20
3 Lawrence, M	Plain, WA	1:09:45

Pro Women (1 starter)	Home	Time
1 Grande, A	Des Moines, WA	

Expert Women 19-29 (9 starters)	Home	Time
1 Nussbaum, J	Seattle, WA	1:43:25
2 Mann, N	Ridmond, BC	
3 Reyburn, B	Seattle, WA	1:50:23

Collegiate A Women (1 starter)	Home	Time
1 Sayers, J	Moscow, ID	2:06:48

Expert Women 30-39 (5 starters)	Home	Time
1 Wisner, S	Sandpoint, ID	
2 Mann, N	Ridmond, BC	
3 Sawyers, G	Vancouver, BC	2:03:34

Women (3 starters)	Home	Time
1 Armstrong, K	Spokane, WA	
2 Davies, M	Missoula, MT	1:56:20
3 Lokan, L	Sandpoint, ID	1:59:53

Sport Junior Women (2 starters)	Home	Time
1 Embrey, R	Poulsbo, WA	
2 Warren, M	North Bend, WA	1:48:23

Sport Women 19-29 (11 starters)	Home	Time
1 Carlson, M	Spokane, WA	
2 Snyder, E	East Wenatchee, WA	
3 Kelly, L	Yakima, WA	

Sport Women 30-39 (13 starters)	Home	Time
1 Evezich, M	Seattle, WA	1:33:20
2 Hess, J	Seattle, WA	1:34:34
3 McGowan, A	Seattle, WA	1:37:49

Sport Women 40-49 (7 starters)	Home	Time
1 Suttlemyre, B	CDA, ID	1:40:13
2 Hecker, V	North Bend, WA	
3 Smith, K	Issaquah, WA	

Sport Women 50+ (1 starter)	Home	Time
1 Segale, K	Winthrop, WA	1:37:27

Junior Women 14 & Under (4 starters)	Home	Time
1 Chamberlin, H	Poulsbo, WA	1:16:03
2 Boursaw, A	Stanwood, WA	
3 Schick, C	Olympia, WA	1:23:37

Junior Women 10 & Under (2 starters)	Home	Time
1 Young, L	Pt Towns, WA	1:08:19
2 Suttlemyre, J	CDA, ID	1:12:29

Beginner Women 19-29 (3 starters)	Home	Time
1 Stevens, J	Snoqualmie, WA	
2 Bibb, C	Spokane, WA	
3 Meyer, A	Spokane, WA	

Beginner Women 30-39 (4 starters)	Home	Time
1 Angless, R	Seattle, WA	
2 Walker, J	Kirkland, WA	1:16:53
3 Batacan, C	Norm. Pk, WA	1:25:24

Beginner Women 40-49 (4 starters)	Home	Time
1 Deese, M	Pt Angeles, WA	
2 Chamberlin, H	Poulsbo, WA	1:23:06
3 Ward-Ichikawa	Seattle, WA	1:24:15

Olympic Meltdown	Home	Time
Port Angeles, WA		April 15-14, 2002

Cash (not sure)	Home	Time
1 Atwood, E	Seattle, WA	58:52.6
2 Bradford, A	Auburn, WA	59:59.3
3 Hanson, L	Issaquah, WA	02:27.0

Semi-Pro Men (5 riders)	Home	Time
1 Atwood, E	Seattle, WA	58:52.6
2 Hanson, L	Issaquah, WA	02:27.0
3 Anderson, E	Seattle, WA	03:06.6

Pro Women (1 rider)	Home	Time
1 Grande, A	D Moines, WA	44:59.9

Expert Men 18&Under (6 riders)	Home	Time
1 Peterson, T	N. Bend, WA	35:42.2
2 Thomas, T	Olympia, WA	39:22.7
3 Fleischhauer	Olympia, WA	40:49.7

Expert Men 19-29 (13 riders)	Home	Time
1 Nash, M	Seattle, WA	34:47.4
2 Peterson, E	N. Bend, WA	35:46.0
3 Murray, G.	Mercer Is., WA	36:16.6

Collegiate A Men (1 rider)	Home	Time
1 Peterson, E.	N. Bend, WA	35:46.0

Expert Men 30-39 (19 riders)	Home	Time
1 Young, C.	Port Town, WA	29:08.4
2 Maynard, S.	Seattle, WA	38:24.1
3 Oppenheimer	Snohom., WA	40:05.2

Expert Men 40-49 (5 riders)	Home	Time
1 Hardenbergh	Oak Harb., WA	45:48.1
2 Will, M.	Stanwood, WA	49:30.7
3 Carbaugh, D.	Sumner, WA	00:29.8

Expert Men 50+ (1 rider)	Home	Time
1 Norton, D.	Tukwila, WA	52:39.2

Single Speed (1 rider)	Home	Time
1 Hutchison, K.	Redmond, WA	04:05.9

Expert Women 18&under (1 rider)	Home	Time
1 Gerrard, L.	Sumner, WA	25:43.8

Expert Women 19-29 (4 riders)	Home	Time
1 Beggs, J.	Tacoma, WA	53:09.8
2 Sucha, A.	Seattle, WA	58:00.5
3 Berg, K.	Marysville, WA	05:08.1

Expert Women 30-39 (1 rider)	Home	Time
1 Robinson, D.	Bellevue, WA	29:26.5

Sport Junior Men (10 riders)	Home	Time
1 Skoldrud, T.	Yakima, WA	09:27.0
2 Mallahan, M.	Bellingham, WA	12:57.5
3 Volkert, D.	Norm. Pk, WA	14:08.2

Sport Men 19-29 (7 riders)	Home	Time
1 Beckman, M.	Bremerton, WA	05:58.3
2 Ryan, T.	Seattle, WA	10:26.3
3 Schmitt, D.	Redmond, WA	12:12.5

Collegiate B Men (1 rider)	Home	Time
1 Schmitt, D.	Redmond, WA	13:12.5

Sport Men 30-39 (25 riders)	Home	Time
1 Wynn, S.	Roslyn, WA	02:39.3
2 Metz, M. C.	Kirkland, WA	07:15.4
3 Jancola, M.	Seattle, WA	08:23.3

Sport Men 40-49 (10 riders)	Home	Time
1 Wade, S.	Bow, WA	09:35.5
2 Johnson, S.	Pt Angeles, WA	16:47.5
3 Hughes-Davies S.	Woolley, WA	18:14.0

Sport Men 50+ (6 riders)	Home	Time
1 Embrey, K.	Poulsbo, WA	19:46.1
2 Thomas, S.	Sandpoint, ID	22:10.0
3 Longmuir, D.	Woodin., WA	29:07.1

Sport Clydesdale (2 riders)	Home	Time
1 Lamkin, B.	Pt Orchard, WA	06:28.1
2 Acheson, D.	Winthrop, WA	29:41.0

Hung Out to Dry

By MAYNARD HERSHON

Last fall, I got my girlfriend an aluminum GT road bicycle. She rode it here in Tucson a few times, then flew home to Philly. I shipped the bike there for her. She rode it for months, then packed up and moved here, bringing the bike home.

While she had the bike back East, she rode an MS ride in New Jersey. After that ride, tired and ready to be thinking about anything but her bicycle, she let her brother hang her nice GT on a jive trunk-mounted rack with two other bikes.

Banging on the other bikes chipped her GT in a few places, but those chips were easily touched-up. One of the other bikes must've bumped her rear derailleur pretty hard, though, because it bent the detachable derailleur hanger on her frame.

The replaceable hanger saves the frame if your bike takes a hit on the rear derailleur. If you bend the derailleur in, instead of replacing the frame you can merely unbolt and replace the hanger. Simple.

Not so simple.

That hanger is probably the only part of your bike that you can't replace at nearly any good

bike shop. It's replaceable but not interchangeable, not with other brands, maybe not even with other models your bike company makes.

There are dozens if not hundreds of different hangers. Why? Who knows?

Whatever the reason, there are lots of them. You have to have the exact one or you're sunk.

How'd we find out about that?

Since my girlfriend has had her bike, a bigger outfit has absorbed the GT company. GT is essentially out of business. You can't email customer service, you can't log onto an on-line dealer directory and you can't buy a derailleur hanger for a ZR Five-point-oh. We know; we've tried.

She called all the dealers around Philly; I called dealers in Tucson and Phoenix. No hangers. Six months of no hangers.

What does that mean to you? If you have an aluminum-framed bike, and when you look at the right rear dropout you see one of those replaceable hangers, please buy another one today and put it in your toolbox. Eventually you'll need it.

Since that day after the MS ride, my sweetie's derailleur hanger has been bent and straightened a few more times. After a straightening or two, sadly, the hanger loses its rigidity. The derailleur won't hold its

alignment under your rear cogs. Your bike shifts sloppily, annoyingly. You curse under your breath.

If you go to your bike shop, they will replace your softened, easily tweaked gear hanger with a new one — IF they have one. If your bike is a GT and your dealer does not have a new hanger, you have a problem. He can't get one.

No one at GT, or whoever bought GT, thought to make the one unique, essential part on the bicycles available to the nice folks who bought those bicycles.

You may fret about world hunger or the threat of terrorism or the plight of baby seals. I fret about the folks at GT who should have made sure their bike owners could replace their replaceable hangers...

If you go to your bike shop and ask for a hanger just to have on hand, and they don't have one to sell you, forgive them but order a hanger. Pay for it in front and watch the guy write up the order. Then make sure you get it in a reasonable length of time.

And when you buy your next bike, if it's equipped with a replaceable hanger, get one when you get the bike. You need an exact duplicate of the one on there.

After this hanger experience, I'd take a long look at any bike I was thinking of buying. I'd want to know if there are parts on that bike



that are unique, hard to replace. I'd want to know if the seat post is an unusual diameter or the head bearings are unique to that maker.

We don't need no unique head bearings. We already know we won't find a Shimano 9-speed chain in Safford, Arizona. We can cope with that. More importantly, we want to know if we can find a part for our bike in a good bike shop that doesn't carry the brand we ride.

If some offbeat part would make a bicycle a world-beater, you wouldn't recognize anything on Lance's bike. Take a good look at Lance's bike. It's not all that different from your bike, is it? No weird stuff.

That's what I want you to take away from reading this: No Weird Stuff.

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CALENDAR

Jun 6: Alpenrose Weekly
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

Jun 7: Alpenrose Friday Night Racing
Portland, OR. see race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Jun 7: Marymoor Friday Night Racing
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

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

Jun 13: Alpenrose Weekly
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

Jun 14: Alpenrose Friday Night Racing
Portland, OR. see race series for information. Jamie Mikami, 503-452-0312, www.obra.org

Jun 14: Marymoor Friday Night Racing
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jun 17: Marymoor Velodrome Monday Night Junior Racing
Redmond, WA. See series info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jun 19: Marymoor Wednesday Night Track Racing
See series for info. Sandy Seidensticker, Marymoor Velodrome Association, 425-869-1545, http://marymoor.velodrome.org

Jun 20: Alpenrose Weekly
Portland, OR. See series info. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

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, http://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

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