

# Bicycle Paper

www.bicyclepaper.com MARCH '01



## An impressive 742 events

BY CLAIRE BONIN

One of my first tasks with *Bicycle Paper* was to gather the calendar information. In early January, we sent out some 500 reminders, asking organizers to update their listings. Within a few days, my e-mail inbox was overflowing with replies. Then they came by fax, by phone, by mail and more kept coming via e-mail.

Road, track, mountain bike, BMX, single-day events, multiple-day tours, racing and touring—this calendar has it all.

See "Calendar" on Page 5

## A Careful Selection

BY MICHAEL PETTY

In two prior installments, I presented information regarding the effectiveness of and a scenario for using massage as a cyclist. As promised, I now will talk a little about choosing a massage practitioner. You can look in the yellow pages under therapeutic massage for practitioners, but that can feel random and complete information from which to make a decision is not available.

See "Athletic Medicine" on Page 3

### The BMX Corner

*This year Bicycle Paper is expanding its coverage of cycling with the addition of BMX Corner. Throughout the year you will read about the sport and its intricacy, get the news and event reports, as well as other interesting BMX related subjects. We hope you will enjoy it.*

## Let's Start at the Beginning

BY MIKE RAICH

The sport of bicycle motocross began in the early 1970s in Southern California. Boys and girls on these modified bicycles jammed through the dirt emulating their motorcycle motocross heroes. A new sport created by kids, for kids, was born. It was called bicycle motocross, a name later shortened to BMX. It grabbed the attention of thousands of kids!

Imitation led to innovation—the kids quickly

See "BMX" on Page 4



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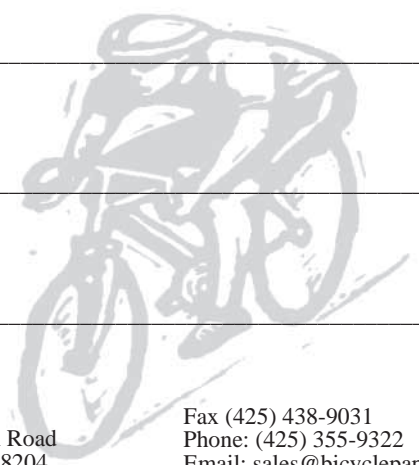
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# Bicycle Paper

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**Cover Photo: Riders experiencing one of the few long climbs on STP.**

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## ATHLETIC MEDICINE

### "Athletic Medicine" from Page 1

Another option is to call the local accredited massage school to ask for recommendations. But, as is true for finding other healthcare professionals, the best referrals for massage practitioners are by word-of-mouth. The Pacific Northwest is blessed with many people who are qualified in therapeutic massage, so the selection is good. Talk with friends and cycling acquaintances and find out who they go to for massage and why. Ask what style of work the person does and what training they have had and why your friend feels his practitioner is effective.

In Washington, all state-licensed massage practitioners (LMPs) have completed a training course that runs at least 500 hours in length. In addition, passing a national certification exam is mandatory. In their training, practitioners usually had a good chunk of time devoted to sports massage, and some have even specialized in it. Some massage schools have specialty programs (beyond basic training) that give intensive education in working with athletes, their training and injuries.

While you do not have to find a "sports massage specialist" or even a "cycling special-

ist," it is important to find someone who is interested in working with athletes and their unique problems. Many practitioners are active, athletic people who combine an academic and practical understanding of training and exercise. If the practitioner has some knowledge of the usual problems faced by cyclists, this will streamline both the assessment and treatment of cycling ills.

Once you know the practitioner has the basic and some specific knowledge that applies to you, the issue of rapport still looms. Having a comfortable rapport with health care providers makes communication and effectiveness of treatment much quicker and more satisfying for all parties involved. It is a crucial ingredient in choosing a practitioner, and you can gain insight into it when you find out why people return to their practitioners. Is it his or her awesome skills? Perhaps it is the practitioner's way of listening and adjusting to needs. Ideally, it is a combination of both.

On a tangential note, *Bicycle Paper* has allowed me to assume the role of editing the sports medicine section, stepping in for Erik Moen who has done an outstanding job in

the role over the past few years. I want to thank him and to ask your help in continuing the high standard he has set. Please forward me any questions or recommendations for future columns via my email address listed below. Thank you in advance.



**New Athletic Medicine columnist Michael Petty**

**Michael Petty MA, MSPT**  
Licensed physical therapist

Nationally certified in therapeutic massage and bodywork  
Nationally certified fitness consultant

**Lone Star Fitness**  
206-355-7827  
pettymichael@hotmail.com

Editor Note: Michael will be speaking at the Subaru Seattle International Bicycle Expo. Health and Fitness Seminar

## Local rider competes with world's best

Amateur racer Svein Tuft, 23, of the Seattle-based Broadmark Capital Cycling Team left his mark on the two-week Tour of Langkawi, which finished on Feb. 18th. Considering the 1800-km Tour of Langkawi in Malaysia is an international stage race featuring top professional cycling teams from the United States, Italy and France, Tuft's 79<sup>th</sup> place finish is quite an accomplishment.

Tuft was a member of two of the tour's longest breakaways during stages 3 and 6. In stage 3, Tuft escaped the pack on a 137-km breakaway performance with Soren Petersen of Team Saturn. Just six kilometers into the 177-km stage from Kota Bharu to Kula Terengganu, Tuft attacked the international field to form what would be the longest

breakaway of the tour. Although the break was eventually caught 34 km from the finish, Tuft's effort was rewarded with three intermediate point-sprint victories, which helped him finish 15<sup>th</sup> in the points competition.

Suffering from bronchitis, Tuft battled the steep slopes of the Malaysian Mountains in

order to stay in the race. Tuft came back strongly in the stage 10 individual time trial. He finished 14<sup>th</sup> within a minute of some of the top professionals in the world over the 27-km course. He was only a tenth of a second behind tour winner Paolo Lanfranchi of Mapei while beating 5th place finisher Chris Jenner of Credit Agricole.

## Cycling conference held in Portland

The Second Annual Cycling Conference sponsored by the Oregon Bicycle Racing Association and The Multnomah Athletic Club commenced January 20th and 21st at the MAC in Portland. A roster of cycling coaches from all over the Northwest presented a smorgasbord of 25 different sessions over the course of the day-and-a-half event. Total registration for the event was about two hundred cyclists ranging from brand-new, never-been-raced to wary old veterans of many hundreds of starts. To encourage young riders to attend, the organizers offered free registration to youngsters, and the many young folks in attendance testified to the success of that policy. René and Kendra Wenzil's panel on "the game of racing," Phil Claud's talks on power development and periodization, Tim Rutledge's discussion of the inner game of racing, Rob Bragg's Cycling Biomechanics, Eric Moen's presentation on over-training, and Mike Reznik's sports psychology insights

were among the many highly popular offerings. A sparsely attended but potentially groundbreaking panel discussion featured leaders of USCF and OBRA initiatives to develop the sport of cycling in the Northwest. The Sunday morning Yoga session, led by Michael Sylvester and concentrating on the application of yoga practice to the physical maintenance (and perhaps the mental discipline) of a cyclist, was well attended and well appreciated after a day of chalk talks and (sometimes) technical discussion.

Planning is already underway for next year's third annual event, and it will again profit from lessons learned this year to be the best yet. More speakers will be coming from outside the area, and we'll again rely on the response to this year's offerings to help shape the next ones.

The organizers and sponsors hope to see you next year on the 19th and 20th of January.

## Bicycle Paper

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PHOTO BY CHATON

Scott Matual rides the curve.

## "BMX" from Page 1

learned to perform tricks and "get air." Organized racing came next. By 1977, pockets of loosely organized BMX races dotted the nation from Coast to coast. It was time for a national sanctioning body. Thus the American Bicycle Association (ABA) emerged.

The ABA not only filled a need, but it completely changed and continues to shape the future of the sport it serves. Today the sport of bicycle motocross is sweeping the country. Riders of all ages race in organized events at tracks across America. Competitions are organized according to age group and skill levels, so everyone gets the opportunity to compete on a fair and competitive basis. Even beginning riders have the chance to race safely with other new riders.

ABA BMX racing is a sport characterized by youth, achievement and Americanism. While the young boy or girl BMX racer develops skills at an individual pace, he or

she is learning about winning, losing and trying again. The racer's family learns that time spent together in support of the racer and his or her individual achievements, is quality-time.

Racing BMX is easy and inexpensive. To get started you need a couple of things: a 20 inch BMX bicycle, a helmet, a long sleeve shirt and pants (no need for a fancy uniform) and a track. A list of Northwest tracks is provided with this article. Find a track close to home, call to get more information on how to get there, when practices and races begin and what costs are involved.

Before investing, it may be a good idea to watch a couple of events, talk to the people who are involved in the sport and see if it is really what you imagined and when you are sure...join the action. BMX is fun and it is for everyone!

For more information on how to get started and other information visit [www.americanbicycleassociation.com](http://www.americanbicycleassociation.com).

## Pacific Northwest BMX Tracks

### Washington

**Burlington** BMX  
Robin Briggie 360-755-1798  
Track- 360-848-5293

**Everett**, McCollum Park BMX  
Track 425-485-3461

**Port Angeles** BMX  
Mike Thomas 360-417-8116

**Port Orchard**, Peninsula  
Indoor BMX  
Mike Raich 206-246-2661

**South Kitsap** BMX  
Reed Muller 360-876-8817

**Richland**, Columbia Basin  
BMX  
Richard Hallen 509-546-8113

**Shelton**, Mason County BMX  
Shawn Kinney 360-426-9891

**Sumner**, River Valley BMX  
Mike Raich 206-246-2661

**Walla Walla** Valley BMX  
J.D. & Carrie Jaspersen 509-522-4647

**Union Gap**, Yakima Valley  
BMX  
Mike Bull 509-453-6699  
Track 509-454-7599

### Oregon

**Amity**, Bear Tracks BMX  
Zach & Lisa Hebert  
503-434-1623

**Bend**, High Desert BMX  
Raceway  
Rene @ East Side Bikes  
541-318-6350  
Track 541-410-1488  
(race day only)

**Bend**, High Desert BMX  
Indoor  
John & Laura Rowe  
541-385-8794  
Track- 541-948-0690

**Cottage Grove** BMX  
Track 541-729-5527

**Eugene**, Emerald Valley BMX  
Scott Snook 541-687-1805  
(afternoons only)

**Grants Pass**, River City  
BMX Track 541-471-0269

**Klamath Falls** BMX  
Dave Gittings 541-273-2687

**Medford**, Bear Creek BMX  
Mark Graham 541-618-9056  
Track 541-245-2920

**Molalla**, North Woods BMX  
Dan & Kristina Roberts  
503-829-3342

### Molalla

**North Woods BMX**  
Downhill  
Dan & Kristina Roberts  
503-829-3342

**Newberg**, Bear Tracks BMX  
Outdoor  
Zack & Lisa Hebert  
503-434-1623

**Portland**, Alpenrose BMX  
Lori Plemmons  
503-244-9492

**Roseburg** BMX  
Dave & Stephani Bastian  
541-672-6059

Track 541-430-0430

**Roseburg** BMX Indoor  
Dave & Stephani Bastian  
541-672-6059

Track 541-430-0430

### B.C.

**Abbotsford** BMX  
Gary Harder 604-853-4563

**Nanaimo** BMX  
Marie Davidson  
250-758-5234

**Langley** BMX  
Brent Rasmussen  
604-533-0084

**Greater Victoria** BMX  
Ken Williams 250-479-8616

### Idaho

**Blackfoot**, The Landing Strip  
BMX Park  
Brent Arave 208-785-4600

**Boise** Valley BMX  
Jeff Greenley 208-658-9169

**Caldwell** BMX Raceway  
Jim Morrison 208-459-2720

**Coeur D'Alene**, North  
Idaho BMX  
Gil Marmon 208-667-3766

**Hailey**, Wood River BMX  
Carnie & Curtis Corringe  
208-764-3000

**Idaho Falls**, Snake River  
BMX  
Track 208-552-9666

**Jerome**, Canyonside BMX  
Wayne & Mike Nuse  
208-324-4394

**Kuna**, Boise Valley  
Indoor BMX  
Jeff Greenley 208-658-9169

**Mountain Home**, Rocky  
Top BMX  
208-587-7472

**Preston** BMX  
Randy & Valerie Roberts  
208-852-3729

## Fifth Season for the IMBA Trail Crew

The Subaru/IMBA Trail Care Crew program returns, leading trail-work sessions, trail-building schools and meetings with mountain bike clubs and land management agencies across the United States, Canada and abroad. Trail crew veterans Joey Klein, Rich Edwards and Jen Edwards are also returning.

The spring schedule includes stops in Virginia, West Virginia, Pennsylvania, New Mexico, Arizona, Utah, California,

Massachusetts, New Hampshire, Maine and Nevada. The Crews will spend National Trails Day, June 2, in Potomac, Maryland and Pinetop/Lakeside, Arizona.

To learn more about the Subaru/IMBA Trail Care Crew and find out where and when you can get involved with a TCC-lead trail-work session or trail-building school in your area, visit IMBA's Web site, [www.imba.com](http://www.imba.com).

## Cycling in British Columbia: Cheap and easy!

BY ALLISON MARKIN

Take advantage of the weak and tired Canadian dollar—great bike events are available north of the border in beautiful British Columbia where the U.S. dollar and the beer are good and strong.

Cycling BC (CBC), the sports-governing organization responsible for racing events and licensing in the province, has sanctioned dozens of excellent events this season: road, off-road, track, randonneur and more. Thanks to a simple licensing system and international partnerships, it's well worth packing up your gear and crossing into Canuck country.

Governed by the Canadian Cycling Association (CCA), which has its international affiliations with the Union Cycliste Internationale (UCI), Cycling BC recognizes international licenses making registration at British Columbia events a breeze. If you have an international license and proper picture ID, you can gain admittance to most races in Canada.

CBC also provides an opportunity for U.S. riders who hold a regional Norba/USCF license an easy way to get access to British Columbia events. The one event membership, which will cost you \$7 Canadian, will allow you to race in the category listed on your U.S. racing license.

If you don't have a license but wish to compete, you can purchase a one-event membership and race in the beginner/sport classes. In any case, call the organizer of the event you wish to enter to confirm everything ahead of time.

Once you are licensed, registered and you have filled out the waiver form, get ready for some long-standing events at some kick-ass venues.

British Columbia is the perfect province for outdoor sports year-round. Many of its well-known skiing destinations are now drawing the spring and summer crowd with off-road events: Sunpeaks Resort, Fernie, Red Mountain, and Silver Star to name a few. Sunpeaks is hosting the National Mountain Bike Championships (August 3-4) as well as the BC Cup Championships (August 25-26), the finale of a series that has been a breeding

ground for numerous Canadian national team members.

Leading up to the national finals are Canada Cups at Silver Star Mountain in Vernon, home of high-caliber provincial and national events for several years, and Fernie Alpine Resort in Fernie, a relative new-comer to the mountain bike event scene. Both venues also host BC Cups this season.

On top of the grass roots BC Cup series and the national Canada Cups, British Columbia continues to host perennial favorite events including the Squamish Test of Metal, a grueling point-to-point race, the 8th Annual Hammerfest (on the BC Cup circuit), 24 Hours of Caffeine and 24 hours of Adrenaline.

The road side has its own BC Cup series which has been building a reputation over the last couple of seasons and is now hitting its stride as a high class event.

This season the BC Cup road events number six, including the finals in picturesque New Denver, British Columbia. The series includes long-standing events such as the Bastion Square Festival in Victoria, the Atomic Road Race, and the famous Tour de White Rock.

British Columbia will also be presenting its first Super Cycling Week. Tour de Delta and Tour de White Rock have combined efforts with Escape Velocity Tuesday night racing to present a total of seven exciting and grueling road racing events and a family ride over a 10-day period (July 6-15).

Whatever your discipline—downhill, cross-country, road, criterium or time trial—British Columbia has an event for you. If you are not a racer, be a spectator or go for a more casual ride at the venues. A myriad of trails awaits conquering, and several roads lead to spectacular places.

For more information about racing in British Columbia, and for complete event calendars, visit [www.cycling.bc.ca](http://www.cycling.bc.ca).

Note from the Editor: All Cycling BC and BC Cup events are listed in the calendar. The first BC Cup Off-Road event is scheduled for April 14<sup>th</sup> with the presentation of the Nanaimo Barf Bash 5. The Bastion Square Festival will kick-off the Road BC Cup season May 25-27<sup>th</sup>.

## Welcome to the Pacific Northwest's most comprehensive bicycle calendar

All events are listed chronologically within their respective sections: **Events** (clinics, exhibitions, lectures, etc.), **Off-road Racing** (competition featuring single-track, cyclocross and other off-road riding), **Off-road Touring** (rides and spectator events featuring single-track and other off-road riding) **Rides & Tours** (often 15 to 200 mile rides on roads for any type of bicycle), **Series Races** (competition repeated on three or more weekends), **Single Races** (bicycle competition), **Track Races** (competition in the velodrome) and **Multisport** (events that include bicycling as a part of the competition).

To conserve space, we've chosen to run web sites only on events where both web sites and e-mail are available. If you are an event promoter or organizer and your event is not listed, please write, call, fax or e-mail information to us and we will gladly list it. Please send your event information in the same style and format as seen here. Further, any changes should be handled the same way.

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Left to right: Steve Wright and Steve Marcy performing a riders exchange during a Madison race at Alpenrose Velodrome.

## BMX Racing

### Apr 13-Oct 28: McCollum Park BMX Racing.

McCollum Park, WA. Race every Saturday and Sunday from April to October. Sign up between 10-11 a.m. Membership \$45, Entry fee \$10. Memberships and Snohomish County release form required to be on the track. Pick them up at McCollum Park BMX. Char Ayres, Snohomish County Parks & Recreation, 600 128th St SE, Everett, WA, 98204. 425 485 3461 mcollumpark.bmx@gte.net.

### Jun 1: Race for Life: Leukemia & Lymphoma Society Fund-raiser.

South Kitsap BMX, Port Orchard, WA. Double Points event - Friday Evening. Sign up 6-6:30 p.m., non members welcome Mike Raich, 206 246 2661 bmxmike@ix.netcom.com.

### Jun 2: Race for Life: Leukemia & Lymphoma Society Fund-Raiser.

Mason County BMX, Shelton, WA. Double Points event - Saturday afternoon. Sign up 3-4 p.m., non members welcome Shawn Kinney, 360 426 9891 bmxmike@ix.netcom.com.

### Jun 2: State Championship Race.

South Kitsap BMX, Port Orchard, WA. Double Points event. Sign up 10-11 a.m., Saturday morning, must be full member of ABA to participate. Mike Raich, 206 246 2661 bmxmike@ix.netcom.com.

### Jun 3: State Championship Race.

Mason County BMX, Shelton, WA. Double Points event. Sign up 10:00-11:00am., Sunday morning, must be full member of ABA to participate. Shawn Kinney, 360 426 9891

### Jun 4-Aug 24: McCollum Park BMX Midweek Racing.

McCollum Park, WA. Race every Monday, Tuesday and Friday. Sign up between 6-6:30 p.m. Membership \$45, Entry fee - Monday & Tuesday \$5, Friday \$10. Memberships and Snohomish County release form required to be on the track. Pick them up at McCollum Park BMX. Char Ayres, Snohomish County Parks & Recreation, 600 128th St SE, Everett, WA, 98204. 425 485 3461 mcollumpark.bmx@gte.net.

### Jun 9: Double Point Race.

McCollum Park, WA. Entry fee \$15 Char Ayres, Snohomish County Parks & Recreation, 600 128th St. SE, Everett, WA, 98204. 425 485 3461 mcollumpark.bmx@gte.net.

### Jun 10: Race for Life.

McCollum Park, WA. Entry fee \$5 + \$5 donation to leukemia. Char Ayres, Snohomish County Parks & Recreation, 600 128th St. SE, Everett, WA, 98204. 425 485 3461 mcollumpark.bmx@gte.net.

### Jul 4: Race for Life: Leukemia & Lymphoma Society Fund-raiser.

River Valley BMX, Sumner, WA. Double Points event - Wednesday evening. Sign up 6-6:30 p.m., non members welcome. Mike Raich, 206 246 2661 bmxmike@ix.netcom.com.

### Jul 28: State Championship Race.

River Valley BMX, Sumner, WA. Double Points event - Sign up 4:30-5:30 p.m. Saturday afternoon, must be full member of ABA to participate. Mike Raich, 206 246 2661 bmxmike@ix.netcom.com.

### Jul 28: State Championship Race.

McCollum Park, WA. Entry fee \$15. Char Ayres, Snohomish County Parks & Recreation, 600 128th St SE, Everett, WA, 98204. 425-485-3461 mcollumpark.bmx@gte.net.

### Jul 29: Gold Cup Qualifier.

McCollum Park, WA. Entry fee \$25 Char Ayres, Snohomish County Parks & Recreation, 600 128th St. SE, Everett, WA, 98204. 425-485-3461 mcollumpark.bmx@gte.net.

## Events

### Mar 2-3: TrailsFest.

Seattle, WA. Seattle Center Flag Pavilion, 4-8 p.m. Friday, 10 a.m. - 6 p.m. Saturday. Your Next Outdoor Adventure Starts Here. Whether you're a trail-wise expert, a novice breaking in her first pair of boots, or a family exploring the outdoors together, TrailsFest has something for you. Experts on everything from hiking, climbing, and mountain biking, to kayaking, adventure travel, and photography will be on hand to share their experiences and advice. TrailsFest is the best place to begin a season of adventure. Washington Trails Association, 206-625-1367 www.trailsfest.com.

### Mar 25: Old Bike Swap Meet and Show.

Kent, WA. 13th Annual. 8 a.m. to 2 p.m. Antique/Classic Bicycles at the Kent National Guard Armory, 24410 Military Road. Over 50 vendors and 300 bicycles last year. Just south of Sea-Tac airport. Take exit #149 off I-5, go east 2 blocks to Military Road, then south 1/2 mile to the large cement block building with the blue metal roof on the left. Ron Summer, Joe Pleasants 253-841-2810 or Jerry Germeau 206-524-4878, 24410 Military Rd., Kent, WA, 206-364-0922 (Ron Summer) jerrywge@email.msn.com.

### Mar 30-Apr 1: Subaru Seattle International Bicycle Expo.

Seattle, WA. New Location! Stadium Exhibition Center - next to Safeco Field. One of the largest bicycle consumer shows in the country. 250 bicycle and fitness exhibitors, raffles, goodies, STP registration, 8,000 participants. Cost: \$7. Ernie Grillo, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE www.cascade.org.

### Apr 8: Ridge to River Relay.

Wenatchee, WA. 20th annual. Starts at top of Mission Ridge: Nordic ski, Alpine ski, run, bike, ends with water leg where participants canoe or kayak to Wenatchee. Teams of 2 to 6 or solo. Susan Frese, Ridge to River Relay, P.O. Box 3961, Wenatchee, WA, 98807. 509-662-8799 www.r2r.org.

### May 12: The Fifth Annual Kids Bike Swap.

Seattle, WA. 9 a.m. to 4 p.m. Free event is at Genesee Playfield, 43rd Ave. S. and S. Genesee, in South Seattle. Parents can bring an outgrown kids bike (24" wheels and smaller) and swap it for a better-fitting one. Also donate unused kids bikes that will go to Bike Works' programs. Bike Works, 3709 S Ferdinand St., Seattle, WA, 98118. 206-725-9408 www.scn.org/bikeworks.

### May 18: WRQ's Bike to Work Day.

Puget Sound area. Join thousands of cyclists on the national bicycle commuting day. T-shirts, souvenirs and more! See web site for commuter station locations. Begin 6 a.m. Check-in locations all over Puget Sound. Free! Jennifer Quesinberry, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE www.cascade.org.

### May 19: 11th Annual Portland General Electric Reach the Beach.

Portland, OR. Clean Air Bicycle Challenge American Lung Association of Oregon, 9320 SW Barbur Blvd, Ste 140, Portland, OR, 97219. 503-246-1997 ext16 www.lungoregion.org.

### Jun 3: Run Forest Run.

Capitol Forest, Olympia, WA. Off-road running race through the woods of the scenic Capitol Forest. Rec. class 2 miles, s.b. class 4 miles, advanced class 6 miles. Cash prizes for advanced class! Sign up 8 to 10:30 a.m. Race begins at 11 a.m. \$20 entry fee for rec. and s.b. classes and \$25 for advanced. \$5 late entry fee if not postmarked 7 days prior to race. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Rd. SW, Olympia, WA, 98512. 360-704-3315 www.ridethepeak.com.

### Jun 7: Summer Cycle Challenge.

Seattle, WA. The Summer Cycling Challenge is your chance to compete for prizes while raising money for Bike Works, Earn-a-Bike and rides programs for youth. See how many miles you can ride along Lake Washington in Seattle during Bicycle Saturday! Minimum pledge to ride is \$20. Bike Swap is nonprofit. Bike Works, 3709 S Ferdinand St, Seattle, WA, 98118. 206 725 9408 www.scn.org/bikeworks.

### Jul 1: Blaze-A-Trail.

Capitol Forest, Olympia, WA. Off-road running race through the woods of the scenic Capitol Forest. Rec. class 2 miles, s.b. class 4 miles, advanced class 6 miles. Cash prizes for advanced class! Sign-up 8 to 10:30 a.m. Race begins at 11 a.m. \$20 entry fee for rec. and s.b. class and \$25 for advanced. \$5 late entry fee if not postmarked 7 days prior to the race. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Rd. SW, Olympia, WA, 98512. 360-704-3315 www.dirtworld.com.

### Jul 6-8: Women's Cycling Camp.

Leavenworth, WA. Susan Bonacker, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.

### Aug 3-5: BikeFest 2001.

Altoona, PA. The League has teamed up with the Tour de Toona, America's largest pro-am bike races for a great weekend! We've got lots lined up for you: a huge selection of road and MTB rides, party with the pros, and more! Visit our Web site for the full details! Rob Stachowiak, League of American Bicyclists, 1612 K St. NW Suite 401, Washington D.C., 20006. 202-822-1333 www.bikeleague.org.

### Aug 25: Washington State Hillclimb Time Trial Championships.

Crystal Mountain, WA. 6 miles, 1500 ft. elevation gain. An uphill time trial to Crystal Mountain. All categories. Counts for NWCC series. Dave Bachman, WheelSport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946 dbachman@libertycontrols.com.

### Sep 9-14: San Juan Islands Adventure Cruise.

Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 16: Provincial Hill Climb.

Bariff, AB. Hill climb Stuart Hughes, Bow-Clmo, AB, 403-217-0190 www.bowcycle.com/team.

### Sep 23-28: San Juan Islands Adventure Cruise.

Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 30-Oct 5: San Juan Islands Adventure Cruise.

Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 7-12: San Juan Islands Adventure Cruise.

Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Nov 3: Bicycle Alliance of Washington Annual Auction.

Seattle, WA. Washington state's premier bicycle auction for cycling advocates. Fabulous auction items, support, education and the bicycle alliance's legislative agenda. Barb Culp, Bicycle Alliance, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252 or 206-224-9253, www.bicyclealliance.org.

## Off-road Racing

### Mar 4: Sagebrush Singletrack Series.

Kennewick, WA. Olympia St. Al Colburn, 509-736-1331 www.geocities.com/finleyflyers.

### Mar 18: 10th Annual Beartrax & Beeswax Race.

Tahuya Forest near Belfair, WA. The 10th Annual Beartrax & Beeswax will be held on a 90 percent single-track course. Classes include: Expert/Pro, Sport, Vet, Masters, Beginner, Single Speed, Clydesdale, Tandem. Cash payback to Expert/Pro class. Lots of awards and a free raffle. Kevin Collier, Single Track Minds Cycling, 253-939-1692 http://members.aol.com/STMCub/stmclub.html.

### Mar 18: Sagebrush Single-track Series.

Kennewick, WA. Olympia St. Al Colburn, 509-736-1331 www.geocities.com/finleyflyers.

### Mar 31: OSU Critrium.

Corvallis, Damian Schmitt, 541 7540073 schmitt@ucs.orst.edu.

## From "Calendar" on pg. 1

Looking for something to do this summer? Use the calendar to plan your cycling season. Go to an old favorite or try a new event, stay close to home or plan a scenic cycling vacation.

*Bicycle Paper* will continue to print calendar listings (including new submissions and corrections) for two months after every issue. So if you have an event not listed here, please feel free to contact me, I made room in my inbox!

### Mar 31: Peak to Creek.

Capitol Forest, Olympia, WA. GA (gravity assisted) cross-country MTB race. It starts with a bus ride to the top (2659 ft.) and then it's down the twisted single-track for 13 miles with a 2300 ft. drop in elevation. Interval start, recreation class, s.b. class and advanced class. Cash prizes for advanced class! Lots of post race festivities! Sign up from 8 to 10 a.m. Race begins at 11 a.m. \$25 entry fee for rec., s.b. class/\$30 advanced. \$5 late entry fee if not postmarked 7 days prior to race. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Rd. SW, Olympia, WA, 98512. 360-704-3315 www.ridethepeak.com.

### Apr 1: Battle in Seattle, WIM #1.

South Seatac Park, Seatac, WA. 400 participants. Cross-country racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

### Apr 1: OSU Critrium.

Corvallis, Damian Schmitt, 541 7540073 schmitt@ucs.orst.edu.

### Apr 1: Sagebrush Singletrack Series.

Kennewick, WA. Finley Hills AL Colburn, 509-736-1331 www.geocities.com/finleyflyers.

### Apr 7-8: BC Cup #1 - Barf Bash 5.

Nanaimo, BC. Cross-country and downhill racing. Peter Sinclair, BC, 250 758 7907 peter@seampuke.com.

### Apr 7: Kings Valley Race.

Bend, OR. Scott Goldstein, 541-343-4833 shg@bit-by-bit.com.

### Apr 8: Mudslinger.

Klamath Falls, WA. Damian Schmitt, 541-752-7397 schmitt@ucs.orst.edu.

# CALENDAR

## Apr 21-22: The Beacon Bomber, WIM #2.

Spokane, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Apr 28: Cascade Chainbreaker.

Bend, OR. 2001 OBRA Off-road Series - cross-country Sally & Marcel Russenberger, 442 NW State St., Bend, OR, 97701. 541-389-3295 or 541-389-4224 salbend@bendcable.com.

## Apr 28: Big K MTB Festival.

Oakridge, OR. Mitch LaMoure, The Bicycle Shop, 1217 NE Walnut, Roseburg, OR, 97470. 541-957-1020 www.mcsi.net/frameamf/.

## Apr 29: Bear Springs.

Mt Hood, OR. Oregon MTB Racing Series Cross-country, Petr Kakes, OR, 503-272-0146 jlogan@skibowl.com.

## May 5-6: 24 Hours of Adrenalin.

Monterey, CA. 24 Hours of Adrenalin MTB team relay at Laguna Seca Recreation Area. Teams can range from 2-10 people and solos, so riders of all levels can participate. Come out for a weekend you will never forget. On-line registration available. Trilife Sports International, 7321 Victoria Park Ave., Unit #8, Markham, ON, L3R 2Z8 Canada. 905-944-9436 www.24hoursof adrenalin.com.

## May 5: Bear Springs Downhill.

Mt Hood, OR. Oregon MTB Racing Series Cross-country, Petr Kakes, OR, 503-272-0146 jlogan@skibowl.com.

## May 5-6: Chelan MTB Festival, WIM #3.

Chelan, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## May 5-6: Hammerfest 8.

Parkville, BC. BC Cup. Cross-country May 5/ Downhill May 6. Brian Lunn, 521 Fourneau Wy., BC, V9P 2T7. 250-248-4020.

## May 6: Spring Thaw.

Ashtland, OR. Oregon MTB Racing Series Cross-country Russ Rickert, Siskiyau Velo, 164 Alameda, Ashtland, OR, 97520. 541-482-8704 dband@mind.net.

## May 12: Race at Reehers.

Portland, OR. Oregon MTB Racing Series Cross-country, Jon Meyers, 503-234-9273 www.obra.org/.

## May 13: Enduro-Salty Dog 6 Hour.

Salmon Arm, BC. Warren Ellis, Salmon Arm Cycling Assoc., (604) 832-7368 greenmtbcycle@hotmail.com.

## May 13: The Iron Lung.

Calgary, AB. Cross-country COP, AB, 403-247-5475 www.coda.ab.ca.

## May 19-21: Action Quest.

Pentiction, BC. BC Cup Cross-country #3, Dual-slatom #1. Nat BC up Downhill Bob Leslie, Pentiction Cycling Club, 329 Lower Bench Rd., Pentiction, BC, (250) 494-0341 RL\_Leslie@pentiction.com.

## May 19: May Track.

Jones Creek, Vancouver, Ron Magnus, 503-244-4866 ronm@evanet.com.

## May 19: SPOKE Invitational.

Buntzen Lake, BC. Jeff Tvergyak, SPOKE, BC, www.spoke.bc.ca.

## May 19-20: Winthrop Boneshaker, WIM #4.

Winthrop, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## May 20: 1st Annual 'Coal Town Classic'.

Cumberland, Rob Sykes, Comox Valley Cycle Club, (250) 334-2948 RJSVKES@home.com.

## May 20: Beaverfoot Grand Prix.

Bend, OR. Stan Gardner, 313-6125 g2ospar@coho.net.

## May 20: 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 NE Eads St., Newport, OR, 97365. 541-574-0327 www.lincoln.k12.or.us/newports/activity/clubs/mtbcub/mbcubc.htm.

## May 26: BC High School Invitational MTB Championships.

North Vancouver, BC. Four categories: Bentam (grade 8), Juvenile (grade 9), Junior (grade 10) and Senior (grade 11-12). 6K lap. Awards for top 5 individuals and for teams. Sam Scorda, Argyle Secondary School, 1131 Fredrick Road, North Vancouver, BC, V7K 1J3. 604-903-3300 samscorda@hotmail.com.

## May 26-27: Bear Mountain Challenge - BC Cup.

Mission, BC. BC Cup - Cross-country #4, downhill #2 Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. (604) 853-4581

## May 26: MTB Championships.

North Vancouver, BC. BC High School Sam Scorda, (604) 903-3300 samscorda@hotmail.com.

## May 27: Race Around The Bend.

Bend, OR. 2001 OBRA Off-road Series - Cross-country Sally & Marcel Russenberger, 442 NW State St., Bend, OR, 97701. 541-389-3295 or 541-389-4224 salbend@bendcable.com.

## Jun 1-3: Cyclepath Triple Threat.

Kelowna, BC. BC Cup cross-country #5, downhill #3, dual slalom #2. Garry Norkum, Cyclepath Kelowna, (250) 868-0122 cyclepath@silkn.net.

## Jun 2-3: 24 Hours Around the Clock- MTB Race.

Riverside State Park, Spokane, WA. Choose from solo or several team classifications. 11-mile course. Racing from noon Saturday to noon Sunday. On-site camping. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Jun 2: Over the Top.

Capitol Forest, Olympia, WA. Cross-country MTB race, it will start at approx. 350 ft. elevation and will traverse up to the 2659 ft. peak and continue over the top into a semi-technical single-track descent back to the starting point. \$300 first prize! Sign-up from 8 to 10:30. Race begins at 11 a.m. \$20 entry fee for rec. and s.b., classes and \$25 for advanced class. \$5 late entry fee if not postmarked 7 days prior to race. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Road SW, Olympia, WA, 98512. (360) 704-3315 www.ridethepeak.com.

## Jun 3: Downhill 5.

Calgary, AB. Downhill, Dual COP, AB, 403-247-5475 www.coda.ab.ca.

## Jun 9: Hammer Down Haymaker.

Klamath Falls, OR. Brent Shaw, 541-883-3038 BS63122@aol.com.

## Jun 10: Mount Ka Challenge.

Revelstoke, BC. 6/9 - Downhill & Fat tire Criterium 6/10 - Cross-country Keith McNab, Revelstoke Cycling Association, 1565 Shell Rd., Revelstoke, BC, V0E 2S1. 250-814-0090 keith.mcnab@bchydro.bc.ca.

## Jun 10: 9th Annual Padden Mountain Pedal.

Lake Padden Recreation Area, Bellingham, WA. Classic Pacific Northwest race. Cross-country, trials, kids rodeo & fun race. Organized in collaboration with the WHIMPS MTB club Mark Peterson, Jack's Bicycle Center, 1907 Iowa St., Bellingham, WA, 98226. 360-733-1955 www.tbzone.com.

## Jun 10: Pickett's Charge!

Bend, OR. Oregon MTB Race, OBRA sanctioned MTB race. Susan Bonacker, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.

## Jun 10: Rumble Mountain Rage.

Port Alice, BC. Cross-country, Jacquie Mackenzie, Village of Port Alice, Box 130, Port Alice, BC, V0N 2N0. 250-284-3391 www.villageport-alice.bc.ca.

## Jun 16-17: 24 Hours of Caffeine.

Kamloops, BC. 24 hour MTB endurance race. Henry Pejrl, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2C 1T8. 250-314-5282 javaracing@home.com.

## Jun 16-17: Mudduppy.

Edmonton, AB. Cross-country, dual Kelly Smith, Boat Anchor, AB, 780-474-2421

## Jun 16: White City Circuit Race.

Oregon. Ed Garfield, 541-772-1393

## Jun 17: Norm Lowe Memorial Road Race.

Hatzi Valley, BC. BC Cup #3 Steve Fenning, Soliton Cycling Club, BC, 604-293-8648 sfenning@bcgas.com.

## Jun 17: Snowden Slugg Slam.

Campbell River, BC. Cross-country, Clayton Annis, Campbell River Sprocket Rockets, 250-923-6023 www.sluggslam.com.

## Jun 23: State Mountain Championships.

Ski Bowl, OR. Petr Kakes, 503-272-0146 jlogan@skibowl.com.

## Jun 23-24: State of Oregon Games.

Mt Hood, Oregon. Cross-country and downhill Petr Kakes, 503-272-0146 jlogan@skibowl.com.

## Jun 23-24: Test of Metal.

Squamish, BC. 6/23 - 60K point-to-point cross-country, 6/24 trial. Limit: 800 riders. Cliff Miller, P.O. Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-3519 www.testofmetal.com.

## Jun 23-24: The Squilchucker, WIM #5.

Squilchuck State Park, Wenatchee, WA. Cross-country and downhill as well as kid's races for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Jun 24: State Games MTB.

Ski Bowl, OR. Petr Kakes, 503-272-0146 jlogan@skibowl.com.

## Jun 30-Jul 1: Red's Revenge.

Rossland, BC. BC Cup Downhill #4, Dual-slatom #3 Darrell May, Box 1840, Rossland, BC, V0G 1Y0. 250-362-3398 www.blackbearbno.com.

## Jun 30-Jul 1: Shotgun Creek Fat Tire Festival.

Eugene/Springfield, OR. Oregon MTB Series. Eric Reid, Femie Alpine Resort, Ski Area OBRA, 541-984-1433 www.oregon-adventures.com.

## Jul 7: Gorge Games.

Ski Bowl, OR. Peter Kakes, 503-272-0146 jlogan@skibowl.com.

## Jul 7-9: Tower Quest.

Hinton, AB. Downhill, Dual cross-country Nathan Froehler, AB, 780-865-4561 nfroehler@hotmail.com.

## Jul 8: Santiam Pedalfest.

Mill City, OR. Oregon MTB Racing Series Cross-country, Chris Sandmel, 503-743-2540 www.geocities.com/admiralsandmel.

## Jul 8: Spoke Stomp.

Kamloops, BC. Paul Berry, Spoke n Motion, spokenotion@telus.net.

## Jul 14-15: Canada Cup.

Fernie, BC. Cross-country #3, downhill #3. Eric Reid, Femie Alpine Resort, Ski Area Ros R. Fernie, BC, V0B 1M1. 250-423-4655 info@skifernie.com.

## Jul 14-15: Subaru Gorge Games 24-Hour Race.

24-hour MTB team relay, Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Jul 14-15: World Cup.

Durango, CO. Durango World Cup, Box 1389, Durango, CO, 81302. 970 259 4621

## Jul 15: Pearl District Criterium.

Forest Grove, OR. Jonathon Sieber, 503-281-2576 jbye@aol.com.

## Jul 21-22: 24 Hours of Adrenalin.

Cannmore, AB, Canada. 24 Hours of Adrenalin MTB team relay at Cannmore Nordic Center. Teams can range from 4-10 people and solos, so riders of all levels can participate. Come out for a weekend you will never forget. On-line registration available. Trilife Sports International, 7321 Victoria Park Ave., Unit #8, Markham, ON, L3R 2Z8 Canada. 905-944-9436 www.24hoursofadrenalin.com.

## Jul 22: Cascade Pump 100.

Westfir (Oakridge), OR. America's toughest 100 miles MTB race. 50 percent single-track and 20,000 ft. of climbing. Limited to 100 riders. Don Person, 25828 Parker Lane, Veneta, OR, 97487. 541-935-8566 www.themudzone.com/creampuff/.

## Jul 22: Master's Provincials.

Edmonton, AB. Criterium Shane Rush, EMCC, AB, 780-434-5246 mastersracing@netscape.net.

## Jul 28-29: Canada Cup.

Vernon, BC. Downhill #4 Robin Baycroft, Silver Star Mountain Resort, Silver Star Mountain, BC, V1B 3M1. 250-314-5282 events@junction.net.

## Jul 28-29: Double Dog Downhill & Dual Slalom.

Silver Star, BC. BC Cup downhill #5, dual slalom #4 Robin Baycroft, Silver Star Mountain Resort, Box 3002, Silver Star, BC, V1B 3M1. 250-558-6025 events@junction.net.

## Jul 28: Shotgun Creek II.

Bend, OR. Randy Dreiling, 541-984-1433 oregontrailstours@pacwest.com.

## Jul 28-29: White Pass WIM#6.

White Pass, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Jul 29: Acept the Challenge.

Stony Plain, AB. Cross-country. Fern Jordan, Harvey Heinrichs, AB, 780-963-6693 fjd@connect.ca.

## Jul 29: Canada Cup #4.

Silver Star, BC. Downhill #4 Robin Baycroft, Box 3002, Silver Star, BC, V1B 3M1. 250-542-0224 events@junction.net.

## Jul 29: Shotgun Creek II.

Eugene, OR. Randi Dreiling, 541-984-1433 oregontrailstours@pacwest.com.

## Aug 3-5: National MTB Championships.

Kamloops, BC. Henry Pejrl, Java Cycle, Kamloops, BC, V2C 1T8. 250-314-5282 events@junction.net.

## Aug 3-5: Tim Hortons Canadian National MTB Championships.

Sunpeaks, BC. Cross-country, Downhill, Dual. All categories, all levels. Henry Pejrl, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2C 1T8. 250-314-5282 hopejrl@direct.ca.

## Aug 4: Mima Madness.

Capitol Forest, Olympia, WA. 12-hour MTB race on challenging single/double-track trails through the Capitol Forest. 1, 2, 3 and 4 person teams and fully supported transition area with refreshments, massage and entertainment after the race. Cash payout for advanced class! Race begins at 8 a.m. \$45 entry fee for rec. and s.b. class and \$50 for advanced class. \$5 late entry fee if entries not postmarked 7 days prior to the race. Last chance to register 8/3/2001 10 a.m. to 6 p.m. at The Peak Bike Shop & Race Center. Eric Kackley, The Peak, 11639 Waddell Creek Rd. SW, Olympia, WA, 98512. 360-704-3315 www.ridethepeak.com.

## Aug 4-5: Mt. Spokane Selkirk Challenge WIM #7.

Spokane, WA. Cross-country and downhill racing for all ages and ability levels. Washington State Championships. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Aug 4-5: Shotgun Creek Fat Tire Festival 2.

Eugene/Springfield, OR. Oregon MTB Series. Cross-country and downhill. Randi Dreiling, 541-984-1433 www.oregon-adventures.com.

## Aug 7: MidValley Criterium Series.

Eugene, OR. Norman Babcock, 541-485-6007NormanB965@aol.com.

## Aug 12: Torque Baby MTB Challenge.

Kimberly, BC. Jikke Stegeman, Kimberley Alpine Resort, 250-427-4881 jstegeman@skikiimberley.com.

## Aug 18: 12 Hours of Hemlock.

Hemlock Valley Resort, BC. John Whitmore, Big Dog's Race Events, 604-502-0545 skierwhitmore@yahoo.com.

## Aug 18-19: Femie Mud n' Madness.

Fernie, BC. BC Cup cross-country #6, downhill #6, dual slalom #5 Eric Reid, Femie Alpine Resort, 250-423-4655 www.skifernie.com.

## Aug 19: Return on the Jedi.

Grants Pass, OR. 2001 Oregon Off-Road Series cross-country. Top-rated course finishes on 5 miles of twisting single-track ("The Jedi Trail") at Sam Brown Campground. 28 miles for experts, 21 miles for beginners. Benefit for the United Way Richard Annex, Bikekraft, 1448 Williams Hwy, Grants Pass, OR, 97527. 541-476-4935 brewbike@cdsnet.net.

## Aug 25-26: BC Provincial MTB Championships.

Sunpeaks, BC. Cross-country, Downhill, Dual. All categories, all levels Henry Pejrl, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2C 1T8. 250-314-5282 hopejrl@direct.ca.

## Aug 25-26: Kootenay Fat Tire Festival.

Nelson, BC. Anne Fletcher, 250-352-7661

## Aug 25-26: Rocky Mountain House.

Rocky Mountain House, AB. Cross-country, downhill Rocky Mountain Bike 'n Board, AB, 403-845-2204 loyalm@telusplanet.net.

## Aug 25-26: Schweitzer Dirt & Rock Tour, WIM #8.

Schweitzer Mt. Resort, Sandpoint, ID. Cross-country and downhill racing for all ages and ability levels. WIM Finals, Part of AMBC Series and Idaho State Championship Qualifier. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Aug 26: 7th Annual Single-Track-Mind POKER Run.

Tahuya Forest near Belfair, WA. Single Track Minds Cycling Club presents the 7th Annual Tahuya POKER Run, a favorite tradition for the whole family. Michael Curley, Single-Track Minds Cycling, 253-566-0359 http://members.aol.com/STMcub/stmclub.html.

## Aug 26: Blue Ridge Bash.

Coos Bay, OR. Oregon MTB Racing Series Cross-country. Scott Smith, 541-756-7536

## Sep 1-2: 24 Hours of Adrenalin.

Vernon, BC, Canada. 24 Hours of Adrenalin MTB team relay at Silver Star Mountain Resort. Fastest growing style of MTB event across North America. Teams can range from 4-10 people and solos, so riders of all levels can participate. Come out for a weekend you will never forget. On-line registration available. Trilife Sports International, 7321 Victoria Park Ave., Unit #8, Markham, ON, L3R 2Z8 Canada. 905-944-9436 www.24hoursofadrenalin.com.

## Sep 1: Canadian Death Ride.

Grand Cache, AB. Cross-country enduro. Dale Tuck, Paul Bailey, AB, 780-827-3300 www.canadiandeathride.com.

## Sep 1-2: Finals.

Mt Hood, OR. Oregon MTB Racing Series Finals, Petr Kakes, 503-272-0146 jlogan@skibowl.com.

## Sep 1: Peak to Creek.

Capitol Forest, Olympia, WA. GA (Gravity assisted) Cross-country MTB race. Begins with a bus ride to the top (2659 ft.). Bike race down the twisted single track for 13 miles with a 2300 ft. drop in elevation. Interval start, recreation class, s.b. class and an advanced class with \$cash prizes. Lots of post race festivities! Sign up from 8 to 10 a.m. Start 11 a.m. \$25 entry fee for rec. and s.b. class and \$30 for advanced. \$5 late entry fee if not postmarked 7 days prior to race. Eric Kackley, The Peak, 11639 Waddell Creek Rd. SW, Olympia, WA, 98512. (360) 704-3315 www.ridethepeak.com.

## Sep 8-9: Ride the Runt MTB Race.

Lookout Pass, ID. NORBA's Idaho State Championships. Cross-country and Downhill, must also race the Schweitzer Dirt & Rock to qualify. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

## Sep 8-9: The Bike Race.

Hornby Island, BC. Downhill and dual slalom. Tig Cross, General Delivery, Hornby Island, BC, V0R 1Z0. 250-335-0444 or 1-800-367-1744 www.thebikerace.com.

## Sep 8-16: UCI MTB World Championships.

Vail, CO. Cecilia Foltz, Box 309, Vail, CO, 81658. 970 949 1999

## Sep 9: Bonness Nations.

Kananaskis County, AB. Cross-country enduro. 780-427-6382

## Sep 13: Fallen Riders Memorial Race.

Kelowna, BC. A charity event in memory of riders who have been killed. Off-road and road section. Road will be a time trial and off road will be a combined uphill/downhill time trial with the riders having to use the same bike for both legs. Prize for the heaviest bike ridden up the uphill. There will be a BBQ afterward. Cost \$10 CND. All net proceeds benefit bursary for junior riders going to school. 250-862-3440 twotwents@home.com.

## Sep 16: COP.

Calgary, AB. Downhill 6 COP, AB, 403-247-5475 www.coda.ab.ca.

## Sep 21: OBRA Finals.

# CALENDAR



PHOTO COURTESY OF BP ARCHIVES

## Road, MTB, Track, Touring, BMX. The Northwest offers a variety of cycling activities.

### Jun 2: 400K.

Burnaby Lake. Start 6 a.m. Tour La Conner, Camano Island, Sedro Woolley Sean Williams. 604-253-6966

### Jun 9: 600K.

Vancouver Island, BC. Start 3 a.m. from Colwood, Tour Pofino, Colwood. Stephen Hinde, 250-245-4751 www.island.net/~randos/index.html.

### Jun 9: 600K.

Vancouver Island, BC. Start 5:30 from Nanaimo, Tour Pofino, Lake Cowichan, Mill Bay, Stephen Hinde, 250-245-4751 www.island.net/~randos/index.html.

### Jun 9-10: A Ride Around the Pond.

Sandpoint, ID. A 2-day, 115-mile, fully-supported & catered MTB tour circumnavigating Lake Pend Oreille in northern Idaho. Sandpoint's City Beach will be the start/finish and you'll climb/descend from the famous, virtually uninhabited east side "High Drive." Each day offers one incredible, 3000 ft.+ single-track descent. \$150 Tour includes: sag, luggage transport, all meals and camp fees. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Jun 16-17: 600K.

Pitt Meadows. Start 7 a.m. Tour Fraser Canyon and Cache Creek. Ted Milner, 604-291-3499

### Jun 16-23: Paradise Sampler.

SW Montana & Yellowstone. Spend 8 days, 7 nights. Meet in Livingston, MT at 7 p.m. Tour ends noon on June 23. Nearest airport—Bozeman, MT. Single room cost: \$490. Trip cost: \$1,345. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Jun 16: Tour de Blast.

Toutle, WA. In its 8th year, the Tour de Blast offers both a 50 & 135K ride. Well staffed by Longview Noon Rotarians, this ride presents breathtaking views of the Mt. St. Helens blast zone. \$30 covers T-shirt, rest stops & end-of-ride pasta feed. Tom Deutsch, Longview Noon Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192 www.tdn.com/tourdb.

### Jun 23: 1000K.

Vancouver Island, BC. Start 3 a.m. from Victoria, Tour Victoria, Port Hardy, Stephen Hinde, 250-245-4751 www.island.net/~randos/index.html.

### Jun 24-30: Beginner's Paradise Sampler.

SW Montana & Yellowstone. Meet in Livingston, MT at 7 p.m. Spend 7 days, 6 nights. Tour ends noon on June 30th. Nearest airport is Bozeman, MT. Single room cost: \$450. Trip cost: \$1,295. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Jun 30: The Green Owl Rendezvous.

Schweitzer Village, 23-mile 4200 ft. downhill MTB ride from the top of Schweitzer Ski Resort to the Priest River. MTB experience is not necessary. \$25 Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Jul 8: 200K.

Lower Mainland, BC. 50K, 100K and 150K also available. Tour starts 7 a.m. from Port Coquitlam. Tour Mission, Glacier, Van Wyck, Lynden. (50-150K routes vary) Roger Street, Bob Marsh, BC, 604-228-1525

### Jul 8-14: Beartooth Growler.

SW Montana & Yellowstone. Meet in Livingston, MT at 7 p.m. Spend 7 days, 6 nights. Tour ends at noon on the 14th. Nearest airport—Bozeman, MT. Single room cost: \$490. Trip cost: \$1,345. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476 www.lunatours.com.

### Jul 8: Chillin' In Coolin'.

Schweitzer Ski Resort. 30-mile cross-country MTB ride with a 4000 ft. descent. Starting from the top of Schweitzer Ski Resort to the shores of Priest Lake. Swim and BBQ, before returning to Schweitzer Village. Tour includes: sag, BBQ and transportation back to Schweitzer Village Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Jul 9-22: 6th Annual Kettle Valley Trail Cycle Tour.

Castlegar to Hope, BC. Choose from 3, 6, 9, 12 or 15 day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Group size limited to 12-18. Robbin McKinney, Great Explorations, 1-1816 McNICOLL Ave. Vancouver, BC, V6J 1A4. 604-730-1247 www.great-explorations.com.

### Jul 14: The Green Owl Rendezvous.

Schweitzer Village, 23-mile 4200 ft. downhill MTB ride from the top of Schweitzer Ski Resort to the Priest River. MTB experience is not necessary. \$25 Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Jul 20-26: Banff to Jasper.

Canadian Rockies, AB. Spend 7 days, 6 nights. Meet in Banff, AB, Canada at 7 p.m. on the 20th. Tour ends 4 p.m. on the 26th. Nearest airport—Calgary, AB. Cost: \$1,285. Special fund-raising event for nonprofit organization. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Aug 2-15: Pearl of Africa.

Uganda, Africa. Traditional villages, social programs, development projects, schools, national parks, wildlife, extraordinarily beautiful scenery of Western Uganda. 600K, 60 percent dirt, long hills. Cost: \$990 plus airfare. David Moyer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848 www.ibike.org.

### Aug 5-11: Banff to Jasper.

Canadian Rockies. Spend 7 days, 6 nights. Meet in Banff, AB, Canada 7 p.m. Tour ends 4 p.m. on Aug. 11. Nearest airport—Calgary, AB. Trip cost: \$1,285. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Aug 5: The Green Owl Rendezvous.

Schweitzer Village, 23-mile 4200 ft. downhill MTB ride from the top of Schweitzer Ski Resort to the Priest River. MTB experience is not necessary. \$25 Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Aug 11-18: Wheelin' Over Washington.

Whidbey Island, WA to Sandpoint, ID. An 8-day, 475-mile inclusive, fully supported & catered tour. This tour concentrates its entire course on the North Cascades Scenic Highway across the mountainous northern tier of Washington. Total climbing is over 31,000 ft. \$950.00 Tour includes: Ground transportation from Seattle and to Spokane International Airports, sag, luggage transport, all meals, camp and inn fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Aug 13-26: Kettle Valley Trail Cycle Tour.

BC. Nelson to Hope. Choose from 3, 6, 9, 12 or 15 day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 1-1816 McNICOLL Ave., Vancouver, BC, V6J 1A4. 604-730-1247 www.great-explorations.com.

### Aug 18-24: Glacier National Park.

NW Montana. Meet in W. Glacier, MT, 3 p.m. Spend 7 days, 6 nights. Trip ends 4 p.m. Aug. 24. Nearest airport—Kalispell, MT. Trip cost: \$1,470. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Sep 1-3: 1000K.

Lower Mainland, BC. Routes and start locations vary. John Bates, 604-528-2081 www.island.net/~randos/index.html.

### Sep 1: The Green Owl Rendezvous.

Schweitzer Ski Resort. 23-mile 4200 ft. downhill MTB ride from the top of Schweitzer Ski Resort to the Priest River. MTB experience is not necessary. \$25 Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Sep 2-8: Beginner's Paradise Sampler.

SW Montana & Yellowstone. Meet in Livingston, MT, 7 p.m. Spend 7 days, 6 nights. Tour ends noon on Sept. 8. Nearest airport—Bozeman, MT. Single room cost: \$450. Trip cost: \$1,295. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Sep 2: Chillin' In Coolin'.

Schweitzer Ski Resort. 30-mile cross-country MTB ride with a 4000 ft. descent. Starting from the top of Schweitzer Ski Resort to the shores of Priest Lake. Swim and BBQ, before returning to Schweitzer Village. Tour includes: sag, BBQ and transportation back to Schweitzer Village Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Sep 3-16: Kettle Valley Trail Cycle Tour.

BC. Nelson to Hope. Choose from 3, 6, 9, 12

or 15 day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 1-1816 McNICOLL Ave., Vancouver, BC, V6J 1A4. 604-730-1247 www.great-explorations.com.

### Sep 9: Fall Flatlander 200K.

Lower Mainland, BC. Start 7 a.m. from Maple Ridge. Tour Mission, Rosedale, Ft. Langley. (also available: 50K, 100K, 150K. Routes vary) Tim Pollock, 604-939-8166

### Sep 15-16: A Ride Around the Pond.

Sandpoint, ID. A 2-day, 115-mile, fully-supported & catered MTB tour circumnavigating Lake Pend Oreille in northern Idaho. Sandpoint's City Beach will be the start/finish and you'll climb/descend from the famous, virtually uninhabited east side "High Drive." Each day offers one incredible, 3000 ft.+ single-track descent. \$150.00 Tour includes: sag, luggage transport, all meals and camp fees. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Sep 15-22: Red Rock & Rolling.

SW Utah. Spend 8 days, 7 nights. Meet in Cedar City, UT at 3 p.m. Trip ends noon Sept. 22. Nearest airport—Las Vegas, NV. Single room cost: \$490. Trip cost: \$1,420. THIS RIDE IS OPEN TO BOTH MEN AND WOMEN. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Sep 22-29: Red Rock & Rolling.

SW Utah. Meet in Cedar City, UT at 3 p.m. Spend 8 days, 7 nights. Tour ends noon on Sept. 29. Nearest airport—Las Vegas, NV. Single room cost: \$490. Trip cost: \$1,420. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Sep 22: The Round of the Hiawatha.

Sandpoint, ID. 13-mile MTB ride down the "rail to trail" Hiawatha Railroad Grade outside Wallace, ID. Light system or flashlight required. \$75. Tour includes: catered trip ground transportation from Sandpoint, support, snack and trail fee. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Sep 29-Oct 13: Abyssinian Adventure.

Ethiopia, Africa. Tour Addis Ababa across the high plateau of the Horn of Africa. Spectacular countryside. Explores culturally and historically rich Abyssinian highlands. 920K. 570 miles. Dirt, mountainous terrain. Cost: \$1090 plus airfare. David Moyer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848 www.ibike.org.

### Sep 30-Oct 7: Red Rock & Rolling.

SW Utah. Spend 8 days, 7 nights. Meet in Cedar City, UT at 3 p.m. Tour ends noon on Oct. 7. Nearest airport—Las Vegas, NV. Cost \$490. Trip cost: \$1,420. Special fund-raising event for nonprofit organization. Luna Tours, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Sep 30-Oct 7: Red Rock & Rolling.

SW Utah. Spend 8 days, 7 nights. Meet in Cedar City, UT at 3 p.m. Trip ends noon on Oct. 7. Nearest airport is Las Vegas, NV. Single room cost \$490. Trip cost: \$1,420. Special fund-raising ride for nonprofit organization. Luna Tours, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

### Oct 6-7: A Ride around the Pond.

Sandpoint, ID. A 2-day, 115-mile, fully-supported & catered MTB tour circumnavigating Lake Pend Oreille in northern Idaho. Sandpoint's City Beach will be the start/finish and you'll climb/descend from the famous, virtually uninhabited east side "High Drive." Each day offers one incredible, 3000 ft.+ single track descent. \$150. Tour includes: sag, luggage transport, all meals and camp fees. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

### Oct 7: Praire-Roubaix.

Bend, OR. 60-mile on/off-road ride east of Bend. \$5 ride for riders, sag support. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 sunnyside@kxm.com.

### Oct 29-Nov 12: Sahel Journey.

Mali, Africa. Explore the lifestyle of Sahel, including once-in-a-lifetime boat trip on the Niger river, visit Timbuktu and the culturally rich Mopti, Djenne, Dogon region of Mali. 500K, 300 miles. Flat, 40 percent rough dirt. Cost: \$1290 plus airfare. David Moyer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848 www.ibike.org.

## Multi-sport

### Mar 24: 3D (dirty, dirt, dirt) off-road duathlon.

Capitol Forest, Olympia, WA. An off-road duathlon with a 2-mile run, 10-mile bike and a 2-mile run in the twisty single/double-track of Capitol Forest, \$cash/\$advanced class, and rec. and s.b. class fully stocked transition area and lots of post race festivities. Sign up 8 to 10:30 a.m. Race begins at 11 a.m. \$20 entry fee for rec. and s.b. and \$25 for advanced. \$5 late entry fee if not postmarked 7 days prior to race. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Rd. SW, Olympia, WA, 98512. (360) 704-3315/www.ridethepeak.com.

### Jun 23-24: Xterra America Tour NA#1.

Richmond, VA. Off Road Triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St #880, Honolulu, HI, 96813. 808-521-4322

### Jul 28-29: Xterra America Tour NA#2.

Keystone, CO. Off-road Triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St #880, Honolulu, HI, 96813. 808-521-4322

### Aug 18-19: Xterra America Tour NA #3.

Half Moon Bay, CA. Off-road Triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St. #880, Honolulu, HI, 96813. 808-521-4322

### Sep 1: USA Triathlon National Championships.

Coeur d'Alene, ID. NW regional triathletes will automatically qualify - call for details. Gino Liesiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-502-4575-7657 www.roundandround.com.

### Sep 23: Xterra America Tour National Championship Finals.

Lake Tahoe, NV. Off-road Triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St #880, Honolulu, HI, 96813. 808-521-4322

### Oct 14: Xterra America Tour World Championship.

Maui, HI. Off-road Triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St #880, Honolulu, HI, 96813. 808-521-4322.

## Series Races

### Mar 3-17: Mason Lake Road Race Series.

Mason Lake, WA. Road race series at Mason Lake Park. \$15 per race. Rolling 13-mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

### Mar 4-25: Spring Series Road Races.

Vancouver, BC. Club races. Escape Velocity Cycling Club, 2964 W. 9th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

### Mar 17-Aug 26: Northwest Women's Cycling Series.

Washington, 13 events in various locations around Washington. Look for the mention "Counts for NWWC Series" in individual event description. Heather Johnston, NWWC, 206-284-5407 www.bikeride.com.

### Apr 1-Aug 26: WIM MTB Racing Series.

Various locations. Gino Liesiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

### Apr 3-Sep 25: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

### Apr 5-Sep 27: Alpenrose Weekly Series.

Portland, OR. Thursday night series. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

### Apr 5-Aug 23: Seward Park Cycling Series.

Seattle, WA. Critrium every Thursday night. 8-mile loop inside Seward Park with one 120-degree turn and 100-yard hill. 2,830 riders over the season. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

### Apr 10-Aug 28: Tuesday Night Road Race Series at Kent.

Seattle, WA. Every Tuesday Night (except 7/31 & 8/7) at 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Race fee \$10 per night, no USCF license required. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

### Apr 13-Oct 28: McCollum Park BMX Racing.

McCullum Park, WA. Race every Saturday and Sunday from April to October. Sign up between 10-11 a.m. Membership \$45, Entry fee \$10. Memberships and Snohomish County release form required to be on the track. Pick them up at McCollum Park BMX. Char Ayres, Snohomish County Parks & Recreation, 600 128th St. SE, Everett, WA, 98204. 425 485 3461 mcollumpark.bmx@gte.net.

# CALENDAR

## May 1-Aug 28: Adidas World Tuesday Night Championships

Vancouver, BC, Escape Velocity Cycling Club, 2964 West 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779  
www.escapevelocity.bc.ca.

## May 2-Jun 6: Ravensdale Time Trial Series.

Ravensdale Park, WA. Wednesday night Time Trial Series. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. First rider off at 6:30 p.m.. Rolling 10-mile course on rural roads in King county. Cost \$10/race Tim Sherrill, 425 235 8235  
www.wheelsportcycling.com.

## May 3-Sep 13: Southern Oregon Thursday Night Road Races.

Medford, OR. Glen Gann, 541-779-6986 gagann@aol.com.

## May 7-Sep 10: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. Portland International Raceway - Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. NORBA single-day or annual membership required and available on-site. Reg. starts 5 p.m. and ends 5 minutes prior to your start time. 6:30-6:35 staggered starts. \$13 reg. (\$5 for junior women). Distances vary. Junior, Master & Women Cat. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## May 25-Aug 24: Friday Night Racing.

Marymoor Park, Redmond, WA. Race every Friday by the Marymoor Velodrome Association. \$12 for Cat 1, 2, 3 and Women. Kiddle Kilo every 1st and 3rd Friday. Citizens Race every 2nd and 4th Friday. Spectators are welcome. No racing July 27. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424  
www.marymoor.velodrome.org.

## Jun 4-Aug 24: McCollum Park BMX Midweek Racing.

McCollum Park, WA. Race every Monday, Tuesday and Friday. Sign up between 6-6:30 p.m. Membership \$45. Entry fee - Monday & Tuesday \$5, Friday \$10. Memberships and Snohomish County release form required to be on the track. Pick them up at McCollum Park BMX. Char Ayres, Snohomish County Parks & Recreation, 600 128th St SE, Everett, WA, 98204. 425 485 3461 mcollumpark.bmx@gte.net.

## Jun 23-Oct 14: Xterra America Tour.

Off-road Triathlon. Individual and team entry. Dave Nicholas, 1001 Bishop St. #880, Honolulu, HI, 96813. 808-521-4322

## Jun 25-Aug 27: Monday Night Junior Racing.

Marymoor Park, Redmond, WA. Races every Monday by the Marymoor Velodrome Association & Gregg's Cycle. Spectators are welcome (free). Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424  
www.marymoor.velodrome.org.

## Jul 28-Aug 18: Broadmark Capital Circuit Race Series.

Washington. Three-event series - Skagit Falls, Carnation Farm and Boston Harbour in Olympia Ethan Megginnes, Broadmark Capital Cycling Team, 206-675-1424  
www.broadmarkcycling.com.



## Road Races

### Feb 25: Jack Frost Time Trial.

Bend, OR. Stage Race Dan Madrid, 282-0187

### Mar 3: Mason Lake Road Race #1.

Mason Lake, WA. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

### Mar 4: Spring Series Road Races.

Vancouver, BC. Club races. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779  
www.escapevelocity.bc.ca.

### Mar 10: Mason Lake Road Race #2.

Mason Lake, WA. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

### Mar 10: South Oregon Time Trials.

Medford, OR. Glenn Gann, 541-779-6986 gagann@aol.com.

### Mar 11: Banana Belt Road Race.

Oregon. Chris Hamilton, OBRA, 1714 SE 4th Ave., Portland, OR, 97215. 503-236-4712  
www.obra.org/.

### Mar 11: Spring Series Road Races.

Vancouver, BC. Club races. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779  
www.escapevelocity.bc.ca.

### Mar 17: Mason Lake Road Race #3.

Mason Lake, WA. See series info. Counts for NWWC. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

## Mar 17: South Oregon Time Trials.

Medford, OR. Glenn Gann, 541 779 6986 gagann@aol.com.

## Mar 18: Banana Belt Road Race.

Oregon. Chris Hamilton, OBRA, 1714 SE 4th Ave., Portland, OR, 97215. 503.236.4712  
www.obra.org/.

## Mar 18: Spring Series Road Races.

Vancouver, BC. Club races. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779  
www.escapevelocity.bc.ca.

## Mar 24: Nextlink Road Race in Snohomish.

Snohomish, WA. Road race at Flowing Lake Park. \$20. Rolling 11-mile loop on country roads with small, steep rollers. Counts for NWWC series. Women's coaching clinic following race. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

## Mar 24: Southern Oregon Time Trials.

Medford, OR. Glenn Gann, 541-779-6986 gagann@aol.com.

## Mar 25: Piece of Cake Road Race.

Newport, OR. David Auken, davanaugh@hevanet.com.

## Mar 25: Spring Series Road Races.

Vancouver, BC. Club races. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779  
www.escapevelocity.bc.ca.

## Apr 1: Estacada Time Trials.

Oregon. Candi Murray, OBRA, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220  
www.obra.org/.

## Apr 1: Sagebrush Sunday.

Portland, OR. Time Trial Mike McMackin, 541 382 9253 mike@hutchsbicycles.com.

## Apr 3: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Apr 5: Seward Park Cycling Series.

Seattle, WA. Criterion. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

## Apr 7: 4th Annual Kings Valley Road Race.

Near Corvallis, OR. A rolling course perfect for the strong man/woman. 19.5-mile loop on good to excellent roads. Perfect tune-up for the Tour of Willamette. Oregon Cup. Pro 1, 2, 3, 4, 5, Women, Master 35+. Cat. 3 max. for Masters. Apprx. \$1500 cash prize. Must be OBRA members. \$20 pre-reg. if postmarked by April 3. \$25 day of. Reg. opens 8:30 a.m. closes 10 min. before event. Start times TBA. Scott Goldstein, Classic Events, 2290 Corinthian Ct., Eugene, OR, 97405. 541-343-4833 sgoldstein@mail.bit-by-bit.com.

## Apr 8: Boat Street Criterium.

1007 Boat St., Seattle. 2nd Annual. Entry Fees: Pro / 1.2 \$30, Category 3 & Pro 1.2 3, women \$27, Cat 4.5 & Cat 4 women \$23, Masters \$25, Children under 12 race free. No pre-registration or late fees! Call or visit our web site for more info. and on-line registration. There will be field limits! 30-minute course. Counts for NWWC series. Robert Trombley, Robrace Productions, 4327 4th Ave. N.E., Seattle, WA, 98105. 206-634-9403  
www.recycledcycles.com.

## Apr 8: Estacada Time Trials.

Oregon. Candi Murray, OBRA, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220  
www.obra.org/.

## Apr 10: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Apr 10: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## Apr 11-15: Tour of Willamette.

Eugene, OR. Four-day stage race. Wednesday criterium. Larry Smith, Oregon State Cycling Assoc., 541-953-8937 TW2000@veloski.com.

## Apr 12: Seward Park Cycling Series.

Seattle, WA. Criterion. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

## Apr 14: Seward Park Spring Classic.

Seattle, WA. Criterion. \$15. Eight-mile loop inside Seward Park with one 120-degree turn and 100-yard hill. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

## Apr 17: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Apr 17: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## Apr 19: Seward Park Cycling Series.

Seattle, WA. Criterion. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

## Apr 21: Fish Creek.

Calgary, AB. Garth Marken, AB, 403 246 4836 marken@csdvision.com.

## Apr 21: Tahuya-Seaback-Tahuya.

Tahuya, WA. Ethan Megginnes, Lake Washington Velo, www.buchanangc.com/lwvelo/tst.

## Apr 21: Tahuya-Seaback-Tahuya Road Race.

Marymoor Park, Redmond, WA. Regional Classic Road Race. Spectators are welcome (free). Ethan Megginnes, Broadmark Capital Cycling Team, 206 675 1424  
www.broadmarkcycling.com.

## Apr 21: U of O Weekend.

Portland, OR. Jim Anderson, 503-975-8229 sparky@teleport.com.

## Apr 21: U of O Weekend.

Portland, OR. Circuit Jim Anderson, 503-975-8229 sparky@teleport.com.

## Apr 22: Guacamole Grande.

Fallbrook, CA. 10, 20, or 50-mile rides beginning and ending at Fallbrook High School. Guacamole and chips at all rest stops with live DJ and BBQ at finish line. Free shuttle bus to and from Avocado Festival every 30 min. Rides start 7:30, 9 and 10 a.m. Randy Ice, 12300 E. Washington Blvd. Suite W, Whittier, CA, 90606. 562-943-9440  
www.bikescor.com.

## Apr 22: Schwalbe Peninsula Trophy Road Race.

Victoria, BC. Straight Up Cycles, 2652 Quadra St., Victoria, BC, 250-4801944 pleask@mailhost.wic.com.

## Apr 24: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Apr 24: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## Apr 26: Seward Park Cycling Series.

Seattle, WA. Criterion. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921  
www.pazovelo.com.

**June 16**  
Mount St. Helens  
**Tour de Blast**  
50K r / t & 135K r / t  
\$30.00 reg. fee  
after 05-19-01 fee is \$40  
fee includes T-shirt, food/drink  
& end of ride pasta feed  
Call 360-749-2192  
www.tourdeblast.com

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harv@lawyerseattle.com



# CALENDAR

## Apr 28: Fish Creek.

Calgary, AB. Road Race Garth Marken, Bicsisport, AB, 403-246-4836 marken@cadvison.com.

## Apr 28-29: Tour of Walla Walla Stage Race.

Walla Walla, WA. Tour of Walla Walla Stage race & collegiate omnium. All categories, including 2 Juniors & 2 Women USCF cats. Time trial, road race & criterium All-new, hillier road race course. Same popular 6-corner bumpy downtown criterium. Pre-reg required, but it's easy-just call or send your name & category. Pay when you get here. Counts for NWWC series. Women's coaching clinic following the race. Steve Rapp, 701 Boyer Ave., Walla Walla, WA, 99362. 509-527-8724 www.wallawalla.com/nwcc.htm.

## Apr 28: Warp Speed Time Trial.

North Vancouver, BC. Jonathan Wornell, Soliton Cycling Club, 604-415-5891 jonathan.wornell@acterna.com.

## Apr 29: BC Classic Criterium.

Langley, BC. Escape Velocity, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## May 1: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## May 1: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## May 1: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## May 2: Ravensdale Time Trial Series.

Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425-235-8235 www.wheelsportcycling.com.

## May 3: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## May 3: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## May 4-6: Tour de Vine.

Penticton, BC. Racing and Cycling Wine Touring Barb Sheppard, 888 Westminster Ave., Penticton, BC, V2A 8S2. 250-770-1084 www.tourdevine.bc.ca.

## May 6: Circuit for Chocolate.

Hillsboro, OR. Beth Whitaker, 503-261-9560 bethw@schetkyn.com.

## May 6: Pigeon Lake.

Pigeon Lake, AB. Jeff Davis, ERTC, AB, 780-483-1880 www.ertc.org.

## May 6: Washington State Road Race Championship.

Longbranch, WA. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## May 7: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## May 8: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## May 8: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## May 8: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## May 9: Ravensdale Time Trial Series.

Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425-235-8235 www.wheelsportcycling.com.

## May 10: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## May 12-13: Ardrossan.

Edmonton, AB. Road Race, Individual Time Trial, Criterium Rob Sterling, Velocity, AB, 780-434-8200 cheesecake@connect.ab.ca.

## May 13: Gary Lund Classic.

Sooke, BC. Marc Burgess, Jennifer Burton, 250-384-8840 marconbike@aol.com.

## May 13: Rehersal Road Race.

Oregon. David Beede, 541-772-1393

## May 14: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## May 15: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## May 15: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## May 15: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## May 16: Ravensdale Time Trial Series.

Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425-235-8235 www.wheelsportcycling.com.

## May 17: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## May 17: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## May 19: Oregon Team Time Trial.

Tangent, OR. Craig Massie, 541-753-7622 cmassie@ch2m.com.

## May 20: Coast Hills Mountain.

Corbet, OR. Time Trial Dave Campbell, 521-0210dave\_campbell@incin.k12.

## May 21: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## May 22: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## May 22: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## May 22: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## May 23: Ravensdale Time Trial Series.

Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425-235-8235 www.wheelsportcycling.com.

## May 24: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## May 24: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## May 25-27: Bastion Square Festival.

Victoria, BC. BC Cup #1 Sharon White, VIBRS, BC, 250-356-1230 www.sharon@telus.net.

## May 28: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## May 29: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## May 29: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## May 29: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## May 30: Ravensdale Time Trial Series.

Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425-235-8235 www.wheelsportcycling.com.

## May 31: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## May 31: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## Jun 2: Bike for Your Life.

Salmon Arm, BC. Charles Nash, Bike for Your Life Society, BC, 250-832-2729nashplan@jetstream.net.

## Jun 2: Leavenworth Road Race.

Leavenworth, WA. Start at Cascade High School - 520. 13-mile loop with relatively flat roads. Hwy 209 over Beaver Pass, down a 16-mile rolling loop. One major climb back to the finishing stretch. Counts for NWWC series. Women's coaching clinic following the race. David Douglas, Event Promoter, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 2-3: Race Across Oregon.

Oregon. George Cavet, gcavet@aol.com.

## Jun 2: Silverton Festival.

Portland, OR. Circuit Steve Yenne, 503-364-3846 yennes@aol.com.

## Jun 3: Atomic Road Race.

Lower Mainland, BC. BC Cup #2 Owen Scott, Atomic Racing Club, BC, 604-318-3942 oscott8510@aol.com.

## Jun 3: Silverton Festival.

Silverton, OR. Steve Yenne, 503-364-3846 yennes@aol.com.

## Jun 4: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## Jun 5: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## Jun 5: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Jun 5: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## Jun 6: Ravensdale Time Trial Series.

Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425-235-8235 www.wheelsportcycling.com.

## Jun 7: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 7: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## Jun 9: Canada Games Selection.

DeWinton, AB. Individual Time Trial Andy Holmwood, ABA, AB, 403-297-2720 www.albertabicycle.com/team.

## Jun 9-10: Columbia Plateau.

Eastern Oregon. Stage Race Mark Schwyhart, 231-0236 michelle@hevanet.com.

## Jun 9-10: Washington State Stage Race.

Sequim, WA. Criterium, Road Race & Time Trial. \$45. Saturday race includes a 20-mile circuit race and a 12-mile time trial. Sunday includes a 42-mile road race. Three challenging courses located in beautiful Sequim, WA. Counts for NWWC series. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 10: Ronde van DeWinton.

DeWinton, AB. Jason Yanota, Bow-CMC, AB, www.bowcycle.com/team.

## Jun 11: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## Jun 12: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## Jun 12: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Jun 12: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## Jun 13: Mount Taber Circuit.

Beaverton, OR. Stan Gardner, 503-641-1422 stangardner@email.msn.com.

## Jun 14: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 14: Southern Oregon Thursday Night Rd. Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## Jun 16: Olympic Athletic Club Twilight Criterium.

Ballard, WA. Flat criterium - \$20. .6 of 4 corner flat course in old Ballard. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 16: Woodland Omnium.

Eugene, OR. Jim Lamew, 360-887-4032 JELMEL@aol.com.

## Jun 17: Mayors Cup Criterium.

White City, OR. Ed Garfield, 541-772-1393ed@dancingbeads.com.

## Jun 17: Seward Park Summer Classic.

Seattle, WA. Criterium - \$15. 8-mile loop inside Seward Park with one 120-degree turn and 100-yard hill. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 17: Woodland Omnium.

Woodland, WA. Jim Lamew, 360-887-4032 JELMEL@aol.com.

## Jun 19: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## Jun 19: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Jun 19: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## Jun 20: Mount Taber Circuit.

Portland, OR. Stan Gardner, 503-641-1422 stangardner@email.msn.com.

## Jun 21: Kreb's Cycle Time Trial #1.

Vancouver, BC. Dave Carlye, Kreb's Cycle Club, BC, 604 688 8646 mailbox 3 krebscycleclub@hotmail.com.

## Jun 21: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 21: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## Jun 23: Aurora Cycles Road Race.

Mount Vernon, WA. Counts for NWWC series. www.bikeride.com.

## Jun 23-24: Headwinds Stage Race.

Lethbridge, AB. AB, www.headwinds.ab.ca.

## Jun 24: Oregon Road Championships.

Eugene, OR. David Beede, 541-772-1393

## Jun 25: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.

Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

## Jun 26: Addidas World Tuesday Night Championships.

Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

## Jun 26: PIR.

Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

## Jun 26: Tuesday Night Road Race Series at SIR.

Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

## Jun 27: Mount Taber Circuit.

Portland, OR. Stan Gardner, 503-641-1422 stangardner@email.msn.com.

## Jun 28: Seward Park Cycling Series.

Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

## Jun 28: Southern Oregon Thursday Night Road Race.

Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

## Jun 29: Kreb's Cycle Time Trial #2.

Vancouver, BC. Dave Carlye, Kreb's Cycle Club, BC, 604 688 8646 mailbox 3 krebscycleclub@hotmail.com.

##

# CALENDAR

**Jul 3: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Jul 3: Tuesday Night Road Race Series at SIR.**  
Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

**Jul 4: 25th Annual Joe Matava Memorial Classic Criterium and WA State Jr. Championship Criterium.**

Burien, WA. Promoters: Wheelsport Cycling Team. Flat, 6-corner course. All categories. Free kid's race. Dave Bachman, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946 dbachman@libertycontrols.com.

**Jul 4: Mount Tabor Circuit.**  
Portland, OR. Stan Gardner, 503-641-1422 stangardner@email.msn.com.

**Jul 5: Kreb's Cycle Time Trial #3.**  
Vancouver, BC. Dave Carlyle. Kreb's Cycle Club, BC, 604 688 8646 mailbox 3 krebscycleclub@hotmail.com.

**Jul 5: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Jul 5: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Jul 6-12: Masters Road National Championships.**  
Spokane, WA. Gino Lisiecki. Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

**Jul 6-8: Tour de Delta.**  
Delta, BC. BC Cup #4 John McMurphy, The Corporation of Delta, BC, 604-946-3287 jmcumrphy@corp.delta.bc.ca.

**Jul 7: State Games Track Races.**  
Eugene, OR. Marc Hallquist, 503-690-9622 mhallquist@wii.com.

**Jul 9: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Jul 10: Addidas World Tuesday Night Championships .**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Jul 10: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Jul 10: Tuesday Night Road Race Series at SIR.**  
Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

**Jul 11-15: Cascade Cycling Classic.**  
Bend, OR. Category A Stage Race Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.

**Jul 11: Mount Tabor Circuit.**  
Portland, OR. Stan Gardner, 503-641-1422 stangardner@email.msn.com.

**Jul 12: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Jul 12: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Jul 13-15: Tour de White Rock.**  
Event features Hill Climb (6 p.m. start time), Criterium (3 p.m. Men's cat 4/5 30 min+1 lap, 4 p.m. Women's 30K, 5 p.m. Men Pro & Cat 1, cat 2&3 to fill the field- 60K), Road Race (9 a.m. Men's 130K, 8:05 a.m. Women's 82K), \$10,000 Cash Prize. Angela Belsham, 604-541-2161. www.vancouver.net/whiterock.

**Jul 15: Oregon Hillclimb Championships.**  
Government Camp, OR. Candi Murray, OBRA, 503-661-5874 www.obra.org/.

**Jul 15: RHF Bike-A-Thon.**  
Vancouver, BC. Rotary Club of Vancouver, 604-685-0481

**Jul 15: Snohomish Klia Ha Ya Days Road Race.**  
Snohomish, WA. Road Race - Start located at 1st and Maple. \$20. 5 mile loop with a climb and fast descent. Counts for NWWC series. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Jul 15: Stampede Road Race.**  
Calgary, AB. Road race Jim Oldham, Calgary Yets, AB, www.calgarycycling.com.

**Jul 16: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Jul 17: Addidas World Tuesday Night Championships.**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Jul 17: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Jul 17: Tuesday Night Road Race Series at SIR.**  
Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

**Jul 18: Mount Tabor Circuit.**  
Portland, OR. Stan Gardner, 503-641-1422 stangardner@email.msn.com.

**Jul 19: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Jul 19: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Jul 21-22: Glacier View GP Road Race/BC Time Trial Championships.**  
New Denver, BC. BC Cup #5; BC Time Trial Championships Bob Hennessy, Slocan Valley Cycling Club, BC, 250-358-2729 svcc@slocanlake.com.

**Jul 22: Humburg Hurryup.**  
Corvallis, OR. Criterium. Dan Madrid, 530-938-5844 madrid@inreach.com.

**Jul 23: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Jul 24: Addidas World Tuesday Night Championships .**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Jul 24-14: MidValley Criterium Series.**  
Eugene, OR. Criterium Norman Babcock, 541-485-6007 NormanB965@aol.com.

**Jul 24: MidValley Criterium Series.**  
Dexter Lake, OR. Norman Babcock, 541-485-6007 NormanB965@aol.com.

**Jul 24: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Jul 24: Tuesday Night Road Race Series at SIR.**  
Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

**Jul 26: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Jul 26: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Jul 28: Broadmark Capital Circuit Race Series.**  
Marymoor Park, Redmond, WA. See Series info Ethan Megginnes, Broadmark Capital Cycling Team, 206 675 1424 www.broadmarkcycling.com.

**Jul 31: Addidas World Tuesday Night Championships .**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Jul 31: MidValley Criterium Series.**  
Eugene, OR. Norman Babcock, 541-485-6007 NormanB965@aol.com.

**Jul 31: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 2: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Aug 2: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Aug 4: Broadmark Capital Circuit Race Series.**  
Marymoor Park, Redmond, WA. See Series info Ethan Megginnes, Broadmark Capital Cycling Team, 206 675 1424 www.broadmarkcycling.com.

**Aug 4: Lake Washington Velo Circuit Race.**  
Counts for NWWC, www.bikeride.com.

**Aug 4: Master's Provincials.**  
Edmonton, AB. Time Trial Don Jobson, EMCC, AB, 780-438-2340 mastersracing@netscape.net.

**Aug 6: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Aug 7: Addidas World Tuesday Night Championships .**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Aug 7: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 9: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Aug 9: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Aug 11: Crawford Festival.**  
Portland, OR. Celebrate the 50th annual Crawford Festival along with the 10th annual running of the Crawford Festival Criterium. The course is south of town allowing many spectators from the festival to come watch the challenging circuit. The course consists of a downhill, sweeping corners and an uphill rise to the finish line. Jim Anderson, 503-975-8229 http://www.obra.org/flyers/tualitin.htm.

**Aug 11: Health Masters Hill Climbs.**  
North Vancouver, BC. Barb Zimich, Health Masters, BC, 604-983-2765 bzimich@home.com.

**Aug 12: Volunteer Park Summer Classic.**  
Seattle, WA. Criterium - \$15. 8-mile loop inside Volunteer Park with a small 150-yard hill. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Aug 13: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Aug 14: Addidas World Tuesday Night Championships .**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Aug 14: MidValley Criterium Series.**  
Eugene, OR. Norman Babcock, 541-485-6007 NormanB965@aol.com.

**Aug 14: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 14: Tuesday Night Road Race Series at SIR.**  
Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

**Aug 16: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Aug 16: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Aug 18: Broadmark Capital Circuit Race Series.**  
WA. See Series info Ethan Megginnes, Broadmark Capital Cycling Team, 206 675 1424 www.broadmarkcycling.com.

**Aug 19: Washington State Criterium Championships.**  
Olympia, WA. Counts for NWWC, www.bikeride.com.

**Aug 20: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Aug 21: Addidas World Tuesday Night Championships.**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Aug 21: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 21: Tuesday Night Road Race Series at SIR.**  
Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

**Aug 23: Seward Park Cycling Series.**  
Seattle, WA. Criterium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.

**Aug 23: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Aug 25: Camerati TT.**  
Eastern Oregon. Stage race Mathew Braun, 503-227-5616 mtb@siennaarchitecture.com.

**Aug 26: Master's Provincial Championships.**  
Bentley, AB. RR Graeme Dibbs, Connie McKinney, AB, 780-432-7268 masterscycling@netscape.net.

**Aug 26: Oregon Time Trial Championships.**  
Woodland, WA. Criterium Joe Cipale, 360-750-6659 joec@pacifier.com.

**Aug 26: Seward Park Season End - WBSA Awards.**  
Seattle, WA. Criterium - \$15. 8-mile loop inside Seward Park with one 120-degree turn and 100-yard hill. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921 www.pazzovelo.com.



A well-earned rest. Bicycle Paper publisher Paul Clark. PHOTO COURTESY OF BP ARCHIVES

**Aug 27: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Aug 28: Addidas World Tuesday Night Championships .**  
Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779 www.escapevelocity.bc.ca.

**Aug 28: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 28: Tuesday Night Road Race Series at SIR.**  
Kent, WA. See series info. Tracy Jolly, 206-322-0072 tjolly@seattlemortgage.com.

**Aug 30: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Aug 31: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Aug 31: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 31: Alpenrose Weekly Series.**  
Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874 mmurray@teleport.com.

**Aug 31: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Aug 31: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.**  
Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org.

**Aug 31: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 31: Alpenrose Weekly Series.**  
Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874 mmurray@teleport.com.

**Aug 31: Fallen Riders Memorial Race.**  
Kelowna, BC. A charity event in memory of riders who have been killed. Off-road and road section. Road will be a trial and off road will be a combined uphill/downhill time trial with the riders having to use the same bike for both legs. Prize for the heaviest bike ridden up the uphill. There will be a BBQ afterward. Cost \$10 CND. All net proceeds benefit bursary for junior riders going to school. 250-862-3440 twentens@home.com.

**Aug 31: Southern Oregon Thursday Night Road Race.**  
Medford, OR. Glen Gann, 541-779-6986 gagann1@aol.com.

**Aug 31: Eugene Celebration.**  
Portland, OR. Circuit Jim Anderson, 503-975-8229 sparky@teleport.com.

**Aug 31: Hutch's Bicycles Eugene Celebration Omnium.**  
Eugene, OR. One time trial in and around Eugene. Mixed terrain. In Eugene/Cottage Grove/Elmira Area. Jim Anderson, 503-975-8229 www.obra.org.

**Aug 31: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Aug 31: Alpenrose Weekly Series.**  
Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874 mmurray@teleport.com.

**Aug 31: Off-Road Triathlon.**  
Vancouver, WA. Tobias Blanck, 503-661-5874 tobiasblanck@hotmail.com.

**Sep 25: PIR.**  
Portland, OR. Circuit Jeff Mitchem, 233-3636 jeff@digwest.com.

**Sep 27: Alpenrose Weekly Series.**  
Portland, Oregon. Thursday night series. See series info. Mike Murray, 503-661-5874 mmurray@teleport.com.

**Oct 20: Kreb's Cycle Grouse Mountain Cyclocross.**  
Lower Mainland, BC. All bikes, all categories Paul Blanchette, Kreb's Cycle Club, BC, 604-688-8648 mailbox 3 krebscycleclub@hotmail.com.

## Rides & Tours

**Feb 25: 28th Annual Chilly Hilly Bicycle Classic.**  
Bainbridge Island, WA. Opening day of NW cycling season. 2,500 participants riding around the scenic 33-mile route around Bainbridge Island. Start at 8:30 a.m., across the street from the Downtown Ferry Dock. Cost: \$20. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE www.cascade.org.

**Feb 25-Mar 2: Hawaii-6 Day.**  
Hilo, Hawaii. Highlights: Kilauea Crater; Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.

**Mar 3: Chinook Sh-Sh-Shiver.**  
Yakima, WA. 30, 50 and 100K, mostly flat country backroads, a few gradual inclines. Reg. 8:30-9:30am; Ride starts 10 a.m. Sag provided for 50-100K Barry Schmidt, Sagebrush Cycles, 5110 Tieton Dr., Yakima, WA, 98908. 509-972 1330 www.chinoockcycling.com.

**Mar 10: 100K Populaire.**  
Mark Thomas, 13543 160th Ave. NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

**Mar 10-17: Hawaii-8 Day.**  
Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060 www.bicyclesadventures.com.

**Mar 10: Solvang Century and Half Century.**  
Solvang, CA. 50 and 100 mile rides beginning and ending at the Solvang Royal Scandinavian Inn. BBQ, raffle, DJ, and bike expo at finish. Rides start between 6 and 9 a.m. (100 and 9:30 a.m. (50). Entry is \$40 before Feb 20, 2001. Randy Ice, 12300 E. Washington Blvd. Suite W, Whittier, CA, 90606. 562-943-9440 www.bikescor.com.

**Mar 17: McClincy Mile.**  
Monroe, WA. Start at Monroe Junior High School on Main Street. Three loops: 25-, 50-, 70- miles. \$10 Pre-reg before 3/1/01. After \$15 includes maps and snacks. \$1/ rider going to Bike Alliance, registration from 8-11 a.m. Marked routes. Courses close at 4:30 p.m. Dan Scott, B.I.K.E.S. McClincy Mile, P.O. Box 5242, Everett, WA, 98206. www.bikesclub.com.

**Mar 25-30: Hawaii-6 Day.**  
Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 1-800-443-6060 www.bicyclesadventures.com.

**Mar 31: 200K Brevet.**  
Mark Thomas, 13543 160th Ave. NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

# CALENDAR

## Apr 1: 100K Ride.

Vancouver Island, BC. Start 10 a.m. from Nanaimo. Tour Nanaimo, Stephen Hyde, BC Randonneurs, 250-245-4751 www.island.net/~randos/index.html.

## Apr 7-14: Hawaii-8 Day.

Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.

## Apr 8: Pacific Populaire.

Lower Mainland, BC. Start 9 a.m. from Riley Park Community Centre, Vancouver. Tour Vancouver, Richland, (25K, 50K, 100K also available) Danielle Laidlaw, Sharon Street, 604-737-0043.

## Apr 14: 25K, 50K.

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.

## Apr 14: 200K Brevet.

Mark Thomas, 13543 160th Ave. NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

## Apr 14: Tour of the Cowichan Valley.

Vancouver Island, BC. Start Chamain at 7 a.m. 200K, 150K, 100K or 50K. Stephen Hyde, (250) 245-4751 www.island.net/~randos/index.html.

## Apr 14-17: Tunisia Odyssey: Eden to Oasis (Northern Circuit).

Tunisia, Africa. Diverse culture & beautiful landscapes of coastal and Sahara zones of southern Tunisia. Wondrous array of people, architecture, culture & landscape. 95% paved roads, hills. 750K, 470 mile. Cost: \$1190 plus airfare David Mazer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848 www.ibase.org.

## Apr 16: Rando Ride Series.

Lower Mainland, BC. John Bates, BC Randonneurs, 604-528 2081 www.randonneurs.bc.ca.

## Apr 16-28: Tunisia Odyssey: Historic North (Northern Circuit).

Tunisia, Africa. Extraordinary concentration of archeological, cultural & religious sites. Magnificent countryside. Lifestyles ranging from traditional to ultra modern. Paved roads, long hills. 500K, 310 miles. Cost: \$1190 plus airfare. David Mazer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848 www.ibase.org.

## Apr 21: 50K, 75K Ride.

Fort St. John, BC. Start 10 a.m. Routes: the 50K goes to Montney and back; the second one runs to mile post 73 of the Alaska Highway and back. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250-785-4589 wkok@nlc.bc.ca.

## Apr 22: 26th Annual Daffodil Classic.

Orting, WA. Four great routes and mileage for every ability. 20, 50, 70 & 100-mile routes. NEW Fun Ride is a flat 15-mile option. Delicious food at rest stops. Experience some of Pierce County's finest pastoral scenery at the base of Mount Rainier. Pre-reg: \$15 (person), \$35 (family) until 4/11, \$12 T-shirt. Limit 2,000. Foothills Trail fun ride (pre-reg fee). On-site reg: 7 a.m.-noon. Orting Elem: \$18.50 \$15 T-shirt. Fun Ride \$5 adult, \$2 child. Fund-raiser for Tacoma Wheelmen's Bicycle Club helmet's program, advocacy efforts, rides and more. Jan Brame, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-759-6984 http://www.tbwc.org.

## Apr 22-27: Hawaii-6 Day.

Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.

## Apr 27-29: Fleche NW.

Mark Thomas, 13543 160th Ave. NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

## Apr 28: 300K.

Vancouver Island, BC. Start 6 a.m. from Parksville. Tour Lake Cowichan, Mill Bay Stephen Hyde, BC Randonneurs, 250-245-4751 www.island.net/~randos/index.html.

## Apr 28: 300K Ride.

Vancouver Island, BC. Start Oak Bay at 6 a.m. Tour Oak Bay, Sidney, Duncan and Sooke. Stephen Hyde, BC Randonneurs, 250-245-4751 www.island.net/~randos/index.html.

## Apr 29: 75K, 100K Ride.

Fort St. John, BC. Wim Kok, 250-785-4589 wkok@nlc.bc.ca.

## Apr 29: Sunnyside Sports Anniversary & Bike-a-Roo Breakfast Ride.

Bend, OR. A quality pancake breakfast followed by a 25 mile road ride west of Bend. Start at 9 a.m. Cost \$5 Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.

## May 1-Oct 31: San Juan Islands 6 Day Tour.

La Conner, WA. Departs every Sunday May-April 28, 2001. Routes vary. Cheryl Lynch, Keith Nichol, 604-733-5697.

## May 20: 16th Annual Santa Fe Century.

Santa Fe, NM. 25, 50, 75, 100-mile routes. Terrain - flat, rolling, moderately hilly. \$15 includes Century water bottle, Cliff Bar, number, maps, 6 food stops, sag-wagon. T-shirts & wind-breakers may be ordered in advance. Not available on day of event. Willard Chilcote, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282 www.santafecentury.com.

## May 20: 200K: Signs of Spring.

Fort St. John, BC. Start 7 a.m. Route: Fort St. John, Charlie Lake, Taylor, Farmington to Ted's Service Pouch Camp, Dawson Creek and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wkok@nlc.bc.ca.

## May 6: 100K, 160K Ride.

Fort St. John, BC. Start 9 a.m. Routes: Cecil Lake and the BC/AB border and back with a loop around St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wkok@nlc.bc.ca.

## May 6: Camano Climb.

Stanwood, WA. 50-mile ride of scenic bicycling around the perimeter of Camano Island with an escape route of about 35 miles for those who wish a shorter ride. Spectacular views of the Cascade and Olympic Mountain, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island. No ferry ride required. Start time is between 8 & 10 a.m. at Heritage Park. Sponsored by Stanwood-Camano Island Kiwanis Don. P.O. Box 1305, Stanwood, WA, 98292. 360 629 6415 velo@whidbey.net.

## May 6: Monster Cookie Metric Century Bicycle Ride.

State Capitol Mall, Salem, OR. Recreational ride through backroads to Champooz State Park and back. Entry fee is for map, rider ID & checkpoint services. Full-service checkpoints including toilet facilities along the route. Snacks, fruit & refreshments will be available. Doug Parow, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-390-9558 www.salemicycleclub.org.

## May 12-19: Hawaii-8 Day.

Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 12-19: San Juan Islands-Victoria.

Victoria, BC. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 12-13: Scenic Tour of the Kootenai River (STOKR) 2001.

Montana. 7th annual ride in the best of the last best places! Two-day tour in remote northwest MT (just 3 hrs. northeast of Spokane). Limit: 250 riders. 5/12: 98-mile loop into the Yaak or 45-mile option up Lake Crk. 5/13: 40-mile loop along the river to Lake Kootanacua. \$50, benefits local Habitat for Humanity affiliate (will play you with homemade goodies, soup and pie along the way!) Plus great Tyvek-vest! Susie Rice, 1020 Idaho, Libby, MT, 59923. 406-293-2441 www.libby.org/~gregrice/STOKR/.

## May 12: Skagit Spring Classic Bicycle Ride.

Burlington, WA. Starts at Bayview Elementary School. To get there, I-5 exit 231, Chukanut Drive, then 3.7 miles west on John Wilson road 25, 40, 62, 100-mile options. Jean LaBossiere, P.O. Box 363, Burlington, WA, 98233. 360-652-0653 www.skagitbicycleclub.org.

## May 12: The Rhody Tour Metric & Half-Metric Century.

Port Townsend, WA. Reg. 8-10 a.m. at Haines Place Park & Ride Lot. Reg. fee \$15.00. 32, 45, 55, and 62 miles. The new ride route follows the varied terrain of east Jefferson County's rural roads. Few hills on the Half Metric Century. The full Metric Century is a fast, rolling ride with a few good hills. Fully supported, food/water stops, grocery/convenience stores & sag. Route marked with pavement markings plus route map. Presented by the Port Townsend Bicycle Association. Proceed provide helmets for kids, Bicycle Alliance and Rhododendron Festival. Jon Mueller, Port Townsend Bicycle Assoc. & Rhododendron Festival, P.O. Box 681, Port Townsend, WA, 98368. 360-385-7567 www.ptgide.com/rhodytour/.

## May 13-18: San Juan Islands-6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 14-19: California Wine Country-4 Day.

California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 14-19: California Wine Country-4 Day.

California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 18-20: Fleche Pacificque.

Lower Mainland, BC. Entry deadline is Friday, April 28, 2001. Routes vary. Cheryl Lynch, Keith Nichol, 604-733-5697.

## May 20: 16th Annual Santa Fe Century.

Santa Fe, NM. 25, 50, 75, 100-mile routes. Terrain - flat, rolling, moderately hilly. \$15 includes Century water bottle, Cliff Bar, number, maps, 6 food stops, sag-wagon. T-shirts & wind-breakers may be ordered in advance. Not available on day of event. Willard Chilcote, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282 www.santafecentury.com.

## May 20: 200K: Signs of Spring.

Fort St. John, BC. Start 7 a.m. Route: Fort St. John, Charlie Lake, Taylor, Farmington to Ted's Service Pouch Camp, Dawson Creek and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wkok@nlc.bc.ca.

## May 20-25: California Wine Country-6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 20: No Frills Century.

Redmond, OR. 100 and 65-mile road rides around Redmond, Prineville and Madras. \$10 fee covers sag and food stops. Trip begins at 8 a.m. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnyside.org.

## May 20-25: San Juan Islands 6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 26: 400K Ride.

Vancouver Island, BC. Loop from Victoria to Union Bay. Start at 3 a.m. Stephen Hyde, BC Randonneurs, 250-245-4751 www.island.net/~randos/index.html.

## May 26: 400K Ride.

Vancouver Island, BC. Loops from Nanaimo to Duncan, Campbell River and back. Start 5:30 a.m. Stephen Hyde, BC Randonneurs, 250-245-4751 www.island.net/~randos/index.html.

## May 26-27: 400K Brevet.

Mark Thomas, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

## May 26-27: Bike the Bill River.

Sandpoint, ID. 145-mile, fully supported & catered tour of the rivers around the Panhandle of Idaho and Western Montana. \$225 Tour includes: sag, luggage transport, all meals & camp fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800 831 8810 x2288 www.allaboutadventures.com.

## May 26-28: San Juan Islands-Victoria.

San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 27-Jun 1: California Wine Country-6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## May 27-Jun 1: San Juan Islands-6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 2: 300K Le Petit Tour de Peace.

Fort St. John, BC. Start 6 a.m. Route: Fort St. John, Charlie Lake, Hudson's Hope, Chetwynd, Tumbler Ridge to Ted's service and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wkok@nlc.bc.ca.

## Jun 2: Apple Century Bicycle Ride.

Wenatchee Convention Center, WA. 100, 75 & 50-mile road touring ride; full support & monitoring; 4 rest stops for the 100-mile ride; 3 for the 50; sag wagons start at 8 a.m. Canadian registration accepted at pre. Bret Pitsinger, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807-1433. 509-886-1837 www.wenatcheesunrise.org.

## Jun 3: 19th Annual Peninsula Metric Century.

Southworth Ferry or Gig Harbor Fire Station, WA. From Southworth Ferry Terminal (50K, 100K, or 100 mile) or from Gig Harbor Fire Station on Kimball Drive (100K or 100Mile). Includes waterfront and roller coaster hills. Support and prizes. Fund-raiser. Limit 1,000 riders. Reg: 7 a.m. to noon Pre-reg: before May 23 \$15 individual, \$35 family, \$12 shirt. Day of Ride: \$18 individual, \$40 family, \$15 shirt Dianne Koch, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-564-3271 www.tbwc.org.

## Jun 3-8: San Juan Islands-6 Day .

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 4-9: California Wine Country-4 Day.

California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 4-27: Great Alaska Highway Ride 5.

Delta Junction, AK to Dawson Creek, BC. Pedal the entire length of the Al-Can Highway, through Alaska, Yukon Territory, and BC Fully supported, camping, Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 888 733 9615 www.cyclevents.com.

## Jun 9: 50K, 100K, 150K.

Fort Langley, Start 9 a.m. Tour South Surrey and Fraser Valley, Bob Marsh, 604-467-7065

## Jun 9-16: San Juan Islands-Victoria.

Victoria, BC. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 10-13: Oregon Wine Country.

Oregon. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 10-15: San Juan Islands-6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 16: 400K: Le Grand Tour de Peace.

Fort St. John, BC. Start 6 a.m. Route: Fort St. John, Charlie Lake, Hudson's Hope, Chetwynd, Tumbler Ridge to Ted's service and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wkok@nlc.bc.ca.

## Jun 16-24: Sandpoint-Glacier-Sandpoint.

Sandpoint, ID. A 9-day, 475-mile, inclusive, fully-supported & catered tour from Sandpoint, ID to the west entrance of Glacier National Park, MT and back. \$1050. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288 www.allaboutadventures.com.

## Jun 17-22: California Wine Country 6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 17-22: Canadian Gulf Islands.

Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 17-22: San Juan Islands-6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 19-22: San Juan Islands-4 Day.

San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 22-24: 1000K.

Lower Mainland, BC. Various starting points, times and routes. This year's recommended route is the South Okanagan and North Cascades. John Bates, 604-528-2081 John.Bates@BCHydro.bc.ca.

## Jun 23-20: Ecuador Exploration: Andes to Amazon (Southern Circuit).

Ecuador, South America. Southern circuit. Extraordinary history, culture, & religious sites. Lifestyles ranging from traditional to ultra modern. Magnificent countryside. 400K, 250 miles, paved roads, long hills, high elevation. Cost: \$790 plus airfare. David Mazer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206 767 0848 www.ibase.org.

## Jun 23-24: 600K Brevet.

Mark Thomas, 13543 160th Ave. NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

## Jun 23-30: San Juan Islands-Victoria.

Victoria, BC. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 23: Trident Triple Bike Classic.

Silverdale, WA. Beautiful, scenic routes through Submarine Base Bangor. 16 & 33-mile routes are easy with a few hills. 50 & 100-mile routes are challenging and offer varied terrain with some big hills. Sag wagons, rest stops with snacks & drink. T-shirts for sale. \$18 registration. Pre-register by 6/10/01 to get a free T-shirt. Nancy Whitaker, Silverdale Chamber of Commerce, P.O. Box 1218, Silverdale, WA, 98383. 360-692-6800 www.silverdalechamber.com.

## Jun 24: Flying Wheels Summer Century.

Redmond, Washington. Four loops through scenic Snohomish county range from family fun (with kids fair!) to grueling hills. 100-mile loop is tougher than STP — makes a great training ride! Three routes: 30, 60, 100 miles. Begin at 6:30 a.m. Cost: \$20. Jen Smith, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-6226 www.cascade.org.

## Jun 24-29: San Juan Islands-6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 25-28: California Wine Country-4 Day.

California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 25-29: San Juan Islands-Camping.

San Juan Islands, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclesadventures.com.

## Jun 29-Jul 7: Ecuador Exploration: Pichincha to Imbabura (Northern Circuit).

# CALENDAR

## Jul 7-14: San Juan Islands—Victoria.

Victoria, BC. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 8-13: Olympic Peninsula Bike/Hike.

Olympic Peninsula, WA. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 8-13: Oregon Coast-North.

Oregon. Levels: All. Daily mileage on standard route: 45 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 8-13: San Juan Islands—6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 9-13: San Juan Islands—Camping.

San Juan Islands, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 11-15: Red-Spoke 2001.

Redmond to Spokane, WA. 5 days 300-mile ride across beautiful WA. Fully supported ride, limited to 100 riders. Provides breakfast, dinners and snacks, luggage transportation. P.O. Box 11219, Redmond, WA, 98073-0563. 206 298 9288 redspoke@aol.com.

## Jul 14: 200K Ironman Challenge.

Fort St. John, BC. Start 8 a.m. Route: Fort St. John, Charlie Lake, Hudson's Hope, WC Bennett Dam and back. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wkoc@nlc.bc.ca.

## Jul 14-22: Glacier—Banff—Jasper.

West Glacier, MT. Levels: Intermediate to advanced. Daily mileage on standard route: 45 average. Meet: West Glacier, MT. Depart: Jasper, AB. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 15-21: Bicycle Idaho.

Melba, ID. Registration in the afternoon and dinner July 14. Parking for vehicles is provided. Those traveling by plane will be picked up at the Bonanza Saturday afternoon. Cost: \$550 before June 1, or \$575 after June 1. Fee includes dinners and breakfasts, food and water stops, gear transport, camping fees, showers, toilets plus on-the-road mechanical support. Tour Melba, Mountain Home, Fairfield, Ketchum/Sun Valley, Stanley, Lewman, Emmett. Sandy Green, 541-385-5257 www.oregonbicycleride.org.

## Jul 15-20: Canadian Gulf Islands.

Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart:Victoria, BC Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 15: Ice Cream Classic.

Oregon. 56-mile road ride around Mt. Bachelor, followed by ice cream social at Goody's Ice Cream Parlor in Sunniver. Trip begins at 9 a.m. Cost of \$5 covers ice cream. Susan Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.

## Jul 15-20: San Juan Islands—6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 17-20: San Juan Islands—4 Day.

San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 19-Aug 2: Land and Lake (Southern Circuit).

Malawi, Africa. Lush tea country, Mulanje Mountains, Zomba Plateau, wildlife, snorkeling in Lake Malawi, extraordinary scenery, traditional villages and a lot of contact with locals. 600 K, 360 miles, 20 percent dirt, some hills. Cost: \$1090 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206 767 0848 www.ibike.org.

## Jul 21: 300K.

Lower Mainland, BC. Start 6 a.m. from Walnut Grove Park in Ride. Tour Silver Lake, Alger, Lummi, Semiahmoo, Barry Chase, 604-266-4214

## Jul 21-28: San Juan Islands—Victoria.

San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

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## Jul 21-Aug 4: Shubi Lihlhal Ti Swatixtuffuk: "Rolling the hoop through the land".

Western Washington & BC. Extraordinary natural beauty of mountains, sea and forest, ferry boat rides and a sea kayak trip. Explore the fascinating ethnic diversity of Western WA and BC. 500K, 310-miles, paved roads, hills. Cost: \$1490 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206 767 0848 www.ibike.org.

## Jul 21-28: The International Selkirk Loop.

Sandpoint, ID. 8-day, 280-mile, inclusive, fully-supported & catered leisurely tour around the Selkirk Mountains from Sandpoint, ID to Nelson, BC, Canada and back.\$950. Tour includes: Ground transportation to/from Spokane International Airport, sag, luggage transport, all meals and camp fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, P.O. Box 1321 Sandpoint, ID, 83864. 208-263-6959 or 800 831 8810 x2288 www.allaboutadventures.com.

## Jul 21-24: Willamette Valley Tour.

Eugene, OR. Four-day, 184-mile loop. Two winery visits. Challenging optional routes. Full support, all breakfasts, dinners and snacks. Camping \$450, motels available, additional cost. Limit 8. Beginner/ Intermediate Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838www.pathfinders.com.

## Jul 22-27: Oregon Coast—North.

Oregon. Levels: All. Daily mileage on standard route: 45 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 22-27: San Juan Islands—6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 22: Victoria Populaire.

Victoria, BC. Route: various. Ride begins 9 a.m. Start location: Oak Bay High School. Michael Poplawski, 250-882-1239 www.randonneurs.bc.ca.

## Jul 23-29: Gulf Island Explorer.

BC, Canada. Victoria to Mayne Island, Saturna, Galiano and Saltspring. Harbor House Inn, Galiano Lodge, Ocean Wood Country Inn. 7 days/6 nights. Group size limited to 12-18. \$1250 Robin McKinney, Great Explorations, 1-1816 McNICOLL Ave., Vancouver, BC, V6J 1A4. 604-730-1247 www.greatexplorations.com.

## Jul 26: RAMROD 2001.

Enumclaw, WA. 18th Annual Ride Around Mt. Rainier in one day. The Challenge! The Beauty! The Excitement! The Pain! of 154 miles and 10,000+ ft. of climbing. 700 rider limit. Register online (early March) or at Bike Expo. No day of ride registrations. Redmond Cycling Club hosts. Tom Killion, 425-739-8610 RedmondCyclingClub.org.

## Jul 28-Aug 4: Oregon Crater Lake Tour.

Eugene, OR. 8-day tour. Highlights: Aufdehnde National Scenic Byway, McKenzie Pass, Crater Lake rim, and the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Meet/depart: Eugene, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclevadventures.com.

## Jul 28-Aug 2: Tour of Waterfalls and Bridges.

Eugene, OR. 6-day, 350-mile loop to Silver Falls State Park, Connavilis, covered bridges, Brownsville, Harrisburg. Fully supported, breakfast, dinner, snacks. \$960 with camping. Motels available, additional cost. Intermediate. Limit 8. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 www.pathfinders.com.

## Jul 29-Aug 4: Banff to Jasper.

Canadian Rockies. Spend 7 days, 6 nights. Meet in Banff, AB, Canada at 7 p.m. Tour ends 4 p.m. on Aug. 4th. Nearest airport—Calgary, AB. Trip cost: \$1,285. Fund-raising ride for nonprofit organization. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476 www.lunatours.com.

## Jul 29-Aug 3: Canadian Gulf Islands.

Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart:Victoria, BC Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 29-Aug 3: San Juan Islands—6 Day.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 30-Aug 3: San Juan Islands—Camping.

San Juan Islands, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Jul 31-Aug 3: San Juan Islands—4 Day.

San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 4: 200K Ride.

Carey Road, Saanich, BC. Route: Saanich Peninsula & Sooke. Start time 8 a.m. Mike Poplawski, 250 882 1239 michael.poplawski@home.com.

## Aug 4: 300K.

Fort St. John, BC. Start 7 a.m. Route: Fort St. John, Pink Mountain, north on the Alaska highway and back. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wkoc@nlc.ca.bc.

## Aug 4-11: San Juan Islands—Victoria.

San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 5-9: Cascade Lakes Tour.

Oakridge, OR. 4 days, 283 miles in Oregon Cascades. Desert, old-growth views. Full support. Breakfast, dinner, snacks. \$600 camping, motels available additional cost. Limit 8. Intermediate/ Advanced Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 www.pathfinders.com.

## Aug 5-10: Olympic Peninsula Bike/Hike.

Olympic Peninsula, WA. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 5-10: Oregon Coast-North.

Oregon. Levels: All. Daily mileage on standard route: 45 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 5-8: Oregon Wine Country.

Oregon. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 5-10: San Juan Islands-6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 10-11: Ride Seattle to Vancouver & Party (RSVP).

Seattle, WA. 185+ uncrowded miles along scenic backroads of Washington and BC, Canada. Two days. Seattle tradition. Party in finish line. Start at Sandpoint Naval Station in Seattle. Come celebrate the 20th anniversary of RSVP: Begins 5:30 a.m. Cost: \$70. Larry Sepulveda, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE www.cascade.org.

## Aug 10-16: Tour de Lane.

Eugene, OR. Seven-day loop on paved forest roads around Eugene. Seven days, 385 miles, or 4 days, 220 miles. Full support, breakfast, dinner, snacks. \$700 camping for 7 days (4 day- \$440), motels available, additional cost. Limit 20. Intermediate. Advanced. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 www.pathfinders.com.

## Aug 11: 400K.

Lower Mainland, BC. Start 6 a.m. from Guildford, Tour Fraser Valley, Manning Park Bob Bose, 604-531-8869

## Aug 12-17: Canadian Gulf Islands.

Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart:Victoria, BC Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 12: Providence Bridge Pedal.

Portland, OR. In 2000, 15,000 cyclists travelled over 8 of Portland's bridges in this benefit ride. BTA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0676 info@bta-bikes.org.

## Aug 12-17: San Juan Islands—6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 12-18: SPUDS 7 - Cycling Around Idaho.

Emmet to Rexburg, ID. SPUDS 7 explores the many faces of Idaho from the Sawtooth Mountains to the high desert to the farmlands below the Tetons. Fully supported, camping, 100 riders max. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 886 45 spuds www.spuds.cyclevents.com.

## Aug 12-18: The Oregon Bicycle Ride.

Eugene, OR. Aug. 12. Meet Sat. Aug. 11 for registration and dinner. Parking for vehicles provided. Cost before July 1: \$550, or after July 1, \$575. Dinners and breakfasts included. Fully supported. Tour Eugene, Philomath, McMinville, Silver Falls, Estacada, Detroit, Sweet Home, Sandy Green, 541-385-5257 www.oregonbikeride2@aol.com.

## Aug 14-17: San Juan Islands—4 Day.

San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 15-30: Surf to Summit.

Tanzania, Africa. Starting on Zanzibar and ending with a climb of Mt. Kilimanjaro. Diverse scenery, friendly people, much more. 420K, 250-miles, long hills, biking, high elevation hike. \$1490 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848 www.ibike.org.

## Aug 16-19: Bike-Aid.

CA, WA. Annual Cross-Country Trek promoting education and awareness around globalization issues. Ride from San Francisco, Seattle or Boston to Washington DC. Learn about social issues while travelling & meeting with local communities and grassroots organizations. JustAct, 333 Valencia St/101, San Francisco, CA, 94103. 415-431-4480 or 800-RIDE-808 www.justact.org.

## Aug 17-19: 1000K Brevet.

Mark Thomas, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

## Aug 18-19: 200K, 300K Ride.

Vancouver Island, BC. Start 7 a.m. from Ladysmith. Tour Nanaimo, Cowichan Valley. Stephen Hinde, BC Randonneurs, 250-245-4778 www.island.net/~randos/index.html.

## Aug 18-20: Courage Classic.

WA. 3 days and 175-miles in central WA. Meals entertainment. Includes rides through the Snoqualmie, Blewett and Stevens passes. Benefits the Mary Bridge Children's Hospital & the Children's Trust Foundation. Jeff Randall, Mary Bridge Children's Hospital, 409 S. J. St., P.O. Box 5296, Tacoma, WA, 98415-0296. (253) 403-4374 www.courageclassic.com.

## Aug 18-26: Glacier—Banff—Jasper.

West Glacier, MT. Levels: Intermediate to advanced. Daily mileage on standard route: 45 average. Meet: West Glacier, MT. Depart: Jasper, AB. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 18-25: Oregon Crater Lake Tour.

Eugene, OR. 8-day tour. Highlights: Aufdehnde National Scenic Byway, McKenzie Pass, Crater Lake rim and the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Meet/depart: Eugene, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclevadventures.com.

## Aug 18-25: San Juan Islands—Victoria.

San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 18: The Vine Ride.

Portland (Sherwood), OR. Bicycle tour of the vineyards, orchards and farms of the Upper Willamette Valley. Start at 7 a.m. on the southwest edge of Portland. Three loops - 60, 78 and 105-miles fully supported rides. Reg. \$42, deadline 06/12, limited to 1500 riders - new bike will be given away at the finish line to one of Vine riders. Proceeds benefit Northwest Medical Teams, which provides free health care to those in need in Northwest and around the world. Wheel Help Ride or Lakeside Bicycles, 800 390 6189 or 503 699 8665

## Aug 19: 3rd Annual Blackberry Bramble.

Eugene, OR. Century in the hills on beautiful logging roads. Support: Full 100 mile ride and a 65K ride. New this year 38-mile family ride. Blackberry treat at the end. \$12. Mel Huey, Gear Cycling Club, P.O. Box 10244, Eugene, OR, 97440. 541-345-3181 gearride@aol.com.

## Aug 19-24: Oregon Coast-North.

Oregon. Levels: All. Daily mileage on standard route: 45 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 19-25: Ride Around Washington (RAW).

Washington. Ride from Westport on the Washington coast to Leavenworth. Six days 450 miles fully supported tour - hot showers, meals, baggage transport, campsites and lots of beautiful scenery and fun. Limited to 200 riders. Start time 8 a.m. Cost \$465. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE www.cascade.org.

## Aug 19-24: San Juan Islands—6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 19-24: WYCYCXII - Wyoming Cycling Celebration.

Jackson to Buffalo, WY. 12th annual ride across Wyoming. Highlights: high alpine scenery, river gorges, mountain towns. Fully supported, camping. Limited to 200 riders Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, WYHI, 96721-0725. 866 73 WYCYC www.wyccyc.cyclevents.com.

## Aug 20-26: Crater Lake Challenge.

Eugene, OR. 7 day, 385-mile loop, Eugene to Crater Lake National Park. Low traffic, hot spring, fly fishing, swimming, covered bridges, waterfalls. Full support. Breakfast, dinner, snacks. \$827 camping. Motels available, additional cost. Limit 20 riders. Intermediate to advanced. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 www.pathfinders.com.

## Aug 25-27: 600K.

Lower Mainland, BC. Start 6 a.m. from Haney. Tour Rockport, Arlington, Yale. (also available: 200K, 300K and 400K. Routes vary) Harold Bridge, 604-941-3448

## Aug 26-31: Canadian Gulf Islands.

Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart:Victoria, BC Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 26-31: Olympic Peninsula Bike/Hike.

Olympic Peninsula, WA. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 26-31: San Juan Islands—6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

## Aug 26: Victoria Off-road Populaire.

Six Mile Road, Colwood. Route: Galloping Goose Trail. Start time 9 a.m. Michael Poplawski, 250 882 1239 michael.poplawski@home.com.

## Aug 28-31: San Juan Islands—4 Day.

San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicyclevadventures.com.

# CALENDAR



PHOTO BY TERRY KING

## Joshua King proves no one is too small to tandem.

### Sep 7-9: Bike the Bull River.

Sandpoint, ID. 145-mile, fully supported & catered tour of the rivers around the Panhandle of Idaho and Western Montana. \$225. Tour includes: sag, luggage transport, all meals and camp fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800 831 8810 x2288 www.allaboutadventures.com.

### Sep 8: 200K Fall Brevet.

Mark Thomas, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700 www.seattlerandonneur.org.

### Sep 8: 200K Quiche Series.

Fort St. John, BC. Start 9 a.m. route: Fort St. John, Dawson Creek and back. (Also 160K and 75K routes.) Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589 wk@nlc.bc.ca.

### Sep 8-15: Oregon Crater Lake Tour.

Eugene, OR. 8-day tour. Highlights: Audubon National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Meet/depart: Eugene, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicycleadventures.com.

### Sep 8-10: Trek Tri-Island.

Seattle, WA to Victoria, BC. Ride 3 days, 135 miles, from Seattle to Victoria through the San Juans. Fully supported. Limited to 350. \$50 registration fee & \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339 www.alaw.org.

### Sep 9-29: 11th Annual Santa Fe Trail Bicycle Trek.

Santa Fe, NM. Ride all or part of Santa Fe Trail (1100 miles) Riders can leave the group at any place along the route. \$28 per day: camping, support, meals. Limited to 50 riders. Willard Chilcott, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282 chilcott1@aol.com.

### Sep 9: 2nd Headwater Century.

Enunclaw, WA. Three routes include 45, 65, or 100 miles through the farmland of the Green and Cedar Rivers. Quiet country roads, abundant food and support make this a ride you'll want to do every year! A scrumptious dessert awaits you at the end. Start/Finish at Enunclaw High School. Reg. 7 a.m. to noon. Pre-reg. before August 29: \$15 Individual, \$35 Family, \$8 Souvenir Glass Mug, Day of Ride: \$18 Individual, \$40 Family, \$10 Souvenir Glass Mug (availability limited on day of ride.) Fund-raiser for Tacoma Wheelmen's Bicycle Club helmet's program, advocacy efforts, rides and more. Ralph Wessels, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-857-5658 www.tbwc.org.

### Sep 9-14: California Wine Country—6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 9-14: Canadian Gulf Islands.

Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 9-14: San Juan Islands-6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 9-14: SPUDS Fall Harvest.

Emmet to Rexburg, ID. SPUDS Fall Harvest explores the many faces of Idaho from the Sawtooth Mountains to the high desert to the farmlands below the Tetons. Fully supported, famels, 40 riders max. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 866 45 spuds www.spuds.cyclevents.com.

### Sep 9: Sunnyside Century.

Bend, OR. 29th annual event. 55 & 100-mile routes around Mt. Bachelor. \$18 fee covers food stops, sag and special event premium. Trip begins at 8 a.m. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.

### Sep 9-15: Washington Coast Cycle Tour.

BC to OR. Ride from Victoria, BC to Oregon border. Supported, camping. Robbin McKinney, Great Explorations, 1-1816 McNICOLL Ave., Vancouver, BC, V6J 1A4. 604-730-1247 www.great-explorations.com.

### Sep 10: NYC Century Bike Tour.

New York, NY. A bicycle ride through Manhattan, Brooklyn, Queens, and The Bronx. Participants choose from four route lengths: 35, 50, 75, or 100 miles. Four start times (6 a.m., 6:30 a.m., 7 a.m., 7:30 a.m.) depending on route. Start/finish at Central Park Harlem Meer. Cost is \$25 - \$45. The NYC Century is a fund-raiser for Transportation Alternatives All Hirschman, 212-629-8080 www.NYCCentury.org.

### Sep 11-14: San Juan Islands-4 Day.

San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 15-22: San Juan Islands-Victoria (singles).

San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 15-17: Trek Tri-Island.

Seattle, WA to Victoria, BC. Ride 3 days, 135 miles, from Seattle to Victoria through the San Juans. Fully supported. Limited to 350. \$50 registration fee & \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339 www.alaw.org.

### Sep 16: 22nd Annual Autumn Century and Family Ride.

Spokane, WA. 25, 62 & 100-mile scenic rides on rural roads with full support. Maps, shirts, food. Some hills on all routes, significant climbs on 100 mi. Tour begins at 8 a.m. Cost is \$20-\$25 with a \$5 late fee. Number of participants expected is about 500. Buck Rogers, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-255-5837 www.spokanebicycleclub.org.

### Sep 16: Covered Bridge Weekend Tour I.

Cottage Grove, OR. This event will start in Cottage Grove at 10 a.m. and include 6 covered bridges in 33 miles. 90 percent of the tour will be on paved Trails to Trails paths. The ride travels along lakeshores, passes rivers and creeks, and highlights wildlife. A 50-mile ride includes the bridges and a ride out to Wildwood Falls Randy Dreiling, Oregon Trails Promotions, P.O. Box 50806, Eugene, OR, 97405. 541-984-1433

### Sep 16-21: San Juan Islands Adventure Cruise.

Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 16-21: San Juan Islands—6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 16-21: WYCYC Fall Round Up.

Jackson to Buffalo, WY. 12th annual ride across Wyoming. Highlights: high alpine scenery, river gorges, mountain towns. Fully supported, motel. Limited to 40 riders. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 866 73 WYCYC www.wyicyc.cylevents.com.

### Sep 17-20: California Wine Country—4 Day.

California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 17-23: Oregon Coast Cycle Tour.

Oregon. Ride from Astoria to California border. Camping & fully supported \$575. 7 days/7 nights. Group size limited to 12-18. Robbin McKinney, Great Explorations, 1-1816 McNICOLL Ave., Vancouver, BC, V6J 1A4. 604-730-1247 or 604-878-8800 www.great-explorations.com.

### Sep 17-23: Oregon Coast Tour.

Eugene, OR. 183 miles. Shuttle from Eugene to the Coast, then explore from Florence to the California border at a leisurely pace. Full support. Breakfast, dinner, snacks and shuttles included. \$700 camping. Motels available, additional cost, Limit 8 riders. Intermediate. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 www.pathfinders.com.

### Sep 21-23: Autumn Escape Bike Trek.

Plymouth to Provincetown, MA. Tour Cape Cod at your own pace. 3 days, 160 miles, includes meals and lodging. Trek Director, American Lung Association of Massachusetts, 1 Abbey Lane, Middleboro, MA, 02346. 508-947-7204 alam@gs.net.

### Sep 22: Fall 100K Populaire.

Mark Thomas, 13543 160th Ave. NE, Redmond, WA, 98052. 206-612-4700 http://www.seattlerandonneur.org.

### Sep 22-23: Tour des Lacs.

Washington, Spokane to Coeur d'Alene and back. Two-day cycling tour, mileage and route options. Boat cruises available. Includes meals, T-shirt, and luggage handling. Proceeds benefit the YMCA. From \$60. Gino Liseicki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657 www.roundandround.com.

### Sep 22-24: Trek Tri-Island.

Seattle, WA to Victoria, BC. Ride 3 days, 135 miles, from Seattle to Victoria through the San Juans, fully supported. Limited to 350. \$50 registration fee & \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339 www.alaw.org.

### Sep 23-28: Canadian Gulf Islands.

Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 23-28: San Juan Islands-6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 24-Oct 15: California Coast Cycle Tour.

California Coast. Ride from Oregon border to Mexico along California coastal route. Robbin McKinney, Great Explorations, 1-1816 McNICOLL Ave., Vancouver, BC, V6J 1A4. 604-730-1247 www.great-explorations.com.

### Sep 29-Oct 6: San Juan Islands—Victoria.

San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 29: The Mullan Trail.

Sandpoint, ID. Ken Barrett, All About Adventures, Box 1321, Sandpoint, ID, 83864. 208 263 6959 or 800 831 8810 x2288 www.allaboutadventures.com.

### Sep 30-Oct 5: California Wine Country-6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Sep 30-Oct 5: San Juan Islands-6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 6-13: Hawaii-8 Day.

Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage on standard route: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 6: Manastash Metric Fall Colors Tour.

Ellensburg, WA. Public Safety Building, 2nd & Pearl. 7:30-9 a.m. 32 or 62-mile loops - flat to rolling hills along Yakima River Valley. Sag & food provided. \$10 pre-registration & \$12 day of ride (\$15/\$17 for tandems). Jean Lofy, Ellensburg XC Ski Club, 701 N. Willow St., Ellensburg, WA, 98926-3258. 509-962-8040 www.ellnet.net/XCski.

### Oct 7-12: California Wine Country-6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 7: Kitsap Color Classic.

Edmonds, WA. End your cycling season with beautiful fall colors on 1 of 3 loops (20 to 60 miles) through the Kitsap Peninsula. Begins 8 a.m. Cost: \$20. Mitch Roberts, Cascadia Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE www.cascadia.org.

### Oct 7: Prairie-Rouboux.

Oregon. 60-mile on/off road ride east of Bend. \$5 ride fee covers sag support. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.

### Oct 7-12: San Juan Islands-6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 13-20: San Juan Islands—Victoria.

San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 14-19: California Wine Country—6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 14-19: San Juan Islands—6 Day Tour.

San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 15-28: People-to-People.

Senegal, Africa. Tour Cape Vert, Saloum estuary. Rural culture: (Wolof, Sere & Dioula) historic sites (Goree Island), incredible bird-watching, some wildlife, markets and beaches. 550K, 300-miles. 85 percent paved roads, flat terrain. David Moyer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206 767 0848 www.ibike.org.

### Oct 20-27: Hawaii-8 Day.

Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 22-25: California Wine Country—4 Day.

California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Oct 28-Nov 2: California Wine Country—6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Nov 3-10: Hawaii-8 Day.

Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Nov 3: Solvang Prelude.

Solvang, CA. 25, 50, or 63-mile rides beginning and ending at the Solvang Royal Scandinavian Inn. BBQ, raffle, DJ, and bike open at finish. Rides start 7:30 a.m. (50 and 63-miles) and 9 a.m. (25). Entry is \$30 before Oct 31st. Randy Ice, 12300 E. Washington Blvd. Suite W, Whittier, CA, 90606. 562 690-9693 www.bikescor.com.

### Nov 4-9: California Wine Country-6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Nov 11-16: California Wine Country-6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Nov 17-24: Hawaii-8 Day.

Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060 www.bicycleadventures.com.

### Nov 18-23: California Wine Country-6 Day.

California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060 www.bicycleadventures.com.

### Dec 1-8: Hawaii-8 Day.

Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060 www.bicycleadventures.com.

### Dec 29-Jan 5: Hawaii-8 Day.

Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano; Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060 www.bicycleadventures.com.

## Track Races

### Apr 1: Women's Only Track Classes.

Marymoor Park, Redmond, WA. Women's only beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

### Apr 2: co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

### Apr 5: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

### Apr 5: co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

### Apr 12: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

### Apr 19: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

### Apr 22: co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

### Apr 22: U of O Weekend.

Eugene, OR. Omnium Jim Anderson, 503-975-8229 sparky@teleport.com.

### Apr 26: Alpenrose Weekly Series.

Portland, OR. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

# CALENDAR

## May 1-Aug 1: Junior Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all juniors under 18 Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## May 2-23: Wednesday Night Preseason Series.

Marymoor Velodrome, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for all track racers. Spectators are welcome (free) Ethan Meglins, Marymoor Velodrome Association, 206 675 1424 www.marymoor.velodrome.org.

## May 3: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## May 5: Women's Only Track Classes.

Marymoor Park, Redmond, WA. Women's only beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## May 7: Co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## May 10: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## May 10: co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## May 17: Alpenrose Weekly Series.

Portland, OR. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## May 23-Aug 29: Wednesday Night Racing.

Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women and Master racers. Spectators are welcome (free). No race on July 14th. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## May 24: Alpenrose Sixday.

Portland, OR. Mike Murray, 503-661-5874 mmurray@teleport.com.

## May 24: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## May 25: Evening Velodrome Event.

Victoria, BC. 4-9 p.m. in conjunction with the Bastion Square Cycling Festival Mark Sheppard, GVA, 3767 Island Hwy, Victoria, BC, V9B 1J1, 250-885-8610 www.gva.bc.ca/~marcm/.

## May 27: Co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## May 31: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jun 7: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jun 8: Columbia Plateau.

Portland, OR. Mark Schwyhart, 231-0236 michelle@hevanet.com.

## Jun 14: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jun 18: Co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## Jun 21: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jun 21: Co-ed Track Classes.

Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## Jun 28: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jul 4-8: Track Nationals (Including Masters).

Edmonton, AB, TR Dave Embury, Juventus, AB, 780-944-7438 master-pui@powersurfr.com.

## Jul 5: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jul 5-8: Tim Hortons Canadian National Track Championships.

Edmonton, AB. Full schedule of events. Dave Embury, Argyll Velodrome, 6850 86th St., Edmonton, AB, T6E 5H6, 780 490 5979 www.track2001.iscool.net.

## Jul 7: Junior and TeamTrack Championships.

Portland, OR. Candi Murray, OBRA, 661-5874 obra@teleport.com.

## Jul 8: State Games Track Races.

Portland, OR. Marc Hallquist, 503-690-9622 mhallquist@wiil.com.

## Jul 12: Alpenrose Weekly Series.

Portland, OR. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jul 13-18: Master National Track Championships.

Marymoor Park, Redmond, WA. National Championships by the Marymoor Velodrome Association & Gregg's Cycles. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## Jul 15: Oakridge Fat Tire.

Portland, OR. Miles Stumbaugh, 541-782-3481 outpost@cyberdyne.com.

## Jul 19: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jul 21-22: WA State Track Championships.

Marymoor Park, Redmond, WA. Races by the Marymoor Velodrome Association & Gregg's Cycle. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## Jul 26: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Jul 27-29: Alpenrose Challenge.

Portland, OR. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Aug 2: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Aug 3-5: ATRA Track Cycling Series.

Marymoor Park, Redmond, WA. National race series by the Marymoor Velodrome Association & American Track Racing Association. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## Aug 9: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Aug 12: Women's Only Track Classes.

Marymoor Park, Redmond, WA. Women's only beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424 www.marymoor.velodrome.org.

## Aug 16: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Aug 17-19: State Track Championships.

Portland, OR. Candi Murray, 661-5874 cmurray@teleport.com.

## Aug 20-25: Alpenrose 6-day.

Portland, OR. Six day series. Mike Murray, 503-661-5874 mmurray@teleport.com.

## Aug 23: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Aug 30: Alpenrose Weekly Series.

Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874 www.obra.org/.

## Sep 8-9: Masters Track Championships.

Portland, OR. Candi Murray, OBRA, 503-661-5874 www.obra.org/.



PHOTO COURTESY OF BP ARCHIVES.

**Bicycle Paper reader enjoying an event he discovered in the BP calendar.**

## 2<sup>nd</sup> Annual Northwest Women's Race Series

A forte of last year's success where 60 new women were introduced to the sport of road racing, NWWC is repeating the experience again this year. The 13-event series, beginning on March 17, is part of an effort to develop regional bike racing opportunities for women nationwide.

To help novice women cyclists learn more about bike racing and enhance their skills, GU energy gel and Zeal Optics are sponsoring post-race coaching clinics. The race-day coaching clinics are free and will be offered at four of the races.

Organizers also are planning a two-day weekend cycling clinic for women on April 21 and 22 in Redmond, Washington. The camp will cover racing

essentials including training, bike fit, riding in a pack, race strategies, learning how to be your own bike mechanic and riding on the velodrome. Accomplished road racers Kendra Wenzel, an 11-year professional cyclist and member of the US National Team, and Karen Bliss Livingston, a National and World Champion in track and road racing with 15 years of competitive cycling experience, will lead the clinic.

Contact Heather Johnston for more information at (206) 284-5407.

Editor's note: To find out which events are part of the series, please look for the mention "Counts for NWWC Series" in the calendar listing event description.



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# Paceline 101

Lots of riders here (and elsewhere) have a shaky understanding of how pacelines work. It's not their fault, by the way: Many savvy cyclists "just wanna ride" not hassle with teaching green riders.

So here's my personal Paceline 101. It won't be technical and it won't be about how-to-do-it. I've never been able to translate written paceline instructions, even diagrams, into action on the road.

Many new-but-strong riders resist learning paceline skills. Unschooled cyclists associate drafting with impossibly fast-paced riding. I can't do it, they say, I'll get dropped.

Trust me: Proper paceline technique will make your cycling easier, not harder. You'll travel faster with less effort. You'll make new friends, rise to a new level of cycling expertise and be glad you stretched yourself to gain it.

Drafting behind other cyclists, positioning yourself in their aerodynamic wake, makes pedaling easier, often by as much as 25%. That's a huge difference. If you ride a lot with a stronger person and you feel weak by comparison, learn to draft. If your riding partner is 20% stronger, the draft makes you equal. Equal is cool.

There is no penalty, by the way, for the front person. Having someone "on your wheel" doesn't slow you down.

My suggestions about drafting are easier to understand than to implement, much like

creating happy relationships. Like those relationships, drafting involves other people; it's cooperative and interdependent and intimate.

So it's problematical, but not impossible.

First: Pacelining is a team activity. Your partner helps you; if you can, you help him or her. To help, you have to be able to ride at the front, at least for a while. If you're fried, you can't do that.

So don't get fried. Don't sacrifice yourself; don't be a hero. Do only what you can do without exhausting yourself. You owe it to yourself and to your riding partner or partners. Read the last two paragraphs again.

Let's say there are just two of you. As you draft, remember to take care of yourself. Find the best shelter behind your friend, either directly behind or at an angle. If you find yourself becoming tired, say so.

Say: I'm barely hanging on here. Slow down a bit.

Please do that, please say something. Don't just be embarrassed and silent and allow yourself to be dropped. I'm imagining all you readers nodding your heads in agreement: Damn, you're saying, Maynard's got that right. But will you change your ways?

I'm afraid you'll go out and let yourself be dropped again and never say a word. I'm slow, you'll think. Slow. I'm only holding my friend up, ruining his or her ride. He or

she'll be better off when I'm gone. Sound like your mom, don't you?

When you poop out and drop five bike-lengths behind, your friend or riding partner has to sit up and wait for you. You can't accelerate and catch him: You're toast. You feel defeated. Losing the draft the next time will be easier.

You got dropped because you were reluctant, for one reason or another, to ask your friend to slow down. Now you're tired. The two of you will have to ride very slowly while you recover. If you recover.

If you had asked your friend to ride slightly slower, and we're talking about a very small difference here, a mph or two, you would still be sitting comfortably in the draft, riding within your abilities.

If he got tired, you could take the front and let him rest. If you'd made your needs clear to him and he'd complied. So ask. Get what you need. Does this sound like a series of self-help book titles?

If going to the front is going to cause you to blow up, don't do it. Or go to the front and take very short pulls, 30 seconds max. If you're in a multi-person paceline and you're at your limit, sit at the back, open a hole for each rider as he drifts back. You have no responsibility to work. If you can't, don't.

Your primary responsibility, beyond safety, is taking care of yourself. Off the back, you can't help anyone.

And: Your legs will do an amazing amount of work if the loads placed on them are

smooth, gradual. So try to create a paceline situation that's kind to your legs, one that's smooth and doesn't make you jump to catch a disappearing wheel.

Speak up.

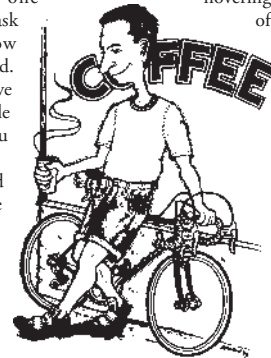
When the lead rider comes off the front, he should soft-pedal as soon as he moves over. If he does not, the next leader has to stay there for a long time simply to pass him, hovering there right off her shoulder. Get off the front and slow down; Ask your friends to do the same.

Don't get off the front and it's time for YOU to take the front, please do not accelerate. Please, please do not accelerate. I know you're excited to be there at the front. I know you want to keep the group moving at a good pace. Don't accelerate.

Maintain a constant speed, even if you have to check your cyclometer. If you do jump, the guy who just left the front has to chase you with tired legs. He may be able to do that once or twice, but eventually the repeated effort will break his legs.

When the tail end of the line appears next to you, blend into it smoothly. If the pace of the line moving back is almost the same as the line moving forward, it should be easy to blend into the forward-moving line.

Summing up: Take care of yourself so you can be of use to your partner. Try to keep the paceline working smoothly so no sudden-effort loads hit your legs or your friends' legs. Know what you need and don't be bashful about asking for it.



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