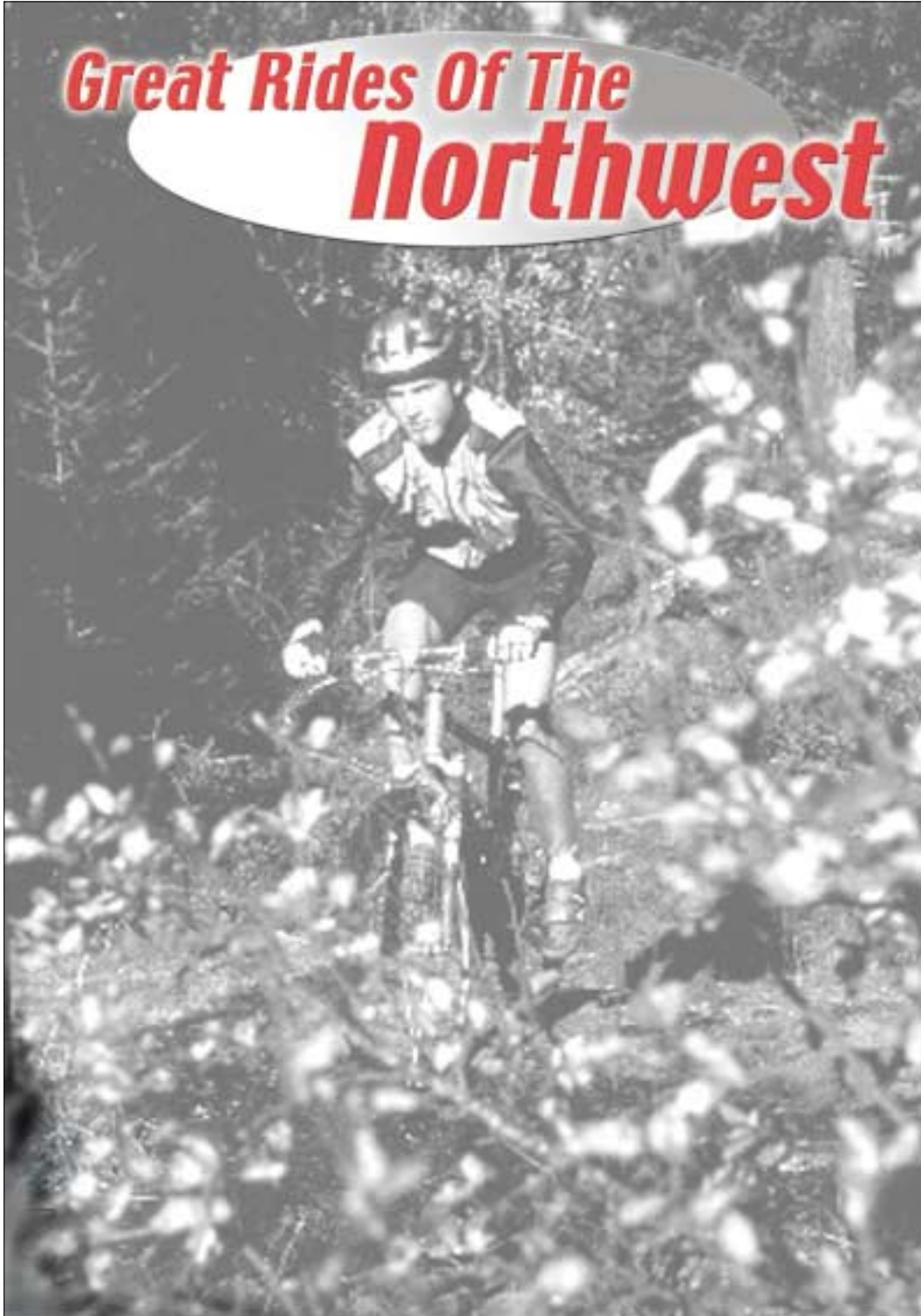


Bicycle Paper

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JUNE 2001

Great Rides Of The Northwest



Great Rides

BY CLAIRE BONIN

How to define a great ride? Is it the beauty of the surroundings? The challenge brought on by the route? The fun you get when riding a well-organized tour? The criteria will vary according to whom you are talking to. This Northwest great rides issue features some of Oregon's bests.

Great rides are not exclusive to Oregon; a quick glance at the calendar will introduce you to hundreds of road and mountain bike events in various Northwest locations. Should you be looking for a relatively flat route near the ocean, a challenging mountain climb or the camaraderie of a group ride, the Northwest has it all. If you are visiting a new area and uncertain of which way to go? Stop by the local bike shop for advice, or join in a club ride, the "locals" are a great resource and will help you to discover the best rides.

See "Great Rides" on Page 4

Stretching Toward Fitness

BY MICHEAL PETTY

When you get off your bike do you look like you're still riding it? Do your hamstrings and quads feel about as flexible as the tubing with which your bike was made?

Hopefully, nobody can answer yes to either question, but my point is that most cyclists are at risk of becoming quite inflexible. Cycling is a wonderful form of exercise except that it can fix your body in one position for a long time. Getting "locked" into any configuration is detrimental regardless of the overall benefits of the exercise associated with it.

See "Stretching" on Page 6

Look for the Anniversary and BMX Columns in our July Issue

The 30-year celebration coverage is not appearing in this month issue, however it will be returning in July featuring some of Northwest's great riders. We apologize if you were looking forward to our "step back in history" section. Furthermore, the BMX column is skipping this issue and will be coming back in full force next month with special coverage.



REGIONAL NEWS

Off to Colombia for Track World Cup

Eleven of the best American track cyclists will travel to Colombia to represent the United States at the Union Cycliste Internationale (UCI) Track World Cup #1, May 25-27. The athletes will race against track cyclists from all over the world in this prestigious international competition.

Jennie Reed (Kirkland, Wash.) is a four-time national champion and has represented the United States in six World Track Cycling Championships. This will be Reed's ninth world cup appearance; she has claimed four first-place finishes at 2001 AVC events.

Bike Works Summer Cycle Challenge

The second annual Bike Works Summer Cycle Challenge is scheduled for June 9th, from 9 a.m. to 2 p.m. at Seward Park. The bike-a-thon is a fundraising activity with the proceeds going to help support Bike Works various programs such as "Earn-a-Bike", "Neighborhood Rides", "Annual Kids Bike Swap" and the Community Bicycle Shop.

Family and friends are invited to join the excitement and participate in the fundraising effort by gathering pledges for the Summer Cycle Challenge. Prices for the most miles ridden in each age group and the best fundraiser will be awarded at the end of the event. All riders will receive a souvenir bag.

Bike Works is a non-profit organization that teaches kids how to fix bikes and provide affordable bicycle services for the community. For additional information or if you are interested in volunteering with the programs contact Bike Works at 206-725-9408.

Top International Bicycle Track Racers to Attend Alpenrose Challenge

Organizers of the Alpenrose Challenge report entries from world-class competitors for the July 27-29 event. Marty Nothstein, 2000 Olympic gold medalist has confirmed his participation to the 2001 Alpenrose Challenge. Josiah Ng, who has been able to really put the pressure on Nothstein this year, will also be competing. "We are excited, we have received entries from some incredibly talented athletes" says event promoter Mike Murray.

The organizers are anticipating that most of the country's top track riders will be attending this year's event. In the past, racers from Australia, Great Britain, Germany, South Africa, Canada, and New Zealand have competed in the event. Spectators will have the opportunity to see some fast and exciting racing action by those who will most likely represent the country at the next World Championships.

Podiums in Europe

Roland Green from Victoria, BC, riding for Trek/Volkswagen, and Team GT's Alison Dunlop, CO had an extremely successful trip in Europe. While racing the Italian and Belgium legs of the Mountain Bike World Cup circuit, Alison Dunlop made two visits to the podium finishing third in both events. On the men side, Roland Green posted the best male Canadian results ever, finishing second in Italy and making history by winning the Houffalize World Cup race.

Broadmark Capital and Saturn of Bellevue on top at Enumclaw.

Broadmark Capital Cycling Team defeated a strong field, which included the Prime Alliance professional cycling team, as well as top amateur teams from Washington, Oregon, Idaho, Utah and British Columbia at the Mutual of Enumclaw Stage Race on May 19 -20. Broadmark Capital rider's Sven Turf of Langley, BC broke the time trial course record, however it is Kenny Williams from Saturn of Bellevue who captured the top individual honors of the event.

Women on Track


The next two women's-only track classes are scheduled to occur at the Marymore Velodrome on May 26 and June 3. For more information or to sign up for the class (free to women) e-mail Gina Kavesh at gina@rentonww.com.

Bicyclepaper.com now has a searchable events calendar

As of this month, you can search the Bicycle Paper calendar on line. In order to make it more user friendly, we have created a search engine that allow you to find events more easily. You can now search the events calendar by date, location, type of event or promoter. Please let us know what you think.



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PUBLISHERS Paul Clark
Jay Stilwell
ASSOCIATE PUBLISHER/EDITOR Claire Bonin
GRAPHIC DESIGN Paul Clark
Rick Peterson
GRAPHIC INTERN Katie Pickard
WRITERS Claire Bonin
Geri Bossen
Sal Collura
Maynard Hershon
Justin Klahn
Eric Kytola
Allison Markin
Michael Petty
PHOTOGRAPHY/ART Donna Aitkenhead
Sylvie Raymond
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LETTER TO THE EDITOR

Congratulations on 30 years of coverage

Dear Paul and all,
Rockin' in the free world! The Bicycle Conspiracy was great then, just as the *Bicycle Paper* is awesome now. Looking forward to 30 more outstanding years of service to cycling in the PNW and beyond. Thanks for keeping the legend alive!

Cheers,
Josh Lehman
Beverly, MA



Takes issue with Tandem article

Hi:
Couldn't help but respond to one statement in your article about tandems in the May issue. Or perhaps two. I take issue with the statement that couples starting out with learning tandeming should expect to crash at least once, and I was really sorry to see that statement turn up in an article that might have the chance to otherwise encourage folks to try tandeming. I know this sounds anecdotal, but we've been tandeming for over 20 years and have met and/or ridden with many, many couples and families in all parts of the world, in a variety of settings. While we are aware of tandem crashes, they are few and far between. In fact, I would think that couples starting out on learning tandeming should expect never to crash, if they pay attention to a few simple safety rules, to the maintenance of the bike, to effective communication, and to surrounding traffic and road hazards.

Also, while I agree that it is a good idea for a tandem to be aware of drafters, almost always when there is a wheel touch, it is the bike behind that goes down, not the one in front, especially when the bike in front is a tandem. Unfortunately, in situations with large numbers of riders on a long ride, drafting is tempting and often folks who get

into a pace line situation do so without training, experience, or knowledge of the riders in the line. The technique to avoid going down at a wheel touch can be taught, but I suspect many have not learned it (these observations from one who has the experience of having gone down with a wheel touch, and who has subsequently taken a class in how to avoid that). In my opinion, the important advice to give tandem riders who find themselves in this situation (leading a pace line) is:

- 1) If you are leading the line, be predictable and point out hazards.
 - 2) If you don't want drafters, let them know that.
 - 3) If you go back in the line, know you are now just as vulnerable as the singles if someone goes down in front of you.
- Thank you for highlighting tandems in your paper.

Regards,
Mark Owings



A Ride for Washington's Forests

At 3 a.m. on Saturday, June 30th three cyclists will embark on a one-day journey across Washington State from Seattle to Spokane. These riders, an accountant, a sales manager and an engineer, will travel 275 miles along I-90, reaching their destination around 9 PM. Team Sweathog, as DeWayne Pitts, Ken Bathurst and Stuart Allman are collectively known, has never attempted such a long one-day ride before. This ride presents new physical and mental challenges and it has a larger purpose.

Team Sweathog is riding across the state to raise money for The Cascades Conservation Partnership, a coalition of environmental organizations that formed to purchase and protect 75,000 acres of forestland along the I-90 corridor of the north-central Cascades.

Currently the lands are in a "checkerboard" pattern, which means that this forest is divided into alternate 1-square mile blocks of federal (National Forest) and private (timber company) land ownership. Years of clear-cutting have left this land in great need of restoration and it has negatively impacted the wildlife that inhabits the forest, including threatened and endangered species such as the Spotted Owl.

The Partnership is attempting to raise money to purchase private lands near I-90. The objective is to raise \$25 million in private donations and \$100 million in federal funds by 2002 to protect 26 miles of rivers, 15 lakes and over 45 miles of hiking trails just one hour from Seattle. This effort will link the Alpine Lakes with Mt. Rainier and will protect most of the remaining ancient forests in private ownership.

In February 2001 the donation to the Wenatchee National Forest of the North Fork Taenum land was the first Partnership acquisition purchased with privately raised funds. This square mile of land includes one mile along the North Fork of Taenum Creek, 200 acres of old-growth forest, and 500 acres in the Manastash Roadless Area. Popular with hunters and hikers, North Fork Taenum was saved from imminent road building and logging. 10,000 acres of threatened land have already been saved due to the efforts of 4,600 individuals who contributed \$10 million.

Team Sweathog is gathering pledges to help protect threatened ancient forests, salmon streams and hiking trails. Individuals can sponsor the team either by pledging per mile (e.g. \$.20/mile x 275 miles = \$55) or a flat rate (e.g. \$30). If you would like to pledge Team Sweathog: DeWayne, Ken and Stuart, and support The Cascades Conservation Partnership, email teamsweathog@hotmail.com and include the amount you want to pledge, along with your name, address and phone number. For more information on the Partnership go to <http://www.ecosystem.org/tccp/> or 206-675-9747. Thank you!



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Wolf Creek from Eugene

BY SAL COLLURA

I have been riding in the Eugene area for about 15 years, and I have done all of the great rides, every one from “Long McKenzie View” to “The Brownsville Deathmarch”. One ride, however, seems to stick it’s head above the rest, and embody the spirit of the Willamette Valley. It is “Wolf Creek”.

From downtown Eugene, take Pearl Street heading south. Pearl turns into

Amazon Parkway, and you find yourself in a big fat bike lane. At the end of the bike lane, take a right on Hilyard, and then a left on West Amazon. Don’t take East Amazon, or you will climb over Dillard, and end up in Cottage Grove. That is another ride, for another time. Along West Amazon, you are sure to see runners on the bark trails that follow the creek, and most likely see other

cyclists. Eugene is a very fitness-friendly town.

Take a right on Fox Hollow, and shift down. Trust me, shift as soon as you turn the corner. The climb starts right away, and is fairly steep for the first kilometer. The ascent is under a thick green canopy, and passes a busy deer crossing even in broad daylight. You will soon wind around Spencer Butte Park. To your right is the 2000 ft. rocky top of the butte, and to your left a view of the southern Willamette Valley. The snow-capped peaks of the Three Sisters are visible over your left shoulder. The climb flattens out, and even goes down a little, however the climb is not over yet.

After a couple miles of the steep stuff, you finally reach the summit. There is a park bench on a grassy slope with a view of the Spencer Creek Valley. The descent is fast, but

not very technical, save the sharp left where Fox Hollow meets McBeth, which is commonly known as “McDeath”. Don’t miss the turn, or you will find out how this hill got its nickname.

At the bottom of the descent, you can keep your speed as you wind down to Lorane Highway. Turn left, and enjoy the scenery as you roll along to the famous Gillespie Corners. Another left, and you are well on your way to the quaint little town of Lorane. After a short climb, you find yourself on a plateau. King Estates Winery is on your right.

As you ride down and through Lorane, you can stop at the little market for a quick snack, don’t worry they are used to strangers in spandex. Afterward, keep heading West and you will find yourself on Siuslaw River Road. Soon you are deep in the woods, where the real climbing begins. Snaking up the mountain, you ride on stretches of road that have never seen sunlight. When you think you have made it to the top, turn right on Wolf Creek Road, and get out of the saddle for some switchbacks. There are several amazing vistas, and the right-of-way is very European.

The descent is one of the best around, and comes complete with a long steady uphill right in the middle. At the bottom, a left turn brings you on Territorial Highway, and a quick right on Crow Road. For the next few miles, you will be rolling through “Wisconsin”. After you take a right on Spencer Creek Road, the rollers get bigger.



PHOTO BY SILVIE BAYMOND

A long steady climb in Idaho during the HP Women’s Challenge.

One more long flat section and Spencer Creek turns into Lorane Highway for one last climb. By itself, this road section is easy, but after a long ride, the final climb back into Eugene can be a challenge. Stay on Lorane Highway all the way to the top. The descent is tight, curvy, and bumpy. You will come out on 29th Street and keep heading East. At the second traffic light, turn left and you are back on that big fat Hilyard bike lane, only 75 miles later. There you have it, Wolf Creek, a challenging ride that offers beautiful scenery.



What makes a great ride?

In the opening comments, we mentioned that various criteria are used to define it. Two people going on the same ride may see it totally differently. Both consider it to be great but for different reasons. The following articles are good examples of how one would describe a great ride.

The great Wolf Creek loop from Cottage Grove

BY ERIC KYTOLA

This is one of the best road rides in Lane County due to the diversity of landscape that the course winds through. It has a fair amount of climbing and some very fun descending. Although I usually begin riding this route from the south end of Eugene I will describe the route leaving and returning to Cottage Grove, which is easily accessible from the I-5, and because of the fun climb that leads to the town of Lorane

Get yourself to downtown Cottage Grove and start the ride heading west on Cottage Grove Lorane Road; it will bring you to the town of Lorane. The road starts off gently, rolling along through fields and meadows, on it’s way to a beautiful climb through fir trees. The climb levels off long enough for you to catch your breath and take in some nice views of the hills and valleys to the west. The descent is a gradually twisting experience. It’s a fun time on a road that changes from the fir forest summit into the grassy valley below. You will arrive in the town of Lorane, a good spot to fill up with water and eat snickers bar. Siuslaw River Road, sometimes know as Lorane West Road, is to the left just a few pedal strokes away.

The Siuslaw River Road is one of the most beautiful roads in the state. It meanders along the Siuslaw River that is burbling along on

your left as you ride between Coast Range tree canopies and fields. The rollers start out gently however as the ride progresses so do the rollers. You are continually moving from shady cool tree canopies to warm open clear cuts. At some point the road’s middle line stops and you are on a wide one-lane road with virtually no car traffic; a wonderful place to look around and talk with friends. Near

the end of Siuslaw River Road the rollers turn into real climbs and descents. The downhill can have some pretty tight corners at the bottoms so use caution.

At some point on the road, you realize that you are completely surrounded by steep fir covered mountains and the special nature of this ride is revealed, isolation in the Coast Range.

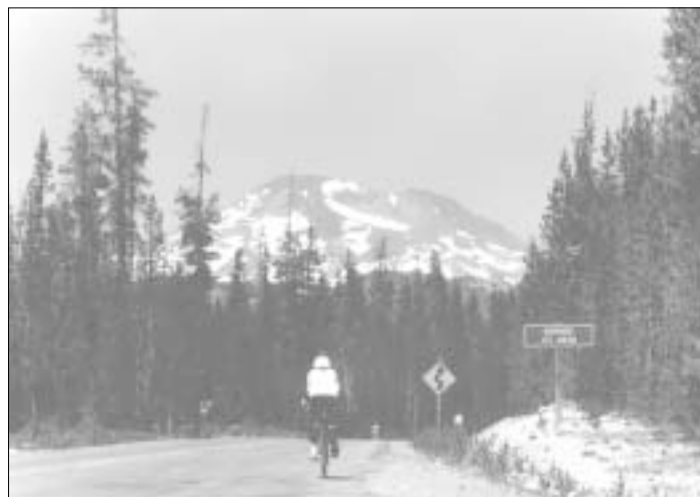


PHOTO BY DONNA AITKENHEAD

Great ride, great scenery and virtually no traffic.



Troutdale to Mt. Hood: Up, Up and Away

BY JUSTIN KLAHN

A "great" ride. What makes a ride great? Is it the beauty of it, the challenge or the simple fact that wherever you're riding you'd rather not be anywhere else? For most of us it's a combination of all three, and then some!

Being a self proclaimed "climber", a great ride has to involve riding up a big hill or better yet, a big "mountain". This would have to make one of my favorite rides: Troutdale to Timberline Lodge, near the top of Mt. Hood.

Starting in Troutdale makes the total mileage to the Lodge just less than 60 miles and offers total elevation gains well over 6,000 ft. You might ask: "What's so 'great' about riding to a destination where thousands of people travel each year?" My answer is simple: 6,000 ft. in 60 miles. Sure thousands visit Mt. Hood each year, but they do so in automobiles. Probably less than 1 percent arrive by bicycle. Isn't that enough to pique your cycling curiosity?

My "climbers" approach to Timberline begins with an eastward departure out of Troutdale toward Oxbow Park, continuing through Sandy to Marmot road and onto

the Barlow Trail with the Matterhorn (Mt. Hood, that is) serving as the back drop. Many world travelers have likened the views along this ride to those of Switzerland. The route will take you on the best back roads in the area until you meet back with Highway 26 in Zig Zag. Traversing the lush valleys and foothills of Mt. Hood, the route passes through landscaped nurseries and along bubbling brooks as well as raging white water. The roads are quiet and traffic is minimal, but the scenery is abundant. Keep your eyes open for coyotes in the fields near Sandy.

After "warming-up" for 35 miles or so, you'll arrive in Rhododendron and this is where the climb really begins. After an arduous section that "never seems to take that long in the car," you'll think Government Camp never looked so good.

After refueling and a quick stretch, make sure you don't miss the old road up to Timberline. The one that's closed to auto traffic. Once you're on it, the blessing is - you won't see a car until you reach the top. The burden is - you're thick in the trees and it will just seem to keep going up and switching back. The road will bully you to try and assess the grade to help pass the time. Every

time you decide you're near the top, the pavement will blankly stare you straight in the face and calmly ask, "You're not in any hurry are you?"

On your final approach to the top, the topography resembles that of the moon. It gets barren. The terrain is smooth and grey, it is very quiet and it is incredible. You'll now see the peak, up close and personal. Every time I do it, I know at this point exactly why I enjoy it so much. Yes this ride is a challenge, but "great" rides usually are.

Now upon arriving, if you plan correctly, you'll have a room and a dinner reservation waiting. Your street clothes will also be waiting with a true friend who was willing to drive all the way up the mountain for you. In exchange for a night and a meal for two, you'll have a chauffeured ride back to town the next day. Climbing can get you fit but descending (that long and that fast) can get you hurt. But then again, some people are all about daredevil descents. Personally, I'm all for taking the easy way, obviously.

For organized/supported opportunities to ride this route or portions of it, look for the 'Summit to Surf' cycling event which starts



PHOTO BY SYLVIE RATMOND

You're not in any hurry are you?

in Zig Zag and goes to Hood River with an optional stop at Timberline. You can also contact Revolutions Bicycle Tours and Training Camps at www.on2wheels.com, regarding one of their many summer four-day departures, up, over and around the mountain.



Cycle Oregon, a family experience

BY GERRI BOSSEN

According to sixteen year-old Mikkel Bossen, the seven-day Cycle Oregon is the greatest bicycle tour there is. Royal, his 75-year old grandfather who has ridden every Cycle Oregon since the inaugural ride in 1988, agrees, as does Mikkel's mother, Geri.

Mikkel rode parts of Cycle Oregon II in 1989 when he was only four years old. He loved riding his bike and traveling around Oregon with Mom, Grandpa and two thousand bike riders. It was during that ride that he announced his intention to "ride all the way next year". With the help of a customized tandem, for him and mom, he

was on his way in 1990. Mikkel has continued to ride Cycle Oregon each September. The year Mikkel turned 13 he finally talked his mother into letting him ride his own bike.

Cycle Oregon and Mikkel have both grown over the years. In the beginning riders showered in school gyms and supply their own meals. Now Cycle Oregon is its own traveling community with port-a-potties, mobile showers, mobile kitchens, tables, chairs, dining shelter, stage, sound system and even their own daily newspaper "The Cycle Oregonian". This is in addition to bike mechanics, medical crews, sag wagons and lots of volunteers.

The tent-city of 2,000 riders plus support personnel out numbers the populations of the small towns that host them. In spite of this, the small towns all turn out to welcome the riders and provide them with everything from home-baked cookies to local quilt shows. This year's ride had to be limited to 1,500 riders because it is traveling through sparsely populated Steens Mountain area in Southeastern Oregon.

Cycle Oregon features frequent water and snack stops, well marked low traffic routes which make it safe for all cyclists and provide peace of mind to parents that choose to bring their children along.



PHOTO BY GERRI BOSSEN

Geri and Mikkel riding Cycle Oregon on their special tandem.

The ride offers something to everyone. While Royal enjoys riding along at his slow-but-steady pace, he takes great pleasure in giving history lessons to anyone who happens to be listening. Geri appreciates the time spent with her father and son; their relationship has grown over the years, mile by mile.

Since their first ride, Mikkel's family has ridden through the new growth timber near Estacada, around Crater Lake, over the Cascade Mountains and back again providing multiple opportunities to see and experience Oregon. Cycle Oregon has brought the Bossen's family to ride through the Willamette Valley, Umpqua Valley, Squaw Valley, Wallowa Valley, Columbia Gorge, Volcanic Lava flows, Eagle Cap

Wilderness, National Forests, National Wildlife Refuge, National Scenic Areas, the Coast Range, McKinzie Pass, Goolaway Gap and many, many more creating great memories.

One of them was during Cycle Oregon X when our family along with 1,997 tour participants were camping in a field under a full moon. During a sudden thunderstorm we all got to experience a black and white rainbow dubbed a "Moon-bow". That Moon-bow was a once in a lifetime experience as each day on Cycle Oregon has been.

For more information on Cycle Oregon, visit Cycle Oregon web site: www.cycleoregon.com



PHOTO BY GERRI BOSSEN

Mikkel is riding solo

"Stretching" from Page 1

This naturally leads me to talk a bit about stretching. Having adequate flexibility in cycling-related muscles and joints will at least let you ride more comfortably and very likely prevent overuse injuries. Think about this fact; an hour of cycling can produce more than five thousand revolutions of each pedal and in turn each knee. Tight muscles will be more likely to cause greater pressure across bony surfaces, kind of like a violin bow being dragged over the strings. Take my word on this, you don't want that kind of music, and especially not from your knees. Another advantage in maximizing flexibility is that your muscle strength can be enhanced in one muscle group if the opposite group is nice and limber. It has to do with the reflexive

control of the muscle.

Short term benefits of stretching include being more comfortable immediately afterwards which means more comfort on the bike. Medium term benefits include avoiding injury (see violin knees above). Long term benefits are better balance and overall function as you get older. To best enjoy the benefits, stretch every day but at least three times a week.

An excellent resource for stretching is *Stretching* by Bob Anderson. In it, he gives very nice descriptions and simple depictions of positions and techniques for stretch. For specific activities, he has created groups of appropriate stretches to emphasize important muscle groups.

Athletic Medicine

EDITED BY MICHAEL PETTY, MA, MSPT

There are other dynamic ways to increase flexibility and strength. Yoga, in its many forms, can provide an outstanding basis from which to address both these issues, to say nothing of its mental aspect. Right now, yoga is very popular and studios have sprung up all over. You may have heard of Pilates' exercises or studios which also help create lithe, strong bodies.

So, as you head out for those great Northwest rides, don't forget to WHIP yourself into a flexible shape. Take care.

Michael Petty is a regular contributor to *Bicycle Paper* and a licensed physical therapist. He is a nationally certified in therapeutic massage and bodywork and a nationally certified fitness consultant. You can contact him at Lone Star Fitness by calling 206-355-7827 or writing pettymichael@hotmail.com

General guidelines for stretching using the WHIP acronym:

* Warm up at least a little bit (5 minutes) before doing it. Maybe stretch after a short and gentle warm up ride, focusing on major cycling muscle groups;

* Hold (no bouncing) each stretch for at least 15 seconds, breathing smoothly all the while;

* Include stretching your quads (front of thigh muscles), hamstrings, gluteals, hip flexors, and groin and calf muscles (Note: This is the bare minimum. Ideally, stretching back and chest muscles is part of the regimen and is repeated at the end of the ride, before your body cools down.);

* Pain is not part of the equation so you only go to the point of resistance of movement. Remember, this is called "stretching", not "ripping".



UP NORTH

The Kettle Valley Railway: A Tour Through History

BY ALLISON MARKIN

If you're looking for a spectacular and historical off-road tour this summer, consider British Columbia's Kettle Valley Railway (KVR). Located in the southern part of the province, from Hope in the west to Midway in the east, and smack dab in the middle of the wine and fruit producing Okanagan region, the abandoned bed, trestles and tunnels make for great long or short mountain bike trips.

"The KVR offers something for just about every rider - it's generally an easy ride and the atmosphere is incredible."

says Okanagan-born John Malakoff, a train enthusiast who has taken group tours along sections of the KVR for a nearly six years.

Built in the early 1900's, the 600-kilometer KVR features some of the most advanced engineering of the era, still visible in its long wooden trestles and tunnels. Though the vast majority of the trestles are perfectly safe, in fact several have been upgraded as part of a growing trail system, some of the tunnels are blocked off due to water and the potential for collapse. The smaller ones that are open provide welcome respite from the summer sun.

The remnants of train transportation are long gone - the ties have been removed, and the railbed itself has never been paved. In some areas, the ridges left by the tracks are still around to offer some minor bumps. The KVR, sections of which are now part of the Trans Canada Trail (see www.tctrail.ca, or trailsbc.bc.ca), welcomes thousands of hikers, cyclists and nature enthusiasts every year to enjoy both the trail itself, and the amenities springing up around it: wineries,

orchards, camping areas, fishing lakes and ranches, to name a few.

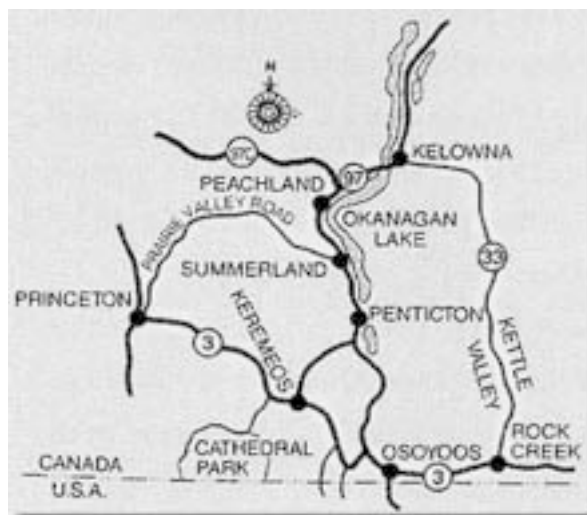
Grades on the trail never exceed 2.2 percent (the elevation does peak at slight above 4000 feet), but for those seeking thrills, you'll have the opportunity to "freak yourself out", says a spokesperson for the Okanagan Tour de Vine Society. The Society organizes an annual wine-tasting extravaganza along the trail near Penticton (see www.tourdevine.bc.ca).

"You'll want to have a firm grip on your handle bars over the trestles, especially in the Myra Canyon," says Barb Sheppard. The Canyon, perhaps the most exciting spot on the trail, is located between Penticton and Kelowna, on the east side of Okanagan Lake and offers incredible views. Those with a fear of heights may not be too comfy on the main trestle.

The environment around the trail varies greatly, from lush mountain forests to Canada's only pocket desert, near Osoyoos, just north of the border, and a wide range of wildlife. Don't be surprised if you come across a rattlesnake, along with a variety of friendlier forest creatures.

Planning a day trip from one of the communities along the railbed is fairly easy - visit a local visitor's center or chamber of commerce at any community near the trail, and they can provide you with maps and information. Local bike shops can give you the same, along with gear and advice for the section you'd like to ride.

Longer trips of a few days or more may require a bit more planning, as the trail conditions change frequently, construction may spring up (a gas line under



Map of Kettle Valley route.

construction near Midway has recently closed sections), and you may not be permitted to cross private property, in some areas. The BC government, both the Ministry of Tourism and the Ministry of Forests, can give you information (www.gov.bc.ca). A multitude of government parks exists along the trail, and while some are for day use only, a number now offer camping and amenities. Information is available at www.travel-british-columbia.com, and reservations for camping space are highly recommended, especially in the busy summer season.

You may also want to pick up a copy of *Cycling the Kettle Valley Railway* by Dan and Sandra Langford, or check out Dan's website, which features regular and detailed updates about the trail (www.planet.eon.net/~dan/kvr.html). For a more historical perspective, drop into the KVR Museum in Midway.

Don't want to do the planning? Take advantage of fully supported bike and camping tours provided by tour companies. Starting at about \$100 US, the cost varies depending on the amenities available and the length of the trip. Most companies have fixed departure dates from communities throughout the trail region. Check out www.great-explorations.com, or Okanagan Bike Tours at www.okbiketours.com, who offer multi-sport tours, including an option for heli-biking in the Myra Canyon.

If you go, be sure to follow all posted signs, pack plenty of water and sunscreen, take your garbage with you, and bring your camera. And don't forget to leave some room in your saddle bags for a couple of bottles of BC wine and some fresh Okanagan fruit.



RESULTS

The Beacon Bomber - Downhill

April 21-22, Washington

Pro Women (1 Starters)

Pl.	Name	Team	Comb.	Time
1	Carmie Kowlaski	Azonlic/Tur		5:12.7

Open Men (21 Starters)

1	Will Holden	Hairy Gary		4:25.3
2	M. Muraoka			4:32.8
3	Kevin Ryan	DH Zone/Mrp		4:32.9
4	Darren Brown	DH Zone		4:33.0
5	Richard Mukai	Sombrio/Cp		4:33.5
6	Mike Albright	MTb Zone		4:36.3
7	Russell Skiver	Rocky MT/Azo		4:36.6
8	Willy Warren	Kona		4:37.4
9	Pat Mahony	Hpc/Bkdogz		4:40.2
10	Eric Carlon	Intense		4:41.8

Expert Men 30-39 (22 Starters)

1	Derik Olsen	RockMTbike		4:31.9
2	Mike Russert	Tm Mackay		4:38.5
3	Kim Eakin	Oldtownbik		4:38.6

Expert Men 40-49 (2 Starters)

1	Bill Kieffer	Tm Psycho		5:04.3
2	Arnold Mukai	Tm Mukai		8:54.0

Expert Men 50+ (2 Starters)

1	Mitch Webster			5:50.1
2	Terry Dick			6:10.0

Expert Junior Men (12 Starters)

1	Brian Gerrard			4:39.6
2	Grant Shears	DH Zone/Fsa		4:45.6
3	Sean Murphy	Beef/Hairy		4:50.5

Expert Women 19-29 (2 Starters)

1	Sara Johnson	Intense		5:21.9
2	Emily Johnston			5:54.3

Expert Women 30-39 (1 Starter)

1	Leigh Fiedler	Dirtworld		5:41.5
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Expert Junior Women (1 Starter)

1	Leana Gerrard	JF2		6:01.0
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Collegiate A Men (4 Starters)

1	Alan Swanson	MSU		4:55.1
2	C. Shonkwiler	U Of W		4:59.1
3	Jeff Walters			5:17.4

The Beacon Bomber - Cross-country

April 21-22, Spokane, Washington

Pro Women (2 Starters)

Pl.	Name	Team	Time
1	Grande, Ann	Kona	1:35:10
2	Kruger, Shawna	Intense	1:41:50

Open Men (14 Starters)

1	Yanik, Jamey	Giant/Spt+		1:43.47
2	Knapp, Dale	Kona		1:44.46
3	Swanson, Toby	Bolla		1:46.44
4	Bradford, Aaron	Rad Racing		1:46.49
5	Carbaugh, Jesse			1:47.15
6	Jablonski, Jason	Bolla/Bian		1:47.40
7	Hanson, Loren	AT & T Wire		1:48.45
8	Atwood, Eric	Dirtworld		1:51.57
9	Holden, Kris	Gary Fisher		1:53.46
10	Hanson, Mark	AT & T Wire		1:54.20

Expert Men 30-39 (32 Starters)

1	McCarter, Jake	Shakinbobo		1:29:10
2	Anderson, Eric	SOR		1:31:04
3	Young, Christian			1:31:24

Expert Men 40-49 (7 Starters)

1	Hardenbergh, M.	Oak Harbo		1:40:45
2	Long, Virgil	Adrenaline		1:41:12
3	Jackson, Sheldon	Arrivee		1:41:45

Expert Men 50+ (5 Starters)

1	Benedetti, Rob			1:43:09
2	Heywood, Thom	Arlberg		1:55:03
3	Beightol, Richard	K Schwinn		1:57:00

Expert Men 18&Under (9 Starters)

Pl.	Name	Team	Time
1	Iddings, Ryan	Rad Racing	1:29:39
2	Carbaugh, Collin	Rad Racing	1:31:27
3	Roberts, David	MT Velo	1:34:16

Single Speed (7 Starters)

Pl.	Name	Team	Comb.	Time
1	Vosberg, Andy	Elite Ath		1:17:03
2	Snyder, Ron	Val Velo		1:20:07
3	Carbaugh, Don			1:20:17

Expert Women 30-39 (1 Starter)

1	Dombrowsky, Pi	Tm Melthow		1:26:30
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Expert Women 40-49 (2 Starters)

1	Armstrong, Karen			1:20:20
2	Davies, Mary Ann	Bigsgy Cyc		1:28:22

Expert Women 18&Under (1 Starters)

1	Gerrard, Leana	JF2		2:05:24
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Junior Men 10 & Under (5 Starters)

1	Worl, Luciano	Tm Mukai		29:19
2	Katzer, Brandon	Bike&Board		29:26
3	Szember, Adam	Tm Mackay		36:22

Junior Men 12 & Under (6 Starters)

1	Kerr, Jermie	YS3 Racing		35:07
2	Michel, Andrew			35:09
3	Hare, Derek	Bikebutler		35:42

Junior Men 14 & Under (7 Starters)

1	Pearce, Jake	Sngl Tr Cy		52:07
2	Warren, Brian	Singletrac		52:08
3	Sicz, David	Fivevalley		55:43

Junior Men 16 & Under (14 Starters)

1	Robertson, Evan	JF2 Racing		45:45
2	Hoch, Nathan	Single Trk		48:04
3	Urdahl, Danny			48:19

Downhill XC (6 Starters)

1	Lawrence, Michael	Tm Goodbar		52:56
2	Welk, Cyrus	U Of ID		58:25
3	Salatino, Robert	Psycho		59:26

Junior Women 10 & Under (2 Starters)

1	Reed, Chelsa			41:58
2	Gildehaus, SM	Tm Mackay		49:16

Junior Women 12 & Under (1 Starter)

1	Haslings, Darci	Biek&Board		41:50
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Junior Women 18 & Under (1 Starter)

1	Uravich, Mary	U Of ID		1:06:00
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Collegiate A Men (5 Starters)

1	Rucker, Jim	MSU		1:28:42
2	Dolan, Matt	OSU		1:31:41
3	Cavanaugh, Sean	MSU		1:33:35

Collegiate A Women (2 Starters)

1	Kalnaes, Maria	MSU		1:16:32
2	Ducharme, Lisa	MSU		1:20:49

Chelan Mountain Bike Festival - Cross-country

May 5-6, 2001

Pro Women

Pl.	Name	Sponsor	Time
1	Grande, Ann	Kona	1:57:32

Open Men (14 Starters)

1	Yanik, Jamey	Giant/Spt+		2:06:30
2	Rucker, Jim	MSU		2:07:37
3	Knapp, Dale	Kona		2:08:38
4	Atwood, Eric	Dirtworld		2:09:11
5	Jablonski, Jason	Bolla/Bian		2:09:24
6	Plews, Evan	Airbomb		2:10:35
7	Hanson, Mark	At&Twirele		2:13:07
8	Carbaugh, Jesse	K2		2:16:08
9	Cooley, Daniel	Thurston R		2:17:49
10	Holden, Kris	Garyfisher		2:26:02

Single Speed (4 Starters)

1	Carbaugh, Don			1:35:42
2	Dixon, David	Elite Ath		1:37:49
3	Hutchison, Kyle			1:42:17

Collegiate A (2 Starters)

1	Dolan, Matt			1:51:11
2	Oestrike, Brian	U of MT		1:57:19

Master Expert Men 30-39 (33 Starters)

1	Young, Christian			1:46:44
2	Knocky, Mark	2wheeltran		1:47:17
3	Anderson, Eric	SOR		1:47:23

Master Expert Men 40-49 (7 Starters)

1	Long, Virgil	Adrenaline		2:02:18
2	Schultz, Kevin	Tm Mackay		2:03:37
3	Crum, Tim	Bikebutler		2:06:10

Master Expert Men 50+ (6 Starters)

Pl.	Name	Sponsor	Time
1	Norton, Dan	Gregg/Trek	1:56:02
2	Benedetti, Rob	Arrivee	2:04:43
3	Beightol, Richard	K Schwinn	2:22:08

Expert Men 18 & Under (9 Starters)

1	Bradford, Aaron	Rad Racing		1:44:05
2	Iddings, Ryan	Rad Racing		1:44:07
3	Carbaugh, Collin	Rad Racing		1:54:14

Master Expert Women 30-39 (2 Starters)

1	Dombrowsky, Pi	Tm Melthow		2:07:09
2	Burns, Kate	Bikebutler		2:10:14

Master Expert Women 40-49 (3 Starters)

1	Armstrong, K.			2:09:17
2	Davies, M.A.	Bigsgy Cyc		2:22:29
3	Murphy, M.B.	Bikebutler		2:38:11

Expert Women 18 & Under (2 Starters)

1	Gerrard, Leana	JF2		2:58:13
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Junior Men 10 & Under (3 Starters)

1	Szember, Adam	Tm Mackay		55:01
2	Devlin, Michael	Tm Mukai		1:02:42
3	Cultrigh, Cole	YS3 Racing		1:42:23

Junior Men 12 & Under (6 Starters)

1	Shafer, James			45:34
2	Hebert, Chad			56:26
3	Hare, Derek	Bikebutler		57:24

Junior Men 14 & Under (9 Starters)

1	Pearce, Jake	Sngl Tr Cy		1:09:16
2	Warren, Brian	Singletrac		1:11:17
3	Szember, Michael	Tm Mackay		1:24:47

Junior Men 16 & Under (7 Starters)

1	Hoch, Nathan	Single Trk		1:03:54
2	Eberth, Kyle			1:07:09
3	Hovenkotter, K.			1:20:13

Downhill-XC (5 Starters)

1	Lawrence, M.	Tm Goodbar		37:24
2	Salatino, Robert	Psycho		39:36
3	Welk, Cyrus	U Of ID		49:46

Junior Women 10 & Under (2 Starters)

1	Gildehaus, S.M	Tm Mackay		1:02:15
2	Reed, Chelsa			1:19:18

Junior Women 12 & Under (3 Starters)

1	Chamberlin, H.			54:46
2	Murphy, Lauren	Bk Butler		1:05:45
3	Reed, Kayla			1:23:10

Junior Women 14 & Under (2 Starters)

1	Fisher, Jessica			1:54:22
2	Graybeal, Justine	Vert Earth		2:11:41

Junior Women 16 & Under (1 Starter)

1	Warren, Melissa			1:39:33
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Junior Women 18 & Under (2 Starters)

1	Uravich, Mary	U Of ID		1:50:26
2	Noble, Theresa			2:04:50

Chelan Mountain Bike Festival - Downhill

May 5-6, 2001

Pro Women (2 Starters)

Pl.	Name	Sponsor	Time
1	Kowlaski, Carmie	Azonlic/Tur	4:16
2	Chandler, Sara	DH Zone	4:26

Open Men (19 Starters)

1	Bachtell, Josh	DH Nw		3:37
2	Northern, Casey	Dirtworks		3:39
3	Ryan, Kevin	DH Zone/Mrp		3:40
4	Mutoli, Ethan	DH Zone		3:41
5	Warren, Willy	Kona/Axo		3:42

Collegiate A Men

Welcome to the Pacific Northwest's most comprehensive bicycle calendar

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, 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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BMX

Jun 1: Race for Life: Leukemia & Lymphoma Society Fundraiser. South Kitsap BMX, Port Orchard, WA. Double Points event - Friday evening. Sign up 6-6:30 p.m., nonmembers welcome. Mike Raich, 206-246-2661, bmxmike@netcom.com

Jun 2: Race for Life: Leukemia & Lymphoma Society Fundraiser Mason County BMX, Shelton, WA. Double Points event - Saturday afternoon. Sign up 3-4 p.m. Nonmembers welcome. Shawn Kinney, 360-426-9899, bmxmike@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@netcom.com

Jun 3: State Championship Race Mason County BMX, Shelton, WA. Double Points event. Sign up 10-11 a.m. Sunday morning. Must be full member of ABA to participate. Shawn Kinney, 360-426-9899

Jun 4-Aug 24: McCollum Park BMX Mid Week 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. S.E., Everett, WA, 98204. 425-485-3461, mcollumpark.bmx@gte.net

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. S.E., 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. S.E., 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. S.E., Everett, WA, 98204. 425-485-3461, mcollumpark.bmx@gte.net

Jun 14: Race for Life: Leukemia & Lymphoma Society Fundraiser River Valley BMX, Sumner, WA. Double Points event - Wednesday evening. Sign up 6-6:30 p.m. Nonmembers welcome. Mike Raich, 206-246-2661, bmxmike@netcom.com

Jun 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@netcom.com

Jun 28: State Championship Race McCollum Park, WA. Entry fee \$15. Char Ayres, Snohomish County Parks & Recreation, 600 128th St. S.E., Everett, WA, 98204. 425-485-3461, mcollumpark.bmx@gte.net

Jun 29: Gold Cup Qualifier. McCollum Park, WA. Entry fee \$25. Char Ayres, Snohomish County Parks & Recreation, 600 128th St. S.E., Everett, WA, 98204. 425-485-3461, mcollumpark.bmx@gte.net

Events

Jun 3: 5th Annual National Trails Day Event. OCAE Woods Line State Trail, Klammath Falls, Oregon. Join us in celebrating National Trails Day on the Switchback section of the trail: 7 & 10 mile (mtb, equestrian or horse & carriage routes), 10 km run and 3.5 mile guided nature hike. Entry fee: \$3. There are extra charges for T-shirts, BBQ and a mountain bike raffle. All profits will be used for trail development. Registrations starts at 7 a.m. Art Sevigny, 541-884-3050

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 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. S.W., 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

Jun 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. S.W., Olympia, WA, 98512. 360-704-3315, www.dirtworld.com

Jun 8: Susan's Cycling Camp. Leavenworth, WA. Susan Bonacker, 930 N.W. Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysideports.com

Off-Road Racing

Jun 13: Cyclopath Triple Threat. Kelowna, BC. BC Cup cross-country #5, downhill #3, dual slalom #2. Garry Norkum, Cyclopath Kelowna, 250-868-0122. cyclopath@silk.net

Jun 23: 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 will start at approx. 350 ft. elevation & 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 Rd. S.W., 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. Brant Shaw, 541-883-3038, BS63122@aol.com

Jun 9-10: Mount Mac Challenge. Revelstoke, BC. Downhill & Fat tire criterium.

Jun 10 - Cross-country. Keith McNab, Revelstoke Cycling Association, 1565 Sheill Rd., Revelstoke, BC, V0E 2S 1. 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.bizzone.com

Jun 10: Pickett's Charge! Bend, OR. Oregon MTB Race. OBRA sanctioned MTB race. Toby Bayard, Bend, OR, 541 382 8018 or 541-382-8018 www.sunnysideports.com

Jun 10: Rumble Mountain Race Port Alice, BC. Cross-country, Jacques Mackenzie, Village of Port Alice, P.O. Box 130, Port Alice, BC, V0N 2N0. 250-284-3391, www.village.portalice.bc.ca

Jun 16-17: 24 Hours of Caffeine Kamloops, BC. 24 hour MTB endurance race. Henry Pejrl, Janya Cycle, 7-1380 Summit Dr., Kamloops, BC, V2C 1H8 250-314-5282, javaracing@home.com

Jun 16-17: Muddypup 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. Hatzic Valley, BC. BC Cup #3 Steve Fenning, Soliton Cycling Club, BC, 604-293-8648 sfenning@bcgas.com

Jun 17: Snowden Slug Slam. Campbell River, BC. Cross-country, Clayton Annis, Campbell River Spocket Rockets, 250-923-6023, www.slugslam.com

Jun 17: Whitty Island Mudder. Langley, WA. Robert Frey, 360-321-5884www.onespedtrifoot.com

Jun 22-24: State Games of Oregon Mt. Hood, Oregon. Training starts at 12:00 on Friday for Downhill and Dual. Cross-country on Sunday. Downhill 2 run format for Pro/Exp, 1 run format for Sport/Bea. Dual starts at 2:00pm on Saturday. Petr Kakes, 503-272-0146 jogan@skibowl.com

Jun 23: State Mountain Championships Ski Bowl. Mt. Hood, OR. Peter Kakes, 503-272-0146, jogan@skibowl.com

Jun 23-24: Test of Metal Squamish, BC. 6/23 - 6/24 point-to-point cross-country, 6/24 triat. Limited to 800 riders. Cliff Miller, P.O. Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-3519, www.testofmetal.com

Jun 23-24: The Squilchuck. WIM #5 Squilchuck State Park, Wenatchee, WA. Cross-country and downhill as well as kids' 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. Peter Kakes, 503-272-0146, jogan@skibowl.com

Jun 30: 1st Annual Grand Coulee Dam MTB Race. Coulee Dam, WA. Adult course is 10 miles, junior course 1 mile. Starts at 11 a.m. Entry fee \$15 for adults includes a t-shirt, junior \$3 - shirt extra. Tom Skordas, 603 Aspen, Coulee Dam, WA, 99116. 509 633 0775

Jun 30-Jul 1: Red's Revenge Rossland, BC. BC Cup downhill #4, dual-slam #3. Darrell May, Box 1840, Rossland, BC, V0G 1Y0. 250-362-3398 www.blackbearbnc.com

Jun 30-Jul 1: Shotgun Creek Fat Tire Festival. Eugene/Springfield, OR. Oregon MTB Series. Cross-country and downhill. Randy Dreiling, OBRA, 541-984-1433, www.oregon-adventures.com

Jul 7: Gorge Games Ski Bowl. OR. Peter Kakes, 503-272-0146, jogan@skibowl.com

Jul 7-8: Tualcquest Hinton, AB. Downhill, dual-cross-country. Nathan Froehler, AB, 780-865-4561, nfroehler@hotmail.com

Jul 8: Santiam Pedalfest Mt. 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, spokemotion@telus.net

Jul 14-15: Canada Cup Fernie, BC. Cross-country #3, downhill #3. Eric Reid, Fernie Alpine Resort, Ski Area Road, Fernie, BC, V0B 1M1. 250-423-4655, info@skiferie.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, P.O. Box 1389, Durango, CO, 81302. 970 259 4626

Jul 15: Pearl District Criterium. Forest Grove, OR. Jonathon Sieber, 503-281-5576 jbyke@aol.com

Jul 21-22: Motorola 24 Hours of Adrenalin Canmore, AB, Canada. 24 Hours of Adrenalin MTB team relay at Canmore Nordic Center. Teams can range from 4-10 people and solos or riders of all levels can participate. Come out for a weekend you will never forget. On-line registration available. Trifire Sports International, 7321 Victoria Park Ave., Unit #9, Markham, ON, L3R 2Z9 Canada. 905-944-9436, www.24hoursofadrinalin.com

Jul 22: Cascade Cream Puff 100. Westfir (Oakridge), Oregon. America's toughest 100-mile 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@telus.net

Jul 28-29: Canada Cup. Vernon, BC. Downhill #4 Robin Baycroft, Silver Star Mountain Resort, Silver Star Mountain, 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, P.O. 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: Accept the Challenge Stony Plain, AB. Cross-country, Fern Jordan, Harvey Heinrichs, AB, 780-963-6693, fjordan@connect.ca

Jul 29: Canada Cup #4 Silver Star, BC. Downhill #4 Robin Baycroft, P.O. Box 3002, Silver Star, BC, V1B 3M1. 250-542-0224, events@junction.net

Jul 29: Shotgun Creek II. Eugene, OR. Randy Dreiling, 541-984 1433, oregontrailstours@pacwest.com

Off-Road Touring

Jun 2: 400K Burnaby Lake. Start 6 a.m. Tour La Comer, 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 1-800-831-8810, x2288www.allaboutadventures.com

Jun 16-17: 600K Pitt Meadows. Start 7 a.m. Tour Fraser Canyon and Cache Creek. Ted Milner, 604-291-3499

Jun 23: Paradise Sampler Southwest 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 26: 1600K 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 23-24: Beginner's Paradise Sampler. Southwest 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 26: Tour de Blast Toulle, 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. Southwest 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 1-800-831-8810 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. Southwest 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 1-800-831-8810 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 within 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. Robin McKimmey, Great Explorations, 1-1816 McColl Ave., Vancouver, BC, V6J 1A4. 604-730-1247, www.greatexplorations.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 1-800-831-8810 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

Jul 28-29: Jim Treviso Memorial. Oregon. Tour instead of race this year. Try the 57 mile of "forture" the 35 miles of "I'm no sure about the long one yet" or the 19 miles of "I'm building up to it!" Fine dining and camping. Ski Bowl Mtn Bike Racing, 503 272 0240, www.obra.org/

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

Jul 28-29: Jim Treviso Memorial. Oregon. Tour instead of race this year. Try the 57 mile of "forture" the 35 miles of "I'm no sure about the long one yet" or the 19 miles of "I'm building up to it!" Fine dining and camping. Ski Bowl Mtn Bike Racing, 503 272 0240, www.obra.org/

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Jul 23-24: Xterra America Tour NAF#1. Richmond, VA. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#2. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#3. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#4. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#5. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#6. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#7. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#8. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#9. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#10. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jul 28-29: Xterra America Tour NAF#11. Keystone, CO. Off-road triathlon. Individual and team entry. Kids races. Dave Nichols, 1001 Bishop St

CALENDAR



PHOTO BY SYLVIE RAYMOND

Vince Spronken on Vancouver Island's sandy beaches.

- 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. Critrium. 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, 509-231-0236, michelle@thevaneet.com
- Jun 9-10: Washington State Stage Race** Sequim, WA. Critrium, 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: Ronds 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: Adidas 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 Tabor Circuit** Beaverton, OR. Stan Gardner, 503-641-1422, stangardner@email.msn.com
- Jun 14: Seward Park Cycling Series** Seattle, WA. Critrium. 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 Road Race** Medford, OR. Glen Gann, 541-779-6986, gagann1@aol.com
- Jun 16: Olympic Athletic Club Twilight Critrium** 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 Critrium** White City, OR. Ed Garfield, 541-772-1393, ed@danicingbeads.com
- Jun 17: Seward Park Summer Classic** Seattle, WA. Critrium - \$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: Adidas 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 Tabor Circuit** Portland, OR. Stan Gardner, 503-641-1422, stangardner@email.msn.com
- Jun 21: Kreb's Cycle Time Trial #1** Vancouver, BC. Dave Carlyle, Kreb's Cycle Club, BC, 604 688 8646, mailbox 3krebicycleclub@hotmail.com
- Jun 21: Seward Park Cycling Series** Seattle, WA. Critrium. 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. PIR Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org
- Jun 26: Adidas 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 Tabor Circuit** Portland, OR. Stan Gardner, 503-641-1422, stangardner@email.msn.com
- Jun 28: Seward Park Cycling Series** Seattle, WA. Critrium. 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 Carlyle, Kreb's Cycle Club, BC, 604 688 8646, mailbox 3krebicycleclub@hotmail.com
- Jun 30: Mount Tabor Critrium** Portland, OR. Bruce Harmon, 503-520-1146, bharmon@gateway.net
- Jun 30: The D-Line Dash Capitol Forest**, Olympia, WA. Eric Kackley, The Peak Bike Shop and Race Center, 11639 Waddell Creek Rd. S.W., Olympia, WA, 98512. (360) 704-3315, www.ridethepeak.com
- Jul 1: Canada Day Critrium** Edmonton, AB. Rob Howes, ERTC, AB, 780-469-4680, www.ertc.org
- Jul 1: Washington State Time Trial Championships** Richland, WA. Counts for NWWC series. www.bikeride.com
- Jul 1: Yamhill Time Trial Yamhill**, Eugene. Time Trial Andy Newlands, andy@strawberrybicycle.com
- Jul 2: 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 3: Adidas 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 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 Critrium** and WA State Jr. Championship Critrium Burien, WA. Promoters: WheelSport Cycling Team, Flat, 6-corner course. All categories. Free kid's race. Dave Bachman, 23333 106th Ave. S.E., 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 3krebicycleclub@hotmail.com
- Jul 5: Seward Park Cycling Series** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., 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, jmcncr@corp.delta.bc.ca
- Jul 7: State Games Track Races** Eugene, OR. Marc Hallquist, 503-690-9622, mhallquist@ewi.com
- Jul 9: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series** Portland, OR. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m. www.obra.org
- Jul 10: Adidas 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 N.W. Newport Ave., Bend, OR, 97701. 541-382-9018, 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. Critrium. 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), Critrium (3 p.m. Men's cat 4/5 30 min+1 lap, 4p.m. Women's 30 min. Men Pro & Cat 1, cat 2&3 to fill the field - 60K), Road Race (8 a.m. Men's 130K, 8:05 a.m. Women's 82K), \$10,000 Cash Purse. 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 Kl 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: Stampedo Road Race** Calgary, AB. Road race. Jim Oldham, Calgary Vets, 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: Adidas 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. Critrium. 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, Slovan Valley Cycling Club, BC, 250-358-2729, svcc@slocanlake.com
- Jul 22: Humbug Hurrup** Corvallis, OR. Critrium 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: Adidas 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-Aug 14: MidValley Critrium Series** Eugene, OR. Critrium Norman Babcock, 541-485-6007, NormanB965@aol.com
- Jul 24: MidValley Critrium 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. Critrium. 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** Marymoor Park, Redmond, WA. See Series info. Ethan Meglimes, Broadmark Capital Cycling Team, 206-675-1424, www.broadmarkcycling.com
- Jul 31: Adidas 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 Critrium Series** Eugene, OR. Norman Babcock, 541-485-6007, NormanB965@aol.com
- Jul 31: PIR Portland, OR.** Circuit Jeff Mitchem, 233-3636 jeff@digwest.com

Rides & Tours

- 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, Tumblar Ridge to Ted's service and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. All meals, van support and camping included for \$275 Russ Rickert, 164 Alameda, Ashland, OR, 97520. 541-482-8704
- 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 reg. accepted at par. Bret Pittsinger, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807-1433. 509-886-1837, www.wenatcheesunrise.org/century
- Jun 3: 19th Annual Peninsula Metric Century.** Southworth Ferry Terminal 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 100-mile). Route: miles of waterfront and roller coaster hills. Array of food at rest stops. Great mechanical and sag support. Prizes raffled upon return to registration points. Fund-raiser for Tacoma Wheelmen's Bicycle Club helmet program, advocacy efforts, rides and more. 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.bicycleadventures.com
- Jun 4: 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

- Jun 4-27: Great Alaska Highway Ride** S 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.cycleevents.com
- Jun 9: 50K, 100K, 150K, Fort Langley** Start 9 a.m. Tour South Surrey and Fraser Valley. Bob Marsh, 604-667-7066
- 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.bicycleadventures.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.bicycleadventures.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.bicycleadventures.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, Tumblar 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. Tour includes: Ground transportation from/to 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
- 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.bicycleadventures.com
- Jun 17-22: Canadian Gulf Island** 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
- Jun 17-25: San Juan Islands—6 Day** San Juan Islands, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.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.bicycleadventures.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 25: 10th Annual Ride Around the Marble Mt.** Wilderness Northern California near Oregon border. Northern California near Oregon border. All meals, van support and camping included for \$275 Russ Rickert, 164 Alameda, Ashland, OR, 97520. 541-482-8704
- Jun 23: 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 Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206 767 0848, www.tbike.org
- Jun 23-24: 600K Brevet.** Mark Thomas, 13543 160th Ave. N.E., 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.bicycleadventures.com
- Jun 23: Trident Triple Bike Classic** Silverdale, WA. Beautiful, scenic routes through Submarine Base Bangor. 16 & 3-mile routes are easy with a few hills. 50 & 100-mile routes are challenging and offer varied terrain with some hills. Sag wagons, rest stops with snacks & drink, T-shirts & bike sales. \$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. 4 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 6:30 a.m. Cost: \$20. Jen Smith, Cascade Bicycle Club, P.O. Box 1565, Seattle, WA, 98115-0165. 206-522-BIKE, www.cascade.org

CALENDAR

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.bicycleadventures.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.bicycleadventures.com

Jun 25-29: San Juan Islands—Camping 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

Jun 29-Jul 7: Ecuador Exploration: Pichincha to Imbabura (Northern Circuit). Ecuador, South America. Northern 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: \$3790 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206 767 0848. www.ibike.org

Jul 1: 600K Foothills Randonneur Fort St. John, BC. Start 8 a.m. Route: Fort St. John, Charlie Lake, Hudson's Hope, Chetwynd, Pine Pass, Chetwynd, Tumbler Ridge. Ted's service back to Fort St. John. (Also 400K) Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589. wkok@nbc.bc.ca

Jul 1: Canada Day 134 Populaire Fort Langley. Start 8 a.m. to 9:30 a.m. Tour Stratton, Vedder Crossing, Huntington and Aldergrove Harold Bridge, BC. 604-941-3448

Jul 1-6: 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

Jul 1-6: 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.bicycleadventures.com

Jul 3-6: 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

Jul 7: 10th Annual Midsummer Nightmare Double Century Spokane, WA. Scenic tour over two passes. Includes map, food, shirt, sag support, two ferry rides. Tour begins at 5 a.m. Cost is \$35 with a \$10 late fee. Number of participants is expected to be about 50. Steve Sausser, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-922-7249 www.spokanebicyclistclub.org

Jul 7-8: 22nd Annual Seattle to Portland Bicycle Classic. Seattle, WA. 22nd edition of one of the largest and best cycling events in the nation. 8,000 riders cover the 200 miles in 1 or 2 days. See Web site for how STP riders may now choose to raise money for charities like NW Aids and Fred Hutch. Start time 5 a.m. Cost: \$70. Start from University of Washington, Seattle, WA. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE. cbccstp@casccade.org

Jul 7-14: Oregon Crater Lake Tour Eugene, OR. 8-day tour. Highlights: Aufdehnde 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

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.bicycleadventures.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.bicycleadventures.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.bicycleadventures.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.bicycleadventures.com

Jul 9-13: San Juan Islands—Camping 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

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 51, 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, WAC Bennett Dam and back. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589. wkok@nbc.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.bicycleadventures.com

Jul 15-21: Bicycle Idaho Melba, ID. Registration in the afternoon and dinner July 14. Parking for vehicles is provided. Those travelling by plane will be picked up at the Boise airport 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, Lowman, Emmett, Sandy Green, 541-385-5257, www.allaboutadventures.com

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.bicycleadventures.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 Sunriver. Trip begins 9 a.m. Cost of \$5 covers ice cream. Susan Bonnacker, Sunnyside Sports, 930 N.W. 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.bicycleadventures.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.bicycleadventures.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. 600K, 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 n Ride. Tour Star Line 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.bicycleadventures.com

Jul 21-Aug 4: Shubi Lihlhal Ti Swatitkud. "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. 4-day, 184-mile loop. Two winery visits. Challenging optional routes. Full support, all breakfasts, dinners and snacks. Camping \$450, meals and camp fees. Showers and full facilities available at each campground. Limit 8. Beginner/intermediate. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838. www.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.bicycleadventures.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.bicycleadventures.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



PHOTO BY SYLVIE RAYMOND

One stump further...

Jul 23-29: Gulf Island Explorer BC, Canada. Victoria to Mayne Island, Saltspring, Galiano and Saturnia, Harbor House Inn, Galiano Lodge, Ocean Wood Country Inn. 7 days/6 nights. Group size limited to 12-18. \$1250. Robbin McKinney, Great Explorations, 1-1816 McNicoll Ave., Vancouver, BC, V6J 1A4. 604-730-1247. www.greatexplorations.com

Jul 26: RAMROD 2001 Enunclaw, 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.bicycleadventures.com

Jul 28-Aug 2: Tour of Waterfalls and Bridges Eugene, OR. 6-day, 350-mile loop to Silver Falls State Park. Corvallis, covered bridges, Brownsville, Harrisburg. Fully supported, breakfast, dinner, snacks. \$960 with camping. Motels available, additional cost. Intermediate. Laidt, R. 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 motels available, additional cost. Intermediate. 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.bicycleadventures.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.bicycleadventures.com

Jul 30-Aug 3: San Juan Islands—Camping 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

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.bicycleadventures.com

TRACK RACES

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@evanent.com

Jul 14: Alpenrose Weekly Series Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org/

Jul 18: Co-ed Track Classes Marymor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymor Velodrome Association, 206-675-1424. www.marymor.velodrome.org

Jul 21: Alpenrose Weekly Series Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org/

Jul 21: Co-ed Track Classes Marymor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymor Velodrome Association, 206-675-1424. www.marymor.velodrome.org

Jul 28: Alpenrose Weekly Series Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org/

Jul 4: Track Nationals (including Masters). Edmonton, AB. TR Dave Embury, Juventas, AB, 780-944-7438. master-pu@powersurf.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, Argyle Velodrome, 6850 88th 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@wiwi.com

Jul 12: Alpenrose Weekly Series Portland, OR. Mike Murray, OBRA, 503-661-5874. www.obra.org/

Jul 13-18: Master National Track Championships Marymor Park, Redmond, WA. National Championships by the Marymor Velodrome Association & Gregg's Cycle. Spectators are welcome (free). Ethan Megjimes, Marymor Velodrome Association, 206-675-1424. www.marymor.velodrome.org

Jul 15: Oakridge Fat Tire Portland, OR. Miles Stumbaugh, 541-782-348. 1outpost@cyber-dyne.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 Marymor Park, Redmond, WA. Races by the Marymor Velodrome Association & Gregg's Cycle. Spectators are welcome (free). Ethan Megjimes, Marymor Velodrome Association, 206-675-1424. www.marymor.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/

RESULTS CONTINUED

Tour of Walla Walla
Final General Classification

Sr. Men Pro-1-2-3 (67 starters)

PI	Rider Name	ST	Team/Club	GC/Down
1	Williams, Kenny	WA	Saturn Of Bellevue	4:51:42
2	Elken, Evan	OR	Bike N Hike	@ 02:47
3	McDermid, A.	WA	Pettit Oil	@ 03:57
4	Seely, Matt	MT	Five Valley Velo	@ 03:58
5	Walsh, Michael	WA	Saturn of Belle	@ 03:58
6	Tubbs, Ian	WA	Italia/Bond	@ 04:03
7	Ecker, Brian	WA	Boat Street	@ 04:11
8	Holland, Steve	WA	Safeway Saturn	@ 04:22
9	Nikolz, Chad	WA	Union Bay	@ 04:28
10	Wilcox, Craig	WA	Saturn Dev	@ 04:32

Sr. Women 1-2-3 (24 starters)

1	Brandner, Karlee	WA	Saturn of Bellevue	3:04:11
2	Otsuka, Ayumu	JA		@ 00:04
3	Westbrook, E.	WA		@ 00:10
4	Erlon, Melissa	OR	Paradise Homes	@ 00:15
5	McFall, Jeanne	ID	Boise Cascade	@ 01:09
6	Howlett, Wanda	WA		@ 01:25
7	Hanson, Annette	WA	Pazzo Velo	@ 03:06
8	Stevens, JoAnne	OR	Sunnyside Sports	@ 04:37
9	Spies, Ingrid	WA	Boat Street	@ 04:38
10	Kavesh, Gina	WA	Armonds	@ 05:10

Master Men A (17 starters)

1	Bunselmeyer, G.	WA	Excell	3:44:54
2	Brown, Marc	WA	Chinook/Excell	@ 00:56
3	Bradley, Mark	WA	Chinook/Excell	@ 01:26

10 JUNE '01 Bicycle Paper

Borders Books Road Race
Snohomish - March 24, 2001

Cat 1-2 Men, 77 miles, 44 Riders

PI	Rider Name	Team/Club
1	Ian Tubbs,	Titalia/Bondagont.com
2	Brian Ecker,	Recycled Cycles
3	Kenny Williams,	Saturn of Bellevue
4	Dakin Bell,	Titalia/Bondagont.com
5	Don Wesley,	Recycled Cycles
6	Warren Alkley,	Ashmead College
7	Steve Higgins,	Saturn of Bellevue
8	Chad Nichols,	Ashmead College
9	Steve Williams,	Recycled Cycles
10	Paablo Espinosa,	Titalia/Bondagont.com

Cat 3 Men, 66 miles, 52 Riders

1	Clint Chase,	TiCycles
2	Peter Petmeier,	Ashmead College
3	Laurence Merling,	Borders Racing

Cat 4/5 Men, 44 miles, 41 Riders

1	Adam Southerland,	Wheelsport
2	Tyler Thompson,	Recycled Cycles
3	Neil Casserly,	Armonds

Cat 1-3 Women, 44 miles, 13 Riders

PI	Rider Name	Team/Club
1	Karlee Brandner,	Saturn of Bellevue
2	Jeanette Nussbaum,	Recycled Cycles
3	Robin Blais,	Excel Sports
4	Susan Pappalardo,	Excel Sports
5	Ingrid Spies,	Pettit Oil
6	Mindy Ziffren,	Borders Racing
7	Nicole Novembre,	Borders Racing
8	Annette Hanson,	Saturn of Bellevue
9	Donna Peters,	Saturn of Bellevue

Cat 4 Women, 33 miles, 27 Riders

1	Kerri Duke,	Valley
2	Leslie Millendorf,	Ashmead
3	Diane Robinson,	Borders Racing

Masters A, 55 miles, 37 Riders

1	Mark Bradley,	Excel Sports
2	Doug Reid,	Titalia/Bondagont.com
3	Paul Johnson,	Excel Sports

Masters B, 44 miles, 31 Riders

1	Randall Smith,	Wenatchee Valley Velo
2	Jim Helein,	Wenatchee Valley Velo
3	Tom Hackleman,	Old Town Bicycle

Juniors, 33 miles, 8 riders

1	Cameron Colpitts,	Armonds
2	Sean Graham,	
3	Forest Hielias,	Pettit Oil

Old Town Bicycle - State Road Race
May 6, 2001

Category 1 2 Men, 84 miles, (48 Riders)

1	Rob Campbell	Broadmark
2	Bryce McCallum	Hammer Gel (Canada)
3	Brian Ecker	Recycled Cycles (Silver)
4	Ian Tubbs	Titalia (Bronze)
5	Steve Somers	Pettit Oil
6	Rich McClung	Broadmark
7	Craig Wilcox	Saturn
8	Kevin Rowe	Saturn
9	Jason Schniepp	Pettit Oil
10	Michael Emde	Titalia

Category 1 2 3 Women, 52.5 miles, (10 Riders)

1	Karlee Brandner	Saturn (Gold)
2	Ayumu Otsuka	Japan NHV (Silver)
3	Emily Westbrook	Recycled Cycles (Bronze)
4	Susan Pappalardo	Excel
5	Allison Beall	
6	Laura Felicitati	Titalia
7	Wanda Howlett	Titalia
8	Michelle Conrad	Recycled Cycles
9	Kim Wilson	Aurora
10	Susan Kareku	Armonds

Category 3 Men, 63 miles, 53 Riders

1	Geoffroy Crofoot	Titalia (Gold)
2	Laurence Merling	Borders (Silver)
3	Ethan Megjimes	Broadmark (Bronze)

Masters A, 52.5 miles, 43 Riders

1	Tom Cole	(Gold)
2	Glen Bunselmeyer	Excel (Silver)
3	Mike Eddy	(Bronze)

Masters B, 42 miles, 38 Riders

1	Gerry Vangoans	Campione (Canada)
2	Tom Hackleman	Old Town (Gold)
3	Marty Hocken	(Silver)

Masters C, 42 miles, (28 Riders)

1	Peter Banko	(Gold)
2	Robert Raker	(Silver)
3	Mark Painter	Excel (Bronze)

Masters Woman, 31.5 miles, (10 Riders)

1	Robin Blais	Excel (Gold)
2	Janice Sheuffel	Chinook (Silver)
3	Martha Walsh	Chinook (Bronze)

Juniors A, 42 miles, (9 Riders)

1	Cameron Lolpitts	Aurora (Gold)
2	Ryan Iddings	Rad Racing (Silver)
3	Matt Richner	Chinook (Bronze)

Juniors B, 21 miles, (12 Riders)

1	Tommy Petramalo	Saturn (Gold)
2	David Fleischauer	Rad Racing (Silver)
3	Galen Erickerson	(Bronze)

Juniors C, 10.5 miles, (4 Riders)

1	Grant Boursaw	Greggs (Gold)
2	Matt Howard	Wheelsport (Silver)
3	Amara Boursaw	Greggs (Bronze)

Springtime in Oregon

BY MAYNARD HERSHON

No use denying it: I behaved badly at Tour Willamette. I whined, I screamed at God and the race organizers, I was not always graceful with my Shimano co-workers. In my defense, I will say that I was not alone.

Strong men abandoned, sat up and soft-pedaled, chose mid-event to experience the blissful warmth of follow vehicles, climbed off in feed zones, turned around a few miles into road races and rode back to the cars. Quit.

I would have quit, but I had a job. As a Shimano volunteer, I had to carry a mechanic on my motorcycle in the road stages, and there were four road stages. After a short hill climb time trial Tuesday evening, there were road races on Wednesday, Thursday and Friday.

On Saturday, you'd think you might get a break, but Saturday there were TWO stages, a time trial and a criterium. Sunday they threw a 120-mile road race at you, 120 miles over two mountain passes, the frosting on the cruel cake.

Wouldn't be so cruel, but Tour Willamette happens in April in the Willamette Valley, in Oregon, not far from the coast. Other things happen there too at that time, things like cold, rain, hail — and snow at relatively low elevations. I speak from experience here.

I rolled into Eugene during the prologue and didn't see any of it, but I know it was cold out there. I'd ridden the motorcycle from northern California and been ridden on the last couple of hundred miles.

The first road race, Wednesday's, was wet and cold, no fun for me or the riders. You'd be cold and uncomfortable every mile, every mile wishing you were someplace else. Deprived of sun and warmth, I began to lose my sense of humor on this first road stage, but I was a load-a laughs compared to what was to come.

All that first day, I dreaded the next day's race. On Thursday, we knew, we had to drive or ride to the start maybe 45 slow-road miles out of Eugene, then work a 100-mile race on BLM roads in the remote country and get home...in the cold and the rain.

By the time I reached the start on my motorcycle, I was frozen through, my hands unresponsive. I sat in a Shimano car, heater running, shivering in my motorcycle gear really good, expensive gear, largely ineffective in April in Oregon.

That race was hours of bone-chilling cold for my mechanic and me, and surely for the racers, who wore plastic rain jackets from start to finish. Lots of guys' hands wouldn't work the brakes or the gears. Guys' faces looked like zombie faces. It wasn't a race so much as a fight for survival.

One section was up and down a steep, mud hill. Some riders had to dismount and walk. We're talking riders who've had their photos on VeloNews covers. My motor slid around under us and coated its underside with Oregon mud. Exhaust heat baked the mud onto the muffler.

The front tire dumped large amounts of Oregon mud into the lower part of my motorcycle's fairing, so that after 10 minutes of post-race hosing in the hotel parking lot, big clods of mud were still washing out. I remember every clod.

I hated it extremely, every minute of it, from leaving the motel at the break of dawn

to returning there late in the afternoon, cold and wet and uncomfortable all day long, my motorcycle never to be pristine again.

I was not subtle in my speech to co-race-workers. I told them bluntly what I thought of Oregon, Eugene, springtime and the Tour Willamette. Some reacted with shock at my frankness. I think it was the short, effective Anglo-Saxon verbs.

The next morning, the sun shone on the start area at the appointed time, but alas the start was postponed. By the time we did start, large hailstones pelted the pack and the support motor crew alike. I had to ride one-handed, the other gloved hand covering my face. I felt even more dismay and even less love for springtime Oregon.

The hail and something like snow covered the road as we left Cottage Grove, south of Eugene. Traction? Who knew. Maybe the motorcycle will slither from under us and we will crash to the icy pavement, I thought.

My mechanic panicked a bit. Remember, Maynard, rubber down, he said.

I figured: The cyclists aren't falling down, so my mechanic and I probably won't. We didn't, a blessing.

As we left town, the hail stopped and the sun came out. Nice. The race had been shortened before the start from nearly 100 miles to 75. Suddenly, mid-race, we happened upon an unmarked, unmanned corner on a fast descent. Some riders went one way, some another.

The officials stopped the race, then released the break, then the pack at the latest time-split they had. One race stoppage? Probably a record low for Tour Willamette, and the officials and riders smiled throughout the mess. It's not Le Tour, after all, not brain surgery.

Somehow, instead of the 75 miles we expected, race distance turned out to be less than 60 miles. We loved it, a "rest day" in the weak Oregon sunshine.

Sadly, though, at the finish I noticed that my motorcycle was puking coolant over the side of the engine. When I got it to the BMW store in Eugene, we discovered that the radiator had a hole in it. A new radiator would have to be ordered and would not be in until Tuesday.

The race would be over on Sunday, but I would be stuck in the rain and the cold until Tuesday. Or even Wednesday... The horror.

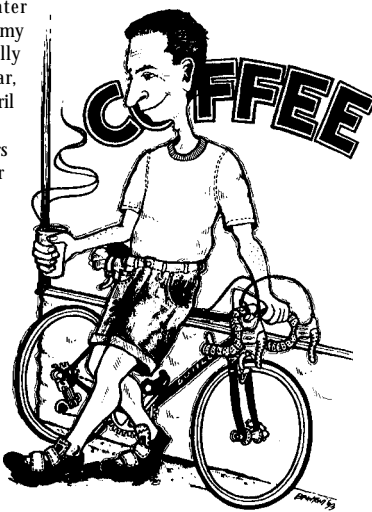
One of the local guys who'd been helping out on his own motorcycle told me he had another that he'd loan me for Sunday's road race. I borrowed that bike and it served valiantly.

On that motor on Sunday, I was following a Crown Vic sheriff's car down one of the endless descents. The road was a cleared black ribbon between scenes of winter wonderland, nothing but white snow and bits of green from the trees.

Somehow, a snow-bank appeared suddenly behind the cruiser and I hit it. The front end of the motor flicked back and forth three or four times while I said oh sh-t, oh sh-t. As luck would have it, we did not crash. Coulda, mighta, didn't. Danger is part of the fun at Tour Willamette. Big fun.

If you race or work races all season, including the Tour Willamette, you will have as many stories from that race as the rest of the races combined. Is that good? Does that make it a great race? You make the call.

Someone said they're gonna move Tour Willamette to May next year. Will I go back? Nah.



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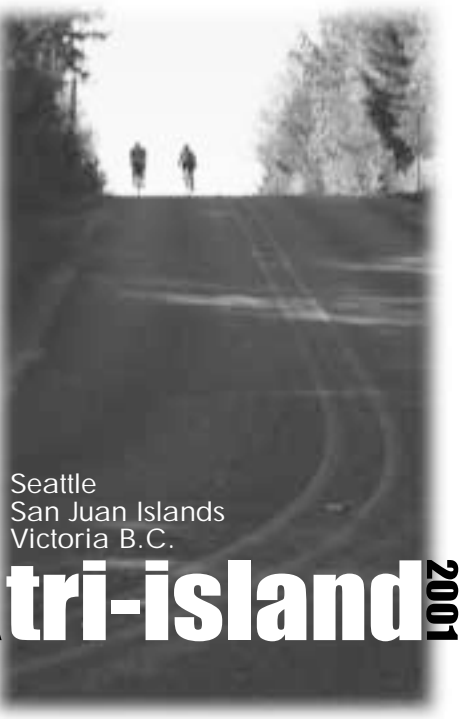
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