

Bicycle Paper

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JULY 2001

ADVENTURE TRAVEL



Heli-biking to Heaven

BY ALLISON MARKIN

What's the thrill of downhill? The down part, of course. Why not make the hill part, going up it, an adrenaline kick as well? Double the rush: go heli-biking.

In British Columbia a number of companies now offer mountain bikers a thrilling ride up and down some of the best peaks in the region.

"Bikes are getting heavier, more than fifty pounds," says Jeff Stovin, a heli-bike guide for Black Tusk Helicopters in Squamish. "It's not much fun to go up a mountain on one of them, but it sure is fun to go down!"

See "Heli-biking to Heaven" on page 6

The Queen of Rides

Life is too short to miss her

BY MARK LANSING

Every cyclist has a favorite bike ride, and I deeply suspect that every bike ride has a favorite cyclist.

Accordingly, I hereby nominate Cave Junction (Oregon) to San Francisco as the Queen of Rides, and humbly ask that she continue to treat me as Prince of her Pavement.

For under \$700, reasonably fit cyclists can give themselves a better Cycle Oregon-scale tour than any guide company. One of the beauties of this ride is that the 380 miles

See "Queen of Rides" on page 3

BMX: Changing Lives with Individual Sports

BY KEN PLISKA

I have been exposed to several sports, both as a child growing up, and these days with my own three kids. From YMCA basketball to Little League Baseball to Youth Soccer and school sports leagues, I have seen it all when it comes to the good and bad of team sports. In fact, after dealing with my kids' frustrations during their first year of basketball, I began coaching their teams, making the whole experience that much more enjoyable for both them and me.

See "BMX" on page 7

Marymoor Velodrome is finally up and running!

After months of repair work due to the earthquake, our training and racing programs are now back in full swing. Already over 20 juniors graduated from basic classes, and bigger groups are expected for July. Monday Night Junior Racing Series began on June 25th.



The marquee event for July is the U.S. Master's National Championships which Marymoor is hosting the 13th through the 18th. The fastest riders, ages 30 and up, will be heading to Marymoor to compete for the National Title in various events. For more information, check out www.greggscycles.com.



MOUNTAIN BIKE SUMMIT MEETING AT RIVER CITY BICYCLES

Officers, members, and mountain bikers interested in learning more about three local mountain-bike clubs: PUMP (Portland United Mountain Pedalers), WAM (Women's Association of Mountain Bikers, and Dirt Skirts (local women outdoor athletes) are invited to attend the summit at River City Bicycles, located at 706 SE MLK Blvd in Portland. The meeting is scheduled for Saturday, July 7 at 6pm.

Hook up with old friends, meet some new ones, and find out how you can get involved with bike rides and other activities with these local clubs. Free snacks & beverages provided.

For additional information contact
Curt Dewees
503-233-5973 or rcbicycles@aol.com



Rad Cunningham Wins at American Velodrome Challenge

Rad Cunningham (Seattle, WA) of the Seattle-based Broadmark Capital Cycling Team won the points race at the American Velodrome Challenge #4 in Houston, TX on June 2nd. Cunningham dominated the thirty-five kilometer points race, lapping the field twice while outscoring his nearest opponents by more than twenty points. Cunningham also finished second in the miss and out and third in the ten-mile scratch.



Words from the Track Nationals

The Northwest was represented by 11 riders at the Blaine, Minnesota USCF Elite Track National Championships. Jennie Reid from Kirkland, WA finished second to Tanya Lindenmuth (Trexertown, PA) in the Sprint and posted a time of 36.922 good for third place in the 500 meters. Shan RayRay (Puyallup, WA) finished 6th and 5th respectively in those events. Annette Hansen, also from Kirkland, went under the four minute mark (3:59.497) in pursuit, good for 4th place. She also finished 7th in the points race and 8th in the 500m. Emily Thurston (Portland, OR) scored 4 points to take 5th place in the points race, posted a 4:08.148 good for 6th place in pursuit and was 9th in the sprint. Marjon Marik also from Portland was 5th in pursuit and 6th in the point race.

Ryan Miller from Kirkland, was the only Northwest representative on the four men Prime Alliance team pursuit squad, but he brings back a gold medal from Blaine. Rad Cunningham and Kenny Williams, teamed up under Broadmark colors, to finish 4th in the Madison race. Williams also posted a 4:52.570, good for 5th place in the individual pursuit. Other top ten performances include Tim Luther 9th place in the sprint, Morgan Montgomery 9th place in the kilo and the Kerin, Cunningham 7th and Williams 8th place in the points race.



IMBA and Sprockids Partner

IMBA and Sprockids are working together to get more kids on bikes. IMBA has become the U.S. coordinating agency for the Sprockids program - a time-tested, kid's mountain biking curriculum that was developed by Doug Detwiller in British Columbia, Canada. IMBA is now responsible for all marketing, distribution and administration of the program in the U.S. The organizations hope to develop IMBA Sprockids programs worldwide in the years to come.

The Sprockids program, which is designed for schools, mountain bike clubs and youth organizations, is the most comprehensive resource available to develop a thriving kid's mountain bike program. IMBA Sprockids materials include an Instructional Emphasis guide, a Program Manual and 10 weeks of Lesson Plans covering program development, bike maintenance, course design, fitness and nutrition, riding skills, bike accessories and bike safety. The package also includes numerous forms, awards and checklists for organizing events, fun rides and races.

For more information contact Judd de Vall, IMBA Sprockids Coordinator judd@imba.com



Women's Camp Reflection

BY MELINDA MOREE

Introduction by Estelle Gray

On Friday, June 8, forty women, ages 31 to 70, gathered in Leavenworth for a women's cycling camp. Riders brought an array of bikes, from a "Girl's Schwinn" to the latest high tech Rodriguez. It was a weekend of learning, laughter, and fine food. Here is a reflection of the weekend written by Melinda Moree, who will be riding in the "Ride for a Reason," a strenuous ride through Montana, as a fund-raiser for an AIDS vaccine.

Last weekend I went to bike camp. Estelle Gray, owner of R&E Cycles in Seattle, runs a bike camp for women each year. I was more than a little apprehensive about going. I kept thinking that as long as it wasn't June, then I didn't have to worry too much about the upcoming ride. When June 1 hit I panicked a bit - just six and a half weeks to go until Montana! It was clear to me that the efficiency of my ride needed to improve in order to accommodate the increased number of miles I would be riding. Also, I was searching for a way to motivate myself for training.

It turns out that I was the slowest rider at the camp! That is, I won the slow race - a highly entertaining endeavor to ride as slowly as possible without falling over. Mikki, World Champion Downhill Mountain Biker, taught these and other skills, such as how to go around a corner at great speed without wiping out, and how to brake so you don't hit a bus at the intersection following a big downhill.

I got great tips on bike positioning, gearing, and cadence as well. We ended the weekend with everyone in the camp making a run up Chumstick hill near Leavenworth - a 0.6-mile uphill with switchbacks. I was determined to do this in my middle chain ring, not using the "granny gears." It was tough, but I was doing it. Then Julie "General" Johnson, my PT, trainer, and camp instructor, caught up with me and encouraged (ordered) me to go faster up the last part of the hill. When I started gasping for breath she showed me the right way to breathe. Before I knew it I had pedaled up to the top of the hill (okay, there were more than a few minutes of near agony). Then it was our turn to cheer on our fellow campers. As they came around the last corner a round of cheers went up to encourage them up the hill. Women 20 and 30 years older than me, women who had never ridden a bike on the road before, made it up the hill. They truly inspired me.

I don't know how to describe it exactly, but some kind of magic happened at the camp. I found the fun that had been missing from my rides. Estelle, Julie, and Mikki provided a supportive environment, while still pushing us to want to do our best. The fun is back and my confidence has increased tremendously. I am very grateful to these wonderful women.



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Discover your own adventure like this rider in British Columbia.

DESIGN BY KATIE PICKARD
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ADVENTURE TRAVEL

"Queen of Rides" from page 1

between Crescent City and Point Reyes have only one turn if you stick to the simplest route.

Another beauty is the tailwind. Heading south down the coast, it pushes the bike the whole way. The Queen will carry you.

The Queen's third attraction is her weather. Oregonians would be nervous about riding their shoreline in May, but the Northern California coast is a different, more temperate story. May (or September/October) is the season for this ride, rumor has it that these sometimes narrow roads get crowded with cars once school gets out.

The fourth beauty of the ride is, well, the beauty of the ride. I've done the Oregon Coast, too, and The Queen gets the nod: more spectacular, more isolated, and more varied.

As mapped here, tourists are looking at 7 days (6 nights) to ride from and return to Cave Junction, a small town located 30 miles from the I-5 corridor as it passes Grants Pass.

The ride rarely climbs above 1,000-foot elevation (the high point is 1,800 feet), but do not go if hills daunt you, the pitches are frequent and sometimes steep. Distance-wise, it's a 480-mile week the way I've plotted it, but there are ways to adjust the mileage.

What follows is a day-by-day description of the route, but first a comment about maps: Get one. Or better yet two. You can pick up Highway 101 at Crescent City and follow it to its junction with Highway 1 at Leggett (200 miles south), go right and end up in San Francisco. But there are many excellent "off the main drag" options that substantially improve the trip and you'd be nuts to mess with most of them (e.g. the back way into San Francisco) without a map.

This is a "Bikecentennial Route", and two outfits have produced excellent, separately insightful and utterly waterproof maps of it: (1) Adventure Cycling, 1-800-721-8719, and (2) Krebs Cycle Products, Box 7337, Santa Cruz CA 95061. Get a map and then make your plan, or follow this one.

Day One. Cave Junction, Oregon to Crescent City, California. 60 miles. Worst leg of the trip and it's still pretty cool. Staying on Highway 199, hop the stateline (can't carry fruit across), brave the tunnel, slice the Smith River curves, taste your first redwoods. The river is the highlight.

Day Two. Crescent City to Trinidad. 65 miles. Hard climb to start the day, then it's a relative breeze. Don't miss Newton Drury Parkway, a scenic byway through Redwoods National Park that gives a small sample of what is to come. Glance side-to-side in the meadow as you come out of the trees on Newton Drury. This is an elk preserve, and the last time we blew through there, 100 elk watched us curiously as they grazed on grass. They are used to people, so you can get close. Once in Trinidad, don't miss that restaurant down by the docks.

Day Three. Trinidad to Garberville. 95 miles. By far the longest day, but also the flattest. Several "off 101" routes are available, but maps and a sense of direction are

necessary to find them (you don't wanna be lost for long on a 95-mile ride). One of the diversions allows you to skirt Eureka, the only "city" on the trip (over 100,000 people inhabit the Arcata-Eureka-Fortuna corridor), but it adds precious miles. The one exit you don't want to miss is labeled "Avenue of the Giants". Twenty miles past Fortuna, riders get the ultimate lift; better than the constant tailwind are these trees, these really HUGE redwoods, for no less than 25 miles you frolic among them while the roar of cars on parallel Highway 101 disappears. Then you pop back out on 101, and it's 10 hard miles to Garberville. But the memory of those trees will drive the bike. Trust me.

Day Four. Garberville to Fort Bragg. 70 miles. A combination of the best and the worst. And here comes "The Turn"-hard to miss it, some 25 miles from Garberville on 101. These 25 miles can be tough for those cyclists cars intimidate, but soon enough you hit Leggett Junction-where you pick up the legendary Highway 1, which takes you back to the ocean. 45 miles to Fort Bragg from "The Turn", and one could make an argument that this 45 miles is The Queen's best feature. Climb to 1,800 feet on a narrow winding road. Not a car to be found out here, too narrow and winding, then the descent on glass-like pavement drives even sane cyclists wild. Save some energy, though, there's a second climb before you reach the sea, and as you hit the bottom on the backside, craning your neck to take in the ocean, the Mother of All Hairpin Turns seeks to wrench each front wheel from each rider's grasp. Get used to it, many more hairpins in the days to come. Just be glad you're not in a car. 15 more beachfront miles to Fort Bragg. Yes, you are in heaven.

Day Five. Fort Bragg to Gualala. 60 miles. 10 miles to Mendocino, that picturesque (and trendy) artists' enclave popularized by the TV show "Murder She Wrote", those panoramic views of fictional Cabot Cove, Maine were actually filmed here. Then you work your way down the coast on Highway 1. This is isolated country.

Day Six. Gualala to Bodega Bay. 55 miles. The traffic increases as you approach San Francisco; time these last two days to avoid riding them on weekends when the 'Ciscans take their Beamers out for spins. In spite of all prior superlatives, one could make a case that this is the most amazing leg of the trip: rolling up and along high grassy cliffs as you prepare for the drop into Jenner at the mouth of the Sacramento River.

Watch the windsurfers as you dine at any of the excellent (but expensive) restaurants in Bodega Bay. Or, if you want to miss the Day Seven Madness that follows, consider making this your last day, it's 80 miles from Gualala to Sonoma County Airport (where



PHOTO COURTESY BICYCLE PAPER
"Get used to it - many more hairpins to come."

rental cars are available) if you veer inland (off Highway 1) at Jenner.

Day Seven. Bodega Bay to San Francisco. 70 miles. A hard day that tracks Highway 1 to a junction near Point Reyes, where riders swing inland to a series of bike paths and routes through Marin County, beneath Mr. Tamalpais' famous shadow. Start early to be at the rental car by 2:00 p.m. A navigator's touch (and maps) points the cognizant to Sir Francis Drake Boulevard, past San Anselmo, into crowded but bike-friendly Sausalito, and ultimately through the back door to the Golden Gate Bridge. Riding across the bridge is an epic moment, a long and gust-battered moment, the final, lingering hammerstroke to The Queen's nail. From the end of the bridge, drift left through Golden Gate Park and the Presidio. Two miles of city wrangling brings you from the Presidio to the intersection of Van Ness and California Avenues, the heart of downtown Frisco and, surprise, the car-rental agency where your carriage awaits.

The trip can be done for \$700 per person, which includes two-in-room accommodations, some fine dining, and a one-way car rental from SFO back to Grants Pass (a 7-hour trip on I-5 that skirts Mr. Shasta-a scenic wonder in itself). Or do the camping thing if you've got the tent, the sleeping bag, and hauling. All you need is raingear, a change of dry "evening wear", tubes, pump, money, and way to carry it all.



Mark Lansing advocates cycling causes and practices law from an office in Grants Pass, Oregon. His email address is lansingatlaw@rvi.net

100 Miles of Central Oregon Singletrack in Four Days

BY PAUL LAAK

Pull out a map of western North America, throw a dart at it, and there is surely a great singletrack ride within a day's drive. Take a two-day extended weekend, and there is probably even 100 miles of unduplicated singletrack you could do in four day's time. It would probably be unforgettable just to accomplish a portion of what you set out to do.

Originally I had hoped to get a 24 Hours of Tahoe team together at the inaugural 24 Hours of Moab for the five-year anniversary of captaining a team. However, all but one of my four verbal commitments bailed on me. Since Jimbo and I had already scheduled vacation time to do the race, we decided to at least take a "mountain bike trip" someplace else. We quickly settled on the Central Oregon area as our initial destination and let the winds of chance fill our sails.

Day one: The Newberry Crater Trail is a 20-mile loop around the remnants of a volcanic blast that would have made St. Helen blush. The ride is high altitude, has plenty of leg-zapping climbs, exhilarating short descents, and a long climb to the peak. Once a classic Cascade volcanic peak, the mountain erupted and left a crater which now holds two lakes, a paved road, campgrounds, and day-use areas. The Newberry Crater National Monument deserves its title, being only a step less geologically spectacular than Crater Lake.

You have to park someplace at the basin of the crater and then ride up to the trail proper that circumnavigates the rim. The

lakes are frequently in view, and at high points the backbone of the Cascades can be seen stretched out north to south. Cyclists should be aware that many hikers and equestrian riders use the trails.

Day two: After hooking up with a friend in Bend, the three of us shuttled up to Todd Lake, past Mt. Bachelor, and planned to spend the whole rest of the day heading back to town. We first headed due north on a climb that connected us with the North Fork

Trail and then the Tumalo Creek Trail. We followed the buffed out trail next to the creek and enjoyed numerous views of different falls, including the popular Tumalo Falls. From the parking lot at the day-use area at Tumalo Falls, we headed up over the next saddle and ended up in an area that has seen lots of unauthorized trail building. We headed down one of the newest sections and had dozens of thin-timber cuts to hop over. The maze of trails can be confusing, but never fear, keep heading down slope and you will eventually run into the Deschutes River and civilization...eventually. Near the end of what was approximately a five-hour ride and nearly 40 miles of one-way singletrack, two of us clipped a tree that was cheering us on a little too close to the trail. The short guy came through unscathed, but the tall one grabbed a knob and tore his forearm open.

We had planned on doing the 16-mile Deschutes River Trail roller-coaster ride with lights that night. Instead, we dropped Jimbo off at Mountain View Hospital and then

proceeded to fetch the other vehicle way up in the high Cascades.

Day three: Waldo Lake. This trail is a tough 20-mile rolling loop that completely encircles Waldo Lake, one of the largest high-elevation lakes around, one of the clearest, and simply one of the state's most awesome areas. There are not any really long climbs, but there are some very intense ones, and a couple that are virtually impossible for anyone but trialists. The trail skirts a wilderness area on the western side, but a number of other connections can be made on the eastern side. As the third ride in as many days, this seemingly short trail will make you realize all of the limits of body and machine.

Day four: Heading home. There are a number of classic trails within a short drive of the Central Oregon high basin for Northwesterners heading home. I had never done the Town Loop or, especially as an ex-Bike Gallery employee, what had become to me the infamous Pioneer descent to Welches. Well, I've done it now and I don't think it is worth the effort of doing it again. Something like the McKenzie River Trail, or any of the trails on the northeast flank of Hood would make a better choice. The Town Loop would be fun for a few laps, but the lower section is too rocky. The road would be a better way to go.

We did not accomplish 100 miles of

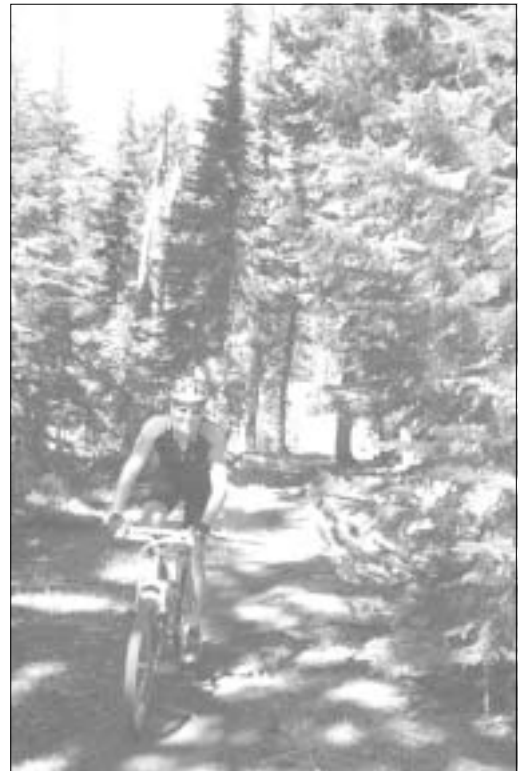


PHOTO BY LAAK



PHOTO BY PAUL LAAK

Some sections to test your abilities

The pleasure of great single track

singletrack in four days that trip, but I plan to this year. The trails will probably get soft rather quick this dry season. Maybe there will be some cooling thunderstorms this late summer to early fall? We definitely reaffirmed the idea that plenty of water, food, and a first-aid kit should be carried on all rides, if not more so on these kinds of rides. But don't just try to follow our itinerary - go someplace entirely different. I know that every state in the union, and all parts of Canada, have areas where 100 miles of singletrack in four days is possible and it will surely be an EPIC adventure.



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30 YEARS OF TOP NW MALE CYCLISTS

Review of the top Northwest male riders.

In the spirit of the 30th Anniversary Celebration of the Bicycle Paper, we are presenting you this month with our review of the top male riders. Over the past 30 years, many Northwest riders have left their mark and influence on Northwest cycling. Many have represented their country, U.S. or Canada, in various international competitions and games. Some became professional riders, others remained amateurs, many made it to the national teams and some are still active cyclists.

The riders are presented in alphabetical order. We selected ten that we believe to be the top Northwest cyclists because of their results and longevity in cycling, and featured them through a review of various Bicycle Paper articles. We also prepared a long list, as we felt that those riders needed to be recognized and acknowledged as well, and some could have easily made it to the feature listing. Although we are aware that it is basically impossible to look over 30 years without missing someone, we apologize if we did and we hope you will enjoy reading this review.

JERRY BAKER

August 1972 - Jerry Baker wins Washington State R. R. Championships

Jerry Baker washed down a wintry, rain-swept Ravensdale road course July 9 to win the senior event in the 103-mile Washington State Championship in 5:00:49. Baker, who has found the crown elusive in recent years, outsprinted five other packed riders in the most exciting finish in recent history.



September-October 1974 - Northwest Riders Score at Nationals

On the track, in addition to Jane's third place finish in the Women's Pursuit, Washington rider Jerry Baker stormed to a fourth place victory in the Men's Pursuit. Baker, whose impressive riding at the pre-nationals Olympic Development Series earned him a chance to participate in the team pursuits for the Worlds (which he later turned down), clocked the 4000 meter event in 5:11:31 behind Ralph Therrio, Mike Neel and Ron Skarin.

JOHN BECKMAN

1981 Top Ten: Broznowski Tops Our Most Talented List Ever

3. John Beckman, Beaverton-Kissler's, Oregon

Beckman, one of cycling's foremost mellow fellows, proved that nice guys sometimes finish first. At the National Track Championships in Trexlertown, PA, Beckman decimated the competition to win the points race championship.



When he exploded on the national scene in 1979, by finishing 4th in the pursuit, Beckman seemed full of promise. But he was 4th again in 1980, and skeptics whispered that he wasn't tough enough to do much better.

Beckman proved them wrong early in the track championships by turning a 4:55 4,000 meter pursuit time, smashing his personal best and winning a bronze medal. A few days later he won his gold in the points race, amazing everyone by lapping the pack four times.

Though it was largely ignored, Beckman's best race of the season came at the World

Championships. The result sheet lists him 24th, but the story it doesn't tell is that Beckman's savvy team riding helped Leonard Nitz win the silver medal. Nitz's medal was the U.S.'s first individual track medal at the World's since 1949. John Beckman, at least in spirit, deserves a piece of that accomplishment.

September/October 1983 - John Beckman wins Pan-Am gold medal, Rebecca Twigg second in World's RR, LeMond wins pro title!

John Beckman, of Beaverton, Oregon, won the points race of the Pan-American Games in Caracas, Venezuela. He broke away from the pack and lapped the field with an Argentine rider. Beckman's margin of victory was 5 points. Prior to his Pan-Am victory, Beckman was twice U.S. points race champion.

TOM BROZNOWSKI

August 1980 - The Broznowski perspective

By Barclay Kruse

For Tom Broznowski, newly named to the 1980 U.S. Olympic Team, his rise to the top in bicycle racing started on a Schwinn continental in the 1974 Skagit Century ride. This was his first contact with racers and serious touring riders.



In his first complete season, 1976, Tom was 3rd in the juniors at Volunteer Park, won the state junior time trial and was second in the road race. And by the next season, 1977, Broznowski was already the favorite to win the state road championship. He didn't win that race, or even qualify for the natz.

But in 1978 and 1979, Broznowski showed that the 1977 setbacks were temporary, as his developing strength and confidence made him the best all around racer in the Northwest. In '78 he won the state road championship. And nearly pulled off that now legendary breakaway with Dale Stetina that could have won him a national championship. He won the 1979 Okanogan tour, the Eugene National Classic and the Walla Walla Criterium, as well as increasing his travel to national events.

June 1986 - Local Hero Seattle's Tom Broznowski outsprints Davis Phinney and a blue chip field for stellar victory in Lowenbrau Bicycle Classic in Redmond.

By Barclay Kruse

It was a day of redemption for Tom Broznowski. After two years of frustrations and near-misses, the 27 year-old professional road race from Seattle swept past world-class road sprinter Davis Phinney in the final 150 meters to capture first place in the Lowenbrau Bicycle classic in Redmond, Wash., May 17.

July 1986 - Spare Tires

By Barclay Kruse

Tom Broznowski, of Seattle, finished 9th in the 156-mile U.S. Pro Road Championship, June 15. Broz also finished 7th in the Chicago Wheat Thins Mayor's Cup, June 1, the first race of the '86 Wheat Thins series.

FRANZ HAMMER

Winter 1981 - Northwest Racing News

1981 Top Ten

5. Franz Hammer, Wheelsport, Redmond, WA

Hammers' continued domination of veteran time trialing is nothing short of remarkable. At the age of 43, he competes against riders as young

as 35. Yet he has won national championships in the 25 mile time trial 3 out of the last 4 years.

Even though he is 8 years into the veteran's class, to my knowledge, Hammer has never competed in a Northwest veterans road race. He prefers to dice it up with the tougher seniors.

RON HAYMAN

June 1980 - Ron Hayman: A Rider Without a Country

By Barclay Kruse

When Ron Hayman fills in his occupation, he's the only rider around the Northwest who can honestly print in "cyclist". For Hayman is the Northwest's only professional bicycle racer.



In just a few short months, this boyish looking, soft spoken Canadian has become the dominant figure on the Northwest cycling circuit, posting in the Willamette Valley Stage Race in March, and the Volunteer Park Criterium and Bellingham Road Race in April. Hayman's face is new to most current racers, but that's not because he's a novice or a newcomer. Ron Hayman's been around longer than all but a handful of Northwest riders.

His career began in 1969 under the coaching of Vancouver's Bill Wild. His rise to national prominence was quick. He was selected to ride both the individual and team pursuit at the Munich and Montreal Olympics in 1972 and 1976. Twice he's entered the winner's circle as Canadian Road Champion ('77 and '79) and twice again as the national 10 mile champ ('75 and '76).

In 1977, Hayman left for Europe where he based his cycling career for the next three years. In the summer of 1979 at the age of 26, he signed a professional contract with Safir, a Belgium team.

September/October 1982 - Hayman wins second straight Gastown Grand Prix; Gives all credit to the Green Machine

CARL LEUSENKAMP

August 1977 - State Qualifiers

Although not exactly a Washington rider, Carl Leusenkamp is one of the best loved track riders in the Northwest. The muscular Portland, Oregon resident is a real crowd pleaser with his classy riding in the sprints on the Maymoor Velodrome. Carl has represented the U.S. in many world competitions, including the tandem. His style of riding has been a source of inspiration and awe for many younger riders in the Northwest.



March 1990 - Northwest cycling legend Carl Leusenkamp dies of cancer

Leusenkamp had lived in Colorado and Arizona in recent years, but he was best remembered for his racing exploits while living in Portland during the 1970's.

Leusenkamp, along with rival Steve Woznick, dominated U.S. sprinting during the late '60s and '70s. He represented the U.S. at four world championships: 1971 in Italy, 1973 in Spain, 1974 in Montreal, and 1975 in Belgium. He brought home two Pan-American Games bronze medals, from Cali, Columbia in 1971 and Mexico city in 1975. Between 1966 and 1980, he won seven national championship medals, the last coming at the Marymoor Velodrome in Seattle in 1977.

KARL MAXON

June 1984 - Bikes and Indy cars mix in Portland, Maxon & Rutledge start Giro, Broz scores on the Continent

By Barclay Kruse

As previously reported, Karl Maxon, the winner of the first Redmond bicycle Classic last year and the Oregon road and time trail champion, signed a contract with the Gianni Motta Team, a professional squad made up of a combination of American and European riders. After some early season intrateam discord, nearly all the American members were fired. Maxon, however, survived the cuts and has surprised more than a few observers with his fine performances in Italian races. He finished 16th in the Tour of Tuscany May 12 and rode well in the Tour of Trentino May 8-10. Then, Maxon was the top American finisher in the prologue time trial stage of the Giro D'Italia.



Winter 1986 - Karl Maxon runs away with '86 Northwest Prestige Trophy

Karl Maxon, formerly for Eugene, Ore. And now living in San Diego, captured the season-long Baleno-Bicycle Paper Northwest Prestige Trophy by winning the final tow races of the 8-race points series.

Karl Maxon, winner in 1983, went on to capture two national time trial championships in 1986.

BRUCE SPICER

April 1984 - Spare

Tires

By Barclay Kruse

Three Northwest racers won medals in the U.S. and Canadian National Cyclo-cross Championships held late last fall after the winter issues of The Bicycle Paper went to press.



Bruce Spicer of Vancouver, B.C. nailed down the Canadian Championship.

May 1986 - A Canadian Sweep - Bruce Spicer wins his second Volunteer Park Criterium as B.C. riders pack the top ten

By Barclay Kruse

British Columbia riders have always done well in Seattle's Volunteer Park Criterium, and the 1986 edition of the Northwest's traditional season opener proved no different. Bruce Spicer, a former Canadian national team member from Vancouver, B.C., captured the sprint from his four breakaway companions B.C. riders Paul Tettamanti, Scott Gogean, Ron Joostema, and Brian Walton, to win the 19th annual Volunteer Park race on April 12.

Winter 1986 - Our top 10

7. Bruce Spicer, Varsity Cycles, Vancouver, BC

Spicer first came into prominence in the late '70's as part of a raucous but talented group of BC junior that included future stars like Alex Stieda, Brian Green, Neil Davies, and Kory Sinclair. Spicer has matured and settled down, but, happily, he's still a star.

Most articles selected for the 30th anniversary issue of Bicycle Paper do not appear in full; however, the sections used have been reproduced as originally printed.

"Heli-biking" from page 1

Not for the faint of heart, Black Tusk offers a Sea to Sky heli-bike experience on Goat Ridge, AKA Disneyland, a singletrack course in Britannia, between Vancouver and Whistler. While Goat Ridge is for experienced riders with good downhill bikes, the company is working on a more intermediate course on nearby Mount Mulligan.

If you're prepared for seven to ten hours of technical singletrack, Goat Ridge is your adventure. "It is the world series of mountain biking" claims Paul Ingram, an expert rider from Whistler, who has ridden down Goat Ridge on multiple occasions.



Dave and Rachel Paul enjoy their wedding present.

The heli-ride from the Squamish airport gives you about thirteen minutes to contemplate your skills, and at the top you can have a look at Mounts Rainier and Baker, then glance over to the peaks of Vancouver Island. "It's absolutely incredible. Riders get up there and just go 'wow,'" says Stovin, a guide for six years.

After taking in the view, you've got 6200 feet to go down, right back into Squamish at sea level. The trail is well-maintained by a local motorbike group, who have an agreement with Black Tusk to use it.

"Most people bring their own equipment and they should have full pads and a full face helmet," says Stovin. If you don't have all the necessary gear, call ahead and Black Tusk will arrange to get it for you.

Used for years by locals, the company has started to see the tourist trade grow, with riders from as far away as New Mexico, California and eastern Canada.

As Stovin tells it, one group from Quebec created their own party halfway down the mountain. "There was one guy who'd taken a few spills, and he stopped and brought out a bottle of wine and they had wine and cheese, right there in the middle," laughs Stovin. "Every trip is another story, it's sure an adventure."

Black Tusk doesn't provide lunch on the trail and asks that you bring your own supplies, at least until you get back into Squamish where the Howe Sound Brew Pub has been known to entertain riders. Another company in the area provides a full day of food and fun, starting with your flight from Whistler.

Chris Quinlan, Adventure Concierge for Playwhistler.com, organizes heli-bike tours with a slightly less technical fourteen kilometer course on Mount McLean in Lillooet, geared a bit more towards the tourist crowd. The locals describe it as a fun, fast, smooth, and safe epic cruise down the mountain, explains Whistler resident and long time rider Paul Maki.

From 7000 feet up, "the vista is incredible," says Quinlan; the course is right where the Coast Mountains and the interior plateaus of BC meet. The company offers a full day experience, beginning with breakfast in Whistler, a fifteen-minute helicopter ride, and refreshments at the end of the course.

The trail is more than eighty years old and is a pack (horse) trail that's smooth and easy to follow. It's not very rooty or technical, says Quinlan.

"Come up for a week and we'll take you out on some trails for a few days, then you'll be confident enough to do it," he says. "For bike enthusiasts, they probably like to do more downhill than climbing, but there's enough climbing for a good workout."

There is one rocky section that is walkable, and the trail is well-maintained by local riders and the company. But, if you're just getting a bike for the first time, invest some hours on some lesser trails before heading up in the helicopter.

Quinlan has spent 10 years arranging trips for friends, and only in the last several years has been organizing tours on a wider basis. Last year, most of his participants were locals. This year, he's seen a growing number of out of province reservations. The company has a new fifteen-passenger van, and a sous-chef from a Whistler restaurant is on hand for catering options, which run the gamut from basic BBQ to steak and lobster.

Like the riders who fly up to Goat Ridge, most people bring their own equipment but arrangements can be made to provide everything for you, including Rocky Mountain dual suspension bikes from Whistler's Fanatyk Co. bike shop.

If you've got your own equipment and want to spend less time driving to your destination, Alpen Helicopters, based at the



Langley airport, offers their services to take you up to Mount Thurston. Pricing depends on the number of people in your group, and guides can be provided, but you must bring your own gear and supplies.

"It's a challenging path, but it's well marked and good for all levels of bikers," says Alpen's office manager, Christine Loncaric.

The heli-bike season generally runs from July 1st to the end of September. Book ahead to ensure space and helicopter availability, and try to book a group. Most operators can accommodate a minimum of three or four up to a maximum of eighteen at a time. If you'd like your experience documented on camera, still or video, ask about booking a photographer, which will cost a few bucks extra. Black Tusk offers the heli-bike experience for \$160 CDN, and Playwhistler's packages are priced at \$325 CDN.

"A lot of people say it's the wildest ride they've ever had," says Stovin. Both up the hill and down.



Down the rocky slope!

For more information contact:

- AlpenHelicopters, www.alpenhelicopters.com, 604-532-8717 or 604-644-1274
- Black Tusk Helicopter Inc., www.blacktuskhelicopter.com, 604-898-4800
- Playwhistler.com, www.playwhistler.com or www.whistlerhelibike.com, 604-938-3186
- Equipment Rental in Whistler contact Fanatyk Co, 604-938-9455

30 YEARS OF TOP NW MALE CYCLISTS

His premier performance of the season was 4th place behind Andy Hampsten in the sprint tour of Baja. Spicer also captured his second career victory in the Volunteer Park Criterium, was third at La Conner, and won the Canada Cup race in Edmonton.

ALEX STIEDA

September/October 1980 - Stieda Mines Gastown Gold...And Chops Down Port Townsend Competition Too

By Barclay Kruse

Fortunately for Alex Stieda, the racing phenomenon of the Northwest this year, neither affliction hampers his riding style. Stieda's win at Gastown capped a remarkable two weeks when he won 4 of the 5 races he entered and was second in the other.



September/October 1984 - Stieda overhauls Broznowski in final event to win Baleno-Bicycle Paper Northwest Prestige Trophy.

Canadian Olympic team member Alex Stieda, of Coquitlam, B.C., won the first Baleno-Bicycle

Paper Northwest Prestige Trophy, a season-long points series made up of the Northwest's six most prestigious road cycling events. Stieda needed to either win or finish second in the final event, the Port Townsend Criterium, to sew up the title. He sprinted past runner-up Marcel Neiger in the last 100 meters to win the race and the Prestige Trophy.

Stieda, who competed in four of the six races, scored nearly all his points in the final three events. He won at Gastown and Port Townsend. Additionally, he finished third in the Hell of the East Classic and tenth in the Inland Empire Classic. He racked up 60 total points, enough to narrowly beat Tom Broznowski of Seattle, who finished with 57.

June 1986 - Alex Stieda wins inaugural Carter Subaru Cup at B.A.C. criterium.

Alex Stieda wasn't going to let a little water on the road halt a bid for his first victory of 1986. Stieda, a member of Canada's Olympic team in 1984, outsprinted two other lead riders through the slippery final corner to capture a narrow victory over Kent Bostick of Corrales, New Mexico and Damian O'Hagen of Vancouver, B.C., in the Carter Subaru Cup feature race at the Bellevue Athletic Club Criterium, May 18.

BRIAN WALTON

Winter 1986 - Our top 10

12. Brian Walton

Just a second-year senior rider, Walton continues to mature into a fearsome climber and long-distance road rider. His biggest win of the season was a blockbuster upset: he captured the time trial stage of Vancouver's Coors Pacific stage race, beating against-the-clock legends like Roy Knickman, Thurlow Rogers, and Alan McCormack.



May 1987 - B.C.'s Brian Walton clinches easy solo Volunteer Park victory.

Canadian time trial specialist Brian Walton, of North Delta, B.C., won the featured Category 1/2/Pro event at the 20th annual Volunteer Park Criterium here April 11.

March 1988 - Brian Walton rider of the Year

After an outstanding season, Walton, 21, is Canada's top hope for an Olympic road race medal this year at Seoul, Korea. He captured the Baleno-Bicycle Paper Northwest Prestige Trophy on the basis of wins at Volunteer Park in Seattle

and Bend's Cascade Cycling classic. He was the top Northwest finisher at the Lowenbrau Classic in Redmond (6th) and Vancouver's Gastown Grand Prix (4th). He also won a silver medal in Canada's national road championships, captured the national pursuit title and was on the B.C. team which vaulted to gold in Canada's Team Time Trial nationals.

August 1993 - Whiterock-Gastown: The best attended races in the Northwest?

Tens of thousands line the streets as hometown favorite Brian Walton takes second to winner Roberto Gaggioli.

Long list

- | | |
|----------------|------------------|
| Bill Hawley | Mark Pringle |
| Bob Wade | Matt Van Enkvort |
| Brett Mudry | Paul Dahlke |
| Chandler Leach | Paul Tettamanti |
| Dave Auker | Paul Thomasberg |
| Graham Gracia | Roland Green |
| Jedd Fox | Ron Storer |
| Kenny William | Scott Goguen |
| Kirk Willett | Steve Speaks |
| Luca Segato | Tim Rutledge |

Now That It's Warmer

July will, hopefully, bring some warm weather on a regular basis, which creates some changes in riding routines. I don't know about you, but my preparations for 80 degree weather differ from those for 40 degrees.

Rather than layers of clothing, I am thinking about how to lay in as much water as possible. Road rides will usually bring you close to clean water sources, but still plan on filling all bottle cages with the largest containers available. Many folks have plain water in one and carbohydrate drink (mix it according to the directions - too strong and it can cause you problems) in the other. Depending on your preferences, many riders like to use the "water bladder" systems and carry up to 100 ounces of water. These backpack systems are almost required for mountain bike excursions both because of their size and because rough terrain will not likely knock off the backpack. If, while mountain biking, you do knock off the pack, the need for medical attention may supercede that for water.

Let's assume that you filled all available vessels. Great. Now you must DRINK from them - deeply and frequently. Some of my riding partners are negligent about this, so they set their watch to ring at 10-minute intervals. This works very well. Plan to go through a bottle each hour in warm conditions, assuming that you are not riding at your limit. If it's hot, dry, at altitude, and/or you are riding hard, plan on trying to down 1.5 to 2 bottles per hour. You can lose 32-64 ounces of fluid per hour while exercising, which not only drops your weight, but it diminishes your performance and can also set you up for life threatening conditions like heat stroke.

How do you know if you are drinking enough? The best indicator is the color of your urine. It should be clear **BEFORE** starting your ride meaning that you are drinking lots of water between rides. During and after riding, one authority likes

to use the color of the "customer copy" of credit card receipts as the benchmark; lighter than this means you're ok, darker indicates that you're quite behind in hydration. Another monitor is to weigh yourself before and after riding, making sure to keep those numbers the same.

Hydration is key in hot weather, but I also slather on the SPF 15, or greater, sunscreen. The waterproof versions work well. Ideally, you should reapply throughout longer rides as you sweat it off. Places to cover with lotion include your head because the beautiful lightweight helmets have awesome vents to let the air flow and the UV rays reach tender scalp spots. If you've ever had a scalp burn, you know of what I speak. Cycling caps will also do a great job and have visors to cut down on rays to the face (visors on helmets do a nice job). Lotion should be applied on any exposed surfaces, and about an inch above sleeves and

below collar as things creep and slide during a ride. The rationale for sunscreen is to help avoid skin cancer, however studies have shown that endurance athlete performance is enhanced when using sunscreen.

The final consideration is for road riders. Air pollution is rising in most metropolitan areas, and air quality varies according to the time of the day. In general, riding during the cooler periods lessens the risks. Staying away from heavier traveled roads is also better for your lungs and perhaps for all parts of your body, come to think of it.

So, drink up, lotion up, breathe carefully and take care.



Athletic Medicine

BY MICHAEL PETTY, MA, MSPT

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

BMX CORNER

"BMX" from page 1

However, the one sport that has done the most for character building, sportsmanship, physical fitness, and all around life lessons for the kids has been the sport of Bicycle Motocross, or BMX as it is more commonly referred to.

Here in the great northwest, BMX has always been big. Throughout Oregon and Washington, races are held every weekend of the year and there are even indoor programs during the winter that run in horse arenas in several NW cities. The American Bicycle Association (ABA) is the largest and most successful of the BMX sanctioning bodies and boasts a membership of over



Got air? Get some at a BMX track near you!

PHOTO BY CHAD WILSON

three all the way up to age 68. There are different categories that allow riders of vastly different skill levels to be included, and many Dads and Moms race in the older groups just to be involved with their kids. It's not uncommon to hear, "Go Mom Go" while a race is being run.

BMX is a very economical sport to get into, as the entry-level bicycles can be purchased for less than \$180.00 at most bike shops. Membership in the ABA is just \$45.00 per year and the entry fees for a regular race range from \$5.00 to \$10.00. Sure, there are folks that spend \$2,500.00 on their kid's bikes and really get into it, but most kids compete for the pure enjoyment of it and don't care how much their bike is worth.

These days I am a successful Realtor with a large firm in a very competitive marketplace, but 24 years ago I too got my start in the sport of BMX and I learned all those life lessons that my kids are learning now. BMX was a positive influence in my past and helped me to be confident, compassionate, patient, successful. It taught me to take every challenge head on. Those are the qualities I want my kids to pass down the line to their kids.



For more information on the American Bicycle Association (ABA) BMXRacing, log onto: www.ababmx.com or www.gobmx.com

BMX from the Sidelines: The Parents' Perspective

BY VALERIE CARTER

Almost two years ago, a little boy played on a dirt racetrack under his father's watchful eye. Now, at the ripe age of 6, Logan Owen is a nationally ranked BMX racer (currently at number one in his category). In few sports is an ascension like this possible. However, in BMX racing, where competitors can vary in age from 4 and younger to 65 and beyond, there is always room for new talent and skill.

Before a racer makes it to the limelight, though, there are the parents. Parents inevitably play an integral role in the lives of BMX racers, due to the young age at which they begin racing. So what would motivate parents to encourage their son or daughter to enter the world of BMX racing? According to Steve and Kim Owen, there are quite a few good reasons to support their son's desire to race.

For one thing, BMX racing is a year-round sport, making races possible any time one should want to compete. Secondly, it's a sport that Kim says, "gets them outside and gives them exercise," which she feels is important in a world where TV shows and video games are luring more and more children away from outdoor activities. Finally, competitors learn at a very young age how to deal competition, which at the local level is very friendly. Steve explains, "they're your friends, you congratulate the people who beat you."

Steve and Kim have learned all of this first-hand, as they are highly involved in every facet of Logan's racing. One of the most important ways their influence on Logan's racing manifests itself is in his practicing, which he does frequently in order to successfully compete nationally. However, Steve makes sure that it is Logan's own desire that drives him to practice. Before each

practice checks if Logan feels like practicing. If he doesn't, then practice doesn't happen.

On the track, Steve and Kim's influence shows through in Logan's courtesy towards the other competitors. They have taught him to wish the other kids on the line good luck as they wait their turn. Equally important, they are teaching him to accept his position at the end of the race as either a gracious loser or humble winner. Steve points out the value of fair play to his son, emphasizing, "you can't always win."

However, parents of BMX racers can also negatively influence their young racers. Kim remembers seeing parents who scream at their children in frustration if they do not perform up to par. It makes her wonder, "is the kid racing because he wants to or because his parents want him to?" The realization Kim and Steve had to make is that "they don't perform like racehorses." Kim cautions, "you have to step back as a parent and say, c'mon this has to be fun."

After all, the racing is about the experience and the people involved, not just winning. Kim notes, "in life we try for goals, and sometimes there are stumbling blocks. Racing is the same: everyone wants to be number one, you just have to keep trying." Good advice for both rookie and experienced BMX parents.

Some technical advice from Steve for parents with children interested in BMX is to check with your local track before spending money on a new bike. "Find out what you really need and upgrade as their abilities get better," he says. Also, there are message boards on Yahoo where parents can converse with other racers and parents all over the country. But, Steve says, "always remember: have fun! That's the most important thing."



CALENDAR



PHOTO BY SILVIE RAMOND

One of the great mountain bike trails in the Northwest.

- 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:** Krebs' Cycle Time Trial #3. Vancouver, BC. Dave Carlye, Krebs' Cycle Club, BC, 604 688 8646 mailbox 3, krebscycleclub@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 Liesickl, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-55-7657, www.roundandround.com
- Jul 6-8:** Tour de Delta. Delta, BC. BC Cup #4 John McMurphy, The Corporation of Delta, Delta, BC, 604-946-3287, jmcumrphy@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. 541-382-8018, www.sunnysidesports.com
- Jul 11:** Mount Tabor Circuit. Portland, OR. Stan Gardner, 503-641-1422, stangardner@email.msn.com
- Jul 12:** Seward Park Cycling Series. Seattle, WA. 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 12-15:** 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 30K, 5 p.m. 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, White Rock, BC, 604-541-2161, www.vancouver.net/whiterock
- Jul 15:** Oregon Hillclimb Championships. Government Camp, OR. Candl Murray, OBRA, 503-661-5874, www.obra.org
- Jul 15:** RHF Bike-A-Thon. Vancouver, BC. Rotary Club of Vancouver, 604-685-0491
- Jul 15:** Snohomish Kia Ha Ya Days Road Race. Snohomish, WA. Local road race. Start located at 1st and Maple. 5.0 mile loop with a climb and fast descent. Counts for NWWC series. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com
- Jul 15:** Stampede Road Race. Calgary, AB. Road race. Jim Oldham, Calgary Veis, 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, Slocan Valley Cycling Club, New Denver, BC, 250-358-2729, svc@slocanlake.com
- Jul 22:** Humberg Hurray. Corvallis, OR. Critrium Dan Madrid, 530-938-5844, madrid@ireach.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 Series. Marymoor Park, Redmond, WA. See Series info. Ethan Megginis, 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
- Aug 2:** 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
- Aug 2:** Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gagann1@aol.com
- Aug 4:** Broadmark Capital Circuit Race Series. Marymoor Park, Redmond, WA. See Series info. Ethan Megginis, Broadmark Capital Cycling Team, 206-675-1424, www.broadmarkcycling.com
- Aug 4:** Lake Washington Velo Circuit Race. Counts for NWWC. www.bikeride.com
- Aug 4:** Master's Provincials. Edmonton, AB. Time Trial Don Jobson, EMCC, AB, 780-438-2340, mastersracing@netscape.net
- Aug 6:** Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series. Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m., www.obra.org
- Aug 7:** 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
- Aug 7:** PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digwest.com
- Aug 9:** 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
- Aug 9:** Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gagann1@aol.com
- Aug 11:** The Lakeside Bicycles Tualatin Crawlfish Festival Critrium. Portland, OR. Celebrate the 50th annual Crawlfish Festival along with the 10th annual running of the Crawlfish Festival Critrium. The course is south of town allowing many spectators from the festival to come watch the challenging critrium. The course consists of a downhill, sweeping corners and an uphill rise to the finish line. Jim Anderson, 503-975-8229, http://www.obra.org/flyers/tualatin.htm
- Aug 11:** Health Masters Hill Climbs. North Vancouver, BC. Barb Zimich, Health Masters, BC, 604-983-2765, bzimich@home.com
- Aug 12:** Volunteer Park Summer Classic. Seattle, WA. Critrium - \$15.8-mile loop inside Volunteer Park with a small 150-yard hill. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com
- Aug 13:** Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series. Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m., www.obra.org
- Aug 14:** 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
- Aug 14:** MidValley Critrium Series. Eugene, OR. Norman Babcock, 541-485-6007, NormanB965@aol.com
- Aug 14:** PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digwest.com
- Aug 14:** Tuesday Night Road Race Series at SIR. Kent, WA. See series info. Tracy Jolly, 206-322-0072, tjolly@seattlemortgage.com
- Aug 16:** Seward Park Cycling Series. Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com
- Aug 16:** Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gagann1@aol.com
- Aug 18:** Broadmark Capital Circuit Race Series. Washington. See Series info. Ethan Megginis, Broadmark Capital Cycling Team, 206-675-1424, www.broadmarkcycling.com
- Aug 19:** Washington State Critrium Championships. Olympia, WA. Counts for NWWC. www.bikeride.com
- Aug 20:** Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series. Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m., www.obra.org
- Aug 21:** 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
- Aug 21:** PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digwest.com
- Aug 21:** Tuesday Night Road Race Series at SIR. Kent, WA. See series info. Tracy Jolly, 206-322-0072, tjolly@seattlemortgage.com
- Aug 23:** Seward Park Cycling Series. Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com
- Aug 23:** Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gagann1@aol.com
- Aug 25:** Camerati TT. Eastern Oregon. Stage race Mathew Braun, 503-227-5616, mtb@siennaarchitecture.com
- Aug 26:** Master's Provincial Championships. Bentley, AB. RR Graeme Dibbs, Connie McKinney, AB, 780-432-7268, masterscycling@netscape.net
- Aug 26:** Oregon Time Trial Championships. Woodland, WA. Critrium Joe Cipale, 360-750-6659, jpec@pacifier.com
- Aug 26:** Seward Park Season End - WSBA Awards. 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
- Aug 27:** Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series. Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m., www.obra.org
- Aug 28:** 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
- Aug 28:** PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digwest.com
- Aug 28:** Tuesday Night Road Race Series at SIR. Kent, WA. See series info. Tracy Jolly, 206-322-0072, tjolly@seattlemortgage.com
- Aug 30:** Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gagann1@aol.com
- Jul 1:** 600K Foothills Randonneur. Fort St. John, BC. Start 6 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 40% Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@bc.ca)

Rides & Tours

- Jul 1:** Canada Day 134 Populaire. Fort Langley. Start 8 a.m. to 9:30 a.m. Tour Straton, 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: Olympia, 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 Gents. 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 Sauser, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0622, 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. 206-522-81KE, cbccstp@casccade.org

- Jul 7-14:** Oregon Crater Lake Tour. Eugene, OR. 8-day tour. Highlights: Audeheide 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:** 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. Redmond Rotary, P.O. Box 563, 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@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:** Derby Days Eastside Ride. Redmond, WA. (Redmond City Hall Campus). How often do you go for a bicycle ride of 35 miles and have live music, carnival rides, great food, and interactive activities waiting for you when you finish? If you have not experienced a fun event like this, come to Redmond Bicycle Derby Days! 35 mile route and family route option available Carleen Dixon, City of Redmond, (425) 556-2360, www.derbydays.net/schedule.html#Ride
- 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, Emmet, Sandy Green, 541-385-5257, www.oregonbicycleride.org
- Jul 15-20:** Canadian Gulf Islands. Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, 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, Mulange 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:** MS Mountain Bike Ride. Fally City, WA. Ride with Ned Overen, this year's honorary chair. Fally City is just 20 minutes outside of Seattle. Angela Deltore, National Multiple Sclerosis Society - Greater Washington Chap, 206 284 4286 ex.236
- Jul 21:** 300K. Lower Mainland. BC. Start 6 a.m. from Walnut Grove Park n Ride. Tour Silver Lake, Alger, Lummi, Semiahmoo. Barry Chase, 604-266-4214
- Jul 21-28:** San Juan Islands - Victoria. San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com
- Jul 21-Aug 4:** Shubi Litali TW Swatitwaf: "Rolling the hoop through the land". Western Washington & BC. Extraordinary natural beauty of mountains, sea, forests, 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

CALENDAR

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, motels available, additional cost. 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

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

Jul 26: RAMROD 2001. Enumclaw, WA. 18th Annual Ride Around Mt. Rainier in one day. The Challenge The Beauty The Excitement. The Point of 154 miles and 10,000' 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: Aufdeheide 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. Limit 8. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838. www.pathfinders.com

Jul 29-Aug 4: Banff to Jasper. Canadian Rockies. Spend 7 days, 6 nights. Meet in Banff, AB, Canada at 7 p.m. Tour ends 4 p.m. on Aug. 4th. Nearest airport - Calgary, AB. Trip cost: \$1,285. Fundraising ride for nonprofit organization. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476. www.lunatours.com

Jul 29-Aug 3: Canadian Gulf Islands. Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.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, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Jul 30-Aug 3: San Juan Islands - Camping. San Juan Islands, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.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

Aug 4: 200K Ride. Carey Road, Saanich, BC. Route: Saanich Peninsula & Sooke. Start time 8 a.m. Mike Poplawski, 250 882 1239. michael.poplawski@home.com

Aug 4-5: 17th Annual MS 150 Bike Tour. Stayton, OR. Fully supported 150-mile tour with rest stops every 10-15 miles. Tour begins and ends in Stayton. Cyclists will travel through the rolling hills and historic covered bridges of Marion County. Presented by: Regence BlueCross BlueShield of Oregon Kara Moore, National MS Society, Oregon Chapter, 1650 NW Naito Pkwy, Suite 190, Portland, OR, 97209. 503 223-9511 ext. 228. www.orcmss.org

Aug 4: 300K. Fort St. John, BC. Start 7 a.m. Route: Fort St. John, Pink Mountain, north on the Alaska highway and back. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589. wkok@nc.ca.bc

Aug 4-11: San Juan Islands - Victoria. San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 5-9: Cascade Lakes Tour. Oakridge, OR. 4 days, 283 miles in Oregon Cascades. Desert, old-growth views. Full support. Breakfast, dinner, snacks. \$600 camping, motels available additional cost. Limit 8. Intermediate/Advanced Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 1-800-778-4838. www.pathfinders.com

Aug 5-10: Olympic Peninsula Bike/Hike. Olympic Peninsula, WA. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 5-10: Oregon Coast-North. Oregon. Levels: All. Daily mileage on standard route: 45 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 5-8: Oregon Wine Country. Oregon. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 5-10: Oregon Coast-North. Oregon. Levels: All. Daily mileage on standard route: 45 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 10-11: Ride Seattle to Vancouver & Party (RSVP). Seattle, WA. 185+ uncrowded miles along scenic backroads of Washington and BC, Canada. Two days. Seattle tradition. Party at finish line. Start at Sandpoint Naval Station in Seattle. Come celebrate the 20th anniversary of RSVP. Begins 5:30 a.m. Cost: \$70. Larry Sepulveda, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE. www.cascade.org

Aug 10-16: Tour de Lane. Eugene, OR. 7-day loop on paved forest roads around Eugene. 7 days, 385 miles, or 4 days, 220 miles. Full support, breakfast, dinner, snacks. \$700 camping for 7 days (4 day - \$440), motels available, additional cost. Limit 20. Intermediate/Advanced. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838. www.pathfinders.com

Aug 11: 400K. Lower Mainland, BC. Start 6 a.m. from Guildford. Tour of Fraser Valley, Manning Park. Bob Bose, 604-531-8869

Aug 12-17: Canadian Gulf Islands. Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 12: Providence Bridge Pedal. Portland, OR. In 2000, 15,000 cyclists travelled over 8 of Portland's bridges in this benefit ride. BTA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0676. info@bta-bikes.org

Aug 12-17: San Juan Islands - 6 Day Tour. San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 12-18: SPUDS 7 - Cycling Around Idaho. Emmet to Rexburg, ID. SPUDS 7 explores the many faces of Idaho from the Sawtooth Mountains to the high desert to the farmlands below the Tetons. Fully supported, camping, 100 riders max. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 866 45 spuds. www.spuds.cycleevents.com

Aug 12-18: The Oregon Bicycle Ride. Eugene, OR. Begins Sun. morning, Aug. 12. Meet Sat. Aug. 11 for registration and dinner. Parking for vehicles provided. If travelling by plane. Pick-up at Boise airport on Saturday afternoon. Cost before July 1: \$550, or after July 1, \$575. Dinners and breakfasts included in fee. Also included: food and water stops, gear transport, camping fees, showers and toilets plus on-the-road mechanical support. Tour Eugene. Philomath, McMinville, Silver Falls, Estacada, Detroit, Sweet Home. Sandy Green, 541-385-5257. www.oregonbikeride2k@aol.com

Aug 14-17: San Juan Islands - 4 Day. San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 15-30: Surf to Summit. Tanzania, Africa. Starting on Zanzibar and ending with a climb of Mount Kilimanjaro. Diverse scenery, friendly people, much more. 420K, 25-mile, long hills, biking, high elevation hike. \$1490 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848. www.ibike.org

Aug 16-19: "Bike-Aid". California, Washington. Annual cross-country trek promoting education and awareness around globalization issues. Ride from San Francisco, Seattle or Boston to Washington DC. Learn about social issues while travelling & meeting with local communities and grassroots organizations. JustAct, 333 Valencia St. 101, San Francisco, CA, 94103. 415-431-4480 or 800-RIDE-808. www.justact.org

Aug 17-19: 1000K Brevet. Mark Thomas, 13543 1600th Ave. N.E., Redmond, WA, 98052. 206-612-4700. www.seattlerandonneur.org

Aug 18-19: 200K, 300K Ride. Vancouver Island, BC. Start 7 a.m. from Ladysmith. Tour Nanaimo, Cowichan Valley, Stephen Hinde, BC Randonneurs, 250-245-4751. www.island.net/~randos/index.html

Aug 18-20: Courage Classic. Washington. 3 days and 175 miles in central Washington. Meals, entertainment. Includes rides through the Snoqualmie, Blewett and Stevens passes. Includes the Mary Bridge Children's Hospital & the Children's Trust Foundation. Jeff Randall, Mary Bridge Children's Hospital, 409 S. J. St. P.O. Box 5296, Tacoma, WA, 98415-0296. (253) 403-4374. www.courageclassic.com

Aug 18-26: Glacier - Banff - Jasper. West Glacier, MT. Levels: Intermediate to advanced. Daily mileage on standard route: 45 average. Meet: West Glacier, MT. Depart: Jasper, AB. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 18-25: Oregon Crater Lake Tour. Eugene, OR. 8-day tour. Highlights: Aufdeheide 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

Aug 18-25: San Juan Islands - Victoria. San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 18: The Vine Ride. Portland (Sherwood), OR. Bicycle tour of the vineyards, orchards and farms of the Upper Willamette Valley. Start at 7 a.m. on the southwest edge of Portland. 3 loops - 60, 78 and 105 miles fully supported rides. Reg. \$42, deadline 08/12, limited to 1500 riders - new bike will be given away at the finish line to one of Vine riders. Proceeds benefit Northwest Medical Teams, which provides free health care to those in need in Northwest and around the world. Wheel Help Ride or Lakeside Bicycle, 1-800-390-6189 or 503-699-8665

Aug 19: 3rd Annual Blackberry Bramble. Eugene, OR. Century in the hills on beautiful logging roads. Support. Full 100 mile ride and a 65K ride. New this year 38-mile family ride. Blackberry treat at the end. \$12. Mel Huey, Gear Cycling Club, P.O. Box 10244, Eugene, OR, 97440. 541-345-3181. gearride@aol.com

Aug 19-24: Oregon Coast-North. Oregon. Levels: All. Daily mileage on standard route: 45 average. Meet/depart: Portland, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 19-25: Ride Around Washington (RAW). Washington. Ride from Westport on the Washington coast to Leavenworth. Six days 450 miles fully supported tour - hot showers, meals, baggage transport, campsites and lots of beautiful scenery and fun. Limited to 200 riders. Start time 8 a.m. Cost \$465. Mike Anders, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE. www.cascade.org

Aug 19-24: San Juan Islands - 6 Day Tour. San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 19-24: WYCYCII - Wyoming Cycling Celebration. Jackson to Buffalo, WY. 12th annual ride across Wyoming. Highlights: high alpine scenery, river gorges, mountain towns. Fully supported, camping. Limited to 200 riders. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 866 73 WYCYC. www.wycyci-cyclevents.com

Aug 20-26: Crater Lake Challenge. Eugene, OR. 7-day, 385-mile loop. Eugene to Crater Lake National Park. Low traffic, hot spring, fly fishing, swimming, covered bridges, waterfalls. Full support. Breakfast, dinner, snacks. \$827 camping. Motels available, additional cost. Limit 20 riders. Intermediate to advanced. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838. www.pathfinders.com

Aug 25-27: 600K. Lower Mainland, BC. Start 6 a.m. from Haney. Tour Rockport, Arlington, Yale. (also available: 200K, 300K and 400K. Routes vary) Harold Ridge, 604-941-3448

Aug 26-31: Canadian Gulf Islands. Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 26-31: Olympic Peninsula Bike/Hike. Olympic Peninsula, WA. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 26-31: San Juan Islands - 6 Day Tour. San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 26: Victoria Off-Road Populaire. Six Mile Road, Colwood. Route: Galloping Goose Trail. Start time 9 a.m. Michael Poplawski, 250 882 1239. michael.poplawski@home.com

Aug 28-31: San Juan Islands - 4 Day. San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060. www.bicycleadventures.com

Aug 31-Sep 3: Sleeping Lady Tandem Rally. Leavenworth, WA. The routes include beautiful country roads through apple and pear orchards, an option along spectacular Icicle Creek, and some highway stretches. All rides begin and end at Sleeping Lady, a mountain conference retreat. Sag support from R&E Cycles. Limit 150 tandems. Sharon Lutz, Sleeping Lady, 1-800-574-2123. www.sleepinglady.com/tandemrally.htm

Track

Jul 4-8: Track Nationals (Including Masters). Edmonton, AB. TR Dave Embury, Juventus, Edmonton, AB, 780-944-7438. mastercup@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 89th St., Edmonton, AB, T6E 5H6. 780 490 5879. 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@wi.com

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

Jul 13-18: Master National Track Championships. Marymoor Park, Redmond, WA. National Championships by the Marymoor Velodrome Association & Gregg's Cycles. Spectators are welcome (free). Ethan Meglimes, Marymoor Velodrome Association, 206-675-1424. www.marymoorvelodrome.org

Jul 15: Oakridge Fat Tire. Portland, OR. Miles Stumbaugh, 541-782-3481. outpost@cyberdyne.com

Jul 19: Alpenrose Weekly Series. Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org



PHOTO BY SYLVIE RAMROD

Time trial over the hill HP Women's Challenge 2000.

Jul 21-22: WA State Track Championships. Marymoor Park, Redmond, WA. Races by the Marymoor Velodrome Association & Gregg's Cycle. Spectators are welcome (free). Ethan Meglimes, Marymoor Velodrome Association, 206-675-1424. www.marymoorvelodrome.org

Jul 26: Alpenrose Weekly Series. Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org

Jul 27-29: Alpenrose Challenge. Portland, OR. Mike Murray, OBRA, 503-661-5874. www.obra.org

Aug 2: Alpenrose Weekly Series. Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org

Aug 3-5: ATRA Track Cycling Series. Marymoor Park, Redmond, WA. National race series by the Marymoor Velodrome Association & American Track Racing Association. Spectators are welcome (free). Ethan Meglimes, Marymoor Velodrome Association, 206-675-1424. www.marymoorvelodrome.org

Aug 9: Alpenrose Weekly Series. Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org

Aug 12: Women's Only Track Classes. Marymoor Park, Redmond, WA. Women's only beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424. www.marymoorvelodrome.org

Aug 16: Alpenrose Weekly Series. Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org

Aug 17-19: State Track Championships. Portland, OR. Candi Murray, 661-5874. cmurray@teleport.com

Aug 20-25: Alpenrose 6-day. Portland, OR. Spectacular six days event. Mike Murray, 503-661-5874. mmurray@teleport.com

Aug 23: Alpenrose Weekly Series. Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org

Aug 30: Alpenrose Weekly Series. Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874. www.obra.org



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The Right Hero

BY MAYNARD HERSHON

I moved to Tucson last October, having decided that a guy like me should live in a real cycling town. I tell you what: Tucson is a cycling town.

I've gotten used to the way people ride here. Often, when I travel, I'm amazed by the way they ride elsewhere. We're pretty dogged law-abiding here, we Tucson cyclists, pretty courteous. Other places, riders have other ways.

When I talk about Tucson cyclists, I don't mean U of A's students who ride back and forth to class, or black-socks, MS-150 club riders. I mean racers and performance riders; people who might read VeloNews; men and women without Camelbacks.

Tucson riders don't blow through lights and stop signs. Not nearly like riders from any of a dozen towns I could name. We don't flip off drivers - well, not often. We don't act as if we're somehow exempt from highway laws and the rules of common courtesy, just because we're so totally cool.

No way are we angels. We have the same impulses as riders in other places: where they do blow through stoplights, where they couldn't possibly care less about other road users. Why are our road manners better? Here's one big reason: Gord Fraser lives here.

He's lived here more than a decade (from Ottawa, Canada). He's a big Tucson booster.

He's friendly and helpful to everyone... Well, not if you're trying to break into the Mercury train in the last miles of a race. Maybe not THEN.

Gord makes his living racing for the Mercury Professional Cycling Team. He's a road sprinter. That means he can ride a 100-mile hilly road race and still have energy left to jet to the finish line faster than nearly anyone else. For those critical two or 300 meters, he's a rocket ship.

Gord, should you meet him out on the road and ride with him a while, will not tell you any of this. You'll see his team bike and team clothing. However, you will not hear him tell race stories or even talk much about himself.

Later on, when you mention to a buddy that you rode with "some guy named Gord today," that's when you'll find out who he is.

You don't sense that he's aware of it, but Gord is the "patron" of Tucson cycling, the unacknowledged leader. Guys respect him. Some of that respect comes from what he's accomplished. After all, these last few years he's been as successful as any pro in the world.

But other guys have done stuff, won big races here and in Europe, and they're not role models the way Gord is. No, it's not so much what he's done. It's how he IS, I think, that sets the tone here.

Because he's been racing for lots of seasons, and each of those seasons was long, running from February until well into fall,

Gord takes the long view. He has a certain perspective, a calmness about racing and training.

He knows that a training ride is a training ride, not the First Union Pro Championships. He knows there's no prize for getting out of town 30 seconds faster than yesterday, and no reason to upset the locals in their cars.

He doesn't TELL you any of this, mind you. He only does his ride in that calm, self-possessed way he has. Others watch him; his class and (this is the word I want) serenity set the example. The ride takes on a calm, serene aspect. I love it.

A little calmness is welcome here. Bike/car relations COULD be awful in Tucson. I believe there are three-quarters of a million people. There seem to be about two million cars, each with an impatient driver. But we don't have as much trouble as we might.

It isn't that we're all covering on the shoulder, making nice, waving and smiling at soccer moms on their cell-phones in huge SUVs. Nope. I think we're lucky; we picked the right hero.

We, bike riders, like other sports fans, want to identify with some star or other, to look and act like them. We wouldn't like some of them if we got to know them. Here, luckily, we picked Gord Fraser.

Luckily for us in Tucson, his personal style is as fine as his finish. If you're a Tucsonan,



you probably already know that. If you're not, why not come visit next winter? January and February are best. Bring your bike.

Meet the guys down on University Avenue near the Coffee Plantation, Cafe Paraiso and Starbucks. Lotta riders, eh? That's Gord over there in the Mercury outfit, on the blue and green LeMond. Roll out on a Tucson ride. Bet you like it.



RESULTS

John L. Scott State Stage Race Championships

Sequim, WA - June 9 - 10

Pro & Category 1 - 2 Men (16 Starters)

Ov/Pl	Name	Team	Itt	Cirt	RR
1	Mike Hone	Broadmark	5	1	
2	Steve Crosier	Tb.Com	9	2	5
3	Brian Ecker	Recycled Cycles	2	9	6
4	Doug Carillon	Satum Of Bellevue	7	3	7
5	David Dolanoy	Satum Of Bellevue			1
x	Kenny Williams	Satum Of Bellevue	1	5	Dns

Category 3 Men (22 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	Travis Kuehn	Tacoma Bicycle	2	6	3
2	Martin Willock	V. Wheelman	4	1	1
3	John Maestas	Aurora Cycles	3	2	

Women Category 1-3 (10 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	Mariah Jo Beattie	Krebs Cycles	4	1	2
2	Emily Westbrook	Recycled Cycles	3	3	1
3	Donna Peters	Satum Of Bellevue	1	6	3
4	Nina Krack	Peninsula	7	2	5

Women Category 4 (17 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	Clarissa Dirks	Ashmead	5	2	1
2	Meredyth M.	None	4	1	1
3	Lisa Lund	Aurora Cycles	2	6	6

Masters Women (6 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	Robin Blais	Excel Sports	3	2	1
2	Gina Kavesh	Armondo's	1	3	2
3	Wanda Howlett	Titania	2	1	DO

Masters Men A (9 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	G. Bunselmeyer	Excel Sports	1	1	1
2	M. Busselman	Excel Sports	2	2	6
3	Steven Holland	Safeway/Satum	3	4	9

Masters Men B (15 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	Eddie Roa	None	6	1	6
2	Nikos Mills	None	2	1	1
3	Todd Anderson	None	6		2

Masters Men C (11 Starters)

Ov/Pl	Name	Team	Itt	Cirt	RR
1	Bob Raker	None	3	2	2
2	Pete Banko	None	2	1	6
3	Kevin Fiske	None	1	3	3
4	Rick Lilleberg	Ashmead Coll	9	5	1

Juniors A (6 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	Peter Brevic	Broadmark	3	1	3
2	A. Southerland	Wheelsport	1	2	5
3	Mike Wentz	Rad Racing	5	5	1

Juniors B (7 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	C. Gronewald	Wheelsport	1	1	2
2	Todd Keithly	None	2	3	1
3	K. Chamberlin	Ragnarok	3	2	4
4	K. Amundson	None	5	4	3

Junior C (5 Starters)

Pl	Name	Team	Itt	Cirt	RR
1	Grant Boursaw	Greggs Vw	3	1	2
2	Fletcher Farrar	Vwv	1	2	4
3	Amara Boursaw	Greggs Vw	2	4	3
4	B. Seidensticker	None	5	5	1

2001 Round the Clock

Spokane, WA - June 2nd - 3rd 2001

Solo (14 Starters)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Solo Fly	Heinrich Deters Andy Fuller	24:08:17 24:00:34	25 23
2		Rob Grant	24:02:12	22

2 Person (5 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Mackay/Rockwood	Tim Crum Kevin Schultz	24:00:06	27
2	Outdoorsman	Shawn Barry Mike Grant	24:29:34	27
3	Where's M&D	K. Reinkensemeyer Dean Burton	24:00:14	24

4 Person (10 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	JF2 Racing	Evan Robertson Chad Berg Scott Keiber	24:00:04	30
2		Kevin Hornback		

5 Person All Female (5 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	To Hell w/Sugar & Spice	Beth Rayburn Francis Schuurman Lisa Parsons Jodi Hess	24:21:24	26
2		Rachel Argent		

5 Person Coed (1 team)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Odds & Ends	Amy McGowan Steve Horiuchi Roger Donahue	24:34:32	26
2		Nicolas Pottier Jeff Andros		

Open Age 150-199 (4 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Go Dog Go	Doug Klaiber Lee Wamble	24:06:26	28
2		Robert Britschgi Pat Staleyton Ira Wamble		

Open Age < 100 (2 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Team Hardcore	Tyler Bjorkman Alex Lord Flynn	24:17:39	25
2		Adrian Arnol Andrews		

Open Age 100-149 (3 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Team 4:20	Vince Miller Doug Sredinsky	24:15:00	31
2		Merle Kirkley Jake Valetine		

Open Age 200+ (1 team)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Greggs Trek Hawaii Shirt	Dan Norton Bernie Bogtilo	24:23:32	30
2		Tim Rutledge Dave Castonyuay		

Corporate (14 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	EZ Bake & H M M	Kyle Andrew Pruner, Michael Schneider, Ruedi	24:00:45	29
2		Tim Davila Jon Berry		

Police Fire Military (2 teams)

Pl	Team Name	Roster Names	Total Time	Total Laps
1	Truckees	Steve Wynn Mike Milner Mark Place	24:15:34	29
2		Don Hecker Kyle Shoecraft		

Cyclepath Triple Threat Cross-Country, BC Cup XC#5

Crystal Mountain, BC - June 3

Elite Men (27 starters)

Pl	Name	Team	Time
1	Kyle, Andrew	Roach Powerbar	2:06:35
2	Pruner, Michael	John Henry Bikes	2:07:42
3	Schneider, Ruedi	Norco	2:10:18

Elite Women (7 starters)

Pl	Name	Team	Time
1	Walter, Sandra	Speed Queens	2:05:28
2	Chorney, Eron	Rocky Mountain Bicycles	2:07:37
3	Hawthorne-A, Tanya	Gerick Cycle & Sports	2:15:11

Junior Expert Men (13 starters)

Pl	Name	Team	Time
1	Routley, Will	Rocky Mountain	1:48:48
2	Cartwright, Andrew	Fresh Air Experience	1:50:54
3	Sherstobitoff, Tim	Fresh Air Experience	1:52:29

Junior Expert Women (3 starters)

Pl	Name	Team	Time
1	Henry, Katarina	Green Mountain	1:13:11
2	Belfry, Lindsay	Sprockids Race Team	1:14:01
3	Baker, Brook	Stormbc/Nesters	1:14:22

Master 30-39 Expert Men (17 starters)

Pl	Name	Team	Time
1	Irvine, John	Tantalus Bike Shop	1:48:04
2	Wade, Gary	Kelowna Cycle/Ogc Fisher	1:50:12
3	Horn, Doug	Deep Cove Bikes	1:50:58

Under 17 Men (31 starters)

Pl	Name	Team	Time
1	Giesbrecht, Jordan	Escape Velocity/Devo	1:23:44
2	Green, Matthew	Sleed Cycles	1:25:04
3	Loughran, Jeff		1:25:24

Under 15 Men (19 starters)

Pl	Name	Team	Time
1	Crowe, James	Kona/Glacier Shop	59:44
2	Chan, Steven		1:07:05
3	Crump, Scott		1:09:35

Under 15 Women (3 starters)

Pl	Name	Team	Time
1	Giesbrecht, Kyla	Olympia Cycle & Ski	49:33
2	Garrison, Alyssa		55:42
3	Evoy, Jaymi		1:06:55

Cyclepath Triple Threat Downhill BC Cup DH#4

Crystal Mountain, BC - June 2

Rk Name Club Time

Rk	Name	Club	Time
1	Shersobitoff, Tim	Fresh Air Experience	3:03.19
2	Adams, Jessi	Norco/GI Bikes/Cougar Rock	3:03.40
3	Redston, Gless	Kelowna Cycle	3:03.78

Elite Men (23 starters)

Rk	Name	Club	Time
1	Jones, Michael	Oak Bay Bikes	2:54.92
2	Lindemark, Kurt	Red Shred Bike Eboard Shed	2:57.72
3	Saunders, Curtis		2:58.23

Elite Women (9 starters)

Rk	Name	Club	Time
1	Allen, Sylvie	Rocky Mountain	3:23.94
2	Blancher, Lorraine		3:24.64
3	Haley, Barb	Norcofactoryteam/Etnies/Mantra	3:25.68

Jr Expert Men (14 starters)

Rk	Name	Club	Time
1	Shersobitoff, Tim	Fresh Air Experience	3:03.19
2	Adams, Jessi	Norco/GI Bikes/Cougar Rock	3:03.40
3	Redston, Gless	Kelowna Cycle	3:03.78

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