

Bicycle Paper

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AUGUST 2001

The World of Cycling

Williams shines at Nationals

BY ANNIE PALMER

Though beneath a threatening cloud cover and battling temperamental showers, competition at the 2001 Masters Track National Championships at the Velodrome in Redmond, July 14-18, was certainly not lacking intensity.

Marymoor Park's Velodrome seemed the ideal setting for the annual event, though the unpredictable climate of the Pacific Northwest proved to be a setback early on. While racers began arriving from all over the United States to compete for the right to a red, white, and blue jersey, it was only a short time before the clouds rolled in. By early Monday morning, USCF officials were

See "Nationals" on page 3

Protein - How Much is Enough?

BY CINDY FARRICKER, MS, RD, CD

What is the ideal composition of a diet for cyclists? It seems like a simple question, yet there are as many opinions regarding the optimal diet as there are types of bicycles. This is the first nutrition column in a series that will explore the nutritional aspects of cycling, and hopefully shed some light on a frequently charged and controversial subject. In my columns I will attempt to present different theories on nutrition and present the facts regarding the application of various nutritional practices. One must keep in mind that nutrition and food choices are often a very personal issue. If a cyclist "believes" that

See "Protein" on page 6

Recumbent Cycles Take Off

BY VALERIE CARTER

"What IS that thing?!" One of the more common questions you hear on the road as a cyclist rides by, not crouched over a traditional bike, but sitting reclined in... something, you're not sure what. That something is a recumbent bicycle, which has recently begun to gain popularity as an alternative form of cycling.

However, though their rise may be new, they, in fact, are not. Recumbent bikes were invented in France in the 1930's, but were outlawed from racing because they were

See "Recumbent" on page 5

This Issue:

- Mountain Bike Festivals
- Track Nationals
- Road Coverage
- Recumbents
- Over 200 events
- 30 years of NW Female Cyclists

Svein Tuft - Impressive in Grand Prix de Beauce

Langley, B.C. resident Svein Tuft, impressed many by demonstrating great talent at the Grand Prix de Beauce, the only 2.4 international stage race in Canada this year. The international field was composed of 126 riders representing 19 teams from Canada, US, Mexico, South Africa, France and Italy.

Trading his Broadmark Capital jersey to race under the Canadian National Team colors, Tuft's first outstanding performance came as a long 182 kilometers breakaway with



STUDIO IMAGES BY CATHY BELLER

Tuft on his way to victory in stage 7

Mercury-Vital rider Henk Vogels and Team Tecos rider Florencino Ramos in stage 3. Tuft started early by attacking only 8 km into the stage. Vogels and Ramos went with him, and decided to give it a try, thinking that the pack would soon reel them back. However at the 60-km mark, the trio had a 23-minute gap on the field, placing the pack 14-km behind them. At that point, Team Saturn started to chase, and by the 106-km mark, the gap was reduced to 15 minutes. During that time, Vogels and Tuft were working well at the front. They dropped Ramos, who was slowing down. With 20 km to go, it looked like the efforts of the main field were paying off. They were getting closer to the break, which was slowing down, feeling the fatigue of the long breakaway. In the end, Vogel refused to work on the last 2 km, and easily out-sprinted Tuft for the win. The pack rolled in four minutes later, with Gord Fraser (Mercury-Vital) taking the pack sprint for third place.

Although things did not work as Svein had hoped the next day - he crashed and had to wait for replacement wheels, causing him to miss the winning break - Tuft was not done with Beauce. In the last stage, a group of 7 riders went off the front on the first lap. Tuft, accompanied by 3 other riders, bridged on lap 7 of the 15-lap race. At the end of the 10th lap, Vassili Davidenko (Navigator) attacked and Lukaszewicz, Tuft's teammate, brought him back. Tuft counter-attacked and within a lap had a minute lead on the break. Tuft continued his solo effort off the front, increasing his lead to 1:20 on the 14th lap. A tired Tuft battled the final lap, but as fatigue settled in, his lead quickly melted. Tuft finally crossed the finish line, a mere 7 seconds ahead of teammate Lukaszewicz and his breakaway group.

Tuft impressed many in Beauce. His cycling career may be young, but he is making a name for himself in North American cycling.



Mountain Bike UCI-Tissot World Cups front news

Victoria native Roland Green remains at the front of the pack

Since making Canadian history with his first World Cup podium, on which he also took over the leader jersey, Green has remained the guy to chase, both in the overall ranking and on the course. In the Vancouver, BC Grouse Mountain World Cup and in the Durango, CO events, Green took the lead from the start and let the others fight it out behind him.

In Vancouver, racing in front of his own crowd, Green offered an exceptional performance leading the world's best over the newly built course. Green was riding toward a sure win, with a comfortable 1:25 gap over second-place rider Christoph Sauser (SUI, Volvo/Canondale) when he flatted with half a lap to go. After a quick change, he found himself back on the trail, chasing Sauser who had passed him while he fixed his tire. Green chased hard but ran out of hill to close the 11-second gap that separated him from Sauser. For the Swiss rider, it was a second world cup victory. Other remarkable performances in Grouse Mountain include the fifth place finish of Ryder Hesjedal (Victoria, Subaru-Fisher), giving him the Under-23 leader jersey. Finally, Courtenay, BC rider Geoff Kabush finished in seventh place. It is Kabush's best performance since his ninth place finish at the Olympics last summer. The best US result was Tinker Juarez's 19th place.

A week later in Durango, Green did not let the altitude change his plan, as he lead a group of riders through the first lap. By the middle of the race, Green had opened a 1:13 gap over the chase group led by fellow Canadian Ryder Hesjedal. On the third of four laps, Green flatted and his lead was reduced to 10 seconds. Bad luck struck again on the fourth lap when Green flatted for the second time, allowing a small group of riders to pass him. Finishing with a slow leak, Green crossed the line in fifth place, 1:20 behind the winner. Ryder Hesjedal was 9th, Geoff Kabush was 14th and Jeremy Horgan-Kobelski posted the best US result, taking 15th place. French rider Julian Absalon won the event.



PHOTO BY SILVIE RAYMOND

Roland Green

On the women's side Alison Dunlap from Colorado, was 3rd in Vancouver and 7th in Colorado. Ruthie Matthes was the best North American rider in Colorado with a 3rd place finish. Alison Sydor from Victoria posted a 6th and 8th place finish in those events.



Junior Track Nationals and Worlds Championships

Thirteen local riders who train and race regularly at Marymoor Velodrome will be attending the Junior National Track Championships in Ft. Lauderdale, Florida. Riders range in age from 12 to 18.

Tyler Farrar from Wenatchee is one of the top junior men in the country and he is currently representing the U.S. at the Junior World Track Championships in Trexlertown.



Bike to Work Day

Over 6,700 cyclists rode their bike to work or school on May 18th, which represents an increase of 1400 over last year numbers. SVR Design had 75% of their employees riding to work that day, while WRQ, the sponsor of the event this year, set the example with 75 of their employees riding their bikes to work.



HP Women's Challenge

Canadian Lyne Bessette (Saturn) won the 2001 HP Women's Challenge. No American made it into the top 10 overall. The best Northwest rider after 13 stages was Sandy Espeseth from Victoria (Intersports) with a 14th place overall. Nicole Demars, from Canmore, Alberta, now residing in Eugene, Oregon came in 22nd. Leigh Goldstein, Vancouver at 26th, Cybil Diguistini at 27th, and Alison Sydor at 29th (both from Victoria) round up the top 30.

Individually, Nicole Demars (800.com) was the only Northwest rider to visit the podium. Nicole finished 2nd in stage 8, a grueling 60.7 miles from Burley to Magic Mountain. Brooke Blackwelder (Boise, ID) was 4th in a relatively flat Shoshone-to-Burley 80.2-mile 6th stage, and finished 6th in stage 10 between Twin Falls and Mountain Home. She completed the tour at 2nd in the race for the sprint points jersey, and 8th for the points classification, which takes into account the points accumulated in the sprint hot spots, mountain hot spots and stage finishes. Leah Goldstein was 9th in stage 11 and Sandy Espeseth twice finished 10th in stages 1 and 2.



Seattle to Portland

BY CATHY BELLER

Approximately seven thousand riders participated in the 2001 Seattle to Portland bike ride. As one of the participants, I saw bikes and riders in all shapes and sizes. There was one blind man riding tandem; one unicyclist who I saw at the starting line and never saw again; one in-line skater who was in Chehalis the last I heard; one rider depending on arm strength and sheer determination; and one young mother of two toddlers on a mountain bike.

Karina Schwoerer juggles family, friends and a full time job as a project manager with a software company. What's amazing is that only eight weeks ago Karina was in the hospital suffering from meningitis, an inflammation of the brain. She spent Mother's Day in bed recovering. After another week of partial rest she was back on the bike, now just six weeks before the July 7th event.

Her crazy schedule permitted at best seventy miles of riding every other week to train for the two-hundred-mile ride.

On July 4th, just three days before the STP she contracted Strep throat and was back at the doctor's office. Determined to participate, she asked for the strongest shot available, which cured the ailment but made sitting down problematic. The STP is a lot of sitting.

It's not a difficult ride if you can put in at least one hundred miles every week on your bike in preparation. I was feeling really good about my ride until I realized that even with everything she had been through before the event began, Karina was not only keeping up with me, she was going strong.

Her longest training ride for the STP was a mere thirty two miles. The arduous Puyallup hill intimidated her, but she pressed on. Miles and miles of riding challenged her endurance but she refused to give up. The rolling hills between Winlock and Kelso were exhausting after ten long hours of riding but she fought back and conquered.

She kept up and kept going, and a couple of times left me and my racing bike in the dust. Her feet and toes cramped up throughout the ride, I managed to knock her down while attempting to dismount my ten speed, and about twenty



STUDIO IMAGES BY CATHY BELLER

Karina and Cathy celebrate at the STP finish line.

miles shy of the finish line she was stung by a bee. But nothing could stop this woman.

The final turn to the finish line was bittersweet. I was very happy to be done, but with the end in sight my eyes filled with tears as I realized I had just witnessed, first-hand, the enduring power of the human spirit.



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The world of cycling encompasses many disciplines covered in this issue

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REGIONAL NEWS

Tour de White Rock

Foreigners take reign, locals are runners-up!

LEIGH HARDGROVE

The Tour de White Rock, a classic West Coast bike race that took place for its 22nd year, rocked again! With UCI points to be collected, a \$10,000 prize purse, and an event in the SISU BC Cup Road Series, the Tour de White Rock was guaranteed the attendance of high caliber riders, and that's what it got! The race points were also added to the previous week's Tour de Delta results to provide an omnium winner overall. Racers showed up from the Northwestern States, Western and Eastern Canada, New Zealand and Australia to compete.

A 700-meter hill climb started the weekend off on Friday night. With a 16% grade the hill challenged riders and created some lactic acid. The women's times were stellar, with Australian Helen Kelly, (KPMG Australia) flying up the hill in two minutes and twenty seconds. Four seconds back was

Diana Gillam, (Snow Valley) and Marjan Hvizing (Snow Valley).

Local rider Scott Goguen, (La Bicicleta) prepared for his winning time of 1:46. His loss to New Zealander Graeme Miller, (Net Zero) by just over a second in Delta the previous weekend caused him to "take the pain" on White Rock's hill. "I really psyched myself up and warmed up hard this week. I haven't raced the hill climb in White Rock since 1986. I forgot how much it hurt. That hill is total pain, but you have to ignore it." His effort allowed him to pull almost a second faster than 2nd place finisher Daniel MacDonald, who beat out third place finisher Russ Hooker, (Dr. Walker Sports Chiropractor) by a split-second.

Stage two of White Rock saw husband and wife team Tania Duff-Miller, (Saturn Canada) and Graeme Miller win the Saturday night women's and men's criteriums, respectively. Duff-Miller out-sprinted local favorite, Dana Walton, Snow Valley (Brian Walton's wife)

Sunday's early morning start was for the dedicated only. A drizzly, cold, 8 a.m. start

time saw riders putting out their best foot forward to compete. When other people would rather roll over and snuggle back into bed, these riders came out...all winners in their own right!

The women's race saw a two women breakaway with hill-climb winner Helen Kelly and Vancouver rider, Darnelle Moore. The race came down to a sprint finish between the two, with Kelly edging out Moore. Helen Kelly won the women's overall and the title for the Tour de Delta/White Rock Omnium.

In the men's race, Atlas Cold/Ital-Pasta's Andrew Pinfeld duked it out with Graeme Miller, winning the men's 82-kilometer race. "My coach, John Harris, gave me one piece of advice...stick with Miller, stick with Miller. It worked perfectly." Pinfeld's win allowed him to collect enough points to move into 3rd place for the omnium, and 2nd place overall in White Rock. Miller won both the Men's White Rock and Omnium Title.



"Nationals" from Page 1

scrambling to regain the hours worth of time trials and races that had been lost to the rain, but were quick to fill in the gaps keeping the remainder of the championship on schedule and running smoothly.

By Tuesday, though the crowd was wrapped in blankets and sipping lattes, things began to heat up on the track as Kirkland's Kenny Williams immediately became a crowd favorite. Primarily a road racer, Williams took an interest in the track while racing tandems with blind children just two years ago, and has since burst onto the scene. Williams, the returning points race, pursuit, and kilometer champion, quickly made it clear that he intended to defend his titles. Early in the championships, Williams' endurance earned him the 3000 meters win in men's 30-34 and a second place finish in the kilo.

The points race provided the spectators with a lot of action: halfway through the race, Williams had already accumulated 32 points. With 27 laps to go, the race exploded when Williams and Rodger Carter (Clarksville, MD) broke away and lapped the field. Williams took the points race with 59 points, while Carter finished second.

Aside from the young standouts, the track was home to a number of crowd-pleasing Northwest performances. Glenn Bunselmeyer (Bellevue, WA) took the 3000 meters, as well as the 25K points race in 40-44. Woody Cox from Redmond was first in the 50-54 2000 meters pursuit. Annette Hanson (Kirkland, WA) won both the 2000 and the 10K points race, Shan Rayray from Puyallup was first in the 35-39 500 meters while Darien Curl (Portland, OR) and Cheryl Gleason (Issaquah, WA) top their respective 2000 meters pursuit.

For team events, it was Saturn of Bellevue making a name for itself with Williams, Bunselmeyer, Bostick, and Stephen Prokopiw (Gypsum, CO) taking the 30+ team pursuit. Saturn of Bellevue appeared again when Williams anchored with Adam Wilk (Plano, TX) and Timothy Goodwin (McKinney, TX) to pull ahead three seconds on the last lap and win the Olympic Sprint over Hammer Racing who had taken first in the qualifying round.

The final and arguably the most anticipated of all events was, of course, the well-known Madison; an event that originated as a 6-day ride in Madison Square

Gardens and became a team event when event-goers decided that the riders needed a partner to help them finish the race. With strong sprinting and endurance, Sam Swope's team and Taylor Made took an early lead, but a bad exchange caused Taylor Made rider Stanley Bunn (CA) to take a spill on the back straightway on lap 53 of the 70 lap race. Getting back on the bike in seconds, Talyor Made stayed in the race, but the Saturn of Bellevue team of Williams and Woody Cox began to creep into the points standings by throwing the strong Williams in for sprint laps. Swope held out to the finish to take the win, but Saturn of Bellevue edged into second just over Taylor Made by taking double points on the final lap.

With the conclusion of the Madison, fellow racers packed up and joined in a final BBQ where they exchanged tips and congratulations.

"This whole scene is very friendly. Everybody is a warrior on the track, but as soon as you're done, everybody's friends. It's a nice atmosphere to race in," said Williams.



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30TH ANNIVERSARY OF NW FEMALE CYCLISTS

Review of the top Northwest female riders

The Northwest has produced talented female riders who have won, over the years, multiple rainbow jerseys in track, road and mountain bike events. Members of the American or Canadian national teams, they produced impressive results at the World Championships, the Olympic Games and in major international competitions, and also dominated the local racing scene. Presented in alphabetical order, we selected ten riders who we believe to be the best of the last 30 years. We also prepared a long list to acknowledge riders who did not make it to the top ten list but posted great results during their career.

Rene Duprel

September/October 1982 - Twigg, Beckman, Duprel, Stieda and Buhler win National Championship gold medals

Renee Duprel of the North Bend, WA, made the jump from the intermediate class to the juniors look easy. She won the junior women's road race at Milwaukee, in a race that essentially came down to a bunch sprint.



October 1990 - Duprel's silver medal heads impressive Northwest showing at National and World Championships

Renee Duprel of Bellevue, Wash., capped a steady rise through the rarified air of world-class cycling, by winning a silver medal in the women's sprints at the UCI World Cycling Championships in Japan in late August. Duprel finished second to her American rival, Connie Paraskevin-Young, to complete a U.S. sweep of the women's sprint event. Her medal, which came a month after she won the U.S. title and finished third at the Goodwill Games, was a significant improvement over 1989, when she finished 8th in the World Championships.

Pat Engberg

Winter 1984 - The Bicycle Paper's 1984 Northwest Top Ten

Seattle's Pat Engberg and Vancouver's Andrew Hansen share Rider of the Year honors.

Thirty-four may seem like an advanced age to take up a new Olympic sport, but Engberg made the switch gracefully. She qualified for the Olympic Trials by finishing 3rd in a bunch sprint at the regional Olympic Qualifier in Bellingham. A month later she set a national women's record of 58:23 in the 40 km Time Trial Championship and won the State Road Title.



July 1986 - New gold for the old guard

Repeat winners dominate Washington State road, track and time trial championships.

Road: Bob Wade, of Lake Stevens, Wash., and Pat Engberg, Seattle, captured the featured senior men's and women's road race title at the Washington State Road Cycling Championships in Spokane, June 15. It was the second state road race championship for each rider.

Track: Other women's gold medals went to Jean Hicks, of Olympia, in the sprints and Pat Engberg, Seattle in the 3000 meter individual pursuit.

Time Trial: Onalaska, Wash. - Pat Engberg, of Seattle, won her second senior women's Washington State time trial championship on June 8.

Anne Grande

December 1998/January 1999 - Spurring on the hurt: Seattle's Anne Grande leads the Northwest's cyclo-cross charge

What makes Grande's success in cyclo-cross so startling is how fast she has climbed the ranks to become one of the top racers in the country. Most top cyclo-cross riders have pedaled for years, but Grande relied on her skills as a cross-country runner to carry her through the learning curve, which, as it turned out, was a sharp rush to the top.

Grande has torn up the field in every cyclo-cross race she has entered, from regional Seattle-Metro and Northwest Cup races to two national Supercup series races. This summer she finished in the top 20 of the NORBA mountain bike circuit, including a 12th place in the NORBA race at Deer Valley, Utah. Given the ease in which she has obliterated the rest of the women's field in races, Grande would seem a shoo-in for a podium finish at the national cyclo-cross championships in Boston.



Kay Henshaw

Winter 1981 - Top Ten: Broznowski tops our most talented list ever

6. Kay Henshaw, Rainbow-Schwinn-Racer Mate-Pro Tec, Seattle, WA

Henshaw has won national championship medals in the veteran women's category each of the past two years. As she gets older, the job gets tougher. So it was significant when she won a bronze in the time trial and a silver in the road race at the Nationals this year.

Then it was off to Austria for the Veteran World Cup. This is the closest thing veteran cyclists have to a real world championship. (Since it is unsanctioned by the UCI, it still has to be called an "unofficial" world championship).

Riding in the 31-40 age group, Henshaw escaped with the winning break on one of



the long hills, and won the sprint from those five riders. It was a personal triumph for Kay, one warmly shared by her fellow competitors in the Northwest.

Sara Neil

Winter 1986 - Our 1986 Top Ten: B.C.'s Sara Neil captures the top spot, but Washington racers dominate our listing of the Northwest's best riders

Neil's selection as Rider of the Year fulfills last year's promise when, as a first year racer, she finished number two on our Top Ten list.

This former world-ranked cross-country runner swept three Canadian national championships (time trial, road race, and criterium) and finished 39th in the world championship road race, the highest finish of any Canadian rider. She also finished 6th in the Beatrice Bicycle Classic in Texas, against the best riders in the world, and finished 5th in Spokane's tough Washington Trust Classic.

March 1998 - Brian Walton Rider of the Year

The best of the rest:

Sara Neil, Vancouver, B.C., finished fourth in the Pan-Am Games road race.

Cary Peterson

August 1977 - Washington State Qualifiers

Cary Peterson, Paris-Sport Team, turned in the fastest time in the time trial to qualify along with second place rider Linda Peters, for the Nationals in the senior women's division. Cary also won the Washington State Track title with first place finishes in the 3000 meter pursuit (where she posted a blistering time of 4:17.9) and the matched sprints.



May 1979 - Spotlight: Peterson Ponders Future, Cycling

By Charles Raymond

Cary Peterson, a member of the U.S. women's National A team, is a well-known figure in bicycle racing. She has competed in such important events as the Red Zinger stage race in Colorado, the Schlitz Light International in Arizona, and the National championships. And she spent much of the 1978 season competing successfully in European races, including the World championships in Germany in which she finished in the main field.

Jane Robinson

September/October 1974 - She did it! Jane's Number One!

The Women's National Road Champions, held on a harrowing obstacle-strewn 11 1/2 mile loop through the ghetto of Pontiac, Michigan on July 27th proved that Seattle's own Jane Robinson is in fact number one.

The thrilling edge of Jane's victory was somewhat tarnished afterwards by what Jane feels was somewhat shabby treatment by

ABLA officials. It has been traditional in past years for US National Champions to be invited to participate in major international events. However, Jane was snubbed and not invited to be a member of the team that represented the US at the World Championships in Montreal. Jane says part of the problem may have been that many ABLA officials and riders felt she "was just a turkey - that winning was just an accident and that I'd disappear back up in the Northwest and never be heard from again."

But then the US Track Championships in Northbrook, Illinois on August 2nd, may have changed at least a few people's turkey images. Especially since Jane, riding the track for only the third time in her life, rode off with third place and a bronze medal in the pursuits. The gasps of amazement from the stunned assemblage of riders and spectators brought many to the realization that Jane was not and is not, just a turkey. She's a full-fledged rider who has paid her dues the hard way, has come to the Nationals, and ridden off number one.

August, 1977 - Washington State Qualifier

A former National champion, Jane won the 1977 Washington Road title in the senior women's class by narrowly edging out Cary Peterson.

Alison Sydor

September/October 1989 - Regional Reports

Three British Columbia women racers were selected to race on the Canadian team at the World Road Championships at Chambery, France, August 26-27. Judy Latoski recorded the best finish in the 72 km race, with a 38th place finish. Alison Sydor finished 45th and Sara Neil came in 56th place.

Fall 1994 - World Cup action concludes in the Northwest

By Noel Zanchelli

Alison Sydor (Volvo/Cannondale) of North Vancouver, B.C. was a dominant force in the 4 lap, 20.4 mile race. From the start, Sydor rode at an unmatchable pace and slowly built a substantial lead. She appeared very fresh and satisfied with the day's efforts, which earned her win number two in this year's World Cup events.

May 2001 - Regional Reports

Sydor finishes third at Napa Valley World Cup

Rebecca Twigg

Winter 1979 - 1979's top ten riders: Rebecca Twigg is Tops

by Barclay Kruse

1. REBECCA TWIGG - In a year of singular performances by northwest riders at the nationals, Rebecca's were big attention grabbers. As a first year junior, the Seattle 16 year old devastated her competition by nearly 4 minutes on her way to a time trial gold medal. Her 25 mile time of 1:02 makes



"Recumbent" from page 1

simply too fast. It was thought that recumbent bikes shifted the focus from the rider to the bike, which is an understandable concern. In the 1970's recumbent bikes hit the Midwest, whose flat terrain provided the perfect setting to experiment with better, faster bikes.

Today, recumbent bikes are the fastest out there, holding world speed records in a variety of events. The secret is all in the bike's aerodynamics. As Dale Clark of Angle Lake Cyclery puts it, they are simply "a different breed." The frame is constructed to keep the bike and rider lower to the ground for less resistance. The pedals are placed almost level with the seat, and in



Group ride on the Vision Saber

some cases even higher, depending on the type of bike. This might seem an uncomfortable position, except that the seat is not the small triangle you find on traditional bikes. Instead, it's an actual cushioned seat with a back to push against.

Speed and comfort are the two big selling points for recumbent bikes, which I quickly learned when I visited Angle Lake Cyclery for a test ride. Dale brought two bikes out for me to try out: one for leisure, and one for speed. The pedals on the first were positioned lower than the seat, and the comfort level, I discovered, was much higher than that of a traditional bike. The seat was an actual chair that I could envision myself comfortably cycling in for hours on end without complaint. The only drawback was that attempting to stay balanced was slightly awkward. Dale cautioned me, "your center of balance will be different - it will be in your hips instead." So, he held the back of the bike and jogged along as I adjusted to the

difference. In no time at all, he had released the bike and I was riding on my own. The second bike felt slightly more awkward, as the pedals were placed almost level with the seat. At the same time, I could feel the difference in how the bike rode and recognized the potential for higher speeds.

Another major plus in using a recumbent bike is the view. Your face looks upward and outward, rather than towards the pavement.

As a result, cyclists can absorb the scenery without strain. Cyclists taking long, scenic rides would find recumbent bikes to be a great advantage, particularly with many of the breathtaking rides the Northwest has to offer.

Some other advantages are that braking is better on a recumbent, as you won't be thrown over the handlebars, and that you would no longer be leaning your weight on your wrists. The result is a much more comfortable ride. More information on these and other advantages can be found on the website for the Human Powered Vehicle Association of Southern Ontario.

John Howard, three-time member of the Olympic Cycling Team, and former International Road Racing Champion, is an advocate of recumbent-style cycling. He feels that, "upright bikes are not best for optimal efficiency - recumbent bikes activate the core muscles more efficiently." In fact, he prefers the recumbent style for the WaveWalker watercraft that his company, HydroCycles, Inc., produces. However, he also brings to light some of the disadvantages of recumbent bikes.

Climbing hills can be more difficult when using a recumbent bike since you cannot

stand on the pedals. However, the Southern Ontario website informs us, "the full back support you have on a recumbent allows you to push the pedals with greater force than simply pushing against your body weight. It is like pushing a sofa or piano with your back against a wall. There is an advantage on a diamond frame for long hills where the use of your arm and torso muscles can be utilized. Losses going up a long hill are retrieved to a large extent on the down side as a good recumbent will typically hit 75 kph where a standard racing bicycle would hit 56 kph, for example."



PHOTO COURTESY OF VISION RECUMBENTS

Vision Saber.

The other, more important, disadvantage is low visibility. John says, "since the bike is low to the ground, it is more difficult for motorists to see you." Partially for this reason, he has stayed with the traditional, upright bike. However, recumbent bikes would still be optimal for rides that do not encounter high amounts of traffic.

After weighing the pros and cons, should you decide to look further into recumbent bikes, there are a few names that you might want to look into first. Angle Lake Cyclery carries a variety of recumbent bikes, from the more leisurely, comfortable recumbents, to the higher-end, racing recumbents. Bike E makes recumbents in the first style. Rans, Vision, and Burley make recumbents in the second style that are slightly faster and more efficient. Of course, each of these companies also makes models for nearly every type of cyclist. If you're looking into top-end, high-performance recumbents, bikes such as the Dexter Hysol Cheetah, Gold Rush Replica, or Lightning R-84 might be more your style. And then there are tricycles and tandems that also come in the recumbent style. Prices for recumbents run anywhere from \$500 to \$4000 and beyond. As with

any kind of bike, do the research before you purchase, so that you find the bike that is a good fit for the demands you have.

After all is said and done, the only way to really find out if a recumbent is for you is to try one. Dale encourages, "don't be afraid to try them, you can always go back." If nothing else, it could just be a unique one-

time experience. Or you could find that you're a convert and never want to ride a traditional bike again. According to Dale, most who make the switch to recumbents don't go back. Either way, the next time a person points in incredulity at one of

those strange contraptions, you'll be able to accurately inform them, "that's a recumbent..."



For more information:

- Bike E:**
www.bikee.com
- Burley:**
www.burley.com
- Dale Clark at Angle Lake Cyclery:**
206 878-7457
- Human Powered Vehicle Association of So. Ontario:**
www.hpv.on.ca/recumb.htm
- International Human Powered Vehicle Association:**
www.ihpva.org
- Lightning:**
www.lightningbikes.com
- Rans:**
www.rans.com
- Vision:**
www.visionrecumbents.com
- Optima:**
www.yellowbike.com

30TH ANNIVERSARY OF NW FEMALE CYCLISTS

many senior men quake in their Adidas.

But, of course, we all knew Rebecca had power and strength. That's why her second gold medal - on the track - was even more important. By thoroughly beating world class sprinter Connie Pareskevinn, Twigg demonstrated a growing intelligence and sophistication in her riding.



Winter 1984 - How did the Northwest worldbeaters stack up in 1984?

Rebecca Twigg (7-Eleven), Seattle, WA.
Silver medal in first-ever Women's Olympic Road Race. Swept all four U.S. National Track Championships. Won Women's World 3,000 Individual Pursuit Championships. Winner of U.S. Olympic Road Trials in Spokane. Winner of Ore-Ida Stage Race.

September 1993 - Another record for Rebecca

Seattle native Rebecca Twigg added another gold medal and rainbow jersey to her collection at the World Track Championships in Hamer, Norway. Her gold medal pursuit ride on August 20 was her fifth world pursuit championship and also set a new world record of 3:37.347.

LAURAL ZILKE

Winter 1985 - Local cyclists shine against stars in Bellevue Wheat Thins Mayor's Cup

Laural Zilke, of Chilliwack, B.C., and Aine O'Hagen, of Vancouver, B.C., were the only Northwest women to crack the top ten. Zilke finished 7th and O'Hagen 10th.



March, 1988 - Brian Walton Rider of the Year

The best of the rest:
Laural Zilke, Chilliwack, B.C., won the Tour of Grasslands and finished the Tour de France.

Long list:

- | | |
|----------------------|-------------------|
| Aine O'Hagan | Katie Blincoe |
| Becky Brindle | Kendra Kneeland |
| Beth Lyndon-Griffith | Laura Suditu |
| Candice Sinclair | Lynette Barchek |
| Chris Paragary | Mary Meagher |
| Cindy Devine | Nancy Bruce |
| Elizabeth Jansen | Penny Crom |
| Jackie Landry | Roxanne Schroeder |
| Janice Gaines | Sharon Keogh |
| Judy Latoski | Sherry Malotte |
| Julie Gregg | |

Special Acknowledgement



ESTELLE GRAY AND CHERYL MAREK

Cross-country tandem record holders since 1984

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.



"Protein" from page 1

a particular food or product enhances their performance than it likely does since it is well established that psychology plays a huge role in athletics.

I would like to begin my series by reviewing dietary protein. How much protein is enough? How much is too much? In this era of carbohydrate bashing from the likes of Michael and Mary Eades, authors of Protein Power, Barry Sears, author of The Zone, not to mention Dr. Atkins, one would think carbohydrates are the bane of our existence. We also hear the constant mantra of "athletes need more carbs" and "carbohydrates are the fuel of athletes" from many experts in sports nutrition. Finally, we are bombarded with advertisements for expensive protein supplements claiming fantastic effects on performance, which for many, result in diets extremely high in protein. It is difficult to know whom to believe.

Let's start out by stating that one size does not fit all. No serious cyclists would have the same training program for a 100-kilometer event and a 200-meter sprint, yet many do not consider how a nutritional program must be tailored. There are many factors to consider when developing a nutrition program. Setting the optimal percentage of carbohydrate, protein and fat must take into account aspects of the human machine as well as the task at hand.

First there is the issue of a cyclist's health. Is there a predisposition to type 2 diabetes, heart disease or are cholesterol and/or triglycerides elevated? Second, what type of cycling is being done? The nutritional needs of a road racer doing prolonged exercise are

different from a sprinting or a recreational rider. Third, the level of fitness and training also needs to be considered when determining the optimal amount of protein in the diet. It is easy to see why this subject is fraught with such confusion and strong opinions.

Unlike carbohydrate and fat, which can be stored as glycogen and adipose tissue respectively, the body cannot store protein. All proteins in the body are functional. That is, they are part of a cell or tissue, or are an enzyme or hormone. Any protein that comes into the body that is not needed for one of these functions is used immediately as fuel or it is converted into fat and stored. Athletes and active people do have higher protein requirements than sedentary people. The question is how much more, and do the increased requirements justify the need for protein supplements?

Most sports nutritionists would agree that protein supplementation is not necessary for the majority of physically active people since as activity increases so does energy intake, which results in higher protein intakes. Additionally, athletes have an increased risk of dehydration from a high protein diet because excess protein must be broken down and it's nitrogen eliminated via the kidney - a process that requires additional water.

How a cyclist's health influences the optimal amount of protein in their diet is beyond the scope of this article. Therefore I will begin by addressing the differences in protein needs between endurance and short

duration/high energy activities, e.g. a 100-kilometer event versus a 200-meter sprint. Without going into a great deal of detail, it is important to understand what the body uses for fuel under these two sets of circumstances. All energy used by the body is obtained from the combustion of carbohydrate, fat, and to a lesser extent, protein. The type of activity determines which of these fuels are used.

Sprinting uses a relatively small amount of energy that is needed instantaneously. Long distance cycling uses a large amount of energy that is needed at a much slower rate. Carbohydrate is the only fuel that can provide a fast source of energy and is therefore the only fuel used in short duration/high energy activities. Since protein is not used as a fuel, a sprinting or even a middle distance athlete's protein needs are influenced by the amount of protein needed for muscle repair. Fat has a very slow combustion and conversion to usable energy, therefore it is never the exclusive source of energy. The combustion of fat requires carbohydrate to fill in the "energy" gap. When carbohydrate is no longer available, the body will actually make carbohydrate from protein. It is important to remember that all the protein in our body is functional, therefore something must be broken down, such as muscle tissue, to supply protein. This results in increased protein requirements for endurance cyclists, but an athlete's training level must also be considered. Training increases the amount of carbohydrate stored in the muscle, and also influences how

efficiently carbohydrate and fat are burned for fuel, therefore a trained endurance athlete's protein needs may be slightly lower than one with less training.

In general sedentary individuals require approximately 0.4 grams of protein for each pound of body weight per day. More active individuals, such as recreational athletes, need around 0.5 grams of protein per pound. Short distance/high output athletes require about 0.5 grams to 0.6 grams of protein for each pound of body weight, and endurance athletes need between 0.6 grams to 0.7 grams of protein for each pound of body weight per day. An untrained endurance athlete or a trained athlete starting an activity with incomplete glycogen stores may require as much as 0.9 grams of protein for each pound of body weight. The distribution of calories varies as protein needs change but typically a healthy diet has approximately 55-70% of its calories from carbohydrate, 12-15% from protein, and less than 30% from fat.

No, one size does not fit all when it comes to protein. The guidelines in this article should help you determine your general protein requirements. A registered dietitian specializing in the sports nutrition can customize a nutrition program for your specific needs.

Cindy Farricker is a registered and certified dietitian. She provides individualized nutritional counseling at her office in Bellevue WA. Cindy is a professional member of the American College of Sports Medicine, The American Diabetes Association and is currently a Board Member of the Washington State Dietetic Association. She can be contacted by calling (425) 455-8595 or by email at eatSMART@earthlink.net



Athletic Medicine

BY CINDY FARRICKER MS, RD, CD

UP NORTH

The Ultimate Bike Race

BY ALLISON MARKIN

You know you're going somewhere special when you catch the ferry to Hornby Island and take a deep breath of clean west coast sea air. All of your big city stress just falls away, like a sand castle eroding on the beach.

And that feeling perseveres as you take a leisurely drive to Strachan Valley, a slice of private land that is the site of The Bike Race; aptly referred to by race enthusiasts as "mountain bike heaven."

Hornby, one of British Columbia's picturesque Gulf Islands, has played host to this popular festival since 1989, with a break in 1999, and is, as far as organizer Tig Cross knows, "the longest running mountain bike race in Canada. We coined the phrase 'mountain bike festival' back in 1989, long before anyone else took to the idea."

The Bike Race, formerly known as the Hornby Island Mountain Bike Festival, has featured just about every mountain bike discipline at one time or another in its history and this year will have a cross country, dual downhill, speed trials and a big air contest.

Cross country competitors will have a 15 kilometer loop to contend with, on

"legendary" single track with about 1000 feet of climbing per loop. The course is a combination of wooded double track and smooth single track, with a couple of technical downhill sections.

The terrain of the island, however, doesn't allow for a serious downhill course, so the Race instead has the unique dual downhill event. What is it? A one minute long sweet ride with both parallel and dual sections. Starting at the top of a mountain, racers will finish their ride in a middle of a meadow.

Starting with a hay ride shuttle, forgoing the standard van or truck, the dual downhill is open to just about everyone. Pros have their own category and the seasoned 40 plus riders will be on their own as well.

"We've expanded the categories to make the sport accessible for everyone, so new people can try it. That's how the sport will grow," says Cross.

While the majority of dual events have a one-loss elimination, this event has a single run, double knock out format. If you lose one race, you're not eliminated, you go to the consolation side - the rider who then

continues winning could end up taking it all in the final race. Not making sense? Check out The Bike Race website for a sample bracket that'll clear your confusion.

Previous events have seen trials riders rally against the likes of barns and beaches, and this year is no exception. "The Endless Section" will have riders lapping up the sun and waves on one of Hornby's famous sandstone beaches, while the Speed Trials, a new event, will take place in the infamous Trials Barn back at the main race site. Two identical courses will pit rider versus rider in a race to the finish.

Finally, another new event is coming to The Bike Race. The Big Air Contest, with both pro and amateur categories, will lead the party-like atmosphere on Saturday night, complete with flood lights and appropriate tumultuous music.

While The Bike Race is a competitive event, Cross says it's much more. In keeping with the spirit of Hornby, with its easy pace, numerous artists, and even an old time farm, the event "is really about getting on your bike and enjoying cycling. It's a nice weekend spent in a beautiful field filled with people riding by, and it's so much fun."



Heading out through the Strachan Valley Fields

PHOTO COURTESY OF THE CROSS



The reputation of the race has brought everyone from beginners to Olympians to Hornby. Geoff Kabush and Andreas Hestler got wet behind the ears years ago at the festival, and BC Cup champion Kiara Bissaro is a regular.

For racers, camping in the field is free, others will be charged ten bucks, and you'll have access to outhouses and cold showers (the hot ones are a five minute drive away at a local campground). Vendors and various technicians will be on site all weekend.

If camping isn't your thing, check out www.hornbyisland.com for information on other accommodation.

For more information on The Bike Race, visit www.thebikerace.com, where you can download a registration form. You'll be glad you did. As Cross says, "Riders won't find a race like it anywhere in North America or the world."



Canada Cup at Fernie

BY VALERIE CARTER

The Setting

The tiny town of Fernie, nestled in the Rocky Mountains running through B.C., Canada, is a relatively little-known, but much favored, vacation spot for many skiers and snowboarders.

Recently, though, the people of Fernie have taken strides toward welcoming summer vacationers, with perhaps the most important being their hosting the 2001 Kokanee Canada Cup at the Fernie Alpine Resort. Although other mountain bike races have been held in Fernie, this is the first time for a race of this magnitude - a change that many hope will not just be temporary.

Fernie seems an ideal location for this kind of activity. The beautiful scenery and rugged mountains provide perfect, challenging terrain for mountain bikers. But besides the actual geography, the local residents make Fernie an exceptional place to host a race. Melody Kultgen, Sales and Public Relations Manager at the Fernie Alpine Resort, explains, "Fernie's community is pretty tight-knit, and they love sports and the outdoors." As a result, a good number of the spectators lining the courses, and the 42 volunteers helping to organize the race, were Fernie residents who came out to support the event.

One might question the impact of such a large race being brought to such a small community. Fortunately, there doesn't seem to be a negative impact. Rather, the response from the community has been overwhelmingly positive. Fernie resident Roberta Milne explained, "most people don't go to other places to watch races, unless they are going to participate." Many, therefore, enjoy the opportunity to watch a major race with some of the best Canadian mountain bikers, right in their hometown.

As for the race itself, the organizers received resounding praise, particularly considering it was their first time hosting the Canada Cup. Wally Rijht, manager of the Rocky Mountain team, said, "the race organizers did a good job; I hope there's another Canada Cup here next year!" - a sentiment that was generally echoed among the racers. The only complaints came from the Downhill racers, whose practice time on the day preceding the race had to be shortened. The ski lift taking the racers to the top of the course had to be turned off when rain and hail suddenly descended on the mountain. Fortunately, the weather turned out to be beneficial, as it packed down the course for the riders the following day.



Start of Pro Women's Race

PHOTO BY HEATHER SHERMAN

The Race

On July 14 and 15, Fernie hosted their first Canada Cup. The Canada Cup consists of a series of events hosted at seven venues throughout Canada. This series of races is particularly important, as it is one of the means of selecting members for the Canadian National Team going to the World Championships. In total, there are five races each for cross-country and downhill events, with some venues hosting both kinds of events. Fernie happened to host both - downhill on Saturday, and cross-country on Sunday.

The Race

The Fernie race turned out to be a high point for B.C. riders. Early Saturday morning, racers made their way to the ski lift that would take them to the top of the 2100-meter course. The long, steep course was a difficult one that toppled many of the riders that sped down the side of the mountain. In the end, B.C. riders swept the top nine positions in the Senior Elite Men category. Dustin Adams (Giant-Smith) took

1st with a time of 3:09.64. Right behind him were Rob Hewitt (Royal Orange) at 2nd and Brant Lyon (Giant) at 3rd.

B.C. residents took the top three positions in the Senior Elite Women's category as well. Cassandra Boon (Giant-Smith), in 1st, timed 3:36.34. Anne Walton (John Henry Bikes-Statos) and Whistler's Sylvie Allen (Rocky Mountain-Fanatyk Co.) took 2nd and 3rd respectively. Boon's performance was impressive, considering that she had broken her collarbone only two months prior to the race, and that she crashed at the top of the course. Yet, she still managed to make it to the bottom of the course with the fastest time. Of her performance, she commented, "I just kept going. I had nothing to lose."

Saturday evening showcased the Dual Slalom, where B.C. riders swept the top positions. Kevin Wood (Speed Cycles) placed 1st, while Shane Ferguson (Rocky Mountain), Thomas Vanderham (Rocky Mountain), and Kurt Tillbury (Green Space Silviculture) placed 2nd, 3rd, and 4th respectively.

On Sunday morning, cross-country racers set out for a long, hard ride over a

difficult course that included, at one point, an elevation gain of 400 ft. In the Senior Elite Men category, Eric Tourville (Oryx), Chad Miles (Roach Racing-Evolution), and



Getting even more "air" on Fernie!

Mathieu Toulouse (Ford-Devinci) quickly moved into the lead, and managed to maintain it throughout the race. In the end, Quebec rider Mathieu Toulouse pulled away from the other two to claim first place with a time of 2:11:19.1. Shortly after, the Ste-Foy, Quebec resident, Eric Tourville, followed and Chad Miles from Whistler, BC came in 3rd. Toulouse described the course as having "great climbs and fun single tracks." Since he is a strong climber, he was able to gain some time over Tourville and Miles on the two major climbs. He also mentioned, "competition was hard; we were pretty much all the same strength [in the lead group]." In the end, the climbs made the difference.

In the Senior Elite Women's category, Quebec was once again on top of the podium with Marie Helene Premont (Oryx) coming in 1st with a time of 2:06:33.7. She was followed by two B. C. riders, Victoria's Trish Sinclair (Ford Devinci) and Vancouver's Kiara Bisaro (Tek Canada-Forbidden).



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

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

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BMX

Aug 14-16: 2001 Washington State Championship. River Valley, Sumner, WA. Friday, Double Points Race, registration 5:30-6:30 p.m., Saturday, State Pre-Race Double Points, registration from 4:00-5:30 p.m., Sunday, SCF, State Championship Triple Points Race, registration 9:00-10:00 a.m. bmxmike@ix.netcom.com

Events

Aug 3-5: BikeFest 2001. Altoona, PA. The League has teamed up with the Tour de Toona, America's largest pro-am bike races for great weekend! We've got lots lined up for you: huge selection of road and MTB rides, party with the pros and more! Visit our Web site for the full details! Rob Stachowiak, League of American Bicyclists, 1612 St. Ste 401, Washington D.C., 20006. 202-822-1333. www.bikeleague.org

Aug 25: 4th Annual Schwinn Picnic. Phinney Neighborhood Center, WA. Swap, Show, Rodeo and Ride. Joe Carpenter, 425 775-6282, www.adobewerks.com/schwinn

Aug 25: Washington State Hillclimb Time Trial Championships. >>> Crystal Mountain, WA. Six miles, 1500 ft. elevation gain. An uphill time trial to Crystal Mountain. All categories. Counts for NWCW series. Dave Bachman, WheelSport Cycling Team, 23333 106th Ave. S.E., Kent, WA, 98031-3353. 253-852-4946, dbachman@libertycontrols.com

Aug 9-14: San Juan Islands Adventure Cruise. Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledadventures.com

Aug 16: Provincial Hill Climb. Banff, AB. Hill climb Stuart Hughes, Bow-CMC, AB, 403-217-0190, www.bowcycle.com/team

Aug 23-28: San Juan Islands Adventure Cruise. Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledadventures.com

Aug 30-Oct 5: San Juan Islands Adventure Cruise. Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledadventures.com

Mountain Bike Racing

Aug 3-5: Tim Horton's Canadian National MTB Championships. Sunapee, BC. Cross-country, downhill, dual. All categories, all levels. Henry Pejrl, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2 1T8. 250-314-5282, hopej@direct.ca

Aug 3-5: Tim Horton's National MTB Championships. Kamloops, BC. Henry Pejrl, Java Cycle, Kamloops, BC, V2C 1T8. 250-314-5282, events@junction.net

To see your race, ride or event results posted in the

Bicycle Paper
send them to:

editor@bicyclepaper.com

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

Aug 4-5: Mt. Spokane Selkirk Challenge WIM #7. Spokane, WA. Cross-country and downhill racing for all ages and ability levels. Washington State Championships. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Aug 4-5: Shotgun Creek Fat Tire Festival 2. Eugene/Springfield, OR. Oregon MTB Series. Cross-country and downhill. Randi Dreiling, 541-984-1433, www.oregon-adventures.com

Aug 7: MidValley Criterium Series. Eugene, OR. Norman Babcock, 541-485-6007, NormanB9@aeol.com

Aug 11-12: Canada Cup Finals. Kamloops, BC. Cross-country, downhill, dual. All categories, all levels. Henry Pejrl, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2 1T8. 250-314-5282, hopej@direct.ca

Aug 12: Torque Baby MTB Challenge. Kimberley, BC. Jikke Stegeman, Kimberley Alpine Resort, Kimberley, BC, 250-427-4881, jstegeman@skkimberley.com

Aug 18: 12 Hours of Hemlock. Hemlock Valley Resort, BC. John Whitmore, Big Dog's Race Events, 604-502-0545, skierwhitmore@yahoo.com

Aug 19: Fernie Mud 'n' Madness. Fernie, BC. BC Cup cross-country #6, downhill #6, dual slalom #5 Eric Reid, Fernie Alpine Resort, Fernie, BC, 250-423-4655, www.skifermie.com

Aug 19: Return on the Jedi. Grants Pass, OR. 2001 Oregon Off-Road Series Cross-country. Top-rated course finishes on miles of twisting single-track ("The Jedi Trail") at Sam Brown Campground. 28 miles for experts, 21 miles for beginners. Benefit for the United Way. Richard Ammus, Bikekraft, 1448 Williams Hwy., Grants Pass, OR, 97527. 541-476-4935, brewbike@cdcsnet.net

Aug 25-26: Kootenay Fat Tire Festival. Nelson, BC. Anne Fletcher, 250-352-7661 Aug 25-26: Rocky Mountain House. Rocky Mountain House, AB. Cross-country, downhill Loyal Ma, Rocky Mountain Bike 'n Board, Rocky Mountain House, AB, 403-845-2204, loyalma@telusplanet.net

Aug 25-26: Schweitzer Dirt and Rock Tour, WIM #8. Schweitzer Mountain Resort, Sandpoint, ID. Cross-country and downhill racing for all ages and ability levels. WIM Finals, Part of AMBC Series and Idaho State Championship Qualifier. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Aug 26: 7th Annual Single Track Mind Poker Run. Tahuya Forest near Balfair, WA. Single Track Mind's Cycling Club presents the 7th Annual Tahuya Poker Run, favorite tradition for the whole family. Michael Curley, Single Track Minds Cycling, 253-566-0359, <http://members.aol.com/STMClub/stmclub.html>

Aug 26: Blue Ridge Bash. Coos Bay, OR. Oregon MTB Racing Series Cross-country. Scott Smith, 541-756-7536

Aug 31-Sep 2: OBRA Finals Scotty Graham Memorial. Mt Hood, OR. Downhill, cross-country. Ski Bowl Mtn Bke Racing, 503 272 0240, www.oregon-adventures.com

Aug 1: Canadian Death Ride. Grand Cache, AB. Cross-country enduro. Dale Turk, Paul Bailey, AB, 780-827-3300, www.canadiandeathrace.com

Aug 1-2: Finals. Mt. Hood, OR. Oregon MTB Racing Series Finals. Petr Kades, 503-272-0146, jlogan@skibowl.com

Aug 1-2: Motorola 24 Hours of Adrenalin. Vernon, BC, Canada. 24 Hours of Adrenalin MTB team relay at Silver Star Mountain Resort. Fastest growing style of MTB event across North America. Teams can range from 4-10 people and solos, so riders of all levels can participate. Come for the weekend you will never forget. On-line registration available. Stuart Dorland, Trifl Sports International, 7321 Victoria Park Ave., Unit #8, Markham, ON, L3R 2Z8 Canada. 905-944-9436, www.24hoursofAdrenalin.com

Aug 1: Peak to Creek. Capitol Forest, Olympia, WA. GA (gravity assisted) Cross-country MTB race. Begins with bus ride to the top (2659 ft). Race down the twisted single-track for 13 miles with 2300 ft. drop in elevation. Interval start, recreation class, s.b. class and an advanced class with cash prizes. Lots of post race festivities! Sign up from, to 10 a.m. Start 11 a.m. \$25 entry fee for rec. and s.b. class and \$30 for advanced. \$5 late entry fee if not postmarked. days prior to the race. Eric Kackley, The Peak, 11639 Waddell Creek Rd. S.W., Olympia, WA, 98512. (360) 704-3315, www.ridethepeak.com

Aug 9-12: Ride the Runt MTB Race. Lookout Pass, ID. NORBA's Idaho State Championships. Cross-country and Downhill, must also race the Schweitzer Dirt. Road to qualify. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Aug 9-9: The Bike Race. Hornby Island, BC. Cross-country, Dual-Downhill (consist. of very long Dual - Slalom section), Speed Trials, and Big air competition. Trig Cross. General Delivery, Hornby Island, BC, V0R 1J2. 250-335-0444 or 1-800-367-1744, www.thebikerace.com

Aug 9-16: UCI MTB World Championships. Vail, CO. Cecilia Folz, P.O. Box 309, Vail, CO, 81658. 970 949 1999

Aug 9: Bonness Nationals. Kananas County, AB. Cross-country enduro. Event Department, 780-427-6352

Aug 13: Fallen Riders Memorial Race. Kelowna, BC. Charity event in memory of riders who have been killed. Off-road and road section. Road will be time trial and off-road will be combined uphill/downhill time trial with the riders having to use the same bike for both legs. Prize for the heaviest bike ridden up the hill. BBQ afterward. Cost \$10 CND. All netproceeds benefit charity for junior riders going to school. 250-862-3440, twotents@home.com

Aug 15: 100 Miles of Ski Bowl. Mt Hood, OR. Downhill team event. members d teams ride the 2.5 mile run earning 10 miles per team toward their 100 mile goal. Each riders should average 10 runs. Ski Bowl Mtn Bke Racing, 503 272 0240, www.oregon-adventures.com

Aug 16: COP. Calgary, AB. Downhill, COP, AB, 403-247-5475, www.coda.ab.ca

Aug 21: OBRA Finals. Ski Bowl, OR. Peter Kakes, 503-272-0146, jlogan@skibowl.com

Aug 22: OBRA Finals Downhill. Ski Bowl, OR. Peter Kakes, 503-272-0146, jlogan@skibowl.com

Mountain Bike Touring

Aug 2-15: Pearl of Africa. Uganda, Africa. Traditional villages, social programs, development projects, schools, national parks, wildlife, extraordinarily beautiful scenery of Western Uganda. 600K, 60 percent dirt, long hills. Cost: \$990 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848, www.ibike.org

Aug 5-11: Banff to Jasper. Canadian Rockies. Spend days, nights. Meet in Banff, AB, Canada. p.m. Tour ends 4p.m. on Aug. 11. Nearest airport—Calgary, AB. Trip cost: \$1,285. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Aug 5: The Green Owl Rendez vous. Schweitzer Village. 23-mile 4200 ft. downhill MTB ride from the top of Schweitzer Ski Resort to the Priest River. MTB experience is not necessary. \$25. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208 263 6959 or 800 831 8810 x2288, www.allaboutadventures.com

Aug 11-18: Wheelin' Over Washington. Whidbey Island, WA to Sandpoint, ID. An 8-day 475-mile inclusive, fully supported, catered tour. This tour concentrates its entire course on the North Cascades Scenic Highway across the mountainous northern tier of Washington. Total climbing is over 31,000 ft. \$950. Tour includes: ground transportation from Seattle and to Spokane International Airports, sag, luggage transport, all meals, camp and inn fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-8810 x2288, www.allaboutadventures.com

Aug 13-26: Kettle Valley Trail Cycle Tour. Nelson, BC. Nelson to Hope. Choose from 3, 6, 9, 12 or 15-day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 1-1816 McNicoll Ave., Vancouver, BC, v6j 1a4. 604-730-1247, www.great-explorations.com

Aug 18-24: Glacier National Park. NW Montana. Meet in W. Glacier, MT, p.m. Spend days. nights. Trip ends p.m. Aug. 24. Nearest airport—Kalspell, MT. Trip cost: \$1,470. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Aug 13: 1000K. Lower Mainland, BC. Routes and start locations vary. John Bates, 604-528-2081, www.island.net/~randos/index.html

Aug 1: The Green Owl Rendezvous. Schweitzer Ski Resort. 23-mile 4200 ft. downhill MTB ride from the top of Schweitzer Ski Resort to the Priest River. MTB experience is not necessary. \$25. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208 263 6959 or 800 831 8810 x2288, www.allaboutadventures.com

Aug 2: Beginner's Paradise Sampler. Southwest Montana. Yellowstone. Meet in Livingston, MT, p.m. Spend days, nights. Tour ends noon on Sept. 8. Nearest airport—Bozeman, MT. Single room cost: \$450. Trip cost: \$1,295. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Aug 2: Chillin' In Coolin. Schweitzer Ski Resort. 30-mile cross-country MTB ride with 4000 ft. descent. Starting from the top of Schweitzer Ski Resort to the shores of Priest Lake. Swim and BBQ, before returning to Schweitzer Village. Tour includes: sag, BBQ and transportation back to Schweitzer Village. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-8810 x2288, www.allaboutadventures.com

Aug 3-16: Kettle Valley Trail Cycle Tour. Nelson, BC. Nelson to Hope. Choose from 3, 6, 9, 12 or 15-day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 1-1816 McNicoll Ave., Vancouver, BC, v6j 1a4. 604-730-1247, www.great-explorations.com

Aug 9: Flat Flatlander 200K. Lower Mainland, BC. Start a.m. from Maple Ridge, Tour Mission, Rosedale, Ft. Langley. (also available: 50K, 100K, 150K. Routes vary) Tim Pollock, 604-939-8166

Aug 15-16: Ride Around the Pond. Sandpoint, ID. 2-day, 115-mile, fully supported, catered MTB tour circumnavigating Lake Pend Oreille in northern Idaho. Schweitzer's City Beach will be the start/finish and you'll climb/descend from the famous, virtually uninhabited east side "High Drive." Each day offers one incredible, 3000 ft., single-track descent. \$150. Tour includes: sag, luggage transport, all meals and camp fees. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-8810 x2288, www.allaboutadventures.com

Aug 15-22: Red Rock. Rolling, Southwest Utah. Spend days, nights. Meet in Cedar City, UT at p.m. Trip ends noon Sept. 22. Nearest airport—Las Vegas, NV. Single room cost: \$490. Trip cost: \$1,420. THIS RIDE IS OPEN TO BOTH MEN AND WOMEN. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Aug 22-29: Red Rock. Rolling, Southwest Utah. Meet in Cedar City, UT at p.m. Spend days, nights. Trip ends noon on Sept. 29. Nearest airport—Las Vegas, NV. Single room cost: \$490. Trip cost: \$1,420. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Aug 22: The Round of the Hiawatha. Sandpoint, ID. 13-mile MTB ride down the "rail to trail" Hiawatha Railroad Grade outside Wallace, ID. Light system or flashlight required. \$75. Tour includes: Round trip ground transportation from Sandpoint, support, snack and trail fee. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-8810 x2288, www.allaboutadventures.com

Aug 29-Oct 13: Abyssian Adventure. Ethiopia. Africa. Tour Addis Ababa across the high plateau of the Horn of Africa. Spectacular countryside. Explores culturally and historically rich Abyssian highlands. 920K, 570 miles. Dirt, mountainous terrain. Cost: \$1090 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206 767 0848, www.ibike.org

Aug 30-Oct 7: Red Rock. Rolling, Southwest Utah. Spend days, nights. Meet in Cedar City, UT at p.m. Trip ends noon on Oct. 7. Nearest airport—Las Vegas, NV. Cost \$490. Trip cost: \$1,420. Special fund-raising event for nonprofit organization. Luna Tours: Outdoor Tours for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Aug 30-Oct 7: Red Rock. Rolling, Southwest Utah. Spend days, nights. Meet in Cedar City, UT at p.m. Trip ends noon on Oct. 7. Nearest airport—Las Vegas, NV. Single room costs \$490. Trip cost: \$1,420. Special fund-raising ride for nonprofit organization. Luna Tours: Outdoor Tours for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Multisport

Aug 18-19: Xterra America Tour NA #3. Half Moon Bay, CA. Off-road triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St. #80, Honolulu, HI, 96813. 808 521 4322

Aug 1: USA Triathlon National Championships. Coeur d'Alene, ID. NW regional triathletes will automatically qualify, call for details. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Aug 22: 1st Annual Wheel. Wheel at SkiBowl. Mt Hood, OR. Mini duathlon consisting of running and mtbiking, mile run, 10 mile bike. Ski Bowl Mtn Bke Racing, 503 272 0240, www.oregon-adventures.com

Aug 23: Xterra America Tour National Championship Finals. Lake Tahoe, NV. Off-road triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St. #80, Honolulu, HI, 96813. 808 521 4322

Road Racing

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

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

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

Aug 4: Lake Washington Velo Circuit Race. Counts for NWCW. www.bikeride.com

Aug 4: Master's Provincials. Edmontan, AB. Time Trial Don Johnson, 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. 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 Mitchell, 233-3636, jeff@jgwest.com

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

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

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CALENDAR

Aug 11: Health Masters Hill Climbs. North Vancouver, BC. Barz Jimich, Health Masters, BC, 604-983-2765, bzmich@home.com

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

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

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

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

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

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

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

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

Aug 16: Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gaggani@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 NWCW. www.bikeride.com

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

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

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

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

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

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

Aug 25: Camerati Tri. Eastern Oregon. Stage race. Mithra Braun, 503-227-5616, mib@sienaarhitecture.com

Aug 26: Master's Provincial Championships. Bentley, AB. RR Graeme Dibbs, Connie McKinney, AB, 780-432-1269, masterscycling@nestscape.net

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

Aug 26: Seward Park Season End. WSBA Awards. Seattle, WA. Criterion, \$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: Addidas World Tuesday Night Championships. Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, www.escapevelocity.bc.ca

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

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

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

Sept 3: 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

Sept 4: PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digijwest.com

Sept 6: Alpenrose Weekly Series. Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874, mmurray@teleport.com

Sept 6: Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gaggani@aol.com

Sept 10: 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

Sept 11: PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digijwest.com

Sept 13: Alpenrose Weekly Series. Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874, mmurray@teleport.com

Sept 13: Fallen Riders Memorial Race. Kelowna, BC. charity event in memory of riders who have been killed. There is an off road and road section. Race will be time trial and offroad will be combined uphill/downhill time trial with the riders having to use the same bike for both legs. Prize for the heaviest bike ridden up the uphill. BBQ afterward. Cost \$10 CND. All net proceeds benefit bursary for junior riders going to school. Trevor Shepley, 250-862-3440, twotents@home.com

Sept 13: Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gaggani@aol.com

Sept 15: The Eugene Celebration Cycling Classic. Eugene, OR. In Eugene/Cottage Grove/Elmira Area. Jim Anderson, 503-975-8229, www.eugenecelebration.com

Sept 18: PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digijwest.com

Sept 20: Alpenrose Weekly Series. Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874, mmurray@teleport.com

Sept 23: Off-road Triathlon. Vancouver, WA. Tobias Blonck, 503-661-5874, tobiasblonck@hotmail.com

Sept 25: PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jeff@digijwest.com

Sept 27: Alpenrose Weekly Series. Portland, Oregon. Thursday night series. See series info. Mike Murray, 503-661-5874, mmurray@teleport.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: Regenes 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.crcnms.org

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

Aug 4: 300K. Fort St. John, BC. Start. 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.bc.ca

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. 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: 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 5-10: 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. days, 385 miles, or days, 220 miles. Full support, breakfast, dinner, snacks, \$700 camping for 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. a.m. from Guildford. Tour Fraser Valley, Manning Park Bob Bode, 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. Portland's bridges in this benefit ride. BTA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0276, info@btadikes.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—Cycling Around Idaho. Emmet to Rexburg, ID. SPUDS 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.cyclingevents.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 traveling by plane, pickup at Boise airport on Saturday afternoon. Cost: \$295. Starts after July 1, \$375. Dinners and breakfasts included in fee. Also included: food and water stops, gear transport, camping fees, showers and toilets plus on-road mechanical support. Tour Eugene, Philomath, McMinville, Silver Falls, Escadada, Detroit, Sweet Home. Sandy Green, 541-385-5257, www.oregonbikeride@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 climb of Mount Kilimanjaro. Diverse scenery, friendly people, much more. 420K, 25-mile, long hills, biking, high elevation hike. \$1490 plus airfare. David Moser, 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 trip promoting education and awareness around globalization issues. Ride from San Francisco, Seattle or Boston to Washington DC. Learn about social issues while travelling. meeting with local communities and grassroots organizations. Justact, 333 Valencia St. 101, San Francisco, CA, 94103. 415-431-4480 or 800-RIDE-808, www.justact.org

Aug 17-19: 1000K Brevet. Mark Thomas, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

Aug 18-19: 200K, 300K Ride. Vancouver Island, BC. Start. 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. Benefits the Mary Bridge Children's Hospital, the Children's Trust Foundation. Jeff Randall, Mary Bridge Children's Hospital, 409 S. 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: Aufdehnde National Scenic Byway, Mckenzie Pass, Crater Lake rim and the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Meet/depart: Eugene, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, 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 Villamette Valley. Start at 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 Bicycles, 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 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: a.m. Cost \$465. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE, www.cascade.org

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

Aug 19-24: WYCYCXXII. 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.wyccycle.com

Aug 20-26: Crater Lake Challenge. Eugene, OR. 7-day, 385-mile tour. Artistic, scenic. Umpqua 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. a.m. from Langley. Tour British Columbia. Also available: 200K, 300K and 400K Routes vary. Harold Bridge, 604-941-3448

Aug 26-31: Canadian Gulf Islands. Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.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, Ride: Gallouping Goose Trail. Start time: 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-Sept 3: Sleeping Lady Tandem Rally. Leavenworth, WA. The routes include beautiful country roads through apple and pear orchards, an option along spectacular Ice Lake Creek, and some highway stretches. All rides begin and end at Sleeping Lady, mountain conference retreat. Sag support from R&E Cycles. Limit 150 tandems. Sharon Lutz, Sleeping Lady, 1-800-574-2123, www.sleepinglady.com/tandemrally.html

Sept 1-8: 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

Sept 1: Tour de Kitsap. Bremerton, WA. Free entry in bicycle drawing for entries before 8/18/01. Start. a.m./finish 4p.m. downtown Bremerton, near ferry. 26, 36, 66 miles. \$15 adults, \$10 under 18. Food, drinks, map, sag. On-line registration available. Ted Dupe, 1154 Bertha Ave. N.W., Bremerton, WA, 98312. 360-479-1265, www.active.com

Sept 2: 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

Sept 2-5: 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

Sept 2-7: 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

Sept 7-9: Bike the Bull River. Sandpoint, ID. 145-mile, fully supported, catered tour of the rivers around the Panhandle of Idaho and Western Montana \$225. Tour includes: sag, luggage transport, all meals and camp fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x2288, www.allaboutadventures.com

Sept 8: 200K Fall Brevet. Mark Thomas, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlerandonneur.org

Sept 8: 200K Quiche Series. Fort St. John, BC. Start. a.m. (Route: Fort St. John, Dawson Creek and back. (Also 160K and 75K routes.) Part of the BC Peace Region Randonneurs Series. Wim Kok, 250-785-4589, wkok@nc.bc.ca

Sept 8-15: Oregon Crater Lake Tour. Eugene, OR. 8-day tour. Highlights: Aufdehnde National Scenic Byway, Mckenzie Pass, Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Meet/depart: Eugene, OR. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicycleadventures.com

Sept 8-10: Trek Tri-Island. Seattle, WA to Victoria, BC. Ride. days, 135 miles, from Seattle to Victoria through the San Juans, fully supported. Limited to 350. \$50 registration fee. \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339, www.alaw.org

Sept 9-29: 11th Annual Santa Fe Trial Bicycle Trek. Santa Fe, NM. Ride all or part of Santa Fe Trail (1100 miles) Riders can leave the group at any place along the route. \$28 per day, camping, support, meals. Limited to 50 riders. Willard Chilcote, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282, chilcote_@aol.com

Sept 9-22: Headwater Tour. Enumclaw, WA. Three routes include 45, 65, or 100 miles through the farmland of the Green and Cedar Rivers. Quiet country roads, abundant food and support make this ride you'll want to do every year! -scrumptious dessert awaits you at the end. Start/finish at Enumclaw High School. Reg. a.m. to noon. Pre-reg. before August 29: \$15 Individual, \$35 Family, \$8 Souvenir Glass Mug. Day of Ride: \$18 Individual, \$40 Family, \$10 Souvenir Glass Mug (availability limited on day of ride.) Fund-raiser for Tacoma Wheelmen's Bicycle Club helmet program, advocacy efforts, rides and more. Ralph Wessels, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-857-5658, www.tbwc.org

Sept 9-22: Headwaters Century. Enumclaw, WA. 40K, 100K, 100-mile routes. \$18 (person), \$40 (family), \$10 mug, \$15, \$35, \$8 before 8/29. On-site reg: Enumclaw High School, a.m.-1p.m. Ralph Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-857-5658, www.tbwc.org

Sept 9-14: California Wine Country—6 Day. California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sept 9-14: Canadian Gulf Islands. Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sept 9-14: San Juan Islands—6 Day Tour. San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sept 9-14: Spuds Fall Harvest. Emmet to Rexburg, ID. SPUDS Fall Harvest explores the many faces of Idaho from the Sawtooth Mountains to the high desert to the farmlands below the Tetons. Fully supported, motels, 40 riders max. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 866 45 spuds, www.spuds.cyclingevents.com

Sept 9: Sunnyside Century. Bend, OR. 29th annual event. 55. 100-mile routes around Mt. Bachelor. \$18 fee covers food stops,

CALENDAR

Sep 15-17: Trek Tri-Island. Seattle, WA to Victoria, BC, Ride. days: 135 miles, from Seattle to Victoria through the San Juans, fully supported. Limited to 350. \$50 registration fee. \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339, www.alaw.org

Sep 16: 22nd Annual Autumn Century and Family Ride. Spokane, WA, 25, 62, 100-mile scenic rides on rural roads with full support. Maps, shirts, food. Some hills on all routes, significant climbs on 100 miles. Cost is \$20-\$25 with \$5 late fee. Number of participants expected is about 500. Buck Rogers, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-255-5837, www.spokanebicycleclub.org

Sep 16: Covered Bridge Weekend Tour I. Cottage Grove, OR. This event will start in Cottage Grove at 10 a.m. and include covered bridges in 33 miles. 90 percent of the tour will be on paved roads to trails paths. The ride travels along lakeshores, passes rivers and creeks, and highlights wildlife. 50-mile ride includes the bridges and ride out to Wildwood Falls. Randy Dreiling, Oregon Trails Promotions, P.O. Box 50806, Eugene, OR, 97405. 541-984-1433

Sep 16-21: San Juan Islands Adventure Cruise. Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Port Ludlow, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sep 16-21: San Juan Islands—6 Day Tour. San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sep 16-21: WVCYC Fall Round Up. Jackson to Buffalo, WY. 12th annual ride across Wyoming. Highlights: high alpine scenery, river gorges, mountain towns. Fully supported, motel. Limited to 40 riders. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 866-73 WVCYC, www.wvcyc.cycleevents.com

Sep 17-20: California Wine Country—4 Day. California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sep 17-23: Oregon Coast Cycle Tour. Oregon. Ride from Astoria to California border. Camping, fully supported \$575, days/7 nights. Group size limited to 12-18. Robbin McKinney, Great Explorations, 1-1816 McNicoll Ave., Vancouver, BC, V6J 1A4. 604-730-1247 or 604-878-8800, www.great-explorations.com

Sep 17-23: Oregon Coast Tour. Eugene, OR. 183 miles. Shuttle from Eugene to the Coast, then explore from Florence to the California border at leisurely pace. Full support. Breakfast, dinner, snacks and shuttles included. \$700 camping. Motels available, additional cost. Limit. riders. Intermediate. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, www.pathfinders.com

Sep 21-23: Autumn Escape Bike Trek. Plymouth to Provincetown, MA. Tour Cape Cod at your own pace. days, 160 miles, includes meals and lodging. Trek Director, American Lung Association of Massachusetts, Abbey Lane, Middleboro, MA, 02346. 508-947-7204, alam@gis.net

Sep 22: Fall 100K Populaire. Redmond, WA. Mark Thomas, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-4700, www.seattlelandrondneur.org

Sep 22-23: Tour des Lacs. Washington. Spokane to Coeur d'Alene and back. Two day cycling tour, mileage and route options. Boat cruises available. Includes breakfast, lunch, and luggage handling. Proceeds benefit the YMCA. From \$60. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Sep 22-24: Trek Tri-Island. Seattle, WA to Victoria, BC. Ride. days, 135 miles, from Seattle to Victoria through the San Juans, fully supported. Limited to 350. \$50 registration fee. \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339, www.alaw.org

Sep 23-28: Canadian Gulf Islands. Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sep 23-28: San Juan Islands—6 Day Tour. San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sep 24-Oct 15: California Coast Cycle Tour. California Coast. Ride from Oregon border to Mexico along California coastal route. Robbin McKinney, Great Explorations, 1-1816 McNicoll Ave., Vancouver, BC, V6J 1A4. 604-730-1247, www.great-explorations.com

Sep 29-Oct 6: San Juan Islands—Victoria. San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sep 29: The Mullan Trail. Sandpoint, ID. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 800-831-8810 x288, www.allaboutadventures.com

Sep 30-Oct 5: California Wine Country—6 Day. California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Sep 30-Oct 5: San Juan Islands—6 Day Tour. San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

Series Races

Jan 1-Dec 31: Maple Valley Saturday Road Races. Maple Valley, WA. 40 to 70-mile road training ride every Saturday, 8 a.m. start. Varying pace (18-21 mph average). Snow/ice cancell. Meet at Four Corners Shopping Center (behind car wash). Brett Curle, 16524 132nd Pl. S.E., Renton, WA, 98058. 425-271-6057

May 9-Sep 5: Tuesday Night Training. Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megjines, Marymoor Velodrome Association, 206-675-1424

Aug 4-Sep 8: Friday Night Racing. Marymoor Park, Redmond, WA. call for info. Ethan Megjines, Marymoor Velodrome Association, 206-675-1424

Mar 17-Aug 26: Northwest Women's Cycling Series. Thursday night series, 13 events in various locations around Washington. Look for the mention counts for NHWC Series in individual event description. Heather Johnston, NWVWC, 206-284-5407, www.bikeride.com

Apr 1-Aug 26: WIM MTB Racing Series. Various locations. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Apr 3-Sep 25: PIR. Portland, OR. Circuit. Jeff Mitchem, 233-3636, jeff@edjwest.com

Apr 5-Sep 27: Alpenrose Weekly Series. Portland, OR. Thursday night series. Mike Murray, OBRA, 503-661-5874, www.obra.org/

Apr 5-Aug 23: Seward Park Cycling Series. Seattle, WA. Criterion every Thursday night. 8 mile-loop inside Seward Park with one 120-degree turn and 100-yard hill. 2,830 riders over the season. David Douglas, Event Promoter, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Apr 10-Aug 28: Tuesday Night Road Race Series at SIR. Kent, WA. Every Tuesday night (except 7/31 & 8/7) at 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+; Race fee \$10 per night, no USCF license required. Tracy Jolly, 206-322-0072, tjlolly@seattlemortgage.com

Apr 13-Oct 28: McCollum Park BMX Racing. McCollum Park, WA. Race every Saturday and Sunday from April to October. Sign up between 10-11 a.m. Membership \$45. Entry fee \$10. Memberships and Snohomish County release form required to be on the track. Pick them up at McCollum Park BMX, Char Ayres, Snohomish County Parks & Recreation, 600 128th St. S.E., Everett, WA, 98204. 425-485-3461, mcollumpark.bmx@gte.net

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

May 3-Sep 13: Southern Oregon Thursday Night Road Race. Medford, OR. Glen Gann, 541-779-6986, gagann1@aol.com

May 7-Sep 10: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series. Portland, OR. Portland International Raceway - Flat 1. 9-mile loop, wide road with excellent pavement, closed to traffic. Norba single-day or annual membership required and available on-site. Reg. starts 5 p.m. and ends 5 minutes prior to your start time. 6:30-6:35 staggered starts. \$13 reg. (\$5 for junior women). Distances vary. Junior, Master & Women Cat. Jim Anderson, 503-975-8229 from 10 a.m.-6 p.m., www.obra.org

May 25-Aug 24: Friday Night Racing. Marymoor Park, Redmond, WA. Race every Friday by the Marymoor Velodrome Association. \$12 for Cat 1, 2, 3 and Women. Kiddie Kilo every 1st and 3rd Friday. Citizens Race every 2nd and 4th Friday. Spectators are welcome. No racing July 27. Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, www.marymoorvelodrome.org

Jun 23-Oct 14: Xterra America Tour. Off-road triathlon. Individual and team entry. Dave Nicholas, 1001 Bishop St. #880, Honolulu, HI, 96813. 808-521-4322.

Jun 25-Aug 27: Monday Night Junior Racing. Marymoor Park, Redmond, WA. Races every Monday by the Marymoor Velodrome Association & Gregg's Cycle. Spectators are welcome (free). Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, www.marymoorvelodrome.org

Jul 28-Aug 18: Broadmark Capital Circuit Race Series. Washington. Three event series - Skagit Flats, Carnation Farm and Boston Harbour in Olympia. Ethan Megjines, Broadmark Capital Cycling Team, 206-675-1424, www.broadmarkcycling.com

Track Racing

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 Megjines, 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/

Sep 8-9: Masters Track Championships. Portland, OR. Candi Murray, OBRA, 503-661-5874, www.obra.org/

Master National Track Championships

Marymoor Velodrome, July 14th - 18th

Kilo / 500m Men

Age/Group	PI Name	State	Time
(30 - 34)	2 Kenny Williams	WA	1:10.370
(45 - 49)	3 D. Provencher	OR	1:15.172
(55 - 59)	2 Stanley Gregg	WA	37.243
(65 +)	2 Keith Harrison	WA	42.787

Sprint Men

(30 - 34)	2 C. McKenzie	WA
(45 - 49)	2 Patrick Burke	WA PSCC-Gregg's
(50 - 54)	1 Woody Cox	WA Pazzo Velo
(55 - 59)	2 Stanley Gregg	WA PSCC-Gregg's
(65 +)	2 Keith Harrison	WA WheelSport

3000m Men

(30 - 34)	1 Kenny Williams	WA	3:36.729
(40 - 44)	1 G. Bunselmeyer	WA	3:44.635
	4 Dan Wood	WA	3:59.301

2000m Men

(50 - 54)	1 Woody Cox	WA	2:31.599
	2 Phillip Holman	WA	3:34.723
(60 - 64)	3 Lawrence Baum	WA	2:57.396
(65 +)	3 Keith Harrison	WA	3:03.685

Points Race Men-30km/25km/18km

PI	Name	State	Laps / Points
(30 - 34)	1 Kenny Williams	WA	0 / 59
(40 - 44)	1 G. Bunselmeyer	WA	0 / 28
	2 Chauncey Curl	OR	0 / 18
(65 +)	2 Keith Harrison	WA	0 / 4

Madison Men

(70 +)	1 Sam Swope		0 / 32
	2 Saturn of Bellevue		0 / 20
	3 Taylor Mads		0 / 14
	4 Reality Bikes.com		0 / 13
	5 PSCC - Greggs		0 / 5

Olympic Sprint Men

(100+)	1 Saturn of Bellevue		1:21.138
(135+)	1 PSCC-Greggs 2		1:24.481
	2 PSCC-Greggs		1:25.197

Team Pursuit Men

(30+)	1 Saturn of Bellevue		4:34.840
(45+)	1 Red White & Blue		4:53.231
	2 PSCC-Greggs		5:03.584

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Olympic Sprint Women

(100+)	1 West Coast Girls		1:31.303
	2 PSCC-Gregg's WA		1:36.928
	3 SO Cal		1:40.946
	4 Seattle Velo		1:41.612

Team Pursuit Women

(30 +)	1 SO Cal		5:38.356
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500m Women

(35 - 39)	1 Shan Rayray	WA	38.104
	4 Annette Hanson	WA	39.877
	5 Julie Ann Gregg	WA	40.095

Sprint Women

(30-34)	3 Laura Moen	WA Aurora Cycle
(35 - 39)	1 Suzie Tignor	CA Los Gatos
	2 Shan Rayray	WAChefs on the Go
	3 Julie Ann Gregg	WA PSCC-Gregg's
	4 Mary Hensler	CA Squadra/Micro
	5 Renee Duprel	WA PSCC-Greggs

2000m Women

(30 - 34)	1 Darien Curl	OR	2:57.870
	2 Laura Moen	WA	5:58.649
(35 - 39)	1 Annette Hanson	WA	2:40.828
	2 Carla Koehler	CA	2:46.157
	3 Gina Kavesh	WA	2:51.371
	4 Julie Ann Gregg	WA	2:51.600
(45 - 49)	1 Cheryl Gleason	WA	3:04.565
(50 +)	3 Jeanette Rose	OR	3:16.600

Points Race Women 10km

(30-34)	1 Martha Dunne	CA	0 / 19
	2 Laura Moen	WA	0 / 14
	3 Darien Curl	OR	0 / 13

Masters National Road Championship

Spokane, WA July 7th - 12th

Road Race Men

(Age)	PI Name	Team/Spons.	State	Time
(30 - 34)	3 K. Williams	Saturn of B.	WA	3:01.17
(55 - 59)	1 Dave Mercer	Stacy McKay	WA	1:35.21
(65 - 69)	1 Dick Finch	Badd Lands	WA	1:23.28
	2 K. Harrison	Wheel Sport	WA	1:23.32

Road Race Women

(30 - 34)	3 Jenny Tobin	ID	3:04.12	
(35 - 39)	2 Robin Blais	Excelsports	WA	1:44.410

RESULTS

Critierium Women

(30 - 34)	1 S. Halverson	Five Valley	MT	1:00:02.5
	2 M. Roberts	Valley/CBC	WA	1:00:02.6

Critierium Men

(30 - 34)	1 K. Williams	Saturn of B.	WA	1:12:12.2
(55 - 59)	1 D. Mercer	Stacy McKay	WA	52.49

Time Trial Woman

(35 - 39)	1 S. Graham	Woodville	WA	39:12.44
(40 - 44)	1 L. Willhelmi	Seattle	WA	40:33.61
(65 +)	1 S. Giorgia	Garibaladi	OR	35:50.16

Time Trial Men

(30 - 34)	2 R. Feldman	Kelchum	ID	35:33.21
	3 K. Williams	Kirkland	WA	35:40.08
(40 - 44)	2 G. Bunselmeyer	WA	35:30.94	
(65 - 69)	1 D. Parsley	Portland	OR	29:26.02
	4 D. Finch	Omar	WA	30:28.02
(75 - 79)	2 R. Derry	Wéhatchee	WA	33:52.88

26th Annual Joe Matava Crit. & WA. State Jr. Championship Crit.

Burien, WA - July 4,

Junior Women 10-12

PI Name	Team	City
1 Taylor Boglioli	PscC/Gregg's	Samamish

Junior Men 10-12

1 Fletcher Farrar	PscC/Gregg's	Wenatchee
2 Noah Buckley	PscC/Gregg's	Seattle
3 Grant Boursaw	PscC/Gregg's	Stanwood

Junior Women 13-14

1 Amara Boursaw	PscC/Gregg's	Stanwood
2 Lauren Tarte	Unattached	Kirkland

Junior Men 15-16 (13 Racers)

1 Tommy Petramalo	Saturn	Fed. Way
2 Adam Southerland	Wheelsport	Kent
3 Jeffrey Laughram	Harbor Air	BC

Junior Women 15-16

1 Sheena Pioletzold	Valley Cbc	Turnwater
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Junior Women 17-18

1 Micki Buckley	Valley Cbc	Olympia
2 Alynda Boursaw	PscC/Gregg's	Stanwood

Junior Men 17-18 (14 Racers)

1 Tyler Farrar	Mercury Vial	Wenatchee
2 Hayim Varon	Spoke N Sprocket	Seattle
3 Peter Brevick	Broadmark/Capital	FallCity

Category 1/2 Men (47 Racers)

1 David Richter	Recycled Cycles	Seattle
2 Joe Baratto	Ashmead College	Seattle
3 Michael Hainsworth	Emerald City	Seattle

Category 1/4 Women (19 Racers)

Paceline 101, part four

BY MAYNARD HERSHON

This column, like Harvey Keitel movies, isn't for everyone. It's for fast guys who don't race, but who ride their weekend club rides. They know who they are. I have an idea for those guys, a suggestion.

This idea is revolutionary and radical. It's likely to change cycling forever. But I think it's worth a try nonetheless.

Okay, you club-ride hammers. When you're riding at the front of the group, look back. Not all the time, that'd be unsafe, but every so often. Look back.

There, I've said it. I knew the impact it would have, and I said it anyway.

When you're at the front, look over your shoulder. See what's going on back there. See how your riding friends are doing.

See if, in the first miles of a 40-miler, before you've even thought about a city limit sign, the group is split. See if some of your riding friends are chasing, or not chasing, or whatever. Notice if they're already off the back.

If they are, you might want to consider a pace change.

Unless, well, unless that's what your group is all about. Maybe that's the idea, get rid of half the riders early on. (If you readers have experienced club rides here and there, you could think that very rule was in the bylaws: Go hard, drop people early, don't look back.)

If that IS what your riding is about, going hard, aren't there races not far away this weekend? Shouldn't you be THERE? At the races, everyone agrees they'll go hard, that's the IDEA. On a club ride, nice week-

end morning, there is no such agreement, no prize for finishing first. It's a social thing.

Maybe that's a problem in your club: no agreed-upon ride goals. Maybe it IS supposed to be a social thing, but you and your buddies hate riding that slowly. You're the fast guys in the slow club.

You do the same thing every weekend. Two or three of you show up at eight or nine, roll out at the front, stay there and make the supposedly conversational pace hard for half the group. You drop half your riding friends.

I know they know the way home. I know that if they wanna hang, they can just simply GET FIT. I know you have fitness goals and can't just noodle along all day. I know how slow some of those people are. I feel your pain. I know you don't drop them on purpose, that you're not a mean person.

But you DO drop them, and they DO feel like failures, every doggoned Sunday.

It's a wonder they keep showing up. It's the same few people making the pace just a bit too fast, every Sunday. It's YOU, every Sunday. You and your buddies.

Yup, that's what you do, and you don't realize it, because you simply never look back. And why should you? Those folks aren't your responsibility. If they can't hang, they can train harder. Enough miles, some intervals, maybe buy a lighter bike, some of those trick Mavic wheels... Eventually they'll hang.

You sound like a sweet guy, and because you do I'm going to repeat my radical suggestion. Think of me as the voice of those poor sawed-off Sunday club-riders. I'd like the ride to be fun for nearly everyone, not just you and your buddies.

I know you'd like to help out in that effort.

So. To make more rides more fun, please try my first-paragraph suggestion.

Look back. If you see that (Oh-my-gosh) the group is split into three segments, each (as you look further back) more raggedy-ass than the last, take action.

Ease up. Let the group come back together. That IS revolutionary, isn't it?

Why should you do that? Well, unless your ride is expressly a race-training ride, unless it is famous for its ferocity, it's a social ride. You didn't publish a warning on the club web site: Olympic Long Team Only. You invited the cycling world, come one, come all.

Here's another idea, perhaps more radical than the first.

Before you go to the front and look back, even before you roll out from the coffee place, try this: introduce yourself to the ride's newcomers, sometimes called "guests." Introduce yourself also to people you recognize, people who've been coming on your club rides for months, regularly getting sawed off, who've never heard your voice. Say hi, I'm Herbert Hammer.

Try to remember their names. They already know yours.

Then, when you have rolled out, you've gone to the front as always and you look back, you'll think of those dropped riders as PEOPLE, as Linda and Robert and Johnny.



They will no longer merely be slugs in jerseys like yours. They'll be nice people with names and smiles and fruitful lives, probably.

If you look back and see that (sure enough) you've dropped 'em again, you may want to consider doing the unthinkable. Soft-pedal. Ease up. Let 'em catch just this once. Tell your buddies you're tired from your gym workout.



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