

Bicycle Paper

www.bicyclepaper.com

FALL 2001



2001 Cyclocross Season Preview

BY VALERIE CARTER

It's getting to be that time of year again, when the weather begins to cool down and many cyclists turn to shelf their bikes in wait of a slightly brighter day. But for a growing number of cyclists, the start of the off-season is merely the beginning of a new season: cyclo-cross.

For those who aren't too familiar with the term, cyclo-cross is a kind of cross between mountain biking and cross-country running. In freezing mud, rain, and sometimes snow and ice, cyclists ride and run - carrying their bikes - across a rugged course that can tax the strength of the strongest cyclists. As a

See "Cyclo-cross" on page 4

Commuting in Washington and Oregon

BY VALERIE CARTER

With the advent of events such as Bike to Work Days and Weeks gaining popularity in relatively recent years, biking to work is becoming more of an option for many riders. Unfortunately, an air of mystery still surrounds the idea. There are so many little uncertainties and myths that, combined, create a successful deterrent in many cyclists' minds. If you're one of those cyclists, then you're in luck. The Bicycle Alliance of Washington and Oregon's Bicycle Transportation Alliance have organized programs to make the transition from car to bike as painless as possible.

See "Commuting" on page 5

Use Your Head

BY MICHEAL PETTY

A head injury is forever. There were 2 cyclists brought into an emergency room within 12 hours of each other. The first fell over at a stop sign, unable to clip out, while the second was hit by a car going about 25 mph. The latter survived with minor injuries, while the former became a donor after striking his head on the pavement. Which do you think was wearing a helmet?

See "Helmet" on page 8

Broadmark Capital riders in high demand

The surprise success of the Broadmark Capital Cycling Team on the national cycling circuit has been a story all season. The Seattle amateur team started a national level campaign in 2001 to provide an opportunity for emerging elite cyclists in the Pacific Northwest to develop their abilities to a higher level. During this season of racing on the national professional/amateur race circuit the team so exceeded its developmental goals that it now has hopes of turning professional.

Part of this new goal has come out of frantic necessity. The all-amateur team has had break out performances from several riders including Jonny Sundt (Bellevue, WA), Russell Stevenson (Seattle, WA) and Svein Tuft (Langley, BC). Tuft won a stage of the highest ranked international race in North America, the Grand Prix Cycliste de Beauce. Most recently, Jesse Keefer (Penticton, BC) placed second overall in the brutal Hotter N Hell 100 in Texas. All of this success has given the team and its sponsors great exposure. However, the success has also meant that competing professional teams have been actively offering contracts to the Broadmark Capital riders. In order for the team to keep all, or most, of its elite riders, the Broadmark Capital Cycling Team will have to match these offers. The team has been actively seeking a co-title sponsor in order to accomplish just that.

Student Bicycle Essay Contest

With everyone back to school, it is time to participate in the International Bicycle Fund Student Essay Contest. The contest is open to anyone 16 years old or under. The categories are divided in three age groups, the 8 and under, the 9-12 and the 13-16 years old. There are cash prizes for the winners in categories.

Essays may be on any aspect of bicycling such as; history, touring, racing, commuting, role in society, learning, teaching, etc. Girls and boys from all countries are encouraged to participate and you don't need to be a bicyclist. The deadline for entries is May 1st. Essays should be in English, legible and 2-3 pages long, however the younger participants are allowed half of the essay to be an illustration. Entrants should base their paper on interviews, research, and/or personal opinion.

The 2001 winners Marissa Wu, age 8 from Waterloo, Ontario wrote on the history of bicycle and how she got a new bike. Christie Chamberlain, age 16 (Fairfax, Virginia) wrote on the various roles of bicycles for kids and adults in contemporary society.

For more information write to Essay Contest, International Bicycle Fund, 4887 Columbia Drive South, Seattle WA 98108-1919 USA or visit the IBF web site, www.ibike.org

International News

Roland Green from Victoria, was crowned World Cup Champion after the final event raced in Mont Sainte-Anne at the end of August. Green won the last World Cup, ahead of fellow Canadian Ryder Hesjedal and Jose Antonio Hermida from Spain to capture the overall title. This is the first time in the history of the mountain bike World Cup that a Canadian male rider has won the World Cup globe, the women had already accomplished the exploit three times with

Alison Sydor in 1994-95 and 1996. While out East, Green also grabbed Norba title in the short circuit and the cross-country event.

Svein Tuft from Langley, BC (Broadmark Capital) posted the 3rd fastest time of the 42 km individual time trial event at Pan-American. Tuft was leading at the 25km mark but lost time in the hilly section. Tuft is now competing in Europe with the Mercury cycling team as a pro-stagiaire.

B.C riders Dominate the Canadian Mountain Bike Nationals

All of the top Canadian riders were in Kamloops on August 3-5 for the National Championships, treating the crowd to a great demonstration of athletic ability. The downhill course met World Cup standards with its 15-foot drop and speeds that reached 80 km/hr in some sections, the technical was VERY technical and fun. In the main event local favorite Dustin Adams (Kamloops/Giant) posted the fastest time to claim his first National title, ahead of season veterans Andrew Shandro (Ford/Devinci) and Dave Watson (Sambrio/Smith). Cassandra Boon from N.Vancouver won the women's title, ahead of Lisa Horlor from New Zealand and Whistler's Claire Buchar (Evolution/Balfa). Trek-VW riders edged out the

competition in the cross-country men and women events, with Roland Green and Alison Sydor taking first place. Seamus McGraft (Haro-Lee Dungaress) from Ontario was the only non-BC rider to make it into the top five in the men's field. McGraft teammates and course designer Chris Sheppard (Kamloops) finished third, while Geoff Kabush (Courtenay, Kona) and Andreas Hestler (Victoria, Rocky Mountain) rounded the top five. Newcomer Kiara Bisaro (Courtenay/Trek-Smith) was all smiles as she crossed the finish line, good for second place behind Sydor, and ahead of last year National champion and two-time World Cup winner Chrissy Redden (Subaru-Fisher) from Ontario.

Footprints and Bike Tracks 2001

Footprints and Bike Tracks, Bicycling and Walking: Transportation for this Millennium is a Washington-based conference whose goal is to provide education on walking and biking in order to make Washington's communities more livable. This year's conference will be held at the WestCoast Olympia Hotel in Olympia, WA on October 10-12. The content of the conference is tailored for bicycle and pedestrian facility advocates and workers.

There will be a variety of forums and workshops offered, with subjects including Recent Trends and Future Implications, Trail Development in New Corridors, and Community Based Bicycle Education and Pedestrian Safety. For more information contact Barbara Culp of the Washington Bicycle Alliance at 206-224-9252 or barbc@bicyclealliance.org. To register, contact Kimberly Colburn at 360-706-7879 or colburk@wsdot.wa.gov.

An Event not to be Missed

Mark your calendar now for the Ninth Annual Bicycle Alliance Auction held on Saturday, November 3 at the Adobe Headquarters in Fremont/Seattle. At the auction you'll find awesome bike gear, bike trips, wonderful wines, gourmet baked food, and much more. Many wonderful people and organizations donate to the auction, and the Bicycle Alliance is still accepting donations to the auction. A donation receipt

is on the web at www.bicyclealliance.org or call 206-224-9252.

The auction generates \$45,000 for promoting bicycling as everyday transportation through education and advocacy. It's not too early to by your tickets now for \$35 or a table for ten is \$350. Tickets at the door (if available) will be \$45. You can use the same form on the web to order tickets or call up today with your credit card.


Bicycle Paper moves to a new office.

At the end of August, Bicycle Paper moved to downtown Seattle, and it makes us happy because we can now ride our bikes to work.

Our new street and mailing address: 68 South Washington St, Seattle, WA, 98104. We kept the toll free number 1-888-236-5720 however the direct line

as been changed to 206-903-1333. Our new fax number is 206-903-8565. The e-mail and web site remain the same.






THANK YOU!


*Riders, Donors,
Volunteers & Sponsors*

Unfortunately, this year's ride had to be cancelled because of the wildfires in Eastern Washington. On Friday August 17, the day before the ride, at about 4pm we received requests from the Washington State Patrol, Department of Transportation and the US Forest Service to not take our event over Blewett Pass or in and around the Leavenworth area. It was an Issue of safety not only for our riders and volunteers but for those involved in fighting fires as well.


The sad part is that even though the Courage Classic won't have pedaled over the passes this year, our Child Abuse Intervention Department will still see 600 to 800 children who have been sexually abused. The ride had to be cancelled but the cause will continue until we can stop the cycle of abuse in our communities. We hope that you and your donors will still want to support these services at Mary Bridge by continuing to send in your pledge dollars.

Jeff Randall
Event Director





Proceeds from the Courage Classic Bicycle Tour benefit the Rotary endowment for the treatment of child sexual assault.



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PHOTO BY SYLVIE RAYMOND

Ride, push, jump, and carry, all part of cyclo-cross as shown by Carter Hovey

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REGIONAL NEWS

Northwest Riders Make Their Mark at the Junior/Espoir Road & Track Nationals

BY VALERIE CARTER

Northwest riders made up a sizable section of the competitors at the Junior/Espoir Road and Track Nationals, with a total of 24 riders attending the Road Championships in Gainesville, FL and 17 competing in Ft. Lauderdale, FL for the Track Nationals.

August 2-5 witnessed several of those Northwest riders producing top-notch performances at the Junior/Espoir Road Nationals. The first event was the Individual Time Trial, where Tyler Farrar (Wenatchee / Mercury Cycling Team) pulled off an impressive 2nd place finish in the 17-18 category with a time of 26:19.051 for the 20-kilometer course. Larsyn Staley (Saturn Development) of Beaverton, OR brought in a very solid 1st place finish in the Women's 15-16 Time Trial, pulling in nearly a minute and a half ahead of 2nd place finisher Meredith Gilliland of Evergreen, CO. Of her performance Staley commented, "I actually thought my time was pretty slow and I didn't hear my time when I crossed the finish line so I didn't know what to think. This is my third national championship to compete in and it gets more fun every time." Other notable finishes include Fletcher Farrar's (Wenatchee / Gregg Cycle) and Noah Buckley's (Seattle / Gregg's Trek/VW) respective 4th and 6th place finishes in the Men's 10-12 Time Trial, Adam Southerland's (Kent / Wheels Port Cycling) 12th place in the Men's 15-16 Time Trial, Micki Buckley's (Olympia / Credit Suisse First Bank) 5th place in the Women's 17-18 Time Trial, and

Ryan Miller's (Prime Alliance) 10th place in the Espoirs category.

In the Road Race, held on the 3rd and 4th, nine Northwest riders brought in top ten finishes. Ryan Miller of Kirkland, WA scored a 3rd place finish in the Espoirs Road Race with a time of 4:31:56.2. David Johnson (Net Zero) of Portland, OR and Peter De Vore (Lombardi Sports/Ofoto) of Boise, ID came in 8th and 9th, respectively,



PHOTO BY RICK PETERSON

Fletcher Farrar following in the footsteps of his older brother Tyler.

making a generally strong showing for Northwest riders in this event. In the 10-12 Road Race Noah Buckley and Fletcher Farrar finished 4th and 9th, and Tyler Farrar came in 5th in the 17-18 group. For the women, Staley again proved herself with a first place finish, out sprinting Cassandra Osorio-McKenna (SC). In the 13-14 Road Race, Caitlin Gibbs (Beaverton Bicycle Club) of Lake Oswego, OR came in 4th, and Micki Buckley placed 10th.

The final Road event was the Criterium, where a few of the same riders continued to bring in strong results. Noah Buckley and Fletcher Farrar steadily kept themselves in

Notable Performances from Northwest Riders at the 2001 Junior Track World Championships

On July 25-29 riders from around the world gathered at Lehigh Valley Velodrome (Trexertown, PA) to compete in the 2001 Junior Track World Championships. Though competition was stiff, local resident Tyler Farrar of Wenatchee, WA managed to place himself among the best in the Men's 3-kilometer Individual Pursuit. He qualified for the quarterfinal round at 4th place,

making him the first American to break into the quarterfinals since 1993. Farrar marveled, "My goal all season was just to make the team. After the Trials, I thought, 'Wow, maybe I can do better.'" In the finals he fulfilled that sentiment, bringing in an impressive 7th place finish.

Cameron Evans of Langley, B.C. also performed well, though with a slightly more

the top ten, with 5th and 9th place finishes. Tyler Farrar stayed true to his performance in the Time Trial with a silver medal in the Criterium. Tommy Petramalo (Federal Way /Saturn) was 5th in the 15-16 category. Staley's impressive performances throughout the competition culminated with an impressive 2nd place, and Micki Buckley turned in an admirable 4th.

On August 9th-12th, cyclists relocated to Ft. Lauderdale, FL for the Junior National Track Championships. The track was quite different from Marymoor's, having a steeper bank, and being 333 meters, rather than 400.

Yet, several Northwest riders managed to effectively change their strategy and perform brilliantly. Staley continued her strong performance at the Road Championships and was rewarded with gold medals in the 5-kilometer Scratch and the Points Race. Micki Buckley performed impressively, lapping the field in the Points Race and ultimately earning a gold medal. Tyler Farrar became the Kilometer Time Trial national champion with a time of 1:09.056. The Mercury team, of which Farrar was a member, took gold in the Team Pursuit. Additionally, Farrar took 2nd in the Individual Pursuit. He has been invited to the selection camp for the next Junior World Road Championships.

A few other performances worth noting are in the 10-12 age group. Daniel Hopkins (Beaverton B.C.) of Portland, OR, and Grant Boursaw (Pssc/Trek/Vw) of Stanwood, WA placed high in the Omnium, Scratch Race, 2-Kilometer Scratch Race, and 1-Kilometer Scratch Race. Hopkins placed 2nd, 1st, 3rd, and 5th, respectively, and Boursaw placed 4th, 6th, 4th, and 1st, respectively.



dramatic conclusion. The Men's 24-kilometer Points Race came to an abrupt end after a major crash with only three laps to go in the race. With medics tending to the injured close to the track in the infield, the officials decided it would be best to terminate the race. Evans was one of the riders who crashed, and was one of two who had to be taken to Lehigh Valley Hospital by ambulance. He still received his points since the crash occurred in the last kilometer of the race, placing him at 5th place.



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"Cyclo-cross" from Page 1

result, this sport requires special skills and special equipment that is not typical in other cycling events. The bike must be light enough to be carried easily, like a road bike. At the same time, it must be durable enough to endure the difficult courses that wear on both rider and bike. Additionally, cyclists must train with a new kind of strategy in mind. Races typically range from half an hour to an hour, depending on the category, and rarely extend much longer. Combined with the fact that competitors must now train for both the running and riding aspects of the event, these characteristics of the event make cyclocross a uniquely interesting sport, both for riders and spectators.

According to the USA Cycling website, the Pacific Northwest has strong local cyclo-cross competitions, and therefore produces some of the best cyclo-cross riders. In anticipation of this exciting sport's 2001 start, here is a short preview of the upcoming season in Washington and Oregon:

In Oregon, organizers are looking hopefully toward the future. Race organizer Russ Humbertson, Jr. said that they are finally figuring out how best to organize the season. As a result, he's expecting this year, the 10th anniversary of cyclo-cross in Oregon,

to be the best. There are a few changes that anticipates will aid in encouraging even more participation in the sport. For example, "Cross Relay" will be an added event at some of the races. In this event, riders and runners partner to tackle the course, with each doing one lap. "The hope is that this will bring new people into the sport," said Humbertson. Another change is the race at the Portland International Raceway, to be held on October 21. Oregon organizers are hoping to coordinate the race with Seattle's race, so as to have larger turnouts at each race. The result would ideally be a sort of mini 2-race series.

A few local Oregon riders to keep an eye out for this season are Erik Tonkin (Portland), Shannon Skerritt (Portland), and Barry Wicks (Corvallis).

Expectations of Washington's Cyclo-cross series, the Seattle Metro Series, are high as well. Cyclist Ingrid Spies observed, "The Seattle Metro cyclo-cross series is always well-organized and the courses are varied and a lot of fun. Both Dan Norton and Pat Benson have been putting the courses down for many years, and they include everything from sand pits to steep runups, mud pits to fast, flat grass sections."

She also pointed out a few of the changes



PHOTO BY SYLVIE RAYMOND
Christopher Paton powering his way out of the sand trap.



PHOTO BY MICHAEL ADAMSON
Kirk Willet gets ready to ride down a muddy section

that cyclists can look forward to. Each race will feature a special beginners' course, which will hopefully encourage new racers to participate. For cyclists who are interested in this new feature, a training series is being implemented on Wednesday evenings at Marymoor Park and at Highpoint Park. The training series will last all season. Yet another change Spies points out is the addition of Lincoln Park in West Seattle to the cyclo-cross circuit.

Ingrid Spies is a Seattle resident who is entering her 4th year of cyclo-cross competition. "It's such an exciting and fun time of the year," Spies commented. "The weather starts turning cooler, and the trees start turning color, and you go out and race as hard as you can on these insane courses. I've raced in snow, ice, mud, and -20 degree

cold. It's a fantastic spectator sport because the courses are small and the racers do many laps." A few others to keep an eye out for are: Dale Knapp, who has been to the World Championships seven times and placed 3rd at the Elite Nationals; Ann Grande, who has won the National Series multiple times and placed 2nd at the National Championships three times; and Jonny Sundt, who has experience cycling at both national and international levels and is a young, up-and-coming rider.

So try your hand at supporting these cyclists who have opted to turn their off-season into yet another chance to do what they love. Or, join them if the idea intrigues you. Either way, enjoy the fact that cycling is increasingly becoming a fully accessible, year-round sport.

2001 Northwest Cyclo-cross Calendar

- Sep 16: Seattle-Metro Cyclo-cross #1.** South Sea-Tac. See series description or www.marymoor.velodrome.org under other information. Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Sep 23: Seattle-Metro Cyclo-cross #2.** North Sea-Tac. See series description or www.marymoor.velodrome.org under other information. Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Sep 30: Seattle-Metro Cyclo-cross #3.** Staellacom. See series description or www.marymoor.velodrome.org under other information. Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Oct 7-Dec 6: 2001 Cyclo-cross Crusade.** Oregon. Oregon cyclo-cross series Russ Humbertson.
- Oct 7: Cyclo-cross Crusade #1.** Alpenrose Dairy, Portland. Cyclo-cross event Russ Humbertson.
- Oct 13: Grouse Mountain Cyclo-Cross.** Grouse Mountain, BC. David Cressman, Team Soliton, North Vancouver, BC, 604 730-1998, dccressman@grousemtn.com
- Oct 14: Cyclo-cross Crusade #2.** Pier Park, Portland, OR. Cyclo-cross event Russ Humbertson.
- Oct 14: Seattle-Metro Cyclo-cross #4.** Olympia. See series description or www.marymoor.velodrome.org under other information. Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Oct 20: BC Cyclo-Cross Championships.** Grouse Mountain, BC. David Cressman, Team Soliton, 604 730-1998, dccressman@grousemtn.com
- Oct 21: Cyclo-cross Crusade #3.** Portland International Raceway, Portland, OR. Cyclo-cross event Russ Humbertson.
- Oct 21: Seattle-Metro Cyclo-cross #5.** South Sea-Tac. See series description or www.marymoor.velodrome.org under other information. Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Oct 28: Cyclo-cross Crusade #4.** Johnson Farm, Hagg Lake, OR. Cyclo-cross event Russ Humbertson.
- Nov 4: Cyclo-cross Crusade #5.** Vancouver, WA. Cyclo-cross event David Douglas.
- Nov 4: Seattle-Metro Cyclo-cross #6.** North Sea-Tac. See series description or www.marymoor.velodrome.org under other information. Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Nov 11: Cyclo-cross Crusade #6.** Estacada Timber Park, OR. Cyclo-cross event Russ Humbertson.
- Nov 11: Seattle-Metro Cyclo-cross #7.** Staellacom. See series description or www.marymoor.velodrome.org under other information. Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Nov 21: Cyclo-cross Crusade #7.** Alpenrose Dairy, Portland, OR. Cyclo-cross event Russ Humbertson.
- Nov 25: Washington State Cyclo-cross Championships.** Lincoln Park. Jerry Baker, Marymoor Velodrome Association.
- Dec 2: Seattle-Metro Cyclo-cross #8 - Final.** Olympia. See series description or www.marymoor.velodrome.org under other information. Double points race Jerry Baker, Marymoor Velodrome Association, jerrybaker@gflash.com
- Dec 6: Cyclo-cross Crusade #8.** King Estate Winery, Eugene, OR. Cyclo-cross event Russ Humbertson

REGIONAL NEWS

15th Annual Wells Fargo Twilight Criterium

The sound of 12,000 fans and noise-makers filled the air of downtown Boise on the evening of July 28th. Massed around the 0.6 mile circuit, the crowd was treated to what has become one of the hottest races in the country. In the preliminary races Eric Carlson won the category 3, while Greg Friedt was first in the category 4-5. With a \$10,000 cash purse for the pro race most of the West's top riders were in attendance. The main event came down to a two-person breakaway. In the end, Mercury's Chris Horner, from Bend, OR, prevailed over Bill Harris from Salt Lake City (X-Men team). Graeme Miller from New Zealand (Net Zero) finished third. Horner took home a \$3000 check for his effort.

Learn How to Race Cyclo-cross

Weekly clinics at Alpenrose Dairy are scheduled for Wednesday evenings, 6 p.m., September 5 thru October 10. The one-hour clinics are led by the Knights of the Cross (Tom Durkin of Team Oregon, Michael Sylvester, Shannon Skerritt, Erik Tonkin, John Myers, and others). A training race follows immediately after each clinic.

Beginners and experts alike will learn how to transition like a pro and handle the dirt and mud. Any bike with brakes is OK—road, cross, mountain, BMX, single-speed. Cost: \$2 per clinic. Helmets and OBRA membership required.

For more information log on to www.obra.org or www.crosscrusade.com.

8th Annual Washington State Hill Climb Championship

Wonderful scenery, beautiful weather, a great turnout of racers, and some very generous sponsors made for an excellent day of racing at Crystal Mountain on August 25. A record 138 participants, aged between 9 years old to 72 years young showed up for the Championships. The course records established by Matt Johnson in 1996 (22:20) and Sara Graham 1999 (28:37) remained unbroken for another year. The best times

for 2001 were turned in by Russell Stevenson (Broadmark Capital) 23:27.9 and Martha Walsh (Chinook Cycling) 30:27.6. The best time/weight ratios were 8.338 seconds/pound by Ian Tubbs (Titalia/Bondagent.com) and 12.608 seconds/pound by Kele Hulser (Armondo's). The heaviest bike (37 pounds) was ridden by our youngest rider, 9 years old, Benny Swedberg.

World Track Championships - Reed selected.

Jennie Reed has been selected to represent the country at next world championships in Antwerp, Belgium on September 26-30. Reed has not missed one championships since 1995 when she broke

into the scene as a junior. The 23-year old took nine first-place finishes at American Velodrome Challenge events this year, and will compete in the women's match sprint.

"Commuting" from Page 1

Bike Buddies: Tackling the Fear of Bicycle Commuting

The staff of the Bicycle Alliance of Washington has put together the Bike Buddy Program: a mentor program designed to dispel many of the perceived difficulties commonly associated with bicycle commuting.

The Bike Buddy Program came into being during April of this year. Though still in its infancy, the program is slowly but surely beginning to take off. The Bike Alliance has set a goal of 40 mentors and 100 new riders for their first year. Already, 18 mentors have signed on, with at least 15 more waiting for certification. The certification process is short, but crucial to the program's success, and ensures that all mentors have the same information to pass on to their new rider. The typical agenda for a mentor, after undergoing certification, is to meet with their new rider at least twice. The first time would be to get to know the rider, discuss the best route from the rider's home to their workplace, and adjust the rider's bike if necessary. The second time would be to ride the route together to make sure the new commuter is comfortable. The mentor would also help the rider determine proper clothing and other random details. Ideally, the rider and mentor would meet at least once more, so as to test the route on different days with varying conditions.



Louise Kornreich is one of the 18 mentors who have already been certified, and is enthusiastic about the program's future. She feels that the program is a great idea since many people are not sure about the details of commuting by bike. "It's good to have someone to go with," she says. Louise has been commuting since 1987, and therefore has extensive experience to draw on as a mentor. She encourages, "definitely do it - it's worth all the seemingly big sacrifices."

So, for those of you who have been considering commuting by bike, but have been hesitant because of the many unknowns, now there is a program to help you understand those very concerns. Experienced riders will team up with you to minimize any possibility of confusion and to help you commute in the safest way possible. Contact Bicycle Alliance of Washington, Linda Schwartz at 206 224-9252 for more information.

Breaking into Bicycle Commuting the Fun Way

Oregon hosts several programs that similarly encourage bicycle commuting. The most widely known is the Bike Commute Challenge, now in its 6th year, and organized by the Bicycle Transportation Alliance. This challenge is a month-long event that runs through September, and is basically a challenge for businesses to have the highest percentage of employees biking to work.

Karen Frost, organizer for the Bike Commute Challenge, says that it "works better than just having one day. People can ride during the summer, then commute in September." The hope is that people will get used to commuting, since there are four weeks in which to do so, rather than a single day. Another advantage of the Challenge is that people who already commute to work can serve as mentors for those who are just starting. Part of the appeal is that people working at the same company can ride to work together, providing a month-long mentor-rider relationship to help ease newcomers into commuting.

"Summer Cycle" is another program aimed towards helping new riders become familiar with commuting. Linda Ginenthal organizes city bike tours in Portland from mid-July through the end of August. Though relatively new (it is only 3 years old), the program has been very successful. Three times a week, cyclists meet at a pre-determined location (which varies so as to expose cyclists to different routes). The groups typically have about 15-20 riders, and the pace is moderate to slow. There are always at least two experienced volunteers,

as well as Linda, assisting the new cyclists: a ride leader, someone in the middle, and someone riding sweep with a first-aid kit, patch kit, and other things that could be needed. The routes are 8-9 mile loop rides, primarily planned out for people who are

new to town and/or cycling. As a result, no one is left behind. Before each ride there is a safety presentation, ensuring that everyone has the same knowledge on how to commute safely.

Linda noted that follow-up survey showed that people who participated in the program have increased their use of their bicycles for transportation. "They are more confident riders in traffic, and they are safer riders," says Linda.

Between the two programs, the Bike Commute Challenge and Summer Cycle, opportunities for breaking into bicycle commuting are available from July through September.

For more information on these commuters programs contact Bicycle Transportation Alliance at 503-226-0676.



PHOTO BY RICK PETERSON

Our Editor making the "long commute" to the BP Office.



Local Talent Keeps Crowds on the Edge

BY ANNIE PALMER

The American Velodrome Challenge (ACV) made a stop at Redmond's Velodrome, August 3-5, bringing with it riders from across the country. Yet, while the velodrome was host to a slew of new faces from the track racing community, it was local talent that kept the crowds on the edge of their seats. Spectators from western Washington were treated to some of the greatest racers in the nation, as the American Velodrome Challenge made its way up the west coast, with stops in California and Portland. What the crowd may not have anticipated, however, was that one of Kirkland's premiere racers, world-cup-caliber racer Jennie Reed, would shatter two track records that had been untouched for years - and she was only training.

The AVC primarily serves as a chance for new talent to move in to national rankings, being the exclusive series for the U.S. National Track Ranking System, and assists in selecting riders for National Team projects. Jennie Reed, it appeared, is a young woman who knows all about rankings.

A member of the U.S. National Team, ranked second in the U.S. and fourth fastest woman in the world on the track, Reed was simply competing to warm up for the upcoming World Cup in Mexico City and World Championships in Belgium this fall.

"I just wanted to get in some good racing before Mexico City and coming here and racing with the men was really good for that," says Reed.

An impressive showing, Reed won the Flying 200m, sprint, 500m, and Keirin events, two of which earned her two new records at the velodrome. Breaking Connie Paraskevin-Young's 1990 time of 12.156, Reed won the

Flying 200m with a time of 12.043 seconds, and in the 500m she took the win with a time of 37.410, replacing Ryan Kelly's 1994 time of 38.22 seconds.

Also making a strong showing for the women was B.C. racer Mandy Poitras, winning the miss-and-out, points race, 3K pursuit, and 5-mile race and taking second only to Jennie Reed in the 500m and Keirin. Another familiar face and strong competitor



at Masters Nationals in mid-July, Kirkland's Annette Hanson, finished in the top-three in seven events at the challenge. Both Poitras and Hanson were consistently strong racers, only overpowered by Reed's impressive sprinting.

The men's races relied more on strategy than sheer power. As fans of track racing well know, the best part of the race is the breakaway, and there were plenty of those to go around Sunday afternoon. Employing the concept of "mind over matter", Portland's John Walrod proved to be a man of strategy and endurance. Walrod executed flawlessly, winning the points race by breaking away with Chris Bentley (Calgary) and Joey D'Antoni (North Carolina) to lap the pack while pulling ahead on sprint laps. In the miss-and-out, Walrod paced with the pack to stay in the race, but relied on his strength to sprint ahead for the win.

Not surprising after his performances at the Masters Nationals, Kirkland's Kenny Williams was again a strong competitor. Williams, a crowd favorite at the velodrome, won the 4K Pursuit by a fifteen-second margin over second place finisher and Saturn of Bellevue teammate Woody Cox (Redmond). Williams also grab gold in the kilo event with a time of 1:10.160. Cox joined Scott Montgomery (Portland) and Stephen Alfred (Trinidad/California) to win

the Olympic Sprint event. He also took second in the pursuit and third in the Kilo behind Williams and Montgomery. Taking second in the Olympic Sprint was yet another team of familiar names at the velodrome: Stan Gregg, Ken Sinclair, and Mike Eddy.

If one man was to be crowned King, as Jennie Reed seems to be worthy of a Queen's crowning, the award would not likely go to a northwestern rider, but rather to Stephen Alfred. Alfred, an obvious powerhouse at first sight, took first place in the Flying 200m, Sprint, Olympic Sprint, and the all too intense event, the Keirin. With the motorbike pulling off of the track on the backstretch, the final lap becomes a sprint to the finish. With phenomenal speed, Alfred was unbeatable. Giving him a run for his money and worthy of mention was the second place finisher in all three events that Alfred won, Lars Madsen of Edmonton. Madsen finished only fractions of a second behind Alfred in all three events and made the passers-by take a seat for a bit.

As always, the competition was light hearted and drew new and old spectators alike. From the excited children pumping at tiny gears in the Kiddie Kilo to veteran Joe Hailey's cheerful spirit and neon pink bike, the track hosted a community in love with the track.



Northwest Cyclists Compete with the Best at the Alpenrose Velodrome Challenge

BY DAVID CAMPBELL

Eighty top riders from six different countries came to the 3rd Annual Alpenrose Challenge July 27-29th to compete for a \$10,000 cash purse on the steeply banked Velodrome at the Alpenrose Dairy. This prize list, which frequently grows during the weekend, makes AVC the richest track race in the country each year.

Friday morning's racing saw Pan-Am Pursuit Champion Erin Carter (Manitoba / Intersports) defeat Master National Pursuit Champion Annette Hanson (Kirkland / Saturn of Bellevue) in a time of 4:09:16 for 3000 meters. Ashley Kimmet took third over Kirkland's Laura Reed, while Portland rider Emily Thurston was just a tenth of a second behind Reed in 5th place. Shortly thereafter Hanson was calling splits for her Saturn of Bellevue teammate and fiancé, Kenny Williams, the Masters 30-34 National Pursuit Champion. Williams would ultimately be defeated by a second and a half in a thrilling race by 19-year-old Jason Allen, the National Champion of New Zealand, in 5:02:04 for 4000 meters. Saturn Developments Timmy Reinhart was third over Trevor Matuly.

Friday evening was the night the track records came crashing down at Alpenrose. Three women broke the 500-meter record of 38:86 set in 1995 by Jill Gianettoni. Shan Rayray (Seattle / Chefs on the Go) and Jennie Reed (Kirkland) both broke the record. But the victory, and the track record, finally went to the powerful Lori-Ann Muenzer, of Edmonton, Alberta (Juventus) who blasted around the track in 37:90. On the men's side Marty Nothstein, Olympic Gold Medalist in the Match Sprint and 3-time World Champion, as well as the current National Kilo Champion, took the win and shattered Chris Carlson's four-year-old mark of 1:10:36 with a 1:08:76. Canadian National Champion Steen Madsen from Alberta posted a 1:10:95. Morgan Montgomery of Portland put in a stellar ride with 1:11:66 to place third.

Saturday morning was the sequel to Friday night...another timed event for Nothstein and another track record, this time in the 200-meter sprint qualifiers. Nothstein threw down an 11.44 for his second record of the weekend and the top qualifying spot. On the women's side, Jennie Reed took a convincing win in the Keirin in front of Muenzer and the event defending AVC Champion Suzie Tignor of California. Beavertron's Norene Godfrey finished 6th.

The first sprint round saw victories for Nothstein, Madsen, Alfred, and Josh Weir of Indiana. In the semi-final the talented Weir (East Coast Velo), who Hellyer Park Velodrome manager Matt Martinez describes as "the future of U.S. track racing", incredibly upset Nothstein, while Steen Madsen narrowly advanced in front of Alfred and Allen. Nothstein was upset again, this time by Alfred in the semifinal repechage. This set the stage for a thrilling final between Weir, Madsen, and Trinidad National Champion Alfred. Weir jumped first and was leading into the first turn on the bell lap but Madsen came over the top on the backstretch with Alfred seemingly too far back to challenge. However, 33-year-old Alfred produced an incredible acceleration out of the final turn to draw even with Madsen right on the line. Although he was clearly moving faster and visibly ahead after the line, it took a lengthy deliberation over the photo before Alfred was determined the winner...by the width of a tire!

The 10-mile was scheduled for a \$1 a lap bonus to the leader, which an anonymous crowd donor saw, fit to increase to \$5 a lap! This kept the pace in the Men's race relentless. As all riders were focused on Nothstein, Sam Whittingham (Victoria) escaped from the pack to be cut by Williams with only three laps to go.

Williams claimed the gold in 20:40, and Nothstein came in third. Kenny's victory was perhaps the Northwest men's highlight of the weekend, and also netted him \$72 in primes.

Meanwhile in Women's racing action, Ashley Kimmet (Saturn Development) stamped her authority all over the Women's Points Race with the talented Canadian Carter taking second. Kimmet won the Women's Miss & Out ahead of Laura Reed, Erin Carter and Norrene Godfrey.

In the men's Miss & Out Nothstein produced another dominating performance, riding near the front for the entire race and then leaping clear to a half-lap lead to claim victory over Allen and Reinhart. Williams was

the top Northwest performer, finishing fourth.

The Madison and Olympic Sprint were more of the same. In the 75-lap Madison event, the Allen and Nothstein team and Cunningham (Broadmark Capital) and Reinhart duo lapped the field. Nothstein's team scored 28 of a possible 30 points to win the event. Despite the fatigue of racing the entire morning program, Nothstein toppled another track record to close out Saturday's racing, this time in the Olympic Sprint. He

teamed up with Weir and Alfred for a blistering 53:85, shattering the four-year old record of 55:55.

Sunday the Women's 200-meter qualifiers saw another record fall, when Jennie Reed rode 12:65, beating Suzie Tignor's 2000 AVC mark of 12:87. 500-meter star Muenzer qualified second in 12:98, with Rayray following in 13:26. In the semifinals, Northwest riders Reed and Muenzer both impressively advanced, while Tignor came through the semifinal repechage to make the final for the second consecutive year. On the Men's side the crowd was treated to four large Keirin qualifying heats with Alfred, Weir, Nothstein, Allen, and Australian Darren "Dirty" Harry, as well as Madsen and British Columbians Solem and Tyler Hansen advancing to the Semi-Finals. Unfortunately,

the highly anticipated afternoon final was rained out.

A huge crowd packed the bleachers Sunday afternoon for an event not on the original schedule. An anonymous donor in the crowd put up \$600 for a "sprint grudge match" pitting Nothstein (upset in the semi reps) against Madsen and Alfred. The crowd got its money's worth as the three sprint veterans jockeyed for position, sweeping up and down the steep banks with their wheels breathtakingly close to one another in a series of moves and countermoves. After the first lap, they lined up in a 3 abreast trackstand on the home straight. Alfred was first to flinch and thus led the next lap and opened the sprint up at the bell. Nothstein put forth an incredible surge on the backstretch to come around Alfred with Madsen on his wheel. At the line, the riders fanned out with Nothstein half a length in front of another photo finish for second between Alfred and Madsen, with the Canadian champion getting the decision this time.

Due to the rain, the Team Pursuit qualifier results from Sunday morning became final that afternoon. Victory went to a Northwest squad including, Williams and his Saturn of Bellevue teammate Woody Cox, as well as British Columbians Solem and Whittingham, with a time of 4:57:85 for 4000 meters.

The Men's Omnium had to be based on The Sprint, 10 Mile, and Miss & Out as the rain unfortunately forced the cancellation of the Keirin and Points Races. Nothstein took the Omnium title with 25 points, ahead of Jason Allen with 22 and Josh Weir with 19. Kenny Williams placed fourth. As for the Women, the Sprint final and 5-Mile were the only events left to be contested before the rainout. The Omnium final results had Kimmet winning convincingly with 31 points over Tignor and Washington's Jennie Reed, who tied for second with 22.

As the riders collected their winnings and said goodbye to their friends, they looked forward to coming back to Portland to compete again next year on the unique 268-meter track. After the AVC, it was clear that Northwest Track Racing is not only alive, but it is thriving!



Emily Thurston ready to sprint at the '99 Alpenrose Challenge.

PHOTO BY MICHAEL JORDAN

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Review of Major Championships, Trials and International Events

In the last two issues we presented the talented riders that have represented the Northwest all around the country and the world. This month we are focusing on the cities, towns and people that hosted and produced national and international events, bringing the best riders to our region.

National Championships

Road and Track Nationals

August 1977 - The Nationals: Basic Background

The National Bicycle Championships come to Washington State for the first time July 27-August 6. The races are held annually under the sponsorship of the United States Cycling Federation (USCF). This year the Washington State Bicycling Association (WSBA), with the leadership of chairman Jerry Baker of Seattle, bid successfully for the nationals, and Monte Bean of the Pay N Save Corporation posted bid money to bring the races here as one of Seafair's premier events for 1977.

September/October 1985 - Contract issued for '86 National Track Championships at Marymoor Velodrome

The Washington State Bicycle Association has officially announced that the 1986 U.S. National Track Championships will be held at Redmond's Marymoor Velodrome, August 5-9. The U.S. Cycling Federation accepted the W.S.B.A.'s bid later last year, but the contract was not issued until early September.

Boise, Idaho will be the site for the road races and time trial during the week preceding the Redmond nationals. The World Championships will be held at Colorado Springs in late August and early September.

August 1989 - Alpenrose Velodrome returns to national spotlight at Masters championships

July 19-22, Portland's Alpenrose Velodrome hosted its first National Cycling Championships in 18 years.

April 1990 - Marymoor lands 1991 National Championships and Pan-Am Trials

For the second time in the past three years - and the third time in six years - Redmond's Marymoor Velodrome has been selected to host the 1991 U.S. Track Cycling Championships. No other American velodrome has hosted the Nationals so often in recent years.

April 1994 - Nation looks to the Northwest

On February 25th the Northwest was recognized as a national center for cycling when the United States Cycling Federation announced that both the Senior and Junior National Cycling Championships will be held in the Puget Sound Region. The premier event, The Microsoft Grand Prix will be held on July 17th in Downtown Seattle.

"Seattle has developed an outstanding reputation for quality events and enthusiasm for the sport of cycling", commented USCF Executive Director Lisa Voigt

June 1994 - U.S. Champions battle in Seattle June 12, 17 and 19

The largest U.S. Cycling Federation Championship event in history, with the premier event, the Microsoft Grand Prix blazing through downtown, will bring championship intensity and drama to the city. The unique nature of this year's championship event is that amateurs will be allowed to compete with the professional riders for the gold.

"It will be an exciting event for our community to host," said Todd Starnes, organizer of the event, "We have had incredible support from the neighborhoods around town."



Racers speed through Westlake Center during '94 Nationals.

Cyclocross Nationals

March 1988 - Northwest riders show well at Cyclocross Nationals at Silverdale, WA.

Cycle-cross racing is growing rapidly in the Northwest, and the home-based riders figured to take home their share of the national medals. Oregon has traditionally fielded the strongest cyclocross riders, and it was proper that the two top medal contenders were from Portland.

Fall 1994 - 'Mud-cross' championships coming to Seattle area

This year the cyclocross season will conclude on December 10 with the National Cyclocross Championships. Seattle will host the Control Tech sponsored event at the North Seatac Park course, which many believe is one of the best in the Country.

Mountain Biking Nationals

July 1997 - Heading for the 1997 NORBA National Championships

Head out to Snowqualmie Pass and check out the action!

August 2000 - National Series Rocks Crystal Mountain

The premier mountain bike series in the United States, the Chevy Trucks NORBA National Championship Series consists of five stops nationwide and offers off-road racing to amateurs and professional cyclists.

"We are looking forward to our new venue at Crystal Mountain" said Eric Moore, NORBA Competition Director. "Crystal Mountain is a beautiful about one hour and a half from Seattle airport. The panoramic view of Mount Rainier from Crystal Mountain is a bonus"

Olympic Trials

May 1984 - Olympic Cycling Trials are source of pride and benefit to all N.W. cyclists

Big things are brewing! Over the next two months the eyes of bicycle racing fans all over the United States will be focused on the Northwest, and specifically on three cities in Washington State. Four Olympics Trials bicycle races are scheduled in Washington, culminating with the final road trials in Spokane, June 18-27.

The trials schedule starts with the Self Magazine Road Race in Bellingham May 6. The schedule continues with the Redmond Bicycle Classic on May 19. Track riders will have their moment in the sun on May 26 in the Olympic Trials race on the Marymoor Velodrome. Finally, all the best road cyclists in America will converge on Spokane for six days of time trials and road races at the end of June.

No other state in America will host as many Olympic Trials races as Washington.

July 1988 - Spokane to host Olympic Cycling Trials July 23 to August 8

For the second time in four years, Spokane is readying itself to host America's most important domestic cycling competition of the year - the U.S. Olympic Road Cycling Trials. For two weeks, from July 23 to August 8, the best male and female road racers in the U.S. will compete in a variety of events that will select America's teams for the Seoul Olympics in September.

The Olympic Trials is a major production, and Spokane's experience in organizing world-class cycling events played a major role in their successful bid. Working with a budget of nearly \$200,000, the Spokane Organizing Committee, the local group producing the event, has occupied downtown office space since early in the year. They are preparing to welcome as many as 200 media representatives from all over the U.S. Both ABC and NBC will be sending major production crews.



PHOTO COURTESY OF BP ARCHIVES

1995 Fresca National Road Race/ Microsoft Grand Prix awards

International Races

July 1990 - World's best cyclists gather at Marymoor Velodrome for Goodwill Games

Four years of planning, initially by a handful of organizers and then by hundreds, are heading into the final stages as the Pacific Northwest prepares to host over 2,500 athletes in 21 sports. The Goodwill Games will be the largest athletic competition held in North America in the 1990's.

"We're delighted," said event director Barclay Kruse, "The quality of the competition will be right up there with a World Championship or Olympic Games. With the possible exception of Italy, each country will be sending all their top riders. We're getting word that some of the top Italian riders will be skipping this meet. The Soviet contingent, as we expected, is especially strong."

June 1998 - Griffiths Challenges World's Best: '98 Hewlett-Packard International Women's Challenge

By Brett Stav

For 15 years, Northwest cyclists have sparkled along the roads of Idaho's Hewlett-Packard International Women's Challenge. Seattle's Rebecca Twigg made the race famous in the mid-'80s, winning it three times.

With a prize list of \$100,000, the '98 HP Women's Challenge will gather one of the largest and best women's race fields ever.

"It's the best organized race I've raced in," [Griffith] asserts. "Race director Jim Rabdau and his crew, the race fans in Boise, and the level of competition are incredible. It's like racing in a different world!"

Fall 1994 - World Cup action concludes in the Northwest

By Noel Zanchelli

Silver Star Mountain, British Columbia hosted the final stop on the Grundig Mountain Bike World Cup circuit on September 3-4. The event was yet another feather in the Northwest's cap during a season which has seen an unprecedented amount of national and international events taking place here.

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.

The next wave in cycling

BY VALERIE CARTER

Tired of riding your bike down the same roads and trails? Do you love water and cycling, but haven't quite been able to reconcile the two? Then, fortunately, there's a growing industry that just might cater to your interests. Meet water cycling crafts - an entire class of water crafts that, rather than being motorized or paddled, are pedaled like a bike.

Many resemble kayaks or canoes with pedals, a rudder, and a propeller. For these, the setup is recumbent style, with the cyclist leaning back in the seat, and the pedals in front. A few others actually resemble bikes sitting atop pontoons, with the cyclist sitting upright in the traditional bike style.



Kicking back on the WaveWalker.

There is a relatively small number of manufacturers, but almost all of them are part of the International Water Cycling Association. The IWCA, formed about 3 years ago, is a loose organization based in San Diego. There are 12 companies that are part of the association, each of whom receives the benefits of the association's attempts to forward water cycling.

One of the association's functions is to send out a monthly newsletter on the water cycling industry. From these and other sources, I was able to compile a short pro-and-cons list to determine why cyclists would turn to water cycling.

First of all, if you are worried about falling off - don't be. There are water cycling crafts, such as the Hydro-Bike and the WaveWalker that are designed to enhance

stability. In these vehicles, there is almost no chance of your falling off because of the machine.

Perhaps the most appealing advantage of water cycles is the safety issue. Many cyclists have become concerned about riding on roads that are becoming increasingly congested with traffic - a dangerous situation for cyclists. Jeff Jeffress, distributor for Hydro-Bikes, is a retiree who came across water cycling crafts in his search for a safe way to exercise. When the road running past his Lake Sammamish home in Bellevue, WA began to appear less of an option for exercise, he searched for alternate ways to achieve the same effect. After reading an article on water cycling, he researched and eventually became a fan of Hydro-Bikes. Now, he enjoys the fact that he can take his Hydro-Bike out to the lake at any time of day and enjoy a calm, healthy ride.

John Howard, former International Road Racing Champion, 12-year member of the US National Team, and 3-year member of the Olympic Cycling Team, also heartily endorses water cycling. In fact, he even has his own water cycling craft, the WaveWalker, which he and his brother produce for his company, HydroCycles. John pointed out, "the days of riding without traffic are gone." As a result, he turns to water cycling to help him train. He prefers recumbent style water cycling, which is how the WaveWalker is crafted. According to John, the result is a faster ride, and optimal use of your muscles.

A study on Surfbike, conducted by two well-known exercise scientists, points out another advantage of water cycling. According to the study results, the number of calories burned on a water cycling craft is "greater by 8% than outdoor bicycling at a

speed of 10 to 12 miles per hour for the same 30 and 60 minute duration."

For those who use their bikes for transportation rather than exercise, a water cycling craft could be very useful. Jeff told the story of a customer who lives on an island off Mukilteo. He used to take a motorized boat back and forth each day, since he works in Tacoma. However, he bought a Hydro-Bike, and though the trip takes slightly longer, he saves a bundle on maintenance and gas expenditures.

Yet another advantage is the lack of harm to the environment. On the one hand, water cycling crafts do not use oil or gas like motorized boats do, and are therefore much less polluting, if at all. On the other hand, a cyclist can enjoy a ride out on the water without disturbing the natural habitat with a loud motor.

Of course, every machine has its disadvantages. Water cycling, though creating opportunity for new places to cycle, cannot compete with the variety in terrain that road cycling offers. The flat waters can be calming or boring, depending on your perspective. A related disadvantage is the lack of challenge for serious cyclists. Obviously, hills, tight corners, and the like are not available on water. As a result, water cycling would not be a viable option instead of road cycling. Rather, it would be a fun and helpful supplement for those looking to try something new.

As for competitive water cycling, that is something that John Howard, and others, would like to see happen. John mainly supports endeavors to make water cycling a sport by participating in water cycling events put on by the Human Powered Vehicle Association (HPVA). His brother, Howard, designed the Pedalos, a water cycling craft

that John piloted in an HPVA event, where they set the record for the fastest water cycling craft.

But, whether you are interested in speed or relaxation, there is probably a water cycling craft to suit your needs. They tend to be slightly pricey. However, some run as low as \$599. More reliable vehicles, like the Hydro-Bike, start at \$1599, and the WaveWalker starts at \$2495. Next to comparable motorized water craft and



Hydro-Bike, designed for stability.

kayaks, these prices are not bad. As with any new industry, once sales take off, prices may decrease. Currently, there are only two manufacturers in the Northwest. Open Water Cycling, Inc. of Redmond, WA, and Shuttle Bike U.S.A. of

Kirkland, WA. (Shuttle Bike has a unique product in that they sell inflatable pontoons that attach to a standard bike, and then fold back up into a backpack for easy travel - however, stability may be an issue in comparison to other water cycling crafts). Other manufacturers can easily be reached over the internet or by phone, and will ship their product to you. One company, Hobie Cat Company, even has a dealer locator to facilitate your search.

Contact Information:

- International Water Cycling Association: 619 692-1313 or www.watercycling.org
- Hydro-Bikes, Inc.: 800 972-8516 or www.hydrobikes.com
- Jeff Jeffress, Northwest Distributor: 425 746-1633
- HydroCycle, Inc.: www.hydrocycles.com
- Hobie Cat Company: 760 758-9100 or www.hobiecat.com
- Open Water Cycling, Inc.: 425 222-7082 or www.openwatercycling.com
- Shuttle Bike U.S.A.: 425 823-7763 or www.shuttlebikeusa.com

ATHLETIC MEDICINE

"Helmet" from page 1

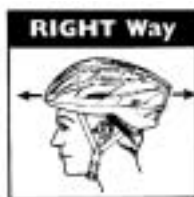
With this in mind, I have ranked some of my least favorite cycling sights.

1. Parents and kids riding with the kids wearing helmets, parents without
2. Riders without helmets (regardless of age)
3. Riders with their helmets strapped to the handlebars
4. Riders with helmets on their heads, unstrapped (I wonder if while driving they put their left arm through the seat belt, not bothering to clip the rest of it in?)

While it may seem that scenario number 1 is not that offensive, it is. In a study of helmet use among children, almost 88% of the kids owned helmets (hooray!) which they wore for about 40% of their rides (hiss). The parents' responses were the real surprise, believing that their kids wore the helmets

more than 90% of the time. How often did these parents wear their helmets? Well, about 40% of the time. Once again, parental behavior has a profound impact on kids. To ride with your child is fantastic, but to set a double standard is ridiculous. In fact, adult brains are rather more delicate than those of kids in that the kids often show greater adaptability in response to head injury. Adult neural structures and brains do not have the plasticity of younger folks, so recovery in adults can be much less appreciable than in kids.

Why doesn't everyone wear a helmet while riding? I don't know, but there are no valid excuses. If you do wear one, try to wear it properly. It should be snug, yet comfortable, and worn on the top of your head rather than as a "jaunty beret" (see illustration above courtesy of Bell Helmets).



The best advice is to go to a local bike shop and get fitted there. Helmet shapes vary, so you have to try on different brands/styles to get the best fit.

Please wear a helmet for your sake and for kids' sake. Take care.

Michael Petty MA, MSPT
 Licensed physical therapist
 Nationally certified in therapeutic massage and bodywork
 Nationally certified fitness consultant
Lone Star Fitness
 206-355-7827 or pettymichael@hotmail.com

Here are ten great reasons for wearing a helmet:

1. Your kids will more likely wear one
2. Wearing one will reduce chances for head injury by 85%
3. More than 800 bicyclists are killed each year
4. 20,000 are admitted to hospitals
5. 580,000 receive emergency room treatment
6. 65,000 emergency room cases and 7,700 hospital admissions annually from head injury
7. About 40% of bicyclists admitted to hospitals with head injury
8. 70 to 80% of fatally injured bicyclists with head injury
9. Bicyclists hospitalized with head injuries are 20 times as likely to die as those without
10. 56% of fatally injured bicyclists are age 20 or older

Welcome to the Pacific Northwest's most comprehensive bicycle calendar

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

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

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Events

- Apr 16: Provincial Hill Climb.** Banff, AB. Hill climb Stuart Hughes, Bow-CMC, AB, 403-217-0190, www.bowcycle.com/team
- Apr 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.bicycledventures.com
- Apr 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.bicycledventures.com
- Oct 7-12: San Juan Islands Adventure Cruise.** Port Ludlow, WA. Levels: All. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Nov 3: Bicycle Alliance of Washington Annual Auction.** Seattle, WA. Washington state's premier bicycle auction for cycling advocates. Fabulous auction items, support, education and the bicycle alliance's legislative agenda. Bar Culp, Bicycle Alliance, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252 or 206-224-9253, www.bicyclealliance.org

Mountain Bike Racing

- Apr 15: 100 Miles of Ski Bowl.** Mt Hood, OR. Downhill team event. 4 members db 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 Bk Race, 503 272 0240, www.oregon-adventures.com
- Apr 16: COP.** Calgary, AB. Downhill 6 COP, AB, 403-247-5475, www.coda.ab.ca
- Apr 21: OBRA Finals.** Ski Bowl, OR. Peter Kakes, 503-272-0146, jlogan@skibowl.com
- Apr 22: OBRA Finals Downhill.** Ski Bowl, OR. Peter Kakes, 503-272-0146, jlogan@skibowl.com
- Oct 5-7: 14th Annual Methow Valley MTB Festival.** Winthrop, WA. Three-day MTB event includes circuit race, catered lunch rides, downhill races (kids and adults), salmon dinner, bike rodeo, cross-country races (kids and adults), MVSTA, P.O. Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com
- Oct 13-14: Bend's Big Fat Tour.** Mt Hood, OR. Paul Thomasberg will design the Epic 70 miles, Recreational 40 miles and short 20 miles elementary tours which you will never forget! Paul Thomasberg, 541 383 2243
- Oct 13: Grouse Mountain Cyclo-Cross.** Grouse Mountain, BC. David Cressman, Team Soltion, North Vancouver, BC, 604 730-1998, dcressman@grousemtm.com
- Nov 9-11: Rain Festival.** Capital Forest, Olympia, WA. Downhill MTB race on Sunday 11/10, and cross-country MTB race on Saturday 11/11. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Rd. S.W., Olympia, WA, 98512. (360) 704-3315, www.ridethepeak.com

Mountain Bike Touring

- Apr 15-16: A Ride Around the Pond.** Sandpoint, ID. A 2-day, 115-mile, fully supported & catered MTB tour circumnavigating Lake Pend Oreille in northern Idaho. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-8810 x2288, www.allaboutadventures.com

- Apr 15-22: Red Rock & Rolling.** Southwest Utah. Spend 8 days, 7 nights. 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
- Apr 22-29: Red Rock & Rolling.** Southwest Utah. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com
- Apr 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. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-8810 x2288, www.allaboutadventures.com
- Apr 29-Oct 13: Abyssinian Adventure.** Ethiopia, Africa. Tour Addis Ababa across the high plateau of the Horn of Africa. 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
- Apr 30-Oct 7: Red Rock & Rolling.** Southwest Utah. Spend 8 days, 7 nights. 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
- Oct 7-14: A Ride around the Pond.** Sandpoint, ID. A 2-day, 115-mile, fully supported & catered MTB tour circumnavigating Lake Pend Oreille in northern Idaho. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 208 263 6959 or 800 831 8810 x2288, www.allaboutadventures.com
- Oct 29-Nov 12: Sahel Journey.** Mali, Africa. Explore the lifestyle of Sahel, including once-in-a-lifetime boat trip on the Niger river, visit Timbuktu and the culturally rich Mopti. Djene, Dogon region of Mali. 500K, 300 miles. Flat, 40 percent rough dirt. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-767-0848, www.ibike.org

Multisport

- Apr 22: 1st Annual Heel & Wheel at SkiBowl.** Mt Hood, OR. Mini duathlon consisting of running and mtbiking. 3 mile run, 10 mile bike. Ski Bowl Mtn Bk Race, 503 272 0240, www.oregon-adventures.com
- Apr 23: Xterra America Tour National Championship Finals.** Lake Tahoe, NV. Off-road triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322
- Apr 23: Off-road Triathlon.** Vancouver, WA. Tobias Blanck, 503-661-5874, tobiasblanck@hotmail.com
- Oct 14: Xterra America Tour World Championship.** Maui, HI. Off-road triathlon. Individual and team entry. Kids races Dave Nicholas, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Race Series

- Apr 3-Sep 25: PIR.** Portland, OR. Circuit. Jeff Mitchem, 233-3636, jeff@digwest.com
- Apr 5-Sep 27: Alpenrose Weekly Series.** Portland, OR. Thursday night series. Mike Murray, OBRA, 503-661-5874, www.obra.org
- Apr 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

- 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.
- Apr 16-Dec 2: 2001 Seattle Metro Cyclo-cross Series.** Cyclo-cross series for all categories. 8 race series. Points 18 deep each race. Mountain bikes are allowed in all races except Senior men. Senior men must use UCI bikes. Series prizes. Race day registration only. No races on Oct 7th and 28th. Jerry Baker, Marmory Velodrome Association, jerrybaker@qflash.com

Road Racing

- Apr 15-16: The Eugene Celebration Cycling Classic.** Eugene, OR. In Eugene/Cottage Grove/Elmira Area. Jim Anderson, 503-975-8229, www.eugenecelebration.com
- Apr 18: PIR.** Portland, OR. Circuit. Jeff Mitchem, 503-233-3636, jeff@digwest.com
- Apr 20: Alpenrose Weekly Series.** Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874, mmurray@teleport.com
- Apr 25: PIR.** Portland, OR. Circuit. Jeff Mitchem, 503-233-3636, jeff@digwest.com
- Apr 27: Alpenrose Weekly Series.** Portland, OR. Thursday night series. See series info. Mike Murray, 503-661-5874, mmurray@teleport.com

Road Touring

- Apr 15-22: San Juan Islands—Victoria (singles).** San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 15-17: Trek Tri-Island.** Seattle, WA to Victoria, BC. Ride 3 days, 135 miles, from Seattle to Victoria through the San Juans, fully supported. Limited to 350. \$50 registration fee & \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339, www.alaw.org
- Apr 16-22: 22nd Annual Autumn Century and Family Ride.** Spokane, WA. 25, 62 & 100-mile scenic rides on rural roads with full support. Some hills on all routes, significant climbs on 100 miles. Tour begins at 8 a.m. Cost is \$20-\$25 with a \$5 late fee. Buck Rogers, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-255-5837, www.spokanebicycleclub.com
- Apr 16: Covered Bridge Weekend Tour I.** Cottage Grove, OR. This event will start in Cottage Grove at 10 a.m. and include 6 covered bridges in 33 miles. 90 percent of the tour will be on paved Rails to Trails paths. A 50-mile ride includes the bridges and a ride out to Wildwood Falls. Randy Dreiling, Oregon Trails Promotions, P.O. Box 50806, Eugene, OR, 97405. 541-984-1433.
- Apr 16-21: San Juan Islands Adventure Cruise.** Port Ludlow, WA. Levels: All. Daily mileage on standard route: 25 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 16-21: San Juan Islands—6 Day Tour.** San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 16-21: WYCYC—Fall Round Up.** Jackson to Buffalo, WY. 12th annual ride across Wyoming. Highlights: high alpine scenery, river gorges, mountain towns. Fully supported, motel. Limited to 40 riders. Tom Sheehan, Cycle Events, P.O. Box 725, Hilo, HI, 96721-0725. 866 73 WYCYC, www.wyicyc.cyclevents.com

- Apr 17-20: California Wine Country—4 Day.** California. Levels: All. Daily mileage on standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 17-23: Oregon Coast Cycle Tour.** Oregon. Ride from Astoria to California border. 7 days/7 nights. Robbin McKinney, Great Explorations, 1-1816 McNeill Ave., Vancouver, BC, V6J 1A4. 604-730-1247 or 604-878-8800, www.great-explorations.com
- Apr 17-23: Oregon Coast Tour.** Eugene, OR. 183 miles. Shuttle from Eugene to the Coast, then explore from Florence to the California border at a leisurely pace. Full support. Intermediate. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, www.pathfinders.com
- Apr 21-23: Autumn Escape Bike Trek.** Plymouth to Provincetown, MA. Tour Cape Cod at your own pace. 3 days, 160 miles, includes meals and lodging. Trek Director, American Lung Association of Massachusetts, 1 Abbey Lane, Middleboro, MA, 02346. 508-947-7204, alam@igis.net
- Apr 22: Fall 100K Populaire.** Redmond, WA. Mark Thomas, 13543 160th Ave. N.E., Redmond, WA, 98052. 206-612-2400, www.seattlelandonneur.org
- Apr 22-23: Tour des Lacs.** Washington. Spokane to Coeur d'Alene and back. Two day cycling tour. mileage and route options. Boat cruises available. 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
- Apr 22-24: Trek Tri-Island.** Seattle, WA to Victoria, BC. Ride 3 days, 135 miles, from Seattle to Victoria through the San Juans. Fully supported. Limited to 350. \$50 registration fee & \$350 in fund-raising. Meredith Gibson, American Lung Association of WA, 2625 3rd Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339, www.alaw.org

- Apr 23-28: Canadian Gulf Islands.** Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 23-28: San Juan Islands—6 Day Tour.** San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 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 McNeill Ave., Vancouver, BC, V6J 1A4. 604-730-1247, www.great-explorations.com
- Apr 29-Oct 6: San Juan Islands—Victoria.** San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 29: The Mullan Trail.** Sandpoint, ID. Ken Barrett, All About Adventures, P.O. Box 1321, Sandpoint, ID, 83864. 800 831 8810 x2288, www.allaboutadventures.com
- Apr 30-Oct 5: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Apr 30-Oct 5: San Juan Islands—6 Day Tour.** San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com

- Oct 6-13: Hawaii—8 Day.** Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage on standard route: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 6: Manastash Metric Fall Colors Tour.** Ellensburg, WA. Public Safety Building, 2nd & Pearl, 7:30-9 a.m. 32 or 62-mile loops — flat to rolling hills along Yakima River Valley. Sign & food provided. \$10 pre-registration & \$12 day of ride (\$15/\$17 for tandems). Jean Lofy, Ellensburg X-C Ski Club, 701 N. Willow St., Ellensburg, WA, 98926-3258. 509-962-8040, www.ellnet/XCSki
- Oct 7-12: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 7: Kitsap Color Classic.** Edmonds, WA. End your cycling season with beautiful fall colors on one of 3 loops (20 to 60 miles) through the Kitsap Peninsula. Begins @ 8 a.m. Cost: \$20. Mitch Roberts, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE, www.cascade.org
- Oct 7: Prairie-Roubaix.** Oregon. 60 mile on/off road ride east of Bend. \$5 ride fee covers sag support. Susan Bonacker, Sunnyside Sports, 930 N.W. Newport Ave., Bend, OR, 97701. 541-382-8019, www.sunnysidesports.com

- Oct 7-12: San Juan Islands—6 Day Tour.** San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 13-20: San Juan Islands—Victoria.** San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 14-19: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 14-19: San Juan Islands—6 Day Tour.** San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 15-28: People-to-People.** Senegal, Africa. Tour Cape Vert, Saloum estuary, Rural culture: (Wollof, Serrá & Dioula), historic sites (Goree Island), incredible bird-watching, some wildlife, markets and beaches. 550K. 300 miles. 95 percent paved roads, flat terrain. David Mozer, International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206 767 0848, www.ibike.org

- Oct 20-27: Hawaii—8 Day.** Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 22-25: California Wine Country—4 Day.** California. Levels: All. Daily mileage on standard route: 30 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Oct 28-Nov 2: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Nov 3-10: Hawaii—8 Day.** Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Nov 3: Solvang Prelude.** Solvang, CA. 25, 50, or 63-mile rides. BBQ, raffle, DJ and bike expo at finish. Rides start 7:30 a.m. (50 and 63-mile) and 9 a.m. (25). Entry is \$30 before Oct 15th. Randy Rice, 12300 E. Washington Blvd., Suite W, Whittier, CA, 90606. 562 690-9693, www.bikescor.com
- Nov 4-9: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Nov 11-16: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Nov 17-24: Hawaii—9 Day.** Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com
- Nov 18-23: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycledventures.com

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16th Annual Washington State BMX Championships

Hosted by River Valley BMX in Sumner, Washington

BY MIKE RAICH

The 16th Annual Washington State "American Bicycle Association" BMX Championships will be hosted by the facility that hosted the first event in 1986, River Valley BMX in Sumner Washington. The annual BMX championship event crowns state champions in age groups. Although racers compete in both age and skill level groups such as Novice, Intermediate, Expert, all compete for points that are used to determine a state champion in each boys and girls age group. Each BMX track in the state stages one qualifying event during the season, and the tracks compete to host the state championship final event. This season the various BMX tracks in Washington held nine of the qualifying events, with riders required to compete in a

minimum of three, and being scored on their best three finishes. They then take those scores into the final event, which decides their age group's state champion. During the 16 year history of this event the championships have been hosted by four cities; Sumner, Port Orchard, Everett, and Walla Walla.

The annual event draws some 400-plus competitors each year, while the qualifier events have hosted over 2300 entries in an attempt to earn enough points to position themselves for state champion. Earning enough points to lead your age group into the final is difficult and usually requires that the rider has raced several if not all the qualifier events that were available during the season. From a strategy point of view, it is in

the best interest of every rider to race all the qualifier events, so as to deny other riders wins or high finishes that might allow them to pass you in points.

This season the current points list show riders from all around the state leading various age groups. Some of those leaders and the cities they represent are: Zach Wanderscheid from Goldendale, Dylan Kinney from Shelton, Jeffrey Catton from Port Angeles, Andrew Manning from Praise, Daniel Catton of Port Angeles, Zachary Ketner of Puyallup, Jason Ondell from Sumner, Charlie Ghramm of Sumner, Dave Archibald from Seattle, Wes Sweringen of Goldendale, Ron Nolen from Puyallup, and Danny Bushnell of Spanaway. Riders from Eastern Washington are currently dominating the younger girls' classes: BreeLin Wanderscheid, Adeline Chapman, Ricki Sweringen, and Shawna Hash. The older girls' leaders are Cassie Bushnell of Spanaway and Wendy Russeff of Everett. The boys class leaders are Logan Owen of Bremerton, Zeb Glissmeyer of Buckley, Thomas Grijalva from

Port Orchard, Daniel Mazuti from Port Orchard, Christopher Bull of Yakima, Brandon Lee of Yakima, Brandon Abdulla of Yakima, Chris Carow of Shelton, Garrett Klinkers of Everett, and Mitch Raich of Seattle. The strongest contingent of age group leaders currently seems to be from the Yakima Valley area.

This year's Washington State BMX Championship is scheduled for September 16 at River Valley BMX in Sumner, Washington. It will feature two pre-race special events scheduled for the two days leading up to the final. The weekend's racing will start with a double points special event Friday, September 14, with registration from 5:30 to 6:30 p.m. and racing following immediately. Special event pre-championship racing will continue Saturday, July 15 with a second double points special event. Registration will be from 4:00 to 5:30 p.m. The final triple points State Championship Event will be on Sunday, July 16 with registration from 9:00 to 10:00 a.m.



ABA Great Northwest Nationals

BY MIKE RAICH

It's been a few years since Eugene hosted an American Bicycle Association National weekend. But on August 11 and 12 they returned to the National circuit with a bang. There were 99 motos of racing actions at a Friday night National warm up event, 220 motos with over 1,347 riders at the Saturday August 11 National #1, and 219 motos with another 1,340+ riders on Sunday at National #2.

The track was totally revamped by ABA staff just a couple of weeks ago, and as late as Thursday, August 9 concern remained that

the facility wouldn't be ready for the weekend's activities. A new starting hill, new staging area, and a totally revamp track were in place by the end of racing Thursday evening. The track has big obstacles, which is common now for ABA built tracks. Long double jumps are featured on the black stretch, which is a return to a traditional trademark obstacle design for Eugene. The track borders the University of Oregon Ducks Autzen Stadium and uses a portion of the stadium's parking lot. The University has upgraded their training facilities over the

last few years, and one of those upgrades is a new multi-lane street between the track back stretch and the parking lot. This street is little used by community traffic, thus the street provided the riders with an asphalt warm up and cool down area and much easier walking to and from vehicles than in past years. All the track work was fresh, so there wasn't time for grass to recover all the work areas and the word "dust" was heard repeatedly over the weekend. With new grass cover over the next year the facility will be top notch in every way.

Checking the motos sheets showed that riders were in attendance from over 15 states and three Canadian Provinces, with the largest numbers coming from Oregon,

Washington, and British Columbia.

Vendors were a rider's delight, with several vendors from California, and at least two from Washington. Factory Display vendors were in attendance with the Redline nameplate from Kent, Washington being the largest local factory in attendance. Marzocchi, and Crupi from California, and Stiffy's now located in Oregon. Control Tech from Auburn was visible for the first time at a national in awhile.

Race winners are posted at www.ababmx.com. Track Operator, Scott Snook and his staff are to be complimented on setting up and staging a great event as they hosted the ABA National weekend.



RESULTS

Junior Road Nationals

Gainesville, FL - august 2-5

Men Individual Time Trial

10-12 year olds

Rk	Name	Team	City	State	Time
4	Fletcher Farrar	Gregg's Cycle	Wenatchee	WA	17:26.91
6	Noah Buckley	Greggs	Seattle	WA	17:52.47

13-14 year olds

26	Nick Love	Serratto	Portland	OR	15:58.70
43	Malachi Byrd	Serratto	Portland	OR	17:41.89

15-16 year olds

12	A. Southerland	Whis Port	Kent	WA	29:07.43
22	Luke Pennington	Team Oregon	Hoodriver	OR	29:59.19
42	Aaron Love	Serratto	Portland	OR	31:23.99
50	Dean Tracy	Safeway/Saturn	Tualatin	OR	32:24.42
59	Marty Cahill	Safeway Saturn	Oswego	OR	33:46.54

17-18 year olds

2	Tyler Farrar	Mercury	Wenatchee	WA	26:19.05
27	Eric Ransom	Lost River	Boise	ID	29:06.98
38	Mikkel Bossen	Team Oregon	Portland	OR	30:00.59
42	Peter Brevick	Broadmark	Fallcity	WA	30:04.43
50	Ian Egilits	Bikenhike	Westlinn	OR	30:23.23
56	Chris Hopkins	Safeway Saturn	Portland	OR	30:49.66

Espoirs 19-22

10	Ryan Miller	Prime Alliance	Kirkland	WA	54:32.850
26	David Johnson	Net Zero	Portland	OR	56:59.810

Women Individual Time Trial

13-14 year olds

8	Caitlin Gibbs	Beaverton BC	Lk. Oswego	OR	16:49.24
11	Anissa Cobb	Serratto	Portland	OR	19:05.24

12	Angel Cobb	Serratto	Portland	OR	19:45.22
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15-16 year olds

1	Larssyn Staley	Saturn Dev.	Beaverton	OR	31:43.18
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17-18 year olds

5	Micki Buckley	Credit Suisse	Olympia	WA	30:56.919
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Men Road Race

10-12 year olds

Rk	Name	Team	City	State
4	Noah Buckley	Gregg's Trek/VW	Seattle	WA
9	Fletcher Farrar	Gregg's Trek/VW	Wenatchee	WA

13-14 year olds

46	Malachi Byrd	Serratto	Portland	OR
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15-16 year olds

14	Marty Cahill	Safeway Saturn	Lake Oswego	OR
29	Aaron Love	Serratto	Portland	OR
36	Tommy Petramalo	Pazzo Velo	Federal Way	WA
48	Luke Pennington	Team Oregon	Hood River	WA
49	Adam Southerland	Wheelsport	Kent	WA
63	Dean Tracy	Safeway/Saturn	Tualatin	OR

17-18 year olds

5	Tyler Farrar	Mercury Cycling	Wenatchee	WA
22	Peter Brevick	Broadmark	Fall City	WA
27	Eric Ransom	Lost River	Boise	ID
65	Chris Hopkins	Safeway Saturn	Portland	OR
66	Mikkel Bossen	Team Oregon	Portland	OR

Espoirs 19-22

3	Ryan Miller	Prime Alliance	Kirkland	WA
8	David Johnson	Net Zero	Portland	OR
9	Peter De Vore	Lombardi Sports	Boise	ID
29	Daimon Shanks	Hutch's	Eugene	OR

Women Road Race

13-14 year olds

4	Caitlin Gibbs	Beaverton BC	Lake Oswego	OR
13	Anissa Cobb	Serratto	Portland	OR
14	Angel Cobb	Serratto	Portland	OR

15-16 year olds

1	Larssyn Staley	Saturn Dev.	Beaverton	OR
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17-18 year olds

10	Micki Buckley	Credit Suisse F.B.	Olympia	WA
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Men Criterium

10-12 year olds

5	Noah Buckley	Gregg's Trek/Vw	Seattle	WA
9	Fletcher Farrar	Gregg's Cycles	Wenatchee	WA

13-14 year olds

40	Malachi Byrd	Serratto	Portland	OR
5	Tommy Petramalo	Pazzo Velo	Federal Way	WA
21	Marty Cahill	Safeway Saturn	Lake Oswego	OR
23	Luke Pennington	Team Oregon	Hood River	OR
34	Adam Southerland	Wheelsport	Kent	WA

17-18 year olds

2	Tyler Farrar	Mercury Cycling	Wenatchee	WA
18	Peter Brevick	Broadmark	Fall City	WA
40	Craig Wilcox	Saturn Dev.	Port Angeles	WA

Womem Criterium

13-14 year olds

8	Caitlin Gibbs	Beaverton BC	Lake Oswego	OR
14	Anissa Cobb	Serratto	Portland	OR

15-16 year olds

2	Larssyn Staley	Saturn Dev.	Beaverton	OR
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17-18 years old

4	Micki Buckley	Credit Suisse F.B.	Olympia	WA
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2001 Wells Fargo Twilight Criterium

Boise, ID - July 28th

Senior Men Category 1-2 and Pro

Pl	Name	State/Country	Team	Time
1	Chris Horner	Bend, OR	Mercury	1:00:32
2	Ronald Harris	SLC, UT	The X-Men	@:04
3	Graeme Miller	New Zealand	Net Zero	@:014
4	Greg Medinilla		Team dare	s.time
5	Scott Cochran	Unattached		s.time
6	Luca Sealts	Boise		s.time
7	John Siebert		Denver Spoke	s.time
8	Craig Turner		Trek/VW	s.time
9	Troy Wade	Park City		s.time
10	Russell Hamby	Park City		s.time

Senior Men Category 3

1	Eric Carlson	Union Bay Cycling	43:05
2	Jason Schmidt	Redlands	s.time
3	Henry Harper	Snake River Cyclists	s.time

Senior Men Category 4-5

1	Greg Friedt	Lactic Acid Cycling	38:21
2	Mike Critz	Lost river Cyclists	s.time
3	Mark Nowles		s.time

Danielle Day

BY MAYNARD HERSHON

Labor Day morning I arrived first at the Coffee Plantation. As I pedaled up the sidewalk I said hi to a woman taking a bike from the bed of a pickup. I leaned my own bike against a post and sat on a park bench to wait for the guys.

I heard a voice saying, "Sir...sir," and looked around.

The woman, petite, lean and fit-looking, 30-ish, said her chain had come off.

She wasn't sure how to get it back on there. I showed her how to push the rear derailleur cage forward to slacken the chain and how to wiggle the chain gently back onto a chain ring.

As I helped her, my three buddies rolled up and sat down on the bench. The woman told me her name was Danielle. She'd planned to meet a friend for a ride that morning, but it appeared he was a no-show. She introduced herself to the guys.

Just ride along with us, I said. Glad to have you. Oh, she said, I couldn't do that. I'm such a novice. I've only ridden my road bike three times. I don't even know how to shift gears.

"Have you ridden in a group before?" I asked her. "Only with my mom," she said, and before our eyes she went through the long list of reasons she couldn't and shouldn't and wouldn't ride with us. She's "wussing", I said to the guys. Let's not let her. And we didn't.

As we rolled out of town I hung back and watched her ride. I had to tell her to move the "right big lever" or "left little lever" to change gears, tell her where to be in the road, how to cross train tracks and how far to ride behind the guy in front of her.

She had no problem with the pace at all. Even when she was in a huge gear she could turn it around. She was obviously seriously strong. Marathoner, she said.

We did maybe 45 miles. At one point we formed a pace line on a wide highway.

I asked Danielle to sit at the back and not rotate with the guys. Each time one of us dropped back, she'd slow a bit and open a gap for him to slip into. After a few tries, she got it just right.

We told her to watch the guys' legs and try to find a gear that made her pedal at the same cadence. After a few clunky shifts she figured it out. Bravo.

I showed her how to shift to the big ring and pedal a few strokes at the tops of hills (when her legs wanted her to coast), so she'd be on a wheel when the pace increased on the descents. We told her to drink water when the pace was steady and the road relatively straight. You only had to tell her things once.

As we dropped down a long grade late in the ride, the pace picked up. Again she hung onto wheels like a seasoned pro. She followed guys into corners at speed and came out of those corners still on their wheels. Hey, I was impressed.

She hung on through the whole ride, then insisted on buying our beverages when we returned to the Plantation. Nice, strong woman, fun to ride with.

She said she wished her mom had been there to ride with us, and that she was gonna tell her mom all about the ride, all about the guys who'd helped her and taught her so much.

I believe she's never going to forget that ride, her first real road ride, and the four guys who rode it with her.

The impact our ride had on Danielle's cycling life set that Labor Day morning loop apart from most rides we do. Our ride with Danielle was not entirely self-indulgent.

What's a single bike ride anyway, in a year or a lifetime of bike rides? What are our petty agendas, our illusions of stardom, our dreams of ultimate fitness? They're silly fantasies, aren't they?

We ride our bikes for a million reasons, or five or six for sure, but none of them, the reasons or the rides, will cure cancer or educate a kid or stop one crime or save one cute baby dolphin. We're not pounding nails building low-income housing. We're mostly not even cyclo-commuting, leaving our cars at home.

We're pursuing our hobby — like bowlers and golfers and casino gamblers. We do it for ourselves. Is it harmful? No. Is it particularly honorable? Uh-uh.

Except for that Labor Day morning. We didn't do our ride because we have no lives but are hotshots on our bikes. We didn't do it as an offering to the insatiable God of Fitness.



We didn't do it because we'd had a slice of carrot cake at the party the night before. We didn't do it because The Big Ride was two and a half months away. We didn't do it to kick our buddies' butts.

We did it for Danielle, who will never forget that we did.



RESULTS

Junior Track Nationals

Ft. Lauderdale, FL - August 9-12

Women Results

Scratch Race

Age	Rk	Name	Team	City	State
(13-14)	7	Caitlin Gibbs	Beaverton BC	Lk Oswego	OR
(15-16)	4	Larssyn Staley	Saturn Dev.	Beaverton	OR

500 Meter

Age	Rk	Name	City	State	Time
(13-14)	7	Caitlin Gibbs	Lake Oswego	OR	45.495
(15-16)	4	Larssyn Staley	Beaverton	OR	42.448
(17-18)	4	Alynda Boursaw	Stanwood	WA	43.182
(17-18)	5	Micki Buckley	Olympia	WA	43.849

5km Scratch

Age	Rk	Name	Team	City	State
(13-14)	2	Caitlin Gibbs	Beaverton BC	Lake Oswego	OR
(15-16)	1	Larssyn Staley	Saturn Dev	Beaverton	OR

Points Race

Age	Rk	Name	Team	City	State
(13-14)	7	Caitlin Gibbs	Beaverton BC	Lake Oswego	OR
(15-16)	1	Larssyn Staley	Saturn Dev	Beaverton	OR
(17-18)	1	Micki Buckley	Credit Suisse	Olympia	WA
(17-18)	6	Alynda Boursaw	PSCC/Trek	Stanwood	WA

Pursuit

Age	Rk	Name	Team	City	State
(17-18)	2	Larssyn Staley	Saturn Dev.	Beaverton	OR
(17-18)	3	Micki Buckley	Credit Suisse	Olympia	WA
(17-18)	7	Alynda Boursaw	PSCC/Trek	Stanwood	WA

Sprint

Age	Rk	Name	Team	City	State
(17-18)	5	Alynda Boursaw	PSCC/Trek/	Stanwood	WA

Omnium

Age	Rk	Name	Team	City	State
(13-14)	6	Caitlin Gibbs	Beaverton BC	Lake Oswego	OR
(15-16)	2	Larssyn Staley	Saturn Dev.	Beaverton	OR

Men Results

Sprint

Age	Rk	Name	Team	City	State
(17-18)	7	Chris Hopkins	Safeway Sat.	Portland	OR
(17-18)	8	Andrew Baker	Captain's City	Seattle	WA
(17-18)	12	Peter Brevic	Broadmark	Fall City	WA

Age	Rk	Name	Team	City	State
(17-18)	2	Tyler Farrar	Mercury	Wenatchee	WA

Points Race

Age	Rk	Name	Team	City	State
(15-16)	8	Adam Southerland	Wheelsport	Kent	WA
(15-16)	14	Tommy Petramalo	Pazzo Velo	Auburn	WA
(15-16)	19	Marty Cahill	Safeway/Satur	Lk. Oswego	OR
(17-18)	15	Tyler Farrar	Mercury	Wenatchee	WA
(17-18)	17	Andrew Baker		Seattle	WA

Kilo

Age	Rk	Name	City	State	Time
(17-18)	1	Farrar Tyler	Wenatchee	WA	1:09.056
(17-18)	11	Chris Hopkins	Portland	OR	1:14.944
(17-18)	16	Sung Choi	Mill Creek	WA	1:16.101
(17-18)	17	Ian Eglitis	West Linn	OR	1:16.195
(17-18)	18	Peter Brevic	Fall City	WA	1:16.378
(17-18)	20	Andrew Baker	Seattle	WA	1:17.054
(17-18)	22	Mikkel Bossen	Portland	OR	1:17.416

500 Meters

Age	Rk	Name	Team	City	State	Time
(15-16)	7	Dean Tracy	Tuatatin	OR	36.962	
(15-16)	12	Adam Southerland	Kent	WA	37.728	
(15-16)	17	Marty Cahill	Lake Oswego	OR	38.229	
(15-16)	25	Tommy Petramalo	Auburn	WA	39.417	

Omnium

Age	Rk	Name	Team	City	State
(10-12)	2	Daniel Hopkins	Beaverton BC	Portland	OR
(10-12)	4	Grant Boursaw	PSCC/Trek	Stanwood	WA

Scratch Race

Age	Rk	Name	Team	City	State
(10-12)	1	Hopkins Daniel	Beaverton BC	Portland	OR
(10-12)	6	Grant Boursaw	PSCC/Trek	Stanwood	WA

2km Scratch Race

Age	Rk	Name	Team	City	State
(10-12)	3	Daniel Hopkins	Beaverton BC	Portland	OR
(10-12)	4	Grant Boursaw	PSCC/Trek	Stanwood	WA

1 Km Scratch

Age	Rk	Name	Team	City	State
(10-12)	1	Boursaw Grant	PSCC/Trek/WW	Stanwood	WA
(10-12)	5	Daniel Hopkins	Beaverton BC	Portland	OR

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