

Bicycle Paper

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MARCH '00



Expo ignites 2000 season

Here it is, the beginning of March, and the consensus seems to be that spring is already here. This year's Seattle International Bicycle Expo was one way to celebrate the coming of the cycling season. The sun and mountains were shining during all three days of the event, attracting hundreds of bike enthusiasts to the Seattle Center, many of them arriving on two wheels. As in past years, the show had the full range of exhibitor booths, representing the bike industry from manufacturers to retailers to event promoters.

(See "Expo" on page 3)

Valentine's Day Gets Dirty!

BY NICOLE JAIN

While it's still wet and cold outside, Seattle area mountain bikers look forward to the first race of the season, the GT Valentine's Day Challenge at Tahuya State Forest. The forest's notoriously deep puddles and bone jarring ORV trails make this race a pre-season test which earns riders bragging rights and an appreciation for the mild Northwest summers.

In its eighth year, the race drew 326 people, up from the last two years. Sunny weather may partially account for the higher turn out, as racers were spared the traditional downpour.

(See Valentine's Day on page 9)

Bike Shop Directory introduced

Looking for a bike shop? You can find them here. In an effort to bring the Northwest cycling community together, *Bicycle Paper* has published the region's most comprehensive bike shop directory. Here you can find shops located throughout Washington, Oregon, Idaho, and British Columbia.

See "Bike Shop Directory" on page 5

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Bicycle Paper

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Cover Photo: Bicycle Paper editorial intern and Expert Mountain Bike racer, Nicole Jain starts the 2000 Valentine's Day Classic.

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The Quick Fix

Too many flats? The maestro mechanic suggests you look at your rim tape. Check to see if the holes in your tubes are coming from the bottom or the top. Quite often you'll find the hole on the bottom (the rim side of the tube).

This means you're flattening out from something that's inside the tire. Maybe your tube is getting past the protective tape that lines the rim. When a tube creeps its way into the spoke holes your tube will puncture without fail. Try placing some new tape on the inside of the rim (I happen to like Velox - all those furiously spinning French riders can't be wrong) and pedal with confidence.

(This issue's Quick Fix contributor comes from Doug Moak, mechanic at River City Bicycles, Portland, Oregon.)

#1

OPINION

Rumble strips can be dangerous

FROM THE LEAGUE OF AMERICAN BICYCLISTS

The Problem

Rumble strips are increasingly being installed on roads around the country, including rural roads and bicycle routes frequently used by cyclists. Rumble strips are gouges ground into the shoulders of roads, of various widths and depths, designed to arouse sleepy drivers.

While these strips may reduce the frequency of run-off-the-road accidents for motorists, they are an increasing safety hazard for cyclists and are depriving cyclists of roads and shoulders they need and want to ride on. Shoulders with rumble strips are often unridable, forcing cyclists out into traffic, and the strips frequently appear with no warning to the cyclist coming downhill or around a bend. A number of cyclists have already been injured, some seriously, and an increasing number of roads frequented by cyclists are becoming dangerous or unpleasant to ride on.

Within the past few years, the Federal Highway Administration (FHWA) has started aggressively pushing states to install rumble strips on their roads. The type and design — how deep, how much of the shoulder to take up, which roads to install them on — is left up to each state. Some states' designs and applications create less of a danger for cyclists than others.

"Expo" from page 1

Co-Motion Cycles, makers of high-end custom tandems, as well as road and touring singles, has been at Expo for the past 11 years. Co-owner, Dwan Shepard found the attendance to be at its usual high level, remarking on the especially bike savvy consumers this year. He considers the Northwest a challenging sales arena due to its concentration of highly regarded local frame builders, such as Davidson, Erickson, Curtlo, Harry Gary, Ti Cycles, and Match. The tandem market has grown considerably in the last few years, becoming more of a mainstream activity. In

While we recognize that rumble strips can be an important safety device for motorists, it is also important to develop a design standard for strips that do not injure or kill cyclists. In addition, rumble strips should be installed only in places where they are needed — and not in places where there is little or no run-off-the-road crash problem.

Although there has been research done on the effect of rumble strips on motorists, there has been very little research on the impact on cyclists. We believe that the FHWA should stop promoting the installation of rumble strips on roads that cyclists use until further research has been done, and until a design standard that is good for both motorists and cyclists has been developed.

What you can do

The League of American Bicyclists has been actively working on this problem, meeting with the head of the FHWA and Congressional leaders, and working with FHWA staff to encourage further research and a safer design standard for cyclists. But we need your help and backing to strengthen our efforts.

Please write a letter (not e-mail) today to the Federal Highway Administrator, with a copy to Congressman James L. Oberstar, ranking member of the Transportation Committee, who is assisting the League with our efforts.

Your letter can be brief, but personal letters are more effective than form letters. If possible, include reasons you are concerned, your background in cycling, and any problems you have encountered with rumble strips. Be sure to include your address so that you get a reply.

Please urge the FHWA to:

1. Conduct research on a design standard for rumble strips that is bicycle-friendly 2. Limit installation to interstates until a bicycle-friendly design is developed

Send a copy of your letter to the League, and we will make sure that it is circulated to other key people at FHWA and in Congress. If possible, send copies to your own Senators and member of Congress.

Addresses are as follows:

Kenneth R. Wykle Administrator, FHWA
400 7th Street SW Washington, DC 20590

Congressman James L. Oberstar 2366
Rayburn US House of Representatives
Washington, DC 20515

League of American Bicyclists 1612 K St.
NW #401 Washington, DC 20006

Thank you for your help and support. We will keep you informed about the progress of the campaign, and the results of our efforts. We know that when you enjoy smooth, rumble-strip-free shoulders and great bicycle rides, you will be happy you took a few minutes to write these letters!



response to themes in their custom orders, Co-Motion unveiled 3 new models this year: a single touring bike which uses a tandem axle for greater stability and durability, an aluminum Softride tandem, and a reintroduced mountain tandem. Most Co-Motion bikes are available with the S&S Coupling, which allows the frame to be broken down for easier travel.

In addition to the many high-end manufacturers, retailers such as John McCadden, of Wedgwood Cycles, took advantage of the crowd's open-minded curiosity to showcase some of their more expensive, specialty products. John has been around Expo enough to know what many visitors are there to do: "fondle the pricey bits." He admits most people are there to do more talking than buying, but the exhibition gives customers a chance to see up close the shiny, new parts and bikes that they have only seen in magazine advertisements. One of Edgewood's newest toys is a Cervelo Triathlon bike, ranging from \$1699 to \$5000.

The cycle touring industry was well represented this year with at least 16 companies exhibiting. Rick Price, of Experience Plus! was at Expo for the first time this year and was impressed with the high interest level toward touring from all ages and types of rid-

ers. He was raffling off a free tour as a way to get passers by to stop and talk to the company's tour leaders. The newest addition to Experience Plus' catalog is the Bike and Cruise Greece, including a rented private yacht for tour customers.

Although it is easy to be swept away by all the new and exciting products at Expo, the heart of the event is about something more than the exchange of money and sales pitches. The primary reason for putting together an enormous event such as this was, and should always be, to bring interest and support to the many facets of cycling. The many volunteers who helped to make Expo run smoothly added to the atmosphere with their natural enthusiasm. Breaanne Smith, one of the youngest Cascade volunteers, collected tickets most of day Saturday, welcoming each visitor with an infectious smile and careful instructions on entering the raffle. Also inspiring the audience with his charm was Maynard Hershon. The ever-popular Velo News and Bicycle Paper columnist put it best, saying "I never can get over how many people actually ride their bikes here." Yes, in the rain, at night, almost any day of the year, you will find cyclists out doing what they love in the Northwest. "It must be a cultural thing."



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Looking for a bike shop? You can find them here. In an effort to bring the Northwest cycling community together, *Bicycle Paper* has published the region's most comprehensive bike shop directory. Here you can find shops located throughout Washington, Oregon, Idaho, and British Columbia.

Hang this on your fridge or fold it inside your Yellow Pages. Use this to get a spring tune-up, new set of tires or maybe to shop for that new bike you've been thinking about.

In conjunction with our printed newsmagazine, *Bicycle Paper* will be offering the same directory with web links and bike shop descriptions online at www.bicyclepaper.com

We will keep this directory up to date and like *Bicycle Paper* itself. Our aim is simple: Be useful, informative, entertaining and one more reason to ride.

In order to make this grow we need your help. As you read our list let us know who we're forgetting. As a service to you we want our directory as complete as possible. Give a call or email us if you have any updated info. 1-888-836-5720 or info@bicyclepaper.com

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Sun Country 604-493-0686	Rider's Cycles 604-381-1125
Vancouver	Whistler
La Bicicleta 604-872-2424	Whistler Repair Shop 604-932-2730

Idaho

Boise	Lewiston
Action Sports of Idaho 208-383-0073	Follett's Mountain Sports 208-743-4200
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McU Sports 208-342-7734	McCall
Sleaz World 208-342-7734	Gravity Sports 208-634-8530
Spoke 'n Wheel 208-377-2091	Pocatello
Sports Exchange 208-385-0440	Galemy Performance 208-232-3711
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Wheels 'R' Fun 208-343-8228	Sunset Sports 208-232-8996
World Cycle 208-343-9130	Burley
Burley	Pine Tree Sports 208-678-5869
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Coeur D'Alene	Shull's Cycles 208-343-5677
Shull's Cycles 208-343-5677	The Great Escape 208-667-1342
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Idaho Mountain Trading 208-523-6679	Kellogg
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Sun Summit Ski & Cycle 208-726-0707	The Elephant's Patch 208-726-3497
The Elephant's Patch 208-726-3497	Hood River
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Mountain View Sports 541-386-2453	Joseph
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Yankee Peddler 503-883-2488	All's Bike and Toy 541-884-4512
All's Bike and Toy 541-884-4512	La Grande
La Grande	Blue Mtn. Sports 503-963-5115
Blue Mtn. Sports 503-963-5115	Cycle and Sport 503-962-7441
Cycle and Sport 503-962-7441	The Mountain Works 503-963-3220
The Mountain Works 503-963-3220	Lake Oswego
Lake Oswego	Bike Gallery 503-636-1600
Bike Gallery 503-636-1600	Manzanita
Manzanita	Manzanita Fun Merchants 503-368-6066
Manzanita Fun Merchants 503-368-6066	McMinnville
McMinnville	Tommy's Bike Shop 503-472-2010
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Oregon

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Aloha	Medford Cycle Sport 503-857-0819
Aloha Bicycle Center 503-642-5333	Reiner's Sporting Goods 503-532-9233
Ashland	Milwaukie
Ashland Cycle Sport 541-488-0581	Bike & Hike 503-653-2742
Siskiyaw Cycles 503-482-1997	Cycle World 503-654-6888
Astoria	Newberg
Bikes and Beyond 503-325-2961	Newberg Bicycle Shoppe 503-538-8050
Beaverton	North Bend
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Rack & Park 425-822-3814	REI 509-328-9000
Lacey	The Bicycle Barn 509-467-8966
Sports Warehouse 360-491-0140	Two Wheel Transit 509-747-2221
Lakewood	Two Wheel Transit 509-528-7815
Rack and Road Cycles 253-588-0205	Wheel Sport South 509-747-4187
Langley	Wintersport 509-328-2030
Pedaler (The) 425-457-1240	Startup
Leavenworth	Le Sport Junkies 360-793-5407
Alpen Haus 509-548-7122	Sky Valley Bikes and Carts 206-793-0408
Ders Sportsman 509-548-5623	Sumner
Longview	Island's Bikes, Boards
Byman's Bikes 360-577-4481	and Bikes 206-862-7562
Play It Again Sports 360-423-3405	REI 253-395-4375
The Pro Shop 360-577-1580	Tacoma
Lopez	Bike Tech 206-588-2245
Lopez Bicycle Works 206-468-2847	Century Cycles 253-627-2121
The Bike Shop 206-468-3497	Northwest Mountain Bike 253-565-9050
Mountain Minded 360-468-3035	Parkland Bicycle Shop 253-537-3160
Lynden	Parkland Sports 206-531-6501
Sportsworld 360-354-3682	Performance Bike Shop 253-475-1202
The Lynden Shoppe 360-354-3310	Rainier Cycle Sport 253-756-2116
Lynnwood	Spinning Wheels
Bicycles West 425-672-2777	Roller Sports 206-535-2251
Play It Again Sports 425-670-1184	

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Welcome to the Pacific Northwest's most comprehensive bicycle calendar

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, lectures, etc), **Offroad Racing** (competition featuring single-track, cyclocross and other off-road riding), **Offroad 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).

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

- Mar 18-19: Portland Bike Show.** Portland Rose Quarter, OR. Annual event showcase & sale. New products, manufacturers & retailers. 50,000 square feet. Tours, clubs & more. Bill Bradley, Westlake Promotion, 6020 Seaview Ave. NW, Seattle, WA, 98107. 206-783-5957
- Mar 26: Old Bike Swap Meet and Show.** Kent, WA. 12th Annual. 8am to 1pm. Antique/Classic Bicycles at the Kent National Guard Armory, 24410 Military Rd. Over 50 vendors and 300 bicycles last year. Ron Summer, 206-364-0922, jerrywge@gmail.com.
- Apr 2: Gold Cup Qualifier** - Triple Point Event. Peninsula Indoor BMX, Port Orchard, Washington. Sign up 10-11am Mike Raich, 206-246-2661, bmmike@ix.netcom.com.
- Apr 16: Ridge to River Relay.** Wenatchee, WA. 19th annual. Starts at top of Mission Ridge. Nordic ski, Alpine ski, run, bike, ends with water leg where participants canoe or kayak to Wenatchee. Teams of 2 to 6 or solo. Susan Frese, Ridge to River Relay, P.O. Box 3961, Wenatchee, WA, 98807. 509-662-8799 www.r2r.org.



Offroad Racing

- Mar 5: Sagebrush Singletrack Series.** Kennewick, WA. Olympia Street course. Kevin Axt, 509-736-1331, mtwuff@yahoo.com.
- Mar 19: Sagebrush Singletrack Series.** Kennewick, WA. Finley Hills course. Kevin Axt, 509-736-1331, mtwuff@yahoo.com.
- Mar 25: Peak to Creek.** Capitol Forest, Olympia, WA. GA (gravity assisted) XC Mt. Bike race down the switch back single track for 14 miles with a 2300 foot drop in elevation, interval start, \$cashs/advanced class & prize/recreation class, lots of post race festivities! Sign up from 8:00 - 9:30, race starts @ 10:00 AM, \$25 entry fee (\$35 if postmarked after 3/11/00). Eric Kackley, 11639 Waddell Creek Road SW, Olympia, WA, 98512. (360) 704-3315, thepeak@cco.net.
- Apr 2: Battle in Seattle, WIM #1.** South Seatac Park, Seatac, WA. 400 participants. Cross-country racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657. cisco@roundandround.com, www.roundandround.com.
- Apr 2: Sagebrush Singletrack Series.** Kennewick, WA. Chama Preserve course. Kevin Axt, 509-736-1331, mtwuff@yahoo.com.
- Apr 9: Vanier Park Enduro.** Vancouver, BC. cross country event. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8. 604-713-5207, hsohi@idmail.com.
- Apr 9: Mudslinger.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obrateleport.com, www.obra.org/.
- Apr 16: Cascade Chainbreaker.** Bend, OR. 1999 Oregon Off-Road Series #2, cross-country. Sally Russenberger, Russell Resources, 442 NW State St., Bend, OR, 97701. 541-389-3295
- Apr 16: 9th Annual Beartrax & Beeswax Race.** Tahuya Forest near Belfair, WA. Longest standing classic mountain bike race in WA state with an average of 400 participants. Proceeds go to STMC trail maintenance fund. Michael Curley, Single Track Minds Cycling, 253-566-0359
- Apr 22: Big K Mountain Bike Festival.** Elkton, OR. 1999 Oregon Off-Road Series #3, cross-country. Mitch LaMowe, The Bicycle Shop, 1217 NE Walnut, Roseburg, OR, 97470. 541-957-1020, frameman@mcsi.net.

- Apr 22: Big K.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obrateleport.com, www.obra.org/.
- Apr 29-30: Chelan Mountain Bike Festival, WIM #2.** Chelan, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657. cisco@roundandround.com, www.roundandround.com.
- Apr 30: 7th Annual Padden Mountain Pedal.** Lake Padden Recreation Area, Bellingham, WA. Classic Pacific Northwest race. Cross-country, trials, kids rodeo & fun race. Lodging information available at Kulshan Cycles 360-733-6440. Old Town Cycles, 360-734-9749, mp@konaworld.com.
- Apr 30: Ridge Classic.** Belcarra, BC. cross country event. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8. 604-713-5207, hsohi@idmail.com.
- Apr 30: Bear Creek Mt Hood.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obrateleport.com, www.obra.org/.



Multi-sport

- Apr 8: The 4th Annual Rasta Relay.** Sandpoint, ID. Schweitzer Mountain Resort. 3 stage race for all ages & abilities: downhill skiing, cross-country skiing, and mountain biking. 1pm start. Proceeds go to North Idaho Bikeways. Post-event entertainment: Reggae Angels. Alpine Designs, 1-800-263-9373.



Series Races

- Jan 1-Dec 31: Maple Valley Saturday Road Rides.** Maple Valley, WA. 40 to 70 mile road training ride every saturday, 8 a.m. start. Varying pace (18-21 mph average). Snow/ice cancels. Meet at Four Corners Shopping Center (behind car wash). Brett Curle, 16524 132nd Pl. SE, Renton, WA, 98058. 425-271-6057
- Feb 6-Apr 2: Sagebrush Singletrack Series.** Kennewick, WA. Kevin Axt, 509-736-1331, mtwuff@yahoo.com.
- Mar 4-26: Spring Series Road Races.** Vancouver, B.C. Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca.
- Mar 4-18: Mason Lake Road Race Series.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Mar 5-19: Banana Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obrateleport.com, www.obra.org/.
- Apr 2-24: WIM Mountain Bike Racing Series.** Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657. cisco@roundandround.com, www.roundandround.com.
- Apr 6-Aug 24: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Apr 11-Aug 29: Weilder Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weilder. Every Tuesday Night (except 7/25 & 8/2) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+, Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com.
- May 1-Aug 28: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org.
- May 2-Aug 29: Adidas World Tuesday Night Championships.** Victoria, B.C. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca.
- May 4-Sep 28: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obrateleport.com, www.obra.org/.
- May 9-Sep 5: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424
- May 17-Sep 27: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- May 19-Sep 8: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1, 2/3 and Women. Spectators are welcome: \$3 (\$10 for family), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424



An inviting single track trail...

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Road Races

- Mar 4: Mason Lake Road Race #1.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Mar 4-5: Spring Series Road Races.** Vancouver, B.C. Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca.
- Mar 5: Banana Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obrateleport.com, www.obra.org/.
- Mar 11: Mason Lake Road Race #2.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Mar 11-12: Spring Series Road Races.** Vancouver, B.C. Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca.

CALENDAR

- Mar 12: Bananna Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Mar 18-19: Spring Series Road Races.** Vancouver, B.C. Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca.
- Mar 18: Mason Lake Road Race #3.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.
- Mar 18: Southern Oregon Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Mar 19: Bananna Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Mar 25: Snohomish Road Race.** Snohomish, WA. Road race at Flowing Lake Park. \$20. Rolling 11 mile loop on country roads with small steep rollers. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.
- Mar 25-26: Spring Series Road Races.** Vancouver, B.C. Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca.
- Mar 25: Southern Oregon Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Mar 26: Estacada Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Mar 27: Jack Frost Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Apr 1: Southern Oregon Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Apr 2: Estacada Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.
- Apr 6: Seward Park Cycling Series.** Seattle, WA. Critrium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.
- Apr 8: Kings Valley Road Race.** Near Corvallis, OR. A rolling course perfect for the strong man/woman. 19.5 mile loop on good to excellent roads. Perfect tune-up for the Tour of Willamette. Court Goldstein, Classic Events, 2290 Corinthian Court, Eugene, OR, 97405. 541-343-4833
- Apr 9: Vashon Island Circuit Race.** Vashon Island, WA. Road race at Reddings Beach Rd. \$20. 3 mile circuit with a 7% 1/2 mile climb each lap. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.
- Apr 11-16: Tour of Willamette.** Eugene, OR. Larry Smith, Tour of the Willamette, 1888 Lincoln Street, Eugene, OR, 97401. 541-293-6505
- Apr 11: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com.
- Apr 13: Seward Park Cycling Series.** Seattle, WA. Critrium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.

- Apr 18: Seward Park Spring Classic.** Seattle, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.
- Apr 18: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com.
- Apr 20: Seward Park Cycling Series.** Seattle, WA. Critrium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.
- Apr 22-23: Bobcat Classic Collegiate Race.** Bozeman, MT. Collegiate riders only. Jeremy Martin, jeremym@montana.edu.
- Apr 25: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com.
- Apr 27: Seward Park Cycling Series.** Seattle, WA. Critrium every Thursday night. \$8 per night. 0.8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com.
- Apr 29: Warp Speed Time Trial.** North Vancouver, BC. Jonathan Wornell, Soliton Cycling Club, 604-984-7433, gearheads@canada.com, jwornell@ada.com.



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Rides & Tours

- Mar 11: Chinook Sh-Sh-Shiver.** Yakima, WA. 9am; 100, 75, 50 & 25 km. Mostly flat country backroads, a few gradual inclines. Water, restrooms, snacks, sag, showers. \$15. Barry Schmidt, Sagebrush Cycles, 1406 1/2 Fruitvale Blvd., Yakima, WA, 98902. 509-248-5393
- Mar 11: Solvang Century & Half Century.** Solvang, CA. 50 or 100 miles. Entry fee: \$40 Terrain: both routes are moderately hilly. Randy Ice, SCOR Cardiac Cyclists Club, P.O. Box 9065, Brea, CA, 92822. 562-690-9693
- Mar 12-17: Hawaii Tour.** Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.
- Mar 18: McClintchy Mile.** Monroe, WA. Start at Monroe middle school. 25-75 miles. \$15 includes maps and snacks. Marked routes. Registration forms available at Expo or Dan Scott, www.bikesclub.org.
- Mar 18: 100km Populaire.** Mark Thomas, 206-612-4700, mark.thomas@lightmail.com, http://www.geocities.com/Pipeline/5293/.
- Mar 25-Apr 1: Hawaii Tour.** Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.
- Mar 26: 100K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751. randos@island.net, www.island.net/~randos/index.html.
- Mar 31-Apr 12: Tunisia Odyssey: Eden to Oasis.** Tunisia. Diverse culture & beautiful landscapes of coastal and Saharan zones of southern Tunisia. Wondrous array of people, architecture, culture & landscape. 90% paved roads, hills. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848. ibike@ibike.org, www.ibike.org.

- Apr 1: 200K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751. randos@island.net, www.island.net/~randos/index.html.
- Apr 1: 200km Brevet.** Mark Thomas, 206-612-4700, mark.thomas@lightmail.com, http://www.geocities.com/Pipeline/5293/.
- Apr 7-Jun 29: Trans America Millenium Tour.** Yorktown, VA - Florence, OR. Virginia to the Oregon Coast. All Women 84 day tour, van supported. 3-4 week segments available. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 www.womantours.com.
- Apr 8: Peace Populaire.** Peace River, BC. Wm Kok, BC Randonneurs, 250-785-4589, wkok@bc.ca, www.island.net/~randos/index.html.
- Apr 10-22: Tunisia Odyssey: Historie North.** Tunisia. Extraordinary concentration of archeological, cultural & religious sites. Paved roads, long hills. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, ibike@ibike.org, www.ibike.org.
- Apr 14-16: Fleche NW.** Mark Thomas, 206-612-4700, mark.thomas@lightmail.com, http://www.geocities.com/Pipeline/5293/.
- Apr 16: 25th Annual Daffodil Classic.** Orting, WA. 20, 50, 70, 100 mile routes. Prereg: \$12 (person), \$30 (family) until 4/1, \$18 T-shirt. Limit 2,000. Foothills Trail fun ride (pre-reg only). On-site reg: 7am-noon, Orting Elem: \$15, \$35 \$20. Karen or Jan, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-752-0764 or 253-759-6984, daffodil@twbc.org, http://www.twbc.org.
- Apr 16: Guacamole Grande.** Fallbrook, CA. 10, 20, or 50 miles. Entry fee: \$10-15, 20 & 50- \$26 Randy Ice, SCOR Cardiac Cyclists Club, P.O. Box 9065, Brea, CA, 92822. 562-690-9693
- Apr 16-23: Hawaii Tour.** Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.
- Apr 22: 300K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751. randos@island.net, www.island.net/~randos/index.html.
- Apr 22: 200K Ride.** Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869. John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.
- Apr 23-28: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.
- Apr 30: Sunnyside Sports Anniversary & Bike-Roo Breakfast Ride.** Bend, OR. A quality pancake breakfast followed by a 25 mile road ride Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com.
- Apr 30-May 5: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.

Track Racing

- Mar 7-May 9: Tuesday Night Track Training.** Marymoo Park, Redmond, WA. Marymoo Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Rain cancels. Ethan Meglins, Marymoo Velodrome Association, 206-675-1424 marymoo.velodrome.org.



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Hands Up!

ERIK MOEN PT, CSCS

One of three main contact points with the bicycle are the hands and wrists. Proper bicycle-fit allows approximately 30% of your body-weight to be placed on the handlebars through the hands. Shock and vibration experienced from your riding surface, through the handlebars, will be absorbed by the hands, wrists, elbows and shoulders. Deviations such as, excessive weight onto the handlebars or excessive shock, set the stage for upper extremity dysfunction.

Common Pathologies

Common injuries or pain syndromes related to excessive loading of the upper extremities includes; median nerve compression at the wrist or Carpal Tunnel Syndrome (CTS), ulnar nerve compression or cyclist's palsy, chronic muscular and tendinous strains and ischemic pains of triceps/rotator-cuff/trapezius, and Cervalgia (neck pain). Always seek appropriate medical attention with an injury.

(See Chart at right)

Bicycle Pathomechanics

Good bicycle-fit should be established first. Most upper extremity dysfunction can be remedied by simple bicycle-fit solutions. Common pathomechanics of upper extremity dysfunction are related to improperly adjusted saddle-tilt and cockpit (location of handlebars in relation to saddle). Most people with upper extremity pains will present with straight arms, extended wrists, and arched upper backs. Saddles that are tipped nose-down require excessive pressure to the upper extremities and neck. Handlebars that are too low, stems that are too long, or brakehood with a lower presentation are all progenitors of pain.

Equipment methods of shock absorption include the use of; quality handlebar tape, quality gloves, bar-ends for the mountain bike, and suspension (stem or forks). These

are all accessible through most bicycle shops.

Bicycle riding habits may have some contribution to upper extremity dysfunction. Healthy riding habits will include frequent position change of the hands, sitting-up now and then, stretching of the hands/wrists/shoulders/neck. All of these habits require bicycling skill. Healthy upper extremities require practice of riding without hands for at least one minute and being able to maintain a straight riding line while momentarily looking away. Other habits will include the maintenance of a neutral wrist while on the handlebars and "white-knuckling" the handlebar. Your excellent bicycle-fit should easily support your maintenance of a neutral wrist, however, habits are habits. Get into the habit of keeping neutral wrist presentation to the handlebars.

Prevention

The best means of prevention include; bicycle-fit, good equipment, upper extremity flexibility, and strength. Muscles you should strengthen include wrist flexors and extensors, triceps, trapezius and rotator cuff. These muscles aid in the maintenance of bicycling posture and are shock absorbers. Muscles absorb and attenuate shock. Repeated loading requires strength and endurance.

You shouldn't have to "accept" gross upper extremity pains as a part of bicycling. There are easy "fixes" with bicycle-fit, equipment changes, bicycling habit/skills, and strength training. Seek a knowledgeable resource to enable your pain-free riding.

Need references for knowledgeable resources on this topic?

Contact Erik Moen PT, CSCS at Physiotherapy Associates-Lynnwood, 425-775-0642 or PT479@juno.com

Pathology

Nerve Compression

Ulnar

Median

Muscle and Tendon Strain

Cervalgia Strain

Facet Dysfunction

Symptoms

Numbness and tingling, muscular weakness, loss of sensation, and deep/burning ache

Digits 4 and 5

Digits 1, 2, and 3

Distinct pain with use, or rest (bad sign) of specific muscle or tendon

Painful to touch, limited motion

Pain with motion and touch, muscular spasm, headache

Limited motion, painful motion of neck, radiating pain to shoulder girdle



PHOTO BY CRAIG NUNES

The Category "Sport-Men" prepare to race at the 2000 Valentines Day race.

"Valentines" from page 1

The course was completely different this year, incorporating many newly built trails into a 7 mile circuit which allowed spectators to see much more of the action. Promoter Craig Nunes, of the Kamakaze Mountain Bike Club, noticed a more positive attitude among the crowd than in past years, which may be attributed to both the weather and greater involvement of the spectators. He plans on using the circuit format in future races. Winners this year included Dale Knapp and Kim Bingham Pikanen in the men's and women's expert classes, Lindsay Duvall and Mary Napolitano in the sport classes, and Doug Graver and Beth Reyburn in the be-

ginner classes. Niche categories such as single speed, full rigid, and full suspension have grown considerably over several years, even drawing a full suspension tandem this year. As with most Tahuya races, the event drew a wide range of mountain bikers, from seasoned racers, to riders who race once a year, to newly initiated enthusiasts. Even those unprepared for the frozen feet and burning muscles were fairly certain they had had fun once they found warm and dry clothes. After months of winter hibernation, most riders were just happy to be outside, catching up with friends and playing in the mud.



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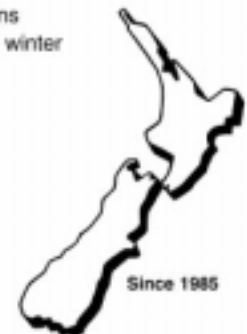
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The Story

All the years I've been riding motorcycles, folks have been telling me horror stories. Not stories plural, really: A story. "The Story."

I hear "The Story" from all kinds of people, everywhere I go. They come at me in gas stations and at cafe cash registers and motel desks, anywhere I'm standing with my helmet in my hand.

"The Story" is always the same: Something horrible happened to someone they know (or know OF) because of some damn motorcycle.

Their brother (cousin, buddy, minister) lost his or her (limb, memory, girlfriend) in a fiery crash that wasn't the brother's (etc.) fault.

An inattentive motorist turned left in front of the brother, cousin, buddy or minister as that blameless soul rode to the local shelter to deliver a hot meal to the homeless.

The accident is always serious, always crippling to the rider. It is never the rider's fault. What you take away from hearing "The Story" is that such tragedies are inevitable. If you ride, innocent and careful though you may be, you will be hurt. Bad.

I'm used to hearing "The Story." I've heard it 1,000 times. So has every other veteran motorcyclist.

I don't expect a version of "The Story" from bicyclists, and I REALLY don't expect to hear anything like it in bicycle shops from bicycle salespeople. Why turn people off to

cycling, when cycling is your livelihood? When cycling is what you have to sell...

I'm in this shop. The owner begins to tell me "The Story," the cycling equivalent of the blameless brother story. It's about a confrontation between a driver and a cyclist. It's pretty much the same every time.



The shop owner's Story was as long and detailed as a Russian novel. It had fewer characters but was just as heavily laden with overheated emotion and fatal character flaws.

There was the driver who came close to the cyclists,

and the passenger who threw something at the cyclists. There was the inevitable red light just ahead and the volatile but strangely calm conversation at that light, the explosion that might have happened but didn't.

You've heard 1,000 such stories if you've been riding since the first of the year.

About a third of the way through "The Story," or what seemed to be about 45 minutes into it, a woman walked into the store and approached the store owner and me. She wants help, I thought.

But no help was forthcoming: Two-thirds of the never-ending "Story" remained to be told.

So the woman stood there, three feet from the store owner, while he described the

cyclist's macho posturing, the driver's macho posturing, the same-old confrontational clichés...It was awful.

She stood there; I fidgeted and wished I were anywhere else. I thought: What if she's here to see about a road bike for her kid?

The story makes the roads here in small-town northern Cal sound like battle-lines in war-torn Bosnia. She may imagine soldiers in net-covered helmets scanning the horizon through the tinted glass of their Chevys, ready to pounce on small, vulnerable groups of cyclists.

Is she wondering what items drivers will throw at her son or daughter? Will there be a face-off with some motorist every ride? Is she wishing she'd signed the kid up for martial arts classes instead of viola lessons?

Eventually, "The Story" wound to its predictable conclusion: The clever cyclist made the angry driver feel foolish for about five seconds. That particular five seconds of embarrassment has been recreated in song and story God-knows how many times over the 15 years since it happened.

"The Story" has been told as often as the one about the fall of Troy. Oh. You may know a similar Story you tell now and then. Please remember how I hated listening to this guy's Story. Resist inflicting your Story on others.

Thank you. While he told me "The Story", the shop owner did not, could not, meet the eyes of the one person in the store who mattered: the woman customer.

If he HAD met her eyes, she might have caused him to pause in his Story-telling. She might have asked him a question or expressed a need he'd wanted to deal with. Maybe she wanted to buy something.

Any experiment with customer service, no matter how brief, would have

interrupted the damn "Story". Unthinkable.

I promise: I did not make any of that up. Happened just as I described in a shop not far away. Probably happens where you live.

As I said, you hear "The Motorcycle Story" everywhere, too, but you *do not* hear it in shops, told by people who sell or service or in any way make their living from motorcycles. Folks who *like* motorcycles and believe they are fun and safe and life enhancing don't tell "The Story".

Why in the world would a bike businessperson tell such a similarly poisonous story, especially with a customer listening? Baffles me.

We just don't "get" customer service in the bike biz, don't understand it. We're too self-involved.

We're almost never in the moment, standing there on the shop floor doing our jobs, doing what's right for cycling, asking the nice folks what we can do for them.

We're too caught up in our own Stories, in our own definitions of cool. We are too quick to make judgments about strangers, and to treat them by standards we hated when we were green and they were applied to us.



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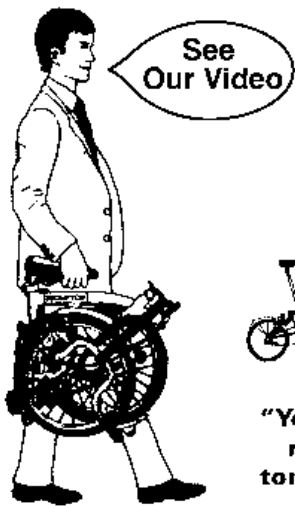
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