

Bicycle Paper

www.bicyclepaper.com MAY '00

Bike to Work Day is Friday, May 19

Follow the Lead Set in Seattle: Get Out and Ride!

BY GUY CAMPBELL

It's time to gear up for the summer commute season with Bike to Work Day 2000 – and thank God. While there's no greater antidote for seasonal affective disorder than a ride on the pony, let's face it: nothing is more welcome than the onset of summer riding weather.

See "Bike to Work" on page 3

Bike Works Program teaches life lessons

BY NICOLE JAIN

Bike Works in Seattle's Rainier Valley is a strong hold in the fight to keep kids active. Director Suzanne Carlson started the non-profit organization in 1996. Here kids learn bike mechanic skills, from the basics of changing tires to complete overhauls, in a five-week class. They can then log hours in the Earn-A-Bike program, applying what they learned to donated bikes, which will be sold at the annual community bike swap.

See "Bike Works" on page 6

Try racing the track

BY RICK PETERSON

Whether thinking about trying track racing for the first time or just giving it another shot, you'll need to know where to start. The Northwest is home to three of the best tracks, or velodromes, in the North America. If you reside in Washington, Marynoor Velodrome in Redmond would be the most convenient. In Oregon, the Alpenrose Velodrome in Portland is the place to go. British Columbia offers two tracks, Burnaby Velodrome in Burnaby and Juan de Fuca Velodrome in Victoria.

See "Track Racing" on page 3

Track Season Starts

The Pacific Northwest has four, count 'em, four velodromes within driving distance. Are you going to attend a track race this season? See page three for directions.



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Bicycle Paper

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“Bike to Work” from page 1

In cities across the country bicycle advocates and enthusiasts are preparing for the big day. The national Bike to Work event is scheduled for May 19. Turning out the numbers is what matters on this day, and organizers are doing all they can to insure a fun, successful ride for all participants.

Even if you are not a regular bicycle commuter, participating in Bike to Work Day can benefit you. In many cities, the Bike to Work Day event provides city transportation planners with tabs on the numbers of commuting cyclists. A high turnout can correlate to more money spent on bicycle lanes, trails, stations and other facilities. All cyclists share this benefit – whether they are commuters or not. So suit up and show up where ever you are!

How do you find out about the event in your area? Call your local bike shop. More than likely they will be involved. Or if you have a club, advocacy group, or bicycle advisory board, they will most likely know. And certainly you can find out about the event by calling your city's transportation department. If you happen to be in Seattle or the surrounding area, you can check out the Bike to Work Day web site at <http://btwd.cascade.org>.

Event organizers should have bicycle support stations spread out throughout your area. Find one that's on your commute into work. Sign in on the day of the event and pick up a T-shirt. If you haven't ridden into work before, test your route on your day off. It takes a time or two to insure things run smoothly.

Letter To Editor

Dear Editor,

You might give Erik Moen a suggestion to tone down a bit on the more technical physiotherapy jargon in his column. I, as a longtime rider/racer/bike fitter/licensed massage therapist, know what he is talking about, but I'm sure most laypersons don't. A most recent example, in his latest “hands up!” he mentions “proper wrist presentation” but fails to explain what this is or looks like regarding the handlebar/brake lever/hand/wrist/forearm complex. For all anyone might know he could be referring to the proper tipping technique of that double latte or microbrew, or even some obscure code for self-gratification.

Thanks, Damon B.

Turning out the riders who commute every day is easy. It's attracting everyone else that's important though. In Seattle and across King County, Cascade Bicycle Club has continued to produce an increasingly successful event that draws a greater number of riders each successive year. This year, Cascade is shooting to top 6,000 riders on its event (a number not much smaller than its famed STP which is capped at 8,000 riders); a tough goal considering Bike to Work Day has no pre-registration.

A number of new programs make this an attainable goal, however. Across Seattle and King County bicycle shops are sponsoring the event through a program called “Adopt-a-Station.” Through this program, the shops adopt the local station in their area and provide more incentives to riders coming through the station including mechanical support, free gifts, and a prize sweepstakes item for participants at their station worth as much as \$1,000.

Business such as Boeing and WRQ are also getting involved by underwriting the event, and this year many other corporations are participating in a challenge called the New Commuter Contest. In an effort to increase the number of new commuters participating on Bike to Work Day, The Redhook Ale Brewery will provide a 40 seat dinner for the King County company that draws the highest percentage of new commuters from its work force on Bike to Work Day.

Other sponsors are providing incentives to people who bike to their stores during Bike to Work Week. PCC, Jamba Juice, 24 Hour Fitness, Vertical World and others all offer special discounts or freebies to cyclists in King County who drop by during the week of the event.

And finally, there's nothing like a chance to ride with the mayor and other elected officials. What could make for a better ride than to share the fun with the people making the decisions that will determine just how bike-friendly a city is going to be. Mayor Schell and numerous city and county officials will be participating in the Seattle ride, and organizers are hoping for a good turnout to this downtown celebration which leaves from the Seattle Center's International Fountain at 7:30am.

Where ever you may be, Cascade Bicycle Club and the Bike to Work Day Organizing Committee in Seattle encourages you to get out and support your local Bike to Work Day event. If you happen to be riding in Seattle, we look forward to seeing you out there.

“Track Racing” from page 1

Burnaby is the only indoor track in North America and may be the only option during nasty weather. Each location is administered by local velo clubs or organizations which will provide you with any and all information to help you get riding this season. Contact the individual locations for more info. Now get out there and start racing!

Alpenrose Velodrome

6149 SW Shattuck, Portland, OR 97221-1044
Web: www.obra.org/track/
Phone: (503) 661-5874
Email: murray@teleport.com

Alpenrose is an open track. You can practice anytime you want as long it is not during an organized track session. Monday, Wednesday and Thursday from about 6:00pm on are reserved for scheduled practice and race nights, the only other thing to worry about are the regularly scheduled weekend events. The only cost to race at Alpenrose is an OBRA membership, \$5 for Wednesday practice, \$7 for Thursday Night races (\$1 for kiddie kilo) and \$5 a night for a KHS track bike with clincher tires.

Marymoor Velodrome

2400 Lake Sammamish Pkwy.
Redmond, WA 98052
Phone: (206) 675-1424
Web: <http://marymoorvelodrome.org/>

Marymoor Velodrome is located east of Seattle, just off Hwy 520 in Marymoor Park in Redmond, WA. The Marymoor Velodrome Association is a non-profit, volunteer organization that administers the Marymoor Velodrome. The MVA provides the opportunity for skill development and racing experiences across all skill levels and ages. For more info and schedules call or visit their website.

Burnaby Velodrome

Harry Jerome Sports Centre
7564 Barnet Highway, Burnaby, British Columbia, Canada
Phone: (604) 291-2007 Ext. 24
Web: www.truesport.com/burnaby/
Email: ches_lam@hotmail.com (Chester Lam) or
jmoore@mlkvcv.nlkeng.com (Jim Moore)

It is housed in Burnaby's “Harry Jerome Sports Centre” which is owned by the City of Burnaby. It is the only indoor cycling track in North America. It is administered by The Burnaby Velodrome Club (BVC). It is located at 7564 Barnet Highway Burnaby (across from the Cement Plant). Regular Club Riding & Training Sessions: Wednesday evenings, 4:30 p.m. - 10 p.m.; Saturday evenings, 7 p.m. - 10 p.m.; Short Evening Training Session: Mondays, 4:30 p.m. - 6 p.m.; Mid Week: Tuesday and Thursday mornings, 9:00 a.m. - 11:45 a.m., Contact for more information.

Juan de Fuca Velodrome

1767 Island Highway, Victoria, BC V9B 1J1
Phone: (250) 478-8384 Ext. 2280

The velodrome is at the Juan de Fuca Recreation Centre, about 22 minutes from the Athletes Village and 17 minutes from downtown Victoria. The 333.3-metre cycling track features a 28-degree maximum end-banking and five-meter straight-aways banking at 10 degrees. Racing every Thursday from Mid-April till Mid-September. Warm-up 6:00 - 7:00pm. Races start at 7:00pm. Call for more updated info.

The Quick Fix

The Squeaky Brake Syndrome

Does your bike howl every time you apply your brakes? Feeling a little embarrassed in those group rides? There is a cure for those squeaky brakes, but getting them smooth and silent may take some time and experimentation.

The first thing you might try is cleaning your rims. Wipe away all that debris with mild soap and warm water. Sometimes that will cure the squeak but often the problem is with the brake pads. They might need replacing or a slight adjustment. Rub the pads with sandpaper and inspect the angle at which they make contact with the rim. You might need to file the pads down until they have a flat surface. Also, make sure that the brake pads are not touching the rim when not applying the brake.

Still squeaking? The problem might be in your rims. Squeaking can come from worn out rims that have ruts imbedded along their sides. Might try new ones.

These techniques usually take care of the problem, but sometimes (and it pains me to say it) some brakes just won't shut up!

(This month's tech tip brought to you by Mike Mechanic.)

#2

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ENTRY FEES: Pro 1-2: \$158 per rider (\$1,100 for 8 rider team); Women Pro 1-3: \$85 per rider;
Category 3/Masters 2-3: \$75 per rider; Host housing available for Pro 1-2 and Women only.

Special thanks to the following sponsors for making this race possible:

Volkswagen of America, Carrera Motors, Desert Bone & Joint Specialists, Rebound Physical Therapy,
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Athletic Club of Bend, Oregon State Police, Hutch's Bicycles, Shimano and The Bulletin.

We need at least 40 preregistered Women to make this race happen! Women's national calendar
event. Help make this happen by coming here to race in it! Preregister by July 1st.

STAGES: Pro 1-2: 110 mile RR, 106 mile RR, Uphill TT, Crit., 77 mile RR, Crit.
Women: 65 mile Uphill TT, Crit., 70 mile RR, Crit.
Cat 3/Masters 2-3: Uphill TT, Crit., 70 mile RR, Crit.

For Event Info

www.cascade-classic.org

Tim at 541-382-5962
or email tcoffey@kmx.com

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5 Events
to go...

Register NOW!

Boneshaker (XC, DH)
Winthrop, WA - May 20-21

Beacon Bomber
(XC, DH, DU, State Championships)
Spokane, WA - June 17-18

The Squilchucker (XC only)
Wenatchee, WA - July 2

NORBA NATIONALS
(XC, DH, DU WIM points race)
Crystal Mt, WA - August 3-6

Schweitzer Dirt & Rock Tour
(XC, DH, DU - WIM Finals)
Sandpoint, ID - August 26-27



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Bicycles As Vehicles for Fundraising

If you missed the opportunity to sign on to the Pallotta Teamworks Alaska AIDS Vaccine Ride you can always hope for a slot next year. This year 1,290 riders will join together to raise money to fund research for an AIDS Vaccine. In August registered riders will meet in Alaska to pedal a 510-mile stretch of road in six days from Fairbanks to Anchorage past the Chugach Mountains and through some of the most spectacular countryside Alaska has to offer. Along the way a volunteer crew will help ensure the safety, comfort and health of each rider by providing such things as meals, showers, bike maintenance, and medical support.

Although the riders look forward to six wonderful days in Alaska, the real work starts now. Each registered rider is required to raise \$3,900 in order to participate in the ride. The net proceeds will fund work at the Aaron Diamond AIDS Research Center, the UCLA AIDS Institute and the Emory Vaccine Center. The money raised from this event will go largely to provide the most difficult to obtain but the most crucial kind of funding. It is called "seed funding" and it is the only way for certain scientists to get their "out of the box" projects off the ground. It will make leapfrog progress possible, which Dr. Irvin Chen at UCLA Research Center says is faster, if riskier, than the traditional, methodical, more easily funded "one step at a time" approach. It will also fund researchers from other disciplines, such as immunology and cancer research, to bring their expertise to bear. In short, it will allow three of the world's most highly respected teams of research scientists, working in concert the freedom to pursue this heroic endeavor.

In addition to fundraising, riders must train to pedal an average of 85 miles a day through steep and sometimes mountainous terrain. Days one and two will be a steady, all-day climb. There will be several rest stops during each day of the ride with snacks and sport drinks to replenish tired riders.

Why would bicycle riders want to participate in an event like this? We all have our own reasons but all of them have some similarities. I decided to do the ride because I have close friends suffering from AIDS. It is

probably too late for a vaccine to help them, but I wanted to do something that could help to prevent others from having to endure what I have watched my friends endure over the last few years. We need to give hope to those in our future; hope that AIDS will be something from the past.

Since signing up for the ride I have learned more about the worldwide impact AIDS has had especially on children. There are presently about 1,000,000 orphans as a result of one or both parents having died of AIDS and the number is expected to triple in the next ten years. Worldwide there are 1.2 million children under the age of 15 infected with HIV and in the US alone there are 8,500 infected children under the age of 13.

At the end of the day the fact of the matter is simple: We will not end the AIDS epidemic until we decide to. It will not happen by accident or magic. The Alaska AIDS Vac-

cine Ride is about a group of citizens asking, "if we don't do it, who will?"

Every year there are several rides of this sort in which avid bicycle riders might participate. If this is something you might want to pursue more information is available. Please visit our website at: www.members.tripod.com/benefitride. At the website you will find information about contributing to one rider's efforts, information about why a vaccine is needed as well as links to the research centers' sites, and, of course, Pallotta Teamworks. The bonus for contributors is a chance to win a bike, either the TREK 4500 pictured at the website or a bike of your choice. The winner will have a credit of \$500 to apply toward any bike from Kissler's Cyclery who has generously sponsored our efforts.



Cycling Clinic to be Held for Women Cyclists

Seattle, March 21 - Women Cyclists of all levels will have the opportunity to learn about bike riding and racing. Organizers of the Northwest Women's Race Series are partnering with Agilent Technologies to host a two-day weekend cycling clinic on April 22 and 23 in Sequim, Washington.

The Agilent Technologies Women's Cycling Clinic will cover racing essentials including training, bike fit, pack riding, race strategies and bike mechanics. The clinic is structured for beginner and intermediate level cyclists, although riders of all levels are encouraged to attend one or both days. The first day will be directed towards novice rac-

ers and anyone interested in improving their cycling skills. The second day will focus on race-specific skills. This clinic will prove to be an unprecedented opportunity to learn from two of the most accomplished road racers in the United States, Kendra Wenzel, and Karen Bliss Livingston. Proceeds from the Agilent Technologies Women's Cycling Clinic in Sequim benefit the Northwest Women's Race Series and other Bikementors.com educational programs. For more information or to register online, visit www.bikementors.com or send an email to wcwahl@madronasoft.com.

Eugene's Olson top finishing United States cyclist

COLORADO SPRINGS, Colo. (April 10, 2000) — Aaron Olson (Eugene, Ore.) was the top finishing U.S. cyclist at the Circuit Des Ardennes in France. Olson placed seventh in the individual time trial in the opening stage. He eventually finished 26th in the final general classification standings. Josh Thornton (Draper, Utah) was among

the top 10 during the second stage but was involved in a crash and did not finish the race. Olson was the top finishing U.S. rider in that stage. The third stage involved a breakaway, where Olson stayed with the leaders. Brice Jones (Fort Smith, Ark.) won the group sprint. Olson and Jones were 10th and 13th, respectively. In the fourth and final

CarLESS Commute 2000

As you know, the quality of our environment is an important issue today. Air quality and traffic congestion affects your family, my family, and our community. You can have a direct impact on the quality of our environment by getting involved in CarLESS Commute 2000!

What is CarLESS Commute 2000? Pierce County Parks and Recreation has sponsored the CarLESS Commute program for the last eight years. The program encourages participants to carpool, ride the bus, bicycle, walk, or telecommute to their destinations from June 12th to the 25th. Participants are given a log sheet to keep track of the miles they save by going "CarLESS". Log sheets are turned in at the end of the program.

Over the last eight years 6,727 individuals have participated in the CarLESS Commute Program. They have made an amazing impact on our environment! In those eight years, there were 1,028,803 miles saved, over 33 tons of environmental toxins saved, and 51,441 gallons of gas saved.

Those participating in the CarLESS Commute Program help make our community a better place to live. In support of this program, many local businesses have been generous enough to donate items or gift certificates to be awarded as prizes. Our grand prize for this year's program is a Trek Mountain Bike donated by Bike Tech.

Please call the CarLESS Commute 2000 Hot Line at (253) 798-3330 to find out how you can become a participant.



Pygmy Pack Review

BY MORGAN COLEMAN

I'll never forget the day I let my mud and grease infested chainrings tear the upholstery in my father's car. Let's just say that immediately afterwards I found myself back on my bike, riding very fast in the opposite direction of home.

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FEATURES

"Bike Works" from page 1

After completing twenty-four hours of work, they take home the bike of their choice, complete with complementary lock and helmet. The emphasis is on the service and work involved, and not the monetary value of their time or the bicycle. This approach encourages kids to see their work and their reward as valuable in themselves, rather than simply dollar equivalents. Cost of the class is \$20, but 50% of the students opt for the scholarship essay, which earns them a spot and demonstrates a real interest and commitment.

Bike Works is affiliated with the national organization Youth Bicycle Education Network. The Seattle program was modeled after the Community Cycling Center in Portland, Oregon. Hosted as an after school program, Bike Works' pilot class was held in January 1997. One class per quarter has been added each year since Bike Works moved to the Rainier Valley. Bike Works currently runs four Earn-A-Bike classes per quarter. Suzanne and Chris Heitmann, Earn-A-Bike Coordinator, are working with the board of directors to implement an expansion plan in the next year. Suzanne hopes to keep the personal feel of the shop while offering classes in another under-served area of Seattle.

Bike Works relies on donations from several local bike shops and manufacturers including Raleigh, Aaron's Bicycle Repair, REI, Kryptonite, Elliot Bay Cycles, Wedgewood Cycles, and Vision Recumbents. The Bicycle

Alliance also donates several bikes per month that have been recovered from Metro bus racks. Bike Works also gives back to the community by donating refurbished bikes to Treehouse, an organization for foster family support, and Farestart, a program that trains homeless adults to enter the workforce.

Farestart graduates are given their own bicycle and helmet, offering them the freedom of personal transportation and the benefits of good physical health. One class at Bike Works is reserved for the Orion Center, a drop-in center for at risk and homeless youth. Suzanne believes, in addition to other benefits, the structure of the weekly class is particularly helpful. This will be the first work experience for some and many will leave with a bicycle that they earned and repaired themselves.

Earning their own wheels may be the immediate goal for most kids, but their experi-

ence at the shop usually results in lifelong benefits. In the age of video games and internet surfing, many kids are missing out on the joy of riding a bicycle and the accompanying mental, physical, and environmental benefits. The Earn-A-Bike program gives many kids the means to earn their own bi-



Chris and Hiram adjust the brakes on a BMX-style bike.

PHOTO BY NICOLE JAIN

cycle, while offering practical work skills at the same time.

In addition to learning valuable mechanical skills hands-on, Bike Works' students are encouraged to appreciate their own fitness and health, as well as the independence and responsibility of providing their own transportation. Confidence and self-respect naturally follow increased self-sufficiency, giving

participants a better chance at succeeding in all their endeavors. During instruction and open work hours, teachers and volunteers work closely with each student, conscious of individual learning styles. As jokes and gossip fly, kids learn real skills without even realizing they are working. The informal respect between kids and adults allows them to feel comfortable just hanging out together.

Both Suzanne and Chris are full-time bike commuters, and practice what they preach. During the summer, the Bike Works crew leads weekly rides around Seattle in conjunction with various summer camps, the YMCA, and the Rainier Community Center. The emphasis is on fun, safety, and enjoying the outdoors. Suzanne and Chris do their best to stress the benefits of riding a bicycle for transportation, while being careful not to lecture.

Bike Works is located at 3709 S Ferdinand St, in Seattle's historic Rainier Valley. To get involved as a volunteer or a student (Bike Works offers evening adult classes as well), contact Suzanne at bikeworks@scn.org. The Bike Works full service repair shop operates during normal business hours and the qualified, professional staff provides great service at reasonable prices. The annual bike swap will be held at Genesee Park on May 13 this year, so bring your old bike to sell or trade. Bike Works is always accepting bicycle donations; there is, of course, more demand for BMX and mountain bikes than old ten speeds among teenagers.



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RESULTS

Snohomish Road Race Results

Snohomish, WA - 3/25/2000

Category Pro 1 & 2 Men 53 riders 77 Miles

1. Ron Schmeer Nutra-Fig
2. Richard McClung Broadmark
3. Svein Tuffi Trek/VW
- 5.4. Min Van Velzen Trek/VW
6. Terry Buchanan Broadmark
7. Steve DeGarmo Saturn of Bellevue
8. Steve Higgins - Saturn of Bellevue
9. Kevin Rowe - Saturn of Bellevue
10. Joe Baratto Ashmead
11. Jonah Oswin Ashmead

Category 3 Men 59 riders 66 Miles

1. Willy Spaulding - Saturn of Bellevue
2. Chad Sperry
3. Alan Wiley TiCycles
4. Jeff Larson Armondos
5. Tim Ellis Tacoma Bicycle
6. Brad Doll Aurora Cycles
7. Steve Williams Tacoma Bicycle
8. White Jersey number blocked
9. Trevor Kosa Old Town Bicycle
10. Rick Michel Nextlink/Bacardi

Category 4/5 Men 64 riders 44 miles

*These results have been adjusted from further review of the videotape of the race.

1. Jason Bethel Aurora Cycles
2. Steve Dorsett
3. Joe Marshall Recycle Cycles
4. Scott Petermeier
5. Tom Kemery
6. Kevin McHugh Nextlink/Bacardi
7. Seth Davis
8. Richard Floisand Tacoma Bicycle
9. Chad Nichols Armondos
10. John Maestas Aurora Cycles

Note: Rider #109 David Mazarella was disqualified for taking his hands off the handle bars in the final sprint.

Category 1-3 Women 11 riders 44 miles

*Adjusted from the videotape.

1. Lysle Wilhelm-800.com
2. Donna Peters - Saturn of Bellevue
3. Sara Graham - Saturn of Bellevue
4. *Marni Prazsky-Bros. Brothers Ford
5. Martha Walsh-Mongoose/Defeat
6. Wanda Howlett-Exodus

Category 4 Women 27 riders 33 miles

1. Sarah Mihailovich-Mongoose/Defeat
2. Robin Blais-Nextlink/Bacardi
3. Paula Fedirchuk-Nextlink/Bacardi
4. Karen Fulton
5. Susan Kareken Armondos
6. Susan Pappalardo
7. Diane Robinson-Nextlink/Bacardi
8. Mindy Zifren-Nextlink/Bacardi
9. Lynn Holland-Safeway/Saturn
10. Roberta Carlson-Nextlink/Bacardi
11. Kelly Hewitt
12. Rachel Maslowski -Valley
13. Deb Brown-Valley
14. Erica Johnson - Nextlink/Bacardi
15. Maxine Williams - Nextlink/Bacardi
16. Druska Salisbury-Milan Aurora
17. Mary Roberts-Valley
18. Laura Kearsley -Nextlink/Bacardi
19. Joyce Lagow - Nextlink/Bacardi
20. Tracy Lee
21. Kristi Agren-Pettit Oil
22. Laura Moen-Aurora

Masters A men 21 riders 55 miles

1. Brad Halstead-Valley
2. Steve Holland-Safeway/Saturn
3. Curtis Southern
4. Kerry Farrell-Wheelersport
5. John Moren-Saturn of Bellevue
6. David Levy-TiCycles

Masters B Men 31 riders 44 miles

1. Mark Farsdahl-Chinook
2. Jeff Cummings-Upperchuckanut
3. Garth DeCoca Ashmead
4. Dick Finch-Baddlands
5. Dave Hokit
6. Jim Heinlein

Juniors 3 riders 33 miles

1. Ian Gallaher-Aurora
2. Dave Oherm-Aurora
3. Devin Schweikart-Old Town Bicycle

Collegiate Men As 66 Miles

1. Doug Swanson-MSU
2. Dan Swanson-MSU
3. James Adamson-UW
4. Tyler Nathe-UW
5. Doug Ollerenshaw-OSU
6. Karl Umiker-UI
7. Bill Wutzke-WSU
8. Jim Anderson-UO
9. Daimone Shanks-UO
10. Matt Mahoney-OSU
11. William Culppepper-MSU
12. Tim Erikson-UW
13. Matt Weyen-UI
14. Brian Carver-UW
15. Damian Schmitt-OSU
16. Mark Puhols-WSU

Collegiate Women As 44 Miles

1. Laura Felicetti-WSU
2. Allison Beall-UI
3. Kimberly Richards-UW
4. Lisa Ducharme-MSU
5. Tierra Villasean-MSU
6. Ashley Collins-UO

Collegiate Men Bs 44 Miles

1. Peter Ford-MSU
2. Jesse Laird-OSU
3. Benjamin Leung-UW
4. Michael Stein-OSU
5. Zachariah Winter-UO
6. Samuel Richardson-OSU
7. Ken Philbrick-UW
8. Christopher Murray-OSU
9. Brian Phillips-MSU
10. Travis Chapin-UO
11. Kari Englund-WSU
12. Ted Chauvin-WSU
13. Jeremy Beach-UW

Collegiate Women B 33 miles

1. Jeannette Nussbaum-UW
2. Melanie Krause-WSU
3. Jennifer Crane-UW
4. Nicole Gardner-UI
5. Carolyn Eller-WSU

Collegiate Men C

1. John Schmidt-OSU
2. Ryan Aeby-OSU
3. Peter Bower-OSU

Des Monts et Chateaux, Belgium

Road cyclist Josh Thornton (Tampa, Fla.) finished 10th in the general classification at the Des Monts et Chateaux in Belgium. The espoir stage race was held March 31 through April 2. This was the first event for USA Cycling's espoir (19-22 year old cyclists) program in Europe.

Aaron Olson (Eugene, Ore.) posted the top stage finish by a U.S. cyclist with a second place finish in the individual time trial (stage 2B). Olson finished one second behind winner Stijn Devolder of Belgium.

RESULTS STAGE I-CHATEAUX D'ANVAING-QUEVAUCAMPS-156KM

1. Tom Boonen, BEL, 3:40:55
2. Giosue Bonomi, ITA, same time
3. Vanbouvel, BEL, s.t.
26. Joshua Thornton, Tampa, Fla., s.t.
102. Aaron Olson, Eugene, Ore., @1:05
116. Donny Lopez, New York, same time
134. Brian Fagan, Kingwood, Texas, @36:05
- Daniel Ramsey, Santa Barbara, Calif., did not finish

RESULTS STAGE 2 - AMOULBAIX - HUISSINGES - 86 KM

1. Lars Bak, Den, 2:03.39
2. Ron Sentjes, NED, @0:1
3. Johan Dekkers, NED, same time
61. Thornton, same time
76. Olson, same time



Banana Belt Race # 2

Portland, OR - 3/12/2000

Pro/1/2 Men - 40 Riders - 2 hr 35 min

1. Aaron Olson Nutra Fig
2. Kirk Willett Mercury Cycling
3. Steve Wright Logie Velo
4. Maurice Torano Paramount/Hutch's
5. Corey Stayton Wizards of the West
6. Steve degarmo Saturn of Bellevue
7. Craig demars Hutch's
8. David Auker RCW/River City
9. Hank Pfeifle Logie Velo
10. Jon Myers Team S&M

Category 3 Men - 49 Riders - 2 hrs 19min

1. Barry Wicks Team S&M
2. Chad Swenson
3. Duncan Oliphant Lakeside/Rivers Edge
4. Mike Stockton Camas Wheel Sport
5. Nick Perera Team O
6. Bill Cass Team O
7. Chris Myers
8. Dustin Sullenger Capitol Velo
9. Scott Brown N River Racing
10. Chad Sperry Team Thomas Toyota

90. Lopez, same time

123, Fagan, @15:02

RESULTS STAGE 2B-HOUTAING-MAINVAULT 9KM (ITT)

1. Stijn Devolder, BEL, 11:52
2. Olson, 11:53
3. Vanderkoji, NED, 11:56
26. Thornton, 12:17
115. Fagan, 13:30
120. Lopez, 13:49

STAGE 3-CHATEAU DE BEOIL-FRANSES LES BUISSELAND-146 KM

1. James Vanlandshoot, BEL, 3:42:42
2. Van Der Auwera, BEL, @0:1
3. Fabian Wegmann, GER, @0:06
- 11 Thornton, @0:23
62. Olson, @10:33
- 69 Fagan, @13:40
- 88 Lopez, @18:09

GENERAL CLASSIFICATION

1. Devolder, BEL
 2. Van Der Auwera, BEL, @0:13
 3. Ewoud Van Der Kooy, NED, @0:17
 4. Dekkers, BEL, @0:25
 5. Samuel Rouyer, FRA, @0:26
 10. Thornton, @0:38
 - 57 Olson, @11:29
 - 80 Lopez, @19:56
 - 91 Fagan, @19:14
- (The race started with 143 riders, and 91 riders finished the race)

Women 1/2/3 - 9 Riders - 2 hrs 1 min

1. Alice Pennington-Team O
2. Martha Walsh-Mongoose/defeat
3. Erika Jackson
4. Joanne Stevens-Klah Klannee
5. Noreen Valente-Safeway/Saturn
6. Jennifer Rhodes-Torani/NW Velo
7. Lisa Lindley-Team O
8. Laura Sudil-Rivers Edge
9. Darien Curti-Safeway/Saturn

Women Category 4 - 10 Riders - 2 hrs 1 min

1. Melissa Erion-Eugene Cycling
2. Shawna Kruger-Hutch's
3. Becky Walter-Presto Velo
4. Kathleen Moore-Safeway/Saturn
5. Debbie Lachek-Presto Velo
6. Mary Pattiani-bike/Serrato
7. Michelle Groesz-Bike Gallery
8. Lynn Holland-Safeway/Saturn
9. Meg Heaton-Cyclisme

Masters Men - 63 Riders - 2 hrs

1. Ed Roberts-Hutch's
2. Davis Root-Safeway/Saturn
3. Bernie Doening-Logie Velo
4. Steve Holland-Safeway/Saturn
5. Ron Magnus-Safeway/Saturn
6. Bob Baker
7. Chris Bingham-Eugene Cycling Team
8. David Camp-Rivers Edge
9. Dave Burnard
10. Mark Damon-Hutch's

Category 4/5 Men -58 riders - 2 hrs 5min

1. Todd Benson-Makrello Velo
2. Evan Elken-Presto Velo
3. Scott Springer-Logie Velo
4. Tony Kic-Gentle Lovers
5. Steven Muschek-Team O
6. Gregor Brown-Torani/NW Velo
7. Sacha White-Gentle Lovers
8. Michael King-Hutch's
9. Bret Vogel-Presto Velo
10. Brad Farnand
11. Jesse Laird-OSU
12. Sam Richardson-Gentle Lovers
13. Eric Hopper-Logie Velo
14. Kris Evensen
15. Dave Folsom-N River Racing

Juniors - 11 riders - 1 hour 35 min

1. James Cloyd
2. Ian Egilits-BBC
3. Chris Hopkins-BBC
4. Hector Mundi-bike/Serrato
5. Aaron Love-bike/Serrato
6. Brian Kelley-BG
7. Nate Davis
8. Eben Burkholder-BBC
9. Matt Peterson-BBC

Mason Lake Road Race Results

Mason Lake, WA 3/4/00

Thanks to all of those who helped out with the race! I could not have done it without you and if you want to help again next weekend let me know. Information can be found at www.pazzovelo.com. Series points go 6 deep in each group 10, 7, 5, 4, 3, 2.

PI-Name-Team-Points

CATEGORY 1-2 Men, 60 riders 67 miles

- 1-Steve DeGarmo-Saturn of Bellevue-10
- 2-Michael Emde-Exodus-7
- 3-Mick Walsh-Mongoose/Defeat-5
- 4-Steve Higgins-Saturn of Bellevue-4
- 5-Paul Roney-Broadmark-3
- 6-Robert Campbell-Broadmark-2
- 7-Brian Ingerson-Ashmead
- 8-Tyler Farrar-Saturn of Bellevue
- 9-Brian Ecker-Mongoose/Defeat
- 10-Troy Critchlow-Exodus

Category 3 Men 49 riders 67 miles

- 1-Matt Sheeks-Exodus-10
- 2-Jeff Larson-Armondos-7
- 3-Jim Crown-The Valley-5
- 4-Brian Babbitt-Old Town Cycles-4
- 5-Bill Zimmerman-Armondos-3
- 6-Ethan Megjimes-Broadmark-2
- 7-Chris Woody-Broadmark
- 8-Chris Crosby-Whitman
- 9-Brian Rinckberger-Recycled Cycles
- 10-Mitch McDougall-Pettit Oil

Category 4/5 Men 88 riders 38 miles

- 1-Sam Williams-The Valley-10
- 2-Robert Dunn-Ballinger-Wedgewood-7
- 3-Ben Leung-Broadmark-5
- 4-Scott Petermeier-Ashmead-4
- 5-Francisco Zapala-Broadmark-3
- 6-Aaron Hanson-Old Town-2
- 7-Forest Hietpas-Pettit Oil
- 8-Jim Teague-Armondos
- 9-Phil Thiessen-Tacoma Bicycle
- 10-Hyun Lee-Broadmark

Bear Trax and Bees wax Mountain Bike Race, Belfair, WA 4/16/00

Expert/Pro Women

1. Grande, 2. N. Jain

Expert/Pro Men

1. G. Heitman, 2. L. Hanson, 3. T. Swanson, 4. D. Knapp, 5. B. Bundy, 6. D. Donais, 7. C. Stone, 8. J. Caurbaugh, 9. J. Riel, 10. P. Benson, 11. J. Dougherty, 12. M. Cesal, 13. K. Levey, 14. David #66, 15. T. Keen, 16. L. Waacle, 17. R. Blanco, 18. J. McConaughy, 19. M. McLaughlin, 20. M. McDougle, 21. T. Keen, 22. K. Capizzi, 23. K. Horbeck, 24. H. Miller

Beginner Men

1. E. Dick, 2. Heffen, 3. Lemke, 4. Gren, 5. D. Dole, 6. A. Shardeiman, 7. Rogauskas, 8. K. Nilson, 9. W. Liebhurd, 10. C. Helfrich, 11. D. Nesham, 12. Rios, 13. B. Gerrard, 14. G. Collier, 15. Arrendondo, 16. M. Demko, 17. B. Eworthey, 18. B. Astad, 19. Parker, 20. C. Sakas, 21. H. Eldridge, 22. J. Galovin, 23. M. Villalva, 24. B. Townmey, 25. S. Jordan, 26. McDonald, 27. M. Spoor, 28. Soja, 29. P. Thayer, 30. D. Scott, 31. F. Hovater, 32. D. Donovan, 33. W. Williams, 34. C. Chamberlin, 35. Nelson, 36. M. Juday, 37. McManus, 38. A. Haugen, 39. Chamberlin, 40. O'Keefe, 41. F. Rak, 42. M. Dunn, 43. J. Parker, 44. M. Oakley, 45. Dawson, 46. S. Oaks

Beginner Women

1. Gerrard, 2. M. Gunn, 3. K. Demars, 4. T. Meyers, 5. Wiske, 6. V. Shuler, 7. S. Torgerson, 8. Heider, 9. Stonich

Junior Male 13 and under

1. C. Carbaugh, 2. D. Anderson, 3. J. Gabrielson, 4. T. Nelson, 5. T. Aylward, 6. J. Shafer, 7. M. Shafer, 8. C. Longmuir

Category 1-3 Women 9 riders 38 miles

- 1-Donna Peters-Saturn of Bellevue-10
- 2-Martha Walsh-Mongoose/Defeat-7
- 3-Sara Graham-Saturn of Bellevue-5
- 4-Michele Conrad-MBBC-4
- 5-Ann Grande-Redline-3
- 6-Liz Jones-Mongoose/Defeat-2
- 7-Deb Berg-Saturn of Bellevue

Category 4 Women 30 riders 28 miles

- 1-Sarah Mihailovich-Mongoose/Defeat-10
- 2-Paula Fedirchuk-MBBC-7
- 3-Susan Pappalardo-none-5
- 4-Roberta Carlson-MBBC-4
- 5-Taryn Gerhardt-Valley Athletic-3
- 6-Susan Kareken-Armondos-2
- 7-Diane Robinson-MBBC
- 8-Deb Brown-The Valley
- 9-Mindy Zifren-MBBC
- 10-Nicole Novembre-MBBC
- 11-Druska Salisbury-Milan-Aurora
- 12-Mary Roberts-The Valley
- 13-Robin Blais-MBBC
- 14-Maxine Williams-MBBC
- 15-Wendy Vandessompele-MBBC

Masters Men A/B 19 riders 48 miles

- 1-Steve Lunblad-Chinook-10-A
- 2-Alfred Capdepon-none-7-B
- 3-Ric Greenwalt-The Valley-5-A
- 4-Paul Beveridge-Ashmead-4-B
- 5-James Wagner-MBBC-3-B
- 6-Paul Bernstein-MBBC-2-B
- 7-David Mann-Aurora-B
- 8-Brian Vickers-None-B
- 9-Jeff Scott-None-B
- 10-Mike Pratt-None-B

Juniors 3 riders 28 miles

- 1-Tommy Petramalo-None-10

Junior Male 17 and under

1. R. Inddavos, 2. T. Morrison, 3. H. Kruger, 4. C. Longmuir

Sport Men

1. J. Patmore, 2. J. Fox, 3. C. Dillon, 4. D. Zimny, 5. D. Murphy, 6. J. Hardy, 7. S. McCrae, 8. D. Graver, 9. J. Baumeister, 10. B. Nemic, 11. P. Heffernan, 12. D. Schmitt, 13. J. Chapin, 14. D. Tyler, 15. S. Maynard, 16. M. Swails, 17. R. Swinford, 18. W. Garrett, 19. M. Prochaska, 20. D. Demars, 21. C. Ibach, 22. D. Peterson, 23. M. Hiam, 24. D. Bruce, 25. B. Duerr, 26. D. Wilson, 27. J. Harman, 28. E. Layland, 29. J. Carlo, 30. B. Shernick, 31. G. Soja, 32. S. Baumgarten, 33. S. Wagner, 34. C. Clements, 35. S. Heer, 36. R. Salatino, 37. R. Hunt, 38. C. Monroe

Clydesdale

1. E. Rea, 2. R. Korth, 3. Satter, 4. S. Frericks, 5. J. Pirtle, 6. T. Lombardo

Single Speed

1. Frisk

Vet Men

1. K. Garza, 2. C. Tadioc, 3. S. Wade, 4. R. Heckenlaible, 5. G. Hawkins, 6. J. Cutright, 7. R. Goodman, 8. J. Dhaymes, 9. J. Rice, 10. D. Rothaus, 11. S. Broderick, 12. B. Ross, 13. D. Longmuir, 14. P. Peterson, 15. G. Matheson, 16. C. Parker

Vet Women

1. Hagerman, 2. Sidel, 3. P. Algegnari

Masters Men

1. K. Hawkins, 2. Heitman, 3. M. Kunuecke, 4. S. Ward, 5. Wickham

Low Back Pain in Cycling

BY DR. MICHAEL LEWIS, DC, CCSP

Low back pain is a common and serious problem in our country. With 80 % of all adults experiencing a significant episode of back pain sometime in their life, very few are saved from the experience. Unique from the general public, cyclists place an even greater demand on their lumbar spine and pelvis. The pelvis acts as the anchor or platform from which all power originates. The capability of maintaining stability of this "pelvic anchor" determines the comfort and performance of the ride.

Bike fit, is again, an absolute priority when discussing the prevention of any cycling injury especially low back pain. The correct fore and aft position of the saddle places the rider in moderate position of flexion (bent forward) to grip the handlebars. If the stem/top tube length is too long the back is forced into a painful position of extension in which the lordotic curve of the low back is increased. This places increased stress on the posterior elements of the lumbar spine. Fig 1. On the other hand if the stem/top tube is too short the rider's back is forced into a "curled" position of too much flexion. This position places a painful strain on the discs, or anterior elements of the spine. Clearly, the proper stem/top tube length is critical.

Side-to-side balance is also critical. If the seat is set too high the pelvis is required to rock side-to-side in order to pedal. In addition, if a rider has a leg length discrepancy it may cause rocking to the side of the shorter leg. This rocking action creates a damaging shearing motion in the joints of the low back. With the bike fit corrected the pelvis is now placed in a neutral position upon the bike. The influence from the bike has been minimized. The next concern is proper muscle balance within the pelvic musculature and the muscles which support the pelvis. For example, abnormally tight quadriceps or psoas muscle tend to tilt the pelvis forward , again increasing the lordotic curvature. Abnormally tight hamstrings prevent the pelvis from tilting forward at all and hold

the pelvis in a posterior tilt upon the saddle, causing the lumbar spine to painfully compensate. Remember, if a structure of the body is restricted from moving efficiently, the way it was designed to move, there is a greater demand placed upon a neighboring structure. This will often times initiate a cycle of

abnormal compensations within the body.

The support muscles of the low back while riding, are in a state of isometric

contraction in order to keep the pelvis fixed and stable. What this means is that the muscles are contracted but there is no joint movement. The back does not move. Sustained isometric contractions limit blood flow to the involved tissues. The blood vessels that travel through the tightened muscles become constricted and there is a decreased supply of oxygen and nutrients to the muscles. The end result is a painful ischemic response (temporary lack of blood to a specific area) and possible muscle spasm. With a decreased input of blood flow means there will be a decrease in "outflow" - a stagnate blood supply. A build-up of lactic acid and other metabolic waste will accumulate and increase the discomfort.

Management of low back pain begins with proper fit to the bike. This can be done by a therapist specializing in cycling or at your favorite bike shop with a Fit-Kit. This task should be approached with extreme precision.

Concerns over the possibility of a leg length discrepancy should be evaluated by a qualified physician. Unless you have fractured a leg or thigh as a child, a "short leg" is usually the result of a muscle imbalance in the pelvis or a curvature in the low back. This forces compensations in the pelvic musculature which may raise one side of the pelvis, creating a short leg on that side. Often times these conditions can be corrected with appropriate therapy and exercises. In conjunction with treatment a shim should be placed between the cycle shoe and the cleat.

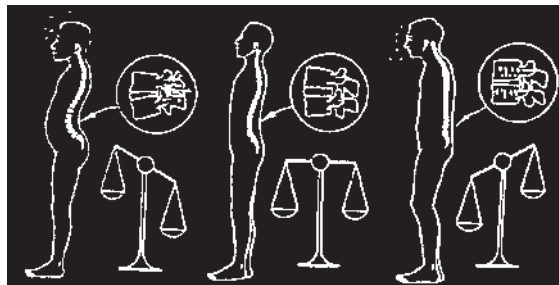
Rider technique is important and should be addressed early in the season before poor habits develop. As with neck and shoulder

problems it is important to introduce added mileage in increments, allowing your muscles to build up stamina. One suggested guideline is to increase mileage no more than 10% per week . If you are currently experiencing back pain decrease your mileage by 10% per week until the pain stops. At this stage concentrate on pedaling at a low resistance utilizing a higher cadence and avoid sprinting and inclines.

Alternating the riding position by changing hand positions, coming up into a standing position and performing mild positional exercises* can break the isometric posture. Changing saddle position may benefit not only pain relief but power output as well. When climbing , move back on the saddle, for sprinting move slightly forward.

Pain that persists after making the above changes should be evaluated by a qualified physician.

The U.S. Dept. of Health and Human Services recommends spinal manipulation as the most effective treatment of mechanical low back pain. Chiropractors have more training in manipulation than any other health profession. In conjunction with a course of spinal adjustments, treatment should also include a prescription of strength-



a) Hyperextension - damage to the posterior elements (facets)
 b) Neutral Position - forces are distributed equally
 c) Hypolordotic - damage to the anterior elements (disc)

ening and stretching exercises to in order to eliminate any muscle imbalances that have developed.

Massage therapy can assist in improving blood circulation and disrupting muscle spasms in the involved musculature. Ice therapy after a long ride can be beneficial by slowing pain impulses, decreasing the build-up of damaging inflammation and interrupting the pain-spasm-pain cycle. Over-the-counter pain relievers and anti-inflammatories can assist with acute cases, but should not be relied upon to correct the problem.

Low-back pain will not only force you off your bike, but it will impact all aspects of your life. Get the problem fixed early and avoid the agonizing time lying on the floor with an ice pack as your only companion.

Dr. Michael Lewis is a certified chiropractic sports physician and strength and conditioning specialist. He maintains a private practice in Seattle, WA. He can be reached at (206) 324-8600, mlewisdc@home.com

Trails.com launches outdoor activity planning resource

SEATTLE, WA (March 29, 2000) – Seattle-based Trails.com, Inc. today officially unveiled Trails.com (www.trails.com), the first web site focused on providing outdoor enthusiasts with the most comprehensive and reliable trail and destination information. Trails.com meets the need for a single convenient online destination to get informed, prepared and equipped when planning outdoor activities. Trails.com provides visitors with unique web site features, planning tools and personalization services. Around the

Pacific Northwest, trail information currently covers hiking and mountain biking. Popular destinations include: Washington's National Parks (Olympics, North Cascades, Mt. Rainier), Oregon's Cascade Mountains, Idaho Salmon River region and Montana's Rocky Mountains. The breadth and depth of this comprehensive trail information will expand into new activities (paddling, climbing, etc.) and geographic regions (Alaska) in the coming months.



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All events are listed chronologically within their respective sections: **Events** (clinics, exhibitions, 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 **Multiports** (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

Jun 18-Aug 19: COAST-TO-COAST COMMUNITY CHALLENGE.

Seattle to Boston. Seattle to Boston. A charity ride across America. Cycle with people of all-ages and raise money for America's youth. 800-983-3263, kids@CycleAmerica.com, www.BikeCOASTtoCOAST.com.

May 13: The Fourth Annual Kids Bike Swap. From 9 a.m. to 4 p.m. Free event is at Genesee Playfield, 43rd Ave S, and S. Genesee, in South Seattle. Parents can bring an outgrown kids bike (24" wheels and smaller) and swap it for a better fitting one. Also donate unused kids bikes that will go to Bike Works' programs. 3709 S Ferdinand St, Seattle 98118, www.scn.org/bikeworks 3709 S Ferdinand St, Seattle, WA, 98118, (206)725-9408, bikeworks@scn.org, www.scn.org/bikeworks.

May 19: Bike to Work Day. Puget Sound area. Twenty-five different work stations staffed 6-9 a.m. promoting the eighth annual event. Stop at one of the stations to receive free maps, refreshments and souvenirs. Event t-shirt available for sale. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103, 206-523-1952

Jun 3: 3rd Bavarian Bike and Brews Bash Festival. Leavenworth, WA. The event is a XC race followed by a good time of prize give aways and beer. There is a beer garden afterwards where 10-12 breweries bring a couple of flavors of beer apiece. There is on site camping as well as food. Dewayne McMahon, (509) 548-5623 www.bbbfestival.com

Jun 4: Klamath Rails-to-Trails. OC&Woods Line State Trail, Klamath Falls, Oregon. A variety of Mtn bike rides, hikes, and equestrian rides as part of National Trails Day to raise awareness of trails. 8am to 4pm. BBO from noon to 4pm. Arthur Sevigny, 541-884-3050, sevignya@oie.edu.

Jun 9-11: Women's Cycling Camp. Leavenworth, WA. Estelle Gray, 206-527-1384

Jun 10: Dairy Farmers of Washington Milk Carton Derby. Seattle (Green Lake). Dairy Farmers of Washington, 425-672-0687

Jun 18-Aug 19: COAST-TO-COAST 2000. Seattle to Boston. Discover the U.S. and Canada on this Northern Adventure of a Lifetime. Cycle America, 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com.

Jun 25: Gold Cup Qualifier - Triple Point Event. Port Angeles BMX, Port Angeles, Washington. Mike Thomas, 360-417-8116, willmac@tenfour.com.

Offroad Racing

May 5-7: Hammerfest. Parkville, BC. Cross country and downhill. Brian Luan, 521 Fourneau Wy., Parkville, BC, V9P 2Y7, 250-248-5441

May 6-7: Bear Creek Mt Hood. Oregon. Downhill and dual slalom. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 7: Spring Thaw. Lithia Park, Ashland, OR. Russ Rickert, Siskiyou Velo, 164 Alameda, Ashland, OR, 97520. 541-482-8704

May 7: The Bike Shop on Grand MTB 2000. Billings, MT. Cross country. The Bike Shop, 1934 Grand Ave., Billings, MT, 59102, 406-652-1202, BSOG@aol.com,

May 13: Over the Top. Capitol Forest, Olympia, WA. Cross country MTB race, it will start at approx. 350 ft. elevation and will traverse up to the 2659 ft. peak and continue over the top into a semitechnical single track descent back to the starting point. \$300.00 FIRST PRIZE! - sign-up 8:00 to 9:30 a.m. race starts at 10:00 AM. \$25 entry fee (\$35 if postmarked after 4/29/00) Eric Kackley, 11639 Waddell Creek Road SW, Olympia, WA, 98512, (360) 704-3315, thepeak@cco.net,

May 14: British Columbia High School Invitational Mountain Bike Championships. Victoria, BC. Five categories: Petite (grade 6-7), Bantam (grade 8), Juvenile (grade 9), Junior (grade 10) and Senior (grade 11-12). Six kilometer lap. Awards for top five individuals and for teams. Sam Scorda, Argyle Secondary School, 1131 Fredrick Road, North Vancouver, BC, V7K 1J3, 604-985-3181

May 14: Race at Reehers. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 20-21: Boneshaker Mountain Bike Bash. WIM #3. Winthrop, 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.

May 21: Coast Hills Mountain Bike Classic. Newport, OR. Part of the OBRA series. Awesome singletack, fast descents & challenging climbs. Fundraiser for high school mountain bike club & honor society. Dave Campbell, c/o Newport High School, 322 NE Eads Street, Newport, OR, 97365. 541-574-0327, dave_campbell@lincoln.k12.or.us,

May 27-28: Round the Clock - 24 hour Mountain Bike Race. Riverside State Park, Spokane, WA. Choose from solo or several team classifications. 11 mile course. Racing from noon Saturday to noon Sunday. On site camping. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202, 509-455-7657, cisco@roundandround.com, www.roundandround.com.

May 28: Hutch's Hustle. Bend, Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 28: Race Around The Bend. Bend, OR. 1999 Oregon Off-Road Series #8, cross-country. Sally Russenberger, Russell Resources, 442 NW State St., Bend, OR, 97701, 541-389-3295

May 28: Snowden Slug Slam. Campbell River, BC. Cross country. Dan Clements, Campbell River Sprocket Rockets, 742 Birch St., Campbell River, BC, V9W 2T4, 250-286-6340, lemmings@island.net, www.slugslam.com

Jun 4: Blue Ridge. Bend, Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 4: Whidbey Island Mountain Bike Race. Whidbey Island, WA. One Speed Promotions, 360-579-1967

Jun 10: Downhill @ the Dump. Victoria, BC. Downhill event. Jennifer Burton, Oak Bay Bicycles, 1968 Oak Bay Ave., Victoria, BC, V8R 1G2, 250-595-1937, jburton@direct.ca,

Jun 11: Dave Lyman Memorial. Port Moody, BC. Cross country. Robin Lyman, 2201 St. Johns St., Port Moody, BC, V3H 2A6, 604-937-DAVE

Jun 11: Dick Blee Memorial MTB. Billings, MT. Cross country. The Bike Shop, 1934 Grand Ave., Billings, MT, 59102, 406-652-1202, BSOG@aol.com,

Jun 11: Mount Mac Challenge. Revelstoke, BC. Cross country. Keith McNab, Revelstoke Cycling Association, 1565 Sheil Rd., Revelstoke, BC, V0E 2S1, 250-837-5910, keith.mcnab@bchydro.bc.ca,

Jun 11: Pickett's Charge. Bend, OR. Shelley Tozer, 871 NW Federal Street, Bend, OR, 97701, 541-385-9344 www.obra.org/.

Jun 17-18: Klamath Heat. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 17-18: The Beacon Bomber. WIM #4. Spokane, 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.

Jun 18: John Henry Poker Challenge. North Vancouver, BC. Fun ride. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8, 604-713-5207, hsohi@dmall.com.

Jun 24: 3 D (dirty, dirt, dirt) off road duathlon. Capitol Forest, Olympia, WA. An off road duathlon with a 2 mile run, 10 mile bike and a 1 mile run in the twisty single/double track of Capitol Forest. Cash/\$ advanced class & prize/recreation class, fully stocked transition area and lots of post race festivities, sign up from 8:00 - 9:30. race starts at 10:00AM, \$25 entry fee (\$35 if postmarked after 6/10/00). Eric Kackley, 11639 Waddell Creek Road SW, Olympia, WA, 98512, (360) 704-3315, thepeak@cco.net,

Jun 24-25: Oregon State Games. Mt Hood, Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 24-25: Port Alberni Plummet. Port Alberni, BC. Downhill and dual slalom. Tony Christie, Alberni MTB Association, 4740 Roger St., Port Alberni, BC, V9Y 3Z2, 250-724-1613

Jun 25: Rumble Mountain Rage. Port Alice, BC. Cross country. Jacquie Mackenzie, Village of Port Alice, Box 130, Port Alice, BC, V0N 2N0, 250-284-3391, reimer@capescott.net,

Jun 25: Veddar Mountain Revival. Abbotsford, BC. Cross country event. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8, 604-713-5207, hsohi@dmall.com,

Offroad Touring

May 27-29: Orcas Island Memorial Weekend. Orcas Island, WA. 3 day non-structured event. Just bring bike and sleeping bag. 4.7 mile ride to camp. Activities at camp include biking, hiking, boating, canoeing, and more. Limited to 130 people. Cost: \$94 for adults, \$50 children under 12. Price includes round trip ferry, cabins, and food for 3 days. \$1 per rider will be donated to Bicycle Alliance. 425-235-7774

Jun 3: MS Mountain Bike Ride. Fall City, WA. Fun-filled day on the Weyerhaeuser Tree Farm with a 50k route for all abilities and a challenging 70k route with single track. \$25 + \$75 in pledges. Funds benefit people with MS & their families. Angle Santo, National MS Society, 192 Nickerson St #100, Seattle, WA, 98109, 206-284-4236 or 800-800-7047

Jun 10: Tour de Blast. Toutle, WA. In its 7th year, the Tour de Blast offers both a 90 & 135k ride. Well staffed by Longview Noon Rotarians, this ride presents breathtaking views of the Mt. St. Helens blast zone. \$30 covers t-shirt, rest stops & end-of-ride pasta feed. Tom Deutsch, Longview Noon Rotary, P.O. Box 1105, Longview, WA, 98632, 360-749-2192 www.tdn.com/tourdb.

Race Series

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 cancells. Meet at Four Corners Shopping Center (behind car wash). Brett Curle, 16524 132nd Pl. SE, Renton, WA, 98058, 425-271-6057

Apr 2-8: 29: 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: Weider Road Race Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. 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: Addias World Tuesday Night Championship. Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave., Vancouver, BC, V6K 1C1, 604-733-6947 www.escapavelocity.bc.ca

May 4-Sep 28: Alpengroe Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.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 6/30/91 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

Road Racing

May 1: 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: Addias 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.escapavelocity.bc.ca

May 2: 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,

May 4: 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.

May 6: Tour de Vine Critterium. Penticon, BC. Bernie Hiltz, Penticon Cycling Club, 115-300 South Main St., Penticon, BC, V2A 5I6, 250-493-6346

May 7: BC Classic Critterium. Langley, BC. Jeremy Storie, Escape Velocity Cycling Club, 2964 West Eighth Ave., Vancouver, BC, V6K 2C1, 604-733-6947 www.escapavelocity.bc.ca

May 7: State Championship Road Race. Longbranch, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

May 8: 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 9: Addias 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.escapavelocity.bc.ca

May 9: 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,

May 11: 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.

May 13: Seward Park Summer Classic. Seattle, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

May 15: 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 16: Addias 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.escapavelocity.bc.ca

May 16: 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,

May 18: 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.

May 20-21: Enunclaw Stage Race. Enunclaw, WA. Pat Carroll, T1Cycles, 206-855-8017, TR1RacingPC@aol.com

May 21: Beaverton Grand Prix. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 22: 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 23: Addias 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.escapavelocity.bc.ca

May 23: 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,

May 25: 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.

May 27: Larch Mountain Hillclimb. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 30: Addias 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.escapavelocity.bc.ca

May 30: 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,

May 25: 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.

May 27: Larch Mountain Hillclimb. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 30: Addias 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.escapavelocity.bc.ca

May 30: 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,

Jun 1: 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.

Jun 3: Leavenworth Road Race. Leavenworth, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

Jun 3: Silverton Road Race. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 4: Land's End Road Race. Sydney, BC. Simon Cicieri, Schwabe Cycling Club, 782 Spruce Ave., Victoria, BC, V8T 5A5, 250-381-5943

Jun 4: Silverton Critterium. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 5: 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.

Jun 6: Addias 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.escapavelocity.bc.ca

Jun 6: 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,

Jun 8-18: Hewlett Packard International Women's Challenge. Boise, ID. Women's stage race. Founded 1984. Nancy Spittle, Women's Challenge, Inc., 208-344-1734 ext. 225, nspittle@oh-zone.com, www.hpwc.com.

Jun 8: 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.

Jun 9-11: Columbia Plateau. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 9-11: Columbia Plateau Stage Race. Oregon. Mark Schwyhart, 503-231-0236

CALENDAR

Jun 10-11: Race Across Oregon. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 12: 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 or obra@teleport.com.

Jun 13: 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.escavevelocity.com.

Jun 13: 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.

Jun 15: Seward Park Cycling Series. Seattle, WA. Critérium 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.

Jun 17: Wizards of the Coast Twilight Critérium. Ballard, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

Jun 17-18: Woodland Bottoms. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 20: 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.escavevelocity.com.

Jun 20: 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.

Jun 22: Seward Park Cycling Series. Seattle, WA. Critérium 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.

Jun 24: Cannonball. Seattle to Spokane, WA. NW's oldest cross-state one-day ultramarathon cycling event. Starts at I-90 bike tunnel, follows I-90. Pre-reg. at Bike Expo. 425-739-8609 RedmondCyclingClub.org.

Jun 24: White City Circuit Race. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 24: Yaletown Critérium. Vancouver, BC. Shawn Farion, Lifestyle Media, 206-1316 West 11th Ave., Vancouver, BC, 604-731-5617, sfarion@att.canada.net.

Jun 25: Mac Club Rehearsal Time Trial. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 25: Rehersal Road Race. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

Jun 27: 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.escavevelocity.com.

Jun 27: 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.

Jun 29: Kreb's Cycle Time Trial #1. Vancouver, BC. Paul Blanchette, Kreb's Cycle Club, 1104 E. 23rd Ave., Vancouver, BC, V5V 1Y7.

Jun 29: Seward Park Cycling Series. Seattle, WA. Critérium 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.

Rides & Tours

May 1-Oct 31: San Juan Islands 6 Day Tour. La Conner, WA. Departs every Sunday May-October. Highlights: La Conner; Lopez Islands; Orcas Island; San Juan Island. Designated: all abilities. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com.

May 5-7: Fleche Pacifique. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

May 5-7: Martha's Vineyard Bike Trek. Martha's Vineyard, MA. Tour island, two days, two meals per day. Highlights: New England lms. cliffs, history. Jennifer, American Lung Association of Massachusetts, 1 Abbey Lane, Middleboro, MA, 02346. 508-947-7204, alan@gis.net.

May 6: Ride Around Clark County 16th Annual. Clark County, WA. Starts Clark Community College, 6:30-8:45 am. 18,34,65,100 mile options. Pre-reg. by 4/24; \$14 (plus \$10 for T-shirt). Day-of: \$19 (no shirt). Part of proceeds donated. Scott Martin, 360-834-6737, smartin80@juno.com.

May 6-7: Tour de Vne. Penticon, BC. Ron Hayman, 329 Lower Bench Rd., Penticon, BC, V2A 8V4.

May 7: Camano Climb. Stanwood, WA. 35 or 50 Mile scenic bicycle ride around the perimeter of Camano Island (approx 1 hr north of Seattle). Spectacular views of the Cascade and Olympic Mountain ranges. Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island. Don, 360-629-6415, velo@whidbey.net.

May 7-12: 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.

May 7: Monster Cycle Metric Century Bicycle Ride. State Capitol Mall, Salem, OR. Recreational ride through backroads to Champoeg State Park and back. Entry fee is for map, rider ID# & checkpoint services. Full-service checkpoints including toilet facilities along the route. Snacks, fruit & refreshments will be available. Doug Parrow, Snake Bicycle Club, P.O. Box

2224, Salem, OR, 97308. 503-390-9558, dparrow@teleport.com, salembicycleclub.org.

May 13: 18th Annual Historical Lewis County Bicycle Ride. Chehalis, WA. 20, 46, 72 & 100 mile courses. Register/start between 7-9:30am. Start/finish at Stan Hedwall Park. Food/drink/rest stops, course map, marked course, narrative & sagwagon. Joe Cleary, Lewis County Recreation, 360 NW North St., MS-CSD01, Chehalis, WA, 98532. 360-740-1135

May 13: 300K Ride. Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

May 13: 300km Brevet. Mark Thomas, 206-612-4700, mark.thomas@lightmail.com, http://www.geocities.com/Pipeline/5293/.

May 13: 400K Ride. Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, randos@island.net, www.island.net/~randos/index.html.

May 13: Grants Pass Bike Fair. Grants Pass, OR. All Sports Park. Competitive & non-competitive rides, safety inspections, product displays and demonstrations. Mark Lansing, Mark Lansing Law Office, 242 NW E. St., Grants Pass, OR, 97526. 541-471-9239

May 13-14: Scenic Tour of the Kootenai River (STOR) 2000. Montana. 6th annual ride. Two-day tour in remote northwest Montana (just 3 hrs northeast of Spokane). Limit: 250 riders. 5/13: 98 or 45 mile options. 5/14: 40 mile loop. \$40, benefits local Habitat for Humanity affiliate. Susie Rice, 1020 Idaho, Libby, MT, 59923. 406-293-2441, gregrice@home.libby.org.

May 13: Skagit Classic Bicycle Ride. Burlington, WA. Starts at Bayview Elementary School, 25, 40, 62, 100 mile options. Neal Rothenbuehler, P.O. Box 363, Burlington, WA, 98233. 360-595-2357, neal@pacificrim.net.

May 13: The Rhody Tour Metric & Half-Metric Century. Port Townsend, WA. Haines Place Park & Ride Lot. 32, 45, 55, 62 mile options. Reg. 8-10 am, \$15. Food & water stops, SAG, map. Proceeds to help provide helmets for kids and to the Bicycle Alliance of Washington. David McCulloch, Port Townsend Bicycle Assoc. & Rhododendron Festival, P.O. Box 681, Port Townsend, WA, 98368. 360-385-3912, jainco@olympus.net, www.ptguide.com/hoodtour.

May 14-21: Hawaii Tour. Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauea 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.

May 19: Bike to Work Day. Puget Sound Area, WA. Join thousands of cyclists on national bicycle commuting day. T-shirts, souvenirs. Scott Campbell, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

May 20: Le Petit Tour. Peace River, BC. Wim Kok, BC Randonneurs, 250-785-4589, wkok@nlc.bc.ca, www.island.net/~randos/index.html.

May 21-Sep 30: 15th Annual Santa Fe Century. Santa Fe, NM. 25,50,75,100 mi. routes. 6 food stops, sag wagon. \$15. T-shirts, wind breakers may be ordered in advance. Willard Chilcott, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282, chilcott1@aol.com, www.santafecentury.com.

May 21: 200-300K Ride. Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

May 21-26: California Redwoods Tour. Garberville, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. 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.

May 21: Two County Double Metric Century. Olympia, WA. Begins at Millersylvania State Park, 7 am. \$17 Margo Munson, Capitol Cycling Club, 360-273-8020, pmunson1@localaccess.com.

May 25: Watermelon Rides. Chemewa High School, Salem, OR. Challenging recreational rides of 62, 100, 124 & 200 miles through mid-Wilamette Valley. Full-service rest stops with food & energy drinks & toilet facilities will be provided, as well as limited mobile support. Joanne Heilingler, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-399-9652, mccabe@open.org, salembicycleclub.org.

May 27: 400K Ride. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

May 28: No Frills Century. Redmond, OR. 100 & 65 road ride around Redmond, Prineville and Madras. Susan Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, sunnyside@kx.com, www.sunnysidesports.com.

Jun 3: 400K Ride. Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

Jun 3: 400km Brevet. Mark Thomas, 206-612-4700, mark.thomas@lightmail.com, http://www.geocities.com/Pipeline/5293/.

Jun 3: Apple Century Bicycle Ride. Walla Point Park, Wenatchee, WA. 100, 75 & 50 mile road touring ride; full support & monitoring; 4 rest stops for the 100 mile ride; 3 for the 50; sag wagons start at 9am. Canadian registration accepted at park. Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807-1433. 509-886-1837, vandoren@telever.com, www.wenatcheesunrise.org/century.

Jun 3: Le Grand Tour. Peace River, BC. Wim Kok, BC Randonneurs, 250-785-4589, wkok@nlc.bc.ca, www.island.net/~randos/index.html.

Jun 4: 18th Annual Peninsula Metric Century. Gig Harbor or Southworth, WA. 50, 70, 100K & 100 mile routes. \$15 (person) & \$35 (two adult family) (\$12 & \$30 before 6/1). \$15 T-shirt, pre-order. Great food, mechanical support & map. Limit 1,000 riders. Roz or Carol, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-857-5396, pnc@twbc.org, www.twbc.org.

Jun 4-27: Great Alaska Highway Ride 4. Delta Junction, AK to Dawson Creek, B.C. Pedal the entire length of the Al-Can Highway, through Alaska, Yukon Territory, and B.C. Fully supported, camping. Tom Sheehan, Cycle Events, PO Box 7491, Jackson Hole, WY, 83002. 888-733-9615, biking@cyclevents.com, www.cyclevents.com.

Jun 4-12: Ride Around the Marble Mt. Wilderness. Northern California near Oregon border. Northern California near Oregon border. All meals, van support and camping included for \$250. Russ Rickert, Siskiyou Velo, 164 Alameda, Ashland, OR, 97520. 541-482-8704

Jun 10-11: 600K Ride. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

Jun 11-16: California Redwoods Tour. Garberville, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. 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.

Jun 11-17: Yellowstone and the Grand Tetons. Jackson, WY. All women 7 day tour of Grand Teton and Yellowstone National Parks. \$1290 includes 6 nights, support, most meals. 253 miles. Gloria Smith, WomanTours, Box 931, Driggs, ID, 83407-1444 www.womanotours.com.

Jun 13-22: "Bike-Aid" (Annual Cross-Country Trek for Global Education). CA, OR, WA. Annual cross-country cycling adventure that promotes global education. Learn about global issues while travelling & meeting with communities. Bike-Aid/JustAct, 333 Valencia St/101, San Francisco, CA, 94103. 415-431-4480 or 800-RIDE-808, bikeaid@justact.org, www.bikeaid.org.

Jun 17: 600K Ride. Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

Jun 17: Trident Triple Bike Classic. Silverdale, WA. Beautiful, scenic routes through Submarine Base Bangor. 16 & 33 mile routes are easy with a few hills. 50 & 100 mile routes are challenging and offer varied terrain with some big hills. Sag wagons, rest stops with snacks & drinks, mechanics available. T-shirts for sale. Nancy Whitaker, Silverdale Chamber of Commerce, P.O. Box 1218, Silverdale, WA, 98383. 360-692-6800

Jun 17-18: Y2K Summer Solstice. Peace River, BC. Wim Kok, BC Randonneurs, 250-785-4589, wkok@nlc.bc.ca, www.island.net/~randos/index.html.

Jun 18-19: Coast to Coast Community Challenge. Seattle to Boston. Seattle to Boston. A charity ride across America. Cycle with people of all ages and raise money for America's youth. Call for more info. Cycle America, 800-983-3263, kids@CycleAmerica.com, www.BikeCOASTtoCOAST.com.

Jun 18-19: COAST-TO-COAST 2000. Seattle to Boston. Seattle to Boston. Discover the U.S. and Canada on this Northern Adventure of a Lifetime. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com.

Jun 18-24: Northwest Sampler. Seattle, WA to Lolo Hot Springs, MT. Cycle through the Cascade Mountain Range and cross the Snake River on your way to Rugged Montana. Cycle America, 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com.

Jun 18-24: NORTHWEST SAMPLER. Seattle, WA to Lolo Hot Springs, MT. Cycle through the Cascade Mountain Range and cross the Snake River on your way to Rugged Montana. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com.

Track Racing

Track racing starts this month! Many events have low-priced or free admission. Tracks are located near Seattle, Portland, Vancouver B.C. and Victoria B.C. See page 3 for contact information and basic instructions.

May 4: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 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 Meghines, Marymoor Velodrome Association, 206-675-1424

May 11: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 16: Tuesday Night Track Training. (See May 9 event)

May 17: 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 Meghines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

May 18: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 19: 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 Meghines, Marymoor Velodrome Association, 206-675-1424

May 23: Tuesday Night Track Training. (See May 9 event)

May 24: Wednesday Night Racing. (See May 17 event)

May 25: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/.

May 26: Friday Night Racing. (See May 19 event)

May 30: Tuesday Night Track Training. (See May 9 event)

Jun 1: Wednesday Night Racing. (See May 17 event)

Jun 18: Rando Ride Series. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

Jun 18-Jul 1: Super Tour 2000. Eastern Washington & B.C.. Advanced ride: avg. 80 miles per day. Support and meals included. \$400 Wayne Martin, P.O. Box 1527, Cheilan, WA, 98816. 509-682-3568, waynesue85@yahoo.com, www.waynesue.com.

Jun 19-Aug 5: The Big Ride Across America. Seattle to Washington, D.C. Ride benefits the American Lung Association. Paul Payton, American Lung Association of WA, 2625 Third Ave, Seattle, WA, 98121-1213. 206-441-5100 or 877-BIG-RIDE WWW.alaw.org.

Jun 23-25: 1000K Ride. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html.

Jun 24-Jul 1: The WOW Tour I: "Wheelin' Over Washington". Seattle to Sandpoint, Idaho. Enjoy a professionally supported bike tour the entire length of the beautiful and challenging Route 20, the North Cascades Scenic Byway. 50 rider maximum. 8 days, 475 miles, 31,000 ft. climbing elevation. 2 nights hotel in Winthrop, 5 nights camping with showers, meals. Ken Barrett, P.O. Box 1321, Sandpoint, ID, 83864. 1-208-265-7949, allaboutadventures@hotmail.com, www.allaboutadventures.com.

Jun 24: Washington's National Park Ride 2000. North Cascades National Park, WA. Ride along Highway 20 through North Cascades National Park. Benefits Washington State's three national parks. Includes long-sleeve t-shirt and fundraising prizes. Harvey Potts, Washington's National Park Fund, 1221 Third Avenue, Suite 501, Seattle, WA, 98121. 206-770-0627, comrelat@aol.net, http://www.wmpf.org.

Jun 25: Adventure Trek 2000. North Central Washington. The perfect week-long trip for recreational riders. Begin and end in Wenatchee, WA and explore Grand Coulee and Lake Cheilan along the route. Includes boat trip and hike. \$75 registration fee and \$900 fundraising. Benefits the American Lung Association of Washington. Paul Payton, American Lung Association of WA, 2625 Third Ave, Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339 www.alaw.org.

Jun 25: Flying Wheels Summer Century. Washington. 3 route options. 100 mi loop tougher than STP- great training. Donna Schmidt, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

Jun 25-Jul 2: Mission Montana. Lolo Hot Springs, MT to Jackson, WY. Climb through the Grand Tetons into the fascinating resort town of Jackson, Wyoming. Cycle America, 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com.

Jun 25-Jul 2: MISSION: MONTANA. Lolo Hot Springs, MT to Jackson, WY. Climb through the Grand Tetons into the fascinating resort town of Jackson, Wyoming. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com.

Jun 25-Jul 1: Pedal the Peaks Bicycle Challenge. Colorado/Utah. Ride over 500 miles and climb 25,000 feet of elevation on this fully-supported 7 day tour. Terrific people, great food, kid's camp, motel options, and experienced staff. Cycle America, 800-795-0988, mail@PEDALthePEAKS.com, www.PEDALthePEAKS.com.

Jun 25-Jul 1: PEDAL THE PEAKS BICYCLE CHALLENGE. Colorado/Utah. Ride over 500 miles and climb 25,000 feet of elevation on this fully-supported 7 day tour. Terrific people, great food, kid's camp, motel options, and experienced staff. Cycle America, 800-795-0988, mail@PEDALthePEAKS.com, www.PEDALthePEAKS.com.

Jun 25-Jul 1: PEDAL THE PEAKS BICYCLE CHALLENGE. Colorado/Utah. Ride over 500 miles and climb 25,000 feet of elevation on this fully-supported 7 day tour. Terrific people, great food, kid's camp, motel options, and experienced staff. Cycle America, 800-795-0988, mail@PEDALthePEAKS.com, www.PEDALthePEAKS.com.

1984

BY MAYNARD HERSHON

At Redlands '99, I borrowed a bike to ride with the Elita women's team. I asked Tom Larter from Giro if he had a helmet I could borrow. Larter gave me a Giro US Postal team helmet.

I said, I can't just TAKE this; I only need it for a ride or two. He wouldn't listen. It's yours, he said.

I wore it twice in Redlands and never wore it again. At that time, it was just too cool, too "team," too unavailable to Joe Average rider. I hung it in my living room to admire, wondering what I'd do with it.

Weeks later at a cycle-swap here in Chico, I noticed a Vitus frame, maybe 15 years old. Stickered Peugeot, it had carbon fiber main tubes. The other tubes were aluminum, glued-together as Vituses were.

It looked new, appearing to have been assembled at one time but never (or hardly) ridden. Still clamped on it were a pair of black Mavic retro-friction shift levers and a black alloy TA bottle cage.

I rode an aluminum Vitus in the early '80s and liked it fine. Sean Kelly rode them more successfully than I did, and more prominently, but they developed a bad reputation anyway.

Vitus critics would tell you that Kelly got a new one every week 'cause they were notoriously unstiff and short-lived. Evidently no one told Kelly, and he... Well, you know how he did.

I thought: You could build up a nice mid-'80s "period" bike based on that frame, with Mavic parts maybe... So I got to horse-tradin' with the owner. Amazingly, he needed a helmet and had no reservations about wearing an icon like that gorgeous USPS Giro. Suddenly, I was a Peugeot owner.

In April, I visited my buddy David Walls in Boulder. David rode ultra-endurance events (including RAAM) in the '80s on Serotta bicycles with Mavic equipment. He had nearly an entire Mavic group stored away in a shed, forgotten. The parts were used but not nearly worn-out.

He gave me a silky smooth bottom bracket; a crank with 175mm arms and 42-54 chain rings, and a pair of gray Modolo brakes with Mavic logos. He gave me a front derailleur; a box containing maybe three complete headset in various states of uselessness, and a 12cm Mavic-logo stem.

Oh, and a pair of mint Mavic hubs, 32-front, 36-rear, the rear a freewheel model spaced

for seven speeds. Both hubs had beautiful Mavic skewers. Perfect...

At that point I had most of a bike. I began searching for the rest. Each time I'd call or email a cycling friend, I'd mention the project. Most were excited and promised to nose around for parts.

Parts appeared, mostly gifts but some I paid for. I bought a chain ring because, unlike David Walls, I cannot get "on top" of a 54. Grant Petersen at Rivendell gave me beautiful, unused SSC rear derailleur. From Rivendell, I bought a pair of new Nitto handlebars, scrolled near the stem just like old Cinellis. I wanted to "RIDE" the bike: Old bars are just too scary.

My friend Corey Levensen in San Antonio scrounged around his own shop and several of his pals'. They came up with a new headset. Bikesmith in Seattle came up with a pair of Mavic headset wrenches. Paul McIntire at North Rim Adventure Sports in Chico gave me a set of Modolo brake pads and holders.

Chris Clinton, then of Chris King Products in Santa Barbara, sent me a set of new Modolo brake cables, housings and inners. Phil Brown, an old friend from North Hollywood, sent me a clean smooth-black Turbo saddle.

At Interbike in Vegas I ran into my old Fort Worth friend Joe Young. Young, who's living and building wheels in Dover, New Hampshire of all non-Texas places, offered to build my wheels. Oh boy, I thought, this is FUN.

Andy Stone, who runs Shimano Multi-Service, their road and track tech support crew, had a pair of old Mavic clincher rims from the mid-'80s. He also had the most difficult part: a 25.0 Mavic seat post.

Andy also had a Sachs-Maillard 7-speed freewheel and a silver Sedis-Sport chain. And a package of white Benotto tape!

I emailed restorer and vintage guru Jim Cunningham at CyclArt, telling him about my project. You could tell he hated to be the bearer of bad news, but he hit me right between the eyes in his email response:

"I wouldn't sell one of those frames, Maynard, and I wouldn't ride one. I believe Vitus had down the process of gluing aluminum to aluminum, but didn't fully understand gluing dissimilar materials. Those frames come apart, sometimes catastrophically.

"It's not so much a matter of use," he said, "but of time. Jeez, Maynard, don't ride that bike."

Frantic, I emailed around, looking for a second informed opinion. I got one from Jim Langley, Bicycling's old tech editor, another vintage bike buff and a totally no-BS kinda guy. He agreed with Cunningham. Damn.

At that point the frame, hanging at North

Rim, had the stem, headset, fork and BB in it and the cranks and derailleurs on it. You can imagine how pretty it was. Carbon fiber glistened. Aluminum glowed. It LOOKED solid and safe.

But Langley and Cunningham maintain that it wasn't, that it could be treacherous. I wavered. Can you blame me?

Friends advised me to finish building it up, then ride it easy on sunny Sundays or for vintage get-togethers. Don't ride it down bumpy descents or in rough training-ride sprints.

I don't want a bike like that, though. A bike should be a reliable tool. If I don't trust it, I won't ride it. I don't want a bike I don't ride.

I thought about abandoning the project. I imagined a box of mid-'80s Mavic parts collecting dust in my garage. And an art object that once was a Peugeot racing frame, dangling from a few feet of fishline on my living room wall. Unthinkable.

So I pressed on regardless. The bike is together; I've ridden it three times, maybe 75 miles total. I haven't used anything but nine-speed Dura-Ace or Ergo-Power for several years, so this old bike is an education.

The Modolo brakes are just awful: spongy, puny and clunky. On the plus side, they do not squeal. They don't stop worth a damn, but they don't squeal.

I have to learn to shift again. I used to be able to shift a non-indexed bike, did it for years. Now I fumble and over- or under-shift, then have to correct to quiet the damn thing down.

There are "only" seven cogs in the back, and the chain rings are 42-53; you couldn't put 39s on those old cranks. You have to use a bigger cog on the back to compensate for the 42. No luxurious close-ratios.

And no Shimano Flight Deck. If I want to know what gear I'm in, I have to look down. No clock, no speedometer. No cadence function, not that I know how to use it when I do have it.

Ah, but when you're pedaling down the road in some gear or other, not braking or shifting, the old Peugeot is a delight.

It soaks up road irregularities. It tracks dead straight and loves to turn, which sounds paradoxical, doesn't it? It fits me well, kind-of by accident. I only had the one stem, and I don't know the seat or head angles, but when I ride on the drops, the handlebar obscures the front axle. Can't argue with that, eh?

It's super quiet, too. The freewheel is silent when you coast. Nothing rattles, not even the ancient clamped-on bottle cage.



Bottles rattle in my new plastic-button Italian jobs. The old cage doesn't mark up my bottles. Unlike my Ultegra STI levers, the Modolo brake levers don't rattle.

I enjoy riding the thing, and will like it even better when I remember how to shift. I occasionally wonder what it'd be like with today's parts, indexed gears and real brakes.

I thought the joy of this project would be in collecting the pieces, finding this part here and that one there, and it was fun. Now I feel that riding the bike is the best part. And that's just how it should be...

Companies Mentioned

Mavic Inc.
17 Parkridge Road
Haverhill, MA 01835
www.mavic.com

CyclArt Inc.
2590 "A" Pioneer Avenue
Vista CA 92083
Ph: 760-599-1015 or 800-529-2527
E-Mail: CycleArtist@aol.com

Bikesmith
2309 N 45th
Seattle, WA 98103
Ph. 206-632-3102

Rivendell Bicycle Works
1561-B Third Ave.
Walnut Creek, CA 94596
Ph. 925-933-7304

North Rim Adventure Sports
364 Broadway, Downtown Chico
Ph. 530-342-2453



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