

Bicycle Paper

www.bicyclepaper.com

JUNE '00



This issue:
Great Rides of the Northwest

383 Rides From Which to Choose

BY MORGAN COLEMAN

The weather is on our side, and there are more great summer rides to choose from than ever before. The region is rich in outstanding rides and tours. Just look in any direction. Spot a glaciated peak, a river, even a long stretch of meadow. Chances are, there's an organized riding event in the making for that very spot. Bicycle Paper's event calendar aims to list them all, and we've got most of them, but if you know of any tours we might have missed, drop us a line. Also, check out our web page. There, you will find the extended listing for the entire year. So, let this be a call to action, folks. Let's get out and ride!

See "Calendar" on page 8

Have You Tried an Overnight Ride?

BY PAUL KEMP

The many weekend warriors who complete one or two-day cycling events are missing a lot of fun if they think a 4-7 day tour is just more of the same, requiring more time off work and away from the family. A fully supported multi-day bike tour is a different breed of animal altogether!

See "Touring" on page 4

Winning The Fight Against Bike Theft

When Eddie Orton had his \$900 blue road bike stolen from the second-story balcony of an apartment building in Point Richmond, California, he realized it wasn't an isolated event, nor limited to the San Francisco Bay area. But, rather than simply enduring the frustration and anger, Orton got creative. After researching the number of people affected by this crime, he vowed to put an end to bike theft throughout the world. Orton turned to cutting-edge technology to help stop the thieves, developing the National Bike Registry (NBR) which uses the power of the Internet to create a centralized national bicycle registration system.

See "Bike Registry" on page 4



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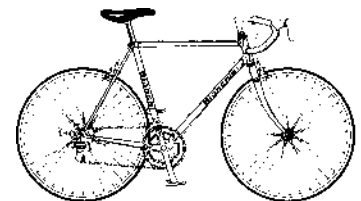
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PHOTO BY LEANNA RATHKELLY, COURTESY OF WHISTLER RESORT ASSN.

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OPINION

Dear Editor

I just read an article on the Browning transmission. Not only do I remember them in the late eighties, I have not forgotten them entering the year 2000. Do you know of any progress regarding the development of this product? Is there any contact information that you might pass on to an interested party?

Any help that you might provide would be greatly appreciated.

Best regards,
Scott Matsuda

Scott,
I have done some research, scoured the internet and asked around, only come up with nothing of any significance. Any readers out there that can give any info or suggestions please let us know! Thanks!
Editor



Dear Editor,

I just picked up a recent copy of your newspaper at my favorite bike shop here in Coeur d'Alene, Idaho and was fascinated by Maynard Hershons article on the restoration of 84 Puget.

I am currently riding a 1973 Falcon out of England. It has original Campy eqpt. I did change over to clinchers from sow-ups about 9 years ago. After reading your article, I went ridding with my son who has a new Cannondale. After a long hill climb we started coasting down the hill with me in back, I passed him about a 1/4 of the way down just by coasting. He had to pedal to keep up.

He wanted to know how I do it. I would like to think it was the finer eqpt. they made back then. But his scientific mind kicked in and said it was probably the fact I outweigh him by about 40 pounds. It doesn't matter I still enjoy riding my vintage bike

as much as when I raced in the Seattle area back in the 70's.

I would say to Maynard keep riding the bike it will be fun while it lasts. Great article

Bob Nelson
Coeur d'Alene



Oops!

The cover photo for our May issue was not credited. The photographer was John Pratt of John Pratt Photography.

Letters to the editor

From Scott Silver
Organization: Wild Wilderness

Quoted from today's Seattle PI
<http://www.seattlepi.com/getaways/050400/obok04a.html>

"The U.S. Forest Service's new and already unpopular \$30 Northwest Forest Pass is now available and required of anyone parking at national forest trailheads in Washington and Oregon."

—end quote—

"Unpopular" does not begin to describe the Northwest Forest Pass.

The program is actively opposed by 153 environmental and outdoor recreation organizations. (<http://www.freeourforests.org/opposition.html>)

And, while this new pass is "required", if you purchase the pass, the fact that you did purchase the pass will be counted as evidence that you also support the demonstration program.

Worse yet, the Northwest Forest Pass is one of two nationally significant pilot

projects of the Forest Service's new National Resources Marketing Group. The success or failure of this specific fee-demo implementation will be critical in determining whether the national program lives or dies.

And, to ensure a successful product roll-out of the new pass, the Forest Service has been aggressively "educating" the editorial boards of virtually all Northwest newspapers and has even retained a Portland advertising firm to help sell the product.

The stakes are enormous. At issue is whether public lands will be "Wild and Free" in the 21st Century, or whether outdoor recreation will simply become another extractive commodity.

If the new Northwest Forest Pass bombs in the next 6 months, as it could easily do, the future of pay-to-play wreckreation will be seriously crippled.

If the new pass succeeds, that success will provide all the proof required for the recreation industry and their land management partners to turn industrial strength recreation into the next environmental disaster.

What kind of a "demonstration" pro-

gram "requires" compliance and then judges success based upon the level of forced, coercive, compliance? How can the public demonstrate that they do not support the fee-demo program?

One easy way is to simply not buy a pass, even if that means staying away from the National Forests for the next 6 months.

Or, better still, you can join with us on June 10th and take part in a coast to coast, Recreation Fee Demonstration. For details see <http://www.wildwilderness.org/docs/2000doa.htm>

Scott
Details of the new Forest Pass can be found at: http://www.fs.fed.us/r6/mbs/nwpass/nwfp_product_line.htm

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The Quick Fix

Triple the Cost

At least once a week I witness the forlorn expression on a cyclist's face when he/she realizes the financially daunting task of upgrading to a triple. Triple? You know, that extra chainring that allows you to climb a hill without bathing in sweat. Commuters and tourers alike find the triple a necessity. In fact, in all my years selling bikes I've never met a cyclist who actually regretted buying a bike with a triple chainring. But...I've met those who regretted not buying the triple.

It looks like an easy upgrade, just tack on an extra ring and be done with it, right? Wish it were so, but buyer beware; if you're thinking about the upgrade, here's what you'll need:

1. A new crank.
2. A new bottom bracket (possibly just a longer spindle).
3. A long cage rear derailleur.
4. A front derailleur (wide enough for a triple).
5. A new shifter (possibly two, if you want your shifters to match).

It may be that the upgrade will cost more than what your bike is worth.

For those of you who haven't purchased a bike yet, decide early on what you need. Take on some hills when you test ride, imagine you're carrying extra weight. Sometimes the triple is a life-saver.

This edition's tech tip is brought to you by ace-mechanic Bob Loblaw

#3

"Touring" from page 1

The difference between the two doesn't surface immediately, but after about three days on the road a new group dynamic emerges. It's the ancient instinct to travel with a tribe in search of food and adventure. Work-related stress becomes a distant memory. The daily progress from camp to camp feels as right as it did in our Cro-Magnon past.

Both physically satisfying and spiritually empowering, touring is a natural for us. We proceed from one guiltless grazing opportunity to the next, experiencing fascinating learning adventures along the way. We meet people and learn a bit about their world as we cycle blithely through it.

Supported cycling tours allow their par-

ticipants to ride with freedom. With no equipment to haul and no food to prepare, all one has to do is pedal, eat, and socialize. As it is fairly easy on the body, touring permits people of all ages and widely varying abilities to use high-tech equipment to help bridge their deficiencies.

Cycle touring has a lot of attributes: it's healthy, it's fun, and it's ecologically benign. It's even good for the rural tribes whose territory we traverse. We benefit their local economies and leave seeds for more sustainable ways to earn a living from the forested hills and rocky bays we all love.

Take a tour this summer - train for it, do the miles, sleep under the stars, and get back in touch with your ancestral urges. You'll be glad you did!



Riding the Road of Discovery

BY RICH SMITH

A beautiful, winter day graced Bikes and their riders at the Seattle International Bike EXPO, as a group of us from the Cascade Bicycle Club answered questions about Cascade's weeklong cycling adventure, Ride Around Washington (RAW2000).

Now, maybe you rode RAW last year (pun intended), maybe you've already signed up, or maybe you're considering riding RAW this year, but most likely you've never seriously considered crossing Washington State on your bikeseat.

This year's route is the only cross-state route in Washington that doesn't require riding over a mountain pass. Where's that? "Oysters to Onions," of course. RAW starts on the Washington coast just outside the quaint fishing town of Ilwaco, and follows the mighty Columbia River to Walla Walla. RAW's route, which traces the footsteps of

Lewis and Clark's Journey of the Corps of Discovery expedition, promises visits to historical sites, Native American heritage sites, modern hydroelectric projects, unique American War Memorials, and world class museums.

RAW2000, a weeklong, fully supported and catered cycling adventure, limited to 200 cyclists, takes all of your personal and cycling needs into account: hot meals, endless hot showers, on-road support, non-cycling amusements each evening, and luggage and camping equipment transportation from venue to venue.

For more information visit the Cascade website at www.cascade.org/raw, e-mail questions to raw@cascade.org, or leave a message at 206.522.BIKE, (press 5 then 3 to leave a message).



"Bike Registry" from page 1

While many types of crimes in the United States are on the decline, bicycle thefts continue to rise. According to current FBI statistics, a bike is stolen every 1.2 minutes, costing Americans over 800 million dollars each year-not to mention the additional toll in broken hearts.

College campuses are the preferred hunting grounds for thieves. The statistics are sobering: based on reported thefts, authorities cite a one in five chance of college students having their bike stolen. Factored in with the percentage of unreported thefts, the students' risk becomes a staggering one in two chance.

Of over one million bicycles stolen annually, only 48 percent are recovered. Shockingly, less than 5 percent of recovered bicycles are returned, because law enforcement officials cannot locate their owners. The recovery rate can be significantly improved using technology now available, tracing the owner through a central registry.

"A truly effective national bike registration system is possible in this country and we're going to make it a reality," says Eddie Orton, president of the Berkeley, California-based Bicyclelink.com. "Our mission is to work closely with law enforcement agencies and the bicycle industry to help return stolen bikes to their owners, prevent their theft, and alleviate the 'fear of theft' that sometimes hinders bicycle sales."

Bicycle owners can register with NBR on-

line, via phone, or through a local bike shop or law enforcement agency. The registration fee is \$5 for three years, \$10 for 10 years, and \$25 for a 30-year lifetime membership. Owner and bicycle information is collected and processed through the National Bike Registry database. Owners will receive by mail, a Certificate of Registration, NBR security label with instructions and theft prevention information. Owners affix the security label, to their bike. If the label becomes illegible or scratched-off, the bicycle serial number (stamped onto the frame) provides information to help NBR locate the owners. Even without the serial number new "near miss" technology can identify the bike owner based on the bike's make and model, and the owners zip code, area code and other identifying factors that help narrow the

search when stolen bicycles are recovered. An added benefit is the reverse directory, which can identify an injured bike rider and provide information to law enforcement officers. Additionally, NBR donates a portion of its registration fees as a fundraiser for non-profit organizations. Contact NBR for information about this service. The National Bike Registry is accessible toll-free at (800) 848-BIKE, and through the Internet at www.bicyclelink.com.



PHOTO COURTESY OF NATIONAL BIKE REGISTRY

Small sticker, but very effective!

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Article Courtesy of National Bike Registry



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Fierce Competition at Tour of Walla Walla

BY STEVE RAPP

WALLA WALLA, Wash. - Sunny skies greeted 189 racers for the Tour of Walla Walla United States Cycling Federation (USCF) Stage race and Northwest Collegiate Championships omnium April 29-30, when rain soaked most of the west side.

The winners of the USCF fields rode hard on the 11-mile individual time trial to secure their victories. The collegiate competitors matched that ferocity in their team time trial.

Svein Tuft, of Langley, B.C., placing first in the Pro-1-2 time trial, won the stage race overall. He averaged 28 mph with his 23:42 time.

"I tried to get away a couple times in the road race, and some others tried, too," the lone rider from the Trek/Volkswagen team said, "but the Broadmark team worked well to always bring it back together."

In the Collegiate Men's A field, Doug Swanson, of Montana State University, won the 45-minute criterium, placed fifth in the 68-mile road race, and helped power his team

in the Men's A division to second place in the 11-mile team time trial.

He comfortably won the individual omnium over University of Washington's James Adamson. Adamson was eighth in the road race and second in the criterium, helping UW place third in the time trial.

The University of Idaho, maintaining an average speed of 29 mph, won the team time trial with a time of 22 minutes, 31.63 seconds.

In the Women's A division, Washington State University's Laura Felicetti nabbed second in the 42-mile road race and first in the criterium to claim first place in the individual omnium. Her team placed fourth in the time trial.

Completing the 11 miles more than two minutes faster than her competition, Pazzo Velo's Sara Graham won the Women's 1-2-3 category.

Matt Kirchner, of the Chinook Cycling Team, dominated a competitive Juniors field by winning all three stages.



Cyclists Wanted to Help Fight MS

2000 marks the 16th year of riders pedaling against MS. The two-day, fully supported ride raises critical funds for the Oregon Chapter of the National Multiple Sclerosis Society. This year's event, The Best of Oregon, will take place on Saturday, August 5, and Sunday, August 6. Five hundred cyclists are expected to participate. Participants will have the option of cycling 150 miles over two days or opting for a shorter, one-day course. The ride starts and finishes in Corvallis, Oregon, exposing riders to the scenic wine country and varied terrain of the mid-Willamette Valley.

"This year's ride is especially important," says Connie Burns, coordinator for the event. "The bike tour has three purposes: to raise funds; to ask participants to sign petitions requesting more federal funding for MS research; and to educate people about the three new MS drugs - Avonex, Betaseron, and Copaxone - which can slow the progression of MS," she said.

"The MS150 is a spectacular event on all levels," says Ken Weinberg of Olympic Gym in Gresham. "Not only is it a well-planned, challenging ride, but the fun and camaraderie that this event fosters just can't be beat."

The MS 150 tour is completely supported with fully stocked rest stops, meals (lunch each day, breakfast, dinner and a finish-line barbecue), musical entertainment, and mechanical, medical and SAG availability. The Society also offers free training rides leading up to the event. Registration is \$40 if registered before July 28. After July 28, registration increases to \$45 and will be accepted the day of the event in Corvallis. Each rider also must secure a minimum of \$200 in sponsorship.

Registration forms can be found in MS 150 brochures, which are available in most local bike shops. Participants are also encouraged to register or request information by telephone at 1-800-995-0030 or on-line at www.orcnmss.org.



Road Rage Leads to Death of Denver Bicyclist

In the wake of Friday's road rage tragedy in Denver, Colorado, in which a driver shot and killed a bicyclist at a busy downtown intersection, the League of American Bicyclists, the national organization of cyclists, expressed concern about the lack of understanding of sharing the road.

The League's Executive Director, Elissa Margolin said, "Road rage is a growing and dangerous phenomenon in our country. As people make different commuting choices, like biking to work, we need to underscore the 'share the road' message. Both bicyclists and motorists are users of the roadway, and should share the same rights, same roads, same rules".

John Bray, a 32-year-old bike commuter from Lakewood, CO, was gunned down at 2:00pm Friday May 5th by James W. Hall, 52, of Denver. Witnesses reported that, after an angry exchange, Hall pulled out a handgun from behind the seat of his truck and shot Bray in the chest.

Bicycle Colorado, an active statewide bicycle advocacy organization, immediately responded to the situation. Mark Graff, Bicycle Colorado's President, said, "Everyone using Colorado's public rights of way needs to be tolerant of others". All users of the road should travel with care, caution and consideration.



INNOVATORS NORTHWEST

Bike Friday Gears Up for Retail.

BY MORGAN COLEMAN

The talented and dedicated folks down at Green Gear Cycling in Eugene, OR have the right idea when it comes to versatility and accessibility. In a recent push to make their foldable bikes available at retail shops, they designed the Pocket Nomad, a well-crafted, lightweight, Cro-Molly, upright bike that can handle anything from city commutes to long road excursions. Finally, a line of bicycles that blurs the line between practicality and indulgence.

Two features stand out with this model: price and quality. What you get is a production line model that looks and rides like a

custom-built machine. It folds effortlessly into a suitcase (frequent travelers take note), much like Bike Friday's custom models, and rides smoothly without any pings or rattles. All models come spec with SRAM 3x7 drivetrain and V-brakes. What you don't get is a choice on color (Flag Red) or custom sizing (two sizes available).



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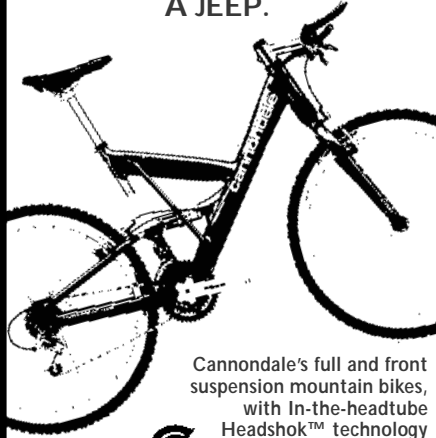
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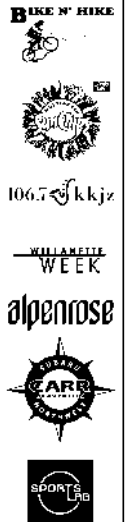
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STP Survival Tips

ERIK MOEN PT, CSCS

As the 2000 touring season, and more specifically, Seattle to Portland approaches, so does the preparation for these events. To help aid in this preparation, we have decided to run a past article on this subject written by Erik Moen. This article originally appeared in the 1999 STP Ride Guide.

Congratulations on your participation in the 1999 Seattle to Portland! This is truly a wonderful ride. You should be proud of your accomplishments of training for and completion of such an event. The most exciting aspect of the STP is how well this event draws new riders to the sport and challenges other riders to higher goals. Whether you choose to ride the event in one day or two, the following tips will enhance your experience and allow you to hit the finish line with a smile.

1. **Helmetry:** Ensure that your helmet fits

properly. This is your best insurance policy on the bicycle. If the helmet is fit improperly it will not provide you its intended protection. A helmet should fit snugly on the head, low over the brow. Straps should fit around the ears and connect underneath the chin without slop. If in doubt, have a local professional aid you in this process.

2. **Chamois and lubrication:** A good, clean pair of shorts will help to make your trip more pleasant. Cycling shorts are meant to

be worn without undergarments. I would suggest for the 2-day rider to pack a clean pair of shorts for the second day. Lubricants, such as

Chamois Butt-R, decrease the amount of chaffing and shear experienced in the shorts. These should be tried prior to event if you have such a problem.

3. **Nutrition/Hydration:** Make sure you eat and drink! You should be drinking a bottle of non-caffienated fluid every half-hour. You might try a diluted sports drink as an elec-

trolyte replacement. If you are on the bike for greater than 4-5 hours, consider eating something with protein. This will allow you greater energy at the end of the ride (and be a nice change from bagels and fruit).

4. **Stretching/Position Change:** Change your on-bike position frequently. This can be as simple as changing hand positions every 10-20 minutes or standing up to pedal instead of sitting down. Position change on the bicycle will allow your body to "breathe", and prolong the onset of stiffness. Please practice on-the-bicycle stretching prior to your event as this practice takes a considerable amount of coordination. The coordination is mostly keeping the bicycle rolling straight ahead while a person stretches. Consider stretches for the legs, arms, back, and neck.

5. **Stick to the Tried and True:** Do not try out new equipment on the day of the event. Give your body a 2-3 week break-in period for new equipment prior to a long event such as STP. Try to eat and drink what you normally eat.

6. **Be prepared for "funny weather":** Take advantage of technical fabrics and layer them to the best of your abilities. This year has been a little cold. Even though we know it will be sunny for STP this year, be prepared for inclement weather. Nothing is worse than riding in the wet with not enough clothes. You should all be well practiced at damp riding at this point in the season (or you haven't been riding at all but 2 days).

Have a blast! Meet new friends and training partners. Your accomplishments in the completion of this ride are truly great and you should be proud of yourself!

Erik Moen PT is Clinic Director of Physiotherapy Associates-Lynnwood, Outpatient Orthopedic and Sports Physical Therapy. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association as well as bicycling racing coach. He has coached Masters World Champions in Velodrome and Mountain Biking, as well as regional elite cycling athletes. He may be reached at 425-775-0642 or by eMail at PT479@juno.com



Athletic Medicine

EDITED BY MICHAEL LEWIS, D.C., C.S.C.S.

Battle of the Bikes: The Tour of Willamette Stage Race

BY R. ASHLEY SMITH

The best professional cyclists in America ventured to Eugene, Oregon, on April 11, 2000 in search of one of the most exciting Euro road races North America has to offer: the Tour of Willamette.

The Mercury Professional Cycling team rode well, with Scott Moninger winning the overall General Classification in the men's race. Mari Holden, of the Timex team, outmuscled and outsmarted the Saturn team for the overall victory in the women's race.

The race started off with a 1km prologue time trial up Skinner's Butte in Eugene. Adam Livingston (Jelly Belly) blazed up the hill with the best time, 2 minutes flat. Professional Kirk Willett (Mercury) was the best male Northwest rider, finishing in 4th place. Tracey Gaudry (Timex) won the women's race by just 1 second over Lynne Bessette (Saturn). Stacey Peters (800. Com), finishing in 9th, was the top female rider from the Northwest.

Stage 1, the first leg of the Tour of Willamette, consisted of an 82 mile road race for the men, and a 68 mile race for the women. Lynne Bessette (Saturn) put the coals to the pace on the last climb up to the finish line to cross 14 seconds ahead of Katrina Berger (Harbour Lights/Velom). Scott Moninger (Mercury) applied pressure at the same place on the climb and managed to escape the pack to take 12 seconds out of Dave Zabriski (7UP-Colorado Cyclist). Kirk Willett (Mercury) finished the race with a strong 3rd place. The overall General Classification (GC) in both groups was the same as the top three finishers for the day.

Raced entirely on Bureau of Land Management roads, Stage 2 of the race presented the men with 89 miles to ride, and the women with 62. The riders experienced some

serious Euro-racing on this stage because most of the roads were no wider than one lane. Along with small roads, the riders also contended with numerous punctures, especially over the small stretch of gravel in the opening kilometers of the race. Pam Schuster (Auto Trader.com) attacked the last climb of the day and won by 39 seconds over her teammate Andrea Ratkovic. Schuster acquired the overall GC in the women's race, Julie Hanson moved into second, and Ratkovic took third. The men's race stuck together in a large group for most of the day, with Marc McCormack (Saturn) winning the group sprint.

The Kill Hill road race (Stage 3) stretched 105 miles for the men and 68 miles for the women. Mari Holden (Timex) and Tracy Gaudry (Timex) broke away from Lynne Bessette (Saturn) on the final climb and with that attack Holden took overall lead in the race. Scott Moninger made a last minute dash from the pack on the final hill and finished 15 seconds over the field. Steve Larsen (National MTB team) finished in 11th as the top Northwest rider for the day.

The Coburg Time Trial (Stage 4) was a 9 mile race against the clock for both the men and women. Mari Holden (Timex) proved her dominance in the race by winning with a time of 22:27. Stacey Peters (800.com), who finished in 10th, was the best placed woman from the Northwest. Steve Hegg (Jelly Belly) won the men's race in 20:18, with Moninger retaining his leader's jersey over Dave Zabriski (7up Colorado Cyclist). Kirk Willett, who was in 2nd place before this stage, fell to 5th place overall.

The Cottage Grove Criterium (Stage 5) turned into a drag race in both events. As relentless rain fell on the women's field, Petra

Rosner (Saturn) sprinted to victory over Mari Holden. In the last laps of the race, Gord Fraser (Mercury) gained a lead in a seven man breakaway to take the victory. The big move in the GC, however, was Kirk Willett's ride back into 2nd place.

An epic ride for both the women and the men ensued in Stage 6, with the women riding 76 miles and the men 106 miles. Each group made its way up the West Brush Creek climb; a one lane logging rode in the Coburg hills. The women's race saw the Saturn team try to displace Mari Holden on the final day of racing. However, Holden rode a powerful race by marking all of the dangerous breaks throughout the day. In the end, the stage finished with a two up sprint between Demet (Saturn) and Holden, with Demet winning the stage. Stacey Peters (800.com) was the highest placed Northwest rider at 10th. Animated in the last kilometers of the day by Ron Schmeer (Nutra Fig) and Mark McCormack (Saturn), who launched an attack and fended off the main group by 17 seconds, the men's race ended with McCormack taking the Stage win. Willett's

drama with the GC continued as he fell from 2nd place to 12th in the overall GC. Schmeers spectacular ride put him into 7th place in the final GC, and made him the highest placed Northwest rider.

- Final General Classification Men
- 1 Scott Moninger (Mercury)
 - 2 John Lieswyn (Shacklee)
 - 3 Clark Sheehan (7UP-Colorado/Cyclist)
 - 4 Eddy Gragus (Jelly Belly)
 - 5 Mark McCormack (Saturn)
 - 6 Justin Spinelli (JW Sports)
 - 7 Ron Schmeer (Nutra Fig)
 - 8 Antonio Cruz (Saturn)
 - 9 Damon Kluck (Spokesman/SSCruz)
 - 10 Gord Fraser (Mercury)

- Final General Classification Women
- 1 Mari Holden (Timex)
 - 2 Dede Demet (Saturn)
 - 3 Lynne Bessette (Saturn)
 - 4 Tina Mayolo (Auto Trader.com)
 - 5 Pam Schuster (Auto Trader.com)
 - 6 Katrina Berger (Harbour Lights/Velom)
 - 7 Anne Samplonius (Intersports Inc. Racing)
 - 8 Sandy Espeseth (Intersports Inc. Racing)
 - 9 Annie Gariepy (Elita)
 - 10 Stacey Peters (800.com)



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Welcome to the Pacific Northwest's most comprehensive bicycle calendar

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

If you are an event promoter or organizer and your event is not listed, please write, call, fax or e-mail information to us and we will gladly list it. Please send your event information in the same style and format as seen here. Further, any changes should be handled the same way.

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Events

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&E 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. BBQ from noon to 4pm. Arthur Sevigny, 541-884-3050, sevignya@oit.edu

July 7-9: Whistler Summer Session Sport and Music Festival. Whistler, BC, Canada. Downhill, Dual Slalom, Chainless Downhill, Biker Cross, Road Critterium, Road Time Trial, Road Race and In-line skating (10:20-30km) For more info contact: cbonin@pacifiocoast.net, 604-938-7593 or www.summersession.com

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 10-11: 2nd Annual Trail maintenance series. Gifford Pinchot Ranger District, WA. International Mountain Biking Association/Single Track Mind Cycling Club of Washington Trail maintenance series. These are two day work parties where you work one day ride the other or work both. They are sponsored by IMBA, STMCC, New Belgium Brewery, Rainier Cycle, Tacoma Cycle and Spoke and Sprocket Cycle shop. Camping is free and if you work two days you get a free Forest Service, Forest Use Pass. Michael Curley, 253-566-0359, itsadjustable@juno.com

July 14-16: Whistler International Classic D2/AMBC sanction - cross country, fat tire criterium, dirt criterium and technical time trial, BMX dirt jumping contest, skateboard competition. For more info Contact: cbonin@pacifiocoast.net, 604-938-7593 or www.summersession.com

Jun 17-18: 2nd Annual Trail maintenance series. White River Ranger District, WA. International Mountain Biking Association/Single Track Mind Cycling Club of Washington Trail maintenance series. These are two day work parties where you work one day ride the other or work both. They are sponsored by IMBA, STMCC, New Belgium Brewery, Rainier Cycle, Tacoma Cycle, and Spoke and Sprocket Cycle shop. Camping is free and if you work two days you get a free Forest Service, Forest Use Pass. Michael Curley, 253-566-0359, itsadjustable@juno.com

Jun 18-Aug 19: COAST-TO-COAST 2000. Seattle to Boston. Discover the U.S. and Canada in 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

Jun 21-23: 21st Annual Tour de White Rock. Event features Hill Climb (6:00 pm start time), Criterium (2:30 pm Men's 60km, 4pm Women's 30km) and Road Race (7/11 8am Men's 130k, 8:05am Women's 82km). \$10,000 Cash Purse. To register phone (604) 541-2161, Angela Belsham, (604) 541-2161, recreation@city.whiterock.bc.ca/http://www.vancouver.net/whiterock

Jun 28-30: Great Northwest National. Site - TBA.

Jun 29-30: 2nd Annual Trail maintenance series. Wenatchee Ranger District, WA. International Mountain Biking Association/Single Track Mind Cycling Club of Washington Trail maintenance series. These are two day work parties where you work one day ride the other, or work both. They are sponsored by IMBA, STMCC, New Belgium Brewery, Rainier Cycle, Tacoma Cycle, and Spoke and Sprocket Cycle shop. Camping is free and if you work two days you get a free Forest Service, Forest Use Pass. Michael Curley, 253-566-0359, itsadjustable@juno.com

Mountain Bike Racing

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

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

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

Jun 11: Mount Mac Challenge. Revelstoke, BC. Cross country. Keith McNab, Revelstoke Cycling Association, 1565 Sheill Rd., Revelstoke, BC, V0E 2S1. 250-837-5910, keith.mcnab@bchydro.bc.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 Blew Memorial MTB. Billings, MT. Cross country. The Bike Shop, 1934 Grand Ave., Billings, MT, 59102. 406-652-1202, B50G@aol.com

Jun 17-18: The Beacon Bomber, WIM #4. Spokane, WA. Cross-country and downhill racing for all ages and ability levels. Gino Liseicki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, gisco@roundandround.com, www.roundandround.com

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

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@idmail.com

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

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. Cashs/advanced class & prize/recreation class, fully stocked transition area and lots of post race festivities, sign up from 8:00 - 9:30, race starts @ 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 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@idmail.com

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

Jul 1-2: Squamish Test of Metal. Squamish, BC. Trials and cross country. Cliff Miller, PO Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-3519, cmiller@moutaininlet.net

Jul 1-2: BC Cup, Rossland, BC. Cross country, downhill, dual slalom. Terry Miller, Rossland Mountain Resort, Box 1385, Rossland, BC, V0G 2Y0. 250-362-7384, tmiller@netidea.com

Jul 2: The Squilchuck, WIM #5. Squilchuck State Park, Wenatchee, WA. Cross-country and kids' races for all ages and ability levels. Gino Liseicki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, gisco@roundandround.com, www.roundandround.com

Jul 2: Oakridge. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 8-9: Joyride 2000. Whistler, BC. Technical Freeriding Patrick Kaye, Box1208, Whistler, BC, V0N 1B0. 604-905-8385, p.kaye@GTE.net

Jul 9: Santiam Pedalfest. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 14-16: Whistler International Classic Mountain Bike Festival. Whistler, BC. Fat tire criterium, time trials, Dirt criterium, cross-country, downhill, dual slalom, chainless downhill, biker x, trials, BMX, road race, road criterium, and road ITT. Claire Bonin, Team Management, Inc., P.O. Box 457, Whistler, BC, V0N 1B0. 604-938-1194, teamevents@direct.ca, www.summersession.com

Jul 15-16: BC Cup: Bear Mountain Challenge. Mission, BC. Cross country and downhill. Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-853-4581

Jul 15-16: Oakridge Weekend. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 22-23: Championships of the Universe. Apex Mountain, BC. Cross country, downhill, and dual slalom. Ron Hayman, Penitenc, BC, V2A 7W5. 250-770-1084, tacara@vip.net

Jul 22-23: Shotgun Creek Fat Tire Festival. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 28: Double Dog Downhill & Dual Slalom. Silver Star, BC. Robin Baycroft, Box 3002, Silver Star, BC, V1B 3M1. 250-542-0224, events@junction.net

Jul 28-30: BC Summer Games. Victoria, BC. BC Summer Society, 200-990 Fort St., Victoria, BC, V8V 3K2. 250-387-1375

Jul 29-30: Jim Treviso Memorial. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Mountain Bike Touring

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. Angie 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 50 & 135k ride. Well staffed by Longview Non 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 Non Rotary, P.O. Box 1150, Longview, WA, 98632. 360-749-2192 www.tdn.com/tourdeblast

Jul 8-9: 5th Annual Sea to Sky Mountain Bike Trail Ride. British Columbia. Ride the newly developed 150km mountain bike trail from Devine to Squamish with an overnight at Whistler resort. 500 riders expected. This event will sell out! Robbin McKinney, R.E.M. Event Management, Inc., 1-8186 McNeill Ave., Vancouver, BC, v6j 1a4. 604-SEA-2SKY or 604-730-1247, info@great-explorations.com, www.great-explorations.com

Road Racing

Jun 1: Seward Park Cycling Series. Seattle, WA. Criterium 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: Silverton Criterium. 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, Schwalbe Cycling Club, 782 Spruce Ave., Victoria, BC, V8T 5A5. 250-381-5943

Jun 5: Flat 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: 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 6: Aidias World Tuesday Night Championships. Victoria, B.C. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave., Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

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@ohzone.com, www.hplwc.com

Jun 8: Seward Park Cycling Series. Seattle, WA. Criterium 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, 803-231-0236

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, www.obra.org

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

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Jun 15: Seward Park Cycling Series. Seattle, WA. Criterium 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 Criterium. 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: 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 20: Aidias World Tuesday Night Championships. Victoria, B.C. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave., Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

Jun 22: Seward Park Cycling Series. Seattle, WA. Criterium 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 1:00 bike tunnel, follows I90. 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: Yalotown Criterium. Vancouver, BC. Shawn Farion, Lifestyle Media, 206-1316 West 11th Ave., Vancouver, BC, 604-731-5617, sfarion@att.canada.net

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

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

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 27: Aidias World Tuesday Night Championships. Victoria, B.C. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave., Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

Jun 29: Seward Park Cycling Series. Seattle, WA. Criterium 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 29: Kreb's Cycle Time Trial #1. Vancouver, BC. Paul Blanchette, Kreb's Cycle Club, 1104 E. 23rd Ave., Vancouver, BC, V5V 1Y7.

Jul 1: Sequim Stage Race- State Championships. Sequim, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com

Jul 2: 7th Vancouver Criterium. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 3: 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

Jul 4: 25th Annual Joe Matava Memorial Classic Criterium and WA state Jr. Championship Criterium. Burien, WA. Promoters: Wheelsport Cycling Team, Flat, 6-corner course, all categories. Free kid's race. Dave Bachman, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, dbachman@libertycontrols.com

Jul 4: 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

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Jul 6: Kreb's Cycle Time Trial #2. Vancouver, BC. Paul Blanchette, Kreb's Cycle Club, 1104 E. 23rd Ave., Vancouver, BC, V5V 1Y7.

Jul 7-9: Whistler International Classic Gravity Tour. Whistler, BC. June 7- Downtown criterium; June 8- Time Trial; June 9- Road Race. Team Management, Box 457, Whistler, BC, V0N 1B0. 604-938-1194, cbonin@pacifiocoast.net, www.summersession.com

Jul 8: S-25. Washington. Ultramarathon cycling event crosses WA west to east. 9th annual. 285 miles, 12,000 ft. elevation, mostly on Hwy. 2. Pre-reg at Bike Expo. 425-739-8610 RedmondCyclingClub.org

Jul 9: Cascade Cream Puff. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 9: Vancouver Race. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

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CALENDAR



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Road Touring

Jul 13: Seward Park Cycling Series. Seattle, WA. Critrium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA. 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

Jul 13: Krieb's Cycle Time Trial #3. Vancouver, BC. Paul Blanchette, Krieb's Cycle Club, 1104 E. 23rd Ave., Vancouver, BC, V5V 1Y7.

Jul 15: Snohomish Klia Ha Ya Days Road Race. Snohomish, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA. 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

Jul 15: Mt Tabor Critrium. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 15-16: Provincial Hill Climbing Championships. Cypress/Seymour. Kelvin Kum, partONE International Ventures Cycling Club, 1814 Hillcrest Ave., Victoria, BC, V8N 5R8. 250-472-2286, Kelvin@bc.sympatico.ca

Jul 16: Redmond Derby. Redmond, WA. Challenging, flat eight corner criterium. Categories Pro/1/2/3/4/5/Masters and Women. Also inline skate versus cyclist in match sprint. Mark Gran, Mead Management Group, 80 Vine Street, Suite 308, Seattle, WA. 98121. 206-448-5868, events@mgninc.com

Jul 16: District Road Race. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 17: 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

Jul 18: Weider Road Race Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Categories: Cat 1, 2, 3; Cat 4, 5; Masters 35+; Tracy Jolly, 267 E. Newton #4, Seattle, WA. 98102. 206-322-0072, tjolly@seattlemortgage.com

Jul 18: Adidas World Tuesday Night Championships. Victoria, B.C. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave. Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca

Jul 20-23: Cascade Cycling Classic. Bend, OR. Category A Stage Race Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Jul 20: Seward Park Cycling Series. Seattle, WA. Critrium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA. 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

Jul 22: The D-Line Dash. Capitol Forest, Olympia, WA. Eric Kackley, 11639 Waddell Creek Road SW, Olympia, WA, 98512. (360) 770-3315, thepeak@cco.net

Jul 22: Summit to Surf. Mt. Hood to Hood River. Features 46, 54, and 66 mile options with elevation from 2,900 to 6,000' and goes from Mt. Hood to Hood River. Reg fee is \$35 before July 7 plus additional \$50 in pledges. Kevin Finn, 503-736-2770, www.diabetes.org/adaor

Jul 24: 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

Jul 25: Adidas World Tuesday Night Championships. Victoria, B.C. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave. Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca

Jul 27: Seward Park Cycling Series. Seattle, WA. Critrium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA. 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

Jul 30: HMC Twilight Critrium. Bainbridge Island, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA. 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

Jul 30: Oregon Time Trial Championships. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

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 8am. Canadian registration accepted at par. Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807-1433. 509-886-1837, vandoren@telestar.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 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 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, pmc@twbc.org, www.twbc.org

Jun 4: No Frills Century. Redmond, OR. 100 & 65 road ride around Redmond, Prineville and Madras. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, sunnyside@kmx.com, www.sunnysidesports.com

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, http://www.cyclevents.com

Jun 9-12: 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, 83002-2474-1444, www.womantours.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. 415-431-4490 or 800-RIDE-800, bikeaid@justact.org, www.bikeaid.org

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 17: 600K Ride. Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, 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, \$480 Wayne Martin, P.O. Box 1527, Chelan, WA, 98816. 509-682-3568, waynesue85@yahoo.com, www.waynesue.com

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-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. Call for more info. Cycle America, 800-983-3263, kids@CycleAmerica.com, www.BikeCOASTtoCOAST.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-Aug 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-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

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

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: 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@aen.net, http://www.wnmpf.org

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 25-30: 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 Chelan along the route. Includes boat trip and bike. \$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: Watermelon Ride. Chemewa High School, Salem, OR. Challenging recreational rides of 62, 100, 124 & 200 miles through Willamette Valley. Full-service rest stops with food & energy drinks & toilet facilities will be provided, as well as limited mobile support. Joanne Heilinger, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-399-9652, mccaabe@open.org, salembicycleclub.org

Jun 25: Flying Wheels Summer Century. Washington, 3 route options. 100 mi road 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 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, 800-795-0898, mail@PEDALthePEAKS.com, www.PEDALthePEAKS.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. Cycle America, 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. 800-795-0898, mail@PEDALthePEAKS.com, www.PEDALthePEAKS.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

Jul 1: 9th Annual Midsummer Nightmare Double Century. Spokane, WA. Scenic tour over two passes. Includes map, food, shirt, sag support, two ferry rides. Steve Sausser, Spokane Bike Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-922-7249, stevesausser@msn.com

Jul 1: 133 Populaire. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

Jul 1-2: 600km Brevet. Mark Thomas, 206-612-4700, mark.thomas@lightmail.com, http://www.geocities.com/Pipeline/5293/

Jul 2-7: 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

Jul 3-9: Range Ride. Jackson, WY to Devil's Tower, WY. Discover Devil's Tower on your own pioneering ride through Wyoming. Cycle America, 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 3-9: RANGE RIDE. Jackson, WY to Devil's Tower, WY. Discover Devil's Tower on your own pioneering ride through Wyoming. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 4-18: Zimbabwe: Mashonland Sojourn. Zimbabwe. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful biking. Hills & moderate elevation. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, ibike@ibike.org, www.ibike.org

Jul 8-15: Oregon Crater Lake Tour. Eugene, OR. 8 day tour. Highlights: Aufdehde National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umqupa River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

Jul 8-9: 21st Annual Seattle to Portland Bicycle Classic. Seattle, WA. Largest and best cycling event in nation. 200 miles in 1 or 2 days. 8000 rider limit. Donna Schmidt, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

Jul 8: S-25: Washington. Ultramarathon cycling event crosses WA west to east. 9th annual. 285 miles, 12,000 ft. elevation, mostly on Hwy. 2. Pre-reg at Bike Expo. 425-739-8610 RedmondCyclingClub.org

Jul 8-9: Covered Bridge Weekend Tour I. Cottage Grove, OR. This event will start in Cottage Grove at 10am and include six covered bridges in 33 mi. 80% of the tour will be on paved Rails to Trails path; day 2 features 3 more bridges, travels along lakeshores, passes rivers and creeks, and highlights wildlife. Call for more info. Randy Dreiling, 541-984-1433, ongetralstours@pacwest.net

Jul 9-14: Tour de Tetons. Grand Tetons/Driggs, ID. All women 6 days tour from Rexburg Idaho to Grand Teton National Park. Trip price of \$1180 includes 5 nights lodging, most meals and van support. 240 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444, www.womantours.com

Jul 9: Rando Ride Series. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

Jul 10-16: Monumental Memories. See the Black Hills and the Mount Rushmore and Crazy Horse Monuments. Cycle America, 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 10-16: MONUMENTAL MEMORIES. Devil's Tower, WY to Pierre, SD. See the Black Hills and the Mount Rushmore and Crazy Horse Monuments. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 12-16: RedSpoke. Redmond to Spokane. Annual fully-supported bicycle tour to raise funds for Redmond Rotary's charitable projects. Registration \$75, Donations \$425. H. Judd, Redmond Rotary, P.O. Box 563, Redmond, WA, 98073-0563. 425-867-0512

Jul 15-20: Tour of Waterfalls and Bridges. Eugene, OR. 6 day, 350 mile loop to Silver Falls State Park. Conalliv, covered bridges, Brownsville, Harrisburg. Fully supported, breakfast, dinner, snacks. \$585 with camping. Motels available, add'l cost. Intermediate. Paul Kent, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, pathfindr@efn.org, www.pathfinders.com

Jul 15-22: The WOW Tour II: "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

More Bike For The Buck

For the adventure seeker who hates to walk home,
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stranded.

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Milton, WA 98354
(253) 952-6763

Seattle Cycles
946 Elliott Ave W
Seattle, WA 98119
(206) 285-2800



RALEIGH

CALENDAR

Jul 16: Ice Cream Classic. Sunriver, OR. 56 miles road ride around Mt. Bachelor followed by ice cream Social Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Jul 17-23: Mighty Rivers. Pierre, SD to Minneapolis/St. Paul, MN. Ride from the Missouri River to the Mississippi River over an incredibly memorable week. Cycle America, 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 17-23: MIGHTY RIVERS. Pierre, SD to Minneapolis/St. Paul, MN. Ride from the Missouri River to the Mississippi River over an incredibly memorable week. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 18-Aug 1: Zimbabwe. Matopos & Hwange National Parks. San rock art, Batonga culture, wildlife, canoe safari & white-water rafting. 10% dirt, rolling terrain. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, ibike@ibike.org, www.ibike.org

Jul 20-23: Five Tribe Bike Tour. Washington State. 210 mile ride from Nisqually to Chehalis, Shalwater Bay, Squaxin Island and Skokomish Tribes in four days. Pledges and sponsorship support Native youth programs. Support including a t-shirt, breakfasts, dinners and lunch will be provided. Cost is \$200 in pledges. Patricia Provo, South Puget Intertribal Planning Agency, SE 2750 Old Olympic Highway, Shelton, WA, 98582. 360-426-3990

Jul 21-24: 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

Jul 22-29: Volcanoes of Washington Tour. Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park; Windyridge; Mt. St. Helens; Mt. Hood. Designated: intermediate to advanced cyclist. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com

Jul 22-23: MS 150 Pedal the Peninsula Bike Tour. Seattle, WA. 150 mile tour from West Seattle through Kitsap Peninsula. Reg. 6:30 am, start 7:15 am. Angie Santo, National MS Society, 192 Nickerson St #100, Seattle, WA, 98109. 206-284-4236 or 800-800-7047 www.msswas.org

Jul 22: 300K Ride. Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.ca, www.island.net/~randos/index.html

Jul 24-30: Gulf Island Explorer. Canada. Victoria to Mayne Island, Salterna, Galiano and Saltspring. Harbor House Inn, Galiano Lodge, Ocean Wood Country Inn. 7 days/7 nights. Group size limited to 12-18. \$1250 Robin McKinney, Great Expectations, 1-1816 McNeill Ave, Vancouver, BC, v6j 1a4. 604-730-1247, info@great-explorations.com or www.great-explorations.com

Jul 24-29: Heartland Patchwork. Minneapolis/St. Paul, MN to Ludington, MI. Ride from Minnesota, 7land of 10,000 Lakes to the shores of Lake Michigan, along the patchwork of backroads that meander through the upper Midwest. Cycle America, 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 24-29: HEARTLAND PATCHWORK. Minneapolis/St. Paul, MN to Ludington, MI. Ride from Minnesota, 7land of 10,000 Lakes to the shores of Lake Michigan, along the patchwork of backroads that meander through the upper Midwest. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 27: RAMROD 2000. Enumclaw, WA. 17th Annual Ride Around Mt. Rainier in One Day. 154 miles, 10,000 ft. elevation. 700 rider limit. Pre-reg at Bike Expo, Redmond Cycling Club hosts. 425-739-8610 RedmondCyclingClub.org

Jul 27-30: Rocky Mountain 1200. BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.ca, www.island.net/~randos/index.html

Jul 29-Aug 1: Willamette Valley Tour. Eugene, OR. 4 day, 184-mile loop. 3 winery visits. Challenging optional routes. Full support, all breakfasts, dinners, snacks. Camping \$375, motels available, add'l cost. Limit 25. Beginner/intermediate Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97443. 800-778-4838, pathfind@efn.org, www.pathfinders.com

Jul 29-Aug 5: Oregon Crater Lake Tour. Eugene, OR. 8 day tour. Highlights: Auldside National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 www.bicyclesadventures.com

Jul 30-Aug 5: Thundering Falls Spectacular. Ludington, MI to Niagara Falls, ON. Finish your ride along the north shore of Lake Erie at the spectacular Niagara Falls. Cycle America,

800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

Jul 30-Aug 5: THUNDERING FALLS SPECTACULAR. Ludington, MI to Niagara Falls, ON. Finish your ride along the north shore of Lake Erie at the spectacular Niagara Falls. 800-245-3263, mail@CycleAmerica.com, www.CycleAmerica.com

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

Apr 2-Aug 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. Critrium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzo вело.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: Adidas World Tuesday Night Championships. Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1K1. 604-733-6947 www.escapevelocity.bc.ca

May 4-Sep 28: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or 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 Megjines, 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

May 19-Sep 8: Friday Night Racing. Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family) except 6/30 9/1 Ethan Megjines, Marymoor Velodrome Association, 206-675-1424

Track

Jun 1: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jun 2: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 6: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 7: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jun 8: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jun 9: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 10-11: Provincial Track Championships. Victoria, BC. Marc Morrison, GVVA, 1767 Island Hwy, Victoria, BC, V9B 1J1. 250-474-8687, info@gvva.bc.ca, www.gvva.bc.ca/~marcm/

Jun 13: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 14: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jun 15: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jun 16: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 20: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 21: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jun 22: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jun 23: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 27: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jun 28: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jun 29: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jun 30: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 4: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 5: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jul 6: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 7: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 8: USCF Regional Track Qualifier. Marymoor Park, Redmond, WA. Time trial qualifying rounds for national championships. Rain date is 7/9. Ethan Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 11: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 12: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jul 13: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 14: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 18: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 19: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jul 20: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 21: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 22: State Track Race. Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 25: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Jul 26: 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 Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

Jul 27: Alpenrose Weekly Series. Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

Jul 28: 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 Megjines, Marymoor Velodrome Association, 206-675-1424

Non-Cycling

Jun 18: Seattle Solstice Skate. Redmond to Seattle. 25 mile fun skate from Redmond Towne Center to Seattle along the Sammamish River Trail and the Burke Gilman Trail. Starts at 8:00am. Cost is \$25 (\$30 after 6/10) and includes t-shirt. Can register on day of event or contact: Mead Management Group, 80 vine st Suite 308, Seattle, WA 98121

July 10: Wakeboard Competition. Whistler, BC, Canada. For more info Contact: cbonin@pacificcoast.net, 604-938-7593 or www.summersession.com

July 11 Kayak roll-a-thon contest. Whistler, BC, Canada. For more info Contact: cbonin@pacificcoast.net, 604-938-7593 or www.summersession.com

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Being Harrison Ford, NOT

BY MAYNARD HERSHON

In 2003 I'll have been writing these columns for 20 years. If you'd asked me in '83 if I had 20 story ideas, I'd have said No Way. Let alone 20 years of them.

I "debuted" in '83 with California Bicyclist, then a brand new paper out of San Francisco. The editor gave me the Big Break, but soon decided he didn't like me much. I didn't reappear there until years later when a new owner asked me back.

By then, there was also a southern California edition, plus Texas Bicyclist and Florida Bicyclist. They shared most of their editorial content. Some of the editorial and all the ads varied with the area. Florida Bicyclist folded after a few issues.

Texas Bicyclist thrived though, and gave me the kind of exposure there that The Bicycle Paper offers in the Northwest. I enjoyed it in much the same way. I went to Texas a couple times a year, made friends, rode centuries... It was great.

Magazines like The Bicycle Paper and the late California, Texas and Florida Bicyclists reach all sorts of cyclists, even the occasional non-rider. I like writing for all kinds of cyclists. I'd welcome more regional exposure, but for now The Bicycle Paper is the only regional running my pieces.

By the way, I send many of the stories you read here to a couple of club newsletters, one in England, one in New Zealand.

As much as I've enjoyed contributing to regional papers, national magazine exposure changed my life. In '83, Winning Magazine, out of Allentown, PA, asked me to do a column each month, starting in their second issue.

At that point, no one did an opinion column in a bike magazine. If the article wasn't

a race report or interview, if it wasn't about training, diet or how to overhaul the bearings in your seat post, there was no room for it in Bicycling, Bike World or Velo-News.

So when my column The Bike Shop began appearing in the back of Winning, there was no competition, just me. In the spring of '83 I was a bike rider from Marin County, California. By fall, wham, bam, I was the guy in the back of Winning. It wasn't like being



Maynard Hershon pictured with racer Kendra Wenzel of McKenziez Bridge, OR, taken at the US Pro Championships in Philadelphia 1999.

Harrison Ford but it was cool. It was the answer to my dreams.

When it started, I was finishing college and over 40 years old. I'd never had a job I liked. I'd always wanted to do enthusiast journalism, to write about activities I felt strongly about. Almost overnight, I was doing just that - and people seemed to enjoy my stuff! Wow!

I contributed columns to Winning for 11 years, then signed on with VeloNews five or six years ago. Just recently, I began submitting a 500-word piece every week to Bike.com, a cycling web site.

I've been able to write about so many topics over the years: Pet peeves, passions, heroes and heroines, bikes I've owned and bikes I've only lusted after, rides I loved and hated,

NOT riding Seattle-to-Portland, failing to finish El Tour de Tucson, on and on.

Failures make better stories than successes. If you finish El Tour, 112 miles in six hours, what can you say about your ride? Hey, I had a great day. That's six words; Takes 1,000 to make a column. If you don't finish, there's probably a story about why.

We're used to reading about success, the Paris-Brest-Paris finish, the epic ride to raise money to fight disease, the injured runner limping across the line at Boston. Greg LeMond after the gunshot, Lance Armstrong after cancer.

I don't want to minimize the value of those inspirational stories. We need to hear about heroics on that scale now and then, but there's a risk. When we read those sagas of hardship overcome, we may begin to feel that what WE do is silly, easy and meaningless.

Hey, it isn't an ascent of Everest in a blizzard, wearing a Speedo and a leg cast, in order to raise millions to save baby gay whales.

Maybe we won't save even one whale today, gay or straight. Doesn't mean we're not nice people or that what we do isn't worthwhile. We're not curing cancer or painting the Sistine Chapel. We're riding our bikes. We're doing an honorable thing, especially when we ride INSTEAD of driving.

We do tend to take our cycling pretty doggoned seriously. We set hard goals and hate the idea that we might not meet or exceed them. That'd be failure, and failure is unthinkable.

It doesn't hurt to hear about a failure now



and then, a failure that did not mean all was lost. It's good to remember that you can skip STP and still be a nice person.

But you know that. You have many of the same feelings I do, your own passions, your own preferences, your own heroes, all that. Your ideas are as valid as mine, but hardly anyone listens, maybe no one if you don't have a dog. I get 1,000s of listeners every month.

I'm not assigned topics. I can write about anything, say whatever I feel like saying! And I do. Recently I wrote about saving baby gay whales.

When I finish my favorite pieces, I email them to editors thinking: Run THAT, dude or dude-ette, and you won't read anything remotely like it in anyone else's magazine! It's a rush, that feeling.

I got into a position to feel those rushes almost overnight, thanks to California Bicyclist and Winning, both gone now, and to a few calls from supportive friends to prospective editors.

If you suspect that there are rushes out there that you could be experiencing, please remember my story. Take the risk. It can happen so fast it takes your breath away.

Happened to me nearly 20 years ago. I haven't caught my breath yet.



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