

Bicycle Paper

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AUGUST '99

From Dungarees to Dirt Tracks

Clarence Perry and
the Heart of BMX

BY SUZANNA MAR

Clarence Perry's rise in the world of BMX (Bicycle Motor Cross) began with a humble start. Like any other kid on his block, he rode his bike and used it to work his newspaper route. The only difference was that he never got off it. It's this intense love for riding that has made him one of the top athletes in the history of the sport and a favorite among its young fans.

(See "BMX Heart" on page 7)

Mountain Bike Festival Roundup

BY SUZANNA MAR

Combine fat tires and family fun, and you get not-to-be-missed mountain bike festivals coming near you. The following events have something for everyone; so bring your bikes and enthusiasm, and attend the ultimate in local festival experiences on two wheels.

(See "Roundup" on page 8)

Choose Your Own Adventure, Part II

BOOK REVIEWS BY EVERETT JAMES

The Northwest abounds with prime mountain bike country, not to mention its miles of back-country roads that beg to be ridden. The following two bicycle ride-guide books were published within the past year, and they are guaranteed to hook you up with some of the finest cycling in the great Pacific Northwest.

(See "Book Reviews" on page 5)





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Amber Chorney competing in the Padden Mountain mountain bike race.

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OPINION

Letter to the Editor: Heroes

July 25th, 1999

To the Editor,

I was sitting around reading an article in USA cycling about Jon Sundt the other day and it really made me think, here is a guy that has gone through adversity in his life that would have made most people hang up their cleats a long time ago. Not Jon though he just keeps chasing down the pack, so you gotta respect a guy for those qualities right? Well, I personally have a ton of respect for Jon, but that's not the reason why. Two year's ago when I started racing I watched "The Cat" win a MTB race that our club hosted, afterwards I gave him the old "Nice job!" not expecting much of a reply. I mean come on, this guy is one of the top riders in the area, and I'm just a beginner getting my feet wet. To the contrary, not only did he stop to talk but also extended a ton of thanks for us putting on a great race. Now don't get me wrong, I'm not here to tell you this guy is the holy saint, but I definitely think he represents what NW cycling is all about.

When I first started racing everybody talked about Lance Armstrong, Bobby Julich, or George Hincapie, and I have definitely enjoyed following both the American and Euro pro scene. But the brutal reality is my blood pressure rises a lot faster when I see Kenny Williams in his Stars and Stripes, or Anne Grande putting the hammer down at a super-cup race. These guys are my heroes, not just because they are the elite in their fields, but because they are people I can relate to. I may never get the chance to meet any Euro-pros, but I'm always stoked to seek advice from the multitude of talent we have in our own backyard. It's not just the racers either, it's all the folks that make up our cycling community. The people, you know who you are, that spend their own time (and sometimes money) to assure that we have one of the most active and professional race scenes in the country. I know all this sounds like a lot of horn blowing for the NW, but the point I'm trying to get to is this. Everybody has to pick their heroes based on what they want out of life, but for all you new riders (both young and old) don't look too far. Sometimes the ones you'll respect the most are sitting right next to you warming up.

Sincerely, Jeremy Ruse
-The Valley/CBC race team

Letter to the Editor: National Alliance for the Mentally Ill

Jul 27, 1999

To the Editor,

I am a 36 year old former marine currently working in the cycling industry with The Bike Gallery in Portland, Oregon.

My 34 year old sister, Deedra Tackett, suffers from Schizophrenia. I felt compelled to help her in some way, since I realized I could not make her well. I found an organization called National Alliance for the Mentally Ill (also known as NAMI) which acts as an advocate (legislatively, socially, and legally) for those with mental illness and their families.

I decided to raise funds and awareness for NAMI via a bike ride from San Diego, California to St. Augustine, Florida. I'm using maps from Adventure Cycling, who, along with Speedplay and Southwest Airlines, are active sponsors of the ride.

The funds raised will stay local, and go to the Multnomah County NAMI, in Portland. Jason Renaud is the director there, and he can be reached at 503-228-5692.

In addition to raising money, I will be taking part in Mental Illness Awareness Month, which is October. I leave on the 15th of September, to finish around the 18th of October. I will be staying with NAMI family members where possible, and staying in cheap digs otherwise. Along the way, I will give out further information, and possibly speak to as many folks as possible.

We are doing everything to keep administrative costs down, to ensure the most \$\$\$ to NAMI. This is a concern for most fundraising activities.

Don't hesitate to call me if you have any questions, or if you need additional information.

Many thanks,

Ashley Trace
NAMI-503-228-5692

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REGIONAL REPORTS

STP turns 20

As participation shrinks, organizers move to increase service - and the riders are singing their praises!

BY SHEILA GRILLO

Excellent bicycling weather and high-quality, very personal support were highlights of the 20th anniversary Seattle to Portland Bicycle Classic. Riders praised event organizers while enjoying weather so good that it inspired some to turn around and begin riding home after completing the 200 mile event.

STP started in 1979 with a couple hundred hardcore cyclists completing the ride in one day. STP skipped 1980, the year Mt. St. Helens blew. Now in 1999, STP registrations were purchased by 6,654 riders to complete this Pacific Northwest classic. STP removed this year's 10,000 rider limit. Dave Douglas, STP Director, said STP will go back to their 10,000 rider limit next year.

This was the second year the ride started at the University of Washington and the location was a hit with participants. Riders commented, "We loved pedaling out of the University and along Lake Washington

Boulevard. "It's much more scenic than the old Airport Way route out of Seattle."

Over the past 20 years participants have pedaled through the extremes of the Northwest's summer weather from a rainy 55 degrees to a skin scorching 98 degrees! This year, with temperatures averaging 80 degrees and crystal clear skies, riders enjoyed the weather. Participants also gave high marks to the food stops and support for this year's event.

As the riders continue to spin their wheels along the course, spectators watch with excitement. One woman in a long sundress wearing a wide brim hat sitting along side the road said; "I am so amazed at the number of people that do this ride. "It's especially neat to see families together on tandem bikes".

Riders came from far away. One Arizona rider said, "the people are really cool". Another rider from Connecticut remarked, "the ride was a blast, I had a lot of fun". Sato, who was inspired by his Seattle friend to do STP, flew in from Japan to ride. "I train almost nothing" he said with limited English "and I realized again what a great person I am".

One rider had four legs. Remington, a miniature poodle, completed his 5th STP. Wearing sunglasses and sitting comfortably in a pouch that is attached to his owner's aerodynamic bars, Remington loves to ride. In fact his owner says; "Remington gets



Cruising from Seattle to Portland. This year's event had great weather for the 6,500 participants.

really mad if I go out riding without him and he let's me know it by knocking all the garbage cans over!"

If you think STP is tough on two wheels, try it on one. A 17 year old training for a ride across Minnesota rode every inch of STP on a unicycle. "I'm doing the whole course, up and down hills, on my own - no car lifts. I'm going all the way to Portland".

John, a rider from Philamouth, Oregon headed back to Seattle after riding STP on his recumbent bike. "I rode 225 miles

yesterday. I rode to Portland then rode back to St. Helens to stay overnight. Now I'm on my way back to Seattle - 380 miles in two days and I'm feeling pretty good".

STP finished on the grassy lawn of Cathedral Park on the banks of the Willamette River. In the beer garden, finishers reminisced about their weekend adventures while music from a live band played. STP is an inspiration for all cyclist's whether you're training for an event, just getting in shape or simply love to do the ride.

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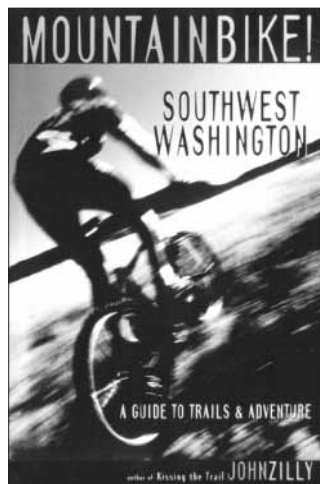
FEATURES

"Book Reviews" from page 1

MOUNTAINBIKE! SOUTHWEST WASHINGTON: A Guide To Trails & Adventure (1998), is another quality mountain biking guide book published by Seattle-based Sasquatch Books and written by the northwest's guru himself, John Zilly.

This 208 page guide is divided into four main regions: Southwestern Washington Cascades, South Puget Sound and Central Cascades, and Olympic Peninsula. These main regions are sub-divided into 20 smaller regions which contain a combined total of 61 rides. Each ride description begins with a quick-list of all the key basics you need to know about a trail; like distance, type of ride (loop, singletrack, doubletrack, views), travel time from the nearest large cities, hill factor (grades, elevation gain), and more. Next comes the "Prelude," a well-written and informative summary of the experience from the author's firsthand notes of each ride. After the "To Get There" section (directions to the trailhead), "The Ride" section unfolds nicely from the trailhead, and describes the trip from one mileage point to the next in interesting detail for the length of the ride. The "Gazeteer" section at the end of each ride description is a handy reference to nearby camping facilities and food and drink services.

A particularly useful feature of this guide is the "Rides by Difficulty" ride-rating system. Each ride is rated using little bike wheel icons at the very beginning of each trail description, with 1 wheel being an "easy" ride, and 5 wheels indicating an "extreme epic" ride (extreme riders only). At the front of the guide is the "Rides by Difficulty, Season, Views" index, which allows you to choose rides by difficulty rating, and includes the best times of the year and month to go.

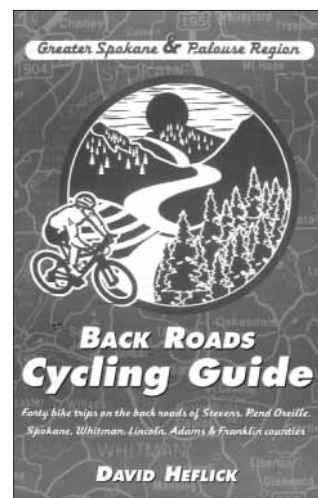


Also in the front of the guide is a description of each of the five difficulty ratings, ranging from "easy" to "extreme epic".

The **Greater Spokane & Palouse Region Back Roads Cycling Guide**, authored by David Heflick and published by Silcox Productions (1998), focuses on rides in the beautiful and geographically varied countryside of Northeastern Washington. This 127 page, 40-ride guide efficiently describes "ride trips" on the back roads of Stevens, Pend Oreille, Spokane, Whitman, Lincoln, Adams, and Franklin counties.

Each trip description begins with a full page-width elevation profile graph that covers the complete trip; indicates inclines in feet per mile, and gives you a good visual of the ups and downs. The written description of the trip is done using the "mileage log" method, whereas the trip description advances from mileage point to mileage point from beginning to end. Every trip description also features a full-page, easy-to-read trip map, which shows virtually all intersecting paved roads, as well as campgrounds, lakes, rivers, and other landmarks.

Several larger maps make navigating the region a technical breeze. The trip selector map at the front of the guide gives an overall view of the guide's coverage and indicates the



location of each trip; the Spokane city and suburb map helps visitors find the best routes in, out, and through the city; but the neatest map of all is the trip connector map at the back. This map is BIG (3 full pages), it shows all of the paved roads in the entire region, it indicates all 40 of the trip starting points, and best of all, it shows you how to combine the different trips to create an almost unlimited number of rides!



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PHOTO BY CORN

Local hero Clarence Perry (no longer sporting flannel) is still racing strong.

BMX is Booming

An "old" sport experiences new energy as it moves into the year 2000

BY SUZANNA MAR

BMX (Bicycle Motor Cross) racing has been around for almost 30 years. To those new to BMX, it seems to be one of the fastest growing sports around today. However, hard core BMX fans will tell you that it had its grass roots beginnings in the 1970s in Southern California. Groups of kids just "hanging out" on their Schwinn Stingrays in vacant lots decided to create their own courses and start racing. The sport had hit an all time high by the mid-1980s, but by the end of the 1980s, the sport's popularity began to wane. BMX riders moved on to other things like mountain biking, inline skating, motocross, video games, etc.

A BMX race is a quick sprint race (averaging from 35 to 45 seconds) using low to the ground bikes with 20" wheels. Races take place on "short" distance (300 yards average) dirt tracks loaded with exciting banked turns and jumps of all shapes and sizes.

Why is the sport in a boom right now? Some BMXers point out that "grown up" racers from the previous generation now have kids of their own, who they have introduced to the sport. This new generation of BMXers share the same passion for BMX as their parents did (and still do)—making it an all around family sport. There is also heavy media exposure of BMX on television. The visual appeal of the colorful racing gear and helmets, the variety of bikes and their riders sporting different racing styles really appeal to youngsters. Adding to the excitement are the BMX Freestyle and Dirt Jumping events on the X-Games.

Whatever the reasons, you'll find that across the board, fun is the theme of BMX. Although tracks, bikes, and riders are all getting faster; at the center of BMX are its loyal fans and the age old thrill of the race. You just can't compete with that.



How To Get Started Racing BMX

BY SUZANNA MAR

It's fairly simple and inexpensive to get started in BMX. You need basically two things: a 20" or 24" BMX bicycle and a track to ride on. A good bike nowadays can range in price from \$150 to \$450 and can be found at your local bicycle shop. The bike professionals there can tell you what to look for in your first BMX bike.

When you've got your bike, the next step is to locate the track nearest you. The following list contains locations and contacts for BMX tracks in Washington State and British Columbia.

First time racers need to register with the American Bicycling Association. For more information, contact your local BMX track and/or go to the ABA's website at www.ababmx.com.

Washington State Tracks

Burlington BMX
Burlington, WA
Bill Cameron
360-757-7910

McCollum Park BMX
Everett, WA
Char Ayers
Track 425-485-3461

Peninsula Indoor BMX
Port Orchard, WA
Mike Raich
206-246-2661

South Kitsap BMX
Reed Muller
360-876-8817

North Sea-Tac BMX
Sea-Tac, WA
Pete Kintner
206-243-0455

River Valley BMX
Sumner, WA
Mike Raich
206-246-2661

Walla Walla Valley BMX
Walla Walla, WA
J.D. & Carrie Jaspersen
509-522-4647

Yakima Valley BMX
Union Gap, WA
Tom Shinkle/Keith Henry
509-965-5067
Track 509-454-7599

British Columbia Tracks

McArthur Island BMX
c/o Gail Garneau
Box 2143 N. Kamloops Stn
Kamloops, British Columbia
V2B 7K6, Canada
250-554-2955

Ridge Meadows BMX
c/o Finn Jensen
11715-231B St.
Maple Ridge, British Columbia
V2X 0G8, Canada
604-467-5368

Action BMX
c/o Harold Roberts
6491 - 131 St.
Surrey, British Columbia
V3W 8G3, Canada
604-594-3828

Vernon BMX
c/o Christine Mairs
Box 1294
Vernon, British Columbia
V1T6N6, Canada
Track 250-545-6990
Home 250-549-1450

"BMX Heart" from page 1

BMX racing is like the Indianapolis 500 of biking. It's an 8 person race to the finish, over jumps and around exciting turns on a dirt track (average length 300 yards.) A race can end as quickly as in 35 to 45 seconds. In the races, riders with their 20" wheel BMX dirt bikes are categorized by age classifications.

In the early 1970's, young Perry began riding around his hometown in Northern California on his first bike, a Schwinn. Money was tight for his family, so he eventually got a paper route which helped to fund his move up to a Webco BMX bike. This new bike helped him break into competitive racing.

When his family moved to Seattle in the late 1970's, Perry was initially disappointed. He explains, "It [BMX racing] had started in California and there—you had better gates, lights, and tracks. In Seattle, it was just starting off and...I had heard it always rained here." Grinning, he gives an example of Seattle's beginning racing conditions, "Often times, surgical rubber bands were used as gates for the six man [now eight man] race and there were times you'd get a stinging snap at the release."

Moving up the ranks, Perry "The Earthquake" as he is called (he is a big guy at 6'2".) raced without a sponsor.

Unlike the colorfully geared up riders with sponsorship, Perry raced in flannel and Levi's. He explains, "When I ran [flannel], I did it mainly for good luck; plus it kept me warm out there." Not only did he stand out in his simple gear from the other racers, but often he was the only black rider there. None of these factors made a difference when it came to his racing. Perry soon became a leader in the sport, and a leader amongst the kids. In the 1980's, Perry was recruited by CW owner Roger Worsham. At this point, he got his sponsorship and turned pro. He made top 10 as a pro in the mid-1980's, and scored as high as number four overall in the sport in 1984.

He was consistent in riding with the CW team until his retirement from racing in 1985. After racing, Perry began working for manufacturer and supplier Seattle Bike Supply (SBS) and CST Office Products. Since then, his enthusiasm for the sport has never left him. When SBS became a sponsor for the Torker racing team in 1995, Perry got back into the game. He now rides a Torker bike and proudly wears their colors at the races. No longer a pro, he races Cruiser Class intensely in the 28 and over class.

Bring up the topic of "the kids" in racing, and Perry's face lights up. He and his wife Margaret, do not currently have children of their own. However, he has been a Big Brother for the past six years to



PHOTO BY COOK

Having a blast is at the center of BMX. Clarence Perry, with his genuine style and big heart is the embodiment of what is best in the sport.



PHOTO BY COOK

Perry shows his winning style on the "whoop-de-doo's" of the race track.

a now fifteen year old, named Rashon. "We do fun things together—like basketball, rollerblading, and going to see movies. We got him a couple of bikes when he got interested in BMX, but he fell and got hurt," he laughs in explanation, "and now he's more interested in basketball."

It's clear this long time rider has a special connection with his sport's kids and gives back to them whenever possible. "I enjoy talking to the kids and just hanging out in the Torker tent at the races with them," he explains. Amazingly, Perry has sponsored up to nine young riders (mainly out of his own pocket) in the past. One aspect of being sponsored as a rider himself is that he is able to give out BMX products (like bikes and gear) to a few young riders. Perry often gets mail from young fans, and discusses racing with them. From these dialogues he occasionally becomes aware of situations where parents cannot afford to furnish bikes for their children, and he can help out in getting gear for these kids. He gives credit to Chuck Hooper, President of Seattle Bike Supply and local track operators for their

helpful roles in this endeavor.

Perry emphasizes the importance of parents supporting their children unconditionally in the sport. "I've heard parents [after the races] say to their children, 'what's your problem?!'" he says. "There can be a sense of overly-aggressive competitiveness in BMX racing, when the emphasis should be on just clean fun. As a racer, you don't know who you're coming up against and not every kid is at the same level [in each age group classification]. In BMX being consistent is important; and you never know, you might just surprise yourself with the level that you can race at and can get to."

Perry races one to three times a month and is currently sponsoring two young riders. It is a dream of his to one day become a racing team manager. With his love of the sport and his involvement as a role model to future BMX riders; this dream is not a long stretch. Clarence Perry is a class act, and a rider who has paved the way to emphasizing the heart of the sport of BMX—just having fun.



"Roundup" from page 1

13th Annual Methow Valley Mountain Bike Festival

The 13th Annual Methow Valley Mountain Bike Festival held in Winthrop, Washington on October 1-3, 1999, prides itself in being one of the "oldest and largest" annual fat tire festivals in the Northwest. "Last year, we had a turn-out of 500 to 600 participants in the festival. We expect the same number of crowds this year," said Celeste Johnston, Event Business Manager. Events featured at the festival this year include: a Circuit Race, Lunch Rides, Downhill, Cross-Country, and a Kids Bike Rodeo.

To kick off the festival on October 1, the Bitter Brush Circuit Race, located at the south end of Winthrop, is a 3/4 mile loop of off-road racing, criterium style. The next day features Freestone Inn/Kona Lunch Rides. If racing, you are given transportation to the top of the Rendezvous and a choice of two types of rides: the Rendezvous Ride (20 miles) and Buck Mountain Ride (25 miles and more "technically" challenging), with a lavish lunch stop halfway through the rides.

Also on October 2, is the Winthrop Mountain Sports/Trek Downhill, beginning at the top of Thompson Ridge in Winthrop. It is one and three quarter miles down single and double tracks through the forests at Sun Mountain. The races are offered for kids (three quarter mile), beginners, intermediate and advanced cyclists. A time honored favorite event, the Winthrop KOA/Evergreen Store Kids Rodeo will be held the same day. The timed slalom, obstacle course, running the boards, slow ride and bike toss provide plenty of challenges for kids of all ages. "It's a variety of different obstacle courses for kids riding tricycles on up," said Johnston.

A huge draw will be the Sun Mountain Lodge Cross-Country Races on October 3. This is a world-class event that brings in hundreds of people every year. Choose the 3-mile kids, 10-mile beginners, 20-mile sport or 32-mile expert course.

Individual races range from \$10 to \$25 to register. For more information, call the Methow Valley Sport Trails Association at (509) 996-3287, or visit their website at www.methow.com/mvsta/.

JAMIS "Shotgun Creek" Fat Tire Festival

The final half of this festival will be held August 28, 1999 at Shotgun Creek, outside the Eugene/Springfield, Oregon area. The featured event is the downhill races that will be approximately one and a half miles in length: loaded with rocky trails, jumps, and drops; categorized by various age groups and skill levels, ranging from beginners to pro-experts.

In addition to the races, there will be a prize raffle and awards ceremony at the end of the day for the winning racers. Prizes featured this year are: A full suspension frame, a JAMIS Chrome Custom Cruiser

bike, Volte sunglasses, Rockshox, Yakima bike racks, and plenty of Cliffbars. A \$125 prize will be awarded to the Pro-Experts winner.

There will be a pre-registration fee of \$25 or \$30 for those opting to register day of race. Remember to bring a full face helmet if you are racing.

Oregon Trails Promotions teamed up this year with JAMIS bicycles to promote the 1999 JAMIS "Shotgun Creek" Fat Tire Festival, originally named, "The Cougar Mountain Bike Festival. This year's earlier July 25 half of the festival showed rider attendance [and even volunteer numbers] down from the expected 300 plus participants of last year's festival numbers," noted Randy Drieling, Event Promoter. He offered a possible factor in the lower than expected turnout to be the popularity of the festival's previous name. "Maybe a lot of folks made their way over to Cougar Mountain, instead of the Eugene/Springfield area where it's being held," added Drieling. In any case, with all the exciting events happening at Shotgun Creek, the promoters hope that won't be the case for the August 28 festival date coming up.

For more information, please contact Randy Drieling at (541) 984-1433 or website www.oregontrailstours@pacwest.net.

Nissan Xterra Whistler Summer Session

This is a world class event that is fun for the entire family scheduled from August 27-September 6, 1999, in beautiful British Columbia. Title sponsored by Nissan, it is an over ten day event featuring internationally-sanctioned mountain bike competitions, recreational and family events, as well as entertainment and other activities highlighting all that Whistler has to offer during the summer months. Approximately 2,000 to 2,500 participants are expected to participate in the more than 30 competitions, events and clinics held over the length of the festival.

This festival is an expanded version of last year's successful Whistler International Classic Stage Race that drew more than 600 participants. Organizers are forecasting a field of 1,000 this year.

The first stage of the Whistler International Classic Stage Race will take place on the cobblestone streets of Whistler Village on the evening of August 27 for the popular Village Fat Tire Criterium. The Dirt Criterium, Time Trial and Cross Country events will take place over the remainder of the weekend, making the Whistler International Classic Stage Race western Canada's largest mountain bike event.

The race is one of two Canadian stops of the American Mountain Bike Challenge (AMBC) series, attracting riders from the National Off-Road Cycling Association (NORBA) circuit. One of the unique aspects of the event is that recreational and first-time racers can compete on the same course as the top pro riders which will



One highlight of mountain bike festivals for spectators is the downhill competition.

PHOTO BY SCOT FILLON

include defending champions Melanie McQuaid and Adam Walker of Victoria.

The Gravity Tour is a featured event of this festival, taking place on Labor Day weekend. It is a three-stage event dedicated to extreme downhill action; that includes Downhill, Dual Slalom and a Chainless Downhill. Fans of freeriding can also take in the Biker Cross on September 3, produced in association with Fanatyk Co. This mountain biking tour is ground-breaking in that it is the first downhill stage event to be sanctioned by NORBA.

Whistler's mountain bike retailers have organized several events to appeal to all styles of mountain bikers: Pipe & Corsa Cycles Dual Speed Trials, September 4; Glacier Shop's Drag Racing, September 4; and Whistler Bike Co.'s Poker Rider, September 6.

For those interested in improving their mountain biking skills: There are guided cycling tours as well as a variety of biking clinics and camps such as the popular Spokeswoman Camp on September 4. For the kids, there are Kids Races and Kids Clinics held each weekend.

Non-biking events in the line-up include The Canadian Mountain Trail Running Championships (part of the Adidas 5 Peaks Series), August 28; Circle Skateboard Jam, August 29; and an in-line skating criterium on September 3.

"Our mission is to create the best summer sports festival in North America with events and activities that will appeal to all age groups from top-ranked professional athletes to recreational participants," remarked Marika Koenig, Festival Director for the Nissan Xterra Summer Session. "With the enthusiastic support we've received from the community, and our titles sponsor Nissan, we feel we are well on our way to making that vision a reality."

Registration forms for the Nissan Xterra Whistler Summer Session are available at bike and in-line skating shops through the province, or by contacting the Summer Session hotline at (604) 905-3030.

For additional information, please contact Marika Koenig, Festival Director at (604)938-1194 or Jane MacCarthy, Media Relations at (604)932-0179.



CALENDAR

- Aug 3: PIR.**
Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Aug 3: Adidas World Tuesday Night Championships.**
Victoria, B.C.. Tuesday night races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca or 604-733-6947.
- Aug 4: Juan de Fuca/Victoria Wheelers Wednesday Night Series.**
B.C. Wednesday night races. 250-595-BIKE.
- Aug 5: 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.pazovelo.com or 206-932-5921.
- Aug 6-8: Ecology Center SR.**
Missoula, MT. 406-728-5790.
- Aug 7-8: Bellingham Stage Race.**
Bellingham, WA. 206-292-5141.
- Aug 10: Seattle International Raceway Series.**
Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072 or 206-322-0072.
- Aug 10: PIR.**
Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Aug 10: Adidas World Tuesday Night Championships.**
Victoria, B.C.. Tuesday night races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca or 604-733-6947.
- Aug 11: Juan de Fuca/Victoria Wheelers Wednesday Night Series.**
B.C.. Wednesday night races. 250-595-BIKE.
- Aug 12: 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.pazovelo.com or 206-932-5921.
- Aug 14: Volunteer Park Summer Classic.**
Seattle, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. *206-932-5921, pazzo@accessone.com, www.pazovelo.com or 206-932-5921.
- Aug 14: Star Chase.**
Grants Pass, OR. 20-mile race for riders of all ages and abilities. Mark Lansing, Mark Lansing Law Office, 242 NW E. St., Grants Pass, OR, 97526. 541-471-9239 (days) or 541-471-9239.

- Aug 14: Crawfish Critrium.**
Tualatin, OR. 503-620-2853.
- Aug 15: District Hillclimb.**
Mt. Hood, OR. Candi Murray, USCF District Representative, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-667-6220.
- Aug 16: Masters & Women PIR.**
Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Aug 17: Seattle International Raceway Series.**
Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072 or 206-322-0072.
- Aug 17: PIR.**
Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Aug 17: Adidas World Tuesday Night Championships.**
Victoria, B.C.. Tuesday night races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca or 604-733-6947.
- Aug 18: Juan de Fuca/Victoria Wheelers Wednesday Night Series.**
B.C.. Wednesday night races. 250-595-BIKE.
- Aug 19: 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.pazovelo.com or 206-932-5921.
- Aug 21: Mt. Tabor Critrium.**
Portland, OR. Matt Guinn, 503-638-2561 or 503-257-6244.
- Aug 22: Bar Wars Team Time Trial.**
Portland, OR. 503-775-7535.
- Aug 22: Commencement Bay Critrium.**
Tacoma, WA.
- Aug 24: Seattle International Raceway Series.**
Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072 or 206-322-0072.
- Aug 24: PIR.**
Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Aug 24: Adidas World Tuesday Night Championships.**
Victoria, B.C.. Tuesday night races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca or 604-733-6947.
- Aug 25: BC Senior Games.**
Elk Valley, BC. 250-387-1375, www.bccgames.org.

- Aug 25: Juan de Fuca/Victoria Wheelers Wednesday Night Series.**
B.C.. Wednesday night races. 250-595-BIKE.
- Aug 26: 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.pazovelo.com or 206-932-5921.
- Aug 28: Crystal Mountain Hill Climb.**
Crystal Mountain, WA. State Championships.
- Aug 28: Wash.State Hillclimb Time Trial Championships.**
Crystal Mountain, WA. Promoted by the WheelSport Cycling team. Hillclimb Time Trial. 7 miles with approximately 1500 feet of elevation gain. All categories and age groups. Dave Bachman, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946 or 253-852-4946.
- Aug 29: Seward Park Season End - WSBA Awards.**
Seattle, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazovelo.com or 206-932-5921.
- Aug 30: Masters & Women PIR.**
Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Aug 31: Seattle International Raceway Series.**
Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072 or 206-322-0072.
- Aug 31: PIR.**
Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Aug 31: Adidas World Tuesday Night Championships.**
Victoria, B.C.. Tuesday night races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca or 604-733-6947.
- Sept 3: Whistler Critrium.**
Whistler, BC. 250-655-5245, cbonin@pacificcoast.net.
- Sept 4: BC Cup #7 Provincial Time Trial Championships.**
Whistler, BC. 250-655-5245, cbonin@pacificcoast.net.
- Sept 4-6: Tour of the Flathead SR.**
Kalispell, MT. 800-336-1977.
- Sept 5: Pemberton D'Arcy Road Race.**
Whistler, BC. 604-932-3958.
- Sept 6: Masters & Women PIR.**
Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Sept 6: Camas Critrium.**
Camas, WA. Jim LaMew, 360-887-4032 or 360-887-4032.
- Sept 7: PIR.**
Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.

- Sept 12: Oregon State Critrium.**
Gresham, OR. Candi Murray, USCF District Representative, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-667-6220.
- Sept 13: Masters & Women PIR.**
Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com or 503-636-6422.
- Sept 18: Cascade Classic.**
Bend, OR. Tim Coffey, Friends of the Cascade Cycling Classic, P.O. Box 1336, 1293 NW Wall St., Bend, OR, 97701. 541-382-5962 or 541-382-5962.
- Sept 18-19: Eugene Celebration.**
Eugene, OR. 541-349-9270 or 541-349-9270.
- Sept 25: Pear Blossom Road Race.**
Medford, OR. Ed Garfield, 127 Ashland Ave, Medford, OR, 97504. 541-772-1393 or 541-772-1393.
- Sept 26: Jean Chinn Hillclimb.**
Medford, OR. Dana Bandy, Southern Oregon Cycling Assoc., P.O. Box 903, Ashland, OR, 97520. 541-488-2453 or 541-488-2453.
- Oct 3: Western MT Hillclimb Champs.**
Missoula, MT. 406-721-1776.

Rides & Tours

- Aug 1-6: Tour de Lane.**
Eugene, OR. 6 day loop showcasing unique system of paved forest roads around Eugene. Fully supported with leaders, SAG, mechanical support, gear transport. Breakfasts/dinners included. Hearty snacks every 15-20 miles. Average 55 miles/day. Camping with some motel availability. Intermediate difficulty. \$525 or 4-day with shuttle for \$320. Paul Kemp, Patrifinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 800-778-4838.
- Aug 1: Blackberry Bramble.**
Eugene, OR. Century in the hills on beautiful logging roads. Support. Blackberry treat at the end. \$10. Late registration \$15. Mel Huey, Gear Cycling Club, P.O. Box 10244, Eugene, OR, 97440. 541-345-3181 or 541-345-3181.
- Aug 7-14: Gulf Island Explorer.**
Canada. Starting from Victoria, we'll visit Mayne Island, Saturna, Galiano and Salt Spring. Accommodation is in lodges & B&Bs. \$650. 7 days/7 nights. Group size limited to 12-18. Robbin McKimney, Trailfinders, L-1816 McCool Ave, Vancouver, BC, v6j 1a4. info@great-explorations.com or 604-730-1247.

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W W W . D A V I D S O N B I C Y C L E S . C O M



CALENDAR

Aug 8-14: Crater Lake Challenge.
Eugene, OR. 7 day, 381 mile loop from Eugene to Crater Lake National Park. Low traffic, scenic roads, hot spring, fly fishing & swimming, covered bridges & waterfalls. Full support. Breakfasts/dinners included, with hearty mid-day snacks. Lodging package \$825; Camping package \$525. Limit 50 riders. Intermediate to advanced difficulty. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 800-778-4838.

Aug 9-21: Malawi: Land and Lake.
Malawi. Extraordinary scenery, traditional villages and a lot of contact with local people. 360 miles, 20% dirt, some hills. \$1090 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848 or 206-767-0848.

Aug 8-14: SPUDS 5 - Cycling Around Idaho.
Boise-Driggs, ID. SPUDS 5 explores the many faces of Idaho from the Sawtooth Mtns. to the high desert to the farmlands at the base of the Grand Tetons. Fully supported, camping. Tom Sheehan, Cycle Events, PO Box 7491, Jackson Hole, WY, 83002. 888-733-9615 or 307-733-9615.

Aug 13-14: Ride from Seattle to Vancouver & Party (RSVP).
Seattle to Vancouver. 185 miles. From UW to Vancouver. ~800 riders. Larry Seouleda, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103-1299. 206-522-BIKE or 206-522-2453.

Aug 14-21: Volcanoes of Washington Tour.
Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass, Mt. Rainier National Park, Windyridge, Mt. St. Helens; Yakima River. Designated: intermediate to advanced cyclist. Free brochure available. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060. www.bicyclesadventures.com or 360-786-0989.

Aug 15: 1999 Covered Bridge Bicycle Tour.
Timber Linn Park, Albany, OR. 15k, 55k, 100k, 100 mile. Beautiful scenery, great food, excellent route markings with maps and cue sheets. 2555 NW Princess, Corvallis, OR 97330-3217. John Morris, Mid Valley Bicycle Club, 2555 NW Princess, Corvallis, OR, 97330-3217. 541-758-8138. jmorris@proaxis.com, www.mvbc.com or 541-758-8138.

Aug 15-20: Banff-Jasper.
Banff, Alberta, Canada. All women 6 day tour of the Icefields Parkway from Banff to Jasper. Trip price of \$1090 includes 5 nights lodging, all dinners, lunches and breakfasts. Full van support. 231 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 or 800-247-1444.

Aug 15-21: WYCYXC - Wyoming Cycling Celebration.
Jackson Kaycee. WY. 10th annual ride across Wyoming, from Jackson Hole to Kaycee via the Wind River Canyon & Bighorn Mountains. Fully supported & camping. Tom Sheehan, Cycle Events, PO Box 7491, Jackson Hole, WY, 83002. 888-733-9615 or 307-733-9615.

Aug 21-Sep 3: Malawai: Tumbukaland.
Malawai. Extraordinary scenery, traditional villages and a lot of contact with local people. 500 miles, 20% dirt, major climbs. \$1090 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848 or 206-767-0848.

Aug 21-28: Oregon Crater Lake Tour.
Eugene, OR. 8 day tour. Highlights: Aufdeheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. *P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060. www.bicyclesadventures.com or 360-786-0989.

Aug 21-23: Courage Classic.
WA. 3 days & 175 miles of incredible cycling in central WA with great scenery, delicious meals, mountain-top lunches and nightly entertainment. Includes rides through the Snoqualmie, Blewett & Stevens passes. Benefits the Mary Bridge Children's Hospital & the Children's Trust Foundation. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd #101, Seattle, WA, 98122. 800-433-0528 or 206-322-4102.

Aug 22-28: Ride Around Washington (RAW).
WA. Inaugural week-long ride with initial course traversing Hwy. 20 from Puget Sound to Newport on the Washington/Idaho border. Ride will change routes each year. 250-300 riders. Leslie Blaine, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103-1299. 206-522-BIKE or 206-522-2453.

Aug 22-28: Tour of the Wallows.
Wallowa, LaGrande & Blue Mts. & Hell's Canyon. 7-day road tour over the scenic and lightly traveled road of NE OR. 5 nights of camping, one night lodging, showers each night, maps, all dinners & breakfasts, some lunches. \$400. Russ Rickert, Siskiyou Velo, 164 Alameda, Ashland, OR, 97520. 541-482-8704 or 541-482-8704.



PHOTO BY SCOT FLINN

Lineup at the start line of Pro and Expert men in the Padden Mountain mountain bike race.

Aug 22-27: Banff-Jasper.
Banff, Alberta, Canada. For woman over 50, a 6 day tour of the Icefields Parkway from Banff to Jasper. Trip price of \$1090 includes 5 nights lodging, all dinners, lunches and breakfasts. Full van support. 231 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 or 800-247-1444.

Aug 27: BC Summer Sport Festival.
Whistler BC. Flat tire Criterium. (See related listing)

Aug 28-Sep 1: Cascade Lakes Tour.
Oakridge, OR. 4 days in the Oregon Cascades. Advanced difficulty. Spectacular high desert & old-growth forest views. Quaint Western towns, brewpubs, great food. 68 miles/day avg. Camping: \$375; motel package: \$575. Limit 50 riders. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 800-778-4838.

Aug 28: Crater Lake Rim Tour.
Crater Lake, OR. Ride from Diamond Lake to Crater Lake. Limited pre-registration only. Camping at Diamond Lake included in registration fee. Send SASE for registration form. Joe Monteleone, Mid Valley Bicycle Club, P.O. Box 1373, Corvallis, OR, 97339. P.O. Box 1373, Corvallis, OR 97339-1373 or 541-715-6317.

Aug 29-Sep 6: Canadian Hot Springs-Lakes to Glaciers Tour.
Banff, Alberta, Canada. All women 6 day tour of the Icefields Parkway from Banff to Jasper. Trip price of \$1090 includes 5 nights lodging, all dinners, lunches and breakfasts. Full van support. 231 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 or 800-247-1444.

Sep 4: Tour de Kitsap.
Bremerton, WA. Free entry in bicycle drawing (donated by Mt. Constance Bicycle Shoppe) & helmet gift for entries before 8/21/99. Start 9am/finish 4pm downtown Bremerton, near ferry. 30 & 50 miles. \$15 adults, \$10 under 18. Food, drinks, map, sag, entertainment. Ted Dupee, 1154 Bertha Ave. NW, Bremerton, WA, 98312. 360-479-1265 or 360-479-1265.

Sep 5-11: Crater Lake Challenge.
Eugene, OR. 7 day, 381 mile loop from Eugene to Crater Lake National Park. Low traffic, scenic roads, hot spring, fly fishing & swimming, covered bridges & waterfalls. Full support. Breakfasts/dinners included, with hearty mid-day snacks. Lodging package \$825; Camping package \$525. Limit 50 riders. Intermediate to advanced difficulty. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 800-778-4838.

Sep 6-7: Bruce's Round-Out Tour.
Gulf Islands, BC. 604-873-0320, Contact prior to October 23.

Sep 9-12: Five Tribe Bike Tour.
Washington State. 210 mile ride from Nisqually to Chehalis, Shoalwater 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 ext 211 or 360-426-3990.

Sep 11-13: Trek Tri-Island.
Seattle to Victoria. Seattle to Victoria through the San Juans. 3 days, 135 miles. Fully supported. Limited to 700. \$50 registration fee & \$350 in fundraising. Rides benefits the American Lung Association of Washington. Caroline Hughes, American Lung Association of WA, 2625 Third Ave, Seattle, WA, 98121-1213. 800-732-9339 or 206-441-5100.

Sep 11-12: Whistler Road/MTB Tour.
Whistler, BC. 604-222-1742, contact prior to August 08.

Sep 12: Sunnyside Century.
Bend, OR. 27th annual event. 55 & 100 mile routes around Mt. Bachelor. Start at Sunnyside Sports. \$18. Gary Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 or 541-382-8018.

Sep 12-18: Wheeling Washington.
WA & BC. Seattle, WA to San Juans to Victoria BC to Long Beach, WA. Extremely popular exploration of the Evergreen State. 397 miles. Overnight stop highlights include Orcas Island and Victoria. Finishes with a party on the "World's Longest Beach," just north of the famous Columbia River. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd #101, Seattle, WA, 98122. 800-433-0528 or 206-322-4102.

Sep 18-Oct 3: Canyons of the Southwest 16 days.
Cedar City, Utah. All women 16 day tour of Zion, Grand Canyon, Bryce, Capital Reef National Parks and Grandstaircase/Escalante and Cedar Breaks National Monuments. Trip price of \$1780 includes 16 nights lodging and most meals. Full van support. 659 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 or 800-247-1444.

Sep 18-21: Willamette Valley Tour.
Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450. Camping \$300. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 800-778-4838.

Sep 18-20: Trek Tri-Island.
Seattle to Victoria. Seattle to Victoria through the San Juans. 3 days, 135 miles. Fully supported. Limited to 700. \$50 registration fee & \$350 in fundraising. Rides benefits the American Lung Association of Washington. Caroline Hughes, American Lung Association of WA, 2625 Third Ave, Seattle, WA, 98121-1213. 800-732-9339 or 206-441-5100.

Sep 18-25: Oregon Crater Lake Tour.
Eugene, OR. 8 day tour. Highlights: Aufdeheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060. www.bicyclesadventures.com or 360-786-0989.

Sep 18: Autumn Cycling Classic.
Marblemount, WA. Formerly known as the Jan Selvig Century, 114 miles & 7,300' climbing. Also 100 & 50 mile loops. \$40, pre-registration only. Marshall Will, Aurora Cycling Club, 5802 224th Place SW, Mountlake Terrace, WA, 98043. 5802 224th Place SW, Mountlake Terrace, WA 98043 or 360-652-0653.

Sep 19: 20th Annual Autumn Century.
Spokane, WA. 25, 52 & 100 mile scenic rides on rural roads with mechanical & sag support. Maps, shirts, great food & more cookies than you can eat. All routes have some climbing with several challenging hills on 62 & 100 mile courses. Steve Sausser, Spokane Cycling Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-922-7249 or 509-922-7249.

Sep 25-26: Tour des Lacs.
Spokane to Coeur d'Alene & back. 2 day cycling tour offering a variety of mileage and route options. Boat cruises available. Includes meals, t-shirt and luggage handling. From \$55. Gino Lisiecki, Round and Round Productions, 2704 South Stone Street, Spokane, WA, 99223. 509-455-7657 or 509-455-7657.

CALENDAR

Sept 25-27: Trek Tri-Island.
Seattle to Victoria, Seattle to Victoria through the San Juans. 3 days, 135 miles. Fully supported. Limited to 700. \$50 registration fee & \$350 in fundraising. Ride benefits the American Lung Association of Washington. Caroline Hughs, American Lung Association of WA, 2625 Third Ave, Seattle, WA, 98121-2113. 800-732-9339 or 206-441-5100.

Sept 26: Peach of a Century.
Chemeketa Community College, Salem, OR. Choice of Full Century (100 miles) or Metric Century (100km). Checkpoints will have food, water, sports drink and rest rooms. A sag vehicle will sweep both courses at day's end. Mel Lucas, Salem Bicycle Club, P.O. Box 2228, Salem, OR, 97308. 503-364-2068 or 503-364-2068.

Oct 2: Manastash Metric Fall Colors Tour.
Ellensburg, WA. Public Safety Building, 2nd & Pearl. 7:30-9am. 32 or 52 mile loops — flat to rolling hills along Yakima River Valley. Sag & food provided. \$10 pre-registration & \$12 day of ride (\$15/\$17 for tandems). Ruth Ann Stacy, Manastash Metric Fall Colors Tour, 661 Strange Road, Ellensburg, WA, 98926-9075. www.ellensburg.com/~stacyr/ or 509-925-4536.

Oct 3-10: 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. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com or 360-786-0989.

Oct 3: Kitsap Color Classic.
WA. 18-65 mile options. Season-closing event beginning in Edmonds or Kingston with loops through northern the Kitsap Peninsula. Remapping post-ride barbecue. Leslie Blaine, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103-1299. 206-522-BIKE or 206-522-2453.

Oct 15-23: California Vineyards.
Healdsburg, CA. For all women. 6 day tour from the vineyards of Sonoma and Napa Valleys to the breakers at Bodega Bay on the Pacific coast. Trip price of \$1190 includes 5 nights lodging, 3 dinners, lunches and 5 breakfasts. Full van support. 231 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 or 800-247-1444.

Oct 24-29: 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. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com or 360-786-0989.

Oct 25-30: California Vineyards.
Healdsburg, CA. For women over 50, a 6 day tour from the vineyards of Sonoma and Napa Valleys to the breakers at Bodega Bay on the Pacific coast. Trip price of \$1190 includes 5 nights lodging, 3 dinners, lunches and 5 breakfasts. Full van support. 231 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 or 800-247-1444.

Nov 7-13: 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. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com or 360-786-0989.

Nov 21-28: 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. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com or 360-786-0989.

Dec 5-12: 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. Bob Clark, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com or 360-786-0989.



Track Racing

Aug 3: Tuesday Night Racing.
Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. 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, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 4: 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 or 206-675-1424.

Aug 5: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

Aug 6: Friday Night Racing.
Marymoor Park, Redmond, WA. Marymoor Madison Series. This crowd-pleasing and hectic two-man relay must be seen to be believed. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 6-8: Oregon State Track Championships.
Alpenrose Velodrome, Portland, OR. Candi Murray, USCF District Representative, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-667-6220.

Aug 7: Track Time Trial State Championships.
Marymoor Park, Redmond, WA. Various individual and team time trial championships for Washington State. Spectators are free. Rain date is August 8. Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 10: Tuesday Night Racing.
Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. 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, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 11: 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 or 206-675-1424.

Aug 12: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

Aug 13: 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). Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 17: Tuesday Night Racing.
Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. 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, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 18: 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 or 206-675-1424.

Aug 19: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.



PHOTO BY ELLIPSE PHOTOGRAPHY

Extreme mountain biking at Tiger Mountain, outside Seattle.

Aug 20: Friday Night Racing.
Marymoor Park, Redmond, WA. Marymoor Madison Series. This crowd-pleasing and hectic two-man relay must be seen to be believed. Also, bicycle community night. A card-carrying member of any cycling club receives free admission. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 21: Points Races.
Alpenrose Velodrome, Portland, OR. 503-657-0568.

Aug 24: Tuesday Night Racing.
Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. 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, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 25: Wednesday Night Racing.
Marymoor Park, Redmond, WA. Marymoor Madison Series. This crowd-pleasing and hectic two-man relay must be seen to be believed. 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 or 206-675-1424.

Aug 26: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

Aug 27: 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). Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Aug 27-29: Oregon Masters Track Championships.
Alpenrose Velodrome, Portland, OR. Candi Murray, USCF District Representative, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-667-6220.

Aug 31: Tuesday Night Racing.
Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. 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, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Sept 1: 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 or 206-675-1424.

Sept 2: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

Sept 7: Tuesday Night Racing.
Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. 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, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Sept 9: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

Sept 10: Friday Night Racing.
Marymoor Park, Redmond, WA. Novelty night. This is a post-season night of witty, unconventional races. New this year is the costume contest. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org or 206-675-1424.

Sept 16: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

Sept 23: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

Sept 30: Alpenrose Weekly Series.
Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, OBRA & Alpenrose Velodrome, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874, mmurray@teleport.com, www.obra.org or 503-661-5874.

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Things That Go Pop!

Strains and sprains are common to sport. They have various presentations. Strains are classified as damage to muscle or tendon. Muscle is a contractile tissue that has a significant blood supply. Tendon is a mildly elastic collagenous tissue that attaches muscle to bone. Sprains are classified as damage to ligament. Ligaments are a mildly elastic collagenous tissue, similar but different from tendon. Ligaments attach bone to bone. A famous ligament that most anyone will recognize is the anterior cruciate ligament (ACL) of the knee. Strains are more common to bicycling than sprains. Strains can be acute (sudden onset) but are most frequently chronic.

Common strains include that of the quadriceps, back, hamstring, and calf. Tendinous strains frequently occur at the hamstring, patellar tendon, and iliotibial band. Continual overuse or microtrauma of a muscle or tendon leads to pain and dysfunction. Common mechanisms of injury are often associated with attempting an event that your muscles and tendons are not prepared to perform. The total strain exceeds the

tissues ability to oppose the force. Another frequent mechanism of strain may be associated with improper bicycle-fit. Sprains are most frequently associated with crashes, or blunt trauma (such as hitting a tree). The most notorious sprain associated with bicycling is the acromio-clavicular joint, or commonly referred to as an AC separation. This joint of the shoulder attaches the clavicle or collarbone to the acromion or frontal protrusion of the shoulder blade. It is most frequently associated with falling forward off the bicycle and landing primarily on shoulder or outstretched arm.

Injury Grades

Strains and sprains are graded injuries. Their severity and resultant dysfunction determine the injury grade. The following is a basic guide to the grading system. There are three grades of muscle and tendon strains. A Grade One strain is characterized by a mild disruption of muscle or tendon fibers (often considered "microtears" of the tissue.) Pain and stiffness is usually noticed. A Grade Two strain involves a partial tear of tissue, swelling, discoloration, and noticeable pain with motion. A Grade Three strain is classified by a complete tear of the muscle or tendon. Swelling and discoloration are present, and the patient is unable to use muscle for joint motion or stabilization

There are also three grades of ligamentous sprains. In a Grade One ligament sprain, there is a mild disruption of fibers, and pain and stiffness are noticed. A Grade Two sprain involves a partial tear of the ligament. Swelling and pain appears with range of motion or weight bearing through ligament. There is noticeable joint laxity. In a Grade Three sprain there is a complete tear of the ligament. Swelling and initial pain from tear are present. But there is a painfree range of motion and significant joint laxity.

First Aid

First aid for acute strains and sprains should be the principles of R.I.C.E. (that stands for Rest, Ice, Compression, and Elevation.) Your primary goal following a non-life threatening injury should be inflammation prevention. Ice is most effective immediately following the injury. It doesn't count to ice for the first time three hours after the injury. Elevation is very effective in inflammation management. There seems to be confusion as what is proper elevation. Proper elevation is simply having the injury site held above the level of the heart.

Consultation and Rehabilitation

Grade One strains and sprains do not require activation of the emergency medical response squad. They easily resolve with relative rest, good nutrition/hydration and stretching. Injuries that are rated Grade Two or above should be

assessed and treated by qualified healthcare providers. Medically stabilized injuries rated Grade Two or above should be rehabilitated with stretching, strengthening, and coordination exercises. Injuries graded two or above induce limitations in strength, flexibility and coordination secondary to disuse, swelling and tissue damage. Appropriate therapeutic exercise will enhance the tissue-healing process and maximize your return to activity. A Physical Therapist is a great consult for such therapeutic exercise.

Any strain or sprain injury should be cause for reflection on the mechanism of injury. Ask yourself the following questions: Is there any way I can be more physically prepared for an event? Am I too weak or inflexible? Does my bicycle fit properly? Do I have the proper bicycle skills to traverse a chosen path? A consultation with a knowledgeable professional may keep you off the couch and in the saddle.

Erik Moen PT is the 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 a bicycle racing coach. He has coached Masters World Champions in Velodrome and Mountain Biking, as well as regional elite cyclists. He may be reached at 425-775-0642 or by email at PT479@juno.com.

Athletic Medicine

EDITED BY ERIK MOEN, PT, CSCS

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The Truth

BY MAYNARD HERSHON

As this is written, Lance Armstrong is about to win the Tour de France. A cancer survivor will win the toughest bike race in the world.

We will have had TWO U.S. Tour winners in a decade, Lance and Greg LeMond. Both of them won Tours after surviving terrible misfortune.

Someday, perhaps, we'll have a homegrown cycling hero who has only his opponents to defeat. Hard enough, winning the Tour de France, without having nearly died from testicular cancer or from getting shot.

I met Lance in Italy in the early '90s, at a U.S. National Team training camp near Bergamo. I'd heard his name, heard that he was from Texas, had been a star triathlete and was hell-a strong. At that time, I believe he was still living in Plano at his mother's home. Austin came later.

The National Team guys were about to begin the Settimana Bergamasca, a hard pro-am stage race. Lance, totally unknown overseas then, won the Settimana. He stunned the Euros, and not for the last time, eh?

When I got to the pizzeria/hotel where the team stayed, a couple of the guys on the team greeted me warmly. Someone pointed across the room, paused and said, "That's Lance."

He was already set apart just a bit because he was so awful strong. You knew he was going to do great things. And he did, winning the Pro World Championships in '93, still a young guy.

But the cycling press was not good to him. He was portrayed as a brash young guy, maybe a little short on consideration, a shooter-from-the-hip. He didn't always show proper respect, was the feeling you got. He was not Greg LeMond, the gracious, smiling sweetheart.

And he wasn't Greg LeMond, not ever. He was always Lance Armstrong, and that wasn't always easy in the immediate

post-LeMond era. The press didn't help. You wondered where the critical attitude came from.

He has clear eyes and a steady gaze. He looks at you and listens when you're talking. So he can seem a little intense. He is never, ever loud. He doesn't badmouth people. He always, always remembers his friends.

The cycling press made him out to be a cocky Texan nonetheless. Until he got sick. Now, he's a different guy. Now, now he's stared down death and not blinked, NOW he's a good guy. NOW he's sweet, NOW he's the boy scout he could have been all along. What crap.

Lance Armstrong has been a good guy all along, a guy you'd be proud to have dating your sister, if he were a big star or a burger flipper.

I'll tell you a couple of stories about Lance, stories I know 'cause I was part of them; you tell me if he wasn't a good guy all along.

Before a Tour du Pont stage in '94, Lance, in his rainbow-striped World Champion jersey, pedaled over to me to chat. We were saying hi when a fan with a camera walked up.

"Would you mind, guys," he asked us, "if I take your picture together?"

"I'd be proud," Lance said, pointing at me, "HE's famous."

The fan sent me a copy of the photograph. I tell the story and pass it around when I do appearances. Lance said that, I say.

A year later, I lost my motorcycle driving job at the DuPont. I was devastated. I couldn't imagine not being there. When the TV race coverage began, I couldn't force myself to watch.

One day I did watch. I'd had the TV on five minutes. The camera was following Lance and a few friends as they pedaled along early in a stage. I thought at one point I heard someone onscreen say my name. How could THAT be?

But it was my name. Steve Hegg and Lance were talking about ME on TV, Hegg telling Lance that I'd lost my motor job.

Lance, World Professional Road Champion Lance Armstrong, America's hope, turned to the camera. He told the hundreds of thousands that the guy he and



Hegg were talking about, their friend Maynard, was not at the tour.

"We miss Maynard," Lance said. "The race isn't the same without him. We want Maynard."

THAT was the greatest recognition anyone's ever given me. I hope the same sort of thing happens to you sometime. I get choked up even now thinking about it, five or six years later. Lance did that.

Later that same year, Different Spokes, the big San Francisco gay-and-lesbian bike club, asked me if I could get a signed jersey from Lance. They would auction it off to raise money for the fight against AIDS.

Seems strange now, doesn't it, that Lance was so willing then to help fight a

disease...but he sure was.

He FedEx'd me a gorgeous World Championship jersey, Motorola logo, only jersey like it in the world (only one World Champion on the team). He'd written: "Thanks for helping in the fight against AIDS" and signed it.

Lance did that. Don't believe it took some near-death experience to turn Lance Armstrong from a cocky kid to a good-hearted grownup. Someone who could benefit from controversy invented that change, someone who cared more about stirring the pot than telling the truth.

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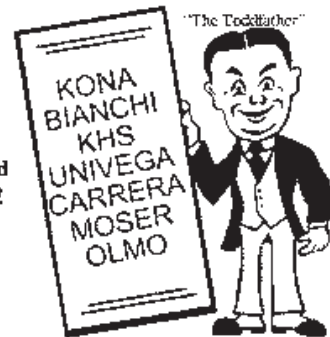
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