

# Bicycle Paper

THE VOICE OF NORTHWEST CYCLING MARCH 96 • FREE



## Seattle's Bicycle Patrol

BY JAY STILWELL

**C**ON A COLD December day, Officers James Stephens and Phil Wall are braving the elements to patrol Seattle's Westlake area. Unlike other officers, they don't have the warmth and protection of a patrol car; they rely on bicycles to cover their beat. Riding approximately 6,000 miles a year, these officers have become accustomed all types of weather and people. The holiday shoppers smile and suspicious looking characters seem to shrink back into alleys as they ride past. These policemen are part of the twelve officer squad that make up the West precincts bicycle patrol. Officers Stephens and

*see 'Bike Patrol' on page 5*

## Preparing for the Road Racing Season

BY ERIK MOEN, PT

**C**ONGRATULATIONS! I hope that you have all had a true winter break and are fresh for the 1996 season. Making the season fulfilling and strong involves appropriate winter preparation as being part of your yearly Periodization plan. Periodization in its simplest form, is gradual and progressive athletic training which overloads the athlete's physiological system, so that adaptation to higher work loads can be made. The most important part of any periodization training is the employment of appropriate rest time allowing the athletes body to keep up with in-

*See 'Road Racing' on page 6*

## A conversation with Gary Fisher

BY GINA L. FEDASH

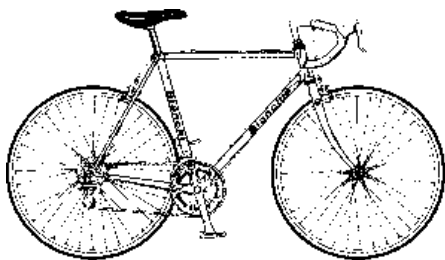
The man who helped create the sport that has become a way of life for so many of us, recently visited Seattle.

Gary Fisher, one of the inventors of the mountain bike, came to town from San Anselmo, California to "spread the word" about his '96 line, but also to listen. "I wanted to come out to the front lines, to see what's going on," Fisher said.

*See 'Gary Fisher' on page 7*

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To me *Bicycle Paper* is 25 years of service to the Northwest cycling community. One-quarter century dedicated to reporting, exploring, promoting and caring. Peggy Stewart, Barkley Kruse, Dave Shaw and all the people who have supported *Bicycle Paper* have created a legacy. *Bicycle Paper* has paid cycling the respect it is due, while embracing the joy which comes with just getting on a bike. Touring, commuting, racing, activism, mountain, road, tandem, recumbent; it all has a voice in *Bicycle Paper*.

In celebration of our 25th anniversary, we've given *Bicycle Paper* a new shape and layout. As well, we've boosted distribution: 25,000 copies each month!

Our goal is to always be the "Journal of Record for cycling the Northwest."

*Bicycle Paper* columnists like Gordon Black, Maynard Hershon and Estelle Gray assure both fun and insight, with a clear Northwest focus. In April, the first ever Bicycle Police Blotter contributed by Paul Grady, who engineered the Seattle Bicycle Police, will excite and entertain. The contributions of Mike & Candi Murray, Eric Zuelow, Stan Gregg and others will bring us inside the regional racing scene.

One of the things that has made working with the Northwest cycling community very satisfying is the care and pro-

## PUBLISHER'S NOTE

fessionalism which people bring to the activity at every level. In our 25th year, our aim is to contribute to that spirit. As always we are your mouthpiece. Keep in touch with us. Let us know when we are on the right track. Tell us what we are missing. From Salem to Boise to Vancouver BC and beyond *Bicycle Paper* is a tradition for cyclists in this region.

Would you like to help report on cycling in the Pacific Northwest? If so, call *Bicycle Paper* at (206) 323-3301, fax to (206) 323-2905 or e-mail to CMC@accessone.com

## LETTERS

### Don't get tanked

Dear Editor:

The article by Gordon Black "Toned, Tuned and Tanked" (Winter 95) telling how the court of appeals has decided that it is alright to drink and ride has really struck a nerve. It appears that the Court has decided that bicycles are not real vehicles and therefore, do not need to be treated as such. Let me tell you what happened to me this fall.

I had just taken delivery of the second bike I ever had (I'm 50). We took off on our maiden ride around my normal short loop. The new Raleigh is eight pounds lighter than what I am used to, and I was really enjoying flying down the road doing about 25 mph. I glanced behind for traffic, saw nothing, signaled for a right turn and started to slow for the corner, a 90-degree uphill with gravel intersection. As I signaled, the bike drifted into the center of the lane. Upon turning the corner and starting up the hill, I heard a crash, much swearing and saw a motorcycle slide through the intersection with another nearby. As it turned out, the motorcycles were riding side by side (legal) and had planned to just barely skin

by me, but when I moved into the center of my lane, the one closest to me went left and took out his buddy, putting his passenger in the hospital. The kicker was that his tire tracks were 30-40 feet back from the intersection and when they slid through I was already 30 feet up the side road. So, for the next 20 minutes that it took for the medics and police to arrive, I had one irate motorcyclist in my face calling me every name in the book and threatening to sue me, telling me that because bicycles pay no road taxes we have no road rights etc, etc, ad nauseam. Fortunately, after taking virtually identical statements from us, the police set them straight about who had the right of way: me. The troopers on scene indicated that they had never seen anything like it before!

The problem now is that the Court of Appeals has just told this guy that he is right. If bicyclists do not have to obey the laws governing vehicles (drinking included) then we do not have road rights. This decision cannot be allowed to stand if we are to be treated seriously and if bicycles are to be taken as real transportation. The lawyers among us need to get

to work and get this decision struck down.

Robert Whitford, Mt. Vernon, WA

### Article one-sided

Dear Editor:

I am writing in regard to the Fabio Casartelli story (Winter 95). It angered me a great deal to read this one-sided opinion about someone else's decision not to wear a helmet. Your writer, Noel Zanchelli, quotes Motorola Team director Hennie Kuiper as saying that a helmet "would have been no use. The part of his head that took the impact wouldn't have been protected." Unfortunately, the article goes on to say that not racing the day after Fabio's death was questionable. If this is how Mr. Zanchelli truly feels about professional bicycling, he need not cover it in any form, nor should he ever straddle a bicycle if this how he honors a fallen hero. We all have a right to choose, let's keep it that way.

Kyle Broderson

On the cover: The radio is the bicycle officers link to other officers and one of the most important tools they have. Photo by Jay Stilwell

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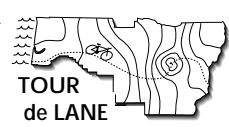
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**"Bike Patrol" continued from page 1**

Wall depend on their riding ability to cruise through narrow alleys and dodge pedestrians on crowded downtown sidewalks. Being on a bicycle helps keep them aware and on the look out for anything out of the ordinary.

While riding one of Seattle's busiest streets near the Westlake center, Officer Stephens receives a radio call for assistance at a bus stop near the Seattle Art Museum. It seems that a fight broke out on one of the buses. Unlike a patrol car with sirens and flashing lights, Officers Stephens and Wall must rely on riding dexterity and attention grabbing yellow jackets to help them maneuver easily through heavy traffic. They can be at the scene in just minutes, to quell trouble and file a report. Like many of the calls they receive, it takes only minutes by bicycle, where as a foot patrol or patrol car would not be able to reach the scene in time.

Using bicycles for police work is not a new idea. In 1915, the Seattle Police used bicycles to patrol city streets. But, as automobiles became widely available, bicycle patrols were phased out of use. Sgt. Paul Grady thought of using this "old" idea to deal with today's criminal activity in downtown Seattle. In 1987, he proposed using bicycle officers to patrol the downtown area, which was virtually inaccessible by patrol car during construction. The idea grew out of frustration at seeing criminals successfully flee his patrol car, which was blocked in city traffic. He stressed to his superiors that a bicycle's stealth, speed, and approachability would make it an ideal tool for the Seattle police. After five months, the police department approved the use of two officers on bikes. On the bicycle patrol's first day, they made three felony arrests and several drug confiscations. By the end of the year, bicycle pa-

trols were making four times as many arrests as foot patrols and covering a larger area. As Seattle's bicycle patrol successes have become known nationally, other police departments are implementing their own bicycle patrols. At last count, there were 15,000 officers on bicycles patrolling areas that used to be patrolled by car or on foot.

All of the officers in this squad have been on foot beats or in squad cars before their assignment to the bicycle patrol and, many of them have worked together. As one might expect, this assignment is very popular; there are currently 22 officers waiting to join the squad. All of the bicycle squad officers have volunteered for this assignment and most of them were not cyclists previously. Criteria for being a bicycle cop include: great physical stamina, good police record and, since the bicycle is so accessible, the ability to communicate effectively (including giving directions to lost tourists).

Two of such officers, Randall Curtis and Todd Christenson have both served on the bicycle patrol for two years. Officer Curtis started with the bicycle patrol after serving on the narcotics squad. He decided to take on the challenges of bicycle patrol after his partner transferred to the squad. "Being on the bicycle patrol has been the most fun I've had since I joined the force." He added, "I have met some very interesting people that I wouldn't have been able to meet in a patrol car. Most people remember a

patrol car only when they have been pulled over; a bicycle doesn't create the same kind of barrier so people tend to approach you more. Tourists come up to you and want a picture of a bicycle officer, my partner and I are in a lot of photo albums worldwide."

Officer Tom Christenson describes some of the specific uses of bicycles in dealing with drug dealers. "Drugs are the major crime in Seattle's Pioneer Square. Bicycle officers can sneak up on drug dealers and make quick arrests. As well, the bicycle patrol works with the narcotics department on sting operations, so the officers on bicycles swoop in to make final arrests. We change the colors of our uniforms so that the drug dealers can't recognize us from a distance; it's a simple trick that works. Bicycle messengers tell us that drug dealers think that they are the police and get rid of their drugs only to find out it is a messenger. The bicycle's flexibility, stealth, and speed make it a perfect law enforcement tool."




Dark alleys filled with broken bottles and other refuse are the kind of places that the officers must patrol, since these alleys are favorite criminal hangouts. Photo by Jay Stillwell

The officers of the Seattle's West Precinct Bicycle Squad have proven that the bicycle is an effective tool to use against crime in crowded city conditions. Whether they are patrol-

ling Seattle's waterfront or giving directions to a lost tourist, these officers have made Sgt. Paul Grady's idea a success. Grady states, "Without support an idea cannot become a reality. The officers of this squad have made bicycle patrolling in Seattle a reality." Being the first has its privileges and these officers are leading the way for other police departments to follow. ⚙️

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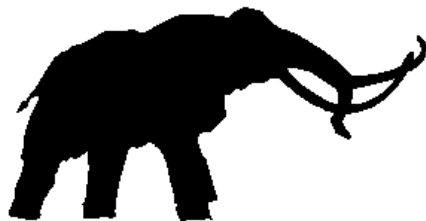
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## 'Road Racing' continued from page 1

duced changes. Rest time does not always mean flat-on-back (FOB) but instead a relative decrease in exercise volume and intensity, that the body may return to its steady state.

### Winter Preparation within Periodization

A periodization program is divided most frequently into a series of 7-week segments called macro-cycles. Each macro-cycle is designed to end in the attainment of a mileage goal (see Figure 1). Throughout a year, macro-cycles address different physiological systems. The first and second macro-cycles of a yearly plan generally work on building an aerobic base. Winter preparation generally involve your aerobic-base and care of the asymmetrical or weakened body. Therefore, this training should involve the gradual progression of weekly mileage instead of

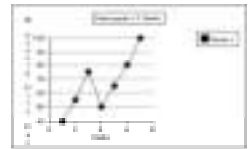


Figure 1

sporadic, impulsive binges and purges of miles of varying intensities. Make realistic mileage progressions. Good winter training should also include some weight or cross training to regenerate a balanced musculoskeletal system. The road season for a serious athlete is long and demanding and as such, professional cyclists tend to lose muscle mass during a season and adapt to life solely in the "bike position". This is not conducive to a lifetime involvement in the sport, let alone a competitive following season! Consult qualified personnel to evaluate your musculoskeletal and physiological states during the off-season, then make appropriate changes and adaptations in your winter training.

### Special Considerations of Winter Training

Winter is a common time to acquire new equipment. Whether it's a bike, aerobars, pedals, a new stem, or 190mm cranks, one should always take time to adapt to that equipment. You must remember that the bicycle is adjustable and the body is adaptable and the body's ability to adapt takes time. Assuming your equipment change is proper (within your body's ability to adapt), you should plan to take two weeks of easy, flat miles to adapt to your new position. I've witnessed some equipment changes that were beyond the rider's ability, which turned into overuse injuries and then performance decrease. Consult knowledgeable professionals prior to significant equipment changes and do not conform to someone else's fitness formulas. While these formulas are a good starting point, each athlete has a unique musculoskeletal system and would benefit more from an individualized fitness plan.

The ability to recognize an overuse injury during your season is important. Times to be more aware of these injuries are at periods of change and intensity, such as the start of winter training or with new equipment that alters bicycle fit. Injuries are often body parts rubbing and grinding together, causing inflammation. These are frequently insidious in nature and result in sharp, stabbing pains. The best thing to do at this point is stop and ice. If you just train through these types of injuries, your immediate training and future season will suffer. Chronic (neglected over two weeks) over-use injuries take longer to heal than acute injuries. You might seek help with analyzing your bicycle fit and training scheme, as well as injury resolution.

Training smart is a key way to avoid early season injuries. A USCF Masters-only performance seminar, addressing training schemes and performing physiological assessment, will be held February 24 in Seattle. It is a good way to start training smart, and avoid pitfalls and sports medicine intervention.

*Erik Moen is a Physical Therapist in Seattle at Physiotherapy Associate, Laurelhurst Physical Therapy. Erik is also the United States Cycling Federation Region 5 Assistant Coach. Additional information regarding training plans, seminars, USCF Training Manuals, or sports medicine information may be directed to Erik Moen, by phone: (206) 523-1325 or e-mail: epmvelosys@aol.com*

'Gary Fisher'  
continued from page 1

After dining with local dealers at the University District's Il Paesano Ristorante Italiano January 30, he spent the next two days touring shops including Montlake Bicycle Shop, Gregg's Greenlake Cycle, Wedgwood Cycle, Alki Bicycle Company, R&E Cycles, Sammamish Valley Cycle, Mountain Bike Outfitters, Old Town Cycle and Bike Tech. Fisher, 46, feels that by spending time with the individual dealers selling his products, he can better understand their true needs. Thus, successful business relationships are nurtured and cultivated.

"It was a chance for the staff to meet and learn about the ideas behind the designs that Gary Fisher Bicycles is offering right now," said Neil Wechsler, Montlake Bicycle Shop owner. "It gives everyone on the staff a chance to understand why they're made the way they are and what they're trying to accomplish. Gary likes to talk about ideas for fit, different models and what they're good for."

They also discussed plans for introducing the public to his new full suspension Joshua series. Fisher described the Joshua series (which features a unified rear triangle), as "necessary." "You can ride rougher territory with less fatigue," Fisher said. "It's a safer bike and it's

simple. It goes back to the old goal of having a bike where all you have to do is oil the chain."

"That's really important because really what counts is what's in your legs, in your heart and up the road. You need to be thinking about that more than 'Is my bike falling apart,'" Fisher added.

ACCORDING to Fisher, cyclists in the Northwest do not need to be re-educated about what's important. "The bike riders in this area are the most sophisticated. They tend to be less affected by fads," Fisher said. "They're real bike riders and the dealers are the most knowledgeable."

Fisher should know. He will live in infamy as one of the first real mountain bike riders, inventing one of the world's first mountain bikes in 1974. Dubbed the "Klunker," he retrofit a junkyard cruiser with drum brakes and motorcycle shifters because he wanted to do more than blast down dirt mountain roads on old beater bikes. He wanted to ride up!

Growing up in Marin County, California, he always had a passion for fitness; that led him to become a top category racer—both on the road and off. He still races and tests his own line.

Today, Fisher takes an active interest in the evolution of the sport. He was one of the original NORBA board members and was recently elected to the newly organized USA Cycling board.

He feels that the new structure of cycling's governing body in the United States will be beneficial to the future of mountain biking. "The NORBA Board of Trustees was sort of an appointed/volunteer group that didn't have any teeth," Fisher said. "Now I see that we have more responsibility to try and achieve the goals of better and more racing."

He believes NORBA can do a better job of promoting the sport by being more a facilitator than a promoter. He added that NORBA should connect potential sponsors with promoters and make it easy to promote a race by offering the best deal on insurance, timing and registration. "Just work on this system ... and make it something that's available to any member," Fisher said. "Really, the key word is service."

Fisher also notices a shortage of events in the United States. "We don't have enough rides and races here," Fisher said. "For racers now, the biggest expense is travel and accommodation. It costs not only financially, but quite dramatically in a physical sense."

In addition, he would like to see NORBA run more like a business. "I'm glad to see we've got the American Mountain Bicycle Association as a competitor," Fisher said in reference to the organization that plans to sanction mountain bike races in 1996. "I think the USCF has functioned for far too long




Photo by Kristin Foerch

with no competition. Competition is a great thing."

And in his own business, since the purchase of his company by Trek USA, he is doing quite well. The Fisher and Trek lines' combined sales reached one million in 1995 with sales in 50 countries. "Fisher is the fastest growing bike line in the United States," Fisher said.

He attributes the growth of Fisher sales to his marketing strategies. "I love racing but I don't think it's correct to market your bikes toward racers. I think a top end bike is something the average Joe can enjoy for its quality." ⚙️


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$$h(\omega) \cong e^{i\omega\phi(\epsilon)} f(\epsilon) \int_{-\infty}^{\infty} e^{i\omega\phi(\epsilon)(s) (t-\epsilon)^2} d\epsilon$$

$$D = D_1 \prod_k (s - p_k)$$



<p>Olympic Sports Northgate 10700 5th Ave. NE Seattle, WA 98125 (206) 363-3007</p> <p>Olympic Sports Bellevue 14404 NE 20th Bellevue, WA 98007 (206) 747-7990</p>	<p>Olympic Sports South Center 300 Andover Pkwy. West Tukwila, WA 98188 (206) 375-3799</p> <p>Kennewick Schwinn 3101 W. Clearwater Ave Kennewick, WA 99336 (800) 827-8157</p>
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# Don't let the Rain Keep You Indoors this Winter: Burley has the Answer

BY NOEL ZANCHELLI

UNLIKE baseball, bicycle races do not get canceled because of rain. So I've always viewed inclement weather with uncanny optimism. "That which does not kill me can only make me stronger," I would often recite to myself as I stoically braved the elements. Like Pavlov's dog, I predictably donned the long-time standard in protective garb when it rained: a thick, baggy, clear, plastic jacket with shoddy velcro closures. This always created sauna-like conditions next to my body and I usually felt like a two-wheeled greenhouse. There was more moisture underneath my coat than in the clouds and I'm certain that during long rides, plant life flourished. Also included among my winter wear were chunky gloves, awkward booties that barely befit toe-clips, and a rasping wool cap under my helmet. It gloriously draped on my body, as if I were a knight arming himself for battle, which I actually believed for the first two weeks of every winter season. Then by the third straight week of sheer saturation, I would

realize the popularity of indoor wind trainers. I also came to accept the fact that I looked a lot more like a hack downhill skier than a two-wheeled cavalier.

That was mid-eighties bicycle apparel technology. Thankfully, cycling garments have since been greatly improved, but unless you spend the next few months Down Under, the winter season has not. Riding year round in this part of the world can truly challenge your love for the sport and your desire to hit the road or single track right about now. As onerous as this climate is, do not easily resort to training indoors, because Burley Design Cooperative of Eugene has created a means to endure the season. Raingear has become "Ultrawear™" thanks to Burley, and to its credit, the next few months might

become a great deal more bearable.

To combat a fierce case of winter blues, slip into any of the Ultra Rider garments the next time you head out into a rainy day. Wearing the jacket, rain pants, shoe or helmet covers can instantly improve or maintain your high spirits. Although Burley Ultrawear is designed with function in mind, the comfort is amazing. You will remain arid and warm in the Ultra Rider Jacket because it is constructed of a material called Ultrex, which is waterproof and windproof, but still allows for breathability. The fleece inner portion of the collar resembles the velvet foam of a perfect latté. The outer half of the collar is cut just right along the neckline so it does not interfere with the clasp of a helmet. The throat is shielded from exposure to chilly winds and wetness, and the velcro flap allows some adjustability.

What is most impressive about these garments is the overall design. A number of small thoughtful features contribute to the success of this clothing line. For example, the coat is laced throughout with strategically

placed 3M Scotchlite™ reflective tape for safer road riding. A horizontal flap across the back permits nice ventilation and angled, sealable vents along the chest offer a splendid cooling breeze. Along the underarm section of the Ultra Rider, from the elbow to the middle of the ribcage, are beefy zippers with thick tassels which provide as much or as little ventilation as a person could want. They close with a smooth forward zip so both hands need not leave the handlebars to close or open these outlets. The tassels facilitate easy gripping with bulky mittens or gloves. The front pockets are roomy with zips that also sport tassels, as does the central zipper, which has dual fasteners.

The tail of the jacket is especially long and hangs well below your bicycle saddle to deflect water and mud. When the tail is not needed, it can be stowed away thanks to an inside nylon strap with a Velcro clasp. At the jackets' wrists Velcro straps seal in warmth and a healthy portion of reflective tape assures even more safety. For added comfort inside, the shoulders and arms are lined with mesh.

The lightweight Ultra Rider Jacket is thin enough to be wrapped and tucked into a large jersey pocket, should conditions greatly improve. Available in five sizes from extra small to extra large, and in two bright color combinations,

See "Keeping Warm" on page 9.

Wearing the  
jacket, rain pants,  
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improve or maintain  
your high spirits.

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-Tom Pasquale, New Jersey

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'Keeping Warm' continued from page 8

red/black and yellow/black, there is an Ultra Rider for all likes and sizes. The pants, helmet and shoe covers share many of the same thoughtful features and are constructed with an equal amount of care and consideration. "Quality control is super high," boasts Colin Powers, Burley's Sales Territory Manager. Powers is proud to reveal that Burley defies the standard clothing industry routine of randomly spot checking anywhere from one in every hundred to one in every thousand garments, by subjecting every piece of clothing to an inspection of construction. Regardless of size or purpose, when a Burley product is purchased one need not second guess its supreme quality.

Burley products are extremely well made and maintaining that high level of quality can be directly attributed to one good reason: Burley Design is a cooperative company and has been since 1978. Ninety-five employees are equal partners of Burley and all share the same salary regardless of duty or job title. Powers further explains that Burley's employee-owners function in work groups called "teams." Burley has five of them, each consisting of between five and thirty-five teammates. Burley Design Cooperative also designs and manufactures tandem bicycles and bicycle trailers, which account for the majority of its business. All product development, manufacturing, and product testing is performed by Burley's owners at their facility in Eugene.

**BURLEY DESIGN COOPERATIVE**

4080 Stewart Road  
Eugene, Oregon 97402  
(503) 687-1644  
FAX: (503) 687-0436

**REGIONAL REPORTS**

**Can bicycle trails exist safely alongside active rail lines?**

BY SUSIE STEPHENS

Can trails safely exist alongside active rail lines? You bet! According to "Rails-with-Trails: Sharing Corridors for Recreation and Transportation", 37 such corridors exist today in the United States. The study, published by the Rails-to-Trails Conservancy, indicated that these shared corridors are becoming significant additions to our nation's transportation and recreation system.

Rails-with-trails vary around the country: some stretch through rural terrain while others connect urban and suburban areas. The adjacent rail lines range from high speed mainline freights to 15mph industrial spurs for local use. Trails paralleling a low speed rail were separated by a distance of less than 30 feet and used minimal barriers. Most trails sharing a corridor with a high speed mainline were separated from the tracks by 50 to 100 feet and some type of barrier - most commonly, grade separation, vegetation, ditches or fencing.

**Findings include:**

Trails adjacent to rails are no more dangerous than trails alone or adjacent to city streets. Thirty-six of the 37 trails in the study have had no trail user/train accidents. The one exception involved a bicyclist who was

injured by a slow moving train after ignoring bells, lights and a lowered crossing gate.

Rails-with-trails do not increase the adjacent railroad's liability. With the exception of two trails, all of the rails-with-trails are covered by a city, county or state self-insurance policy. No trail manager reported any claims filed against the adjacent railroad by a trail user.

Rail corridor maintenance. Only eight trail managers reported minor problems with railroad maintenance practices infringing upon the trail (vehicles occasionally using the trail surface to access the railroad grade or crews leaving behind debris). One trail manager benefits from railroad maintenance practices through an agreement requiring the transit agency to assist with the removal of litter along the corridor.

Here in Washington State, Governor Lowry recently introduced a proposal that would complete a cross-state trail from Puget sound to the Idaho border and restore rail service in the same corridor. The state would return portions of the Old Milwaukee line to use by selling rail franchises. Generated funds would be used to finance development of the cross-state trail system.

Seattle is also considering a possible rail-with-trail. The city is currently studying the feasibility of allowing a short-line operation on the Ballard spur. Portions of this corridor are also being considered for the Burke-Gilman Trail extension.

For more information on rails-with-trails, contact Rails-to-Trails Conservancy at (202) 797-5400 or the Northwest Bicycle Federation at (206) 224-9252.

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# Bicycle Paper

1996 ANNUAL CALENDAR

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## EVENTS

**Feb 17-18: Greater Seattle Bicycle Expo.** Seattle, WA  
Over 120 exhibits showcase the latest in cycling gear, bikes, events and more during the largest consumer trade show in the country. Held at the Seattle Center Exhibition Hall and Mercer Forum. Ron Salsbury, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA 98103. (206) 522-BIKE or FAX: (206) 522-2407.

**Feb 24: USCF Master's Performance Clinic.** Seattle.  
8:30 a.m.-5 p.m. \$85 fee due with application and limited to 15 athletes. For more information and directions, contact Clark Natwick or phone Erik Moen-(206) 522-9775. Clark M. Natwick, 1669 DeAnza Blvd, San Mateo, CA 94403.

**Feb 29: Bicycle Unveiling.** Seattle. 7-9 p.m. Rodriguez Stellar is a women's bicycle designed by a woman for women. Estelle, the owner of R&E Cycles has been in the cycling industry for almost 20 years. You will be able to meet with Estelle and get the scoop behind this unique bicycle. Bring your bicycle fit questions and talk with other women riders. RSVP R&E Cycles 5627 University Way NE, Seattle. Call (206) 368-5490 x555 or E-mail: RodTandem@aol.com

**Mar 2 and Mar 7: Tour of the Rodriguez Custom Frame Shop.** Seattle. 7-9 p.m. A completely flat tour! No helmets necessary. See how a bicycle frame is created. You'll get to see the jigs, welding apparatus, raw tubing and paint facility. RSVP R&E Cycles 5627 University Way NE, Seattle. Call (206) 368-5490 x or E-mail: RodTandem@aol.com

**Mar 16-17: Portland Bicycle Expo.** Coliseum Exhibition Hall, Portland, OR. Bicycle Exposition including over 350 manufacturers, dealers and general information. See and try-out the 1996 models in the test ride area. Show hours: Saturday, March 16, 10 a.m.-7 p.m. Sunday, March 17, 10 a.m.-6 p.m. Bill Bradley, Town Crier Promotions, 11041 28th S.W., Seattle, WA 98146. (206) 248-8430.

**Mar 17: Free Mountain Bike Clinic.** Fort Lewis, WA. Nelson Rec Center, 9 a.m.-6 p.m. Free mountain bike clinic, raffle, bike repair and organized trail rides (\$5). Swap meet and huge bike expo. Rental bikes available, cyclocross training. Open house all day - bring your bike! NORBA sanctioned, donations accepted. Gordon Swetland, Fort Lewis Mountain Bike Club, 5076 North 3rd Street, Fort Lewis, WA 98433. Call (206) 964-0960.

## OFFROAD

**Mar 24: Wet-N-Windy 50.** Bend, OR. 50-mile road ride, east of Bend; Meet at Hutch's Bicycles - 9 a.m. Variable weather conditions. Fees: \$5. Call Jeff at Hutch's Bicycles, 820 NE Third Street, Bend, OR 97701. (541) 382-6248.

**Mar 31-Sep 21: George's Wild Rockies NORBA Regional Championship Mountain Bike Series 1996.** Idaho. A season full of rides and races throughout Idaho and sometimes Nevada and Oregon. Rider's best 9 out of 15 rides counts towards series championship. See individual listings. Ron Dillon or Mike Cooley, Boise, ID (208) 342-3910 or (208) 343-3782.

**Apr 6-7: British Columbia Cup #1 Trials.** Vancouver, BC. Bike and summer sports show and Mountain Bike Challenge. Fun rides and speed trials. For more information contact: Alpine Promotions, Call (604) 731-9693.

**May 5: Mrazek Cycles Westside Ride.** Bend, OR. 30-mile mountain bike ride that links popular areas west of Bend together in one loop. Meet 9a.m. at Hutch's Westside location. Fees: \$5 Call for more information. Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR 97701. (541) 382-9253.

**May 31-Jun 2: Cindy Whitehead Women-Only Mountain Bike Camp.** Cle Elum, WA. Mountain biking 101 for women only; throughout the summer, throughout the US. Call for details. Edie Igleheart, Bike Treks International, 13106 NW Germantown Road, Portland, OR 97231. (800) 338-9445.

**Jul 25-28: British Columbia Summer Games.** Trail and Castlegar, BC. This is a closed event, open to qualifying riders from BC regions. Gerold Klassen Gordon Gibson, (604) 364-1661 or (604) 365-7292 Fax: (604) 365-6568.

**Feb 4: 4th Annual GT Bicycles Valentines Day**

**Challenge.** Belfair, WA Cash payout 3 deep in all categories. Hot food and drink at race site. For more information call: Craig Nunes, Kamakaze Mountain Bike Club, 12039 104th Street, Gig Harbor, WA 98329. (206) 588-2245.

**Feb 25: Frosty Knuckles Decathlon.** Vancouver, BC. For more information, phone Cycling British Columbia, (604) 327-2547 or Fax: (604) 327-2547.

**Mar 17: Malaspina Forest Chunky Rubber Challenge.** Nanaimo, BC. A cross-country event. For more information call Malaspina All Terrain Racing Club, (604) 753-3245.

**Apr 6-7: Burnt Bridge Classic.** Shawinigan Lake, BC. A down hill and cross-country race for children. Pro-Com, (604) 656-6165.

**Apr 7: Finely Hills Challenge.** Kennewick, WA. First of the Washington, Idaho, Montana (WIM) series. Greg Turpen, Chinook Cycling Club, Richland, WA 99352. 509-946-4908.

**Apr 7: 1st Annual GT Bicycles Capitol Spring Classic.** Capitol Forest. Cross-Country For Information call: Craig Nunes, 12309, 104th Street, Gig Harbor, WA 98329. (206) 588-2245.

**Apr 13-14: Buffalo Bikers.** Antelope Island, UT. Part of the AMNC-NORBA series, includes: downhill, cross country, guided tour and mechanical support. This 26 mile loop is located on a state park. Ride with water-fowl and buffalo, no motor vehicles. Registration fees go towards trail upgrades. Check it out on the WEB: <http://www.adventuresports.com/asap/norba/races/buffalo.htm> Bob Walker, (801) 483-5170.

**Apr 14: Lower Mainland Series #1.** Vancouver, BC. Sunahk Enduro Relay EMP (604) 327-2547.

**Apr 14: Big Hair, Small Brains Ride.** Smith Rock State Park, OR. 20 mile mountain bike ride in and around Smith Rock State Park. Not for the weak or timid - steep climbs and descents. Meet at north end Smith Rocks parking area, 10a.m. Fees: \$5 For more information call Jeff at, Hutch's Bicycles, 820 NE Third Street, Bend, OR 97701. (541) 382-6248.

**Apr 20-21: British Columbia Cross-Country Cup #1 Trials.** Tsawwassen, BC. Tsawwassen Flatlands Classic, cross-country dual slalom. For more information contact: Tsawwassen Hillclimbers, (604) 943-6802.

**Apr 21: Oregon Trail Classic.** Baker, OR. Another fun desert classic with lots of single track, on a 10-mile loop. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, Boise, ID (208) 342-3910.

**Apr 27: School Age #1.** A cross-country race. For more information call EMP (604) 327-2546.

**Apr 28: 5th Annual Bear Trax and Bees Wax.** Belfair, WA. Ellendahl pass staging area. Fees: \$20, \$18 before 4/15. 8:30 a.m. Registration at site. Beginner (12 mile), Sport (17 mile), Expert (24 mile) loops. 500 riders average. Free water bottle and food plus a surprise for all finishers. Doug Miller, 1648 S. 246 Place, Des Moines, WA 98198. 206-824-8104.

**Apr 28: Bike Cellar Spring Fling.** Vancouver, BC. A cross-country race. For more information, please contact: Jeff Fink (604) 737-3646.

**Apr 28: British Columbia Cup #2 Trials.** Victoria, BC. Part of the Vancouver Island Cycle Show. Speed Trials. Viex Events Ltd. (604) 370-2983.

**Apr 28: Mountain Bike Winnemucca.** Jackson, WY. Big fun in a casino town, 250-miles north of Boise. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles (208) 342-3910.

**May 4-5: Priest Lake Mountain Bike Challenge.** Priest Lake, ID. A Washington, Idaho, Montana (WIM) event. Bob Lauer (208) 772-8179.

**May 4-5: British Columbia Cross Country Cup #2.** Parksville, BC. Hammerfest 1996 - Downhill, cross-country, Call for information. Arrowsmith Mountain Biking Club, (604) 248-5575 or (604) 752-3445.

**May 5: Spring Thaw Mountain Bike Challenge.** Ashland, OR. 25-mile race in the Ashland Watershed. All NORBA classes including beginners Dana Bandy, Siskiyou Cyclery, P.O. Box 903, Ashland, OR 97520. (503) 488-2453.

**May 12: Okanagan Series #1.** Campbell Mountain, Penticon. Cross-country. Penticon Cycling Club, (604) 493-0686.

**May 18-19: TOSRV-West (Tour of the Swan River Valley) 26th Anniversary.** Missoula, MT. 230-mile loop through western Montana mountains and forests. Limited to 750 riders. Entry fee includes meals, camping and baggage shuttle. Entry forms are mailed on the first day of spring. SASE for entry form Greg Siple, Missoula Bicycle Club, P.O. Box 8903 Missoula, MT 59807. (406) 543-4889.

**May 18-19: Okanagan Series #2.** Kamloops, BC. Spoke 'n Motion, (604) 372-3001.

**May 19: Shaftabury Classic.** Belcarra, BC. A cross-country race. EMP (604) 327-2547.



Photo by Marianne McCoy

**May 25-26: Clearwater Cup.** Pottlath, ID. A Washington, Idaho, Montana (WIM) event. Tim Kinkeade (800) 303-6449.

**May 25: School Age #2.** Gibsons, BC. A cross-country race for children. Call for more information. Sprockids Mountain Bike Club (604) 886-0772.

**May 26: Pickett's Charge! Mountain Bike Race.** Bend, OR. Single and double track. Great views. Pre-registration deadline: 5/19. Race begins at 9 a.m. Sunnyside Sports, 930 NW Newport, Bend, OR 97701. (503) 382-8018.

**May 26: Earthrider Challenge.** Sooke, BC. Point to Point. Physical Culture, (604) 384-8840.

**May 26: Lower Mainland #2.** Blue Mountain-Maple Ridge, BC. Down-hill race. EMP, (604) 327-2547.

**Jun 1-2: Tour of Smithers.** Smithers, BC. Road race and criterium. Les Priest, (604) 846-9522 or (604) 846-9520.

**Jun 2: 4th Annual GT Bicycles Summer Sizzler.** Capitol Forest. Cross-country. For information call: Craig Nunes, 12309, 104th Street, Gig Harbor, WA 98329. (206) 588-2245.

**Jun 2: Misty Mountain Romp.** Vancouver, BC. Cross-country race. Peak Productions, (604) 898-5903.

**Jun 6-7: British Columbia Cross-Country Cup #4.** Rossland. Cross-country and down hill races Call for information. Terry (604) 362-9656.

**Jun 6-7: British Columbia Down Hill #3.** Rossland. Cross-country and down hill races. Call for information. Terry (604) 362-9656.

**Jul 7: 2nd Annual Bogus Bomber.** Idaho. Come and play at a great ski resort over-looking Boise. Cool and shady single-track. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles (208) 342-3910.

**Jun 9: Okanagan Series #3.** Summerland, BC. A point to point "action-quest" Dave (604) 494-5335.

**Jun 9: Ultrasport Mountain Madness.** Prince George, British Columbia. Cross-country race. Mike (604) 562-2991.

**Jun 15: First Security Games.** Pocatello, ID. A celebration of mountain biking in the mountains overlooking Pocatello. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID (208) 343-3782.

**Jun 15-16: Boneshaker Mountain Bike Bash.** Winthrop, WA. A Washington, Idaho, Montana (WIM) event. Gino Lisiecki, Round and Round Productions (509) 838-3707.

**Jun 15-16: Red Lodge Mountain Bike Frenzy.** Red Lodge, MT. A Washington, Idaho, Montana (WIM) event. Art Maxwell (406) 446-1634.

**Jun 15: School Age Finals.** Squamish, British Columbia. A children's race. Kevin, (604) 892-9797 or E-mail: kmclane@mountain-inter.net.

**Jun 16: Battle in the Blues.** LaGrande, OR. Ride one 35-mile loop, which starts and finishes at Lehman Hot Springs Resort. Deep, dark woods, huge stretches of single track and one, 39-mile loop for experts! Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles (208) 342-3910.

**Jun 16: Test of Metal.** Squamish, British Columbia. Point to point race. Kevin, (604) 892-9797 or E-mail: kmclane@mountain-inter.net.

**Jun 22: Kelly Canyon Challenge.** Idaho Falls, ID. Awesome course in scenic Targhee National Forest. Choice of 14 or 19 (expert) mile loops beginning and ending at Kelly Canyon Ski Area. Great climbs, exhilarating downhill, lots of single and double track. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles (208) 342-3910.

**Jun 23: Revenge of the Single Track.** Twin Falls, ID. The name says it all-if you like high-mountain single track, you'll love this one. One of the prettiest and most technical races of the year. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles (208) 342-3910.

**Jun 23: Lower Mainland #3.** Vancouver, British Columbia. Grouse Mountain Bike Grind, a cross-country ride. Call for more information. EMP (604) 327-2547.

**Jun 29-30: Mt. Spokane/Selkirk Challenge.** Mt. Spokane, WA. A Washington, Idaho, Montana (WIM) event. David Moffitt (509) 747-5868.

**Jun 29-Jul 1: British Columbia Down Hill #2.** Blackcomb, BC. AMBC Western Circuit #7. Pro-Com (604) 656-6165.

**Jun 29-Jul 1: British Columbia Cross-Country Cup #3.** Blackcomb, BC. AMBC Western Circuit #7. Pro-Com (604) 656-6165.

**Jun 29-Oct 6: Pacific Northwest Mountain Bike Series.** USA and Canada. Pacific Northwest Mountain Bike Series: A regional mountain bike race series with events in 4 states and 2 countries. All levels of competitors are invited to compete in a multitude of events including: downhill, dual slalom, cross country and observed trials. Series geared for development of the rider and the sport. Contact promoter for individual events.

**Jun 29: 2nd Annual "Quark in the Park"**. Boise, ID. A strange and different kind of event and a fund-raiser for the YWCA. Race is on grass in the heart of Boise's Ann Morrison Park. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.

**Jun 29-Jul 1: NORBA American Mountain Bike Challenge/British Columbia Cup Race.** Whistler, BC. Pacific Northwest Mountain Bike Series: A regional mountain bike race series with events in 4 states and 2 countries. All levels of competitors are invited to compete in a multitude of events including: downhill, dual slalom, cross country and observed trials, and children's activities. Series geared for development of the rider and the sport, as well as attracting a family crowd. Simon Watson, (604) 656-6165.

**Jul 6: Toit Pipeline West.** Woodinville, WA. 14 miles on gravel service road with a few tough hills. This is a recreational mountain bike ride with a leisurely pace, open to the public. Limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written

# Bicycle Paper ■ 1996 ANNUAL CALENDAR



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- permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Jul 11: Criterium Series Race #2.** Idaho. The second of a four race series, weekly throughout July. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID (208) 343-3782
- Jul 13-14: McCall Ski Town Bike Fest.** McCall, ID. Two days of racing at the Brundage ski resort. Cross country, downhill, hill climb and circuit races. Part of the WIM and the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles (208) 342-3910.
- Jul 13-14: Kokanee Urban Fat Tire Challenge.** Speed Trials. Northwest Events (604) 736-6631.
- Jul 13-14: Cross-Country #3.** Hardwood Hill, Ontario. A downhill, cross-country race. John Wakefield (604) 737-3137.
- Jul 14: Okanagan #4.** Kelowna Challenge - cross country race. Fritz Rutland Cycle (604) 765-5137.
- Jul 14: Sunshine Coast Spectacular.** Gibsons. Lower Mainland Series (cross-country) Finals Call for more information. EMP (604) 327-2547.
- Jul 14: Joys of Singletrack.** Port Alberni, British

- Columbia. Cross-country racing. Tony (604) 724-1613.
- Jul 17-18: Cross Country #6 - Silver Star.** Silver Star Mountain, British Columbia. Down hill, cross-country series. Call for more information. Tim Milne (604) 542-0224.
- Jul 18: Criterium Series Race #3.** Idaho. The third of a four race series, weekly throughout July. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID (208) 343-3782.
- Jul 19-21: Oakridge Annual Fat Tire Festival.** Oakridge, OR. NORBA selected as an inaugural AMBC site! Come and join us for tours, kids events, a women's only ride and the Northwest Off-Road Tandem Rally. There will also be downhill, dual-slam, stock trials and cross country competitions. Part of the Pacific Northwest Mountain Bike Series. Oakridge Fat Tire Festival Drummond Evens, Oakridge Spokebenders Mountain Bike Club P.O. Box 1292, Oakridge, OR 97463. (541) 343-0946 or (541) 343-0314.
- Jul 20-21: British Columbia Down Hill Cup #4.** Hornby Island, British Columbia. Hornby Island Bikfest.

- Cross-country, dual slalom. Call for more information. H.I.O.R.B. (604) 335-0444.
- Jul 21: Galena Grinder.** Sun Valley, ID. Held on the 1988 NORBA National Finals course. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles (208) 342-3910.
- Jul 21: Kona, Hell of the North.** Vancouver, BC. Call for information. The Bicycle Group (604) 684-4933.
- Jul 25: Criterium Series Race #4.** Idaho. The last in a four race series, weekly throughout July. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID (208) 343-3782.
- Jul 26-28: Specialized Cactus Cup.** Blackcomb, BC. Dual slalom, time trial, cross-country, criterium and kid's race. Nicole Stow, Specialized Bikes (800) 465-8887 (Canada) or (800) 245-3462 (USA).
- Jul 27-28: Big Mountain Bike Festival.** Big Mountain, MT. Part of the Washington, Idaho, Montana (WIM) series. Dave White
- Jul 27-28: Fernie Mud and Madness.** Fernie. Down hill and cross-country races. Eric (604) 423-4164.
- Jul 27: Snowking Challenge.** Jackson, WY. A wild race in the shadow of the Tetons. Part of the Nike/George's Wild Rockies Series and the Utah Championship Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.

- Aug 17: Shredtopia.** Corvallis, OR. Mountain bike race of 15 and 25 miles courses with 1500, 4000 feet of climbing, respectively. Most climbs on gravel or dirt roads, descents on motorcycle trails and dirt roads. Entire course accessible. 200+ riders, Less than \$20 entry. NORBA Sanction Bill Thomas, Peak Sports, 129 NW 2nd, Corvallis, OR, 97330. (541) 754-6444 or (541) 758-8260.
- Aug 17-18: Pend Oreille Pounder.** Schweitzer Mountain Resort, ID. An American mountain bike event featuring cross country, downhill, and fat tire criterium. Part of the Washington, Idaho, Montana (WIM) Series. 1,000 riders expected. Gino Lisiecki Wendy Zupan, Round & Round Productions, 2704 South Stone, Spokane, WA, 99223. Call (509) 838-3707 or (509) 533-9354.
- Aug 24-25: Canadian National Championships.** Whistler, BC. Cross-country, downhill series. The best riders across Canada will battle it out in their categories for top spot this weekend. All riders welcome. After race celebration with live entertainment. Simon Watson, Professional Competition, (604) 656-6165.
- Aug 25: Cascade Cruise.** Mt. Bachelor to Bend, OR. 30 mile mountain bike ride from Mt. Bachelor to Bend. Mostly downhill. Meet at Mt. Bachelor Nordic Center 10 a.m. Fees: \$5. Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR 97701. (541) 382-9253.
- Aug 31-Sep 1: Ride the Runt (Final).** Lookout Pass, ID/MT. Part of the Washington, Idaho, Montana (WIM) event. Dean Cooper, Lookout Pass Recreational Resort, (208) 777-7701.
- Aug 31-Sep 2: Blackcomb Dual Eliminator.** Whistler, BC. Downhill, dual-slam races. Prizes for category winners. Blackcomb boasts the longest descent in North America (over 1-mile vertical rise). Celebrate Labor Day Weekend with a bit of downhill action! Marika Koenig, Blackcomb Skiing Ent. Ltd., 4545 Blackcomb Way, Whistler, BC, V0N 1B4. Call (604) 938-7593.
- Aug 31-Sep 2: Crow's Net Fest.** Hedley, BC. Point-to-point, cross-country fun ride. EMP (604) 327-2547.
- Sep 7: British Columbia Trials Championship.** Nanaimo, BC. Speed Trials Eliminator. Nanaimo Kinsmen, (604) 754-7656.
- Sep 7: Snoqualmie Pass Tunnel Ride.** East of North Bend, WA. 35 miles on nearly level rail trail. Bring bike light and warm clothes for two mile tunnel. Recreational mountain bike ride, leisurly pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, Call (206) 283-2995.
- Sep 8: Mt. Washington Classic.** Courtenay, BC. Downhill and cross-country races. John Wakefield, (604) 737-3137.
- Sep 8: Omni Sports Holiday Race.** Delta, British Columbia. Cross-country race. Call Laurie (604) 683-7278.
- Sep 13-14: The Gutbuster.** Prince George, British Columbia. Cross-country and down-hill racing. Call Mike (604) 562-2991.
- Sep 13-15: Squaw Valley.** Lake Tahoe, CA. Pacific Northwest Mountain Bike Series. A regional mountain bike race series with events in 4 states and 2 countries. All levels of competitors are invited to compete in a multitude of events including: downhill, dual slalom, cross country and observed trials. Series geared for development of the rider and the sport. Mark Lowenstern, (916) 582-8900.
- Sep 14: Red Mountain Overdrive.** Mission, BC. Cross-country. Tim, Central Fraser Cycling Club, Call (604) 939-8166.
- Sep 14: Okanagan Finals - Kelowna Classics.** Kelowna, BC. Cross-country race. Kelowna Mountain Bike Club, (604) 764-4766.
- Sep 14: Desentissimo.** Whistler, BC. Down hill race. Gruel Events, (604) 938-1556.
- Sep 21: 4th Annual Lava Rama.** Lava, ID. Family fun loop starts and finishes in Lava Hot Springs, a t the mineral pools. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.
- Sep 22: Upper Chuckanut Cyclocross Races.** near Bellingham, WA. Cyclocross and mountain bike races of 40, 50 and 60 minutes in length. Citizens 10 a.m., mt. Bike 11 a.m. and cyclocross 12 noon. Drive I-5 to Bellingham, exit 250 and follows signs to course.

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LANE COUNTY, OREGON . . . naturally

Convention & Visitors Association of Lane County, Oregon, P.O. Box 10286, Eugene, Oregon 97440



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RIDES AND TOURS

- Entry \$10. Prizes are 3-deep. 100 E. Chesnut, Bellingham, WA, 98225. (360) 733-6440.
- Sep 22: Golden Ears.** Maple Ridge, BC. Cross-country race. Get Park. (604) 931-3885.
- Sep 26: 2nd Annual Terror in the Tahuya.** Tahuya, Washington. 10, 15 and 20 mile loops. NORBA sanctioned. Fees: \$15 (by 9/15, \$20 day of race) includes free children's race and t-shirt. Gordon Sweland, Fort Lewis Mountain Bike Club, 5076 North 3rd Street, Fort Lewis, WA, 98433. (206) 588-0205.
- Sep 28-29: 12th Annual Banzai.** Boise, ID. Two days of fun. Cross country in Idaho City on Saturday and the world's largest downhill (16.5-miles) course at Bogus Basin on Sunday. Register for one or two days. Ron Dillon, P.O. Box 7075, Boise, ID, 83707. (208) 342-3910.
- Sep 28: Black Rock Cannonball Ride.** Bend, OR. The classic "farewell-to-summer" mountain bike ride. 25 miles at elevation around Paulina Lakes. Meet at Paulina Lake parking area - 10 a.m. No fees. Call for more information. Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR, 97701. (541) 382-9253.
- Sep 29: Marymoor Velodrome Association Cyclocross.** Black Diamond, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Oct 6: Marymoor Velodrome Association Cyclocross.** Steilacoom, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Oct 12: Tolt Pipeline East.** Duvall, WA. 19 miles on gravel service road through Cascade Foothills. Recreational mountain bike ride, leisurely pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Oct 13-Nov 3: George's Cyclocross Series.** Idaho. Three race cyclocross series. See individual listings. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Oct 13: George's Cyclocross #1.** Idaho. The first of a three race, cyclocross series. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Oct 13: Marymoor Velodrome Association Cyclocross.** Fort Lewis, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Oct 15-Nov 17: First Mud Cyclocross Series.** Western OR. Cyclocross and mountain bike series. Dates: 10/20, 10/27, 11/3, 11/10, 11/17, Richard Potosio, Emerald Velo, 733 NW Everett #600, Portland, OR, 97209. (503) 274-1481.
- Oct 20: Fat Tire Challenge.** Nanaimo, BC. Cross-country race. Malaspina All Terrain Racing Club. (604) 753-3245.
- Oct 27: George's Cyclocross #2.** Idaho. The second of a three race, cyclocross series. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Oct 27: Marymoor Velodrome Association Cyclocross.** Black Diamond, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Nov 3: George's Cyclocross #3.** Idaho. The last of a three race, cyclocross series. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Nov 3: Marymoor Velodrome Association Cyclocross.** Fort Lewis, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Nov 10: Marymoor Velodrome Association Cyclocross.** Sea-tac, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Nov 24: Marymoor Velodrome Association Cyclocross.** Steilacoom, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Dec 1: Oregon Cyclocross District Championships.** Oregon. District championships. Richard Potosio, Emerald Velo, 733 NW Everett #600, Portland, OR, 97209. (503) 274-1481.
- Dec 1: Washington District Championships.** Sea-tac, WA. MVA Cyclocross Series Finale.
- Dec 7: National Cyclocross Championships.** Sea-tac, WA. Washington District Championships held at Sea-Tac Park. Jerry Baker, Marymoor Velodrome Association.

- Feb 25: Chilly Hilly.** Ferry Terminal Seattle-Wislow, Bainbridge Island. This long-standing event is known as the official opener of the Northwest cycling season. Hop the ferry to Bainbridge Island for this 28-mile loop around the island. 4,500 rider limit. Fees \$17.00 for Seattle start, \$15.00 for Island start. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.
- March 9 and April 27: Northwest Unofficial Tandem Society (NUTS)** Monthly tandem rides leaving from R&E Cycles 5627 University Way NE, Seattle at 10 a.m. There is a "playground" loop designed for both tandems with kids and rides at a playful pace. An adult loop rides at a faster pace for 20-40 miles. RSVP (206) 368-5490 x nut or E-mail: RodTandem@aol.com
- Mar 16: McClinchy Mile.** Monroe, WA. Choice of 3 loops, 24, 40, 50 & 70 miles fun ride beginning at Monroe HS. Pre-registration fee: \$10 (\$13, day of ride). Kathy Daves, B.I.K.E.S. of Everett, P.O. Box 5242, Everett, WA, 98206. (206) 339-7655 (ROLL).
- Mar 16: Upper Snoqualmie Valley Oil Smart Ride.** North Bend, WA. Nearly flat, 10-20 miles on scenic rail-trail. Recreational mountain bike ride, leisurely pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Riders under 18 must be accompanied by legal guardian or have written permission. Call for reservations. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Mar 31: Barking Spider Bash.** Givens Hot Springs, Idaho. A great, early season event, 40-miles from Boise. Low elevation, gentle climbs, lots of great single track. 11-mile loop. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.
- Apr 20-21: Earth Day Ride.** Farragut State Park, ID. David Moffitt, (509) 747-5868.
- Apr 21: 21th Annual Daffodil Classic.** Orting City Park, Orting, WA. 20.50, 70, 100 mile loops of varying terrain through beautiful rolling country side. First 100-mile ride of the year for Western Washington; makes a good family ride. Local daffodil parade held the previous day. \$10 pre-reg. \$12 day of ride. Dena Wessels, Tacoma Wheelmen, P.O. Box 112078, Tacoma, WA, 98411. (206) 759-2800.
- May 4: Skagit Spring Classic.** Bayview Elementary School, Burlington, WA. Scenic ride features salt water views, rivers farmlands and a choice of 25, 45, 62 and 100 mile courses. Pre-registration \$15, day of ride, \$18. Entry-fee includes map, food, sag, and an all-you-can-eat spaghetti feed from 12:30 to 4:30 p.m. Gary Minor, Skagit Bicycle Club, P.O. Box 151, Burlington, WA, 98233. (360) 424-4836.
- May 4-5: Tour of the Kootenai River (STOKR) '96.** Libby, MT. Scenic tour combines beauty, roaring waterfalls, wildlife and few cars! A low mileage, early season 2-day tour in remote northwest Montana (3hrs NE of Spokane). Entry fee: \$35 - benefits local Habitat for Humanity affiliate and includes goodies, soup and pie along the route! Limit: 250 riders. Susie Rice, Kootenai Valley Partners, 1020 Idaho, Libby, MT, 59923. (406) 293-8275 or E-mail: gregrice@homer.libby.org.
- May 5: Headwater Century.** Enumclaw, WA. 20, 62, 100 mile rides around Enumclaw Plateau. Brent Neu, Green River Bicycle Club, P.O. Box 1209, Auburn, WA, 98071. (206) 833-8409.
- May 5: Monster Cookie Ride.** Salem, OR. Metric Century (62 miles) ride north from Salem and back through flat farmland. Supported with drink, snacks, lunch and sag wagon. Registration before 4/22 includes lunch. Doug Parrow or Joanne Heilinger, Salem Bicycle Club of Oregon, P.O. Box 2224, Salem, OR, 97308. (503) 588-8613 or (503) 399-9652.
- May 6: Ride Around Clark County (RACC).** Vancouver, WA. 34, 65, 100 mile options. Hilly, scenic and beautiful. \$10 pre-registration by 4/23 or \$15 day of ride. Mike Viles, Vancouver Bicycle Club, (360) 693-0195.
- May 11: MS Super Cycle Tour.** Fall City, Carnation and Snoqualmie, WA. Celebrate 5 years of Super Cycle Fun! This one-day, fat tire tour wanders through peaceful backroads and explores a living tree farm. Perfect for all ages and abilities. Fully supported, great prizes. Money raised supports national research efforts and provides local services for people with MS. Victoria Darnell, MS Society, 192 Nickerson Street (Suite100), Seattle, WA, 98109. (206) 284-4236 or (800) 800-7047.

- May 11: Poulsbo Countryside Classic.** Poulsbo, WA. Ride with something for everyone. Choose from 15 (families and novice riders), 30 (challenging) and 60 (hardcore, hilly) mile routes. Fees: \$12 per person, \$25 per family, pre-registered (\$17 & \$35 after 4/27), includes SAG support and snacks en route. Andy Prescott, West Sound Cycling Club, P.O. Box 1579, Silverdale, WA, 98383. (360) 692-3425(360) 405-1834(360) 779-6676 or E-mail: aprescott@linknet.kitsap.lib.wa.us.
- May 12: Carnation Mother's Day Ride.** Carnation, WA. Nearly flat, 10-20 miles on scenic rail-trail. Recreational mountain bike ride, leisurely pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Riders under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- May 12-Oct 27: San Juan Islands.** San Juan Islands, WA. A 4-day exploration of the islands with friendly, knowledgeable guides. Price: \$822 with optional bike rental and airport transfer. Several rides per month May - October. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.
- May 17: Puget Sound Bike to Work Day.** Several locations. Here's your chance to try bicycling as an alternative form of transportation. Once you try it, you'll be hooked! CBC sponsors rides from all over Seattle to the official rally in Westlake Park. Dozens of info stations located on popular commuter thoroughways around Puget Sound. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.
- May 18: Inland Empire Century.** Howard Amon Park, Richland, WA. Country ride past farm lands, orchards, vineyard, pastures and rivers. 25, 62 and 100 miles. Helmet required. Fees: \$12 pre-reg (\$15 day of ride) includes snacks, map and sag. Start time: 6:30-9 a.m. Janice Absher, Tri City Bike Club, P.O. Box 465, Richland, WA, 99352. (509) 627-0227.
- May 18: Pomeroy "Pump up the Pulse" Bike Challenge.** Pomeroy, WA. A 40 mile loop with 3,000 feet of climbing. Low traffic, paved roads. Limit: about 100 riders. Fees: \$12, pre-registered and \$15, day of event. Tom Meyers, Garfield Co. Health Fund, P.O. Box 347, Pomeroy, WA, 99347. (509) 843-3721 or (509) 843-1106.
- May 18: Reach the Beach.** Portland, OR. Tour to the Oregon Coast. Fully supported, with a post ride BBQ. 50, 75, 100 mile rides, plus a mountain bike course. Fees: \$37. Nicole Bush, American Lung Association of Oregon, 9320 SW Barbur Blvd. #140, Portland, OR, 97219. (503) 246-1997.
- May 18-19: 8th Annual Idaho City Adventure.** Idaho City, Idaho. AMBC National for 1996. Three loops: 16.5, 22 and 26.5-miles. Expect deep woods, amazing single track and 700-plus riders. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.
- May 19: South Sound Tour.** REI, Federal Way, WA. An urban/country metric century through Dash Point. Port of Tacoma and southern portions of Kent Valley. Distances: 12, 35, 36 or 63 miles. Pre-registration: \$12 single riders, \$20 tandems and \$10 children (12 and under). Dave Bachman or Lori Stanstrom, Wheelsport Cycling Team, 23333 - 106th Street SE, Kent, WA, 98031. (206) 852-4946 or (206) 941-4994.
- May 19: 11th Annual Santa Fe Century.** Santa Fe, New Mexico. Choose one of four routes: 25, 50, 75, 100 miles - along rolling terrain. Food stops and sag-wagon support. \$13.00 entry fee includes water bottle, rider numbers, maps & route markings, food and support. Willard Chilcott, 885 Camino De Este, Santa Fe, NM, 87501. (505) 9482-1282.
- May 24-27: 11th Annual Northwest Tandem Rally.** Klamath Falls, OR. 22, 45, 55 and 85-mile rides, throughout Memorial Day Weekend. Registration held May 24 and 25 is limited to 1,500 riders. Rides (begin 10:30 a.m. Saturday) on May 25, 26, 27. Limited tent and RV (no hookups) sites available at rally headquarters. Klamath County Chamber of Commerce, 701 Plum Street, Klamath, OR, 97601. (541) 884-5193Fax: (541) 884-5193 or Email: klamcham@cdnsnet.net.
- May 25-28: Orcas Island Memorial Day Weekend Tour.** Anacortes, WA. Three or optional four-day tour of Orcas Island in the San Juans. A popular family outing. Fees: \$55 adults, \$27 children (12 and under) include: overnight accommodations, meals, SAG, tour guide and ferry tickets. Limit: 130 Applications and info mailed to requesters April 1. Fred or Fran Strong, Northwest Bicycle Touring Society, 6629, 113th Place SE, Bellevue, WA, 98006. (206) 235-7774.
- Jun 1: '96 Lewis County Classic.** Chehalis, WA (Adna High School). An annual event, 30, 90, 150 kilometer routes, plus an "all-you-can-eat" spaghetti lunch and Lewis County Classic T-shirt. Pre-register by May 24. Fees: Individual - \$20, Tandem - \$35 (\$25 and \$40 - late registration) Nancy, Twin Cities Chamber of Commerce, 500 NW Chamber of Commerce Way, Chehalis, WA, 98532. (800) 525-3323 or (360) 748-8885.
- Jun 2: 14th Annual Peninsula Metric Century.** Southworth Ferry Terminal or Gig Harbor Pier. Pierce County Fire District Headquarters. 20k, 50k, 100k and 100 mile loops, all routes go along Puget Sound; 100 -mile loop has elevation change of 6000 feet. Great training for STP and RAMROD. Map, food and participation item. \$10 pre-registration, \$12 day of ride. Dena Wessels, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. (206) 752-2800 or (206) 857-5658.
- Jun 2: Ashland Alpine Triple Challenge.** Ashland, OR. A favorite ride; participants have a choice of a 25 mile off-pavement, mountain bike course and 50, or 100 mile rides through the mountains above southern Oregon. Fully supported with a reputation for great food and finish line party. Russ Rickert, 164 Almeda, Ashland, OR, 97520. (541) 482-8704.
- Jun 2: The Best of the Northwest Bike Ride.** Woodland Park, Seattle, WA. The ride begins and ends at Woodland Park and offers a choice of century (100-mile) or half-century (50-mile) rides along Puget Sound spanning King and Snohomish counties. Fees: \$20 (pre-registration) and \$25 (day of event). Stu Hennessy Michelle Kinsch, Alki Bicycle Company, P.O. Box 85194, Seattle, WA, 98145. (206) 938-3322 or (206) 527-7541.
- Jun 2: Forbidden City Bicycle Tour™.** Seattle, WA. A spectacular 19.8 mile ride on some of Seattle's most unique highways and streets normally forbidden to cyclists. From Seattle Center on the Lower West Seattle Freeway Bridge to Alki and returning on the West Seattle FWY Brick Alaskan Way Viaduct and the Battery Street Tunnel. Tim Kneeland, Tim Kneeland & Associates, (206) 322-4102 or (800) 433-0528.
- Jun 8-9: Trek Clean Air.** Seattle Ferry Terminal, Seattle WA. Two-day, 110-mile recreational bicycle ride on the Olympic Peninsula, from Seattle to Westport. Full support, \$35 registration fee and \$250 in pre-collected pledges. Lori Brown, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. (206) 441-5100 or (800) 732-9339.
- Jun 8: Spring Century.** Clackamas County Fairgrounds, Canby, OR. 50, 100 k and 100 mile choices. Join 1,500 of your closest friends for a leisurely ride through scenic farmland. Mark Greenblatt, Portland Wheelmen Touring Club, 16W Swanby Street, Portland, OR, 97219. (503) 293-1069.
- Jun 8: 3rd Annual Strawberry Century Tour.** Lebanon, OR. 55, 70 and 100 mile loops. Rolling to moderately hilly rural landscapes, historic towns and scenic views of the Cascade Mountains and Willamette Valley. Fees: \$10, pre-registration deadline: May 31, 1996. T-shirts available for \$12 Nancy Wagstaff, Lebanon Community Hospital c/o Santiam Slow Spokes, P.O. Box 739, Lebanon, OR, 97355. (503) 451-4547 or (503) 945-6567.
- Jun 9: Flying Wheels Summer Century.** Seattle, WA. Tour the popular cycling areas of rural King and Snohomish counties. Final century training ride for STP or choose shorter loops of 25, 40 or 60 miles, plus a family oriented (15mile) loop. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.
- Jun 9: Rainier Ale Metric Century.** Rainier Brewery, 3100 Airport Way S, Seattle. 15th year! ET&CS's official STP training ride on part of the STP route. Flat 30 & 53 mile loops, 1 hill on 77 mile loop. Maps, DH arrows, mechanics, famous refreshment stands, souvenir T-shirts for sale. Advance registration forms in the May Cascade Courier, selected bike shops or send SASE. Fees: \$10 (by 5/24) and \$12 day of ride. Ted Houk, Emerald TAC & Cycling Society, 6019, 51 Ave NE, Seattle, WA, 98115-7077. (206) 522-3701.
- Jun 10-Oct 28: Columbia Gorge.** Columbia Gorge. An easy 5-day, multi-activity trip that incorporates hiking, rafting and cycling. Price: \$1,096 with optional bike rental (airport transfer included). Several trips, per month: June - October. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.
- Jun 15-22: One Hot Dam Tour.** Washington. Ride through areas of WA that most people never see. 8-day tour includes Vantage, George, Soap Lake & Dry Falls plus 6 dams. Fees: \$285 includes lodging, some

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- meals, SAG, tour guide and souvenir shirt. Limit: 50. Reservation deadline: May 1. Steve or Phyllis Lay, Northwest Bicycle Touring Society, 1320 North Cedar, Tacoma, WA, 98406-6408. (206) 759-1816.
- Jun 15: Tour de Blast '96.** Toutle, WA. Ride the new road around Mount St. Helens blast site. Great views! Fees: \$30 pre-registered by 5/15 (\$40 day of race) includes meals, support and T-shirts. Proceeds to support local charities. Make checks payable to: The Rotary Foundation, Longview Rotary Club, P.O. Box 1105, Longview, WA, 98632.
- Jun 16: No Frills Century.** Redmond, OR. Choose from standard and metric centuries through rolling terrain and scenic backroads. Leaves from Sunnyside Sports in Redmond. Food & sweep vehicle. Fee: \$10. Sunnyside Sports, 930 NW Newport, Bend, OR, 97701. (503) 382-8018.
- Jun 16: Monte Cristo Father's Day Ride.** Mountain Loop HWY - east of Granite Falls, WA. Nine miles on rail-trail, small hills. Bring lock and explore an old mining ghost town. Recreational ride, leisurely pace, open to the public. Limit: 12 riders, reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Jun 22-23: Seattle to Portland Bicycle Classic (STP).** Kingdome, Seattle. Meet in the south parking lot. 1-2 day, 200 mile ride from Seattle to Portland. Advance registration required. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.
- Jun 23: Double Dawg Tandem Ride.** Bend, OR. A 62 mile road ride for tandems and singles from Bend to Smith Rock State Park and back. Meet at Hutch's Westside - 9AM. Fees: \$5 - includes lunch (\$10 - tandems). Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR, 97701. (541) 382-9253.
- Jun 23-Oct 6: Oregon Cascades.** Oregon. A 7-day trip through the Oregon Cascades including the challenging but spectacular Crater Lake. Great for intermediate to advanced cyclists. Price: \$1,394 with optional bike rental and airport transfer. 4 trips: June - October. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.
- Jun 24-Oct 3: Cascades Sampler.** Washington. A 4-day, easy, mountain bike trip including cycling on paved roads, paths and unpaved trails. Visit open ranges and forests east of the Cascades. Sample the mountains and cycle through rural King County and into Seattle. Good for those seeking a variety of cycling routes and terrain. Price: \$854 with optional bike rental and airport transfer. Dates: June 24-27, July 22-25, August 19-22, and Sept 30-Oct 3. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875,

- Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.
- Jul 7: Ice Cream Classic.** Sunriver, OR. 65 mile casual road ride, no support. Fees: \$5, includes ice cream or soda at Goody's Ice Cream. Ride begins at 9 a.m. Sunnyside Sports, 930 NW Newport Ave, Bend, OR, 97701. (503) 382-8018.
- Jul 10-14: Red-Spoke 1996.** Redmond-Spokane, WA. 9th annual multi-day ride across Washington. A fully supported (meals, camping and showers) fund-raising bicycle adventure: scenic route through Steven's Pass. Registration fees: \$50 plus \$400 in donations. Money goes to the Redmond Rotary Club's various community projects. Hugh Judd, (206) 869-0892 or Richard Marker (206) 528-5742.
- Jul 13: Midsummer Nightmare Double Century Ride.** Spokane and Stevens Counties. One-day, 200 mile bike tour with over 10,000ft of elevation gain. Features a tough course on the beautiful rural roads of Spokane and Stevens counties, river views. A moderately hilly and challenging ride. Limited support, snacks and commemorative t-shirt. Fee: \$25 (after 7/2-\$30). Send SASE. Sally Phillips, Spokane Bicycle Club, 3608 E 35th St, Spokane, WA, 99223. (509) 448-6271.
- Jul 13-17: Canada's Big Island Tour.** Vancouver Island and Victoria, B.C. Join hundreds of cyclists on this beautiful tour which takes you along secluded back roads of southern Vancouver Island and finishes in Victoria. Cycle along the Straight if Georgia and enjoy the quaint fishing villages and charming towns you'll pass through. Fee: \$235. Call about other exciting tours! Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.
- Jul 13-21: Washington Pacific Coast Tour.** Washington. 9-day, 450 mile tour of Washington's Pacific Coast Bicycle Route from Canada to the Cloumbria River. Fee: \$290 includes lodging, bicycle transport, SAG wagon, tour guide and bus from Seattle to Blaine and return. Limit: 50 Please phone for application. Terry or Lori King, Northwest Bicycle Touring Society, 4241 Libby Road NE, Olympia, WA, 98506.
- Jul 13-Sep 14: Washington Cascades.** Washington. The trip that has it all: farmland, mountains, valleys, water and forests! 7-day, 370 miles, for intermediate to advanced cyclists. Price: \$1,588 with optional bike rental (airport transfer included), 3 trips: July - September. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.
- Jul 14: Tour de Pierce.** Puyallup Fairgrounds, Puyallup, WA. 12, 30 and 50 mile loops of varying terrain through beautiful Puyallup Valley countryside. Sponsored by Pierce County Parks to benefit bicycle safety and youth recreation programs. Pre-registration preferred, fees: \$10 individual, \$25 family (\$12 and

- \$30 day of ride). Mike Dobb, Pierce County Parks, 9112 Lakewood Dr SW, Tacoma, WA, 98499. (206) 593-4176.
- Jul 14: Willamette Greenway Tour.** 80-mile ride with a figure-8 loop along Willamette River. Two ferry crossings. Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.
- Jul 14-17: Tour de Lane.** Lane County, OR. Two, four-day, fully supported tours of untraveled, paved roads in Lane County, OR. Ride from the Cascade foothills to the coast. 50-80 miles daily. Points of interest include: interpreted old-growth hikes, vineyards, faux-Wild West attraction, party with band and raffie prizes. Limit: 200 riders per tour. Fee: \$285. Deadline for registration: one month before ride. Ride dates: 7/14-7/17 and 8/17-8/20. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: TourDeLane@.
- Jul 14-20: 1st Annual Great Ride Around Montana (GRAM).** Montana. Join us on this ride's first year and help us plan for future years. 450 mile ride begins and ends in Billings, MT and takes you on a scenic loop tour. Climb the Beartooth Pass, see parts of Yellowstone Park and enjoy some great downhill. Fees: \$100 includes limited sag support, hotel and camp. Limit: 25 riders Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.
- Jul 20: Marysville Strawberry Classic Bike Ride.** Marysville, WA. Leisurely or challenging 20, 40, 70 or 100 mile loops. Several complimentary rest stops, toilets and motorcycle/van overseers. \$20 fee includes the ride, famous strawberry shortcake, BBQ chicken, salad, bread and beverages. Strawberry Classic, P.O. Box 349, Marysville, WA, 98270. (360) 653-1570.
- Jul 20-27: Kananaskis Country Tour.** Canadia Rocky Mountains. One of the most popular tours, travel through incredible scenery of the Canadian Rockies. Begin your adventure in Calgary and ride through the rolling foothills and glacial valleys of the Rockies to the quaint town of Banff. Fees: \$515 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.
- Jul 21: Hutch's Hundred.** Bend, OR. Century ride west of Bend. Route will probably include Sisters and North Redmond. Meet at Hutch's Westside - 9a.m. Fees: \$5. Call for more information. Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR, (541) 382-9253.
- Jul 21: Watermelon Ride.** Salem, OR. 124 or 82 mile ride from Salem through mid-Willamette Valley and back. Supported with food and drink at check points. Doug Parrow or Joanne Heillingner, Salem Bicycle Club of Oregon, P.O. Box 2224, Salem, OR, 97308. (503)588-8613 or (503) 399-9652.

- 284-4236 or (800) 800-7047.
- Jul 28-Aug 6: Glacier to Calgary Bike Trek.** US and Canada. Ten-day, fully-supported bike tour of four national parks in Montana, British Columbia and Alberta (including Glacier and Banff NP). Fees: \$50 registration plus \$900 in pledges. Laurel King, American Lung Association of California, 21 Locust St., Woodland, CA, 95695. (800) 827-2453.
- Jul 28-Aug 7: International Parks Tour.** US and Canada. This exciting tour is a favorite of our participants. Calgary will be the start for this extraordinary adventure through some of the most spectacular national parks of Canada and the US. We will ride through Banff, Kootenay, Waterton Lakes and Glacier National Parks. Fees: \$775 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.
- Aug 3-4: 15th Annual Tour of Scenic River Valleys-NW.** Marysville, WA. Two day 150-mile ride through Skagit and Snohomish Counties. Camping at Burlington KOA. We haul your camping gear. Pre-registration required, fee: \$70 includes 2 meals, 4 snack stops and t-shirt. Patty Garrett, BIKES of Everett, P.O. Box 5242, Everett, WA, 98206. 206-339-ROLL.
- Aug 3: Moonlight Tour in Yellowstone Park.** Montana. A fun, one-night, 77-mile tour around the North loop in a counter-clockwise direction - by moonlight! Tour begins and ends at Mammoth Hot Springs. Fees: \$25 per person includes snack and sag-support. Helemts and lights required. Limit: 50 riders. Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.
- Aug 4: Snoqualmie Tour de Peaks.** Railroad Park, Snoqualmie, WA. 8 mi, 50km, 100km tours, all featuring great scenery, town festival events, and local restaurant food sampling. Fee includes marked route, map, route guide, number, sag, souvenir and first 250 riders receive t-shirt from previous years events. Celebrate Snoqualmie Western Days with a bicycle tour of the valley that made Twin Peaks famous. Fees: 12 ind 25 family, 15/30 day of ride. Cathy Runkle, Snoqualmie Valley Events Inc., P.O. Box 2026, Snoqualmie, WA, 98065. (206) 88-0021 or (206) 888-0321.
- Aug 9-10: Ride from Seattle to Vancouver, B.C. and Party (RSVP)8/9.** University of Washington (start). A two-day, two country tour of beautiful cycling terrain, perfect for those who want a "small group" riding experience. 185 miles, finishes in downtown Vancouver where you'll be greeted by live music, food, friends! Map and luggage support included. Registration deadline: July 14. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.
- Aug 10-18: Seattle, Victoria & San Juan Islands Tour.** San Juan Islands, WA. Nine-day loop includes 300 miles plus optional mileage in Victoria and the San Juan Islands. Fee: \$295 includes lodgings, one dinner, one breakfast, 11 ferry trips, SAG wagon and tour guide. Limit: 50 riders. Dan or Karen Healy, Northwest Bicycle Touring Society, 4612 South 29th Street, Auburn, WA, 98001. (206) 941-5870.
- Aug 10: Freeze-out Hill Climb.** Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Aug 11-17: Wheeling Washington II™.** Washington State. 7 days, 408 miles traversing the Olympic Peninsula, Victoria BC, and Long Beach. Fully supported, most meals included, friendly staff, great views and new friends. Tim Kneeland, Tim Kneeland & Associates, 200 Lake Washington Blvd. Suite 101, Seattle, WA, 98122. (206) 322-4102 or (800) 433-0528.
- Aug 17: Bear Creek 100.** Medford, OR. 50-100 mile, 100-K riders. Lots of food and fun. Leaves from Bear Creek Park. Richard Jones, Siskiyou Wheelmen, 1474 Grand Avenue, Medford, OR, 97503. (503) 779-3821.
- Aug 18: Tour de Kitsap.** Bremerton, WA. 30 & 50 Mile loops on the Boardwalk. Fees: \$15 adults, \$10 children aged 16 and under. Souvenir t-shirts: \$15. Ted Dupee, (306) 479-1265 or (360) 377-3041.
- Aug 23-25: The Grand Tour.** Idaho, Montana, Wyoming. A fully supported, 3 day, 307-mile bicycle tour through world renowned Yellowstone and Grand Teton National Parks, Targhee and Bridger-Teton National Forests, and other parts of Idaho, Maontana, Wyoming. Limited to 300 riders. Fees: \$295. Registration deadline: July 1. Darla Wilson Layne Gnetting, The Grand Tour, 16 North Second East, Rexburg, ID, 83440. (800) 657-5597 or Layne@srv.net.

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Thomas Kemper Soda Company

1996

ANNUAL CALENDAR

BicyclePaper

Aug 24-25: Crater Lake Tour. Broken Arrow Campground, Diamond Lake, OR. 34 mile ride around the Lake on the Rim Road. Caution for high altitude (8000 ft). Fees: TBD Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.

Aug 24-26: Courage Classic™. Snoqualmie, WA. 3 day, 172 mile, 3-pass adventure through Cle Elum, Leavenworth and Skykomish. Fundraising event for Mary Bridge Children's Hospital. Fully supported, all meals, terrific staff and continuous smiles. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Suite 101, Seattle, WA, 98122-6540. (206) 329-6090 or (800) 392-9253.

Aug 24: Horse-shoe Bens Hill Climb. Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Aug 24-31: Oregon Coast. Portland - Eugene, OR. Portland marks the beginning of this spectacular ride along Oregon's magnificent coast. Cycle along the Columbia River to Astoria, then enjoy beautiful beaches and rocky seascapes. Continue through Yachats and Newport to finish your tour in Eugene. Fees: \$675 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.

Aug 30-Sep 2: Annual Tour of the Bighorn Mountains. Montana. See the scenic Bighorn Mountains in Northern Wyoming as you ride this 300-mile loop over three or four days. If you like downhill, this is one of the steepest in the nation! This ride is NOT for beginning cyclists. Fee includes sag-support and camp. Limit: 25 riders. Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.

Sep 7: Bogus Basin Hill Climb. Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Sep 8-14: Cycle Oregon IX. Oregon. Rick Chastain, Peter Jacobsen Productions, Inc., 8700 SW Nimbus (Suite B), Beaverton, OR, 97008. (503) 643-8064 or (800) 292-5367.

Sep 8: 24th Annual Sunnyside Century. Sunriver, OR. 100 mile road ride with support; 50 & 75 mile routes also available. Fees: \$15 includes four food stops. Awesome T-shirts for sale! Sunnyside Sports, 930 NW Newport Ave, Bend, 97701. (503) 382-8018.

Sep 14: Jan Selvig Century. Marblemount to Washington Pass, WA. A 100-114 mile single day ride along the scenic North Cascade Highway from Marblemount to Washington Pass and back. 400 rider limit. Fee is \$40.00 (pre-registration only) and includes full support and t-shirt. Tim Hollaran, Skagit Council on Aging, 315 S. 3rd. St., Mt. Vernon, WA, 98273. (360) 336-9315.

Sep 15: 17th Annual Autumn Century Ride. Wandermere Mall, N.Division, Spokane. 15, 25, 50, 75 & 100 mile routes. A fully supported ride around Spokane. Proceeds to benefit Bicycle Safety and Education. Fees: \$5, \$10 and \$20 (includes t-shirt) Late fees after 9/10/96. Prize drawings. Send SASE. Reginald Lee, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-928-2996.

Sep 15: Covered Bridge Century. Benton Co. Fairgrounds, Corvallis, OR. 100 mile tour of scenic Willamette Valley crossing six historic covered bridges, or 45 miles, 4 bridges, 3 sag stops Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.

Sep 16-Nov 2: Southern Cross Bicycle Classic™. Anaheim, CA. Disneyland to Disney World, 8 states, 3000 miles, 47 days. Fully supported bicycle tour. Enjoy the beautiful scenery and people from highland deserts, mountain ranges and Gulf Coast beaches. Pay-to-go, or raise money for the charity of your choice. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd #101, Seattle, WA, 98122-6540. (206) 322-4102 or (800) 433-0528.

Sep 21-22: Tour des Lacs. Spokane, WA - Coeur D'Alene, ID. Two-day ride with 4 course options around seven lakes. Starts in Spokane and winds through hilly terrain. Fully supported - 12 food stops, multiple options for housing including Coeur D'AleneResort. \$50 registration. Joe O'Shaughnessy, Holy Family Foundation, N 5633 Lidgerwood, Spokane, WA, 99207. 800-835-8841 or 509-482-2588.

Sep 27-29: Mount Rainier Loop Tour. Washington. A 160 mile loop around Mt Rainier. Fee: \$110 includes

accommodations, meals, SAG wagon and tour guide. Limit: 70 Pete and Maas Hannelore, Northwest Bicycle Touring Society, 18249 SE 147th Place, Renton, WA, 98059. (206) 255-4192.

Sep 28-30: The 14th Annual Oregon Trails Bicycle Trek. Willamette Valley. 2 or 3 days of pedaling through scenic Willamette Valley. Full support. Fees: \$40 and \$150 in pledges Nicole Bush, American Lung Association of Oregon, 9320 SW Barbur Blvd. (#140), Portland, OR, 97219. 800-LUNG-USA or (503) 224-5145.

Sep 29: Peach of a Century Ride. Salem, OR. 100 mile or metric (62mile) century ride from Salem to Stayton, OR and back. Supported with snacks and drink at check points. Jackie Lefevre or Joanne heilinger, Salem Bicycle Club of Oregon, P.O. Box 2224, Salem, OR, 97308. (503) 390-9558 or (503) 399-9652.

Oct 5: Manastash Metric Fall Colors Tour. Public Safety Bldg, 2nd and Pearl, Ellensburg, WA. Ride flat to rolling hills (tandem friendly terrain) along the

Apr 2-Sep 17: Baddlands Twilight Race Series. Spokane, WA. Held every Tuesday evening at 6pm in Spokane. Venues vary, no citizens classes. Entry fee: \$6. Bob Fisher, Baddlands Bicycle Club, S. 131 Sherman, Spokane, WA, 99202-1560. (509) 235-3880 or Alex Renner: (509) 456-7470.

Apr 18-Aug 6: Seward Park Series. Seward Park, Seattle. Every Thursday p.m. A one kilometer course with sprinter's hill and smooth pavement for fast and very safe racing. Training races, all categories welcome. 3 races nightly beginning at 5p.m. Entry: \$8 (licensed) and \$11 (non-licensed). David Douglas, 4207, SW Hill Street, Seattle, WA, 98116. (206) 932-5921.

Apr 21-Aug 24: WSBA - BARR Race Series. Series of WA-state based races where riders accumulate points towards determining the Best All-Round rider in the state. Washington State Cycling Association (WSBA).

May 4-Aug 31: WIM Mountain Bike Series. Washington, Idaho and Montana. Series of mountain bike races



Photo by Marianne McCoy

majestic Yakima River, on back roads free from heavy traffic. Choice of 32 or 62 mile loops fully supported with sag and food stops. \$10 pre-registration and \$12 day of race (\$15 & \$17 tandem). Day of ride registration: 7-9am. Pre-registration forms at your local bike store or SASE. Ruth Ann Stacy, City of Ellensburg, 661 Strange Road, Ellensburg, WA, 98926. (509) 925-4536.

Oct 6: Kitsap Color Classic. Fourth season! Ferry to Kingston and pedal one or more loops ranging from 11-69 miles. Visit historic, waterfront communities on rural Kitsap Peninsula and catch the fall colors from the seat of your bike! Fees: \$15 and \$13, CBC members \$2 off. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.

Jan 1-Dec 31: Odyssey 2000®. Planet Earth. Circle the globe as the new millennium dawns. Explore more than 50 nations on this fully-supported ride, with meals, a new Odyssey 2000® bike, lodging and air travel all arranged for you. Includes a stop at the 2000 Summer Olympics in Sydney. Please call for details on this and other Odyssey tours. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Suite 101, Seattle, WA, 98122-6540. (206) 322-4102 or (800) 433-0528.



RACES

Mar 2-23: Early Bird Road Race Series. Harrisburg, OR. A multiple day stage race. Dates: March 2, 9, 16, 23 Series road race in Linn County. 1,2 Pro/Cat.3/ Cat. 4, 5/Masters/Women Tom Bartlett, Emerald Velo, 1888 Lincoln Street, Eugene, OR, 97401. (541) 687-2058.

Mar 9-24: Southern Oregon Time Trial Series. Medford, OR. March 9, 16, and 24. Individual time trial racing. Bob Budesza, Siskiyou Wheelmen, P.O. Box 974, Ashland, OR, 97520. (541) 899-3928.

Mar 10-24: Banana Belt Road Races. Champoug Park, OR. A multiple day, rural road race. Dates: March 10, 17, 24. All levels welcome. Chris Hamilton, Raindance, 1304, SE 33rd Avenue, Portland, OR, 97214. (503) 236-4712 or Fax: (503) 236-0184.

located in three states. Organized by separate promoters. Call for series list. David Moffitt, (509) 747-5868.

May 5-12: Padden Mountain Peddle. Bellingham, WA. Washington State Championship Series: Off-road, mountain bike races to serve as fundraiser for variety of environmental concerns. Per-race fees: \$20 & \$25 pre-registered; \$5 extra day of race. Sanctioned by NORBA. Kulshan Cycles or Jim Sullivan, (360) 733-6440 or (360) 671-4107.

May 7-Sep 10: GI Joe's Portland International Raceway Series. Portland International Raceway. Weekly, Tuesday night circuit race. Jeff Mitchem, Raindance Velo Club, P.O. Box 10574, Portland, OR, 97210. (503) 228-7352.

May 13-Sep 9: RCW's Masters Night. Portland International Raceway, Portland, OR. Bi-monthly, age-graded circuit races. Please call for more information. Jim Pederson, Team RCW, 1274 NE Village Squire Court, Gresham, OR, 97030. (503) 667-1739.

Jun 19-Jul 17: Mount Tabor Series. Portland, OR. Hilly, circuit race series - June 19, 26 and July 3, 17. Jeff Mitchem, Raindance Velo, 2367 NW Glisan (#9), Portland, OR, 97210. (503) 220-8841.

Jul 3-25: George's Bicycles Criterium Series. Idaho. A four race series, weekly throughout July. Please see individual listings. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Jul 3: Criterium Series Race #1. Idaho. The first of a four race series, weekly throughout July. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Oct 4-6: Mount Hood Skibowl. Mount Hood, OR. Pacific Northwest Mountain Bike Series: A regional mountain bike race series with events in 4 states and 2 countries. All levels of competitors are invited to compete in a multitude of events including: downhill, dual slalom, cross country and observed trials. Series geared for development of the rider and the sport. Peter Kakes, (503) 272-0240.



SINGLE RACES

Feb 18: Jack Frost Time Trial. Vancouver, WA. Early season time trial (137 miles). Don Bly, Beaverton Bicycle Club, 5370 NW Neakanie Avenue, Portland, OR, 97229. (503) 629-9406.

Feb 25: Cherry Pie Road Race. Cottage Grove, OR. A rural road race. USCF Categories 1, 2, 3, 4, 5 Tom Bartlett, Emerald Velo, 1888 Lincoln Street, Eugene, OR, 97401. (541) 687-2058.

Mar 3: 21st Annual Piece of Cake Road Race. Halsey, OR. Single day, rural road race. Cakes, cash and merchandise. David Auker, Emerald Velo, 4939 SW 35th Place, Portland, OR, 97221. (503) 246-1100.

Mar 3: Ice Breaker Time Trial. Flaming Geyser State Park, Auburn, WA. Timed 10 mile loop, one minute intervals. Registration 8:00-8:45a.m. Starts 9:00a.m. Fee: \$12. USCF rules apply. Men's Cat. 1&2, 3, 4, 5. Wm's CAT. 1&2 and 3&4. Citizens: age group, ribbons only. Rich Soborowicz, Green River Bicycle Club, P.O. Box 1209, Auburn, WA, 98071-1209. (206) 862-4932 or E-mail: thersesn@aol.com.

Mar 9: Tour of the Frozen Flatlands. Cheney, WA. A flat, fast road race for all USCF categories. Alex Renner, Baddlands Bicycle Club, South 131 Sherman Street, Spokane, WA, 99202-1460. (509) 456-7470 or (509) 235-3880.

Mar 10: Fort Lewis Training Races. Washington. Richard Loflin, Washington State Bicycle Association, (206) 670-4613.

Mar 10: Emmet-Roubaux Road Race. Idaho. A 30 mile ride. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Mar 17: Black's Creek Road Race. Idaho. A 45 mile ride, USCF. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Mar 30-31: Golden Ears Stage Race. Maple Ridge, BC. Scott Laliberte Mike Wright, (604) 253-4770.

Mar 31: Volunteer Park Criterium. Seattle, WA. 27th annual edition of this traditional season opener. Excellent spectator event with hundreds of regional competitors. Northwest Masters Points Series. B.A.R.R. and B.A.R.T. for W.S.B.A. Dan Norton, Puget Sound Cycling Club, 3320 S. Plum, Seattle, WA, (206) 324-7304.

Apr 6-7: SFU Easter Classic. Vancouver, BC. Road, criterium and stage race. Scott Laliberte Mike Wright, Vision Cycle, (604) 253-4770.

Apr 3-7: Willamette Stage Race. Eugene, OR. Early season classic stage race. Categories 1,2 Pro/ Women/Cat.3/Cat. 4,5/Masters Tom Bartlett, Emerald Velo, 1888 Lincoln Street, Eugene, OR, 97401. (541) 687-2058.

Apr 13: Spokane River Road Race. Spokane, WA. 2 road race 1=road 1= combination road & dirt Chris Peterschmidt, Arivee Cycling, P.O. Box 3072, Spokane, WA, 99220. (509) 747-7586.

Apr 14: Ridge to River Relay. Wenatchee, WA. Multi-sport relay race with 2000 participants. 35 mile course includes Nordic skiing, alpine skiing, running, cycling, kayak/canoe, portage. Open to teams, pairs and solo participants. Susan Frese, Ridge to River Relay Association, 656 North Miller Street / P.O. Box 3961, Wenatchee, WA, 98807. (509) 662-8799 or R2rrelay@aol.com.

Apr 14: 1996 Barry Wilcox Hill of the West Time Trial. Port Angeles, WA. Time trial begins at Lincoln Park, east of the Port Angeles Airport. All categories are welcome. Fees: \$15. Prizes 6 deep. Citizen prizes 3 deep. Check in: 8-10 a.m. Start time: 11 a.m. Bill Rowland, Forward Motion, 520 West 16th St., Port Angeles, WA, 98362. (206) 457-8069 or 206-457-4487.

Apr 14: Spokane River Roubaux. Spokane, WA. All Categories. B.A.R.R. and B.A.R.T. for W.S.B.A. Chris Peterschmidt, Arivee Cycling, P.O. Box 3072, Spokane, WA, 99220. (509) 747-7586.

Apr 20-21: Northwest Masters Series. Vancouver, BC. Road, criterium and track races. Bill Runyon, (604) 732-9039.

Apr 20-21: Oregon State University Collegiate Stage Race. Corvallis, OR. Road race, time trial, criterium. April 20 and 21. Collegiate only. Jason Robbins, OSU Cycling Club, Dept. of RRec. Sports, Dixon Court, Corvallis, OR, 97331. (541) 753-2580.

Apr 20: Bothell Criterium. Bothell, WA. All Categories. Call for more information. Mark Gran, Mead Management Group, 1932, First Ave (1003), Seattle, WA, 98101. (206) 448-5868.

# Bicycle Paper ■ 1996 ANNUAL CALENDAR



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**Apr 21: Seward Park Spring Classic.** Seward Park, Seattle, WA. In Seward Park. One kilometer course with sprinter's hill. Smooth pavement, fast and safe racing. First race is 8:30am for all categories. WSBA-BARR race. Fees \$15.00. David Douglas, David Douglas, 4207, SW Hill Street, Seattle, WA, 98116. (206) 932-5921 or E-mail: lddoug@scn.org

**Apr 21: Oregon State University Criterium.** Corvallis, OR. A flat, fast 1km course. All categories welcome. Greg Bennett, OSU Cycling Club, 2514 SE Micah Place, Corvallis, OR, 97331. (541) 758-3118.

**Apr 28: Cottonwood Canyon Road Race.** Yakima, WA. All categories. Fees: \$17 advance entry, \$25 day of race. \$2,100 cash prize fund. Neil McClure, Valley Cycling & Fitness, P.O. Box 939, Yakima, WA, 98907. (509) 965-5919 or (509) 452-8063.

**May 4: Horse Heaven Road Race.** Tri Cities, WA. Road race for all categories. B.A.R.R. and B.A.R.T. Lance Armstrong Juniors event. David Byron, Chinook Cycling Club, POBox 132, Richland, WA, 99352. (509) 735-2972 or (509) 372-2456.

**May 4-5: Pear Blossom/Woodrat Road Race.** Medford, OR. Road races. Glenn Gann, LACE, Medford, OR, 97520. (541) 779-6968.

**May 4: Woodrat Road Race.** Rich, OR. The traditional road race season opener for Southern Oregon. 23 mile hilly circuit course. All age groups and Oregon BAR points. Fees. Matt Guinn, Team Ascent, LACE., (509) 735-2972 or (509) 372-2456.

**May 4-5: Gary Lund Road Race.** Victoria, BC. Criterium race. Rich Wilson, (604) 381-4523.

**May 5: Jacob's Loop Road Race.** Tri Cities, WA. Road race for all Cats BARR and BART for WSBA members. A Lance Armstrong Jr. Road Race. David Byron, Chinook Cycling Club, P.O. Box 132, Richland, WA, 99352. (509) 735-2972 or (509) 372-2456.

**May 11-12: The Mutual of Enumclaw Stage Race.** Enumclaw, WA. A 30 mile course with some hills. Stage and road race held on Sunday, criterium and time trial (closed horseshoe loop) on Saturday. \$10,000 cash prize list. Fees: \$45-50 Tricia

Lawrence Pat Carroll, Avanti / Ti Cycles Racing Team and the city of Enumclaw, 172 Erie Avenue, Seattle, WA, 98122. (206) 621-3162 or (206) 621-3245.

**May 18-19: La Grande Omnium.** La Grande, OR. Three single road races of 60, 65 and 8 miles. Omnium points for participants in all three races. Variety of categories. Chip Ettinger, La Grande Velo & Cycle Logic, 108 Terrace, La Grande, OR, 97850. (541) 962-7441.

**May 18: Alki Point Criterium.** West Seattle. US Men's Senior criterium championships. Andy Lund, Bob Walsh Enterprises, 441-7460 (x222).

**May 19: Microsoft Grand Prix / Olympic Trials.** Seattle, WA. Men's Olympic Trials qualifying race on the streets of Seattle. 130 mile race. Professional and Category 1 men only. Volunteers needed for race day. Andy Lund, 441-7460 (x222).

**May 25-27: Northwest Masters Series.** Portland, OR. Road, criterium and track racing. Bill Runyon, (604) 732-9039.

**May 25-27: 1996 Twin Rivers Classic.** Lewiston, ID - Clarkston, WA. Three-day stage race including prologue, criterium, time trial and road race. \$10,000 in cash prizes. Full range of entrant categories inc: Senior and Women IV. Pre-registration is strongly encouraged. Pete Beall, Twin Rivers Cyclists, 1926, 19th Avenue, Lewiston, ID, 83501. Days: (208) 746-0961 Fax: (800) 710-7652 or Eves: (208) 743-2040 E-mail: cycle@valley-internet.net.

**May 25-27: Best of the West Junior Olympic Stage Race.** Medford, OR. 3-day, four stage USCF sanctioned event for juniors only. Includes time-trial, two road races and a criterium. Best riders from all the western states, largest juniors-only race in the US! Dana Bandy, Siskiyoo Wheelmen, P.O. Box 903, Ashland, OR, 97520. (541) 488-2453.

**May 26: Ski-to-Sea Relay.** Whatcom County, Bellingham, WA. 57-mile team relay. One in a series of events taking place over Memorial Day weekend, including skiing, running, canoeing, kayaking and biking, plus parades and kid's events. Fees for teams and

registration. Cheryl Willis, Bellingham Chamber of Commerce, (360) 734-1330.

**Jun 1: Oregon District Rehearsal Race.** Turner, OR. New, 14-mile circuit. Tune-up for state road race championship. Steve Yenne, Capitol Velo Racing Club, 1790 Liberty St, NE, Salem, OR, 97302. 503-390-0646.

**Jun 1: Rehearsal Category 4 & 5 Road Champ.** Turner, OR. Road race. Steve Yenne, Capitol Velo, 1790 SE Liberty Street, Salem, OR, 97302. (503) 390-0646.

**Jun 1-2: Cedar Road Race.** Nanaimo, BC. All categories except 1 and 2. Mike Sevcov, (604) 755-1953.

**Jun 1: Bellingham Criterium.** Bellingham, WA. John Spraupe, Upper-Chaukknut Cycling Club.

**Jun 2: Silvertown Criterium.** Silvertown, OR. Criterium race. Steve Yenne, Capitol Velo Racing Club, 1790 SE Liberty Street, Salem, OR, 97302. (503) 362-0500.

**Jun 7-9: Columbia Plateau Stage Race.** Eastern Oregon. Stage race. Marc Schwyhart, Emerald Velo, 5220 SW Franklin Avenue (#1), Beaverton, OR, 97005. (503) 641-0266.

**Jun 8-9: Creston Valley Stage Race.** Creston, BC. Stage Race. Fees: \$30 pre-registered (\$40 day of race). Terry Dugdale, Creston Valley Cycling Club, Box 477, Creston Valley, BC, V0B-1G0. (604) 428-7127.

**Jun 8: Hats Off Criterium.** Burnaby. Scott Laliberte Mike Wright, Vision Cycling Promotion, (604) 253-4770.

**Jun 9: UBC Omnium.** Vancouver, BC. Scott Laliberte Mike Wright, Vision Cycling Promotion, (604) 253-4770.

**Jun 9: WA State Championship Event & Series Finale.** Bellingham, WA. Kulshan Cycle Mark Peterson, Mark Peterson, (360) 733-6440 or (360) 738-0679.

**Jun 15: Seward Park Summer Classic.** Seward Park, Seattle. One kilometer course with sprinter's hill, open to all categories. Smooth pavement, fast and safe racing. First race: 8:30AM. WSBA - BARR race. Entry fee: \$15 David Douglas, 4207, SW Hill Street, Seattle, WA, 98116. (206) 932-5921 or E-mail: lddoug@scn.org.

**Jun 16: District Road Race Championship.** Turner, OR. State Championships. Steve Yenne, Capitol Velo, 1790 Liberty Street SE, Salem, OR, 97302. (503) 362-0500.

**Jun 16: Oregon District Championships.** Turner, OR. Road race. Steve Yenne, Capitol Velo Racing Club, 1790 Liberty Street NE, Salem, OR, 97302. (503) 362-0500.

**Jun 16: Washington District Time Trial Championships.** Enumclaw, WA. Gino Lisiecki, 1012 West 23rd Avenue, Spokane, WA, (509) 838-3707.

**Jun 18-30: Power Bar International Women's Challenge.** Idaho and Utah. Toughest women's cycling event in the world. A showcase for the top US and international women cyclists. The grueling 12-day event covers the West's most scenic and challenging terrain. In the only US women's bicycle race listed on the International Calendar - a must see event! Jim Rabbau, P.O. Box 299, Boise, ID, 83701. (208) 345-7223 or Fax: (208) 343-5325.

**Jun 22: Mt Tabor Criterium.** Mt Tabor Park, Portland, OR. Hilly circuit course on the side of extinct volcano. Michael Ackley, Team RCW, 2104 North Summer Street, Portland, OR, 97217. (503) 285-9720.

**Jun 22-23: Tour de White Rock.** White Rock, British Columbia. Mens and womens criterium and road race. \$10,000 in prize money. Lorelei Richards Rita Clarkson, White Rock Leisure Services, 15322 Buena Vista Ave., White Rock, BC, V4B 1Y6. (604) 541-2161 or (604) 541-2168.

**Jun 23: Saturn Bicycle Classic.** Portland International Raceway, Portland, OR. Short circuit race. Kirti Walpole, Team Oregon, 4318 SE 8th Ct., Gresham, OR, 97080. (503) 579-3142.

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Thomas Kemper Soda Company

1996

ANNUAL CALENDAR

BicyclePaper

Jun 23: Saturn Bicycle Classic. Portland, OR. A short Portland International Raceway circuit, prior to CART races. Kirt Walpole, Team Oregon, 11160 SW Goldfinch Terrace, Beaverton, OR, 97007. (503) 579-3142.

Jun 29-Jul 1: BC Classic Stage Race. Langley, BC. A racer's race. Four stages: TT, RR, Crit, RR. All categories, low fees. Follows successful '94 maingard which had \$10,000 in cash prizes, excellent courses and good attendance. Ted Ritter, Escape Velocity Cycling Club, 2964 West 8th Avenue, Vancouver, BC, V6K2C1. (604) 732-7569 Fax: 7575 or E-mail: tritter@direct.ca.

Jun 29: Riverspirit Circuit Race. Idaho. USCF Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID. (208) 343-3782.

Jun 30: Providence Bike-A-Fair. Portland, OR. All category criterium. Fees: \$14 (\$5-juniors) by 6/22/96 (\$4 extra for late entries). Checks to: Steve Rapp, Team Oregon, 7964 SW 47th Avenue, Portland, OR, 97219. (503) 245-3001.

Jun 30: Washington District Road Race Championships. Tri Cities, WA. David Byron, Chinook Cycling Club, P.O. Box 132, Richland, WA, 99352. (509) 735-2972 or (509) 372-2456.

Jul 4: Joe Matava Memorial Criterium. Burien, WA. Richard Loftin, WWSA, (206) 670-4613.

Jul 6-7: 1996 Hammerfest. Rosalia, WA. A road race. Alex Renner, Baddlands Cycling Club, South 131 Sherman, Spokane, WA, 99202-1460. (509) 456-7470.

Jul 7: The Saturn Mayor's Cup Criterium. Portland, OR. A full day of Criterium style bicycle racing. Cats: Pro/1/2, 3, 4/5, Women (official regional 'Fresca Women's Cup' race). See Portland bicycle police use their bikes in actual crime enactments. Excellent food and interesting displays. Ron Hughes, Team RCW, 9205 NW Skyline Blvd., Portland, OR, 97231. 503-286-6298.

Jul 7: Mayor's Classic Criterium. Portland, OR. Downtown criterium. Goop Hughes, Team RCW, 9205 NW Skyline Boulevard, Portland, OR, 97231. (503) 286-6298.

Jul 9-13: Cascade Classic Stage Race. Oregon. Professional and amateur stage races. Tim Goffey, Kiah Klahnee, 442 NW State Street, Bend, OR, 97701. (541) 389-3295.

Jul 13: Oregon State Games Track Races. Portland, OR. Criterium race. Don Godfrey, Beaverton Bicycle Club, 13939 NW Cornell Road, Portland, OR, 97229. (503) 649-4632.

Jul 14: UBC Cyclepath. Vancouver, BC. Criterium race, categories 1-5/W. Brendan Walashek, (604) 228-2278.

Jul 21: Redmond Derby. Redmond, WA. The oldest continuous bicycle race in North America. This fun filled and expertly run event is a northwest classic held in "the Cycling Capitol of the Northwest". In-line skate race held in conjunction. Mark Gran, Mead Management Group, 1932, First Avenue (suite 1003), Seattle, WA, 98. 206-448-5868.

Jul 21: Molalla Road Race. Molalla, OR. Hilly, rural road race. John Forbes, Emerald Velo, 4316 NE 16th

Street (Apt. A), Portland, OR, 97211. (503) 280-9860.

Jul 26: Ballard Twilight Bicycle Race. Established in 1995 as part of the Ballard Seafood festival and held in downtown Ballard. The event features two bicycle races around a fast four corner criterium. The first is a Women's Category 1/2/3 and the second Senior Men's 1/2/3. Bill Devany, Ray's Boathouse-Big Time Pizza, (206) 868-2801.

Jul 27: Mary's Peak Hill Climb. Corvallis, OR. Hill climb. Michael Wilson, Corvallis Racing Club, 420 NW Leprechaun Way, Corvallis, OR, 97330. (541) 745-7738.

Jul 27: Out Spokin' for Habitat. Supported Loop Century ride to benefit "Habitat for Humanity". Don Lehman, (541) 385-5387 or (541) 389-3591.

Jul 27: Pre-Twilight Criterium. Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Jul 27: First Security Twilight Criterium. Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Jul 27-28: The Klamath Heat. Klamath Falls, OR. SASE for information. Shane, P.O. Box 7485, Klamath Falls, OR, 97602. (541) 883-2488.

Aug 3-4: Old Fairhaven Race. Bellingham, WA. USCF Categories. Road race (August 12) and criterium (August 13). Contact: John Spaude, Upper Chuckanut Cycling Club, 100 E. Chesnut, Bellingham, WA, 98225. (360) 733-6440.

Aug 10: Crawlfish Criterium. David Oliphant, Lake Oswego Velo, 7895 SW Fanno Creek Drive (#2), Tigard, OR, 97224. (503) 620-2853.

Aug 11: Governor's Cup. Salem, OR. Criterium. Tom Hayden, Capitol Velo Racing Club, 2225 NW 27th Street, Corvallis, OR, 97330. (541) 754-0073.

Aug 11: British Columbia Criterium Championships. Penitico, BC. Peter Mathews. (604) 490-4824 or Fax: (604) 492-3152.

Aug 11: Armando's Cafe Criterium. Renton, WA. Washington District Criterium Championships\*\*call for conf first\*\* Barry Roitblat, Puget Sound Cycling Club, 22009 NE 73rd Street, Redmond, WA, 99053. (206) 868-8451.

Aug 17-18: Avanti-Team Vent Noir Stage Race. Fort Lewis, WA. Road race, time trial, criterium. All Categories. Call for description. Tom Hackleman, (206) 924-9974 or (206) 759-9707.

Aug 24: Seward Park Season End Classic. Seward Park, Seattle. One kilometer course with sprinter's hill. Smooth pavement, very fast and safe race course. First race: 8:30 a.m., for all categories. WWSA - BARR race. Entry fee: \$15 David Douglas, 4207, SW Hill Street, Seattle, WA, 98116. (206) 932-5921 or E-mail: lddoug@scn.org.

Aug 25: Oregon State Criterium Championships. Gresham, OR. USCF Criterium championships for the state of Oregon. Six corner downtown Gresham course. Candi Murray, Team Oregon, 4318 SE 8th Court, Gresham, OR, 97080. (503) 661-5874.

Aug 25: Oregon District Criterium. Gresham, OR. Six-corner circuit race on closed court. Candi Murray, USCF, 4318 SE 8th Court, Gresham, OR, 97080. (503) 661-5874.

Sep 6-9: British Columbia Senior Games. Kamloops, BC. Time trial, road race, hill climb. Leo Comeau, (604) 465-7116.

Sep 7-8: Cypress Hill Seymour Clim. Vancouver, BC. Barb Zimich, (604) 873-8409 or Fax: (604) 872-6900.

Sep 8: Oregon State Time Trial Championships. Peoria, OR. USCF Time Trial championships for the state of Oregon. Preregistration only. Open to out of state riders. Flat out and back course. 20k for Juniors. 40k for Seniors, Masters and Women. Candi Murray, U.S.C.F., 4318 S.E. 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-661-5874.

Sep 8: Oregon District Time Trial. Peoria and Corvallis, OR. 25 mile time trials. Flat course. Candi Murray, USCF, 4318 SE 8th Court, Gresham, OR, 97080. (503) 667-6220.

Sep 15: Oregon District Hillclimb. Timberline, OR. State Championship. Candi Murray, USCF, 4318 SE 8th Court, Gresham, OR, 97080. (503) 667-6220.

Sep 21: Thomas Kemper Soda/Tour de Fremont/Octoberfest Bike Race. Fremont neighborhood, Seattle. Feature event of the Micro-brew Fest Weekend in Fremont. Category 1, 2, 3 and Pro mens, 1,2,3,4 womens. Kids races. Twilight criterium. Bill Howard, Emerald City, 6703 16th Ave NW, Seattle, 98117. (206) 783-3394 or (206) 343-6393.

Sep 22: Volunteer Park Late Fall Classic. Volunteer Park, Seattle. One kilometer course with small hill and a section of rough pavement. First race: 8:30 a.m., all categories. Entry fee: \$15. David Douglas, 4207, SW Hill Street, Seattle, WA, 98116. (206) 932-5921 or E-mail: lddoug@scn.org.



Photo by Michael Adams

Sep 29: Jean Chinn Memorial Mt Ashland Hillclimb. Ashland, OR. Classic challenge between road riders and mountain bikers to the top of Mt. Ashland. Dana Bandy, Mountain Velo, P.O. Box 903 Ashland, OR, 97520. Call (541) 488-2453.

Oct 6: All Comers Criterium. Portland, OR. Burnside Bridge Criterium. John Forbes, Emerald Velo, 4316 NE 16th (Apt. A), Portland, OR, 97211. (503) 280-9860.



RACK RACING

May 2-Sep 26: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track races for all categories. Mike Murray, Team Oregon, 4318 SE 8th Court, Gresham, OR, 97080. (503) 661-5874 or (503) 661-0686 OBRA hotline.

May 10: Marymoor Velodrome Friday Night Series. Redmond, WA. Categories 1, 2 and 3 Men and Women. Racing starts at 7:30pm, beginning on May 10th. Spectators \$3. Jerry Baker, Marymoor Velodrome Association, 2400 W. Lake Sammamish Pkwy., Redmond, WA, 98052. (206) 389-5825.

Jun 23: Regional Cup Track. Alpenrose Velodrome, Portland, OR. Regional track championships. Candi Murray, Team Oregon, 4318 SE 8th Court, Gresham, OR, 97080. (503) 661-5874.

Jun 29: Oregon District Pursuits/Olympic Sprints. Alpenrose Velodrome, Portland, OR. State Championships. Candi Murray, USCF, 4318 SE 8th Court, Gresham, OR, 97080. (503) 667-6220.

Jul 12-14: Washington District Track Championships. Marymoor, WA. MVA Gino Lisiecki, Marymoor Velodrome Association, (206) 389-5825 or (509) 838-3707.

Jul 13: Oregon State Games Track Races. Alpenrose Velodrome, Portland, OR. Track race. Don Godfrey, Beaverton Bicycle Club, 13939 NW Cornell Road, Portland, OR, 97229. (503) 649-4632.

Jul 20: Oregon Districts Points Races. Alpenrose Velodrome, Portland, OR. State Championship. Candi Murray, USCF, Gresham, OR, 97080. (503) 667-6220.

Jul 28: Oregon District Sprints/Junior Districts. Alpenrose Velodrome, Portland, OR. State Championship. Candi Murray, USCF, 4318 SE 8th Court, Gresham, OR, 97080. (503) 667-6220.

Jul 29-Aug 3: KHS Alpenrose Six Day Race. Alpenrose Velodrome, Portland, OR. Track Stage Race. Mike Murray, Team Oregon, 4318 SE 8th Court, Gresham, OR, 97080. (503) 661-5874.

Aug 17-18: Oregon State Masters Track Championships. Alpenrose Velodrome, USCF Track championships for the state of Oregon. Age graded for 30+ in 5 year increments. Candi Murray, U.S.C.F., 4318 S.E. 8th Ct., Gresham, OR, 97080. (503) 667-6220 or (503) 661-5874.

Aug 17-18: Oregon District Master's Track. Alpenrose Velodrome, Portland, OR. Age graded track race. Candi Murray, USCF, 4318 SE 8th Court, Gresham, OR, 97080. (503) 667-6220.

Aug 23-24: Wedgwood Cup. Marymoor, WA. A two day track event in the Marymoor Velodrome, the Wedgwood Cup will feature one of the regions biggest track racing events, staged around team competition from throughout the Pacific Northwest. Bill Devany, Ray's Boathouse-Big Time Pizza, (206) 868-2801.

Aug 24: Oregon State Team Pursuit Championships. Alpenrose Velodrome, Portland, OR. 4K TTT. Candi Murray, Team Oregon, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220.

Aug 30: Madison Championship. Alpenrose Velodrome, Portland, OR. Team and track racing. Andrea Leining, Equipe Velo, 731 SW King Avenue (Apt A), Portland, OR, 97205. (503) 248-2262.

Sep 1: Memorial Weekend Track. Alpenrose Velodrome, Portland, OR. Track races. Logie Velo, 2811 SE Stanley, Portland, OR, 97219. (503) 244-4866.

Sep 5-7: Collegiate Track Nationals. Marymoor, WA. NCAA licensed riders Scott Chagwedding, Husky Race Team & Marymoor Velodrome Association, Call (206) 389-5825.

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# 1995 cyclocross season ends on mixed note

BY ERIC G.E. ZUELOW

Expectations ran high as the Northwest's top cyclocross racers made their way to Leicester, Massachusetts for the National Cyclocross Championships on December 9, 1995. Northwest riders have been riding stronger and faster than in 1994, when the region placed eleven riders in the top six at the Nationals; improvement seemed a reasonable projection.

Northwest riders did produce impressive performances, including awe-inspiring victories by Matt VanEnkevort and Dan Norton, and top ten finishes by Mary Meagher (6th), Beth Lydon-Griffith (5th), Sheena Fitzgerald (10th), Jim Savage (10th) Dale Knapp (5th), Craig Udem (8th), and Tim Rutledge (10th).

According to Rutledge, a promoter of the Northwest's national-class

Control Tech Cyclocross Series, "Our riders, without a doubt, have more endurance, better running skills, and more power than any other riders out there."

Even so, the 1995 Nationals left most with a bad taste in their mouths.

"You know how, when you get a flat in a road race, you get the feeling that everything, all the training and so on, was for naught? I think that's what happened here. Everybody was really expecting a lot and then came up a little short," said VanEnkevort, the new Masters 35+ National Cyclocross Champion.

Most complaints stem from the course design which

involved considerable off-camber and sharp 180 degree turns which were made almost unridable by snow, ice and blizzard conditions. Both Norton and Rutledge have suggested that with a slight amount of work the course could have been greatly improved, even in horrendous conditions. "To work hard all year, and then not get to show it because of the course... that's REALLY hard," said Rutledge.

"It wasn't the kind of course where you could ride hard. You'd go hard for 10 seconds and then you'd have to stop and make a turn. The run-ups were super easy, but they were the only place you could gain time in the snow. This course wasn't hard enough for a national championship course," said two time Junior national champion Jim Savage. "I know that I'm in a lot better shape than last year when I got fifth. I really don't think my problems were mental or physical... it was just a really bad course."


"It might sound strange," echoed Norton, "but I never broke a sweat and wasn't even breathing hard at the end. Without a doubt, this was the worst race I've ever been to."

"I went as fast as I could in that stuff," said Knapp, "but I'm not really happy with it. I'm a power rider and any time you'd apply the power, you'd fall flat on your face. I didn't have any experience in the snow; perhaps I could have experimented with tire pressure. Daryl Price and Leo Windlin passed me in the final laps and it wasn't that they were going faster, they just weren't slipping in the corners. The only thing I could

have done was apply power and I couldn't use that because of the snow and ice. The season ended in frustration."

"We have the best training and racing program around, but what we faced there isn't what we trained for," said Lydon-Griffith. "The barriers were really low and positioned on the hills. People didn't get to use their cross skills, or, at least, the skills we learn here. We don't ride in snow very much, I just don't have the hang of doing corners without crashing. Every time I went around a corner, I'd fall down and when you get into a negative falling mode, you start crashing and can't get out of it. I gave up a little mentally. Still, I went back there not knowing if I could compete with the top women and now I know that I can. I feel really good for next year."

Knapp agreed, "I'll be able to use this experience to my advantage next year at Sea-Tac. I got third in 1994 and fifth in 1995 and the third time is the charm. I'm already thinking about next year and it is only January. Maybe I wouldn't be thinking about it as much if things had gone better. I REALLY want to win in 1996."

VanEnkevort has pointed out that there is little that can be done about 1995 and that it is time to look forward to 1996. The rest Northwest's top racers appear to have taken this to heart. "We're going to put on the best National Cross Championships that this country has ever seen in 1996... We need to show everybody how this can be done properly" said Norton. 

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# Tell the Truth

BY MAYNARD HERSHON

I recently heard two stories about guys who bought new bicycles only to discover, a week or so later, that their carefully planned, expensively purchased bikes weren't meeting their needs.

The one guy bought a high-end mountain bike, custom-built from a bare frame. During the process, he and the shop owner spent hours conferring on the details. The guy left the shop delighted with his new bike.

I know the shop owner; I have no doubt that the guy got precisely what he told the dealer he wanted, aided by the helpful voice of experience.

Two weeks later, the customer returned: "bike's not the right size," he said, and tried to back out of the sale. Didn't want to talk about it, didn't want another frame, stem or whatever, only wanted out.

My hunch is the guy asked for and bought the smallest, most "efficient" frame he could ride. He told the dealer he wanted to be bent well over, back flat, in a "power position," looking as cool and fast and racy as Juli Furtado or John Tomac in big-air photos in Mountain Bike Action.

Only a couple of uncomfortable rides later, megadosed on Advil and disgusted with his less-than-Furtado-like flexibility, he got big time buyer's remorse: Hey, it's the dealer's fault. Well, is it?

In the other story, a guy bought a new road bike from another shop I know of, a shop known for patient, thorough customer service. This guy, too, left the shop delighted and proud of his new bike. A week later,

he returned. He'd decided he was dissatisfied.

Like most people do, he'd bought a cool-looking, smallish, "efficient" frame - even though he didn't like bending way over to reach the bars.

As you probably know, to raise your bars you can pull a conventional, parallel-to-the-ground stem out to its limit line - or you can use an upswept stem and bury its quill deep in the steerer tube. The second way's safer. Dealers know that, so the guy's new stem slanted up.

My hunch is he went on his first ride with the guys on the new bike, someone ragged him about the "old-man's" stem on his new road rocket ship. That stem didn't look like the one on Indurain's Tour de France bike, so it must be junk.

Embarrassed, he slunk back to his dealer to exchange the stem for one that would not be as safe or adjustable or comfortable, but would not attract the critical attention of his sport-cycling buddies.

Had these guys been honest with their dealers or themselves about their needs, neither of these conflicts would've occurred.

Tell your dealer what you want. Find a dealer or employee who'll listen and tell him or her your needs. Tell the truth.

If, for instance, you are sensitive to heat from your riding pals about your bike's europro coolness, do yourself and your dealer a favor: tell him or her that fact. You're into image. Admit it.

Dealers and their employees know what you mean when you confess some weakness or other; they have their own weaknesses. Some of them may be into im-

age, too. Doesn't mean they're not nice people.

Or, if you like to be comfortable when you ride, who cares how you look, who cares how Lance looks, who cares if you lose a tenth of a percent of your efficiency - tell that to your dealer.

(Admittedly, it's easier if the shop employee you confess to doesn't have shaved legs.)

Who knows? Your dealer may like to be comfortable, too. Some do. I hear comfort's coming back in cycling. 'Bout time, huh?

If you do not tell your dealer the truth, or all the truth, or if you suspect you're not admitting all the truth to yourself, talk about that with your dealer. It's your money; You want the perfect bike.

The perfect bike for you is one you'll ride because you feel good on it, comfortable on it, at home on it. If you don't look forward to riding your bike, it's a failure, no matter how cool or aero or light - or how much it resembles the bikes Tinker Juarez or Tony Rominger ride.

Many of us can use help finding that perfect bike. A good bike dealer is the perfect person to ask for that help. For best results, tell 'em the whole truth from the get-go - and tell 'em Maynard sent ya. ☺



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