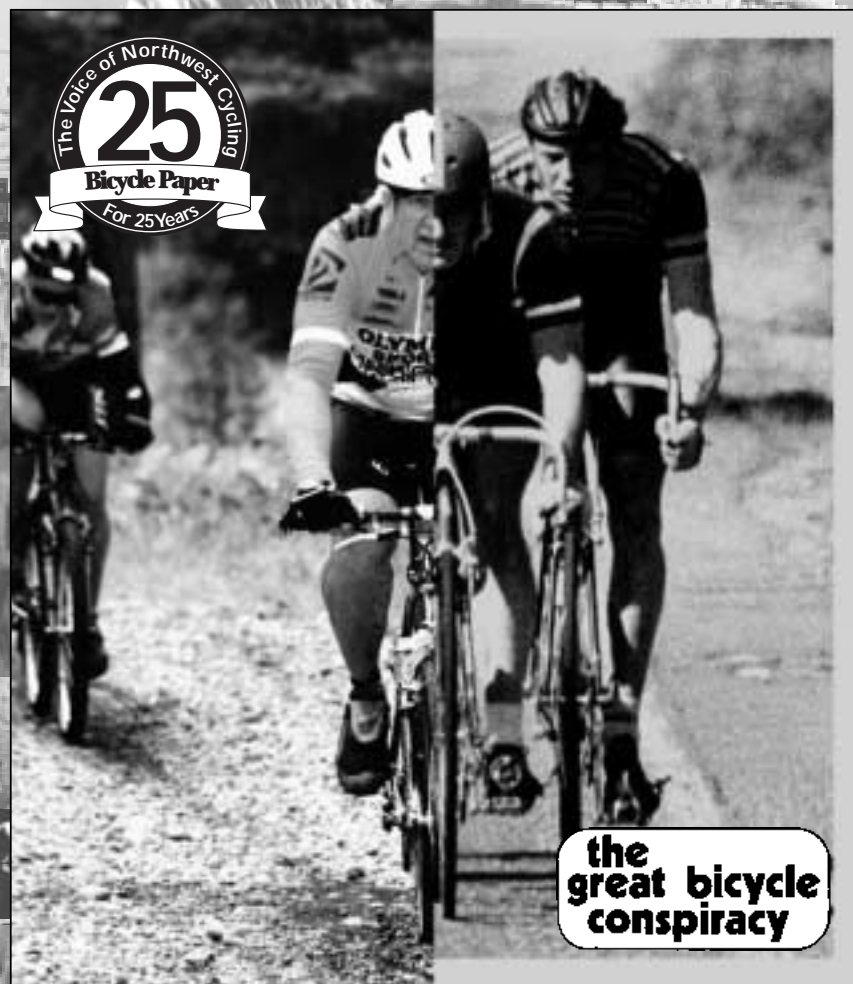


# Bicycle Paper

THE VOICE OF NORTHWEST CYCLING APRIL 96 • FREE



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## Bicycle Paper celebrates 25th birthday

BY KRISTIN FOERCH

**W**ELCOME to the 25th Anniversary Issue of the *Bicycle Paper*. Those of you who are frequent readers will probably have noticed recent changes in our appearance. The front page now sports a large, full-color photograph and the inside graphics are cleaner, more modern. While our physical dimensions may have shrunk, we will continue to strive for the larger than life editorial pieces that, like the sport, will excite, educate and involve our readers.

For more anniversary material, please turn to page 4.

## 1996 predicted to be biggest year ever for Northwest cycling

BY ERIC G.E. ZUELOW

**A**S VOLUNTEER PARK, the traditional season opener approaches, the Northwest stands at the edge of its greatest cycling season; only in 1987 when Seattle hosted two national championships, can even come close!

In 1996, the region will host three national championships, the US Olympic Trials, several promising new events and some of the top series races in the United States. Additionally, these races will be attended by some of the most exciting bicycle racers ever to grace the area's highways and byways.

See "Racing season" on page 8

## Touring bikes don't bark

BY ESTELLE GRAY

**I**GOT THE IDEA from my friend Dan. But then, he's the guy who rides STP with a trailer full of parts and tools so he can help people with broken down bikes along the way. He's also the guy who rides the Puyallup Hill in his largest chainring while towing this same 100 pound trailer.

I came into work one day and announced that I was bummed because I was becoming less of a bicycle commuter now that I had a new dog in my life. It might not sound like the two have anything to do with each other except that this dog does not like staying home by himself. He much prefers to huddle under my desk or sit right in the shop doorway where it is impossible to ignore him, in other words, he comes to work with me everyday.

See "Bikes don't bark" on page 7

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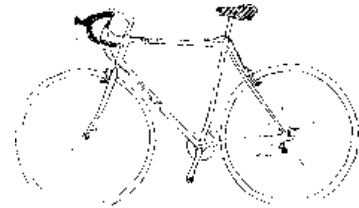


**Estelle Gray**

\* Owner of R+E Cycles  
\* Women's tandem  
Ride across America World  
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\* Designer of the  
Rodriguez Stellar

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Over the last 16 years I have performed thousands of bicycle fit consultations. The majority of these have been with women. I have usually ended up helping them modify their existing bikes or designing custom frames for them.

Over the years this frame design has evolved and has been built on a custom order basis under the RODRIGUEZ name. It usually requires waiting 10-12 weeks for delivery and spending \$1700 minimum in order to receive a bicycle.

I am excited to provide a limited production run of this design for 1996. Hand built in Seattle, RODRIGUEZ is now offering a limited availability of this frame design, the "Stellar" - the perfect road bike for women. With equal size 650 wheels and a short top tube that slopes upward, you'll find you're in the most comfortable road riding position imaginable. The smaller wheels allow us to build the Stellar in standard road geometry without compromising the comfort or performance of the rider. In addition, these smaller wheels make the bike lighter and faster! A triple chain ring makes hill climbing a breeze. These bikes are being produced

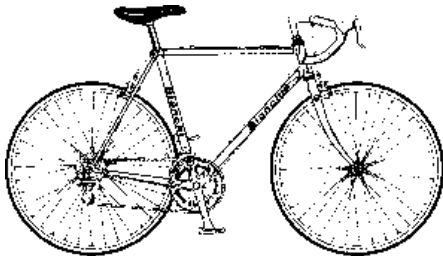
in 3 sizes: 46,49, and 51cms to fit people from approx. 4' 11" to 5' 7".

Along with the frame design, where appropriate, the components have also been selected for their compatibility with the generally smaller anatomy of women. You'll find proportionally selected handlebars and stems, as well as crank sets. The bike comes stock with compact brake levers for easier use and less hand fatigue. The bar end shifters are also easy to use, especially if you have smaller hands.

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# Bicycle Paper

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## Weir explores the road less traveled

Willie Weir is never really at home, even when he's not on the road. For the past five years, he's spent four to five months in the saddle, traveling to places most of us rarely think about taking a bike. Places like Central America, India or South Africa. It's been six months since he returned from his African sojourn and, naturally, Weir is planning his next trip: to the Balkans.

His route might include Albania, Macedonia, Bosnia. "It depends on how well things are going," he says. "If things are going well." Weir is not looking for martyrdom, and won't take unnecessary risks just for the experience of riding through a war-zone.

Weir is perhaps the consummate nomad attempting to turn his travels abroad into a living. Having worked as


an actor and bicycle tour guide, Weir's current calling, professional bike traveler and world explorer, fits in with eclectic careers that don't attract high salaries or stock options. That's fine with Weir, who prefers entertaining others with stories from his travels.

Here's one: he's riding his bike across a game park that contains the highest concentration of lions and leopards in South Africa.

He figures he's safe; he's seen people walking through the park. A warden, upon exit, tells him he was in greater danger on the bike than walking. Leopards are cats. We all know kitties love to chase things! There was the time he was nearly run off a twisting mountain road in India by the speeding motorcade of a powerful government official, or when

he stood in line inside a South African bank with his bicycle, fearful it would be stolen otherwise.

There are lots of other stories that tumble out from this practiced storyteller and performer. Maybe you've heard Willie in person listened to letters of his travels read on public radio stations in Seattle or followed his travel exploits via the Internet. (Search "Willie Weir")

"When I began I used to collect mileage," he comments. "Now I collect experiences." Weir is also hoping to collect another Internet contract to help fuel his next trip. Look for news from the Balkans coming to a Web browser near you. 

### Outspokin'

BY GORDON BLACK

On the cover: Digital photo illustration by Nevdon Jamgochian.

## LETTERS

### Real men don't wear helmets

Dear Editor:

I don't wear a helmet and I'm a safe rider. *Probably safer than you.*

I ride easy, just for fun. I don't race and I don't freestyle. I'm going downtown and then I'll swing back to where I was before. Anyone who's ridden as much as me enjoys the way the senses kick in when you ride the city streets. That's when I come alive. I see everything around me at all times. I maneuver the multi-exited gravel parking lots instead of arrogantly forcing the busy traffic to swerve around me. I stay on the sidewalks and take it easy. I don't put my faith in a car to see me and give me space.

Here's the gist:

The vast majority of cyclist head injuries are caused by foolishness, carelessness and riding beyond one's ability to control the bike. Most are kids. Kids are inexperienced. They like to show off to

their friends - parents, make *them* wear a helmet.

Every helmet-snob I have met can relate the tragedy of this guy who fell and hit his head. It's become their mantra; anyone who rides a bike should wear a helmet.

They want to make wearing a helmet mandatory. Let's also legislate helmets for skaters, and skiers and boarders on the slopes. Include tree and ladder climbers, any activity in which an accident might happen.

If you like your helmet, power to you. Maybe you need one, that's cool. Unlike helmet-snobs, a lot of us don't live with the brain-numbing fear that we'll fall and hurt our heads.

I don't count on after-the-spill protection to be a safe rider. If I was "taking my chances", I'd have been dead along time ago.

Name Withheld by Request

### Roads belong to all taxpayers

Dear Editor:

I had always imagined that the venom drivers sometimes spat at me was arbitrary and erratic, the result of bad citizenship. However, other area cyclists spoke about being "buzzed", and one farmer actually drove around during a USCF event, cussing at volunteers.

I was unaware that this rivalry for the road was such an explosive issue, or that it pitted groups of people against one another.

Drivers say, "We pay for the roads." Actually, anyone whose income taxes and property taxes pay to build and maintain city, county and state roads, pays for their share of the road. The roads belong to *all* of us. Let's give ourselves a brake!

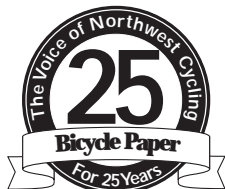
Richard Cummins  
Richland

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- Creag Hayes, Ciclo Sport Shop



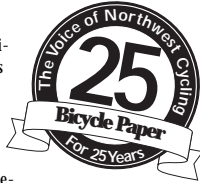
"Cycling and the bicycle have become more adult centered forms of recreation and fitness; 25-years ago it was for kids. The modern consumer is educated and dealers have become more oriented to the kinds of services that adult consumers need."  
- Phyllis McCullough, Marketing Director, Klein Bicycles



"One of the exciting things that advocacy does is to insist that cities become bicycle and pedestrian friendly places. This is the key to making our urban communities livable."  
- Susie Stephens, Executive Director, NOWBike

**the great bicycle conspiracy**

"25 years ago, The Great Bicycle Conspiracy was born of the need to communicate bicycle advocacy issues to the public. Today, with the explosion in cycling popularity, it's necessary that the different facets come together as a collective to represent future needs."  
- Jerry Baker,



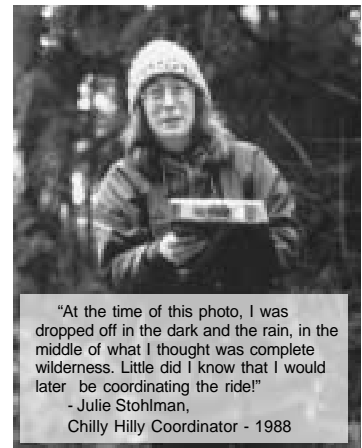
In the 25 years since our primary inception, cycling has grown into one of America's most loved forms of recreation and a lifestyle promoting bodily and environmental health. *Bicycle Paper* like its predecessor *The Great Bicycle Conspiracy*, continues to embrace what we believe to be the cornerstone of the cycling community: racing, touring and advocacy. We aim to bring you the most detailed race coverage and complete, easily readable results. We provide an annual calendar of rides, tours and races taking place in the Pacific Northwest and try to keep you informed of advocacy issues that effect riders and non-riders alike. We attempt to entertain and educate you with feature columns by writers like Maynard Hershon, Gordon Black and Dr. Michael Lewis.

One must remember that the *Bicycle Paper* is published with you in mind. Our readers are our greatest asset and without you we wouldn't exist. We hope that you find the Paper as entertaining and informative to read as we do to produce, and we encourage you to express yourself to us by letter, fax or E-mail. *The Great Bicycle Conspiracy* said it 25 years ago: "[This] is an open kind of conspiracy. It's not in a smoke filled room. It's outside and it's very warm and friendly. And it needs all of you to help."

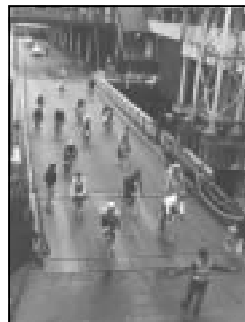
These pages are a celebration of our 25 years - there are "now and then" photographs and statements from people active in the Northwest cycling community. This celebration will continue through the next few issues; we hope you enjoy it!



"Folks are taking the quality of living more seriously (than 25 years ago) and bicycling is a part of that. The Northwest is a leading force in positioning cycling as a valuable community perk."  
- Jim Sullivan, Race promoter



"At the time of this photo, I was dropped off in the dark and the rain, in the middle of what I thought was complete wilderness. Little did I know that I would later be coordinating the ride!"  
- Julie Stohlman, Chilly Hilly Coordinator - 1988

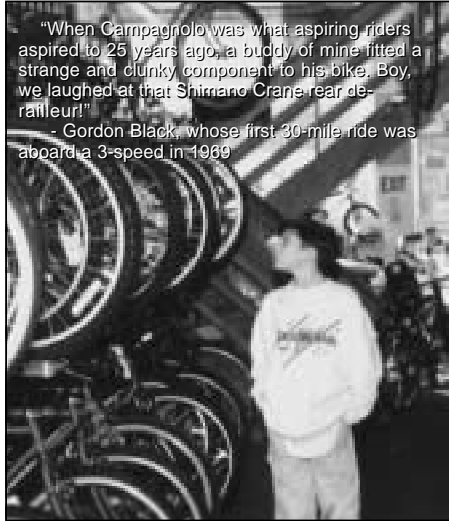


"I have always been amazed at how little bicycling really changes. The best designs for the bicycle from 25 years ago will be very similar to those 25 years from now, and the uses will also be fundamentally the same."  
- Bob McCall, Bicycle Paper publisher

"Northwesterners don't seem bothered by rain. Even when it's coming down hard, you see people on their bikes. They're training, commuting, delivering messages, running errands, doing the same stuff we wussy Californians do when the sun's shining and the streets are dry. Good weather or bad, they appear to be having a good time with their bicycles. Do they know something we don't know? Could it be all that coffee? All those plaid wool shirts? You make the call..."  
- Maynard Hershon, Writer

"When I was a kid, a bicycle was freedom; I could travel long distances quite easily and didn't need to have anybody there with me. Ultimately, it was all the wonderful feelings associated with cycling that brought me back to it. Now cycling is many things to me: a source of fitness, stress relief, relaxation and more."  
- Gino Lisiecki, USCF District Representative and cycling event promoter





"When Campagnolo was what aspiring riders aspired to 25 years ago, a buddy of mine fitted a strange and clunky component to his bike. Boy, we laughed at that Shimano Crane-rear derailleur!"

- Gordon Black, whose first 30-mile ride was aboard a 3-speed in 1989



"Generally, I'd say we've come along way. Things not even considered 25 years ago are now part of everyday life. Seattle has benefited from a core of dedicated people who have tirelessly held the vision, supported and advanced the cause of bicycling. It's amazing to look back over the years and see the changes, improvements and respect that cycling has achieved within our community and across the United States."

- Arlene Carter,  
Co-director Seattle-To-Portland

"In the next twenty-five years, the bicycle racing community will be faced with a perplexing paradox. On one hand, we will see the number of racers increasing to hitherto unknown levels. On the other, it will become much more difficult to put on quality bicycle races. The net result of this juxtaposition will be a proliferation of track and criterium events. Eventually, Darwinian evolution will leave racing populated with large fast-twitch sprinter-types, leaving those of us with slow-twitch fibers to take up cyber-surfing."

- Eric Zuelow, cycling announcer



"I think that future technology will surprise us all by creating some great hybrid, solar/human powered vehicles and making transportation a non-issue. That'll leave cycling to remain a wonderful mode of recreation."

- Richard Loftin, Editor,  
Northwest Competitive Cyclist



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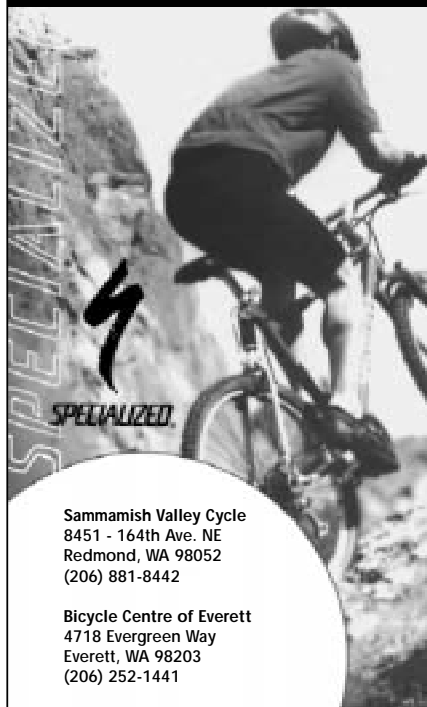
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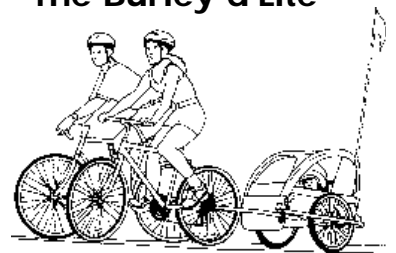
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# Strength Training: Part II

BY MICHAEL LEWIS, MD.

In the 1972 Olympic Games in Munich, Germany, a 20-year-old Russian jumper by the name of Valeri Borzov won the gold medal for his event. His success was later credited to a "top secret" training program. It was later discovered that in the mid-1960s, Soviet and Eastern European strength coaches introduced a form of training to track and field athletes which they referred to as jump training. European countries soon began dominating international track and field events. Coaches and strength specialists in the United States wanted to know why.

When the "secret" was finally exposed, jump training was implemented in the States. During the 1980s, American athletes who participated in gymnastics, track and weight lifting were exposed to jump training... problem was, we did not know exactly how to harness the potential of this new technique.

The term plyometrics, meaning "measurable increases," was coined in 1975 by American track coach Fred Wilt. Through trial, error and applied research, plyometric training now complements the standard training routines of the top athletes in all sports.

The goal of plyometric training is to increase muscular power. Power is gained when the athlete combines speed of movement with strength. The exercises

enable the muscle being trained to reach maximum strength in a short amount of time. The process by which plyometrics works is based on the physiology of the muscle and its relationship to the nervous system.

Through various physiological reflexes within the muscle fibers, researchers discovered that the reflexes can be harnessed to complement strength training. There are two principles that most easily explain the process. When a muscle is quickly stretched too far there is a neurological stretch reflex that involuntarily causes that muscle to contract (shorten) to avoid further muscular damage. This is the first principle and is the primary reason why we are told not to "bounce" when we

are performing stretching exercises. By bouncing, we can inadvertently initiate the stretch reflex and cause muscle tightness instead of increased flexibility. The second principle involves the elastic components that are found within the muscle fibers. Similar to a stretched rubber band, a muscle that is stretched exhibits increases in tension and the potential ability to rebound with more velocity than a muscle that was not pre-stretched before the contraction. The involuntary contrac-

tion invoked by the stretch reflex, the stored elastic component contained within the stretched muscle, combined with a forceful voluntary contraction all add up to produce a more dynamic and a more powerful contraction, much more than what is possible by a voluntary contraction alone. By repeatedly training the muscle fibers and the efficiency of their communication to the nervous system, the system will adapt and become more efficient. New-found efficiency and power will translate to faster sprints and more assertive hill-climbing capabilities for the cyclist.

A typical plyometric exercise is as follows: The athlete stands on a sturdy, elevated surface 6 to 42 inches high and jumps off (Figure 1). Upon impact (knees bent) with the ground, his body weight

is allowed to continue dropping while bending the knees to approximately 90 degrees (the muscles

are now stretched and ready to recoil), the athlete suddenly and explosively rebounds with all his effort, causing maximal contraction of the quadriceps. Research has demonstrated that a strengthening program consisting of resistive weight training can be dramatically improved by adding plyometric training.

Today there are variations of exercises that include individual exercises for specific sports. Undertaking a plyometric program must be carefully planned and

researched.\* The exercises can be very strenuous to the joints involved and to the muscles if performed improperly. The following factors can maximize the benefits and reduce the risks:

**Warm-up.** This is crucial in plyometric training. A rule of thumb is not to start these exercises until you are sweating. An excellent warm-up is rope jumping.

**Proper Technique.** Technique is important due to the high values of impact forces that are being produced. The landing impact can equal 7.1 times the individual's body weight. The athlete must keep his torso straight so that the weight is centered over the ankles and knees. Knees must bend on impact to absorb the shock. The key to plyometric training is quick reaction and explosiveness.

**Strength Base.** It is a must to have a good strength base before beginning plyometrics due to the amount of force being generated. According to Donald Chu, PhD,\* "the squat exercise is a good way to determine if an athlete has the prerequisite strength." Dr. Chu uses the following guidelines:

1. The athlete should be able to squat, one repetition, 1 to 1.5 times his body weight or

2. The athlete should possess the ability to squat 60% of his body weight for 5 repetitions in 5 seconds.

**Progressive Resistance.** The athlete should begin with drills of lower intensity

## Athletic Medicine

See "Strength Training" on page 7

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**"Strength Training" from page 6**

and progress to drills of higher intensity in preparation of plyometric training.

**Rest.** Plyometric training is a strength exercise and therefore should have rest intervals of at least two minutes between sets. According to Edmund Burke, PhD, the frequency and duration of your plyometric sessions should be determined by your fitness level and experience. Stronger athletes can train more frequently with more jumps incorporated in their routines. However, Dr. Burke recommends that even the most experienced athlete should perform no more than two plyometric sessions per week with a maximum of 60 to 80 jumps per session.

**Safety.** Precautions that should be followed involve technique, proper footwear, landing surface, stable equipment, signs of fatigue, athlete's age and pre-existing joint conditions. Signs of knee pain warrant an evaluation by a physician who works with athletes and is familiar with plyometrics.

Adding modern plyometric training to your off-season strength program can supplement your strength gains, which can translate into a more powerful and successful cycling season.

For information on plyometric exercises designed for cyclist please send a S.A.S.E. to Dr. Michael Lewis 3327 NE 125th St #103, Seattle, WA 98125

\*Reference: Jumping Into Plyometrics by Donald A. Chu

**"Bikes don't bark" continued from page 1**

It should not have surprised me when Dan responded to my whining without even blinking, "Carry him in a trailer. Sometimes I take Maud with me when I do ride support. She likes to ride in the trailer on top of all the tools." Add another 65 pounds to Dan's rig... Maud is Dan's Doberman. Say no more. By the end of the day we had a trailer fixed up for my little pooch, complete with a 4" foam pad and favorite blanket. It was instantly named "The Puppy Puller".

"My little pooch" is not really a little pooch. He's a 5 year old, 70 pound Samoyed named Mischa. Samoyeds are big white furry sled dogs (somewhat like a Malamute). He looks like a cross between a polar bear and a kid's stuffed animal. Had I been smart, I would have rigged it up the other way - I ride in the trailer while Mischa pulls me.

The next morning, the sun was shining and we were ready. Mischa was wearing his brand new harness (I figured that would be an easy way to tie him into the "Puppy Puller"), and I had a pannier full of biscuits and an extra hour's time to get to work. I also had to make a decision. Should I go straight up and over Phinney Ridge as I normally do or add an extra mile and a half by going around the ridge on the bike trail? I opted for the latter. And I'm glad I did. It seems Mischa didn't seem to mind riding in the

trailer at all. He just didn't like to go slow. As long as I kept our speed at least 10 miles an hour we were OK. As soon as I slowed for lights, intersections or the grade going up University Way he barked and barked. This was the first time in two months of owning him that I had heard him bark. I didn't need my whole extra hour to get to work but I didn't set any speed records either.

I did get a little faster (in time) and Mischa learned not to bark, so I decided it was time to attempt Phinney Ridge. Phinney Ridge is only 4 or 5 blocks long but steep blocks. I figured I could pretend to be on tour in the French Alps and that I was merely pedaling my loaded touring bike. Only my touring bike doesn't bark. I made it up the first block with a contented pooch but a second block at 4 miles an hour was too much

for this sled dog to bear. It is possible that on the first pull I just didn't hear him over my beating heart or laboring lungs, but I heard him on the 2nd, the 3rd, the 4th and the 5th hills. It's degrading enough to struggle at a snail's pace but it is beyond humiliating to have your dog barking at you all the while! As

we finally crested the hill and flew down the other side I looked back and sure enough the barking was over and he had that proud Samoyed smile.

I've now become so used to riding with Mischa that I sometimes forget he's only a dog in a trailer. I find myself lapsing into tandem mode and catch myself as I am about to bark commands at him. I'm sure people must wonder why I say "stopping" as I approach a yellow light or ask for his added power as I sprint through an intersection. The days I ride without him I actually miss his company, being 70 pounds lighter however, I feel like an Olympic racer.

The next time you are riding on the Burke Gilman Trail and you see us, toss a biscuit. We're easy to spot, we'll be the ones singing "a hundred boxes of bones on the wall".



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**Mountain Bike Outfitters** 11320 NE 124th St. Kirkland, WA 98034 (206) 206-820-0104

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## “Racing Season” from page 1

USOlympicTrials (May 19, 1996)

Leading the year's top events will be the US Olympic Trials race through downtown Seattle. For the past two years, the Microsoft Grand Prix has brought the cream of American racing to a superbly designed downtown course; this year should see the knowledge gained over the past two years taking the race to even higher levels.

As an Olympic qualifying race, only American riders will be eligible to compete in the 126 mile (10 lap) event. Of America's elite cyclists, only Lance Armstrong is likely to pass up the race. Armstrong will instead opt to pursue a top 15 UCI ranking and the resulting automatic qualification for the Olympic Games. [Should Armstrong's early season go poorly, he will attend the Trials. At press time, Armstrong was second overall in the year's first major professional stage race, Paris-Nice, so his appearance in Seattle is unlikely at best.]

Race director Dave Douglas noted, “there will be a slight course change in 1996. At the request of the US National Coaching director, the hairpin turn off Yestler will be eliminated.” Instead, the course will turn right onto 12th and will continue to Pine where a left turn will be made. The course will then drop into Downtown, crossing Broadway in the process and proceed to the start/finish area which will be one block south of its location the past two years.

The Northwest's top hope for Olympic glory (excluding Rebecca Twigg) is Greg Randolph who finished

sixth in the 1995 Tour of China, riding against the top professionals in the world. So far in 1996, he has consistently beat the country's traditional time trail powerhouses. In fact, Randolph shows so much potential that the Motorola cycling team has signed him for the 1996 season. While the road race will not be his primary goal (he's shooting for the individual time trial), should he escape from the pack by himself, Randolph could ride away with the Microsoft Grand Prix.

Other top local hopes include: Paul Dahlke (Ray's Boathouse), Kenny Williams (Saturn of Bellevue), Kirk Willett (Nutra Fig), Ron Schmeer (Ray's Boathouse), Matt Thoreson (Thomas Kemper), Doug Carlton (Saturn of Bellevue), Martin Weeks (Ray's Boathouse) and Brian Slettvet (Ray's Boathouse).

### US Collegiate National Track Cycling Championships (September 5-7, 1996)

In conjunction with the Marymoor Velodrome Association, the Husky Cycling Team will bring the top 100 collegiate track cyclists to the Marymoor Park Velodrome for the US National Collegiate Track Cycling Championships late this summer.

“This event is exciting because it brings the top schools and all the top college track riders together,” says event director Scott Chegwidan. He added that, the energy and excitement is very real and infectious—spectators will have as much fun as the racers.

The Collegiate Track Nationals will involve Olympic style events for both men and women including: points race, match sprint, Olympic sprint, individual pursuit, team pursuit, 1 km time trial (kilo), women's 500m time trial and Italian pursuit. In addition to individual competitions, each school accumulates points towards a team championship.

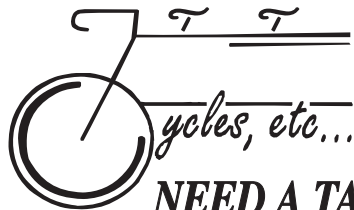
The Husky cycling team hopes to improve on its third place finish in 1995. With top riders including Scott Chegwidan (GS Flash), Jill Baullinger (Ray's Boathouse) and Ta Herrera (Thomas Kemper), team officials note that they have a very good chance of achieving this goal.

### US National Cyclocross Championships & US National Collegiate Cyclocross Championships (December 7, 1996)

On the anniversary of Pearl Harbor, the best athletes in the sport of cyclocross will descend on North Sea-Tac Park for the second time in three years. By all accounts, athletes and spectators alike can expect to see the greatest display of cyclocross action ever mustered in the United States!

In 1994, the Marymoor Velodrome Association promoted what most consider America's benchmark cyclocross event. In 1996, MVA race promoters claim, they will improve on their earlier efforts.

National Champion and cross promoter Dan Norton commented, “We've got to show race promoters around



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the country what a cyclocross race can be. We won't be making it into some kind of circus, rather we'll show that cross is a legitimate athletic event which can stand firmly on its own for entertainment value. We'll be running the race course right through a massive tent where food and beverages will be available—spectators will be able to sit under cover, drinking hot coffee and watching the best in the country do there thing!"

In addition to pulling together the country's best ever cyclocross race, Norton notes that the area's cross superstars have something to prove. "We couldn't show our stuff at Nationals in 1995 because of the conditions and the guys were really up-set about it. At Sea-Tac, they will be able to show what they're capable of."

Four local men will provide defending champion Jan Wiejak's top challengers; Jim Savage (KONA), Dale Knapp (Control Tech), Craig Udem (Control Tech) and Loren Hanson (Control Tech) are all hungry for the stars and stripes jersey and all stand a very real chance of getting it.

On the women's side, Beth Lydon-Griffith (WSPT) and Mary Meagher (K2-Inline) both proved at the 1995 Nationals that they are capable of beating the top women in the country and both stand an excellent chance of climbing the winner's podium.

Defending national champions Matt VanEnkevort (Control Tech) and Dan Norton (Gregg's) will be primed to defend their titles. Should VanEnkevort falter, Norton's fellow even promoter and dark horse favorite Tim Rutledge stands a good chance of winning the master's title.

At the request of the National Collegiate Cycling Association, the Marymoor Velodrome Association has recently agreed to promote on the National Collegiate Cyclocross Championships at the same time as the US Nationals.

### Aplethora of other top races

Beyond the above, numerous other top level races are planned for 1996. Included in this list of superb spectator opportunities are:

- Tour of Willamette (April 3-7),
- Mutual of Enumclaw Stage Race (May 11-12),
- Alki Point Criterium (May 18),
- Alpenrose Regional Cup Track Race (May 18),
- Tour de Whiterock (June 22-23),
- Portland Mayor's Classic (July 7),

- Redmond Derby Criterium (July 21),
  - Ballard Twilight Criterium (July 26),
  - Midsummer Track Cycling Grand Prix (July 27),
  - Renton River Days Criterium (August 11),
  - Wedgwood Cup Track Festival (August 23-24),
  - Alpenrose Thursday Night Series (May 2-Sep 26),
  - Marymoor Friday Night Racing (May 10-Sep 7) and the MVA Cyclocross Series (Sep 29-Dec 1).
- Check calendar listings for details.

### Track racing exposed and examined

*No Brakes! Bicycle Track Racing in the United States* was written by Sandra Sutherland to promote bicycle racing in this country. It provides a compilation on getting started in track racing, including information on "reading" velodrome lines, track and event equipment and listings of velodrome locations. Sutherland examines the rules of USCF National Championship events and even provides a mini-history of American velodrome racing, complete with profiles of record holders and other notable personalities.

*No Brakes!* is available for \$19.95 from Iris Press. Call (619) 634-1152.

### Wild rides

Ever wondered what mountain biking in the redwoods was like, or whether you should take your bike on a vacation to Big Sur? Have you ever dreamed about going on a Pacific coast bicycle tour? John Zilly's *Wild Pigs: The Mountain Bike Adventure Guide to the Pacific Coast* describes over 45 such rides between Whistler, British Columbia and Santa Barbara, California with maps, photos and precise trail descriptions. *Wild Pigs* is filled with tips about touring on a mountain bike and training for a big trip as well as information on food, lodging, bike shops, campgrounds and more. Author John Zilly has logged over 10,000 miles circling the United States by bike.

*Wild Pigs* (\$12.95), published by Adventure Press, is available at bookstores, bike shops and outdoor retailers. For more information call (800) 628-4822.



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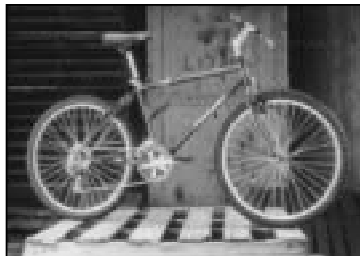


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# Bicycle Paper

## NORTHWEST CYCLING CALENDAR

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### EVENTS

May 16-Sep 28: Bicycle Advisory Committee Meeting. WA. Washington State Department of Transportation's Bicycle Advisory Committee day-long meetings. 1996 - May 18 (Tumwater) and September 28 (Wenatchee). 1997 - January 25 (Vancouver), May 17 (Spokane) and September 27 (Tri Cities). 1998 - January 24 (Seattle), May 16 (Tumwater), September 26 (Spokane). Washington State Department of Transportation, Northwest Region Office, 15700 Dayton Avenue North, Seattle, WA, (206) 440-4738.



### OFFROAD

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, (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.

Apr 5-7: Burnt Bridge Classic. Shawanigan Lake, BC. Downhill and cross-country for all categories. Simon Watson, 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 waterfowl 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 Jeff at, Hutch's Bicycles, 820 NE Third Street, Bend, OR, 97701. (541) 382-6248.

Apr 18-Jul 27: Kelley Creek Mountain Bike Festival. Bonney Lake, WA. Mt. Bike Racing for all levels and ages. Fast rolling 1 mile circuit with 70% single track. No major climbs. Cash & merchandise prizes, beer garden, barbecue, live music. Thursdays and Saturdays, call ahead for start times and registration information. Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. (206) 862-5969.

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: 6th Annual Bear Tax and Bees Wax. Belfair, WA. Elfendahl 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.

Apr 28: Cherry Festival Mountain Bike Race. The Dalles, OR. A cross-country event made up of 31/2 mile loops depending on the category. Entry fees range from \$20 - \$30 for the NORBA event. Wes Swearingen, Life Cycles, 122 E. 2nd St., The Dalles, OR, 97058. 541/296-9588.

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

May 24-27: Mount Hood Ski Bowl -Training Camp. Mount Hood, OR. Down hill training camp with Paul Thomasberg. Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.

May 25-26: Clearwater Cup. Pottatoh, 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: 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.

May 26: Pickett's Charge! Mountain Bike Race. Bend, OR. Cross country, standard NORBA categories. Fees: \$25 Sally Russell, Sunnyside Sports, 442 NW State Street, Bend, OR, 97701. (541) 389-3295 or Fax: (541) 389-7372 Email: SalBend@aol.com.

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) 755-9848.

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 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 (Suite 100), 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 (hard-core, hilly) mile loops. 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 or (360) 405-1834 or (360) 779-6676 or E-mail: aprescot@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 & Wait 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. Enjoy this annual event with a friend or co-worker and help promote clean air! 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.



423 people turned out for the 4th annual GT Valentine's Day Challenge held February 4, 1996. The Challenge fell in between the freezing weather and torrential rains; course conditions varied from ice to mud to snow and slush. Dale Knapp, who recently took 5th at the cyclo-cross Nationals, was miles ahead of the field to claim overall victory. Michelle Surruf dominated the women's competition. Over \$7000 in cash and prizes were distributed at the awards ceremony.

PHOTO BY DOUG WALKER

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 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 5-19: Padden Mountain Pedal (Sate MTB Championship - NORBA). 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, (360) 733-6440.

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

May 12: Okanagan Series #1. Campbell Mountain, Pentiction, Cross-country. Pentiction Cycling Club, (604) 493-0886.

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

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



### RIDES & TOURS

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. 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. Dana Wessels, Tacoma Wheelmen, P.O. Box 112078, Tacoma, WA, 98411. (206) 759-2800.

Apr 27: Monthly Tandem Ride. Seattle, WA. 20-40 mile fast paced loops for adults and a "playground" loop both tandems with kids or rides at a playful pace. Leaves from R+E Cycles at 10 a.m. Northwest Unofficial Tandem Society (NUTS), (206) 368-5490 x nut or Email: RodTandem@aol.com.

May 4: 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 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

This calendar is produced as a public service by the Bicycle Paper. Nearly every weekend of the year has something for every bicycle enthusiast. Please call the event promoter for details before attending your event. Please note that listings are subject to change; we update them up to three months ahead of the events.

Event organizers and promoters should send listings and changes to Calendar Editor, Bicycle Paper, 1205 East Pike Street, Suite 1-A, Seattle, WA 98122.

Fax: (206) 323-2905  
E-mail: cmc@accessone.com  
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# Bicycle Paper

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## NORTHWESTCYCLINGCALENDAR

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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. A one day bike tour to the Oregon Coast. Fully supported, rest stops, post ride BBQ. Four starting points for 55, 77, 101 mile rides, plus a mountain bike course. Fees: \$37. Nicole Bush, Bridget Kelly, Chris Anderson, American Lung Association of Oregon, 9320 SW Barbur Blvd. #140, Portland, OR, 97219. (503) 246-1997 or 1 (800)LUNG-USA.

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: 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 Ranstrom, 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) 982-1282.

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) 884-5193 Fax: (541) 884-5193 or Email: kiamcham@cdsnet.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.



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Complete listings for the 1996 racing season!



**SERIES RACES**

- Mar 31-Aug 24: WSBA - BARR/BAT Race Series. Series of WA-state based races where riders accumulate points towards determining the Best All-Round rider in the state. Washington State Bicycling Association (WSBA), (206) 292-5141.
- Apr 2-Sep 17: Badlands Twilight Race Series. Spokane, WA. Held every Tuesday evening at 6pm in Spokane. Venues vary, no citizens classes. Entry fee: \$6. Bob Fisher, Badlands Bicycle Club, S. 131 Sherman, Spokane, WA, 99202-1560. (509) 235-3880 or Alex Renner: (509) 456-7470.
- Apr 14-Aug 31: WIM Mountain Bike Series. Washington, Idaho and Montana. Series of mountain bike races located in three states. Organized by separate promoters. Call for series list. David Moffitt, WIM Regional Championship Series, 1117 W 12th, Spokane, WA, 99204. (509) 747-5868 or Website: www.wheelsport.com.
- 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 20-21: Northwest Masters Series. Vancouver, BC. Road, criterium and track races. Bill Runyon, (604) 732-9039.
- 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 5-19: Padden Mountain Pedal (Sate MTB Championship - NORBA). 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, (360) 733-6440.

- 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 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.
- 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.
- May 24-Oct 6: Mount Hood Ski Bowl Mountain Bike Races. Mount Hood, OR. 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, Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.
- May 25-27: Northwest Masters Series. Portland, OR. Scoring for overall winner will be based on omnium points for each venue. Prizes awarded age graded for categories 1 to 3 and non-age graded for 4, 5 and women. Road, criterium and track racing. Fees: \$30 (US) and \$40 (CN) Bill Runyon, Squeaky Wheelers Cycle Club, 304 - 2250 West 3rd Avenue, Vancouver BC Canada, V6K 1L4. (604) 732-9039.



**SINGLE RACES**

- 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 20-21: Northwest Masters Series. Vancouver, BC. Road, criterium and track races. Bill Runyon, (604) 732-9039.
- May 25-27: Northwest Masters Series. Portland, OR. Scoring for overall winner will be based on omnium points for each venue. Prizes awarded age graded for categories 1 to 3 and non-age graded for 4, 5 and women. Road, criterium and track racing. Fees: \$30 (US) and \$40 (CN) Bill Runyon, Squeaky Wheelers Cycle Club, 304 - 2250 West 3rd Avenue, Vancouver BC Canada, V6K 1L4. (604) 732-9039.
- Apr 6-7: SFU Easter Classic. Vancouver, BC. Road, criterium and stage race. Scott Laiberte Mike Wright, Vision Cycle, (604) 253-4770.
- Apr 13: Spokane River Road Race. Spokane, WA. Road race and combination road & dirt race Chris Peterschmidt, Arrivee 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 RZrelay@aol.com.
- Apr 14: 1996 Barry Wilcox Hell 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 Roubaix. Spokane, WA. All Categories. BARR and BAT for WSBA. Chris Peterschmidt, Arrivee Cycling, P.O. Box 3072, Spokane, WA, 99220. (509) 747-7586.
- 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 Rec. Sports, Dixon Court, Corvallis, OR, 97331. (541) 753-2580.
- Apr 20: Bothell Criterium. Bothell, WA. Flat, 1.3 mile course. All Categories. Commemorative awards 3 deep. Prized 6 deep in each race where prizes are awarded (combination cash and merchandise). Fees: \$18 Call for registration details. Mark Gran, Mead Management Group, 1932, First Ave (1003), Seattle, WA, 98101. (206) 448-5868 or Fax: (206) 448-5698 Email: events@mmginc.com.
- 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.

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June 2, 1996

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# Bicycle Paper

## NORTHWEST RACING SEASON

- Apr 21: Spring Classic Road Race. Langley, BC. Located at 56 Avenue and 272 Street, the courses 9km with two technical sections, slight rollers and one short, steep climb. Start times to be announced. Fees: \$20 (US) and \$25 (CN). Bill Runyon, Squeaky Wheelers Cycle Club, 304 - 2250 West 3rd Avenue, Vancouver, BC Canada, V6K 1L4. (604) 732-9039.
- Apr 28: Cottonwood Canyon Road Race. Yakima, WA. All categories. Fees: \$17 advance entry, \$25 day of race, \$20 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. BARR and BAT. Lance Armstrong Juniors event. David Byron, Chinook Cycling Club, P.O. Box 132, Richland, WA, 99352. (509) 735-2972 or (509) 372-2456.
- May 4-5: Pear Blossom Omnium '96. Medford, OR. A weekend of races. May 4: the Woodrat Road Race, a 23 mile hilly circuit and May 5: Pear Blossom Road Race, a 20 mile circuit with two 6% climbs. All USCF and novice categories. BAR points. Fees: \$15 either race, \$25 for both. Matt Guinn Glen Gann, L.E.C.A., (503) 306-0781 (club voice mail, race info.) or (541) 7798-6986.
- May 4: Woodrat Road Race. Ruch, 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., (503) 306-0781.
- 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. \$40,000 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. One mile course around Alki Point, known for panoramic views, active residents and snowcapped mountains. Bob Walsh Enterprises, (206) 285-3212.
- May 19: Microsoft Grand Prix / Olympic Trials. Seattle, WA. Men's Olympic Trials qualifying race on the streets of Seattle. 12.6 mile course that starts and finishes at Westlake Park and travels through Downtown, Madrona, Leschi, Mt. Baker and Central Districts. Professional and Category 1 men only. (Volunteers are needed for race. Phone Andy (206) 441-7460 x222) Bob Walsh Enterprises, (206) 285-3212.
- 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, Siskiyou 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 2: Silverton Criterium. Silverton, 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 15-16: BC Classic Stage Race. Langley, BC. A racer's race. Four stages: TT, RR, Crit, RR. All categories, low fees. Follows successful '94 mainquad 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 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: iddoug@scn.org.
- Jun 15-16: Team Escape Velocity Stage Race. Ft. Langley (Saturday) and Vancouver (Sunday). Road race and time trials on Saturday and criterium on Sunday. Race for all categories, vets race in their categories. Ted Ritter, (604) 732-7520 or Fax: (604) 732-7575 Email: tritter@direct.ca.
- 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. The only US women's bicycle race listed on the International Calendar - a must see event! Jim Rabbada, 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 Sumner Street, Portland, OR, 97217. (503) 285-9720.
- Jun 22-23: Tour de White Rock. White Rock, British Columbia. Men's and women's 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.
- Jun 23: Saturn Bicycle Classic. Portland, OR. A short Portland International Raceway circuit, prior to CART races. Kirti Walpole, Team Oregon, 11160 SW Goldfinch Terrace, Beaverton, OR, 97007. (503) 579-3142.
- Jun 23: 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, WSBA, (206) 670-4613.
- Jul 6-7: 1996 Hammerfest. Rosalia, WA. A road race. Alex Renner, Badlands 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 Klannee, 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: 56th Annual Redmond Derby Criterium. Redmond, WA. America's Longest running bicycle race. Flat, fast criterium. One mile course is hour-glass shaped and has 8 corners. Action packed program with six bicycle races, two skate races and a bicycle racer vs. in-line skater sprint race. Mark Gran, Mead Management Group, 1932, First Avenue (suite 1003), Seattle, WA, 98. (206) 448-5868 or Fax: (206) 448-5698 Email: events@mmginc.com.
- 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: 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 Spauld, Upper Chuckanut Cycling Club, 100 E. Chestnut, Bellingham, WA, 98225. (360) 733-6440.
- Aug 10: Crawfish Criterium. David Oilphant, 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. Penitence, BC. Peter Mathews, (604) 490-4824 or Fax: (604) 492-3152.
- Aug 11: Armando's Cafe Criterium. Renton, WA. Washington District Criterium Championships 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. WSBA - BARR race. Entry fee: \$15 David Douglas, 4207, SW Hill Street, Seattle, WA, 98116. (206) 932-5921 or E-mail: iddoug@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 Climb. 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. Pre-registration 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 Microbrew Fest Weekend in Fremont. Category 1, 2, 3 and Pro men's, 1, 2, 3, 4 women's. 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: iddoug@scn.org.
- 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. (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.

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**K2 Softboot™ skates set precedent**

Love, it is believed, chooses us. We are merely pawns living out the pre-determined fate of some higher cause. I did not necessarily consider myself a subscriber to this theory until I recently included America's fastest growing sport among my cross training ventures: in-line skating. Participants spent \$772 million in 1995; they must truly be lovesick and blessed with a large disposable income. The sport, although simple in concept, is extreme in execution and a workout of unparalleled proportion.

A cyclist's training program is ongoing and riders can easily grow weary of monotonous gym, saddle and roller routines. In-line skating is proven to have physical benefits similar to cycling, making it an excellent training alternative. Cruising in-line and bicycling each pump many of the same muscles as well as the cardiovascular system. The most notable difference is that a fatigued cyclist can complete a workout while in the seated position. Skaters aren't given such a luxury. Can't you just feel the lactic acid burning in your quads? Ouch!

After spending two weeks with K2's Exotech Extreme Workout skates strapped to my feet, I am convinced that the phrase, "in-line skating" is a euphemism for "very grueling exercise." Imagine you are squatting three hundred

pounds, one repetition at a time for an hour at a time. Now factor in a heart rate of approximately 175 beats per minute and the possibility of a head wind while doing so. Welcome to in-line skating! There is no such thing as taking it easy while riding in-line skates, so erase those images of grade school skating parties. It is not at all like drifting effortlessly around a firm roller rink floor atop some beat, tan, rented jobs with dull, squeaky bearings. The only thing those rentals have in common with K2 in-liners is the shape of the wheels: round. Those were Pintos, K2's are Porsches.

Located on Vashon Island, K2 established itself in the snow skiing industry decades ago. It is America's largest manufacturer of Alpine skis and snowboards, and it has parlayed this success directly into the skate industry. As difficult as in-line skating is, K2 makes it easy to enjoy. **Softboot™ technology**, developed three years ago, provides an almost custom feel because they are constructed of leather and mesh rather than rigid plastic. Softboots conform to the contours of an individual foot, keeping the heel

pockets particularly snug and providing outstanding comfort, support and flexibility as well as increased speed and maneuverability. Nylon laces, Velcro fastener, and a plastic clasping buckle around the collar add to the fit.

K2 skates are equipped with four Hyper-X wheels with a durometer of 78, the Extreme Workout is packaged with and accommodates five. (Durometer measures the softness or hardness of skate wheels. The higher the number, the harder, faster the wheel.) Also provided with all 1996 models is a handy T-shaped allen wrench, the only tool required for all Exotech skate assembly and adjustments. The rubber-padded braking system (on the right) provides easy stopping and if desired, can be easily transferred to the left skate. The tongue and inner backing are padded and there is a sturdy nylon loop to grasp when inserting the foot.

K2 is so strongly committed to comfort that their skates fit every half size and they are the only manufacturer of skates specifically designed for women. There are twelve K2 skate models in all, ranging from racing and recreational to hockey models.

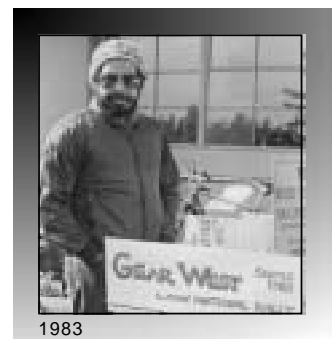
My initial venture to the in-line world could have been much more painful... although I seriously doubt it. While my

lower back, calves, thighs (even the hair on my shins) ached, at least my feet were cozy. K2 spoiled me; after experiencing Softboot comfort, I can not even imagine how other skates feel.

K2 stands behind its products one hundred percent. Softboot skates carry a one year warranty for manufacturers defects. The Exotech Extreme Workout skates retail for approximately \$320.00.



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 BY NOEL ZANCHELLI

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**TOUR de LANE**

## REGIONAL REPORTS

### Tour de Lane filling fast

BY PAUL KEMP

Tour de Lane, the iconoclastic bike tour of Lane County, Oregon, is filling up fast. Word is out as early entries stream in from last year's riders, their friends, family and other avid cyclists.

This tour explores a basic assumption of cyclo-touring - that road rides must take place on highways. Tour de Lane promoters are instead using a network of paved logging roads built 20-30 years ago. Short segments of county and state roads with bike lanes link these unique forest roads across the 4,610 square mile county which stretches from the Cascade crest to the Pacific Coast. Since Lane County is mostly owned by the US Forest Service and BLM, these forests contain much of the remaining low-elevation old growth left in the Northwest. Riders last year were surprised by the beauty of the rugged terrain and giant Douglas firs. Cyclists, with little worry about vehicle traffic, can concentrate on the scenery and the pleasure of riding.

The Tour de Lane events offered this year have relatively standard support: camping, hot showers, massage, sag wag-

ons, medical and mechanical support, catered meals, snacks, course maps and marking. In addition, there is an espresso cart that follows the tour, a wildlife biologist and botanist who lead interpretive hikes, and a party at the close of each tour, with music, microbrew and raffle prizes from the sponsors.

For a free brochure call (800) 778-4838 or write Pathfinders at P.O. Box 210, Oakridge, OR 97463 or email them at TourDeLane@aol.com. Each Tour is limited to 200 participants.

### BTA awards "toeclips"

On December 4, 1995, the Bicycle Transport Alliance (BTA) held it's first annual "Alice B. Toeclips" celebration. Receiving the "Alice B. Toeclips" awards of thanks and recognition were those people and organizations who's ideas and initiative were supportive of a bike-friendly Oregon: Kaiser Permanente for children's bicycle education; the Oregon Department of Transportation (Region 1) for it's employee bicycle facilities and bikepool; Tri-Met for it's 100% bicycle accessible system; the Bike Gallery for industry leadership supporting bicycle advocacy; Mickey Finn's Pub for innovative, indoor bicycle parking for customers; Community Cycling Center for youth training; Yellow Bike Program for its famous yellow bikes; the Portland

Bicycle Program for bold, innovative leadership and the members of the BTA Legal Team for "Supreme" work on behalf of Oregon Cyclists.

### Bicycle safety training saves lives

According to the Center for Disease Control, over 550,000 people yearly are treated for bicycle related injuries. Most bicycle injury victims are children between the ages of 5 and 14. To help reduce bicycle injuries among children, the Cascade Bicycle Club offers free bike safety training to individuals and organizations interested in conducting a Bicycle Rodeo in their community. Participants will learn how to conduct a bicycle rodeo, review basic bicycle safety principles, common hazards, and learn what resources exist to support bicycle rodeos. CBC provides follow-up support in the form of props, educational materials, helmets, technical assistance and consultation. Training and follow-up are free of charge. The next training is November 9 at the Greenlake Community Center.

Another CBC safety program which offers training for adults to help make bicycle riding safe and fun for children is Sprocket Hero, the masked bicycle education crusader. Sprocket Hero speaks to large groups of children about bicycle safety issues, emphasizing helmet use.

Presentations are usually conducted at school assemblies and last between 25-30 minutes. Educational materials and costumes will be provided for all Sprocket Heroes, as well as the scheduling and confirmation of presentations.

Call (206) 523-1952 for information about both programs.

### Looking for a place to ride? Try Victor Falls

BY JP LEBLANC

Victor Falls, located between Sumner and Orting, Washington, is dotted with small private and commercial farms, retired Boeing employees, new yuppie developments and some of the best riding within one hour of Seattle. Most of the riding is in the intermediate to advanced spectrum, with lots of available fire roads, and awesome single track! Trails like "Derailleur", "Cut Your Brains Out", and "Jam Session" name a few, and for the hard-core I recommend "Psyco", "Needle's Eye", "Grizzly" and "Rocky Way".

Possibly the best thing about Victor Falls comes *after* the ride. It's Kelly Creek Brewery - located five minutes from Victor Falls to their door. KC Honey Ale, Silver Basin Ale, Black Cherry Lager and a Honeyporter so good, you'll be lucky if they have any (it's very popular). If this

Wouldn't be caught dead on a Schwinn?  
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Seattle bicycle cops demonstrate police techniques using the bicycle as a weapon. The bicycle police were sponsored at the Greater Seattle Bicycle Expo by Bicycle Paper.  
PhotobyKristinFoersch



1979



Antique cycles at one of the 135 Expo exhibits.  
PhotobyKristinFoersch

isn't enough, there is 1.5 miles of single track around back. When I spoke with Doug Cartwright, owner, he said by summer 1996 there will be 3-4 more miles of trail and a series race! The no frills serving/brewing room is sparse but a nicely laid out beer garden awaits you at the front door. A full morning of riding topped off with a cold fresh beer - nothing could be finer.

A couple of notes: Victor Falls is a chunk of land owned by the Tacoma Water Company and some of it is selectively logged; your favorite trail may disappear. They will recover though, with the help of Jim Hendricks (the man who

draws the Victor Falls map) and his support of trail maintenance. Also, Victor Falls residents are not fond of mountain bikers: be respectful of their property, don't litter and don't change out of your grungies (thus exposing your halibut white skin to the neighbors). If you see trash, pick it up. Let's make them happy we're there. Copies of the map are available at my shop so give me a call at the shop or stop in M-F, noon-5 p.m.

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## Cyber Cyclery provides Web access for enthusiasts

**Bellingham, WA**—Cyber Cyclery operates exclusively on the World Wide Web as an information resource for bicycling enthusiasts. Cyber Cyclery works with a number of bicycling related companies setting up Web sites. These have included such manufacturers as AMP Research, Boulder Bikes, Brew Racing Frames, Duegi Sport Shoes, Ellsworth Handcrafted Bicycles, KHS Bicycles, Kooka Components, Profile and Ti Cycles. They have also set up sites with tour operators Western Spirit Cycling and the publications Bike Culture Quarterly, Cycling Science, Cycling Times, Dirt Rag and Encyclopedia.

Many other plans await Cyber Cyclery. They will be working with One+ to set up an international site providing race results and photographs directly from bicycling events around the world. Also, working in conjunction with the National Bicycle Dealers Association, they will be setting up an information site for the bicycle consumer (which is also low cost way for bike shops to get on the Internet).

Contact Carl Flansbaum  
at Cyber Cyclery: (360) 715-1288  
E-mail: info@cyclery.com  
Web site: http://cyclery.com

## Olympic Sports holds ground in tough bicycle market

BY FRANZ HAMMER

One has the impression that cycling is continuously growing in popularity. A ride in our Puget Sound area on a sunny weekend will convince any and all skeptics. From my personal standpoint of having one foot in the retail business and the other as a hardcore racer, there are changes evolving. The many new and colorful team jerseys as one example attest to the fact. New alliances are formed and new sponsors fortunately appear as some alas, disappear.

It is not our intention at Olympic Sports to disappear. Like many retailers

here and across the country, we are faced with increased national competition, the big box stores and also the more discerning consumer. Forced to retrench under these very difficult conditions, we are well underway to consolidate and get back to our roots. What made Olympic Sports successful for 34 years in this area will be the focus of our re-doubled efforts - expertise and customer service. Cycling will play a major role under this scenario at Olympic Sports as well, of course, as our mainstay ski business. Both cyclists and skiers alike ultimately will appreciate the value of expert advice and proper equipment selection from salespeople themselves avid participants in these activities.

Our continuing contributions and participation in such events as team sponsorships, technical support in several fundraising rides and STEP all hopefully benefit the community. Regularly scheduled repair and maintenance clinics at our Bicycle Central/Northgate store and Bellevue Community College merit mention. Our annual April Bike Sale which runs April 12-21 this year we also feel contributes to and supports the cycling population.

We feel confident to emerge from this downsizing and restructuring as a strong player in the bicycle retail picture as well as to be able to maintain our leading position in the ski business in the Northwest.

## Sherriff's sights set on Northwest

The Law Enforcement Cycling Association (LECA) / Chevrolet L.A. Sheriff Cycling is a National USCF, NORBA and USPRO club with a growing Northwest chapter. LECA is a non-profit organization formed to establish and maintain a programs benefiting the sport, the individual and the community.

Membership in the association is open to anyone with an interest in road and mountain bicycling. The Washington/Oregon chapter promotes the Pear Blossom Omnium.

For more information call: (503) 306-0781. E-mail: lecahq@alo.com



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## DAVID "MAC" SHELTON

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# Cyclist Insurance Questions

BY DUBUAR, LIRHUS & ENGEL

A Seattle law office answers frequently asked questions about coverage planning that will help if you are injured in a bicycle accident.

Should I care about my insurance if a car hits me while I am on my bike? The person who drives a car into you or your bike may not have insurance. You can protect yourself with your own automobile insurance if you have UIM and PIP insurance (discussed below). The driver's liability insurance will pay for your injuries, but only to the extent of the amount of coverage the driver happens to carry, if any.

How do I get medical bills paid if I am hit by a car? Generally the insurance company for the driver who caused your injuries will not pay your medical bills, except in exchange for you signing a final release and accepting a lump sum settlement of all your claims.

Auto insurance companies offer Personal Injury Protection (PIP) coverage to meet this need. If you buy PIP coverage, your insurance company will pay medical bills and wage loss, regardless of fault. If the driver of a car that hits me has

PIP coverage, will that help me? Sometimes. Some insurance policies offer the car driver's PIP benefits to cyclists and pedestrians, but many do not. You should check with your insurance company and confirm in writing that your PIP will cover you as a bicyclist and that your company will extend PIP coverage to a cyclist you accidentally injure.

I already have health insurance; why buy PIP coverage too? Your health insurance may apply only to you and limited family members. Check your particular health insurance plan. Some plans limit your medical treatment to certain doctors, facilities and treatments. Automobile PIP coverage is intended to pay medical bills in full. It requires no deductibles or co-payments and generally does not limit medical treatment.

Talk to your insurance agent and ask a lot of questions. Make sure your PIP covers you as a cyclist and you as a driver if you hit a cyclist. Use this article as a check list.

The authors are CBC members and bicycle commuters Douglas Engel, partner in the law firm of Dubuar, Lirhus & Engel, and legal assistant, Linda Michalik.



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# Underheard at the Shows

BY MAYNARD HERSHON

Women's cycling advocate, WOMBAT founder, Jacquie Phelan organized panel discussions at the two fall trade shows, Interbike in Anaheim and Bicycle Industry Organization (BIO) in Las Vegas. The topic at both was: How to make cycling, sport and industry, more hospitable to women.

At Anaheim, the panel of a half-dozen savvy industry women sat at a raised table in front of over 100 people, fairly evenly divided between men and women, mostly bike shop owners and their employees.

Because of the size of the room and the SRO crowd, the women needed public address microphones. There were six women, four mikes. Some of the women, unused to microphones, did not speak closely into them; their voices did not carry beyond the first few rows.

Damn, I thought. We're here to listen to women, to learn how to serve women better, to learn how to include them in our boys-club sport and industry; Wouldn't you know, we can't quite hear what they're saying.

A week or so later, at the BIO show in Vegas, I attended a smaller, more intimate meeting in conference room A in The Sands. An audience of maybe 40 circled chairs and surrounded the panelists, four this time, I think

Next door in room B, separated from us by a big folding door, someone was showing the gonzo, get-big-air mountain bike movie, "Pulp Traction." As you'd expect, the rock soundtrack boomed, threatening hearing loss to the fit, tan, vitamin-popping viewers.

Soft voices and loud hip-hop meant, in our room,

you could hardly hear the women speak beyond the first tier of chairs. Damn, I thought again.

The movie ended before our conference did. You could hear people filing noisily out of the room next door. I felt relieved: finally, I figured, we'll be able to hear everything that's being said in here.

Just that moment, the hotel attendant began cleaning room B's carpet with an industrial vacuum that must've been powered by an un-muffled Corvette engine. This is a damn

conspiracy, I thought.

During the BIO meeting, several people from the audience spoke up on one subject or another. The women who spoke were self-deprecating: they'd say they didn't know anything everybody else didn't know, or that they

had a cold and hoped you could hear them. You could tell they felt self-conscious taking the spotlight.

Then they'd make a short statement about something that'd happened to them in a shop, or about how they'd learned in their own businesses to accommodate or market to women. Or how they made it policy to choose suppliers who consider women when they design their products.

In sharp contrast, two or three men grabbed the mike, strode to the center of the group, announced their qualifications, and expounded on some subject or other until audience eyelids became heavy.

I was afraid I'd done the same kinda stupid, unthinking thing myself, once or twice or 500 times. I was embarrassed for myself and my gender. If you're one of those mike-grabbing guys, be thankful no one videotaped that meeting. Watch yourself pontificate - and you'd be embarrassed too.

Three-paragraph sermon from a repentant fellow sinner:

Guys: If you'd like to set yourself apart from the hordes of heedless men... If you'd like to feel fair and supportive of women inside and outside of cycling... think about this: You know the feeling you have that women are the seekers of information - and YOU are the source of it. That feeling is wrong.

Starting today, let's not assume we know what women're thinking or how we can help them or what they want to buy. Let's ask them; they'll tell us what we need to know.

That's what we'll do: We'll ask them.

Then - we'll shut up and listen to the answers. ⚙️



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