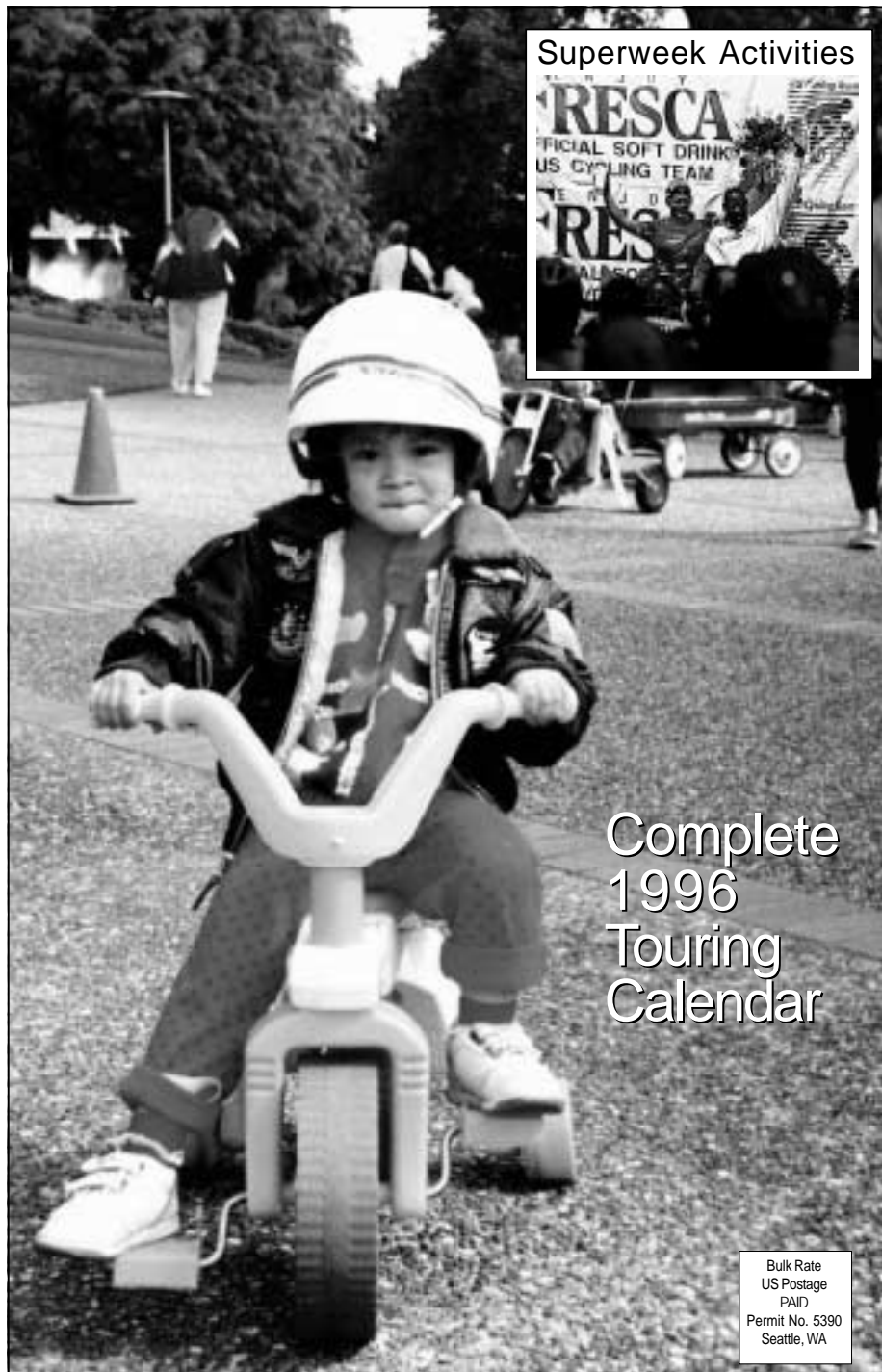


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Superweek Activities



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Cycling Superweek in Seattle

BY BRETT STAV

MAY 11 - MAY 19, 1996 has been dubbed the "Superweek of Cycling" here in Seattle. The biggest event occurring this week is the 1996 Microsoft Grand Prix/Olympic Trials (to determine riders for U.S. Olympic Cycling Team) throughout downtown Seattle. In addition to this, there are numerous other activities in neighborhoods throughout the city. Bicycle Paper coverage of the race and these other events begins on page 8. We hope you can get out there and enjoy the festivities.

For more Superweek coverage, please turn to page 8.

Quest for the Emerald Forest

BY MOAB NEUFIELD AND BRET MASON

THERE ARE RIDES HERE on Vancouver Island that remind us why it's good to be alive. Mother Earth just picks you up and gives you a big hug saying, "I missed you, child. Welcome back." We spend our lives trying to justify our existence in the corporate world saying, "I make money, I pay taxes...spend me." But our bikes know better; they sit in basements or garages like mythical steeds waiting to whisk us away to adventures beyond our imagining. Mud still in their hooves and fire in their eyes, they wait patiently. They know we have to go free sometime.

See "Quest" on page 5

Future champions get an early start

FUTURE OLYMPIC AND NATIONAL racers can get an early start in their careers on May 22 (8:30 a.m.-1:30 p.m.) at the Shoreline Community College Sunfest-1996 Trike-A-Thon/Bake Sale. This fun family event will raise dollars for laps around the center campus circle; all proceeds go directly to the campus day care. This year's goal is to buy new mats for the playground at the Parent-Child Center.

Local riders can enter in various categories. The buggy category invites riders three months to one year old. They will require pushers for successful lap completion. Advanced riders can ride using "Big Wheel" type vehicles and training wheels. The top category is bound by a five year age limit.

For further information or to make a pledge to the Shoreline Parent-Child Center call Margaret Rosenow (director) or Amy at (206) 546-4689.

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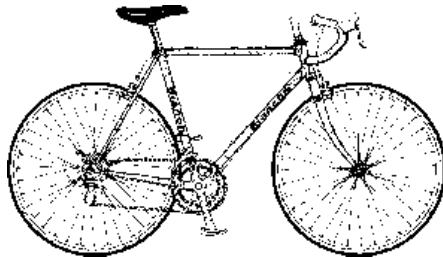
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Bike group folds - promise unfulfilled

You may recall that back in late 1994 a new organization was shaping up with big plans to shake up how bicycle advocacy was funded. It was a bold move tempered with frustration that despite the profits generated by the annual InterBike show (the world's largest purely bike trade exhibition), very little actually trickled into sustaining local efforts to promote bicycling. A handful of industry bigwigs figured rightly that more needed to be spent on bike advocacy if people were going to have safe places to ride. It made classic sense - self-interested generosity for the riding public's benefit. What, in retrospect, did not make sense was how this new organization attempted to generate funds targeted at promoting cycling. The nascent Bicycle Industry Organization set up a new bicycle show in direct competition with the well-established InterBike. Now, history could have repeated itself here because back in the mid-eighties InterBike was an upstart show that put

the established BDS Bike Expo out of business. But no.

While InterBike show promoter Steve Ready seemed reluctant to show consistent generosity to bicycling organizations - and to his credit the International Mountain Biking Association was a recipient of InterBike largesse - he demonstrated fleet of foot in hiring lawyers and PR consultants to defend against BIO. His spin-masters molded him as a friend of the bicycle dealer (the Bicycle Dealers Association was another recipient of InterBike money) while depicting BIO as the vehicle of huge corporations like Trek and Specialized. It appeared to work, and the lawsuit against BIO knocked a big hole in its shaky finances.

But what finally caved in BIO was its bike show. It went up against InterBike, splitting dealers' loyalties. Most stayed with the show their organization endorsed. Finally, even Trek and other suppliers undermined the 1995 BIO show

by launching their 1996 lines before the show, thus reducing the dealers' incentive to attend. BIO reportedly owes almost \$350,000 to the show site in Las Vegas.

Meanwhile, InterBike has new owners who have offered to donate up to \$500,000 to promote bicycling. This time, dealers, advocacy organizations and bike clubs should rally together to make a compelling case that money spent on lobbying for continued access to forests and parks, as well as needed improvements to highways is a vital investment. After all, without safe places to ride, why would we want to ever buy another bike?

Outspokin'

BY GORDON BLACK

Cover photo courtesy of Shoreline Community College.

Inset: King of the Mountain Award awarded to Clark Sheehan of Team Montgomery Bell at the Fresca Nationals Road Race/Microsoft Grand Prix - June 11, 1995 (Seattle). Photo by Marshall Kirk.

LETTERS

Real people respond

We received an overwhelming response to the April letter "Real men don't wear helmets". We would like to print them all, but have instead chosen these excerpts and hope they give a sense of what is being communicated.

"This individual must have taken a trip over the bars sans brain bucket. Helmets save lives- period. But, I agree with half of him: common sense can't be legislated and life doesn't come with guaranties."

Mike Murphy, Issaquah
MikeDMurf@aol.com

"A classic example of evolution in action! These individuals are doing us a favor by not wearing helmets - this is the modern equivalent of keeping the gene pool strong by weeding out the mentally defective.

Robert Wright, Bremerton

"Opponents of helmet use often chant "personal freedom", they need to accept the "personal responsibility" that goes with freedom. Those choosing to forgo this well-documented protection should carry a multi-million dollar medical policy so that society needn't cover the cost of their long-term care."

Bill Moritz, Bothell

"I never say anything about helmets to riders I see without them because it seems rude if that is the entire content of my relationship with them. But you took the step of publicly advocating against helmet use. People can't elect to be crashproof through an act of will and I am concerned about [your] advocating for public policy to move away from encouraging or requiring helmets. I don't want more people [hurt] or dying because other people are advocating and selling the public on the idea that we're safer than we are."

Milo Fryling, Seattle

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If you like the new stuff, great—it's available all over and you know where. But if you miss things such as lugged steel frames with dropout eyelets and clearance for comfortable tires, cotton bar tape, leather saddles, friction shifters, free-wheels, gum hoods, waxed cotton saddlebags and panniers, non-aero brake levers, and bike parts made the way bike parts used to be made, then you should probably get our catalogue, because we sell them. New or new old stock.

We have our own frames, too made to our specs by Waterford Precision Cycles, out of our own designed Reynolds 753 tubing, and with our own flat fork crowns and lugs. They're fancy! But not too. Hand brazed with silver, four models, nothing suspension-compatible, and prices start at \$1,050 for a one-color frame and fork.

Our newsletter, the *Rivendell Reader*, includes contributions by some of the best writers in cycling. It won't tell you how to bunny-hop, stretch, cross-train, win races, drop your buddies, harden your body, which wind trainer to buy, or extoll the virtues of a low-fat diet, layering, or maintaining year-round fitness...but past issues have covered topics such as the history of bicycle suspension (going back a hundred years), the making of Brooks saddle, seat post offset, and stone tools. The current issue has a fascinating story on the origin of Schwinn Varsities, and how they made those joints so smooth. Haven't you always wondered?

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"Quest" from page 1

Mother Earth, for her part, extends her fingers, offering escape and reward; we do deserve the reward. We earn it because we are members of the human race and like our bikes we were designed to fly undaunted through the wild on occasion. Shawnigan Lake or *Burnt Bridge* as the locals call it, is such an occasion.

Victoria is a beautiful city, but it is still a city. Driving along the highway towards your dirt destination, tension disappears. Round the corner and up the into the mountains, winding along above the sea, the whole world seems below you. As you crest the peak of Malahat, a turn left drops you into a wilderness of pine trees and lakes. When you reach the trail head, you're halfway to sanity.

PHOTO: EARTH RIDERS



Sanity is a relative term. You mount your ride and disappear into the woods on a winding single track journey to the Emerald Forest. This quest takes you through everything from tight-cornered turns to sizzingly flat

This quest takes you through everything from tight-cornered turns to sizzingly flat double track, roots, jumps, trees, volcanoes, dragons...

double track, roots, jumps, trees, volcanoes, dragons... There's one section of track where you find yourself coming out of the track, hyper-speed into the jump which suddenly turns into gnarly single track beneath your airborne wheels. "Boom!" You're into it. Rocks - perry. Logs - dodge. Rocky creek - ho... uh oh...

Then you come to realize that you're going to crash and there is precious little you can do about it. You are suddenly surrounded by overwhelming peace. Time screeches to a slow waltz like you've just crawled inside the body of the turtle who beat the rabbit. It's beautiful, really. You know you're going to bail and since there is nothing you can do about it, you might as well enjoy the ride.

After a wicked (and thankfully brief) climb that rises out of the forest so suddenly you'd think it was designed as an ancient mountain shrine to the sky, you begin to see the first glimpse of your destination. The Emerald Forest is an experimental reforestation project. All of the trees are pretty much the same height (which probably doesn't seem that exciting) but during the creation of this forest, this incredible moss carpet grew magically across the floor. You wind your way through

waist high bushes concentrating so hard that you don't see what's coming: a vista with one of the most beautiful views in the world.

The forest opens up and the blanket of glittering emerald moss is illuminated by fingers of sunlight searching through the trees. It takes your breath away. This is where you snack or sit and drink in the atmosphere. Here, you are truly alive and you want to stay...

Awaiting you however, is a section of downhill naughty enough to be spanked! Rocket fast single track, with bumps so close you ride your bike like a racing stallion. The bottom of the forest falls out and you scream down a fire road with switch backs tight enough to embed your brake levers into your hands. Zoom! Three more miles of single track begging to be raced, a plea to which you lovingly comply as you still haven't slowed from the downhill. Even your lungs are fooled as every neuron is called upon to guide the reigns to the end.

Now you're tired. But your soaring soul is floating you two inches off the ground. You have earned the cool, clear quarry baptism at the end of the trail. Any last remnants of city stress are washed away in a huge pool.

Moab Neufield and Bret Mason run Earthriders, celebrating the earth and people through mountain bike adventures. They have a lodge just north of Victoria and specialize in tours on South Vancouver Island, as well as other destinations across B.C., into the U.S.

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Sugoi sets trend in mountain bike apparel

Ten years ago, Carol Prantner began her career as an athletic clothing designer humbly manufacturing soccer uniforms. Her husband and business partner, Dave Hollands, convinced her to try her hand at designing bicycle wear. Shortly after that, Sugoi Cycle Clothing, manufactured its first eight panel, cycling shorts. The success of that venture led to the creation of the first Sugoi cycling jerseys. Realizing that they were on the verge of something big, Sugoi fully committed to clothing for the road riding bicycle market and by their fourth year were designing and manufacturing sublimated clothing. High tech fibers were introduced in their fifth year, and Prantner and Hollands haven't looked back since.

Sensing that the mountain bike clothing market was about to boom, Sugoi solicited feedback last Spring. According to Micky So, of Sugoi's sales and marketing department, there was "more demand for loose fitting jerseys, and a more than phenomenal response" to its early line of mountain bike sportswear.

Largely successful in Canada, the Burnaby, B.C. based Sugoi is starting to invade the market to the south with a line of mountain bike clothing sure to take this fashionable adrenaline sport into entirely new directions. "No Hype" is what Sugoi has billed the new collection, and ironically, it is sure to create tons of hype.

The flashy "theme" jerseys (Martini Manhattan, Sugoi Blend, and Sugoi Brew), which are classic Sugoi signature, are prevalent in the No Hype line. Baggy, relaxed, and loudly plaid, the McHip Jersey serves as evidence of that. The 100% cotton reverse fleece McHip is lightweight (just nine ounces), comfy and practical -

with a roomy cut and large "don't lose the loot" full zip back pocket. It has a sporty look, so you won't feel like a lycra geek when you park your ride and kick back for a cup of java. Instead, you'll blend in with the ultra hip Northwest Grunge set. The McHip is offered in moss green or brick red and available in sizes extra small to double extra large. Sugoi offers matching plaid McHip shorts, but cautions against wearing them with the shirt unless you're going for that pajama party look.

Complimentary to the McHip upper is the wildly popular Canvas Pig Short. These pigs are quite soft, comfortable and despite weighing just eight ounces, are rugged enough to handle the obstacles of thickly brushed singletrack. The exterior hides a four panel lycra short with a very smooth Skookum Suede chamois. The sides have deep pockets with full zip closures. The elastic waistband has a cleverly placed nylon fastener that tightens and loosens easily with just one hand. Like the other No Hype garments, these look great even off the bike and are available in extra small to double extra large with color options of moss green, steel blue and sage.

Another great No Hype garment combination is Cotton Jour-

ney Shorts paired with a Super Suave Cotton Jersey. More visually subtle than the McHip combo, matching these two items is fashionably encouraged. The Journeys, like the Pig shorts, sport the extremely comfortable, hidden lycra under shorts with Skookum liner.

The Super Suave Jersey sports a chic retro look, not unlike a circa 1950 bowling jersey, not to be confused with Sugoi's own "Bowling Jersey" which resembles standard ten-pin attire. It's constructed of twelve ounce cotton fabric with a two tone color pattern with the traditional cycling jersey features; two large rear pockets with elastic tops, and a generous front zipper. The Suave is offered in the full range of sizes and in the color combinations of brick red and black, moss green and black, and steel blue and black. An identical long sleeved version of the Super Suave in a thicker fabric is also available for brisk, fall morning rides.

The quality of Sugoi clothing is guaranteed for one year from the purchase date and because No Hype garments are designed and manufactured by the same team in Burnaby, quality control is closely guarded. Sugoi will replace any garments with manufacturer's defects.

The suggested retail price of the Canvas Pig Short is \$70.00 (U.S.), the McHip Jersey is \$45.00 suggested retail. Cotton Journey Shorts carry a suggested retail price tag of \$50.00 (U.S.) with the Super Suave Jersey having a \$40.00 retail price tag.

INNOVATORS NORTHWEST
BY NOEL ZANCHELLI



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THE FIRST AND LAST NAME IN MOUNTAIN BIKING

Preparing for the racing season

BY ERIC MOEN

It may seem dark and gloomy now, but excitement is building for the upcoming track racing season. Track racing is an exciting sport that is marked by high-end speed, power and tactics. Racing at the track benefits your riding skills by improving pedaling efficiency (spin), leg speed, power, anticipation and quick execution of tactics, positioning in groups of riders and bicycle-handling in close quarters. Some joke that one of the best things about track is the cancellation of racing with the onset of rain. The Northwest then, is blessed with both rain and the presence of three tracks: Marymoor (Redmond, WA), Alpenrose (Portland, OR) and Harry Jerome, the new indoor track in Vancouver, BC. The abundance of local velodromes means that the Northwest has a great share of talented riders - past and present.

Preparation is best started with a calendar that considers the basic racing goals of the track athlete, including goals such as participation in a series event and local one day events with the primary goal of peaking for a state championship, regional cup, nationals or world events. Whatever the primary goal, there are some common preparatory steps that will help to optimize fitness and avoid injury or burn out.

The periodized plan for the elite track athlete begins in November with the initiation of base miles (aerobic development), goal setting and weight training (muscular hypertrophy). (See Table 1)

Let's work through an example of a training task:

Anaerobic power (AP) training lets you establish high power output and assists in the tolerance and buffering of lactic acid, enabling the body to efficiently incorporate it as an additional source of energy. This type of workout can be performed on the road, wind trainer or track (weather permitting). Cadence during efforts should be specific for your discipline and power output should be high enough to attain desired heart rate (HR). The following table (Table 2) is an example of a progressive anaerobic interval program. This table is borrowed from a 1996 United States Cycling Federation (USCF) Training Manual.

The initiation and performance of an interval program is contingent on proper early season perpetration. This interval program should be progressed over a period of three months, starting with interval #1 from Table 2. The intervals themselves may be performed 1 to 2 times a week depending on your general training scheme. When performing high intensity workouts it is important to come into them physiologically fresh so that they may truly be high-intensity workouts. Pay attention to make your workouts quality, not just quantity - this includes your rest days. Rest days, on or off the bike, allow you the ability to perform proper inter-

vals and races later in the week or plan.

If the pedal rpm's in Table 2 seem high to you, well, that's track racing; this may actually be low rpm's for higher level track racers. Leg speed is a very important aspect for track racing as well as successful road racing. Tips to improve leg speed and pedaling efficiency may include: small chainring only in training rides, single leg pedaling, motor pacing (use caution, this can be dangerous), fixed gear or the use of SpinScan on a CompuTrainer.

As you can see, there are many steps that go into the preparation of a successful track season. realistic goal setting and workout planning will ensure optimal results. This is where a qualified coach can be useful for the production of an appropriate seasonal plan and the establishing your training zones.

On a different note, track is a great spectator sport! I highly encourage you all to try watching some racing if you decide not to race yourself. Watch the *Bicycle Paper's* race calendar for upcoming happenings in your area.

For information on track education classes, track racing or USCF resource material, send a SASE to:

Eric Moen, PT
Physiotherapy Associates - Laurelhurst
3626 NE 45th Street (Suite 102)
Seattle, WA 98105

Athletic Medicine

Table 1: A Periodized Plan for the Endurance Track Athlete

Month	Training Tasks	Target Races
March	VO2 development, endurance maintenance	road race and crits
April	Anaerobic power, endurance maintenance	stage and/or long races
May	VO2 max., power development via weights	track and crits
June	Anaerobic power, taper, keep supple	track and crits
July	Anaerobic and VO2 maintenance	peak track events

Table 2: Anaerobic Power Development

	#1	#2	#3
Total Number of Efforts	8	10	10
# of Sets per Session	2	2	2
# of Efforts per Set	4	5	5
Time of Each Effort	45 sec	1 min.	2 min.
Heart Rate per Effort	Zone 5	Zone 5	Zone 5
Relief Between Efforts	5 min.	5 min.	5 min.
Relief Between Sets	15 min.	15 min.	15 min.
Activity During Relief	Zone 2	Zone 2	Zone 2
Pedal Rpm's per Effort	120	120	120

*Note: Heart rate zones as defined by USCF scientists:
Zone 2 = 65-72% of Max HR, Zone 5 = 91-100% of Max HR.

REGIONAL REPORTS

Seattle Cycle and Pedestrian Program Recognized

The City of Seattle's Bicycle and Pedestrian Program has been recognized by the National Awards Council for Environmental Sustainability in its Renew America 1996 Environmental Success Index.

"We are proud to receive this honor," said Stuart Goldsmith, Bicycle Transportation Planner. "Seattle has long been recognized as a leader in promoting bicycling and creating alternatives to the single-occupant vehicle."

Seattle's Bicycle and Pedestrian Program is designed to facilitate bicycling as a viable transportation choice.

When completed, Seattle will have established a bicycle facility network linking neighborhoods and activity centers as well as providing connections to recreational and natural areas within the region. The network will allow citizens the opportunity to experience Seattle's unique scenic and natural amenities and also provides access to healthful recreational activities.

For more information contact Stuart Goldsmith at 684-8562.

Idaho builds for you

For those of you who have always wondered whether there were mountain bike manufacturers in Idaho, the answer

is yes! Alpine Designs MTB is located in Sandpoint, ID and manufactures frames ranging in size from children's (called Adventure) to full size, full suspension (Phat Cat). In addition, Alpine Designs also manufactures FLY Racing Bicycle components including: handle bars, bar ends, bottle cages, water bottles, MTC stems and soft goods. Call (800) 263-9373 for a catalog.

Cascade, NowBike and MVA to join forces?

Two meetings were recently held between Cascade, NowBike and the Marymoor Velodrome Association with the aim of getting kids to ride bikes. According to MVA President Terry Buchanan, Cascade and the MVA will be getting together in July to promote the Marymoor Family Cycling Day: included will be a Cascade Bicycle Club bicycle rodeo, off-road skills demonstrations and two hours of top flight bicycle track racing.

For those seeking more information, the number for Cascade Bicycle Club is 522-2453 (522-BIKE).

Director and Volunteers Sought

The Community Bicycle Project of Seattle is looking for a director and prospective volunteers.

The CBP, still initial planning stages, is modeled after successful youth training programs in Portland, Cincinnati, St. Louis and the San Francisco Bay area.

The programs are designed to provide youth, at-risk and otherwise, with mechanical training in the repair and maintenance of bicycles to supply them with job skills, a recreational vehicle and an appreciation of the bicycle as an alternative form of transportation.

BY KRISTIN FOERCH

Over the weekend of February 10, 1996, 46-year old cyclist Barbara Jacobi was struck from behind and killed by an unlicensed, teenage motorist who then fled the scene. The friend with whom she was riding administered CPR until medical help could arrive.

Jacobi was unique among her peers in the cycling community. The teacher from Orting was not a racer but she loved what she called "whimpy" (Washington Independent Mountain Peddlers) rides and helping to maintain trails. Close friends say that with the first glimpse of sun, she would be off and riding.

Jacobi leaves behind her immediate family in Florida, and an extended family of friends, students and co-workers in Washington. Her death also brings up serious concerns for the bicycling community: how to stop this from happening again.

Statistics from the Washington Traffic Safety Commission indicate that in 1994 there was a 55.6% increase in the four-year average of cyclist fatalities due to au-

tomobile collisions. 93% of these deaths occurred in rural areas and only 7% in urban settings (urban being defined as cities with populations greater than 2,500).

Consensus among cycling enthusiasts seems to be that the legal system needs to work on educating people about sharing the roadways. The idea heard most often was about implementing data within the state driver education system. If children going through this program are educated from the start of their driving careers that they (as motorists and cyclists) are responsible for traffic safety, maybe the antagonism between the two groups will decline, as would the rate of what the Washington Traffic Safety Commission calls "vehicle-pedalcycle" collisions. If the Driver Education classes will not teach safe driving strategies for sharing the roadways, then maybe parents should group together and undertake the effort on their own.

Teaching respect for the non-motorist's right to use the roadways might not bring about world peace, but it will help avert tragedies like Barbara Jacobi's.

Puget Sound's "Superweek of Cycling"

BY BRET STAV

With 150 of America's best cyclists converging this year in Seattle, the 1996 Microsoft Grand Prix will no doubt be the biggest ever in the event's three-year history. To start the countdown to this year's event, race organizers have teamed up with Cascade Bicycle Club and the Department of Parks and Recreation to put together a series of community and cycling-related events the week prior to the race itself.

Dubbed the "Superweek of Cycling", these activities run from May 11 through May 19 and include a Bicycle Saturday Family Fun Ride on Saturday, May 11 at Seward Park and Lake Washington Blvd. S. Besides the traditional four mile ride from Seward Park to Mt. Baker Park, Cascade Bicycle Club members will conduct a Bicycle Rodeo to help children learn safe bicycle habits. Seward Park will also host free bike safety checks along with music and expo booths.

Superweek activities continue at the Seward Park Criterium Series Race, Thursday, May 16, in Seward Park. The following day, citywide celebrations begin at 7:00 a.m. for Puget Sound Bike to Work Day. Huge rallies in Bellevue and Westlake Park kick off this event, and support stations will be located around town.

On Saturday, May 18, West Seattle will host the Alki Pt. Criterium, located on the same course as last year's National Criterium Championships. On a flat, fast four-corner course, this warm up to the Microsoft Grand Prix will give fans an up close look at the nation's best cyclists.

In addition to these activities, Cascade Bicycle Club's Sprocket Hero will give safety demonstrations to Seattle-area school children during Superweek. What a week to be a cyclist!

Saturday, May 11 Family Fun Ride,
Lake Washington Blvd.
Thursday, May 16 Seward Park Criterium

Friday, May 17 Bike to Work Day
Saturday, May 18 Alki Point Criterium
Sunday, May 19 Microsoft Grand Prix

Ray's Boathouse competes for Olympics

BY GINA L. FEDASH

Competing in the 1996 Microsoft Grand Prix, May 19, at least one local team plans to put up a tough fight defending its home pavement.

Ray's Boathouse/Big Time Pizza earned bragging rights by having four team members qualify to ride in the Olympic Trials after placing among the top 50 amateurs in the Microsoft Grand Prix last year. Also sponsored by Wedgwood Cycle, Smith's and Tough Products, Ray's has more riders in the race than any amateur team in the country.

Ray's has proven it knows the formula for taking on the pros. In the 1996 Tour of Willamette, Ray's Boathouse/Big Time Pizza took fourth in the overall standings thanks to top time trial finishes by Schmeer and Dahlke.

Ray's team members take pride in the accomplishments of Greg Randolph and Kirk Willett because they exemplify their most basic team philosophy.

"We recognize the potential that riders are generally gifted, and we provide the work ethic," Burdo said. "We provide a good stable environment where they can learn to race. We put quite a few riders on the national team during the past five years."



Action near Westlake Park during the 1995 Fresca Nationals Road Race/Microsoft Grand Prix. The race was 8 laps of the 13 mile course for a total of 104 miles. Photo by Marshall Kirk.

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946 Elliot Ave. W
Seattle, WA 98119
(206) 285-2800

Georgia On Their Minds

BY BRET STAV

Amateur cyclists can blame the Dream Team. If international audiences hadn't been so thrilled by the Globetrotter-like performances of Bird, Jordan and Barkeley against the Ugandans and Lithuanians at the 1992 Barcelona Olympics, maybe professionalism would still be banned from the Olympics.

Unfortunately for the amateurs, the All-Star blitz by the U.S. Basketball Team was one of the big highlights of the '92 Summer Games. It made good television, good sport, and more importantly, great marketing. Other federations caught on to the sporting and marketing concepts that professionalism had to offer, and now, for the first time ever, the 1996 U.S. Olympic Cycling Trials will feature professional cyclists competing for selection to the Atlanta Olympic Games.

For spectators at the Microsoft Grand Prix, the first event of the five-race Olympic Men's Trials, this decision means they can count on having the best seats in the house when the American best fight it out in a high-speed battle for Olympic Team selection. Backed by million-dollar sponsorships, the powerful Motorola, United States Postal Service, L.A. Sheriff's, and Saturn squads will be at the start line in Seattle, revved up with dreams of Olympic Gold.

To help prepare for the Olympic Trials, Motorola stars Lance Armstrong, Frankie Andreu, Bobby Julich, Kevin Livingston and George Hincapie spent their spring season competing in Europe. Saturn riders Scott Mercier, Fred Rodriguez, Bart Bowen and Norm Alvis prepared in South Africa, while the United States Postal Service Team under Eddie B. trained in Uruguay. After competing against the world's best at the Tour Du Pont, these all-star teams plan to fly straight to Seattle to do battle for the five tickets to Atlanta.

Race fans can expect a flurry of attacks early on, from the United States Postal Team and Team Saturn, as they attempt to discard the weaker cyclists and put the experienced Motorola pros on the defensive. With the exception of amateur standouts Chann McCrae, Jeff Evanshine,

Thurlow Rogers, Kirk Willett and Greg Randolph, most of the amateurs in the field will be dropped early into the anaerobic carnage. Whoever survives to win this year's Microsoft Grand Prix will rightfully deserve selection to America's Cycling Dream Team.

1996 Microsoft Grand Prix Where to watch...

The 1996 Microsoft Grand Prix will see the competitors race 10 laps of a 12.6 mile circuit through the Downtown, Central District, Leschi, Mt. Baker, Madrona and Capitol Hill neighborhoods. Because of the size of the course, it has often been difficult for fans to keep up with the race action. This year, that should not be a problem.

At Westlake Park, Big MO, a 20' big screen television, will present spectators live race action during the event. KING 5 will produce a two hour live broadcast from 3 - 5 p.m., while KJR AM 950, KJR FM 95.7 and KUBE FM 93.3 will also air live updates and coverage throughout the day.

Microsoft will demonstrate the newest version of its interactive race program RiderLink, at kiosks in Westlake Park and in the Mt. Baker, Leschi and Madrona neighborhoods. RiderLink will be available on the Internet this year for the first time, located at <http://www.grandprix.microsoft.com>.

This year's race festivities will again revolve around Westlake Park. The site of the start/finish, Westlake Park will host Big Mo, the KJR "UFO", the EDS/CompuTrainer Scouting Program and over 20 expo booths and vendors.

Barbecues and block parties will again be in fashion throughout the race route. In the Mt. Baker neighborhood, RiderLink kiosks, a children's parade, KJR FM promotions, food, games, book sales and a live band will entertain fans during pauses in the race.

Leschi will host a family picnic, RiderLink kiosks, a live band and beer garden, while the Madrona neighborhood will feature the United Airlines King of the Mountain Competition, RiderLink kiosks, an expo area, beer garden, bands, clowns and the Seafair pirates.

For the first time, Capitol Hill has been added to the race course of the Microsoft Grand Prix. Racers will take a right off of Yesler Way and speed down 12th Avenue to Pine Street, where they will turn left back into downtown Seattle. To celebrate its participation, Capitol Hill activities include the Broadway Street Fair, the Seattle Central Community College Culinary Arts Festival, and a picnic at Seattle University.

For spectators at the Microsoft Grand Prix, this year's festivities can mean only one thing - wherever you happen to be on race day, you will be in the thick of the action.

And who to watch...

Several riders will be in the thick of the racing for at the Microsoft Grand Prix, including:

Lance Armstrong, Team Motorola:

Will he or won't he? That is the question everyone is asking about Armstrong's attendance at the Microsoft Grand Prix. According to the Olympic Trials selection procedure, any U.S. rider ranked within the top 15 of the U.C.I. World Rankings automatically qualifies for this year's Olympic Team.

As of press time, Armstrong was ranked in the top 15, in the world. Should he race poorly in the remaining European spring classics and be forced to race in the Microsoft Grand Prix, the 1993 World Champion, Tour de France stage winner and 1995 Tour Du Pont champion will be highly motivated to crush any doubts in the minds of his opponents and critics that he is the best cyclist in America.

Steve Hegg, Chevrolet-L.A. Sheriff's:

12 years after taking gold at the 1984 Los Angeles Olympics, America's Golden Boy returns to the Olympic spotlight. A 1994 USPRO Road Champion and 1995 USCF National Time Trial Champion, Hegg is like a fine wine, he just gets better with age.

Mike Engleman, United States Postal Service:

Arguably America's best climber and a superior time trialist, Engleman has talents which give him an edge over his rivals at the Microsoft Grand Prix.

Norm Alvis, Team Saturn:

After years of riding for his former Motorola teammates, last year Stormin' Norman gained his revenge with a victory at the USPRO Corestates Championships, taking Lance Armstrong's scalp at the same time. Norm's single goal this year is to make the Olympic Team.

Andy Hampsten, United States Postal Service:

1988 Tour of Italy champion and winner of the Alpe d'Huez stage at Tour de France, Hampsten is coming off a disastrous 1995 season riding for Banesto, Miguel Indurain's team. The Microsoft Grand Prix course suits Hampsten's mountain climbing talents, and a victory here would cap a great career for the classy North Dakotan.

Clark Sheehan, United States Postal Service:

1992, Clark Sheehan nearly lost his life in a tragic collision with a drunk driver at the Tour of Mexico. After a long rehabilitation, he came back into the international spotlight with a stage win in the 1995 Tour Du Pont. At last year's Microsoft Grand Prix, Sheehan broke away with Nate Reiss and handed the victory to his teammate and friend. This year, with the help of Reiss, Hampsten, Engleman and Darren Baker, Sheehan could produce a storybook ending to the Microsoft Grand Prix.

Jeff Evanshine, U.S. National:

The 1991 World Junior Champion and Tour de l'Avenir stage winner is coming off two woolly seasons riding for the U.S. Army. Top-ten finishes at this year's Redlands Tour and last year's Microsoft Grand Prix have revealed that he is back to his winning potential.

Chann McCrae, U.S. National:

A neighbor and close friend of Lance Armstrong, this talented Texan took his second national championship in Seattle last year. With his powerful legs, McCrae could be the top amateur finisher at Microsoft Grand Prix.

Kirk Willett, Nutra Fig:

This spring, Willett beat the pros at Visalia and placed fourth at the Tour of Willamette, giving him the title of best local hope. Go Kirk!



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Bicycle Paper

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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.
- May 18: 6th Annual Regional Rail Summit.** Portland, OR. Meeting at Benson High School, 546 NE 12th, 8:30 a.m. - 4:30 p.m. Earl Blumenauer, City of Portland Office of Transportation, 1120 SW 5th Avenue (Rm. 702), Portland, OR, 97204.
- May 24-27: Paul Thomas Berg-Mt. Hood Ski Bowl DH Racing Clinic.** Mt. Hood, OR. This clinic is excellent preparation for the coming race season and is designed for anyone who wants to improve their descent skills. Provided are four days of instruction and video analysis and participant race. Included in fees (\$395): breakfast, lunch and clinic video. Pre-registration is required by May 15. Helmets are mandatory. (541) 383-2243 or (503) 272-0240.
- 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.



Off-Road

- May 4-5: Priest Lake Mountain Bike Challenge.** Priest Lake, ID. A Washington, Idaho, Montana (WIM) event. Bob Lauer, (208) 772-8179
- May 4-5: British Columbia Cross Country Cup #2.** Parksville, BC. Hammerfest 1996 - Downhill, cross-country Call for information. Arrowsmith Mountain Biking Club, (604) 248-5575 or (604) 752-3445.
- May 4-5: British Columbia Cross Country Cup #2.** Parksville, BC. Hammerfest 1996 - Downhill, cross-country Call for information. Arrowsmith Mountain Biking Club, (604) 248-5575 or (604) 752-3445.
- May 5: Spring Thaw Mountain Bike Challenge.** Ashland, OR. 25-mile race in the Ashland watershed. All NORBA classes including beginners Dana Bandy, Siskiyou Cyclery, P.O. Box 903, Ashland, OR, 97520. (503) 488-2453.
- May 5: 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. May 5 and May 19. Per-race fees: \$20 & \$25 pre-registered; \$5 extra day of race. Sanctioned by NORBA. Kulshan Cycles, (360) 733-6440.
- May 12: Okanagan Series #1.** Campbell Mountain, Penticton. Cross-country. Penticton Cycling Club, (604) 493-0686.
- May 18-19: Okanagan Series #2.** Kamloops, BC. Spoke 'n Motion, (604) 372-3001.
- May 19: Shaftabury Classic.** Belcarra, BC. A cross-country race. EMP, (604) 327-2547.
- May 19: Padden Mountain Pedal (Sate MTB Championship - NORBA).** Bellingham, WA. Washington State Championship Series: Mountain bike races to serve as fundraiser for variety of environmental concerns. May 5 and May 19. Per-race fees: \$20 & \$25 pre-registered; \$5 extra day of race. Sanctioned by NORBA. Kulshan Cycles, (360) 733-6440.
- May 25-26: Clearwater Cup.** Pottlath, ID. A Washington, Idaho, Montana (WIM) event. Tim Kinkeade, (800) 303-6449.
- May 25: School Age #2.** Gibsons, BC. A cross-country race for children. Call for more information. Sprockids Mountain Bike Club, (604) 886-0772.
- May 26: 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.

- Jun 1-2: Tour of Smithers.** Smithers, BC. Road race and criterium. Les Priest, (604) 846-9522 or (604) 846-9520.
- Jun 2: 4th Annual GT Bicycles Summer Sizzler.** Capitol Forest. Cross-country. For information call: Craig Nunes, 12309, 104th Street, Gig Harbor, WA, 98329. (206) 857-3002.
- Jun 2: Misty Mountain Romp.** Vancouver, BC. Cross-country race. Peak Productions, (604) 898-5903.
- Jun 2: Newport Mountain Bike Race.** Newport, OR. This is a new event! All NORBA classes and lots of singletrack! Dave Campbell, (541) 574-0327.
- Jun 6-7: British Columbia Cross-Country Cup #4.** Rossland. Cross-country and down hill races Call for information. Terry, (604) 362-9656.



Single Races

- 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 Gunn 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



- Jun 6-7: British Columbia Down Hill #3.** Rossland. Cross-country and down hill races Call for information. Terry, (604) 362-9656.
- Jun 7-9: Mount Hood Ski Bowl - Rose Festival Cup Series #1.** Mount Hood, OR. Down hill training, dual slalom, cross country. Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.
- Jun 9: Okanagan Series #3.** Summerland, BC. A point to point "action-quest" Dave, (604) 494-5335.
- Jun 9: Ultrasport Mountain Madness.** Prince George, British Columbia. Cross-country race. Mike, (604) 562-2991.
- Jun 9: Padden Mountain Pedal (Sate MTB Championship - NORBA).** Bellingham, WA. Washington State Championship Series: Mountain bike races to serve as fundraiser for variety of environmental concerns. May 5 and May 19. Per-race fees: \$20 & \$25 pre-registered; \$5 extra day of race. Sanctioned by NORBA. Kulshan Cycles, (360) 733-6440.
- Jun 15: First Security Games.** Pocatello, ID. A celebration of mountain biking in the mountains overlooking Pocatello. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Jun 15-16: Boneshaker Mountain Bike Bash.** Winthrop, WA. A Washington, Idaho, Montana (WIM) event. Gino Lisiecki, Round and Round Productions, (509) 838-3707.
- Jun 15-16: Red Lodge Mountain Bike Frenzy.** Red Lodge, MT. A Washington, Idaho, Montana (WIM) event. Art Maxwell, (406) 446-1634.
- Jun 15: School Age Finals.** Squamish, British Columbia. A children's race. Kevin, (604) 892-9797 or E-mail: kmclane@mountain-inter.net.

mile hilly circuit course. All age groups and Oregon BAR points. Fees: Matt Gunn, Team Ascent, LACE, .

- 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 WBSA members. A Lance Armstrong Jr. Road Race. David Byron, Chinook Cycling Club, P.O. Box 132, Richland, WA, 99352. (509) 735-2972 or (509) 372-2456.
- May 11-12: The Mutual of Enumclaw Stage Race.** Enumclaw, WA. A 30 mile course with some hills. Stage and road race held on Sunday, criterium and time trial (closed horseshoe loop) on Saturday. \$10,000 cash prize list. Fees: \$45-50 Tricia Lawrence Pat Carroll, Avanti / Ti Cycles Racing Team and the city of Enumclaw, 172 Erie Avenue, Seattle, WA, 98122. (206) 621-3162 or (206) 621-3245.
- May 18-19: La Grande Omnium.** La Grande, OR. Three single road races of 60, 65 and 8 miles. Omnium points for participants in all three races. Variety of categories. Chip Ettinger, La Grande Velo & Cycle Logic, 108 Terrace, La Grande, OR, 97850. (541) 962-7441.
- May 18: Aiki Point Criterium.** West Seattle. One mile course around Aiki Point, known for panoramic views, active residents and snowcapped mountains. Bob Walsh Enterprises, (206) 285-3212.
- May 18: Ski to Sea Junior Race.** Lake Padden, WA. The event consists of five legs with six participants per team. Included are: a run, three legged race, bike ride, soccer dribble and an obstacle course. Participant divisions: Elementary school, Middle school and Community. Application due by 5/3, fees: \$36. Cheryl Willis, Bellingham/Whatcom Chamber of Commerce, 1801 Roeder Avenue (#140), Bellingham, WA, 98225. (360) 734-1330.

- 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: RPP (Run, pedal, peddle) Race.** Grants Pass, OR. A unique triathlon incorporating an 8K run, 16-mile cycling component and a 6-mile paddle down the Rogue River. Participants may enter as individuals or teams. There is also a single 8K race with wheelchair division, a 2-mile fun walk and an 11K Volkswalk. Call for application Dawn Welch, Three Rivers Community Hospital / Community Health Promotion, 1505 NW Washington Blvd, grants Pass, OR, 97526. (541) 955-5419.

- 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) 748-0961 Fax: (800) 710-7652 or Eves: (208) 743-2040 or 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 Race.** The race is comprised of seven legs and includes activities such as: cross country and downhill skiing, running, road and mountain biking, canoeing and kayaking. Categories: Open, Masters, Women, Mixed, Whatcom Co, Recreational, High School and Corporate. Application due by 5/8, fees: \$150, \$175 for corporate division entries. Cheryl Willis, Bellingham/Whatcom Chamber of Commerce, 1801 Roeder Avenue (#140), Bellingham, WA, 98225. (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 Sevcor, (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 2: Mercer Island Time Trial.** Mercer Island, WA. 10.5-mile route around the island for all categories. Fees: \$15 Lounge, Liquid Sun Racing, 784-2950.

- 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.

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 This calendar may not be duplicated in any form without the written permission of the publisher.

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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 mainguard 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: lddoug@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.

Bicycle Paper



Series Races

Lake Padden Cyclo-cross Series. Bellingham, WA. 3-race series featuring 40, 50 and 60 minute races for NORBA and USCF categories. Citizens class race of 40 minutes (any type of bike). Race dates are 9/17, 10/22 and 11/19. \$10 entry fee. John Spaude, Upper Chuckanut Cycling Club, 100 E. Chesnut, Bellingham, WA, 98225. 360-733-6440.

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

Apr 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.

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.



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CYCLING CALENDAR



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May 7-Sep 3: SIR Tuesday Night Race Series. Seattle International Raceway - Kent, WA. 3.6 kilometer closed loop road racing circuit including Big Hill, Small Hill and Flats courses. Courses alternate weekly and with weather. Registration: 6-6:45 p.m. Race start: 7 p.m. Fees: \$10 (USCF licensed riders), \$15 (unattached) and \$1 per race number. Helmets are required Sam Lee, Steilacoom Racing Club, 630-9999.

May 13-Sep 9: RCW's Masters Night. Portland International Raceway, Portland, OR. Bi-monthly, age-graded circuit races. Jim Pederson, Team RCW, 1274 NE Village Squire Court, Gresham, OR, 97030. (503) 687-1739.

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.

May 26: 9th Annual Northwest Mountainbike Legendary Series. Olympia, WA. Capitol Forest, scenic mountain biking, rugged enough to make Joe Murray cry! Lots of fun. Race 1 of 3. Fees: \$20 (pre-entry) Bonnie, (206) 565-9050 or Fax: (206) 565-9296.

Jun 1-Aug 18: '24 Hours of Adrenalin' Mountain Bike Relay. Canada (various locations). Largest mountain bike race in Ontario with over 800 competitors. Four categories: solo, four person elite, five person amateur and 6-10 person corporate team. Two of the

four events to be televised. Charity tie with a National advocacy trail program. \$5 fee for preregistration packet. Owen Davis, TriLIFE Sports International, 164 Merton Street (Suite 303), Toronto, Canada, M4S 3A8. (416) 440-3301 or Fax: (416) 440-3302.

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



Track Racing

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

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

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

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



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Bicycle Paper - NORTHWEST CYCLING SEASON

Complete list of 1996 tours and rides!



Rides & Tours

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 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: Mrazok Cycles Westside Ride. Bend, OR. 30-mile mountain bike ride that links popular areas west of Bend together in one loop. Meet 9 a.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 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 (hardcore, 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/(360) 405-1834/(360) 779-6676 or E-mail: aprescot@linknet.kitsap.lib.wa.us.

May 11: 1996 MS Spring Train. Mt. Hood, OR. The Spring Trail will carry riders on routes of 100K and 50K through scenic areas of E. Multnomah County. The ride is round-trip from Mt. Hood. Fees: \$25/ person, no pledge minimum. Brian Izenson, National Multiple Sclerosis Society (OR Chapter), 5901 SW Macadam Avenue (Suite 100), Portland, OR, 97201. (503) 223-9511/Fax: (503) 223-2912 or (800) 422-3042.

May 12: Carnation Mother's Day Ride. Carnation, WA. Nearly flat, 10-20 miles on scenic rail-trail.

Recreational mountain bike ride, leisurly pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Riders under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.

May 12-Oct 27: San Juan Islands. San Juan Islands, WA. A 4-day exploration of the islands with friendly, knowledgeable guides. Price: \$822 with optional bike rental and airport transfer. Several rides per month May - October. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.

May 17: Puget Sound Bike to Work Day. Several locations. 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.

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: TOSSRV-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: 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 Rally. 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,



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May 27: Kirkland 7 Hills. Kirkland, WA. A 40-mile ride with 2700 feet of elevation gain. Food stops, rest areas and bail exists if the riding goes that way. Proceeds benefit KITH, a Kirkland non-profit for homeless families. Fees: \$12 in advance or \$15 day of ride KITH, 1320 Market Suite B, Kirkland, WA, 98033. (206) 822-8428.

Jun 1: South Bay Half Century. Chinook Middle School Lacey, WA. Leave the city behind and listen to the salmon swim as you pedal 25/50 miles on an invigorating and scenic course with rolling hills. Four well-stocked rest-stops along route. Fees: \$15 pre-registration (\$20 day of ride includes t-shirt, map, SAG and post-ride barbecue. Start time: 7-9 a.m. JoAnne Hune, 3434 Martin Way NE, Olympia, WA, 98506. (800) 456-6017.

Jun 1: Lewis County Lucky Eagle Classic. Chehalis, WA (Chehalis Middle School). An annual event. 30, 90, 160 kilometer routes. Mechanical and safety support, plus a post-ride "all-you-can-eat" spaghetti lunch and Lewis County Classic T-shirt. Pre-register by May 24. Fees: Individual - \$25, Tandem - \$20 per person (\$30 and \$25 per - late registration). Nancy Batt, Twin Cities Chamber of Commerce, 500 NW Chamber of Commerce Way, Chehalis, WA, 98532. (800) 525-3323 or (360) 748-8885.

Jun 2: 14th Annual Peninsula Metric Century. Southworth Ferry Terminal or Gig Harbor Pierce County Fire District Headquarters. 20k, 50k, 100k and 100 mile loops, all routes go along Puget Sound; 100-mile loop has elevation change of 6000 feet. Great training for STP and RAMROD. Map, food and participation item. \$10 pre-registration, \$12 day of ride. Dena Wessels, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. (206) 752-2800 or (206) 857-5658.

Jun 2: Ashland Alpine Triple Challenge. Ashland, OR. A favorite ride; participants have a choice of a 25 mile off-pavement, mountain bike course and 50, or 100

mile rides through the mountains above southern Oregon. Fully supported with a reputation for great food and finish line party. Russ Rickert, 164 Alameda, Ashland, OR, 97520. (541) 482-8704.

Jun 2: The Best of the Northwest Bike Ride. Woodland Park, Seattle, WA. The ride begins and ends at Woodland Park and offers a choice of century (100-mile) or half-century (50-mile) rides along Puget Sound spanning King and Snohomish counties. Fees: \$20 (pre-registration) and \$25 (day of event). Stu Hennessey Michelle Kinsch, Alki Bicycle Company, P.O. Box 85194, Seattle, WA, 98145. (206) 938-3322 or (206) 527-7541.

Jun 2: Forbidden City™. Seattle, WA. A spectacular 19.8 mile ride on some of Seattle's most unique highways and streets normally forbidden to cyclists. From Seattle Center on the Lower West Seattle Freeway Bridge to Alki and returning on the West Seattle FWY Brick Alaskan Way Viaduct and the Battery Street Tunnel. Tim Kneeland, Tim Kneeland & Associates, (206) 322-4102 or (800) 433-0528.

Jun 8-9: Trek Clean Air. Seattle Ferry Terminal, Seattle WA. Two-day, 110-mile recreational bicycle ride on the Olympic Peninsula, from Seattle to Westport. Full support, \$35 registration fee and \$250 in pre-collected pledges. Lori Brown, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. (206) 441-5100 or (800) 732-9339.

Jun 8: Wenatchee Apple Century and Half Century. Wenatchee, WA. 7th annual ride is the premier STP training ride. David Whitmore, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807. 509-662-9544.

Jun 8: 12th Annual "4000 in 40". Walla Walla, WA. Climb 4000 feet in 40 miles through the wheatfields and orchards of Walla Walla Valley and into the Blue Mountains. Fees: \$10 pre-registered, \$15 day of ride. Includes map, sag, snacks, motorcycle support and Dan Henry marked route. T-shirt \$12. Bob Watson, Wheatland Wheelers, P.O. Box 2315, Walla Walla, WA, 99362. 509-525-9548.

Jun 8: Spring Century. Clackamas County Fairgrounds, Canby, OR. 50, 100 k and 100 mile choices. Join 1,500 of your closest friends for a leisurely ride through scenic farmland. Mark Greenblatt, Portland Wheelmen Touring Club, 16 SW Canby Street, Portland, OR, 97219. (503) 293-1069.

Jun 8: 3rd Annual Strawberry Century Tour. Lebanon, OR. 55, 70 and 100 mile loops. Rolling to moderately hilly rural landscapes, historic towns and scenic views of the Cascade Mountains and Willamette Valley. Fees: \$10, pre-registration deadline: May 31, 1996. T-shirts available for \$12 Nancy Wagstaff, Lebanon Community Hospital c/o Santiam Slow Spokes, P.O. Box 739, Lebanon, OR, 97355. (503) 451-4547 or (503) 945-6567.

Jun 8-9: 6th Annual Bordertown Challenge. Wend, NV. All new sport and expert loops that go through some of the tightest woods you've ever seen. Part of the Nike/George's Wild Rockies Series and the Utah and Nevada Championships series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.

Jun 8-15: Tour BC. British Columbia, Canada. A seven-day, fully supported bike tour from Maple Ridge to Osoyoos, BC. Ride the Lower Mainland, through Fraser Canyon and along Okanagan Lake. Fees: \$595 covers all meals, campsite lodging, medical support, souvenir jersey and water bottle. Matthew Subotnick, 204-37 Agnes Street, New Westminster BC Canada, V3L 5G9. (604) 520-34231 (800) 330-9926 or Fax: (604) 520-3828Email: tourbc@mindlink.net.

Jun 9: Flying Wheels Summer Century. Seattle, WA. Tour the popular cycling areas of rural King and Snohomish counties. Final century training ride for STP or choose shorter loops of 25, 40 or 60 miles, plus a family oriented (15mile) loop. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.

Jun 9: Rainier Ale Metric Century. Rainier Brewery, 3100 Airport Way S, Seattle. 15th year! ET&C's official STP training ride on part of the STP route. Flat 30 & 53 mile loops, 1 hill on 77 mile loop. Maps, DH arrows, mechanics, famous refreshment stands, souvenir. T-shirts for sale. Advance registration forms in the May Cascade Courier, selected bike shops or send SASE. Fees: \$10 (by 5/24) and \$12 day of ride. Ted Houk, Emerald Tea & Cycling Society, 6019, 51 Ave NE, Seattle, WA, 98115-7707. (206) 522-3701.

Jun 10-Oct 28: Columbia Gorge. Columbia Gorge. An easy 5-day, multi-activity trip that incorporates hiking, rafting and cycling. Price: \$1,096 with optional bike rental (airport transfer included). Several trips, per month: June - October. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.

Jun 15: 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.

Jun 15-22: One Hot Dam Tour. Washington. Ride through areas of WA that most people never see. 8-day tour includes Vantage, George, Soap Lake & Dry Falls plus 6 dams. Fees: \$285 includes lodging, some meals, SAG, tour guide and souvenir shirt. Limit: 50 Reservation deadline: May 1. Steve or Phyllis Lay, Northwest Bicycle Touring Society, 1320 North Cedar, Tacoma, WA, 98406-6408. (206) 759-1816.

Jun 15: Tour de Blast '96. Toutle, WA. Ride the new road around Mount St. Helens blast site. Great views! Fees: \$30 pre-registered by 5/15 (\$40 day of race) includes meals, support and T-shirts. Proceeds to support local charities. Make checks payable to: The Rotary Foundation. Longview Rotary Club, P.O. Box 1105, Longview, WA, 98632.

Jun 16: No Frills Century. Redmond, OR. Choose from standard and metric centuries through rolling terrain and scenic backroads. Leaves from Sunnyside Sports in Redmond. Food & sweep vehicle. Fee: \$10. Sunnyside Sports, 930 NW Newport, Bend, OR, 97701. (503) 382-9018.

Jun 16: Monte Cristo Father's Day Ride. Mountain Loop HWY - east of Granite Falls, WA. Nine miles on rail-trail, small hills. Bring lock and explore an old mining ghost town. Recreational ride, leisurly pace, open to the public. Limit: 12 riders, reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.

Jun 21: Shanghai, Nanjing, Beijing, Bike Odyssey 15 day bike tour in China. Leland Ching and Richard Huie, 1883 East Shelby St., Seattle, WA 98112, Leland Ching, 206/784-8137 or 206/323-4843.

Jun 22-23: Seattle to Portland Bicycle Classic (STP). Kingdome, Seattle. Meet in the south parking lot. 1 - 2 day, 200 mile ride from Seattle to Portland. Advance registration required. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.

Jun 22-23: Mt. Hood Loop Tour. 160 miles with overnight at Timberline Lodge. Fees: \$55 Bob Freeman, Elliott Bay Bicycles, (206) 441-8144 or Fax: (206) 441-1815.

Jun 23: Double Dawg Tandem Ride. Bend, OR. A 62 mile road ride for tandems and singles from Bend to Smith Rock State Park and back. Meet at Hutch's Westside - 9AM. Fees: \$5 - includes lunch (\$10 - tandems). Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR, 97701. (541) 382-9253.

Jun 23-Oct 6: Oregon Cascades. Oregon. A 7-day trip through the Oregon Cascades including the challenging but spectacular Crater Lake. Great for intermediate to advanced cyclists. Price: \$1,394 with optional bike rental and airport transfer. 4 trips: June - October. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.

Jun 24-Oct 3: Cascades Sampler. Washington. A 4-day, easy, mountain bike trip including cycling on paved roads, paths and unpaved trails. Visit open ranges and forests east of the Cascades. Sample the mountains and cycle through rural King County and into Seattle. Good for those seeking a variety of cycling routes and terrain. Price: \$854 with optional bike rental and airport transfer. Dates: June 24-27, July 22-25, August 19-22, and Sept 30-Oct 3. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.

Jul 6: Tolt Pipeline West. Woodinville, WA. 14 miles on gravel service road with a few tough hills. This is a recreational mountain bike ride with a leisurly pace, open to the public. Limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.

Jul 7: Ice Cream Classic. Sunriver, OR. 65 mile casual road ride, no support. Fees: \$5, includes ice cream or soda at Goody's Ice Cream. Ride begins at 9 a.m.

Sunnyside Sports, 930 NW Newport Ave, Bend, OR, 97701. (503) 382-9018.

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

Jul 10-14: Red-Spoke 1996. Redmond-Spokane, WA. 9th annual multi-day ride across Washington. A fully supported (meals, camping and showers) fund-raising bicycle adventure; scenic route through Steven's Pass. Registration fees: \$50 plus \$400 in donations. Money goes to the Redmond Rotary Club's various community projects. Hugh Judd, (206) 869-0892 or Richard Markert (206) 528-5742.

Jul 13: Midsummer Nightmare Double Century Ride. Spokane and Stevens Counties. One-day, 200 mile bike tour with over 10,000ft of elevation gain. Features a tough course on the beautiful rural roads of Spokane and Stevens counties, river views. A moderately hilly and challenging ride. Limited support, snacks and commemorative t-shirt. Fee: \$25 (after 7/2 - \$30). Send SASE. Sally Phillips, Spokane Bicycle Club, 3608 E 35th St, Spokane, WA, 99223. (509) 448-6271.

Jul 13-17: Canada's Big Island Tour. Vancouver Island and Victoria, B.C.. Join hundreds of cyclists on this beautiful tour which takes you along secluded back roads of southern Vancouver Island and finishes in Victoria. Cycle along the Straight if Georgia and enjoy the quaint fishing villages and charming towns you'll pass through. Fee: \$235. Call about our exciting tours! Nancy Redpath, Imagine Tours, P.O. Box 4475, Davis, CA, 95617. (800) 228-7041.

Jul 13-21: Washington Pacific Coast Tour. Washington. 9-day, 450 mile tour of Washington's Pacific Coast Bicycle Route from Canada to the Columbia River. Fee: \$290 includes lodging, bicycle transport, SAG wagon, tour guide and bus from Seattle to Blaine and return. Limit: 50. Please phone for application. Terry or Lori King, Northwest Bicycle Touring Society, 4421 Libby Road NE, Olympia, WA, 98506.

Jul 13-Sep 14: Washington Cascades. Washington. The trip that has it all: farmland, mountains, valleys, water and forests! 7-day, 370 miles, for intermediate to advanced cyclists. Price: \$1,588 with optional bike rental (airport transfer included). 3 trips: July - September. Kim Chase, Bicycle Adventures, Inc., P.O. Box 7875, Olympia, WA, 98507. (800) 443-6060 or (360) 786-0989.

Jul 13: White Pine Classic. Moscow, ID. Mark Jensen, (208) 882-2814.

Jul 14: Tour de Pierce. Puyallup Fairgrounds, Puyallup, WA. 12, 30 and 50 mile loops of varying terrain through beautiful Puyallup Valley countryside. Sponsored by Pierce County Parks to benefit bicycle safety and youth recreation programs. Pre-registration preferred, fees: \$10 individual, \$25 family (\$12 and \$30 day of ride). Mike Dobb, Pierce County Parks, 9112 Lakewood Dr SW, Tacoma, WA, 98499. (206) 593-4176.

Jul 14: Willamette Greenway Tour. 80-mile ride with a figure-8 loop along Willamette River. Two ferry crossings. Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.

Jul 14-17: Tour de Lane. Lane County, OR. Two, four-day, fully supported tours of untraveled, paved roads in Lane County, OR. Ride from the Cascade foothills to

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NORTHWEST CYCLING SEASON

the coast, 50-80 miles daily. Points of interest include: interpreted old-growth hikes, vineyards, faux-Wild West attraction, party with band and raffle prizes. Limit: 200 riders per tour. Fee: \$285. Deadline for registration: one month before ride. Ride dates: 7/14-7/17 and 8/17-8/20. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: TourDeLane @.

Jul 14-20: 1st Annual Great Ride Around Montana (GRAM). Montana. Join us on this ride's first year and help us plan for future years. 450 mile ride begins and ends in Billings, MT and takes you on a scenic loop tour. Climb the Beartooth Pass, see parts of Yellowstone Park and enjoy some great downhill. Fees: \$100 includes limited sag support, hotel and camp. Limit: 25 riders Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.

Jul 20: Watermelon Ride. Salem, OR. 200, 124 or 82 mile ride from Salem, OR through mid-Willamette Valley and back. Oregon's first and only, one-day double century! Great route! Great food! Great support! Martin Doeffleur or Joanne Heilinger, Salem Bicycle Club of Oregon, P.O. Box 2224, Salem, OR, 97308. (503)390-0079 or (503) 399-9652.

Jul 20: Marysville Strawberry Classic Bike Ride. Marysville, WA. Leisurely or challenging 20, 40, 70 or 100 mile loops. Several complimentary rest stops, toilets and motorcycle/van overseers. \$20 fee includes the ride, famous strawberry shortcake, BBQ chicken, salad, bread and beverages. Strawberry Classic, P.O. Box 349, Marysville, WA, 98270. (360) 653-1570.

Jul 20-27: Kananaskis Country Tour. Canada Rocky Mountains. One of the most popular tours, travel through incredible scenery of the Canadian Rockies. Begin your adventure in Calgary and ride through the rolling foothills and glacial valleys of the Rockies to the quaint town of Banff. Fees: \$515 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.

Jul 25: Ride Around Mt. Rainier in One Day (RAMROD). Crystal Mountain Ski Area (start). One day ride around Mt. Rainier. 130 mi, 12,600 ft elevation gain. Registration is by drawing; applications received should be postmarked by 3/11, confirmation to riders will be sent by 4/4. Fees: \$60. Limit: 750 riders. Information and applications at the Seattle Bicycle Expo. Genny Gebhart-Kanning, Redmond Cycling Club, P.O. Box 1841, Bothell, WA, 98041-1841. (206)233-1862 or E-mail: kdd@netcom.com.

Jul 27-28: MS 150 Around the Sound Bike Tour. The ultimate weekend in fun and fitness! Day 1: tour the scenic countryside of Snohomish and Skagit counties; day 2: Face the challenging hills and valleys of Whidbey Island. Money raised funds national research efforts and provides local services for people with MS. Lots of terrific fundraising prizes. Fully-supported with plenty of food and drink. Victoria Darnell, National Multiple Sclerosis Society, 192 Nickerson St. Suite 100, Seattle, WA, 98109. (206) 284-4236 or (800) 800-7047.

Jul 27: Out Spokin' for Habitat. Bend, OR. Supported Loops (80, 40, 26 miles) ride to benefit "Habitat for Humanity". Preregistration fees: \$15, \$39, \$40 per person, couple, family or \$18, \$36, \$45 day of the ride includes marked routes, maps, rest stops, snacks and mechanical support. Dan Lehman, (541) 385-5387 or (541) 389-3591.

Jul 27-28: 12th Annual MS150 Bike Tour. Vernonia, OR. Cyclists will travel an historic 150-mile loop starting from Vernonia HS, with an overnight in Astoria, OR. Each rider must secure \$150 corporate and private sponsorship and pay a \$30 registration fee. Ride is fully supported. Brian Izenson, National Multiple Sclerosis Society (OR Chapter), 5901 SW Macadam

Avenue (Suite 100), Portland, OR, 97201. (503) 223-9511 Fax: (503) 223-2912 or (800) 422-3042.

Jul 28-Aug 6: Glacier to Calgary Bike Trek. US and Canada. Ten-day, fully-supported bike tour of four national parks in Montana, British Columbia and Alberta (including Glacier and Banff NP). Fees: \$50 registration plus \$900 in pledges. Laurel King, American Lung Association of California, 21 Locust St., Woodland, CA, 95695. (800) 827-2453.

Jul 28-Aug 7: International Parks Tour. US and Canada. This exciting tour is a favorite of our participants. Calgary will be the start for this extraordinary adventure through some of the most spectacular national parks of Canada and the US. We will ride through Banff, Kootney, Waterton Lakes and glacier National Parks. Fees: \$75 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.

Aug 3-4: 15th Annual Tour of Scenic River Valleys-NW. Marysville, WA. Two day 150-mile ride through Skagit and Snohomish Counties. Camping at Burlington KOA. We haul your camping gear. Pre-registration required, fee: \$70 includes 2 meals, 4 snack stops and t-shirt. Patty Garrett, BIKES of Everett, P.O. Box 5242, Everett, WA, 98206. 206-339-ROLL.

Aug 3: Moonlight Tour in Yellowstone Park. Montana. A fun, one-night, 77-mile tour around the North loop in a counter-clockwise direction - by moonlight! Tour begins and ends at Mammoth Hot Springs. Fees: \$25 per person includes snack and sag-support. Helmets and lights required. Limit: 50 riders. Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.

Aug 3-14: Canadian Rockies Tour. 625 mile ride, 2 trains, 9 nights lodging. Fees: \$495 Bob Freeman, Elliott Bay Bicycles, (206)441-8144 or Fax: (206) 441-1815.

Aug 4: Snoqualmie Tour de Peaks. Railroad Park, Snoqualmie, WA. 8 mi, 50km, 100km tours, all featuring great scenery, town festival events, and local restaurant food sampling. Fee includes marked route, map, route guide, number, sag, souvenir and first 250 riders receive t-shirt from previous years

events. Celebrate Snoqualmie Western Days with a bicycle tour of the valley that made Twin Peaks famous. Fees: 12 ind 25 family, 15/30 day of ride. Cathy Runkle, Snoqualmie Valley Events Inc., P.O. Box 2026, Snoqualmie, WA, 98065. (206) 88-0021 or (206) 888-0321.

Aug 9-10: Ride from Seattle to Vancouver, B.C. and Party (RSVP)8/9. University of Washington (start). A two-day, two country tour of beautiful cycling terrain, perfect for those who want a "small group" riding experience. 185 miles, finishes in downtown Vancouver where you'll be greeted by live music, food, friends! Map and luggage support included. Registration deadline: July 14, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.

Aug 10-18: Seattle, Victoria & San Juan Islands Tour. San Juan Islands, WA. Nine-day loop includes 300 miles plus optional mileage in Victoria and the San Juan Islands. Fee: \$295 includes lodgings, one dinner, one breakfast, 11 ferry trips, SAG wagon and tour guide. Limit: 50 riders. Dan or Karen Healy, Northwest Bicycle Touring Society, 4612 South 291st Street, Auburn, WA, 98001. (206) 941-5870.

Aug 10: Freeze-out Hill Climb. Idaho. Mike Cooley/Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Aug 11-17: Wheeling Washington II™. Washington State. 7 days, 408 miles traversing the Olympic Peninsula, Victoria BC, and Long Beach. Fully supported, most meals included, friendly staff, great views and new friends. Tim Kneeland, Tim Kneeland & Associates, 200 Lake Washington Blvd. Suite 101, Seattle, WA, 98122. (206) 322-4102 or (800) 433-0528.

Aug 11-17: Pysht Ocean View. West of Port Angeles, WA. 10-20 miles on well groomed forest roads. Views of Strait of San Juan de Fuca. User-fee for tree farm and tour. Recreational mountain bike ride, leisurley pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written

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- permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Aug 17: Bear Creek 100.** Medford, OR. 50-100 mile, 100-K riders. Lots of food and fun. Leaves from Bear Creek Park. Richard Jones, Siskiyou Wheelmen, 1474 Grand Avenue, Medford, OR, 97504. (503) 779-3821.
- Aug 23-25: The Grand Tour.** Idaho, Montana, Wyoming. A fully supported, 3 day, 307-mile bicycle tour through world renowned Yellowstone and Grand Teton National Parks, Targhee and Bridger-Teton National Forests, and other parts of Idaho, Maontana and Wyoming. Limited to 300 riders. Fees: \$295. Registration deadline: July 1. Darla Wilson Layne Gneiting, The Grand Tour, 16 North Second East, Rexburg, ID, 83440. (800) 657-5597 or layne@srv.net.
- Aug 23: Shanghai, Nanjing, Beijing, Bike Odyssey 15** day bike tour in China. Leland Ching and Richard Huie, 1883 East Shelby St., Seattle, WA 98112, Leland Ching, 206/784-8137 or 206/323-4843.
- Aug 24-25: Crater Lake Tour.** Broken Arrow Campground, Diamond Lake, OR. 34 mile ride around the Lake on the Rim Road. Caution for high altitude (8000 ft). Fees: TBD Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.
- Aug 24-26: Courage Classic™.** Snoqualmie, WA. 3 day, 172 mile, 3-pass adventure through Cle Elum, Leavenworth and Skykomish. Fundraising event for Mary Bridge Children's Hospital. Fully supported, all meals, terrific staff and continuous smiles. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Suite 101, Seattle, WA, 98122-6540. (206) 329-6090 or (800) 392-9253.
- Aug 24: Horse-shoe Bens Hill Climb.** Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Aug 24-31: Oregon Coast.** Portland - Eugene, OR. Portland marks the beginning of this spectacular ride along Oregon's magnificent coast. Cycle along the Columbia River to Astoria, then enjoy beautiful beaches and rocky seascapes. Continue through Yachats and Newport to finish your tour in Eugene. Fees: \$675 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.
- Aug 30-Sep 2: Annual Tour of the Bighorn Mountains.** Montana. See the scenic Bighorn Mountains in Northern Wyoming as you ride this 300-mile loop over three or four days. If you like downhill, this is one of the steepest in the nation! This ride is NOT for beginning cyclists. Fee includes sag-support and camp. Limit: 25 riders. Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.
- Sep 1: Tour de Kitsap.** Bremerton, WA. 30 & 50 Mile loops from the Boardwalk. Fees: \$15 adults, \$10 children aged 16 and under. Souvenir t-shirts: \$15. Ted Dupee, (306) 479-1265 or (360) 377-3041.
- Sep 7: Snoqualmie Pass Tunnel Ride.** East of North Bend, WA. 35 miles on nearly level rail trail. Bring bike light and warm clothes for two mile tunnel. Recreational mountain bike ride, leisurley pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Sep 7: Bogus Basin Hill Climb.** Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Sep 8-14: Cycle Oregon IX.** Oregon. Rick Chastain, Peter Jacobsen Productions, Inc., 8700 SW Nimbus (Suite B), Beaverton, OR, 97008. (503) 643-8064 or (800) 292-5367.
- Sep 8: 24th Annual Sunnyside Century.** Sunriver, OR. 100 mile road ride with support; 50 & 75 mile routes also available. Fees: \$15 includes four food stops. Awesome T-shirts for sale!! Sunnyside Sports, 930 NW Newport Ave, Bend, 97701. (503) 382-8018.
- Sep 14: Jan Selvig Century.** Marblemount to Washington Pass, WA. A 100-114 mile single day ride along the scenic North Cascade Highway from Marblemount to Washington Pass and back. 400 rider limit. Fee is \$40.00 (pre-registration only) and includes full support and t-shirt. Tim Holloran, Skagit Council on Aging, 315 S. 3rd. St., Mt. Vernon, WA, 98273. (360) 336-9315.
- Sep 15: 17th Annual Autumn Century Ride.** Wandermere Mall, N.Division, Spokane. 15, 25, 50, 75 & 100 mile routes. A fully supported ride around Spokane. Proceeds to benefit Bicycle Safety and Education. Fees: \$5, \$10 and \$20 (includes t-shirt) Late fees after 9/10/96. Prize drawings. Send SASE. Reginald Lee, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-928-2996.

- Sep 15: Covered Bridge Century.** Benton Co. Fairgrounds, Corvallis, OR. 100 mile tour of scenic Willamette Valley crossing six historic covered bridges, or 45 miles, 4 bridges. 3 sag stops Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.
- Sep 15-Oct 4: The Santa Fe Trail Bicycle Trek.** Santa Fe, NM - New Franklin, MO. Ride all or part of the Santa Fe Trail (1100 miles). Explore and learn trail history and contribution to US western expansion, more. Fees: \$25 per day includes breakfast, dinner, camping, ride sheets maps and support. Willard Chilcott, Santa Fe Trail Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. (505) 982-1282.
- Sep 16-Nov 2: Southern Cross Bicycle Classic™.** Anaheim, CA. Disneyland to Disney World, 8 states, 3000 miles, 47 days. Fully supported bicycle tour. Enjoy the beautiful scenery and people from highland deserts, mountain ranges and Gulf Coast beaches. Pay-to-go, or raise money for the charity of your choice. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd #101, Seattle, WA, 98122-6540. (206) 322-4102 or (800) 433-0528.
- Sep 21-22: Tour des Lacs.** Spokane, WA — Coeur D'Alene, ID. Two-day ride with 4 course options around seven lakes. Starts in Spokane and winds through hilly terrain. Fully supported - 12 food stops, multiple options for housing including Coeur D'AleneResort. \$50 registration. Joe O'Shaughnessy, Holy Family Foundation, N 5633 Lidgerwood, Spokane, WA, 99207. 800-835-8841 or 509-482-2588.
- Sep 27-29: Mount Rainier Loop Tour.** Washington. A 160 mile loop around Mt Rainier. Fee: \$110 includes accommodations, meals, SAG wagon and tour guide. Limit: 70 Pete and Maas Hannelore, Northwest Bicycle Touring Society, 18249 SE 147th Place, Renton, WA, 98059. (206) 255-4192.
- Sep 28-30: The 14th Annual Oregon Trails Bicycle Trek.** Willamette Valley, Two or three day tour exploring the scenic Willamette Valley. Fully supported with overnight, food, SAG and more. Fees: \$40 and \$150 minimum pledges. Nicole Bush, Bridget Kelly, Chris Anderson, American Lung Association of Oregon, 9320 SW Barbur Blvd. (#140), Portland, OR, 97219. 1 (800) LUNG-USA or (503) 246-1997.
- Sep 29: Peach of a Century Ride.** Salem, OR. 100 mile or metric (62mile) century ride from Salem to Stayton, OR and back. Supported with snacks and drink at check points. Jackie Lefevre or Joanne heilingler, Salem Bicycle Club of Oregon, P.O. Box 2224, Salem, OR, 97308. (503) 390-9558 or (503) 399-9652.
- Oct 5: Manastash Metric Fall Colors Tour.** Public Safety Bldg, 2nd and Pearl, Ellensburg, WA. Ride flat to rolling hills (tandem friendly terrain) along the majestic Yakima River, on back roads free from heavy traffic. Choice of 32 or 62 mile loops fully supported with sag and food stops. \$10 pre-registration and \$12 day of race (\$15 & \$17 tandem). Day of ride registration: 7-9am. Pre-registration forms at your local bike store or SASE. Ruth Ann Stacy, City of Ellensburg, 661 Strange Road, Ellensburg, WA, 98926. (509) 925-4536.
- Oct 6: Kitsap Color Classic.** Fourth season! Ferry to Kingston and pedal one or more loops ranging from 11-69 miles. Visit historic, waterfront communities on rural Kitsap Peninsula and catch the fall colors from the seat of your bike! Fees: \$15 and \$13, CBC members \$2 off. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.
- Oct 12: Tolt Pipeline East.** Duvall, WA. 19 miles on gravel service road through Cascade Foothills. Recreational mountain bike ride, leisurley pace, open to the public, limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Nov 8: Shanghai, Nanjing, Beijing, Bike Odyssey 15** day bike tour in China. Leland Ching and Richard Huie, 1883 East Shelby St., Seattle, WA 98112, Leland Ching, 206/784-8137 or 206/323-4843.

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Name	Points
Category 4	
1. Michael Dodge	32
2. Stephen McLaughrey	27
3. Aaron Hulett	14
4. John Baxter	14
5. Joel Cochran	12
Cat 3	
1. John Barnard	32
2. Rich Wheeler	16
3. David Summers	12
4. Christian Vedder	11
5. David Root	10
Juniors	
1. David Johnson	32
2. Nathan Coffey	24
3. Teran Martin	19
4. Evan Kruze	14
5. Joshua VanSchoven	13
Pro 1/2	
1. Eric Roesinger	26
2. Aaron Olson	24
3. Kenny Williams	24
4. Martin Weeks	16
5. Ben Johns	12
Masters 35+	
1. Jerry Markee	30
2. Steve Holland	25
3. Larry Shannon	24
4. Chuck Jerabek	20
5. Dave Hayes	20
Women	
1. Candice Sinclair	32
2. Nina Strika	23
3. Lynn Hughes	21
4. Stacey Peters	21
5. Catherine Gunter	20

Volunteer Park Race

The race was held March 31, 1996 under adverse weather conditions (read: pouring rain). This year collegiate racers were included with University of Oregon, Western Washington University, University of Washington and Washington State University riders participating. Over 60 riders registered for the Citizens/Cat 5 race showing strong newcomer interest. Tom Broznoski (former pro and national champion) won the 30-39 Masters race with Dan Norton (Gregg's/Specialized) winning the 45-49 race. Charles Jarabel of Portland won the 40-44 Masters. Canadians went 1-2 in the Senior Womens with Sarah Graham (Gregg's) winning the women's Cat 4 division.

Collegiate Women

1. Michelle Sarruf (WU)	
2. Andrea Miller (UW)	
3. Andrea Gkksberg (UW)	
Collegiate A	
1. Ben Jacobson (UW)	
2. Randy Boettsher (UW)	
3. Ta Herrera (UW)	
4. Scott Morelock (WSU)	
5. Jason Schippe (WSU)	
6. James Mikami (PSU)	
7. Steve Westover (WSU)	
8. Mark Roughgarden (UW)	
9. Leif Clarke (WSU)	
10. Kyle Robbins (OSU)	

Collegiate Men B

1. Robert Frost (Walla Walla)
2. Jeff Nachtigol (UW)
3. Mark Ahrens (UW)
4. Travis Stevens (UW)
5. Eric Struckhoff (UW)
6. Mark Publos (WSU)
7. John Wolff (WSU)
8. James Kinney (PSU)
9. Cory Nelson (Walla Walla)
10. Chad Woolter (Walla Walla)

Men 35+/Cat 4

1. Alex Breda
2. John McMatton
3. Dave Bale
4. Dave Stanton
5. Tom Voss
6. Rich Levandowski
7. Barry Schmidt
8. Kurt Wehrich

Cat 4/Men

1. Rory Maller
2. Michael Dodge
3. Dave Mahler
4. Geoff Tindall
5. Dylan Stanley
6. Scott White
7. John Moren
8. Richard Ensworth
9. Peter Paulino
10. Aaron Hulch

Men 1/2/3

1. Kenny Williams (Saturn of Bellevue)
2. Doug Carlton (Saturn of Bellevue)
3. Ryan Miller (Thomas Kemper)
4. Paul Dahlke
5. Robert Plank
6. Ed French
7. Joe Baratto
8. Jim Edmark
9. David Einmo
10. Rob Silver

Womens 1/2/3

1. Mandy Poutres (Canada)
2. Barb Zimich (Canada)
3. Wanda Howlett
4. Christal Smith (Redmond)
5. Leigh Fullwood
6. Shenna Fitzgerald
7. Laura Reed
8. Andrea Greenfield
9. Michelle Pfeiffer
10. Kate Teague

Master 30/40

1. Scott Anderson
2. Glenn Erickson
3. Brian Cole
4. Andy Dahstrom
5. Jim Plot
6. David Root
7. Tim Mason
8. Steven Lindblad

Men 40/44

1. Charles Jerabek
2. Conrad Kreick
3. John Barnard
4. Paul Langlois
5. Peter Hoagland
6. Bruce Neal
7. Donn Kellog

Men 45/49

1. Dan Norton
2. Mark Barnett
3. Peter Hales
4. Jeffrey Patterson
5. David Fayran

Men 50+

1. Bill Rowland
2. Joe Halley
3. John Forbes

Women

1. Sarah Graham (Gregg's/Specialized)
2. Lisa Thompson
3. Holland Burns
4. Kirsten Huck
5. Christiana Knutson
6. Linda Nicholas
7. Patricia Case
8. Karen Delacruz
9. Jennifer Davis
10. Jamie Saylor

Citizen/Cat 5

1. Gregg Zadow
2. Randall Coleman
3. Chris McCoy
4. Chris Litzinger
5. Rich Hommel
6. Mark Pagnieu
7. Rory Cameron
8. Jeremy Bader
9. Jared Harris
10. Jason Lindgren

Cat 3/Men

1. Jim Brown
2. Mikko Mayes
3. Andre Kim
4. Jonathan Sundt
5. Brian Peterson
6. Jeff Nachtigal
7. Don Wesley
8. Jan Heine
9. Kyle Brodderson
10. Lawrence Doll

Master 35/39

1. Tom Broznoski (Wheelsport)
2. Tim Rutledge (Control Tech)
3. John Weyra
4. Larry Shannon
5. Dan Norton
6. Jeffrey Garren
7. Brian Griffith
8. Jao Bowen



Candace Sinclair at the Spokane River Roubaix. Photo by Marianne McCoy

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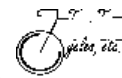
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Who IS that guy?

BY MAYNARD HERSHON

As I thumb through national bike magazines, I'm struck by the sameness of the ads, especially the flashy full-pagers. It's as if they're all designed and produced by the same ad agency and all aimed at the same imaginary guy, the "targeted consumer." Who is that guy?

Whoever he is, he isn't the same guy in ads for road bikes and ads for mountain bikes.

Road bike ads target a guy who can spell Djmoldidin Abdujabarov without looking in *VeloNews* as I just did.

So dedicated to cycling is he, so star struck, such an incurable racebike weenie, he'll buy whatever promises to transform his pretty-good riding into total dominance of Euro Classics or at least his rides with his bloodthirsty buddies.

Bike ads offer him the "fast" pro-team mount he deserves but never got. By rights, the Sheriffs, Saturn or Shaklee should've given him a couple of sponsor bikes: a road bike, and a "funny bike" for time trials.

Somehow he's been overlooked, probably because his resume was hastily prepared. So he'll have to pay for this new bike. He may have to work more and train less, but the bike will make the difference. With its help the team will notice him and next year his new bikes will be free...

Who is this guy? Does he justify all the faith the ad people place in him? How many bikes can he buy? What if his new-bike-every-18-months bubble bursts? What if he and Kristen decide to have another kid? What if his company decides to downsize?

What if, eventually, someone convinces him that it is indeed all in the legs (as he's been told for years) and he puts off buying that new Ti superbike? What if he reluctantly decides to squeeze another season out of his old 18-pound carbon-fiber boat anchor?

How long can one customer support all those high-end road bike makers? And why is it always him, always always him, those companies try to seduce. How about us, the rest of us? We buy stuff. We ride our bikes.

Who's the guy mountain bike ad writers have in mind? Does he exist outside of their imaginations? Can you spot him by the testosterone cloud in his path? Is he truly always in someone's face?

I have not met the guy. Perhaps you have. Tell me:

Is he the smiling \$50,000/yr. three-piece Customer Service Associate, Monday thru Friday, the suicidal big-air berserker on weekends? That's what the ads would have you believe. Who is he?

Who's the guy who'll buy a new Schwinn Homegrown because he's been taunted in ads featuring pall-

bearers carrying a coffin: "What, a little death frightens you?" Who is he?

Who's the guy who'll buy a new Trek, "Guaranteed to Make You Wake Up Screaming?"

Who'll buy a new Bell Psycho Pro helmet, "Thoughtfully Designed by Engineers, Craftsmen and Dead Guys?" Bell adds (thoughtfully) that "no hallucinogens were used in the design of the new helmets (as far as we know)."

Who'll buy a Specialized Mountain Man helmet, for "the systematic elimination of gray matter splatter?" Who finds reading that stuff compelling or seductive?

Who's the guy who believes that the only barrier to his pitching his ATB into long, lurid, crowd-scattering slides is his non-ownership of a new Rock Shox suspension fork?

Who's the guy smart enough to deduce that what Arnette is selling in the no-text Leigh Donovan ad is eyewear, not body armor or breast exams, self-administered... But dumb enough to spend megabucks on a product few people have seen, about which nothing need be said?

Who's the guy who rides so gawdawful hard he brutalizes his poor, defenseless Timex wristwatch? Who's the guy, so in touch with his feelings, he's not embarrassed to wear clothing that says: No Fear.

Who is that guy? My feeling is, he has a lot to answer for - whether he exists or not, he gets all the respect in ads and we, the rest of us, men and women, get none. I've had him up to here.

He may or may not exist. We do.

Enough already. How 'bout us? We buy stuff. We ride our bikes.



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