

U.S. Olympic hopefuls thrill spectators in the third running of the Microsoft Grand Prix in Seattle



Once again the streets of Seattle proved very challenging to the riders as only 33 of the original field of 104 finished the race. Racers who managed to finish climbed over 12,000 feet during the race.

In an exciting and tactical race, Chris Horner riding for Nutri-Fig lead a breakaway and one in a sprint.

First event of the Olympic Cycling Trials very competitive

BY BRET STAV

Speeding to the finish on the last lap of the Microsoft Grand Prix (May 19), five cyclists were battling it out for Olympic Team selection, including Team Saturn's Frank McCormack, the 1995 USPRO Criterium Champion, Chris Horner of Nutra-Fig, Darren Baker of the U.S. Postal Service and Motorola teammates Kevin Livingston and Tour de France veteran Frankie Andreu.

Flying down Yesler Way into downtown Seattle,

See "Microsoft Grand Prix" on page 9

Seventeen Great Years!

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Waiting for STP

BY ESTELLE GRAY

People don't believe me when I say that I am not competitive, but those are people who have never ridden with me. I first discovered cycling at about the same time that I discovered baking. I concentrated on making awesome brownies rather than focusing on how fast I could make them. No one ever asks me "How fast can you make a batch of brownies? I can make them in 14 minutes!" Likewise with cycling. My goal was to have fun riding my brains out. It didn't matter how long it took. It was simple. The further we rode the more fun we had. At that point we didn't have cycling computers and most of the time, we didn't even wear watches. I was even naive enough to believe that since you flew downhill really fast and didn't see anything, the whole point of going uphill was to do it at a slow speed so you could enjoy your surroundings!

I met and began to cycle with one of my mentors,

See "Estelle" on page 5

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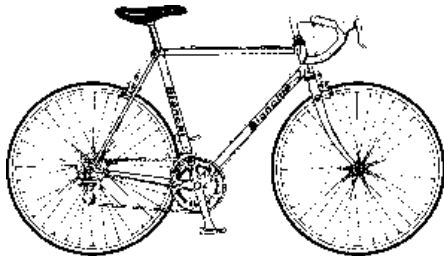


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Auto dealer sells bicycle "lifestyle"

You know there's change in the air when auto dealers start selling bicycles. Historically, cars displaced bicycles in this country as personal transportation, and that's not about to be reversed any time soon. It's not as if Bike To Work Day really makes a dent on rush-hour traffic. Part of the problem is that automobile, tire and oil companies have spent decades exhorting Americans to enjoy the open road, feel the thrill of the top down and the surge of a V8. Car commercials urge us to reward ourselves by showing our outward success. Self-recognition comes in 48-month leases, to hell with gridlock.

Now think about how bicycles are sold. Smudgy newspaper ads offering \$50 off or a free pump. Okay, most bikes are cheaper than cars, but you get the point. Where's the excitement? Where are the marketing whizzes to tell us that buying and riding that bike will make you feel more youthful, will bring admiring glances at stop signs and will enhance your public reputation? How about this: *The EV Warrior provides access to fun, fitness, cardiovascular stimulation, fresh air, a clear mind, and an environmentally responsible lifestyle.*

Which gets me back to auto dealers selling bicycles.

In Seattle, University Mazda is among the first Northwest retailers of an electric-assisted bicycle. The EV Warrior is more like a bicycle with a generator than a motorcycle without a gas engine.

"My initial thought is it is not going to appeal to the existing bicycle community," comments University Mazda general sales manager Keith Dinsmore. "I think there is a whole culture in bicycling that you either do or not find attractive; many people belong outside of that box."

Like the rest of the dealership staff, Dinsmore doesn't ride a bike, but as a salesman he does know how to sell. And as a manufacturer, the California-based Electric Bicycle Company is placing its future with auto dealers rather than with bicycle retailers. Their advertising material, sampled above, says much about how the manufacturer is marketing their bikes. Dinsmore sees future buyers among RV owners, commuters and visitors to places like the San Juan Islands.

As a bicycle, the EV Warrior (it comes in two models) is conveniently an unli-

censed vehicle. A bill that would have formalized the Warrior's status as a bicycle and not a motorcycle came before the Legislature, only to die when lawmakers turned to other issues. NOWBike, the bicycle advocacy group, sought limits on where the Warrior could go, seeking to ban it from bike trails. That would be a pity. The Warrior, which weighs 75 pounds, is likely to be propelled slower than most Colnagos or Kleins cruising the Burke-Gilman Trail in Seattle. Although it is battery-assisted, the EV is designed to be pedaled. A lazy person may get 15 miles before the battery runs out; a wiser rider would retain the battery for boosts on climbs. As such, it hardly represents a threat to cyclists. In fact, if Dinsmore and his colleagues are successful in making 10-15 sales a month, a broader range of people will be on two wheels. If the marketers can convince the public to buy a \$35,000 automobile, surely it should be an easy sell to make them want to shell out \$1500 to buy into that environmentally responsible lifestyle. Once those buyers are that far, maybe they'll realize that a 25-pound conventional bike would give them all those advantages too. Plus you don't have to plug it in at night. ⚙

Outspokin'

BY GORDON BLACK

LETTERS

Grow up, accept responsibility

Dear Editor,

"Real men don't wear helmets" shows no consideration for pedestrians by riding on the sidewalks. You can't control ALL circumstances when you're riding.

The ME-generation has had their fun, it's now time to grow up and accept the responsibility it takes to live in a free society.

Dorothy Hawe
Monroe, WA

April harangue can't go unanswered

Dear Editor,

I too, can relate a story of a guy who fell and hit his head three times- me! None turned into a tragedy BECAUSE I was wearing a helmet... Whatever protection we're to have has to be securely in place BEFORE the accident; riding is only part of what we have to do to protect ourselves.

Looking at Name Withheld's letter, I'd be ashamed to put my name on it also.

Jim O'Horo
Vancouver, WA

Cover photos of the Microsoft Grand Prix/OlympicTrials by Marianne McCoy. Please see pages 1 and 9 for complete race coverage and lots of great race photos!

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REGIONAL REPORTS

Seattle Bicycling Guide Map available

The City of Seattle, working to promote bicycle transportation and reduce air pollution and traffic congestion on Seattle streets, now offers a free Seattle Bicycling Guide Map. The map details bike lanes, trails, streets, bridges and other areas commonly used by cyclists.

The Seattle Engineering Department encourages bicycling through the development of new bikeways, striping bike lanes, improving roadways and installing new signs and bicycle friendly storm grates.

The maps are available free of charge at Seattle-area bicycle shops, the Seattle Public Library, Neighborhood Service Centers and Seattle Parks and Recreation Centers. Citizens may also call the Seattle Engineering Department at 684-7583 or TTY 684-4009 to have a map sent to their home.

Produced with cyclists in mind

Essential Foods, a Seattle based producer of ready-to-eat meals and a major sponsor of this year's Seattle-to-Portland (STP) ride, is introducing (in support of

the event) the Cascadian Essential Sandwich. Designed with the nutritional needs of cyclists in mind, the Cascadian is high in both fast and slow burning carbohydrates, balanced with moderate protein and unsaturated fats. It is naturally sweet and packed with power needed for high-energy, out-door activities. Essential Foods is donating 10¢ from the sale of each Cascadian sandwich to the Cascade Bicycle Club to support its education and safety programs, and is printing announcements about STP and other Cascade activities on back of a limited number of sandwich labels to help spread the word about the club's activities.

Essential Foods' Cascadian sandwich can be found at PCC Natural Markets and other participating supermarkets.

Report reveals state of Washington pollution

A new report by the National Resources Defense Council (NRDC), *Breath-Taking: Premature Mortality Due to Particulate Air Pollution in 239 American Cities*, is a city-by-city analysis of heart and lung-related deaths attributable to tiny, inhalable particles in air pollution.

The report will provide localized information for nine Washington area:

Bellingham, Bremerton, Clark County, Olympia, Richland-Kennewick-Pasco, Seattle-Everett, Spokane, Tacoma and Yakima.

The NRDC's report reveals that many cities experience hundreds of premature deaths annually because of this dangerous form of pollution, often exceeding the number of deaths from car accidents. It is the latest evidence that particulate pollution is a serious public health concern.

For more information contact The American Lung Association of Washington, 2625 3rd Avenue, Seattle.

NowBike elevates cycling profile

NowBike wants to make bicycling a high-profile issue in your community. This June, Executive Director Susie Stephens will mount her bicycle, pack her panniers with a slide show, tent and brochures and ride around Washington. "Operation State-wide" will allow Stephens to visit communities to talk with local media, share information about regional and state bicycling issues, tour new or proposed cycling facilities and provide information at local meetings.

Add your city to the Operation State-Wide touring schedule by calling NowBike. (206) 224-9252, e-mail: nowbike@accessone.com.

CPSC and Performance Inc. announce bicycle recall

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Performance Inc. of Chapel Hill, N.C., is voluntarily recalling about 5,000 bicycles with defective seat posts manufactured by Polygon Industries Corp. of Taiwan, R.O.C. The seat posts have a clamp bolt under them, which can break or fracture. Riders could be seriously injured by losing control of a bicycle with a broken seat post. Performance has received five reports of the seat posts failing, resulting in minor injuries, including cuts and bruises.

Performance bicycles, models X203, X204, M603, M604, M704, and M705, are equipped with a defective PM-215 seat post.

Performance bicycle stores and the Performance mail order catalog sold the bicycles nationwide from March 1993 through April 1996 for between \$300 and \$500, depending on the model.

Consumers should stop using the bicycles immediately and call Performance's Technical Department at (800) 553-8324 or return the bicycles to the nearest Performance Bicycle Shop, where the seat post clamp bolt will be replaced free-of-charge.



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IMBA clubs strive for excellence on National Trails Day

BY GARY SPRUNG / INTERNATIONAL MOUNTAIN BIKING ASSOCIATION

June 1 is National Trails Day, a day to show the world we care. National Trails Day is a celebration of trails for everyone, and celebrates the "Trails for all Americans" vision. This concept calls for a national network of interconnecting trails that reach to within 15 minutes of every American home. It is not an environmental law and there is minimal regulation involved. This law attempts to recognize and promote the idea of long-distance trails for both recreation and transportation.

Last year, over a million people nationwide participated in trails activities. Any type of local trails event will do, but you may wish to join the national action by coordinating with the National Trails Day organization. They will send you a free issue of their newsletter with suggestions for events and descriptions of local events planned throughout America.

In Portland, Oregon, Portland United Mountain Pedalers has at least two events planned. One will celebrate the re-opening of the 5-mile Henry Hagg Lake Trail with a maintenance day in Scoggins Valley Park in Western Washington County, about an hour from downtown Portland. The trail was listed in 50 Best Singletracks of Oregon prior to its closure.

PUMP members will also participate in a cleanup of the Molalla River Corridor sponsored by Molalla RiverWatch, the U.S. BLM, the Molalla Saddle Club and PUMP. PUMP worked closely with those groups to create extensive riding opportunities in the corridor. Also, if the US Forest Service holds its regular trail fair, PUMP will be there with a booth.

In the Seattle, Washington area, Backcountry Bicycle Trails Club will join the festivities with a multi-user group work party, including basically all the hiking groups in the area and the Backcountry Horsemen on the Middle Fork of the Snoqualmie River area. They will bring bikes and ride after the effort.

Also on June 1, the Seattle Engineering Department will dedicate the South Ship Canal Bicycle/Pedestrian Trail. The new section of trail runs along the south side of the Ship Canal from the Fremont Bridge to the Ballard Bridge. Ceremonies will take place at 11 a.m. at the east end of the West Ewing Park parking lot, near the Seattle Pacific University sports field.

For more information about National Trails Day contact:
National Trails Day:
 1776 Mass Ave NW (#240)
 Washington, DC 20036
 Phone: (800)972-8608
 Fax: (202)659-0650.

"Estelle" from page 1

Bernice Tillson (who recently passed away), when she was probably in her seventies. She summed up the essence of cycling for me when she said "I pity the racers, they don't know the joy of coasting down a hill". (No offense meant to racers!)

Before I moved to Seattle in 1978, I had never read a cycling magazine, I'd never heard of the Tour De France, and I had never dreamed people would care how long it took them to ride 200 miles. But now I know better, now I know that people care about being the first one to pick up their pre-ride packet.

I can understand caring about riding fast from Seattle to Portland. The less time it takes, the less agony. What I don't understand, is why riders try to be the first one out of the start and the first one into Centralia. There are no gold medals waiting there. As a matter of fact there is not a lot there except a few fast food restaurants and other sweaty riders.

Less understandable to me is why riders want to be the first to pick up their packets. Packet pickup is spread out over a period of approximately 7 days. Every year I watch people begin to line up an hour before the designated opening time (*Q. What am I doing there to know this? A. Volunteering to help distribute packets!*) There is no award given to the first person who picks up their STP packet, but you'd never know that by looking at the size of that line.

If you insist on getting your packet in those first hours you can look on this as an opportunity to test your patience.

Estelle Gray is the owner of R&E Cycles, located in the University District, Seattle Washington.

Racing with the news

BY ERIC G.E. ZUELOW

New kid on the block

Over the past few years, the Pacific Northwest has produced some superb junior racing talent. The most recent arrival is Jason Gonzales of Wheelsport - the same team that produced former pro racer Tom Broznowski.

Northwest racing legend Bob Kaye (Wheelsport) has reportedly taken Jason under his wing and is providing coaching advice. Masters racer Conrad Kriek (Gregg's) noted, "You know somebody has talent if 'the Cannonball' is willing to coach him!" Jason's growing list of top results and the fact that he is currently leading the WSBA's BARR junior category might also indicate something.

Honorary Good Sam Club Membership

Kudos to Michael Porter of the Avanti-Ti Cycles Racing Team for displaying class far above the call of duty. According to the Avanti team's newsletter, Porter stopped to help fellow competitor Mirko Mayes after Mayes suffered a crash in the recent Tour of Willamette's first stage. Sacrificing all chance of a placing, Porter finished the day with Mayes to make sure that no major injuries had been sustained.

As though this weren't enough, Porter recently gave up his opportunity to race at the Cottonwood Canyon Road Race when he heard that there had been a serious crash in the women's event. Rather than race, Porter took the injured rider to the hospital. Now that's a class act!

On that track

The Marymoor Velodrome Association has secured a title sponsor for this summer's major track cycling

grand prix. The 1996 event will be called The Pacific Financial Securities Grand Prix and it will boast a \$1000 prize list, making it the biggest night of track racing at Marymoor in several years. The event will take place on July 27 from 6:30 p.m. to 8:30 p.m., concluding a day of family activities jointly presented by the MVA and Cascade Bicycle Club.

Doin' good out of town

Northwest riders continue to do well, racing out of the area. Kirk Willet (Nutra Fig) continues to finish consistently in the top ten of national caliber pro races. Most recently, Willet finished tenth in the famous 89er Stage race.

Meanwhile, Team Washington riders Luis Bernhardt and Bob Stzelecki recently returned from Guatemala and Mexico where they raced in a variety of masters events. The trip proved very successful for the pink and orange with a net haul of two medals, six trophies and four leaders/championships jerseys. Way to go, guys!

Mud and cyberspace

Finally, in off-road racing, Loren Hanson (CT Racing) has been doing quite well on the mountain bike circuit, winning many of the local elite events. More importantly, he has lived to write about it and provides those who are interested with highly entertaining race reports via the Internet.

If you know of any newsworthy bit of information, have a comment or question, please drop me e-mail at: egz0553@u.washington.edu.

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Kona Creates Northwest Style Mountain Bikes

BY NOEL ZANCHELLI

Kona Mountain Bikes are designed and built right up here in the Great Wet North. In the Pacific Northwest rainforest, to be painfully exact. The Kona design team rides here year round and creates bicycles that naturally perform to their very focused standards. The designers are quite accustomed to being severely drenched every time that they set out to conquer the rigors of this unforgiving region. Pat White, a frame designer sums it up: "Kona's are very strong in areas like the Pacific Northwest and in New England where you have wet, muddy conditions and have to do a lot of slow, technical riding."

Kona was founded in Vancouver, British Columbia in 1988 by long-time racers and riders who previously worked for and founded Ritchey, Marin and Rocky Mountain Bicycles. The founders also had a peculiar fascination with things volcanic. The Kona moniker was chosen while some of the owners were observing volcanic activity on a Hawaiian vacation. The Hawaiian influence is prevalent among the Kona line with names like Cinder Cone, Lava Dome, Kilauea, Muni-

Mula, and Humuhuma.

My test ride was atop Kona's very affordable race ready machine, the Hei Hei, (pronounced "hey-hey"). Meaning "race" in Hawaiian, the Hei Hei epitomizes the Kona design philosophy.

INNOVATORS NORTHWEST
BY NOEL ZANCHELLI



The Hei Hei by Kona is built in the Northwest for Northwest riding.

Kona's prominent trademark is the long, sloping top tube. Bringing the top tube down shortens the seat stays and chain stays which stiffens up the rear triangle and makes it tight, allowing the bicycle to accelerate more quickly and climb more efficiently with a rider out of the saddle.

Additionally, when the top tube is

slightly longer, the main triangle is also larger than average. This is then complimented by a longer head tube, less stress and stronger juncture because the down and top tubes are not so close together. It causes the down and the top tubes to be closer to a parallel angle, "giving the bike a more compliant feel," says White, "more of a dancing, shock absorbing effect."

The Hei Hei frame is made entirely in the U.S., constructed of Sandvik Special Metals 3-2.5 titanium tubes and has watercut 6-4 dropouts and a 6-4 bottom bracket shell. What makes Sandvik titanium tubing unique is that the tubes are carefully drawn, not rolled - a technique employed by other manufacturers.

Up front, the Hei Hei sports the very plush Rock Shox Judy XC suspension forks. It is equipped with Kona's "Kit One" parts package which features a host of tremendous components including Shimano XT derailleurs and hubs, Winkel wheels with DT spokes and Mavic rims, Gore-Tex™ Ride-On™ cables and housing, and Grip Shift eight speed shifters. Also included in the Kit One parts package are Kona's own specially designed mud tires, "Mr. Dirt" and "The Cleaner."

See "Kona" on page 7

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THE FIRST AND LAST NAME IN MOUNTAIN BIKING

Orthotics may be an answer

BY DIRK FARRELL

Ever buy a new pair of cycling shoes, get them setup and go for a ride only to find that five miles into the ride you have pains never before experienced? Feet, knees, hips, pelvis and lower back are all connected- you know the song; the function of each affects the others. Locking our feet to pedals can increase our cycling efficiency but it can also lead to injury.

Fortunately, our bodies are excellent at warning us when something is amiss, if we're willing to listen. Technology, in the form of the latest clipless pedal systems, has given us both efficiency and some important heel motion. Bicycle setup and cleat positioning are key to pain free cycling. Yet, occasionally, even correct setup fails to resolve the problem. Orthotics (foot supports) may be the answer.

The lower limb is referred to as a kinetic chain because it is comprised of several movable segments (Fig. 1). Our feet form the first segment and each foot has 26 bones from toes to ankle. These bones with their related structures of ligament and muscle serve three main purposes. Feet give us stability through broad contact with surfaces, they flex as we walk and provide shock absorption.

When the joints between these bones aren't moving properly or our ligaments and tendons are not holding our feet in proper posture (e.g. fallen arches) they change the relationship between our leg bones (tibia and fibula). For instance, eversion of the foot (rolling your ankle inward) should raise the fibula on the outside of the leg. Dysfunction can occur after acute or repetitive injury. Since these two bones are involved with the knee, a change in

Athletic Medicine



FIG #1

their relationship changes the function of the knee.

If the foot or ankle move improperly or have decreased movement because of an injury, a poor movement pattern develops. Locking the foot into an inappropriate position with poor cleat placement can cause stabbing knee pain (in the best of knees) within a short time. Small stresses can cause small damage which can accumulate. This kinetic chain of our lower limbs is like an amplifier. Small distortions at one end can be amplified

along the chain causing dysfunction and pain at any point in the chain. Injury can decrease our cycling efficiency through protective reflexes which help us avoid initial or further injury. If you are riding and somehow you have hurt your ankle or knee (hip, pelvis or lower back), your body will respond with an avoidance reflex and you will not be able to maximize your pedal stroke. The cumulative effect may be further tissue damage leading to greater injury. A movement pattern which avoids pain may develop and the inefficiency of this pattern may cause more tissue damage forcing you to curb your cycling.

To avoid problems and maximize the efficiency of your cycling, correct cycling position is necessary. The best shops are excellent at helping fit your bicycle and positioning your cleats. But bring some tools on your first several rides to make changes if necessary. Cycling shoes are designed with stiff soles to help transfer energy from the feet to the pedals by minimizing the amount of en-

FIG #2



ergy used to flex our feet with each stroke. Stiff soles can also decrease the fatigue we feel in our feet. Once I put my first pair on in 1980, I was hooked. If you are thinking about getting your first pair of clipless pedals, make sure there is free heel travel and get setup correctly (Fig. 2). Enjoy the great results.

When lower limb problems persist, the problem may

FIG #3



be in the feet. Orthotics support the feet and can eliminate a number of problems along the kinetic chain (Fig. 1). Custom orthotics are the best and the most expensive. The foot posture is determined through molds of the feet (Fig. 3). The mold is then modified for individual support needs. The best orthotics will help restore normal function of the feet by correcting foot position; the ankle, knee, hip, pelvis and lower back mechanics are all improved. This may solve chronic lower limb pain and even lower back pain (fig. 3). Less expensive orthotics may help by providing padding and some support but without correction. It is important to match your particular needs with your choice of orthotics.

Many lower limb problems can be corrected with proper footwear, positioning, stretching and exercises which balance your lower limb's musculature. However, there are times when these measures fail to correct the problem and prevent the pain; orthotics may be the answer.

Dirk Farrell is a doctor of chiropractic practicing in the University District of Seattle. Dr. Farrell has been cycling for 18 years (raced for 5) and worked in bicycle shops for 10 years. He can be reached at (206) 633-6058.

Cycling gets caught in the Web

BY KRISTIN FOERCH

Unless you live under a rock, you are aware of the Internet - the global computer network that allows anyone with a computer and a modem to explore vast storehouses of information on any conceivable topic. For those interested in "how", a simplified answer: Telecommunications lines (like your average phone line or specialized, high speed ISDN lines) are used to transfer large amounts of data through this network which consists of both personal and industrial computers. The computers where a particular site is located (the system that provides databases, applications and system management) is called a server, the computer where information is received (as you plow through your favorite sites) is the client.

You might be wondering, as cyclists, what this has to do with you. We at *Bicycle Paper* did some research and decided that the abundance of cycling related materials on the Web warrants more than a quick glance. We found sites that will delight every type of bicycle enthusiast. Following, is a list of sites (index and non-classified regular sites) that we believed informative or simply too colorful to by-pass. We suggest that you take a look and then continue exploring other sites. Find your personal favorites and write to the servers, let them know what you think, after all these sites exist for just that purpose.

Index Sites:

Much like their bibliographical counterparts, these sites are simply utilitarian information sources for a broad topic. A cycling index site, for example, will group a list of regular sites (potentially hundreds of them!) by a particular classification such as racing, mountain biking, touring, or by other common denominators like USCF, NORBA etc... The special thing about computerized

index sites is that clicking on the name of any site within the index will provide you with instant access to that site. Therefore, it is a good idea to bookmark your favorite index; when you follow those inevitably occurring tangents, you will have the ability to return to this primary source.

Virtual Breakaway - <http://www.eskimo.com/%7Eecycling/breakaway.html>

This is one of the most comprehensive cycling index sites on the Web. It claims more than 450 links and since inception (11/20/95), this site has hosted 32,806 visitors. Not only does it offer you links to sites via easily followed categories, this site also offers "classified ads" and simple electronic "add-a-link" forms.

I counted about 100 linked sites (this is terrifically difficult to do electronically, so this number is only an estimate) on the NerdWorld Bicycling Index - <http://www.nerdworld.com/users/dstein/ridingnw27.html>. Many of them are located in the Northwest: CyberCyclery, Back Country Bicycle Trails Club, UW Cycling Home Page and the Cascade Bicycle Club Home Page are a sample of the local links existing here. As well, NerdWorld Bicycling offers links to cycling newsgroups, discussion lists and even a bicycle FAQ (frequently asked questions).

A third, wonderful index for bicycle sites is the WWW Bicycle Lane - <http://www.cs.purdue.edu/homes/dole/bikelane.html>

This site incorporates links to advocacy sites, on-line magazines, clubs (USCF and NORBA) manufacturers and even bicycling event calendars. I suggest checking out CHUNK 666 (a bicycle chopper advocacy group currently preparing for the "anti-car-mageddon") and WOMBATS (the Women's Mountain biking and Tea Society).

Other sites of interest:

The Mountain Bikers Almanac at <http://www.mbalmanac.com> gives a short history of mountain biking, a calendar of events and training diary. There are equipment reviews, a mountain biking record book and even a directory of virtual and regular addresses.

CyberCyclery is a great resource page ([\[cyclery.com\]\(http://www.cyclery.com\)\) with crystal clear, easy to distinguish graphics that lead you to news sites, photo galleries, cycling associations, organizations and manufacturers.](http://</p>
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"Kona" from page 6

Muddy, technical single track is where the Hei Hei belongs and it proves that immediately after hitting the trail. This bicycle glides through thick mud with ease and stability. Whether you plan to subject the Hei Hei to the rigors of racing, or just make it your own personal amusement park ride, the Hei Hei is excellently suited to accommodate you.

An 18" Hei Hei frame weighs 3.3 pounds, with the complete bicycle tipping scales at 22.1 pounds. Five bicycle sizes are offered in one-inch increments, beginning with 16". With a suggested retail price of \$2599.00 - the Hei Hei won't last very long on most showroom floors!

Kona frames are sold on an individual basis or with one of the two parts packages. Any bicycle can be customized with specific parts, however, and the aluminum and steel frames can be custom painted. A lifetime warranty is offered on Kona frames; parts are guaranteed for one year. Kona boasts of a very flexible replacement policy.

Kona Mountain Bikes
2455 Salashan
Ferndale, WA 98248
360/366-0951
FAX 360/366-2254

In Canada:
The Bicycle Group
343 Railway Street
Vancouver, British Columbia
V6A 1A4
604/684-4933
FAX 604/684-6332

Eric Boulton's Bikes - Anything Aluminum!

BY P. MARSH

Choosing a custom frame builder is a very personal decision: you want to find someone who will analyze your riding style and body shape without depleting your bank account! Before you make a final selection from the many names available, you will already have listened to lots of advice and gone through a considerable number of possibilities. There's one decision you won't have to make, however: which material do you use to build your frame?

Unless, that is, you've talked with Portland frame builder Eric Boulton. He will give you *more* decisions to make - do you want your frame in aluminum? And if it's a mountain bike, what kind of rear suspension do you prefer? The stores are full of aluminum frames, but (as far as I can determine) Eric is the only custom builder of aluminum frames in these parts.

Boulton uses a standard aluminum product: the 6061 alloy/T.6 hardness tube. This means that every one of his bikes is truly hand-made, beginning with a 12' or 16' piece of aluminum. That's a simple operation compared to some of the small parts - hand-making these demands a large investment of time. To make his own 5/16" heavy-duty drop-outs, for example, Eric built a router

frame and jig which uses a precise, sliding arm to copy the steel original. Every bottom bracket and head tube is cut, turned and threaded by hand. All extra items, like cable nipples, are painstakingly cut from solid metal; even his chainstays are shipped out to be specially bent to his specification. "You have to be 90% machinist to set up an operation like this," he told me as I admired the unique equipment in his workshop.

The aluminum tubing he prefers is remarkably light stuff. The down tube he showed me was 1.75" diameter. It has a wall less than 1/16" thick, so Eric developed gussets, doublers and inserts for all the key, high-stress locations to create needed reinforcements.

Eric firmly believes in leaving his bike welds untouched (part of his "signature"). To create a smooth joint, a mass-produced frame is often finished by "cosmetic" grinding which may cut away not only much of the weld bead, but often the tube as well. He's also familiar with steel tubing and titanium.

Are you still with me? There's more to come! Eric needed to build himself an alignment table (accurate to .005") to correct minor changes caused by welding. He clamps the bottom bracket to the table and minutely bends the

frame back into perfect shape. With steel you'd be out the door now and on the way to the painters, but there's another step needed to complete the aluminum product.

The frame lost its T.6 temper during welding and now gets bolted into a steel jig and sent to the only "solution heat treatment" plant in the Northwest, fortunately in Portland. There, it's heated

to 980°, then immediately plunged into a quenching tank. This restores the temper to T.4. A second heating to 350° bumps it to T.6.

This exacting sequence produces a frame about 1 pound lighter than equivalent steel, and explains why it's not possible to repair bent or damaged aluminum bikes.

See "Boulton" page 18



PHOTO BY PETER WASH

Boulton's custom frames have uniquely "untouched" welds to insure strength.

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<p>Northwest Mountain Bike 6304 6th Ave. Tacoma, WA 98406 (206) 565-9050</p>	<p>Seattle Cycles 946 Elliott Ave. W Seattle, WA 98119 (206) 285-2800</p>	<p>Paul's Bicycle Way of Life 2480 Alder St. Eugene, OR 97405 (541) 342-6155</p>	<p>Santiam Bicycle Way of Life 3349 Commercial St. SE Salem, OR 97302 (503) 363-6602</p>

Redmond Cycle
16205 Redmond Way
Redmond, WA 98052
(206) 885-6363

"Microsoft Grand Prix" from page one

Baker had a short lead on the other four. His solo bid collapsed as he fought the stiff, cold breeze coming off of the Puget Sound.

As Livingston bridged the group on 12th Avenue, McCormack sprinted away, furiously pedaling his biggest gear down the Pine Street straight-away, and quickly gained 50 meters. Horner and Andreu followed, chasing McCormack like hunters stalking their prey. Just as the riders turned onto Fourth Avenue to the finish 250

meters up the street, Andreu made contact with McCormack. As the three turned through Westlake Park, McCormack surrendered to defeat, exhausted from his desperate effort. This forced Andreu to re-accelerate with a fresh Horner on his wheel.

Andreu held no illusions in the sprint, with 50 meters left, he too, slumped over his bike in defeat, leaving a delighted Horner to scream across the finish line, punching his arm in victory. Darren Baker



Winner Chris Horner (left) along with Andreu, McCormick and Baker formed the race's main breakaway.



The pack enjoys some of the more than 12,000 feet of climbing during the race



Second place winner Frank McCormick of Saturn slips into his Stars & Stripes.

finished 10 seconds later for fourth place, followed by Kevin Livingston in fifth. The shattered pack drifted into the finish in pieces, finishing in small groups over six minutes behind.

First-year pro Chris Horner was jubilant at the finish line, jumping off of his bike into the arms of his team manager. For the "Ya-Hoo Kid", this was the crown in a string of victories in the San Diego rider's Cinderella season.

The top 33 finishers that followed were the remains of a 104-rider field that lined up at the start line five hours previously with Olympic dreams in their eyes. The hilly course, however, stiff winds and cold conditions woke most of the competitors from their slumber early.

"It's really a Darwinistic course," said McCall, Idaho's Greg Randolph, "only the best will survive."

In choosing the Microsoft Grand Prix as the first event of the Olympic Cycling Trials, National Coaching Director Chris

Carmichael described the race as a "blood and guts" course. "I want the toughest, best men on my Olympic Team," Carmichael said.

A few early suicidal breakaways punctuated the event, but this year's Microsoft Grand Prix was decided on team tactics and strategy.

Jim Copeland (Chevrolet-LA Sheriff's) and Fred Rodriguez of Team Saturn, made an early move that was quickly chased down by the U.S. Postal Service Team. Then, Mark Southard of Trek broke away in a 25-mile solo bid that saw him gain as much as 2:22 on the pack. The USPS Mail Men were not allowing anyone freedom, however, and they organized a steady chase until Southard was reeled in midway through the race.

PHOTO BY MARRANEMCCOY

PHOTO BY MARRANEMCCOY

On lap six, when Baker, Livingston, and Horner sped away from a fatigued pack. The powerhouse Chevrolet-L.A. Sheriff's team organized an impressive chase for their team leader Steve Hegg, but the field still trailed the four leaders by 1:10 with four laps to go. On the following climb up Yesler, Frankie Andreu broke the will chasers by sprinting away from the field and bridging up to his teammate. The race exploded behind, leaving Hegg and the other pre-race favorites to finish well down on the leaders.

The breakaway worked well together on the remaining three laps, with Baker climbing to victory in the KOM competition up Madrona on the last lap in his bid for victory. However, the course, the wind, and the efforts of Chris Horner combined to dash his and the other 103 cyclists' Olympic dreams, leaving them "sleepless in Seattle".



Eventual winner Chris Horner relaxes with the pack before breaking away.

PHOTO BY MARRANEMCCOY

CYCLING INJURY CLAIMS

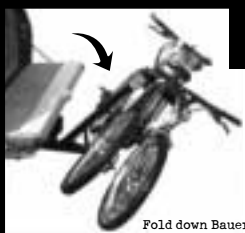
KNOW AND PROTECT YOUR RIGHTS. As a bicyclist hurt by a motorist, you may be entitled to payment of medical bills, wage loss, bike repairs, and compensation. You also may be covered by insurance you do not even know about.

ATTORNEY CHRISTOPHER PENCE represents seriously injured bicyclists. Pence & Dawson is one of the region's leading personal injury law firms. Fees are contingent on recovery. Call for written information or free consultation.



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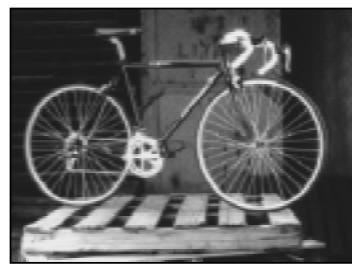
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NORTHWEST CYCLING CALENDAR



Events

Jun 15-16: 2nd Annual NW Whizzer Swap Meet & Ride.

Fun-filled weekend of zany bike events including whizzer ride from Puyallup to Mount Rainier a swap meet and a vintage bike show. Ron Summer, Ron Summer, 206-364-0922.

Jun 16: 1st Annual Tacoma Classic Bike Show. Tacoma, WA. This classic bicycle show and rally is held in conjunction with the Great American (vintage car) Race and street fair in the Union Station Historical District. Call message line for flyer or entry form. 1934 Pacific Avenue, Tacoma, WA, 98402. (206) 588-6326.

Jun 29-30: 8th Annual Vengeance. Jacksonville, OR. Jackson Creek Stage - will include the classic cross country, downhill, observed trials, kids race and a race expo. It is a NORBA sanctioned race and will be included in the Oregon Points series. Jeff Haug, Plexus Race Promotions, (541) 482-4593 or http://www.jeffnet.org/race.

Jul 20: Snohomish Kla Ha Ya Days. Washington. David Douglas, 4207, SW Hill Street, Seattle, WA, 98116. (206) 932-5921 or E-mail: lddoug@son.org.

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



Off-Road

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.

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: Ultraspport 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.

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

Jun 16: Test of Metal. Squamish, B.C. Point to point race. Kevin, (604) 829-9797 E-mail: kmclane@mountain-inter.net.

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

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

Jun 23: Mount Hood Ski Bowl - North West Mountain

Jun 23: Eurosports Cache Mountain Classic. Hoodoo Ski Area, Sisters, OR. Cross country, standard NORBA categories. Fees: \$25 Sally Russell, 442 NW State Street, Bend, OR, 97701. (541) 389-3295 or Fax: (541) 389-7372 Email: SalBend@aol.com.

Jun 23-23: Rage at Rock Candy. Olympia, WA. 11 mile loop that climbs 1500ft on double track and fire roads and descends on fast technical single track. Jesse Grissom, 112 32nd Ave. S., Seattle, WA, 98144. 206/323-2468 or 206/756-2116.

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

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

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

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

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

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 12-14: Mount Hood Ski Bowl - State Games of Oregon Series #2. 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.

Jul 13-14: McCall Ski Town Bike Fest. McCall, ID. Two days of racing at the Brundage ski resort. Cross country, downhill, hill climb and circuit races. Part of the WIM and the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.

Jul 13: Kokanee Urban Fat Tire Challenge. Speed Trials. Northwest Events, (604) 736-6631.

Jul 13-14: Cross-Country #3. Hardwood Hill, Ontario. A downhill, cross-country race. John Wakefield, (604) 737-3137.

Jul 14: Okanagan #4. Kelowna Challenge - cross country race. Fritz, Rutland Cycle, (604) 765-5137.

Jul 14: Sunshine Coast Spectacular. Gibsons, Lower Mainland Series (cross-country) Finals. Call for more information. EMP, (604) 327-2547.



PHOTO BY JOHN PRATTI FOR PULSIFIT PHOTO

"When I was racing back in the 70's, I read the **Bicycle Paper** to keep in touch with the "who's who" of cycling. It was a great resource and a great showcase for regional talent. Now that I am not racing, I realize that **Bicycle Paper** isn't just racing but a voice for all of the cycling community."

Alex Stieda, Promotions Manager, Softride

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

Bike Relay Series. Mount Hood, OR. Cross country. Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.

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.



Thomas Kemper
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■ NORTHWEST CYCLING SEASON

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Jul 15: Mount Hood Ski Bowl - Gorge Games. Mount Hood, OR. Downhill. Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.

Jul 17-18: Cross Country #6 - Silver Star. Silver Star Mountain, British Columbia. Down hill, cross-country series. Call for more information. Tim Milne, (604) 542-0224.

Jul 19-21: Oakridge Annual Fat Tire Festival. Oakridge, OR. NORBA selected as an inaugural AMBC site! Come and join us for tours, kids events, a women's only ride and the Northwest Off-Road Tandem Rally. There will also be downhill, dual-slamol, stock trials and cross country competitions. Part of the Pacific Northwest Mountain Bike Series. Oakridge Fat Tire Festival Drummond Evans, Oakridge Spokebenders Mountain Bike Club, P.O. Box 1292, Oakridge, OR, 97463. (541) 343-0946 or (541) 343-0314.

Jul 20-21: British Columbia Down Hill Cup #4. Hornby Island, British Columbia. Hornby Island Bikesfest. Cross-country, dual slalom. Call for more information. H.I.O.R.B., (604) 335-0444.

Jul 21: Galena Grinder. Sun Valley, ID. Held on the 1988 NORBA National Finals course. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.

Jul 21: Kona, Hell of the North. Vancouver, BC. Call for information. The Bicycle Group, (604) 684-4933.

Jul 26-28: Specialized Cactus Cup. Blackcomb, BC. Dual slalom, time trial, cross-country, criterium and kid's race. Nicole Siow, Specialized Bikes, (800) 465-8887 (Canada) or (800) 245-3462 (USA).

Jul 27-28: Big Mountain Bike Festival. Big Mountain, MT. Part of the Washington, Idaho, Montana (WIM) series. Dave White.

Jul 27-28: Fernie Mud and Madness. Fernie. Down hill and cross-country races. Eric, (604) 423-4164.

Jul 27: Snowking Challenge. Jackson, WY. A wild race in the shadow of the Tetons. Part of the Nike/George's Wild Rockies Series and the Utah Championship Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.

Jul 28: Washington District Hillclimb Championships. Crystal Mountain, WA. Gino Lisiecki, 1012 West 23rd Avenue, Spokane, WA, (509) 838-3707.



Rides & Tours

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 Hine, 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 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: 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) 520-3423 1 (800) 330-9926 or Fax: (604) 520-3828 Email: 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&CS's official STP training ride on part of the STP route. Flat 30 & 53 mile loops, 1 hill on 77 mile loop. Maps, DH arrows, mechanics, famous refreshment stands, souvenir. T-shirts for sale. Advance registration forms in the May Cascade Courier, selected bike shops or send SASE. Fees: \$10 (by 5/24) and \$12 day of ride. Ted Houk, Emerald 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 Fills Century. Redmond, OR. Choose from standard and metric centuries through rolling terrain and scenic backroads. Leaves from Sunnyside Sports in Redmond. Food & sweep vehicle. Fee: \$10. Sunnyside Sports, 930 NW Newport, Bend, OR, 97701. (503) 382-8018.



PHOTO BY MARIANNE KEMCOZY

The cycling industry seems to be on a big moebius strip. 100 years ago, desperate bicycle manufacturers were promoting cycling as the sport for women. It got women out of the helpless and weak role; it provided them with a change in activity, clothes and eventually led to the right to vote. Today's cycling industry is an elitist boy's club but we're working towards a future will be more heterogenous, integrating and accepting all genders, races and classes of people."

Jacquie Phelan, Master's racer and founder of WOMBATS (Women's Mountainbike and Tea Society)

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: Wenatchee Apple Century and Half Century. Wenatchee, WA. 7th annual ride is the premier STP training ride. Also serves as fundraiser for community projects in the Wenatchee area. Fees: \$25 before 6/7 or \$30 after includes T-shirt, food and drinks. David Whitmore, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807. 509-662-9544.

NORTHWEST CYCLING SEASON



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

Jun 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). Mike, 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 leisurely pace, open to the public. Limit: 12 riders. Reservations and helmet required. Optional donation to benefit BBTC trail development fund. Under 18 must be accompanied by legal guardian or have written permission. Elsa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.

Jul 7: Ice Cream Classic. Sunriver, OR. 65 mile casual road ride, no support. Fees: \$5, includes ice cream or soda at Goody's Ice Cream. Ride begins at 9 a.m. Sunnyside Sports, 930 NW Newport Ave, Bend, OR, 97701. (503) 382-8018.

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

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

Jul 13-17: Canada's Big Island Tour. Vancouver Island and Victoria, B.C.. Join hundreds of cyclists on this beautiful tour which takes you along secluded back roads of southern Vancouver Island and finishes in Victoria. Cycle along the Straight if Georgia and enjoy the quaint fishing villages and charming towns you'll pass through. Fee: \$235. Call about other exciting tours! Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.

Jul 13-21: Washington Pacific Coast Tour. Washington. 9-day, 450 mile tour of Washington's Pacific Coast Bicycle Route from Canada to the Cloumbia River. Fee: \$290 includes lodging, bicycle transport, SAG wagon, tour guide and bus from Seattle to Blaine and return. Limit: 50 Please phone for application. Terry or Lori King, Northwest Bicycle Touring Society, 4241 Libby Road NE, Olympia, WA, 98506.

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

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

Jul 13-14: Sea to Sky Mountain Bike Trail Ride. D'Arcy to Squamish. Ride along the Sea to Sky Corridor surrounded by glacier-covered mountains, pristine rivers, waterfalls, deep canyons and dense forests. SAG support provided. 150 km total. Robin McKinney, Robin McKinney, 1-1816 McNeill Ave., Vancouver, BC, V6J 1A4. (604)732-2759 (ride hotline) or (604) 730-1247E-mail: rem@minklink.bc.ca.

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

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

Jul 14-17: Tour de Lane. Lane County, OR. Two, four-day, fully supported tours of untraveled, paved roads in Lane County, OR. Ride from the Cascade foothills to the coast. 50-80 miles daily. Points of interest include: interpreted old-growth hikes, vineyards, faux-Wild West attraction, party with band and 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 downhills. 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 Doeuffleur or Joanne Heiling, 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 21: Hutch's Hundred. Bend, OR. Century ride west of Bend. Route will probably include Sisters and North Redmond. Meet at Hutch's Westside - 9a.m. Fees: \$5. Call for more information. Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR, (541) 382-9253.

Jul 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". Pre-registration 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 Inzenson, 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: Glacior 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: \$775 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.



Series Races

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 charity team. Two of the four events to be televised. Corporate 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.

Jun 16: 9th Annual Northwest Mountainbike Legacy Series. Cliffdale, WA. Manastash Ridge, 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.

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NORTHWEST CYCLING SEASON

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Single Races

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

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

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

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

Jul 11: Criterium Series Race #2. Idaho. The second of a four race series, weekly throughout July. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Jul 18: Criterium Series Race #3. Idaho. The third of a four race series, weekly throughout July. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Jul 25: Criterium Series Race #4. Idaho. The last in a four race series, weekly throughout July. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

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

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

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

Jun 2: Mercer Island Time Trial. Mercer Island, WA. 10.5-mile race around the island for all categories. Fees: \$15 Louise, 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.

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.

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

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

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

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

Jun 22-23: Tour de White Rock. White Rock, British Columbia. Mens and womens criterium and road race. Pro, Cat 1/2/Jr & Cat 3... \$10,000 in prize money. Lorelei Richards Rita Clarkson, White Rock Leisure Services, 15322 Buena Vista Ave., White Rock, BC, V4B 1Y6. (604) 541-2161 or (604) 541-2168.

Jun 23: Riverspirit Circuit Race. Idaho. USCF Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Jun 29: Jackson Creek Vengeance. Jacksonville, OR. Formerly the Revenge of the Siskiyous Jackson Creek Stage. Cross country, downhill, observed trials, kids race, exposition. Jeff Haug, jeffhaug@mind.net, (541)482-4593 <http://www.jeffnet.org/race>.

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

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

Jul 4: Joe Matava Memorial Criterium. Burien, WA. Dave Bachman Lori Ranstrom, Wheelsport Cycling Team, (206) 852-4946.



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■ NORTHWEST CYCLING SEASON

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- Jul 6-7: 1996 Hammerfest .** Rosalia, WA. A road race. Masters Regional Championships. Alex Renner, Baddlands Cycling Club, South 131 Sherman, Spokane, WA, 99202-1460. (509) 456-0432.
- Jul 6-7: Hammerfest Masters Regional Champs.** Rosalia, WA. Road races all categories. Day two is a 70 mile course. \$15-20 entry fees. On-line registration. Alex Renner, Sharon Hall, S. 131 Sherman Ave., Spokane, WA, 99202-1460. (509) 456-0432.
- Jul 6-7: 1996 Hammerfest .** Rosalia, WA. A road race. Masters Regional Championships. Alex Renner, Baddlands Cycling Club, South 131 Sherman, Spokane, WA, 99202-1460. (509) 456-0432.
- Jul 9-13: Cascade Classic Stage Race.** Oregon. Professional and amateur stage races. Tim Goffey, Klah Klahnee, 442 NW State Street, Bend, OR, 97701. (541) 389-3295.
- Jul 13: Oregon State Games Track Races.** Portland, OR. Criterium race. Don Godfrey, Beaverton Bicycle Club, 13939 NW Cornell Road, Portland, OR, 97229. (503) 649-4632.
- Jul 14: UBC Cyclepath.** Vancouver, BC. Criterium race, categories 1-5/W. Brendan Walashek , (604) 228-2278.
- Jul 21: 56th Annual Redmond Derby Criterium.** Redmond, WA. America's Longest running bicycle race. Flat, fast criterium. One mile course is hour-glass shaped and has 8 corners. Action packed program with six bicycle races, two skate races and a bicycle racer vs. in-line skater sprint race. Mark Gran, Mead Management Group, 1932, First Avenue (#1003), Seattle, WA. (206) 448-5868, Fax: (206) 448-5698 Email: events@mmginc.com.



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Aaron Ostrom, Policy Director, AltTrans

- Jul 21: Molalla Road Race.** Molalla, OR. Hilly, rural road race. John Forbes, Emerald Velo, 4316 NE 16th Street (Apt. A) , Portland, OR, 97211. (503) 280-9860.
- Jul 26: Ballard Twilight Bicycle Race.** Established in 1995 as part of the Ballard Seafood festival and held in downtown Ballard. The event features two bicycle races around a fast four corner criterium. The first is a Women's Category 1/2/3 and the second Senior Men's 1/2/3. Bill Devany , Ray's Boathouse-Big Time Pizza, (206) 868-2801.
- Jul 27: Mary's Peak Hill Climb.** Corvallis, OR. Hill climb. Michael Wilson, Corvallis Racing Club, 420 NW Leprechaun Way, Corvallis, OR, 97330. (541) 745-7738.
- Jul 27: Pre-Twilight Criterium.** Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Jul 27: First Security Twilight Criterium.** Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Jul 27-28: The Klamath Heat.** Klamath Falls, OR. SASE for information. Shane , P.O. Box 7485, Klamath Falls, OR, 97602. (541) 883-2488.
- Jul 12-14: Washington District Track Championships.** Marymoor, WA. MVA Gino Liesiecki, Marymoor Velodrome Association, (206) 389-5825 or (509) 838-3707.
- Jul 13: Oregon State Games Track Races.** Alpenrose Velodrome, Portland, OR. Track race. Don Godfrey, Beaverton Bicycle Club, 13939 NW Cornell Road, Portland, OR, 97229. (503) 649-4632.
- Jul 14: Joys of Singletrack.** Port Alberni, British Columbia. Cross-country racing. Tony , (604) 724-1613.
- Jul 20: Oregon Districts Points Races.** Alpenrose Velodrome, Portland, OR. State Championship. Candi Murray, USCF, Gresham, OR, 97080. (503) 667-6220.
- Jul 28: Oregon District Sprints/Junior Districts.** Alpenrose Velodrome, Portland, OR. State Championship. Candi Murray, USCF, 4318 SE 8th Court, Gresham, OR, 97080. (503) 667-6220.
- Jul 29-Aug 3: KHS Alpenrose Six Day Race.** Alpenrose Velodrome, Portland, OR. Track Stage Race. Mike Murray, Team Oregon, 4318 SE 8th Court, Gresham, OR, 97080. (503)661-5874.



Track Racing

- 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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Ride for the Wild returns to Carnation

BY BOB MCCALL

Once again the Ride For the Wild is bringing its nationwide tour to the Seattle area. In its third year, Ride for the Wild is a mountain biking series designed to celebrate mountain biking and benefit the World Wildlife Fund. Lead sponsors are Volvic water and Subaru America, and the ride is supported by Power Bar and Shimano. Giveaways will be made by Trek, Rock Shox, Patagonia and *Bike Magazine*. There is even a chance to win a brand new bike or a Subaru Outback for passers-by and participants!

Counter to the original plan, the Ride for the Wild will return to Carnation, Wash. where it was held in 1995. The promoter, Sloan Marketing, out of Rutland, Vt. hoped to bring the event closer to Seattle by staging it at Tiger Mountain. This would have been Ride for the Wild's third Seattle venue in as many years. Local event planner Dave Shaw sees Carnation as the ideal solution. The original spot, Snoqualmie Pass, was too far away from town to please event sponsors and the terrain in the pass may have been too aggressive to accommodate a broad mountain biking audience. At The Pass, the 1994 Ride for the Wild had several serious crashes; 1995 Carnation riders enjoyed great single track riding for riders of all levels and greater safety.

An interesting sub-plot to the Ride for the Wild in Seattle history involves its re-

lationship to Tiger Mountain. Land use there is managed by the Washington State Department of Natural Resources. Activities on Tiger Mountain, located just south of I-90 in the Cascade foothills, are threefold: logging, hiking, and biking, in that order. The Department of Natural Resources resisted the Ride's use of Tiger Mountain based on its concern that parking would be pinched beyond what is already required for general weekend recreational use. It is also possible that the Department of Natural Resources is not interested in raising the profile of Tiger Mountain as a place to ride mountain bikes.

The Back Country Bicycle Trails Club (BBTC), a local advocacy group for Mountain Bike Trail access, has supported Ride for the Wild as a volunteer resource from its inception. BBTC is concerned about overuse of the Tiger Mountain trails and the deterioration an event like Ride for the Wild can cause and at the same time it is interested in establishing Tiger Mountain as a local mountain biking area.

Sloan Marketing, the BBTC and Northwest Classics (the local event producer) negotiated with the Department of Natural Resources this fall for resource use; a variety of positions developed and the classic Northwest debate was briefly revisited - *What are our natural resources used for?* As with all things, the answers, opinions

and interests varied. Ultimately, The Department of Natural Resources put the kibosh on Ride for the Wild at Tiger Mountain. The event will go back to Carnation where it was a smashing success in 1995. Saturday, July 20th the festival at-

mosphere and great riding will be a happening.

For registration information call 1-800-49-CYCLE

Padden Mountain Pedal to determine state champs

BY ELLIS BAKER

Padden Mountain Pedal's infamous "muddy mile" lived up to its name on May 5, 1996, as nearly 400 mud-splattered racers finished the first of three cross-country events in the Washington state mountain biking championship series.

Total points will determine who's named state champion - one woman, one man - when the series concludes on June 9 in Bellingham.

"Every racer thought it was one of the best courses in the state, if not *the* best," said event co-coordinator Mark Peterson of WHIMPs (Whatcom Independent Mountain Pedalers). "We think it's one of the best run events in the state, with food, coffee, a bike wash, free technical support and warm showers available on-site. Our trials course was more popular than ever, and the exhibit area drew some

interest." An estimated 2,000 spectators stood within arms length of riders zipping past on the fun-packed singletrack.

"State championships is a very prestigious honor for Bellingham. Folks will be here from all over for this, and the best riders in the region will be here to butt heads," said co-coordinator Jim Sullivan (WHIMPs president).

This is the fourth year that WHIMPs has presented the Padden Mountain Pedal race, and the second year that observed trials were included in the competition. This is the first year the Padden Mountain Pedal has been the state championship series.

Readers will find continuing coverage of the final race, and full race results here, in next month's issue!

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Abridged dictionary of mountain bike slang

Air (n.): space between the tires and the ground. (Both tires must be off the ground or it isn't "air".) Said to be caught or gotten. See sky.

Bring home a Christmas tree (v.): to ride (or crash) through dense bushes, so leaves and branches are hanging from your bike and helmet.

Corndog (v.): to become covered in silt, usually after a fall.

Death cookies (n.): fist-sized rocks that knock your bike in every direction but the one you want to proceed in.

Endo (n.): the maneuver of flying unexpectedly over the handlebars, thus being forcibly ejected from the bike.

Face plant (n.): hitting the ground face first. "Joe hit a tree root and did a spectacular face plant." Synonyms: auger, digger, soil sample, spring planting.

Granny gear (n). the lowest gear available on a bike, which only a grandmother would need to use; designed for steep uphill climbing, but extremely easy to pedal in on flat ground.

Hardtail (n.): any bike with front suspension but no rear suspension.

Involuntary dismount (n.): a crash.

Jump (n. or v.): where we now say bunny hop, BMXers used to say "jump".

Kick-out (n.): a bunny hop in which the rider pushes the back tire to one side.

LBS (n.): acronym for "Local Bike Shop". (*Note: BSG (n.) Bike Shop Guy*)

Mantrap (n.): hole covered with autumn leaves, resembling solid earth and effective at eating the front wheel of the unsuspecting rider.

Nard guard (n.): used to prevent wang chung.

Over-the-bar blood donor (n.): a rider who is injured while doing an endo.

Pogo (v.): to bounce on a full-suspension bike like a pogo stick. Also, for a full-suspension bike to bounce annoyingly and

uncontrollably.

Retro-grouch (n.): a rider who prefers an old bike with old components and isn't fond of new, high-tech equipment.

Stoned (adj.): describes a rider after a crash which imbeds stones into the rider's skin.

Taco (v.): to bend a wheel over on itself, in the shape of a taco. "I taco'd my wheel, and it cost me a hundred bucks."

Unobtanium (adj.): describing a bike or accessory made from expensive, high-tech material. A play on "unobtainable" and "titanium."

Vegetable tunnel (n.): a singletrack that is heavily overgrown with foliage, so a rider must duck and bend to get through it.

Wang chung (n.): what you might get when your stem has no nard guard.

Yard sale (n.): a horrendous crash that leaves all your various "wares" — water bottles, pump, tool bag, etc. — scattered as if on display for sale.

the Zone (n.): a state of mind experienced while riding. You don't think, you just do. A truly mystical experience that can't be fully explained, but when you get there you'll know it and strive to reach it again.

zone-out (v.): a state of mind where you think you've reached The Zone, but you really just stopped paying attention to what you're doing. Usually used as an excuse for a particularly embarrassing biff.

Contributors(for the dictionary):

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Performance
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strip in

"Boulton" from Page 8

Eric recently added another industrial process, "ballburnishing," to produce a chrome-plated effect on part or all of his frames. He's used it on his latest frames, full-suspension, mountain bike designs with his own, unique geometry that he calls the Jack Rabbit. The entire frame is built around the specialist, Fox pneumatic shock, with 1.5" travel, which handles up to 300lbs psi. The result is about 4" of travel on the

diameter, aircraft-grade, tube bearing that anchors the triangle above the bottom bracket should last a lifetime. "Urethane bumpers and cheap bearings will work for a while," he agreed, "but eventually they are going to need replacement."

Over two decades, Eric acquired his impressive background in metal-fabrication, building items like titanium pressure tanks and Harley-Davidson's first-ever race frames. In the past, he's had at least ten, big-brand labels on frames he developed at Anodized and now he's working on prototype orders from smaller companies.

He's built an exotic-looking, experimental frame for Imports that is based on a very deep down-tube. For Mountain Speed, the local outfit that pioneered the use of spring's to upgrade front forks, he has recently built another upgrade product for the popular Trek Y-bike.

Eric is prepared to start limited production of any of these items, should demand warrant it. He visualizes being able to tool and produce several hundred parts yearly at a cost less than a factory would charge. At the same time, his first interest is still one-off frames,

but he hopes riders will consider aluminum for their next custom bike.

Eric Boulton Bicycles: (503) 788-0829.



PHOTO BY PETER MASH

Boulton frames are gorgeous in both on the road and off.

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Pinarelo Treviso frame: 62cm, new - \$450. Landshark frames: 58cm/45cm, new - \$420/\$375. Prologer frame: 56cm, used - \$120. Shogun Team Mt frame: 19", new - \$200. Golf clubs \$150-\$300 new. (360)659-0747.

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One Less Bike

BY MAYNARD HERSHON

I went to a meeting the other night attended by bike advocates from all around the Bay. The speaker, a League of American Bicyclists director from Philadelphia, told us the Bay Area is at the forefront of bicycle advocacy: Everyone watches us.

"If it happens here," he said, "it'll happen later in other areas, in the U.S. and around the world."

That's great, huh? Shows how long and hard our NorCal activists have been working. Anonymously, mostly. Lance, Miguel and Juli are famous, but they won't help get you across a bridge with your bike.

You gotta love the idea of tons of people riding back and forth to work, on errands, all kinds and ages of people using bikes, not cars. After all, everything about bike use is better: Less congestion, less road and industrial pollution, a smiling, fit, healthy pedaling public.

Sounds wonderful. I wish it were that simple.

Bicycling in rural New England, bicycling on quiet country roads in Mono County or Alpine County, Calif., is simply wonderful. If you can live and work in one of those places, I envy you. Sadly, you probably can't; you probably live and work in suburbs or cities.

Bike riding in cities is hard; it brutalizes cyclists. Cities are jammed with cars and something about driving cars brings out the worst in us.

We true-believers ride our bikes anyway, despite the brutality. We love it so much we do it even when it

sucks. We love it so much we think everyone should do it. One less car.

But - in promoting bike commuting for non-cyclists, people who don't already have bicycling in their blood, are we throwing Christians to lions? Are we letting OUR idealism put THEM in harm's way?

What will happen if they listen to us, "come to their senses and give up their cars?" What will bike commuting do for them?

Will it quiet their minds, inspire oneness with the outdoors and put them in touch with their hardening bodies? Or will it promote cynicism in them and a brooding hatred of their motorized "fellow man."

If they're like me and many of my friends, they'll learn to hate cars and drivers. That's as productive as hating the wind, won't stop the wind.

Cars have absolute power on the mean streets. That absolute power corrupts us absolutely, democratically. Cars bring out the worst in every one of us...



It's Monday morning. We're bike commuting. For the millionth time a car passes close and immediately turns right, cuts us off, scary as hell. On the car is a 4-bike Yakima roof rack. In the car is a man or woman who only imagines the urgency evident in that maniacal move.

How do we know? We see the same car moments later parked diagonally at the curb in front of Starbucks. We see the same maniacal man or woman inside waiting for a Grande and a banana nut muffin, chatting with friends about the great ride they had together Saturday in Woodside.

Experiences like that make us cynical. Still, we're all activists, right? Cycling's what many of us have instead of religion. Cycling's right for us, but...

Let's ask Mr. 'n Mrs. Bike-Crazy. They ride eight centuries a year, they're 15-year bike club members, they're owners of matching Bianchis and an Ibis tandem, they're veteran U.S. and European cycle-tourists.

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You won't? A Saturn? Oh, yeah, I've seen that dark blue. Great color. She'll love it. Do I think you've let cycling down, that you lack the courage of your convictions?

Nah. I know exactly how you feel.

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