

Bicycle Paper

THE VOICE OF NORTHWEST CYCLING JULY 96 • FREE

Randolph to Atlanta!

Idaho's Greg Randolph chosen for Olympic Team after Seattle-hosted Olympic Trials.

BY NOEL ZANCHELLI

Just three years after entering the competitive world of bicycle road racing, Greg Randolph, 23, of McCall, Idaho has been selected to join the 1996 U.S. Olympic road team as the lone amateur on the five man squad. After graduating from McCall Donnelly High School in 1991, where he won the District cross country running championships and also competed in basketball, football, track and downhill skiing, Randolph enrolled at the University of Oregon.

In 1993 the German and History major won the Northwest Collegiate Cycling Championships and also posted an impressive 13th in the Fresca National Time trial Championships. Greg continued to improve steadily and in 1994 he won two Oregon State Championships. In 1995, however, Randolph developed into a complete cycling power and gained the National recognition he sought to achieve. In the National time trial, the Idaho native finished fourth overall, but first among amateurs.

Two-time Tour DuPont winner, Lance Armstrong of Team Motorola, was appointed to the Olympic Road Team by virtue of his world ranking. Armstrong's teammate, Frankie Andreu won the five-event Olympic trials, which began in Seattle with the Microsoft Grand Prix, by scoring 195 points. 1984 Olympic gold medalist, Steve Hegg, finished second in the series with 177 points and also earned a spot on the team.

See "Randolph" on page 4

Syncros Parts

All that is beautiful about the bicycle.

BY NOEL ZANCHELLI

When my initial interests in bicycling were focused it was the machine itself that enamored me. The intricacies and details of the frames, the composition and design of the mechanisms that comprised of the complete apparatus, and even the specialty tools were a newly discovered splendor to me. I was hopelessly fascinated by the mysterious synergy created by human and the gloriously propelled machine. Although it did not occur to me then, I was an aficionado of the bicycle, an invention loosely credited to the quintessential Renaissance Man, Leonardo DaVinci. Shortly after realizing my zeal for the bicycle, I was engulfed and nothing less than consumed by the entire cycling lifestyle.

Several years have since passed and my life is no longer dictated by the quantity of hours spent in the saddle. My passion for the machine, however, remains

See "Syncros" on page 3



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“Yellow bikes” offer free rides and easy target

BY GORDON BLACK

In congested Amsterdam, an idea was born that's now being copied by other European and North American cities. Partly because the Dutch capital has long had a bike theft problem, bike activists came up with the concept of free bikes. To make these public bikes identifiable, they painted them yellow. Now the term “yellow bikes” has become synonymous with a number of free-bike projects in the U.S., even if some communities have selected pink or green as their preferred color.

Portland's project, started in September, 1994, has put 550 yellow bicycles on the streets of the Rose City. Not all of them have remained on the street, however. Some have been dumped in the Willamette River, others have been stripped for parts, some have just been taken, others still simply wrecked. “I think the main thing that has to be stressed is if those bikes were not out on the street they would just end up melted down and maybe end up as a Chrysler,” says Tom “O’Keefe, executive director of the United Community Action Network, a social and environmental organization that runs the Portland project.

Vandalism is also a problem in Ellensburg, where the Kittitas County Cycling Association placed 20 bikes downtown in April. “I thought it would taper off,” comments association coordinator Jeff Watson of the trashing of bikes. “We have had bent forks, bent frames, bent wheels. My hope is as we get more bikes out on the street that the vandalism will taper off.”

Since yellow bikes are designed to be freely available for public use, they are an easy target for those eager to inflict damage. In Port Townsend, an attempt to avoid those kinds of problems by having merchants sign out bikes proved to be part of the undoing of the project

there. Store owners soon tired of being librarians for the free bikes.

If there is no solution to the destructiveness of wayward youth (or adults), yellow bike advocates are heartened by the use of the bikes by folks who simply ride them. The Oregonian newspaper tracked the comings and goings of one yellow bike for an article. “About 10

people used it - all over Downtown,” recalls O’Keefe. “One guy rode to a methadone clinic, another took it to his office and it ended up outside a tavern.”

In both Portland and Ellensburg, bike users can leave a bike anywhere. Of course, it may not be there afterwards. A yellow bike project on Bainbridge, to which I must confess involvement, aims to create five special racks in Winslow where the free bikes would be returned.

Whether it's the hundreds of bikes in Portland or a couple of dozen in smaller

cities, all the free-bike projects have one thing in common - they are low budget (sometimes no budget) operations that have garnered community support from residents and businesses to get started. They all also face the difficulty of ongoing maintenance. Portland has received a Tri-Met County grant of \$9000, its first cash assistance as O’Keefe puts it, and now plans to hire its own part-time mechanic; Ellensburg is running low on volunteer labor during the summer; Bainbridge Island hopes to establish a maintenance program through local schools. A Bainbridge Island city grant of \$3000 will help buy equipment for the schools.

Of course, low-budget volunteer-lead organizations do not make a fertile ground for lawsuits, which is one way in which the free bike projects skirt the liability issue. Deep pockets they are not. “We do not have pockets,” jokes Watson. “We don't even have pants.”



Outspokin'

BY GORDON BLACK

“Randolph” from page 1

One week prior to the Olympic trials Randolph joined Team Motorola on an apprenticeship for the five race series. Greg made the most of it by finishing eighth overall in the trials. “He's shown everyone a lot in a short amount of time,” said Chris Carmichael, the United States Cycling Federation Coaching Director.

Four of the five spots on the U.S. team are occupied by Motorola racers, and this is not by coincidence. Motorola dominated at DuPont this year and led Armstrong to his second consecutive victory. “Teamwork is talked about in many sports, but in our particular sport, and especially in road racing, it's hard to appreciate how much it really means,”

added Carmichael.

When he learned of his appointment to the Atlanta bound squad, Randolph said “I'm surprised, “It's like I just won the Miss America pageant.”

George Hincapie of Charlotte, North Carolina was also selected to the team. Hincapie, who also rides for Motorola, represented the United States in Barcelona in 1992 as an 18-year-old. “Lance is our best hope,” said Hincapie. “I think we all understand our roles and that we're here to support Lance any way we can.”

Chosen as alternates were Tyler Hamilton of Nederland, Colorado, and Frank McCormack of Leicester, Massachusetts.

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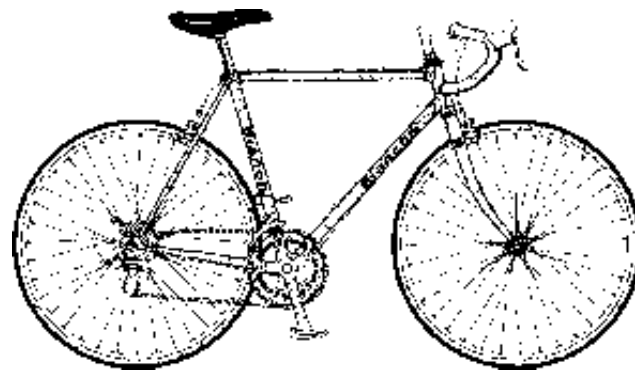
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Slugs and other obstacles

BY ERIC G.E. ZUELOW

Eddy's Blues

No doubt you already know about some of the mechanical disasters suffered by the United States Postal Service Team at the 1996 Microsoft Grand Prix. Yet, there was another reason that team director Eddy B. had a surly look on his face after the race—he received a big fine for dangerous driving!

It seems that upon being told that he could not go to the break, Eddy became upset and began driving his rental car into the left rear fender of one of the USCF's Saturn follow cars. Boy, talk about emotional!

Olympic Torch up-date

Harley Sheffield (unattached), the category 3 who “dropped” the Olympic Torch on the Tacoma Narrows Bridge, says that his recent experience as a guest on The Tonight Show with Jay Leno was a positive one. Harley continues to ride the talk show circuit, though he hopes to resume racing soon. Thus far, no movie deals are planned. . .

Finally from Enumclaw

Two riders distinguished themselves by delivering superhuman efforts during the stage race: Andy Dahlstrom (Captain's City Brewery) and Erin McGann (Escape Velocity).

During a torrential downpour at the Community Hospital Criterium, each rider adopted an aggressive strategy to ride free of the peloton and eventually lap their respective pelotons. Bravo!

Keeping the Rubber Side Down

Ben Jacobson (Thomas Kemper Sodas) had the ride of his life at the Community Memorial Hospital Criterium—stage 1 of the Mutual of Enumclaw Stage Race.

After initiating the winning break, Jacobson rode on to out-sprint Scott Mercer (Shaklee) for the win. Just across the line, the Kemper rider was so excited he forgot how to ride his bicycle and crashed; unfortunately for Jacobson, he wasn't carrying the Olympic Torch and therefore has not been contacted by Tonight Show producers.

Going to the Dawgs

The Husky Cycling Team of the University of Washington won the NWCCC Championships by an impressive margin—over 300 points for the women and over 500 for the men.

The team's obvious strength will be further bolstered next season when Jennie and Laura Reed join the squad. Laura is a multi-time US Collegiate National Track Champion and Jennie is a veteran of the 1995 US Junior World's Track Team.

Race like the wind

Former Ray's Boathouse/Big Time Pizza rider Greg Randolph (Motorola) continued his rapid rise to the top echelons of cycling by winning a silver medal at the US National Time Trial Championships. Randolph finished just 37 seconds behind 1996 US Olympic Trials winner and 1984 Olympic gold medalist Steve Hegg (Chevrolet/LA Sheriff).

Slug City Cycling?

Murray Solem (Ragin' Racin') explained, upon abandoning the Enumclaw Cyclery Road Race, that the climb was so infested with slugs that he was forced to drop out of the race for fear of slipping on one of the mollusks and crashing.

Here's mud in yer eye

The rainy spring has made for muddy mountain bike racing conditions. This has suited cyclocross vet Loren Hanson (Raleigh) just fine. Using his cyclocross skills to make time on his opponents in the worst mud, Hanson is stacking up an impressive list of wins. Most recently, he won the Washington State Championship Series Race #2 in Bellingham.

In other mountain bike news, cyclocross star Dale Knapp (Raleigh) recently finished 19th at Atlanta's Olympic Qualifier which was run on the Olympic mountain bike course.

Wishing a quick recovery

Junior racer Sean Murray (Team Oregon) recently suffered a serious crash at the Best of the West Junior Stage Race in Ashland, Oregon. After suffering a badly broken arm, Murray was flown back to Portland via a private plane where he underwent surgery.

According to Tom Durkin (Team Oregon), Murray is doing well and hopes to resume training as soon as possible. We hope to see you back on the roads soon, Sean!

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“Syncros” from page 1

as robust as it has ever been. This may explain why I get as giddy as a high school senior on prom night when I enhance my ride with beautiful new components. The source of my most recent excitement are some incredible parts from Syncros Applied Technologies, Inc.

Some bike parts are beautiful because they are simple, or functional, or innovative. Syncros components possess all of those attributes and something more; they are sexy.

From the Syncros line of parts I have added to my mountain bike the Hardcore aluminum seat post and Hardcore handlebar, as well as bar ends. I would have added a beautiful Cattlehead stem also, but my frame requires the unusual 1 1/4" size which Syncros does not manufacture, so I spent time painfully examining one without the option of installation. The stems and seat posts have become Syncros' signature products and are definitely the most popular items. Just check out the bikes of stars like Missy Giove, Tinker Juarez, Alison Sydor, and Henrik Djernis to see them equipped with the Syncros signature components. These are symbolic of everything that is appealing and exciting about the bicycle. Coated in a stealthy, smooth black finish, the post and stem make my heart race and the handlebar and bar ends are equally as intricate.

The bar is available in the aforementioned hard black finish or clear anodized over polished finish. It is constructed of custom drawn 7075 T78 Easton tubing which is heat treated and stress relieved. This durable yet lightweight material absorbs vibration very well and greatly dampens the shock produced by riding rough, jagged terrain. Two bends are offered in the handlebar, a 0° and a 5° bend. One hundred forty grams are all the weight that this piece of equipment will

burden you, while its suggested retail cost is US \$45. A hard, scratch resistant surface that eliminates corrosion is what the anodized finish provides. This is important because brake levers and shifters need a clean,

INNOVATORS NORTHWEST BY NOEL ZANCHELLI

smooth surface to ensure a secure mount. Also, much scratching and gouging can occur when changing stems, levers and shifting apparatus.

The ultra lightweight Hardcore bar ends are a great compliment to the Hardcore handlebar. Welds are as subtle and soft as glass on these pieces. These carry a

US\$35 suggested retail price and attach and adjust quite simply and easily. They feature a comfortable bend and a small extension behind the bar to accommodate several hand positions. I found myself wrapping my pinkie fingers around the small portion during efforts out of the saddle. Resting easily on the front of the bar ends was where I placed my hands most of the time when I was just cruising around and this portion is just the right length for comfort.

Founded about a decade ago, this Vancouver, British Columbia based company first produced bicycle chain lube and grease. That was eventually followed by stems, handlebars, and eventually seat posts. Since the beginning Syncros has paid special attention to product innovation and technology. Today, the technology and craftsmanship at Syncros extend well beyond the seat posts and stems. About half a year ago Syncros created a CD-ROM to provide distributors and magazines with the ultimate showcase for its products. Other Syncros products include hubs, head sets, bottom brackets, incredibly plush cranks that weight just 460 grams, as well as chainrings. Recent additions to the product line up include a tough looking line of clothes called Bad Goods, and snowboards which will be carving up a slope near you this winter. The next big thing to hit the market from Syncros is aluminum mountain bike rims. Manufactured by Weinmann, there will be a heavy weight and a light weight version due out in mid June.

All Syncros parts are fully warranted against manufacturers defects under two separate policies. The feather weight Pro Series goods are not warranted against overload or fatigue, but are guaranteed for two years on manufacturers and material defects. Hardcore parts are warranted for two years on overload and fatigue and for five years on material and manufacturer defects.

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Sweat and Sanity

BY MICHAEL LEWIS, D.C.

Stress is everywhere. Paradoxically, the same stress can produce both fulfillment and health for one person but disease and depression for another. You can attempt to combat harmful stress and mild depression with artificial measures such as artificial measures such as medication, alcohol and caffeine, or with natural measures such as better understanding of your body, rational exercise, diet and sleep. Each approach uses chemicals. The latter, relying on the body's natural powers and chemicals, is the preferred approach.

Athletic Medicine

Poor adaptation to stress can lead to emotional and physical "wear and tear" disorders. These disorders, termed disorders of adaption are insomnia, irritability, hypertension, gastric ulcers, back and neck pain, allergies and heart and kidney diseases. Fortunately each of us has the power to influence adaptation and to improve our adaptive response so that the response to a given stressor promotes health and well-being rather than disease and anxiety.

The Role of Exercise

Our lifestyles have changed drastically in recent years. Modern society is inactive at work, at home and traveling between the two. Today over 75% of the US work force sits down all day. As a result, most of us live with weak muscles, headaches, postural deviations, back strain and pain, and resulting poor health.

One of the most important conditioning factors for stress—available to all of us for natural stress reduction—is balanced exercise.

The body's response to stress is the release of hormones which act as chemical messengers delivering the message of "fight or flight". This is our inborn way to handle stress—both of which require work from our muscles. This suggests a strong relationship between stress and muscle activity.

The best form of exercise to reduce stress is aerobic exercise. Aerobic exercise creates an increase in the amount of the hormone *norepinephrine*, which acts as a relaxant to the entire body [this is in contrast to anaerobic exercise which creates an increase in epinephrine (adrenaline), which is a *stressor*]. Aerobic exercise reduces stress in other ways, too:

Aerobic exercise uses more fats as its energy source, increasing energy and performance levels and weight loss.

Aerobic exercise keeps blood sugar levels stable because the body is using fat as the primary fuel. (This reduces mood swings—the brain and nervous system rely on sugar as their main source of energy.)

Natural Antidepressant Therapy

The estimated lifetime prevalence of major depression is about 5% for men and 10% for women. These rates seem to be on the rise and the diagnosis of depression is one the most common of all types primary care diagnoses.

Recent research has now shown that aerobic exercise is an excellent way to not only provide psychological gains for people suffering from mild-to-moderate depression but also to help better moods in those who simply feel "down".

There are several theories which

attempt to explain the mechanism behind exercise and its affect on depression but the one that has the strongest support is the relationship between exercise and the brain's neurotransmitters (ie, dopamine, serotonin, and norepinephrine). Neurotransmitters transmit nerve signals to one nerve cell to the next within the brain. Depression is associated with impaired transmission of neurotransmitters at certain key locations in the brain. There are various physiological reasons why the transfer dysfunction exist, but it has now be shown that exercise can improve this critical transmission. (Many people may do better with a combination of medication and/or psychotherapy. Talk to your physician to see what works best for you.)

In today's high paced life it is not hard to feel overwhelmed at times. By incorporating some low-intensity exercise somewhere in your schedule you can trigger our internal "reset" button and live to fight another day.

(This information is not intended as a substitute for medical treatment. Before starting an exercise program, consult a physician.)

Tips for a stress-reducing and anti-depressive exercise program

- Exercise should be regular—ideally, every day if you are subject to high stress.
- The majority should be low-intensity aerobic exercise (such as walking, jogging and swimming), concentrating on endurance rather than speed or strength.
- Anaerobic exercise (such as weight-lifting or short sprints) should be reduced during times of high stress.
- Exercising or simply spending time outside can enhance the immune system.
- Time your exercise to prevent peak buildup of stress. For example, if your stress levels rise to a level of 6 (on a scale from 1 to 10) by lunch time, a 40-minute jog at lunch time can reduce your afternoon stress back a level of 2 or 3, preventing you from ever stressing beyond the level of 6 that day. Without the lunch time jog, your levels may soar as high as 8, 9 or 10.



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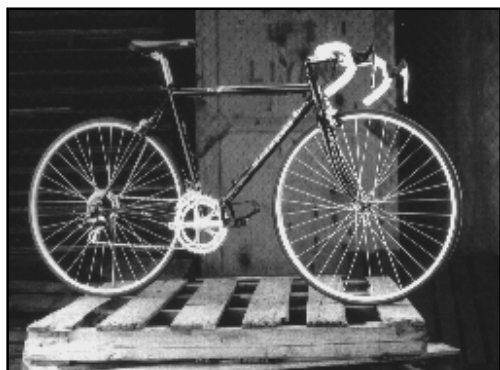
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Events

Jul 1-Aug 30: Noah's Bagel Rides. Puget Sound area, Washington. Every Friday morning from May 31 to Aug 30, commuters receive a free bagel from any one of five Noah Bagel stores. Stores open at 8:30 a.m. 860-1847.

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

Aug 3: Surf & Turf Challenge. Port Townsend, WA. Events for relay teams and individuals: Sea Kayak (Canoe or Rowing Shell) Race - 2.5 NM, singles, doubles or triples. Mountain Bike Race - 8km, singles or tandems. Beach & Cross-Country Footrace - 6 km Fees: \$30/person JSAR Council, PO Box 1409, Port Hadlock, WA, 98339. (360)385-3831 x528.

Aug 4: 17th Annual Sri-Chinmoy Triathlon and Duathlon. Victoria BC, Canada. Triathlon: 1.6km swim, 33.3km bike, 10km run Duathlon: 7km run, 33.3km bike, 10km run. Aid stations, lifeguards, marked and monitored routes. Fees: \$45 until July 13, \$60 until July 28 and \$80 late entry. Udar Robinson, 1360 St. Patrick Street, Victoria BC Canada, V8S4Y4. .



Offroad

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

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 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.



An enthusiastic crowd enjoys the expo at the 1995 Ride for the Wild

PhotocourtesyofRidefortheWild

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

Jul 14: Joys of Singletrack. Port Alberni, British Columbia. Cross-country racing. Tony, (604) 724-1613.

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

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

Jul 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-slalom, 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 Bikefest. 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.

Aug 2-4: Mount Hood Ski Bowl - Jim Travis Memorial Series # 3. Mount Hood, OR. Downhill training, dual-slalom and cross country. Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.

Aug 3: 7th Annual Ashton Hillhop. Ashton, ID. This NORBA sanctioned race is run on Jeep trails and gravel roads with many elevation changes and views of the Teton mountains. Lower classes run 17 miles, expert class runs 23 miles. Fees: \$25 (\$35 - day of race). Mitch Ghormley, Ambassadors Cup Sports Foundation, 1333, N. 3650 East, Ashton, ID, 83420. (208) 652-3778 or (208) 652-7415.

Aug 4-5: British Columbia Cup Championships. 100 Mile House, British Columbia. Down hill, cross-country Call for information: North of 50 Mountain Bike Club, (604) 791-5225.



Rides & Tours

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 13-14: PTE, Portland to Eugene. Portland. 2-day double century winding through very scenic countryside in the Willamette Valley. For information, send a SASE to PTE or call the PTE hotline. David Rittenhouse, Salem Bicycle Club, P.O. Box 69262, Portland, OR, 97201. 503/635-2993.

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 forest. Sag support provided. 150 km total. Robin McKinney, Robin McKinney, 1-1816 McNicoll Ave., Vancouver, BC, V6J 1A4. (604)732-2759 (ride hotline) or (604) 730-1247 E-mail: rem@mindlink.bc.ca.

Jul 13: Bicycle Saturday. Lake Washington Blvd, Seattle. From 10 a.m. to 6 p.m. a stretch of flat, scenic Lake Washington Blvd. From the Mt. Baker to Seward Park neighborhoods, the road is reserved for family cycling on this six mile stretch. (206) 684-4075.

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 downhill. Fees: \$100 includes limited sag support, hotel and camp. Limit: 25 riders Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.

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

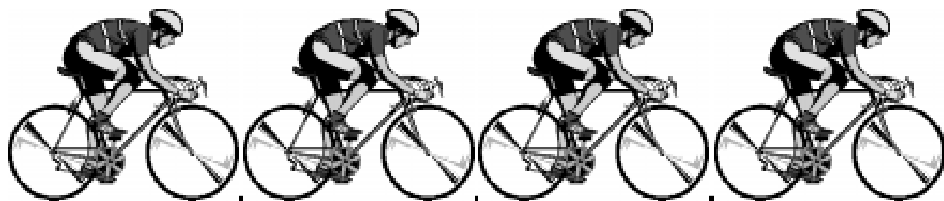
This calendar is produced as a public service by the Bicycle Paper. Nearly every weekend of the year has something for every bicycle enthusiast. Please call the event promoter for details before attending your event. Please note that listings are subject to change; we update them up to three months ahead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

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Presents:

The 1996 Old Fairhaven 2 Day Race

August 3rd: "Y" Road Race

8 Mile Loop With One 1 Mile Climb (42x19) and One 1/2 Mile Climb (42x19) Rolling Terrain
Directions: I-5 North or south, take exit 255 - Sunset Drive, East approximately 6 miles (becomes Mt. Baker HWY. 542). Turn right on Y Road and follow signs.

August 4th: Old Fairhaven Criterium

1 Kilometer Course With 11 Turns - Varied Elevation and Road Surface
Directions: I-5 North or south, take exit 250 - Old Fairhaven Parkway, west approximately 1 mile to 12th Street. Turn Right at Light. Follow Signs.

Please Note: The 1996 Old Fairhaven Two Day Race Will Follow An Omnium Points Format
Entry Fee For Both Days Is \$35 (\$42 Can) — \$40 (\$50 Can)
Day Of Race Registration Opens 7:00 AM August 3rd and Closes 20 Minutes Before Each Race Time.

For information call (360) 733-6440

Or Write: P.O. Box 1853, Bellingham, Wa 98227-1853

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"More fun than the Grand Raid D'Alps"

"The most fun race I did all season."

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1200' descent in 2.5 miles.**

\$60 pre-registration.
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Jul 20: Marysville Strawberry Classic Bike Ride. Marysville, WA. Leisurely or challenging 20, 40, 70 or 100 mile loops. Several complimentary rest stops, toilets and motorcycle/van overseers. \$20 fee includes the ride, famous strawberry shortcake, BBQ chicken, salad, bread and beverages. Strawberry Classic, P.O. Box 349, Marysville, WA, 98270. (360) 653-1570.

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

Jul 21: Hutch's Hundred. Bend, OR. Century ride west of Bend. Route will probably include Sisters and North Redmond. Meet at Hutch's Westside - 9a.m. Fees: \$5. Call for more information. Jeff , Hutch's Bicycles, 820 NE Third Street, Bend, OR, (541) 382-9253.

Jul 21: Bicycle Sunday. Lake Washington Blvd, Seattle. From 10 a.m. to 6 p.m. a stretch of flat, scenic Lake Washington Blvd. From the Mt. Baker to Seward Park neighborhoods, the road is reserved for family cycling on this six mile stretch. (206) 684-4075.

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 theSeattle Bicycle Expo. Genny Gebhart-Kanning, Redmond Cycling Club, P.O. Box 1841, Bothell, WA, 98041-1841. (206)233-1862 or E-mail: kdd@netcom.com.

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

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

Jul 27-28: 12th Annual MS150 Bike Tour. Vernonia, OR. Cyclists will travel an historic150-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 registratiro fee. Ride is fully supported. Brian Izenson , National Multiple Sclerosis Society (OR Chapter), 5901 SW Macadam Avenue (Suite 100), Portland, OR, 97201. (503) 223-9511 Fax: (503) 223-2912 or (800) 422-3042.

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

Jul 28-Aug 7: International Parks Tour. US and Canada. This exciting tour is a favorite of our participants. Calgary will be the start for this extraordinary adventure through some of the most spectacular national parks of Canada and the US. We will ride through Banff, Kootney, Waterton Lakes and glacier National Parks. Fees: \$775 Nancy Redpath, Imagine Tours, P.O. Box 475, Davis, CA, 95617. (800) 228-7041.

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

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

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

Aug 4: Snoqualmie Tour de Peaks. Railroad Park, Snoqualmie, WA. 8 mi, 50km, 100km tours, all featuring great scenery, town festival events, and local restaurant food sampling. Fee includes marked route, map, route guide, number, sag, souvenir and first 250 riders receive t-shirt from previoius years events. Celebrate Snoqualmie Western Days with a bicycle tour of the valley that made Twin Peaks famous. Fees: 12 ind 25 family, 15/30 day of ride. Cathy Runkle , Snoqualmie Valley Events Inc., P.O. Box 2026, Snoqualmie, WA, 98065. (206) 888-0021 or (206) 888-0321.

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



Series Races

until Aug 24: WSBA - BARR/BAT Race Series. Series of WA-state based races where riders accumulate points towards determining the Best AI-Round rider in the state. Washington State Bicycling Association (WSBA), (206) 292-5141.

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

Until Aug 31: WIM Mountain Bike Series. Washington, Idaho and Montana. Series of mountain bike races located in three states. Organized by separate promoters. Call for series list. David Moffitt, WIM Regional Championship Series, 1117 W 12th, Spokane, WA, 99204. (509) 747-5868 or Website: www.wheelsport.com.

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

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

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

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

Until Oct 6: Mount Hood Ski Bowl Mountain Bike Races. Mount Hood, OR. All levels of competitors are invited to compete in a multitude of events including: downhill, dual slalom, cross country and observed trials. Series geared for development of the rider and the sport. Peter Kakes, Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26 , Government Camp, OR, 97028. (503) 272-3206 Ext. 244.

Until Jul 17: Mount Tabor Series. Portland, OR. Hilly, circuit race series - June19, 26 and July 3, 17. Jeff Mitchem, Radiance Velo, 2367 NW Glisan (#9), Portland, OR, 97210. (503) 220-8841.



Single Races

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 corwd. 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 3-25: Criterium Series Race #1. Idaho. The first of a four race series, weekly throughout July 25. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Jul 4: Joe Matava Memorial Criterium. Burien, WA. Tom Broznowski, Wheelsport Cycling Team, (206) 827-7932.

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

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

Jul 14: Saturn Mayor's Cup Criterium. Portland, OR. Classic Portland race featuring riders in all categories except Juniors. \$20 day-of-race fee (\$15 before July 8). Course is .8 miles on flat, mostly smooth course through downtown streets. \$2,000 cash prizes. Ron (GOOP) Hughes, Team RCW, 9205 NW Skyline Blvd., Portland, OR , 97231. 503-286-6298.

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

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 21: 56th Annual Redmond Derby Criterium. Redmond, WA. America's Longest running bicycle race. Flat, fast criterium. One mile course is hour-glass shaped and has 8 corners. Action packed program with six bicycle races, two skate races and a bicycle racer vs. in-line skater sprint race. Mark Gran, Mead Management Group, 1932, First Avenue (suite 1003), Seattle, WA, 98. (206) 448-5868 or Fax: (206) 448-5698 Email: events@mmginc.com.

Jul 21: Molalla Road Race. Molalla, OR. Hilly, rural road race. John Forbes, Emerald Velo, 4316 NE 16th Street (Apt. A) , Portland, OR, 97211. (503) 280-9860.

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

Jul 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.

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

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

Aug 3-4: 24-Hours of Capitol Punishment. 10.2 miles, 1500' of climbing and 1200' of descent in 2.5 miles. Men's and Women's Junior, Sport, Expert and Vet classes. Five-person open class and one cruiser team. Earl Stanley , (206) 565-9050.



Track Races

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

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

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

Jul 28: Oregon District Sprints/Junior Districts. Alpenrose Velodrome, Portland, OR. State Champion-ship. 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.

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Redefining competition and the cyclist

BY ESTELLE GRAY

I often find myself musing about some of the concepts of competitive cycling. I frequently ponder the concept of competing with people of your same age group. Why age? Who picked that category? I suggest that we race or compete against others who work the same amount of hours as we do. Instead of birth date as the criteria, I propose that we submit our time cards. Why should one of us workaholic types who spends 60 hours a week in the office compete against someone who only works half time? Perhaps there should also be some kind of stress meter? We could come up with a formula that would relate number of hours worked, along with the stress level of your job and then we could compete on that basis? Wanna race?

I've also spent much time wondering what makes a "good" cyclist? Due to my profession, I often ask people, "how much do you ride?" or "What kind of cycling do you do?" I am frequently met with responses such as "Oh, I don't ride very much, I



ESTELLE GRAY
PHOTO BY JOHN PRATT/
PURSUIT PHOTO

just commute", (meaning- this person rides every day rain or shine, quite often in the dark) or "I'm not a racer, I'm just going on a 2 week tour", (meaning-I am going to load my bike up with 60 or 70 pounds of stuff and ride all over the place). I'm not sure why people think that being a "good" cyclist has to do with how many miles you ride, how fast you ride, or whether or not you are a racer.

I remember the first time that I felt like I was a "good cyclist". It had nothing to do with the fact that I had been commuting in all weather for 10 years or that I had ridden STP in one day. It was the time that after finishing a ride, I got in the driver's seat of my car and drove 10 miles before realizing that I was driving with my cycling cleats still on. At that point I said to myself "Maybe I am a real cyclist, now!" Ever since then I have been looking at non traditional ways to define what makes a "real" or "good" cyclist.

I think that you know you are a "real" commuter, when you stop at the grocery on your way home and you walk around the aisles still wearing your helmet.

I think that if you put your tandem up on your roof rack by yourself you are a "real" tandem rider.

I think that if you ride STP in 2 days you are a hard core rider. Those that do it in one day have to ride to their maximum only once. Two day riders have to ride to their maximum twice in a row!

Are you a real cyclist?

- You know you are a "real" cyclist when you pass up a Snickers bar and eat a PowerBar instead.
- You know you are a real cyclist when you use water bottles for vases. (You probably have a water bottle holding your pens and pencils, too.)
- You know you are "real" cyclist when your dishwasher has more water bottles than drinking glasses on the top shelf.
- You know you are "real" cyclist when you have suntan lines on the tops of your hands and no longer care about having "helmet hair".
- You know you are "real" cyclist when you register your bridal registry at a bike shop instead of at the Bon.
- You know you are "real" cyclist when you visit a new town and the first thing you want to do is check out the bike shop.
- You know you are "real" cyclist when you stop getting chain marks all over the inside of your leg.

So, what do you think? Are you a real cyclist?

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REGIONAL REPORTS

New map for Salem

Salem, OR — Just in time for summer the Salem city and regional map is available for \$3 over the counter, \$4 by mail and \$2 in quantities of 10 or more. The mid-valley area is fully displayed including one side of the Salem-Keizer area and the flip side of Marion and Polk counties. For more information contact Chuck Fisher at (503) 588-6211.

Video shows roots of bike trail

Tacoma, WA — Sources of alternative transportation ideas may come from our past: Seattle and Tacoma used to be connected by a high-speed, electric from 1902 to 1928. Since its demise, cyclists

have enjoyed the fact that several miles of the road bed have been converted into the Interurban Trail. But if you'd like to learn more about the old rail system, order a copy of "The Interurban," a 45-minute video documentary by award-winning Perpetual Motion Pictures. Copies are \$24.95 available at 206-448-7568.

Portland holds commuter race

Portland, OR — Bike to Work Day was celebrated with the second annual Commuter Challenge. The bike-car-foot-bus race across Portland found the car winning, but organizers are suspicious. First the car was a not-so-average Turbo Bentley. Second the car was able to slip into the parking spot of another car right as it pulled out (with cellular phone in hand). Top prize was awarded to the driver, as all enjoyed the visibility

brought to alternative transportation by the Bicycle Transportation Alliance of Portland.

KONA offers scholarships

Ferndale, WA — KONA collegiate scholarships will be awarded for the first time this fall. According to KONA, attending college and racing mountain bikes are both costly ventures. KONA would like to reward any United States college student who can keep high grades and win races. If you'd like to apply for the \$2,000 scholarship, contact Dan Gerhard, KONA, 360-366-0951. Application deadline is September 15.

Burke-Gilman will detour

Seattle, WA — Temporary detours for segments of the Burke-Gilman Trail through the University of Washington campus are scheduled this summer to

accommodate a natural gas construction project, according to Washington Natural Gas. Segments of the trail will be closed beginning June 10 and ending in the third week of August. Cyclists and pedestrians have been consulted for designs of the detour routes. For detailed information and project updates call (206) 521-5013.

Nostinky traffic

Oakridge, OR — Covered bridges, old growth hikes and ghost towns are all hallmarks of the classic rides in and around Oakridge, a small Oregon town that is warming the hearts of mountain bikers everywhere. Through an extensive, but now rarely used, network of logging roads, mountain bikers can travel for hours without seeing a car. Have you visited? Four-day tours are July 14-17 and August 17-20. Call 1-800-778-4838.

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1996 Bianchi Racing Bike, curved Scott handle bars, toe clips, excellent condition. Paid \$1400 - will accept \$700 OBO. (509) 966-3750. Leave message.

1995 Trek Y-22. 200 miles. Specialized team tires, break booster, Kool-stop, Judy, no pedals. Excellent condition, RED. \$1500. (360) 681-8565.

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Cycling Nirvana?

BY MAYNARD HERSHON

Last February, I attended the Greater Seattle Bicycle Expo. I was amazed by the devotion to cycling (and to coffee) displayed by the Pacific Northwest riding public.

One of the rare rainy weekends up in StarbucksLand happened to fall on expo weekend, February 17th and 18th. Even so, well over 10,000 people turned out for the two-day event and a few hundred of them rode their bikes there. I couldn't get over it.

I can't imagine 13,000 Bay Area cyclists attending a consumer expo; can you? I sure can't imagine 500 of us riding to the event in gawdawful pouring-down rain. Five maybe, 50 at the outside, not 500.

Northwesterners don't seem bothered by rain. Even when it's coming down hard, you see people on their bikes everywhere. They're training, commuting, delivering messages, running errands, doing the same stuff we wussy Californians do when the sun's shining and the streets are dry.

If you live in Seattle and you wait for nice weather to pump your tires and get out on road or trail, by then you may not be fit enough to work the pump. Either you do some other activity in winter or you ride an indoor trainer or you get wet.

You hear people talk about sessions on training machines, especially the CompuTrainer, a computerized ride simulator that works in conjunction with a Nintendo unit. You pedal your bike and watch images of yourself and another "rider" on a TV as you compete on programmable race courses.

Those gadgets are expensive but worth the money. Spend a few hours on a stationary bike and you need all the virtual excitement electronics can generate.

Nearly every serious cyclist has a "winter bike," a serviceable but unbeautiful production bike with fenders. Fenders are a Northwestern fact of life: shops carry wide selections, high-tech and traditional. They also carry waterproof clothing and warm clothing in greater depth than you'd find in Bay Area shops.

Seattle shops don't always get to work on pristine equipment. I watched a mechanic true a wobbly wheel. He put on latex gloves, leaned over a sink and washed the grunge off the filthy wheel before touching a spoke wrench to it. I couldn't remember seeing a Bay Area mechanic do such a thing; we're such fair-weather riders they typically don't have to.

On winter group rides in the Northwest, someone may ask you not to come along if you don't have full fenders on your bike. They'd also like you to hang a flap from your rear fender so your back tire won't spray gritty road-water in the eyes of the lucky individual following you.

If you don't have fenders or that flap, you may be tolerated on the ride if you stay at the back the whole time.

Because Northwestern days are relatively short, commuters often pedal to and from work in the dark, in the rain, in the traffic. None of it seems to daunt them. They ride. I don't believe they think of themselves as tough, especially; if they want to ride, they have to ride in rain.

Hey, they say, nothing the matter with a little water. Water won't hurt anything: grease is waterproof.

If you avoid the pressure carwash, they say, and the only water that hits your bike is rain water or splashed-up road water, the grease in your bottom bracket, head-

set and hubs will survive, pretty well intact.

Carwashes and roof racks can defeat that grease, though. Driving down the freeway at 70mph in the rain can wash grease right out of a headset, leaving a mysterious dark streak down the top or downtube. Unless, that is, you wrap something around the head tube to protect those bearings.

Chains inevitably wear out sooner in rain, no matter what magic potion you drip or spray on them. Front fenders help a little by keeping spray from the front tire away from the chain. Fenders or not, brake pads wear out quickly and braking surfaces on rims erode faster.

Northwestern riders don't seem to suffer that accelerated wear and tear, though. After years of wet-weather riding, the mere thought of which makes us NorCal cyclists cringe, they look to be in fine shape ó no more weather-beaten than us Californians.

Good weather or bad, they appear to be having a good time with their bicycles. Do they know something we don't know? Could it be all that coffee? All those plaid wool shirts? You make the call....



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