

# Bicycle Paper

THE VOICE OF NORTHWEST CYCLING AUGUST 96•FREE

## Twice as much fun

"Two" much fun. Double your fun.

BY ESTELLE GRAY

**W**e're talking about tandem riding. It's a hot bike topic for 1996. Lots of people are curious about these two-seater machines but don't even know where to begin when it comes to asking questions. So here are some answers to some of those unasked questions.

Yes, tandem riding is more fun than "half-bike" riding. You never have to worry about being faster or slower than your riding buddy. It's the great equalizer. Yes, your pedals are connected by a chain, so you must pedal at the same cadence, but you can exert as much or as little effort as you'd like. The long wheelbase of a tandem coupled with the weight of an additional rider makes a tandem quite stable. You'll be surprised that 45 miles an hour downhill on a tandem is easy to achieve and can be done with confidence. It's also easy to maintain 25 miles an hour on flat stretches.

See "Tandems" on page 5

## Coping with heat and humidity

BY MICHAEL LEWIS, D.C.

**T**he road to Atlanta has finally reached its destination. American cycling favorite, Lance Armstrong and fellow US team members (like cyclist Greg Randolph) now face not only stiff international competition but they face Atlanta itself. In fact you could say the competition is going to be "hotter than Georgia asphalt".

Last month we were exposed to some intense summer heat here in the Northwest and we are bound to have more heat before the summer ends. How we adapt to riding in the heat can be very important to both performance and general health.

See "Heat" on page 7

## Rack 'n Roll!

Softride's lightweight Access Sports Rack is heavy on performance and value.

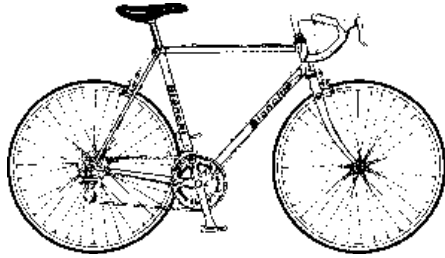
BY NOEL ZANCHELLI

**T**he new Softride Access Sports Rack is so nice that I am almost hesitant to show it to my mom. You see, in the four years that I competed as a junior racer I drove me, and very often my teammates, to almost all of the races throughout the Northwest with multiple bicycles atop her new car. Firmly attached and often locked to the top her car was a rack on which my

See "Sports Rack" on page 6



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# Bicycle Paper

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## Outspokin'

### No response is best policy to discourtesy

BY GORDON BLACK

Birmingham, England – In the city that is the center of what's left of vehicle assembly in England, where better to write about motorists? We know that something happens to humans when they get behind the wheel of a car. Of course, as bicyclists we consider ourselves more evolved, more thoughtful and certainly more ecological than those who drive. Perhaps a tad superior at times. Except in the most awful rain, it's hard to feel better about life when you're in a car and a bike commuter is plodding home in the rain. But then martyrdom comes in wet and dry varieties.

It's reasonable to argue that bicyclists have the higher moral ground over other road users. We do less damage to the road, we don't use carbon fuels, and make less noise. On the other hand, motor vehicles are noisy and polluting. And



On the cover: Tandem captain John Grochau (Vancouver, WA) and stoker Virginia Richards (Seattle, WA) lead the pack into a corner at the Collins Midtown Criterium of the 1993 Burley Cycling Classic tandems-only stage race. They placed first overall in the Senior Mixed race. Photo by Cliff Etzel, courtesy of Burley Design Cooperative.

they have that tendency to transmogrify ordinary people into highway monsters. Bicyclists are a convenient receptacle for drivers' frustration and aggression. In Britain, such anger has been dubbed "road rage" by the tabloids and mainly it is directed at other car drivers, who have been shot at, stabbed, run off the road and taigated. Isn't it comforting to know that such antics are not confined to the USA?

As bicyclists we all have a tale to tell about aggressive drivers. Let me tell two. A few years back, I was riding responsibly on a two-lane highway in Ventura County, Calif. Although there was no oncoming traffic, a pickup-truck honked loudly as it swept by. As the horn blasted, up went my digit. It was a reflex, like swerving to avoid glass in the road.

Despite his rudeness to me, the truck driver did not appreciate my gesture to him. He literally burned rubber as he braked, slammed the yellow pickup into reverse and started to back up towards me. I gingerly pedaled on. He then yelled something about my having a problem or wanting to sort it out. He may also have insulted my family, the USCF, the inventor of the bicycle and others.

By that point, I had stopped by the roadside and had begun planning a hasty descent into the ditch. I was prepared to sacrifice my bike in the interest of my

own safety. Fortunately, my meekly worded "no" was enough to persuade the driver that, indeed, his manliness was intact. I rolled. He was the top-dog, ready to bare teeth to any other wimpy cyclist (and I suspect there have been others) who had the audacity to challenge his superiority.

I pedaled on, shaken and mildly humiliated by the incident, and promising myself to show more restraint in the face of hostility. Dieting must be easier. But for several years I have sought to ignore those drivers whose aggressiveness appalls me. I seek comfort in that higher moral order, but sometimes that digital twitch returns and I am embarrassed to see my gloved finger wafting upwards. Usually I regret it.

The other week during a tandem ride on Bainbridge Island (where you might think drivers would have less reason to be aggressive), I was doubly regretful. For not only did I endanger myself by flipping off a rude driver, I also showed lack of consideration for my riding partner, innocently cycling on the rear. Even if you never ride a tandem it is worth thinking about the consequences of how you respond to a rude driver.

Sure, it's momentarily satisfying to show your own disrespect, but what does it really achieve? Just as a horn blast is not rational, neither is a pointed finger. Besides, it will often earn you a ruder gesture in return. Or worse. People who angrily blast horns or yell may also be inclined to punch, shoot, throw objects or drive you off the road. There's no special hospital ward for the mightily dishonored but foolish.

My stock response to rude drivers will now be this: a weak and ambiguous wave. Once I've mastered that, I may even seek the truly higher place, which is just to ignore the scumbags altogether. Here's to safer riding.

## Whoops!

In our cycling event calendar for July 1996 the sponsor for the Portland to Eugene (PTE) was incorrectly listed as the Salem Bicycle Club. The Salem Bicycle Club has no association with PTE, or any events connected to the ride. The *Bicycle Paper* regrets any inconvenience or confusion.

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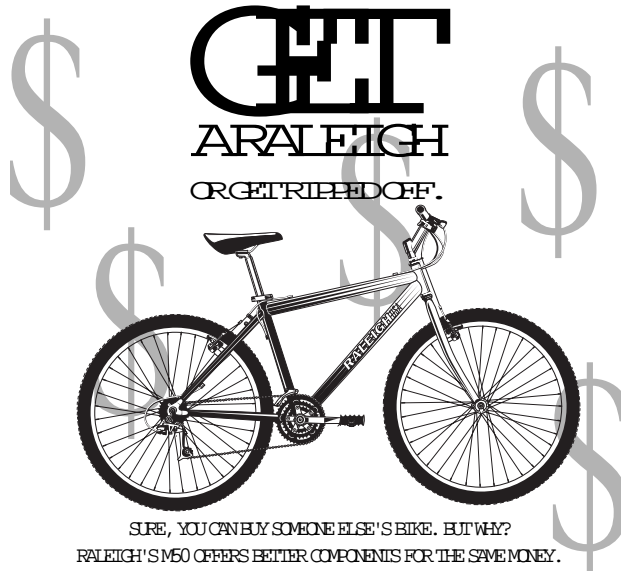
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"Tandems" from page 1

It is preferable to have the taller rider in the front. Height is the issue, not weight. The rear rider's handlebars are referenced off of the captain's seat post. A taller stoker will find that they have to bend over quite a bit in order to reach their handlebars. Conversely, a shorter stoker will find that they have the ability to have their handlebars much higher than on a single bike allowing them to sit more upright.

Hills are the fun part of tandem riding. Most riders have been passed by a tandem screaming down a hill and have watched tandems blow by you on the flats. This part of the fun needs little clarification: The up-hills need some explaining.

There are hidden joys to tandem hill climbing. Suppose you are the stoker and happen to be the slower

rider. There will be times when you just want to get the hill over with and you'll send a little burst of turbo power to the bike powering you the last few yards over the hill. No doubt, the captain will ask where that burst came from and you'll be the hero of the moment.

There will also be times when a tired stoker will dread the upcoming incline only to be easily carried over it by the power of the captain. "Thank you, thank you!" And then there are the hills where you really climb them as a team. You may be thinking, "I'll stand at that mailbox". Just as you get out of the saddle, so does your partner. The bike surges forward and as you crest the hill you sit back down in unison, without having missed a beat. It's as beautiful as the pairs figure skating.

The stoker position on a tandem is a harsher ride than a single bike or the captain's position. A number of factors are involved here. First of all the stoker is directly over the rear wheel while the captain is hanging out in the middle of the frame. When the captain sees a bump and hollers out "bump" at the last possible moment s/he raises themselves off of the saddle, but BANG the stoker gets the full brunt of it. That's the reason you see so many tandems with mountain bike size wheels (most often with slick tires), suspension seat posts or Softride beams. Stoker comfort is the most important component of a tandem.

Many people are curious about drum brakes on tandems. The real purpose of a third brake (whether it is drum or disc) is to act as a drag. If you have 350 lbs. of combined weight (including the riders and the bike) and are screaming downhill it is nice to be able to apply some braking with an auxiliary brake and merely feather your brake levers as necessary. These brakes are especially appropriate if your tandem is fully loaded with touring gear or you ride a lot of mountain passes.



Casual, comfortable and together are advantages for couples on tandems, especially on the flats. Photo courtesy of R+E Cycles.

What's it like to be a stoker? I remember the time I stoked on a ride on which we followed a river looking for eagles. My partner and I rode in silence for over an hour. I finally broke it with my exclamation of "Wow, can you believe how many eagles there were?!" His response was, "Eagles? All I saw were cement trucks." While he was dealing with the hassle of the road I was in bliss watching the wonders of nature. What's it like to be a stoker? It's the best!

If you've never ridden a tandem, you don't know what you are missing. Most bike shops that sell tandems are more than happy to let you try one out. Many shops rent them. Make sure you get some hands on instruction before you jump on one. Riding a tandem without a little lesson is like getting into a Mack truck just because you know how to drive a car. Once you've tried it you'll know why tandem riders have the biggest grins on their faces.



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R+E Cycles owner Estelle Gray demonstrates a key advantage of **not** being in the front seat of a tandem. "I'm pedaling as hard as I can," the stoker said to the captain. Photo courtesy of R+E Cycles.



Two options for children include riding in a trailer (pictured) and kid-back tandems where the child pedals on a special frameset. Photo courtesy of R+E Cycles

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**"Sports Rack" from page 1**

ride and spare wheels were fastened. Through the course of packing up, loading and unloading the bicycles, her new sedan developed a scratched, weathered appearance quite rapidly. As is most often the case, bicycles and automobiles just do not mix well together and after just one summer of races, the roof of her car looked like a scraped up soup can that had been in a blender on grate cycle for a while.

When my mother sees the new Access Sports Rack her heart will sink, knowing the scratches on her racy, red four door could have been prevented. If only the Softride Access rack had been available a decade ago...

First introduced in 1990, the Softride Access rack is available in two models, the 200, which holds two bicycles, and the 400, which handles a load of four bikes. Other than that, the two racks are identical. The Access 400 rack attaches to the back underside of a car or truck using a 2" x 2" trailer receiver hitch. The 200 model is capable of attaching with a 1.25" x 1.25" receiver hitch. This means that the need to rest a bike or front wheel against the side of a car or truck while loading it onto the rack is eliminated and there is no mechanism on this rack system that is capable of gouging, scratching, denting, or rusting the roof or sides of any vehicle.

The Softride Access Sports Rack features a spring-loaded swing arm mechanism that allows for ground level loading of the bicycles. In other words, the rack comes to the bicycle and the bicycle does not need to be lifted up to rack. Both the 200 and 400 versions operate by simply stepping on the release lever and allowing the rack to pivot outward away from the vehicle.

Mounting a bike on this rack does not require the removal of a front wheel or any alteration of the bicycle. Bikes are mounted by sliding the top tube underneath the rack and then resting them securely and separately in the protective, soft, rubber cradles. Once the cargo is loaded, the swing arm slides forward and back into its locked, upright position. This process is almost as simple as moving an airline seat to its locked, upright position for landing. Sorry, no frequent flyer miles awarded.

Unlike other rack systems that mount on top of a car trunk, the Access Sports rack does not restrict trunk or tailgate accessibility. Another benefit is that loading bikes at ground level is a huge bonus for those who drive vehicles that sit high off the ground, because a ladder is sometimes required to hoist bicycles up to the roof of some four wheel drives. What just might prove to be the Access Rack's finest feature is its aerodynamics.

A roof rack full of bicycles and wheels can really punish the miles per gallon a vehicle is capable of. But when the bikes and the rack itself are sheltered behind a car or truck it is almost as valuable as the draft effect in a long, grueling bike race.

Softride has designed the Access Sports Rack for very simple installation and removal. The receiver hitch mounting comes equipped with a locking system so that the rack cannot be removed from your vehicle without a key. Also available is a cleverly designed locking arm that secures bicycles to the Access rack and denies would-be thieves of any hope of riding away with your most prized possession.

Softride calls this rack system a *sports* rack, meaning it services multiple sports. This is true because the Access is designed with simple dual pull-pins that allow the easy removal of the bicycle-cradling arms and one-step installation of attachments to hold skis and snowboards. The ski and snowboard attachment is sold separately and

is capable of holding six pairs of skis or four pairs of skis and two snowboards. The ski and snowboard attachment has a suggested retail price of \$179.95.

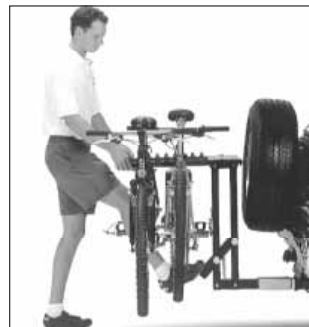
Brothers Jim and Mike Allsop, bicycle enthusiasts, founded Softride with the intent of making the bike a more comfortable vehicle for the rider. The result of their efforts first came in 1989 when the Bellingham, Washington company first introduced the rear suspension beam. The Access Sports Rack was introduced one year later along with the Softride Powercurve Bicycle Frame. In 1991 Softride introduced its front suspension system and in 1992 mountain bike professional, Henrik Djernis, won the World Championships using it. Djernis won the

World title again in 1993 and 1994 using the Softride front suspension system as well.

The Softride Access Sports Rack carries a limited lifetime warranty against any manufacturer defects. The Softride Access Sports Rack has a suggested retail price of \$229.95 for the 200 model and the 400 model costs 249.95 suggested retail. The lock that secures the rack to the hitch costs \$19.95 and the removable arm that locks the bicycles to the rack is \$29.95.

INNOVATORS NORTHWEST  
BY NOEL ZANCHELLI

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Softride Access Sports Racks are designed for ground level loading and unloading. Step on the pivot release lever (left) and release the bicycles safely down to the ground for unstrapping (right). Photos courtesy of Softride.

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THE FIRST AND LAST NAME IN MOUNTAIN BIKING

"Heat" from page 1

Humans are basically aquatic creatures. Even though we do not have to live submerged in water we do have live in a "body of water". The body contains about 40 quarts of fluids and about 5 quarts of blood. When we exercise in a hot environment we cool ourselves by sweating. With over 2 million sweat glands it is possible to sweat more than 2 quarts per hour. This is a loss of approximately 8% of your total body weight. Cooling takes place as sweat evaporates from the skin, thus dissipating energy. Humidity slows or stops evaporative cooling. Once you lose as little as one or two quarts of fluid you begin to actually lose your ability to sweat and your body temperature is forced to rise. This not only reduces performance but can be hazardous to your general well-being. The following advice can assist in maintaining optimum performance and general health while cycling in the heat of the summer season.

**Drink:** Don't wait for thirst to tell you when to drink; drink before, during and after all rides. Make it a habit to drink more than you want. An average adult exercising in neutral weather requires approximately 2.5 liters of water per day (from food and drink). The average cyclist requires an additional 1.5 to 2 liters of water per hour of active sweating and 2 to 4 liters per hour when competing in endurance events.

Make drinking water while riding as inviting and easy as possible. Cool water is more tolerable than warm water. Try freezing half filled water bottles overnight and topping them off before heading out on a hot day. Mountain bikers can make drinking easier by using a CamelBak which does not require removing the hands from the grips.

(While replenishing hydration levels excessive protein, caffeine, alcoholic beverages and foods that increase urine production, which might result in dehydration.)

**Weigh in and out:** About the only beneficial use for a bathroom weight scale is to monitor water loss. Weigh in before you ride and again when you return. Most of your weight loss will be due to a loss in fluid. Two pounds is the equivalent to about a quart of water. If you begin to lose weight over several days or a week of hot weather riding it could be that you are becoming chronically dehydrated which can be very dangerous.

**Dress for "Sweat-cess":** The rate of cooling by evaporation depends on the amount of body surface exposed, the material of clothing, the degree of humidity in the air in contact with the skin and the rate of air circulation over the surface. Mesh jerseys are cooler than tightly woven materials, light colors reflect heat, darks attract heat. Some materials facilitate evaporation better than others. Shorts made with Ultrasensor, Tactel or Aloft have been shown to enhance cooling.

**Helmets help:** Modern helmet designs will actually reduce body temperature by directing and funneling breezes onto the surface of the highly vascularized scalp.

**Sports Drinks:** It is important to maintain and replenish your muscle's glycogen levels by drinking glucose fortified sport drinks. However, electrolytes loss is not as a significant concern as advertisements would lead you to believe. Deficiencies in electrolytes are highly unlikely even with profuse sweating. In fact,

athletes that fill up on electrolyte solutions will gain a false sense of fullness which may slow their intake of valuable water. What electrolytes you do lose can be made up at meals following strenuous rides. Rarely, an athlete may lose 5 to 6 liters of sweat per event, manifested by weight loss of 2 to 10 pounds, and require electrolyte replacement. (F.Y.I: those big orange Gatorade coolers that are always on the sidelines during televised events are usually filled with water or diluted glucose solutions, not Gatorade.)

Another misconception is the loss of sodium with profuse sweating. Americans, generally, do not have a problem with getting too little salt. A typical American diet contains 5 to 10 grams of sodium per day, even though we only require about 1 to 3 grams. Furthermore, ingesting sodium will draw water out of the body's cells, increasing dehydration.

**More is better:** The more you exercise in a hot environment the more efficient your body will become in dealing with it.

**Sunscreen:** Studies have recently shown that some skin damage still occurs even when the skin is protected with a sunscreen rated as high as SPF 22. Imagine how much damage occurs without any protection.

Heat and humidity is not often a major concern in the Northwest like it is in many areas, but now is the time of year to be careful. Drinks lots of liquids, especially when you're exercising. Listen to your body for signs of weight loss, dizziness and exhaustion. Follow the tips above and have fun in the sun!

Michael Lewis is a doctor of chiropractic and certified strength and conditioning specialist. His practice is in Seattle, Washington. He can be reached at (206) 324-8600.

**Athletic Medicine**

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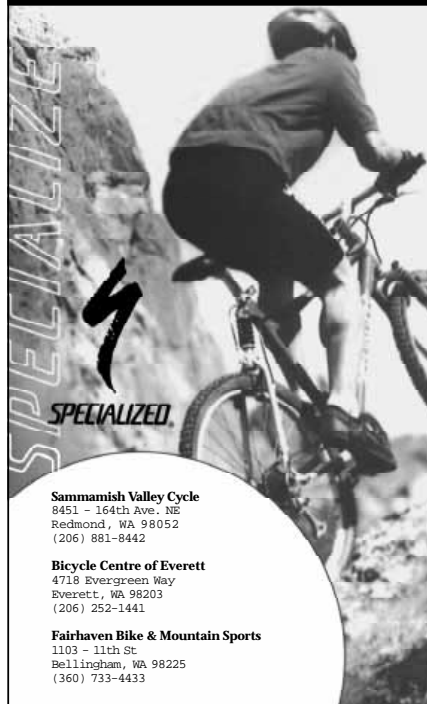
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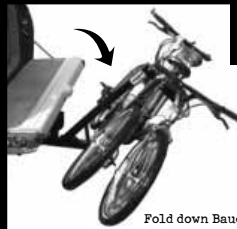
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# Bicycle Paper

## NORTHWEST CYCLING CALENDAR

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#### Events

- Aug 1-28: Track Racing Classes.** Alpenrose Dairy, Portland. Learn to ride the velodrome! Classes for both experienced road riders and for riders new to bike racing. Classes will be taught by experienced track racers. Improve your speed and bike handling! Experience riding on the high banks at Alpenrose. Class fee is only \$5/session. (503) 661-0686 or 1-800-850-0686 (outside Portland).
- 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-Chinnoy 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 Robson, 1360 St. Patrick Street, Victoria BC Canada, V8S4Y4.
- Aug 16-18: 2nd Annual Team MS Astoria to Ashland Border Relay Challenge.** Astoria to Ashland, OR. A challenge to teams to ride the 400-mile route in a 38-hour period. Teams provide own support and must take on fundraising as well. Fee: \$10/person. Brian Iznson, National Multiple Sclerosis Society, OR, 5901 SW Macadam Avenue (Suite 100), Portland, OR, 97201. (800)422-3042 or (503)223-9511 Fax: (503)223-2912.
- Aug 17: Women's Health and Fitness Expo.** Factoria Square Mall, Bellevue, WA. 10:00 a.m. - 5 p.m. Enjoy local health and fitness professionals of various backgrounds who will be demonstrating, speaking and exhibiting. Catherine Springman, Prestige Events, (206) 451-3044.
- Aug 18: Danksin Women's Triathlon Series.** Seward Park, Seattle, WA. 7:00 a.m. - 1 p.m. race begins at 8 a.m. Local Amateurs, first time recreational athletes and professional triathletes compete on the Danksin Circuit. Open to girls and women ages 14 years or older. Catherine Springman, Prestige Events, (206) 451-3044 or 1 (800) 452-9526.



#### Offroad

- Aug 2-4: Mount Hood Ski Bowl - Jim Travis Memorial Series # 3.** Mount Hood, OR. Downhill training, dual-slam 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 Chormley, Ambassadors Cup Sports Foundation, 1333, N. 3650 East, Ashton, ID, 83420. (208) 652-3778 or (208) 652-7415.
- Aug 3-4: Crystal Mountain and Fat Tire Weekend.** Crystal Mountain, Mt. Rainier. Downhill and cross country events. No pre-registration required. Stiff Wick Productions, (206) 322-0072 or tjolly4287@aol.com.
- 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.
- Aug 10-11: Pacific Crest Cup.** Snoqualmie, WA. Two days of racing, part of the Regional Pacific Northwest Series and the National American Mountain Bike Challenge - at Snoqualmie Pass. Events include: Downhill, dual slalom, cross-country, observed trials and a children's race - for all levels. David Douglas, P.O. Box 9536, Seattle, WA, 98109. (206)932-5921 or E-mail: lddoug@scn.org.
- Aug 10: 12th Annual White Knob Challenge.** Mackay, ID. 12th year! Ride a classic 17.5-mile loop, starting and finishing in town. Part of the Utah Cannondale and the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.
- Aug 11: Vedder Mountain Classic.** Chilliwack, British Columbia. Cross-country. Robson Cycles, (604) 687-2777.
- Aug 17: Shredtopia.** Corvallis, OR. Mountain bike race of 15 and 25 miles courses with 1500, 4000 feet of climbing, respectively. Most climbs on gravel or dirt roads, descents on motorcycle trails and dirt roads. Entire course accessible. 200+ riders, Less than \$20 entry. NORBA Sanction Bill Thomas, Peak Sports, 129 NW 2nd, Corvallis, OR, 97330. (541)754-6444 or (541) 758-8260.
- Aug 17-18: Pend Oreille Pounder.** Schweitzer Mountain Resort, ID. An American mountain bike event featuring cross country, downhill, and fat tire criterium. Part of the Washington, Idaho, Montana (WIM) Series. 1,000 riders expected. Gino Lisiecki Wendy Zupan, Round & Round Productions, 2704 South Stone, Spokane, WA, 99223. (509) 838-3707 or (509) 533-9354.
- Aug 24-25: Canadian National Championships.** Whistler, BC. Cross-country, down hill series. The best riders across Canada will battle it out in their categories for top spot this weekend. All riders welcome. After race celebration with live entertainment. Simon Watson, Professional Competition, (604) 656-6165.
- Aug 25: Cascade Cruise.** Mt. Bachelor to Bend, OR. 30 mile mountain bike ride from Mt. Bachelor to Bend. Mostly downhill. Meet at Mt. Bachelor Nordic Center - 10 a.m. Fees: \$5. Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR, 97701. (541) 382-9253.
- Aug 31-Sep 1: Ride the Runt (Final).** Lookout Pass, ID/MT. Part of the Washington, Idaho, Montana (WIM) event. Dean Cooper, Lookout Pass Recreational Resort, (208) 777-7701.
- Aug 31-Sep 2: Blackcomb Dual Eliminator.** Whistler, BC. Downhill, dual-slam races. Prizes for category winners. Blackcomb boasts the longest descent in North America (over 1-mile vertical rise). Celebrate Labor Day Weekend with a bit of downhill action! Marika Koenig, Blackcomb Skiing Ent. Ltd., 4545 Blackcomb Way, Whistler, BC, V0N 1B4. (604) 938-7593.
- Aug 31-Sep 2: Crow's Nest Fest.** Hedley, BC. Point-to-point, cross-country fun ride. EMP, (604) 327-2547.
- Aug 31: Mount Hood Ski Bowl - Jimmie Heuga's Toyota Mountain Bike Express.** Mount Hood, OR. Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.
- Sep 7: British Columbia Trials Championship.** Nanaimo, BC. Speed Trials Eliminator. Nanaimo Kinsmen, (604) 754-7656.
- Sep 8: Mt. Washington Classic.** Courtenay, BC. Downhill and cross-country races. John Wakefield, (604) 737-3137.
- Sep 8: Omni Sports Holiday Race.** Delta, British Columbia. Cross-country race. Laurie, (604) 683-7278.
- Sep 8: Mount Hood Ski Bowl - Northwest Mountain 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.
- Sep 13-14: The Gutbuster.** Prince George, British Columbia. Cross-country and down-hill racing. Mike, (604) 562-2991.
- Sep 13-15: Squaw Valley.** Lake Tahoe, CA. Pacific Northwest Mountain Bike Series: A regional mountain bike race series with events in 4 states and 2 countries. All levels of competitors are invited to compete in a multitude of events including: downhill, dual slalom, cross country and observed trials. Series geared for development of the rider and the sport. Mark Lowenstern, (916) 582-8900.
- Sep 13-15: Mount Hood Ski Bowl - Oregon State Championship Series #4.** Mount Hood, OR. Down hill 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.
- Sep 14: Red Mountain Overdrive.** Mission, BC. Cross-country. Tim, Central Fraser Cycling Club, (604) 939-8166.
- Sep 14: Okanagan Finals - Kelowna Classics.** Kelowna, BC. Cross-country race. Kelowna Mountain Bike Club, (604) 764-4766.
- Sep 14: Desentissimo.** Whistler, BC. Down hill race. Gruel Events, (604) 938-1556.
- Sep 21: 4th Annual Lava Rama.** Lava, ID. Family fun loop starts and finishes in Lava Hot Springs, at the mineral pools. Part of the Nike/George's Wild Rockies Series. Ron Dillon, George's Lightweight Cycles, (208) 342-3910.
- Sep 22: Upper Chuckanut Cyclocross Races.** near Bellingham, WA. Cyclocross and mountain bike races

- of 40, 50 and 60 minutes in length. Citizens 10 a.m., Mt. Bike 11 a.m. and cyclocross 12 noon. Drive I-5 to Bellingham, exit 250 and follows signs to course. Entry \$10. Prizes are 3-deep. 100 E. Chestnut, Bellingham, WA, 98225. (360) 647-1871.
- Sep 22: Golden Ears.** Maple Ridge, BC. Cross-country race. Get Park, (604) 931-3985.
- Sep 26: 2nd Annual Terror in the Tahuya.** Tahuya, Washington. 10, 15 and 20 mile loops. NORBA sanctioned. Fees: \$15 (by 9/15, \$20 day of race) includes free children's race and t-shirt. Gordon Sweetland, Fort Lewis Mountain Bike Club, 5076 North 3rd Street, Fort Lewis, WA, 98433. (206) 588-0205.
- Sep 28-29: 12th Annual Banzai.** Boise, ID. Two days of fun. Cross-country in Idaho City on Saturday and the world's largest downhill (16.5-miles) course at Bogus Basin on Sunday. Register for one or two days. Ron Dillon, P.O. Box 7075, Boise, ID, 83707. (208) 342-3910.
- Sep 28: Black Rock Cannonball Ride.** Bend, OR. The classic "farewell-to-summer" mountain bike ride. 25 miles at elevation around Paulina Lakes. Meet at Paulina Lake parking area - 10 a.m. No fees. Call for more information. Jeff, Hutch's Bicycles, 820 NE Third Street, Bend, OR, 97701. (541) 382-9253.
- Sep 29: Marymoor Velodrome Association Cyclocross.** Black Diamond, WA. Jerry Baker, Marymoor Velodrome Association, (206) 389-5825.
- Sep 29: Terror in Tahuya.** Belfair, WA. Cross country and Observed Trials races. All NORBA categories including veterans and Clydesdales on 90% single-track. Bring 4 cans of food and get \$2 off entry. \$3000 in cash and prizes. Fort Lewis Mountain Bike Club, 206-588-0205.
- Sep 29: Pacific NW Armed Forces Championship.** Belfair, WA. Military active and reserve only. Beginner, sport and experts. Cash and prizes. Fort Lewis Mountain Bike Club, 206-964-0960.



#### Rides & Tours

- Aug 3-4: 15th Annual Tour of Scenic River Valleys-NW.** Marysville, WA. Two day 150-mile ride through Skagit and Snohomish Counties. Camping at Burlington KOA. We haul your camping gear. Pre-registration required, fee: \$70 includes 2 meals, 4 snack stops and t-shirt. Patty Garrett, BIKES of Everett, P.O. Box 5242, Everett, WA, 98206. 206-339-ROLL.
- Aug 3: Moonlight Tour in Yellowstone Park.** Montana. A fun, one-night, 77-mile tour around the North loop in a counter-clockwise direction - by moonlight! Tour begins and ends at Mammoth Hot Springs. Fees: \$25 per person includes snack and sag-support. Helmets and lights required. Limit: 50 riders. Spencer Stone, Montana Tour Group, P.O. Box 80163, Billings, MT, 59108-0163. (406) 652-5523.
- Aug 3-4: 9th 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 3-4: Tour de Hood Canal.** Hood Canal, WA. 128 mile bike trek around Hood Canal. Offers lots of mechanical, physical and mental support. Fund raiser for CAPRI of Kitsap County (heart-lung illness). \$25 registration and \$50 minimum donation. CAPRI, 2528 Wheaton Way #205, Bremerton, WA, 98310. 360-479-3886.
- Aug 4: Snoqualmie Tour de Peaks.** Railroad Park, Snoqualmie, WA. 8 mi, 50km, 100km tours, all featuring great scenery, town festival events, and local restaurant food sampling. Fee includes marked route, map, route guide, number, sag, souvenir and first 250 riders receive t-shirt from previous years events. Celebrate Snoqualmie Western Days with a bicycle tour of the valley that made Twin Peaks famous. Fees: 12 ind. 25 family, 15/30 day of ride. Cathy Runkle, Snoqualmie Valley Events Inc., P.O. Box 2026, Snoqualmie, WA, 98065. (206) 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.
- Aug 10-18: Seattle, Victoria & San Juan Islands Tour.** San Juan Islands, WA. Nine-day loop includes 300 miles plus optional mileage in Victoria and the San Juan Islands. Fee: \$295 includes lodgings, one dinner, one breakfast, 11 ferry trips, SAG wagon and tour guide. Limit: 50 riders. Dan or Karen Healy, Northwest Bicycle Touring Society, 4612 South 291st Street, Auburn, WA, 98001. (206) 961-5870.
- Aug 10: Freeze-out Hill Climb.** Idaho. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.
- Aug 10: 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.
- Aug 11-17: Wheeling Washington II™.** Washington State. 7 days, 408 miles traversing the Olympic Peninsula, Victoria BC, and Long Beach. Fully supported, most meals included, friendly staff, great views and new friends. Tim Kneeland, Tim Kneeland & Associates, 200 Lake Washington Blvd. Suite 101, Seattle, WA, 98122. (206) 322-4102 or (800) 433-0528.
- Aug 11: Pysht Ocean View.** West of Port Angeles, WA. 10-20 miles on well groomed forest roads. Views of Strait of San Juan de Fuca. User-fee for tree farm and tour. Recreational mountain bike ride, 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. Elisa & Walt Shostak, Backcountry Bicycle Trails Club, (206) 283-2995.
- Aug 11-17: The 10th Annual Oregon Bicycle Ride.** Redmond, OR. A cross-state bicycle tour from LaGrande to Pacific City along scenic secondary routes. Fees: \$425 until 7/1 includes: meals (except lunch) water stops, gear transport, camp fees, showers, toilets, mechanics and other help support. Sandy, The Oregon Bicycle Ride, 1324 NW Vicksburg, Bend, OR, 97701. (541) 385-5257.
- Aug 17: Bear Creek 100.** Medford, OR. 50-100 mile, 100-K riders. Lots of food and fun. Leaves from Bear Creek Park. Richard Jones, Siskiyou Wheelmen, 1474 Grand Avenue, Medford, OR, 97504. (503) 779-3821.
- Aug 17-17: Ride for the Children.** Fundraising ride benefiting World Vision, a Christian relief and development organization. Thomas Beechman, 34834 Weyerhaeuser Way S, Box 9716, Federal Way, WA, 98063-9716. 206/815-2640.
- Aug 18: 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.
- Aug 23-25: The Grand Tour.** Idaho, Montana, Wyoming. A fully supported, 3 day, 307-mile bicycle tour through world renowned Yellowstone and Grand Teton National Parks, Targhee and Bridger-Teton National Forests, and other parts of Idaho, Maontana and Wyoming. Limited to 300 riders. Fees: \$295. Registration deadline: July 1. Daria Wilson Layne Gneiting, The Grand Tour, 16 North Second East, Rexburg, ID, 83440. (800) 657-5597 or layne@srv.net.
- Aug 23: Cycling in China.** Shanghai, Nanjing, Beijing. Bike Odyssey - 15 day bike tour in China. Leland Ching and Richard Hue, 1883 East Shelby St., Seattle, WA 98112, LeLand Ching, 206/784-8137 or 206/323-4843.

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

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

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

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

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

**Sep 1: Tour de Kitsap.** Bremerton, WA. 30 & 50 Mile loops from the Boardwalk. Fees: \$15 adults, \$10 children aged 16 and under. Souvenir t-shirts: \$15. Ted Dupepe, (360) 479-1265 or (360) 377-3041.

**Sep 7: Snoqualmie Pass Tunnel Ride.** East of North Bend, WA. 35 miles on nearly level rail trail. Bring bike light and warm clothes for two mile tunnel. Recreational mountain bike ride, 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.

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

**Sep 7: 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.

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

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

**Sep 14-15: Olympic Peninsula Adventure.** Olympic National Forest, Washington State. One or two day ride traversing 100 miles. Meals, T-shirt included in \$40 entry fee. Proceeds benefit American Red Cross and the Boys & Girls Club of Sequim. Dee Christensen, Joe Hawe, P.O. Box 1163, Sequim, WA, 98382. 360/681-3868.

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

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

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

**Sep 15-Oct 4: The Santa Fe Trail Bicycle Trek.** Santa Fe, NM - New Franklin, MO. Ride all or part of the Santa Fe Trail (1100 miles). Explore and learn trail history and contribution to US western expansion, more. Fees: \$25 per day includes breakfast, dinner, camping, ride sheets maps and support. Willard

Chilcott, Santa Fe Trail Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. (505) 982-1282.

**Sep 15: 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.

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

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

**Sep 27-29: Mount Rainier Loop Tour.** Washington. A 160 mile loop around Mt. Rainier. Fee: \$110 includes accommodations, meals, SAG wagon and tour guide. Limit: 70 Pete and Maas Hannelore, Northwest Bicycle Touring Society, 18249 SE 147th Place, Renton, WA, 98059. (206) 255-4192.

**Sep 28-30: The 14th Annual Oregon Trails Bicycle Trek.** Willamette Valley. Two or three day tour exploring the scenic Willamette Valley. Fully supported with overnights, food, SAG and more Fees: \$40 and \$150 minimum pledges. Nicole Bush, Bridget Kelly, Chris Anderson, American Lung Association of Oregon, 9320 SW Barbur Blvd. (#140), Portland, OR, 97219. 1 (800) LUNG-USA or (503) 246-1997.

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



## Series Races

**Mar 31-Aug 24: WSBA - BARR/BAT Race Series.** Series of WA-state based races where riders accumulate points towards determining the Best All-Round rider in the state. Washington State Cycling Association (WSBA), (206) 292-5141.

**Apr 14-Aug 31: WIM Mountain Bike Series.** Washington, Idaho and Montana. Series of mountain bike races located in three states. Organized by separate promoters. Call for series list. David Moffitt, WIM Regional Championship Series, 1117 W 12th, Spokane, WA, 99204. (509) 747-5868 or Website: www.wheelsport.com.

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

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

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

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

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

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

**May 24-Oct 6: Mount Hood Ski Bowl Mountain Bike Races.** Mount Hood, OR. All levels of competitors are invited to compete in a multitude of events including: downhill, dual slalom, cross country and observed trials. Series geared for development of the rider and the sport. Peter Kakes, Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.



## Single Races

**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. Chestnut, 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.

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

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

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

**Aug 11: Armondo's Cafe Criterium.** Renton, WA. Washington District Criterium Championships Barry Roitblat, Puget Sound Cycling Club, 6501 - 153rd Avenue SE, Bellevue, WA, 98006. (206) 641-1512.

**Aug 17-18: The Three Stages.** Key Peninsula "Volunteer Park" Lakebay, Washington. August 17 road race and Sunday time trial at West Campus, Federal Way, Washington. \$3,000 prize list in cash & merchandise. Glen Weissman, Avanti Racing & TVN, 11 - 146th SE, Bellevue, WA, 98007. 206-603-0475.

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

**Aug 17: Time Trial.** Ogden, Utah. Del Brown, 801-392-4019.

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

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

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

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

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

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

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

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

**Sep 21: Thomas Kemper Soda/Tour de Fremont/Octoberfest Bike Race.** Fremont neighborhood, Seattle. Feature event of the Micro-brew Fest Weekend in Fremont. Category 1, 2, 3 and Pro mens, 1,2,3,4 womens. Kids races. Twilight criterium.

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# TANDEMS

Bill Howard, Emerald City, 6703 16th Ave NW, Seattle, 98117. (206) 783-3394 or (206) 343-6393.

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

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



## Track Races

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

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

**Aug 23-24: Wedgwood Cup.** Marymoor, WA. A two day track event in the Marymoor Velodrome, the Wedgwood Cup will feature one of the regions biggest track racing events, staged around team competition from throughout the Pacific Northwest. Bill Devany, Salmon Bay Cycling, 207th Pl. NE, Redmond, WA, 98053. (206) 868-2801 or BILLD@outside.com.

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

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

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

**Sep 5-7: Collegiate Track Nationals.** Marymoor, WA. NCAA licensed riders. Housing help needed. See article on page 14 of August Bicycle Paper. Ta Herrera, U.W. Cycling, 4018 5th Ave. NE, Seattle, WA, 98105. (206) 389-5825.

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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  
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# The highs and lows

BY ERIC G.E. ZUELOW

## "Mucho Macho" is Mucho Fast

Ryan "Mucho Macho" Miller (Thomas Kemper Sodas) has continued to show his amazing talent by breaking the US National Junior 2 kilometer track time trial record. After he came close to the existing record following an evening of hard racing in a small gear, the USCF coaching staff concluded that Ryan had a shot at the record. The coaching staff scheduled a record attempt on July 2 and Miller delivered with a blistering 2:22.27! The previous record of 2:24.92 has been held by Glenn Milano.

In other Thomas Kemper Sodas news, team spokesperson Martha Walsh reports that Matt Thoresen was selected to ride for the US National Road Race Team at the Pan-Am Games in Venezuela. There must be something to Thomas Kemper Soda's new fluid replacement system... and mom says it tastes good too!

## Jerry Baker injured

On a more distressing note, Northwest cycling's patriarch, Jerry Baker, was involved in a serious accident on a training ride July 6. Apparently, during a high speed corner, Baker's bicycle plunged into a hidden pothole sending him to the ground.

On July 9, Jerry was moved from the intensive care unit of Overlake Hospital and is carrying on conversations with family and friends. Though his short term memory has not fully returned, his chances for a full recovery are considered very good. Get well messages can be sent to [mvavelo@sprynet.com](mailto:mvavelo@sprynet.com).

## Rocky Mountain High

Erik Moen (LA-Sheriff's) reports that several Northwest riders were selected to compete at the Lance Armstrong Olympic Road Race Series Finals in Colorado Springs on August 7-10. The riders selected are: Espoire (19-22): Randy Boettcher WA, Ben Jacobsen WA, Donald Reeb OR, Brian Slettvet WA, Eric Roesinger OR, Andrea Miller WA, and Laura Suditu OR.

17/18 Juniors: Rusty Beall ID, Trevor Garner OR, and Nathan Coffey OR, and Mary Varvaro WA.

15/16 Juniors: Narayan Mahon WA, and Allison Beall ID.

## More on Greg Randolph

Former Ray's Boathouse super-star Greg Randolph (Motorola) continued to show amazing form by taking fifth place in the US Pro Championships in Philadelphia on June 10. Cycling commentator Paul Sherwin commented that: "Despite being outnumbered by other teams, Randolph riding at this distance for the first time in his career, survived numerous attacks on the closing laps to place fifth in the sprint for the line."

In other Ray's news, Randolph's former teammate, Paul Dahlke (Ray's Boathouse), won his first US Masters National Championship on June 21st in the 30-34 road race in Santa Rosa, California.

## Gonzales joins the big names

Jason Gonzales (Wheelsport) continued to show his potential by winning the prestigious Joe Matava Juniors race. In winning this event, Gonzales joins some pretty big names: guys like Alex Stieda—the first North American to wear the yellow jersey in the Tour and

Kirk Willet (who was disqualified for having his number folded over, but having lapped the field on a long course, we'll give him the win anyway!).

## And to the South

Team Oregon recently produced its second annual Team Oregon Providence Bike-A-Fair which included free races for the public, USCF events and various raffles and giveaways. This event, along with the up-coming Family Bicycle Day (July 27) which will be jointly produced by the Marymoor Velodrome Association and Cascade Bicycle Club, represents a positive trend in which racing groups are working to further the sport of cycling, not just their own ambitions.

## Who is the fairest of them all?

Finally, local racer Jamie Mikami (Emerald Velo) recently set out to discover which team and rider is "the best in the Northwest". To this end, Mikami devised a scoring system, tallied points and presto zammo, he posted 'em on his team's web site at: <http://www.ee.pdx.edu/~jmikami/>.

The results?

Top five teams: 1. Ray's Boathouse/Big Time Pizza (6519); 2. Saturn of Bellevue (3902); 3. QualMed/Saturn/Safeway (3270); 4. Finlandia (3239); 5. Thomas Kemper (3145).

Top Five Individuals: 1. Kenny Williams, Saturn of Bellevue (1980); 2. Paul Dahlke, Ray's Boathouse (1613); 3. Ron Schmeer, Ray's Boathouse (1451); 4. Mike Rosenberg, Hutch's/Powerbar (1151); 5. Doug Carlton, Saturn of Bellevue (1083).

# Issaquah's Paul Read wins national collegiate title

BY NOEL ZANCHELLI

In just his second season as a collegiate racer, Paul Read won the Men's Omnium at the two-day National Collegiate Cycling Association Championships (NCCA) held in San Luis Obispo, California Saturday, June 1 and Sunday, June 2.

Read, who is a business major at Midwestern State University in Texas, amassed 218 points by placing third in the road race on the first day and sixth in the criterium, which was held the second day. For his efforts, the collegian took home a gold medal, a large silver commemorative plate, which he donated to the University's Hall of Fame, and the coveted stars and stripes jersey. Although he admits that he will probably take the plate with him when he graduates, Paul is no stranger to gold medals, having won the State Road Race in 1993, as a first year Senior racer.

The Washington native was in good company at the Collegiate Championships; among the 166 entrants in each of the events, the road race and criterium, several of the competitors also race in United States Cycling Federation events as Category I and II's. These may have been the first national title races that Paul competed in, but not the first that he has qualified for and attended. Last year the championships were held in Reno, Nevada, but the freshman contracted food poisoning after eating a meal at one of the Casinos and so was unable to race. Read also missed the USCF road championships held in Seattle.

Locally, Read races as a member of the Thomas Kemper Soda Cycling Team and competes as a Cat-

egory I, but says that he "centered the whole season around the collegiate championships." Such focus required intense, specific preparation and Paul relied on the training program prescribed by United States National Team Coach, Roy Knickman.

It was a severely difficult schedule with great demands, but Read persevered. The program clearly paid off for the Thomas Kemper rider and Read says that sticking to it was quite a task. "Discipline was the hardest thing," says the twenty-one year-old, "just staying disciplined." In addition to the rigors of Knickman's training program, Paul spent a week training at altitude in Colorado prior to the Collegiate Championships. He then raced the La Grande stage race in Oregon, where he finished an impressive third. Read had definitely earned a break. "I rested for two weeks after La Grande," said Read who was satisfied with his well-calculated preparation.

Read had dedicated his entire season thus far, to winning a collegiate championship event. Ironically, he had not taken aim at the Omnium title. In fact, the Issaquah resident "didn't even plan on trying to finish the road race." Hmmm... Imagine what might have happened if he had intended to win the grueling, 90 mile, three lap event on a course that was described by Read as "very, very difficult?"

It was the criterium that enthralled Read, and it was in this event that he gave himself the best chances. After the strong finish in the road race, however, Read knew that the Omnium title was well within his grasp and he was forced to alter

his strategy for the criterium by virtue of being a marked man.

With 166 racers on a six corner criterium course, there was no room for error or weakness, and to Read's surprise, the pace in this National Championship event was relentless. The rapid rate of the race discouraged many early would-be escapees. Late in the criterium, however there were several attacks. Paul responded to the aggression of his competitors and "rode conservative in the end." Apparently, so did the rest of the field, and the group that numbered more than one hundred fifty strong, was content to finish the final event of the

1996 Collegiate National Championships with a bunch sprint. Paul somehow found himself leading out the group at the end, but thanks to his speed only five riders were able to pass him and he ended up placing sixth.

The criterium may have ended, but Read did not know that he was the new Omnium Champion. He had collected points primes throughout the criterium, so he sensed that he was in serious contention, but it took the officials a pensive hour and a half to tally the points and crown the new champion. It was certainly worth the wait.

In winning the Omnium title, Paul Read was also named to the NCCA All America team. Paul heads back to Texas later this month to start his Junior year and pursue a degree in business. Good luck in your academic pursuit, Paul, and congratulations on bringing a Collegiate National Title to the Northwest!



Paul Read, 1996 collegiate champion. Photo by Graham Read.



Read placed sixth in 90 minute, downtown criterium on Sunday, June 2 in San Luis Obispo. Points earned led to his first place overall title. Photo by Graham Read.

# Performance half vert film

## Washington State Best All-Round standings through July 14

<b>Junior Men</b>		<b>Master Men 45-49</b>		<b>Men Pro/1/2</b>	
1. GONZALES, JASON	261	1. NORTON, GLEN	310	1. WILLIAMS, KENNY	363
2. STEWART, PETER	13	2. BARNETT, MARK	142	2. SCHMEER, RON	338
		3. HALES, PETER	1395	3. DAHLKE, PAUL	261
		4. HOLMAN, PHILIP	92	4. THORESEN, MATT	239
<b>Junior Women</b>		5. NEWHALL, JAMES	71	5. CARLSON, DOUGLAS	180
1. VARRAMARY	140	6. PATTERSON, JEFFREY	57	6. BRAZILL, JOEL	66
		7. MCAFFEE, DENNIS	12	7. DUNBURY, ALEC	61
				8. EINMO, DAVID	56
<b>Master Men 30-34</b>				9. WALSH, MICHAEL	52
1. WALSH, MICHAEL	231	<b>Master Men 50-54</b>		10. BARATTO, JOE	21
2. DOUGLAS, DAVID	71	1. BATES, HUGH	201	11. WHITEHEAD, BEAU	21
3. COLE, BRIAN	27	2. BERNSTEIN, PAUL	103	12. ONEIL, PATRICK	13
4. PETERSON, BRIAN	19	3. KLOOZ, RICHARD	38	13. ROBERTS, DOUG	6
5. TOLLEFSON, DAVID	18	4. RAVSEY, THOMAS	30		
6. BARATTO, JOE	6			<b>Women 4</b>	
7. TINDALL, PAULGEOFF	2			1. MOUL, LINDA	154
				2. HANSON, TERESA	73
				3. CASE, PATRICIA	17
<b>Master Men 35-39</b>		<b>Master Men 60-64</b>		<b>Women Pro/1/2/3</b>	
1. SHANNON, LAWRENCE	464	1. FINCH, RICHARD	166	1. GUNTER, KATHERINE	473
2. WEYRICH, JOHN	189	2. GILLILAND, VICTOR	97	2. SINDAAR, CANDICE	257
3. ATKINSON, TOM	115			3. HOLETT, WANDA	201
4. GARREN, JEFFREY	101	<b>Master Women 30-34</b>		4. WILLETT, TINA	65
5. HOLLAND, STEVEN	81	1. KAVESH, GINA	175	5. WANKULA, KATIE	64
6. MARKEE, JERRY	73	2. BECKER, WENDY	79	6. LYNDON, GRIFFITH, BETH	35
7. BROZDANSKI, TOM	69	3. HOLETT, WANDA	41	7. FULLWOOD, LEIGH	28
8. RUTLEDGE, TIMOTHY	58	4. MOUL, LINDA	29	8. CARTER, SHARON	3
9. BOWEN, JOSEPH	52				
10. FISHER, ROBERT	31	<b>Master Women 35-39</b>			
11. BROWN, DANIEL	26	1. CARTER, SHARON	146		
12. STIMSON, DONALD	26	2. FULLWOOD, LEIGH	38		
13. VRBANAC, MICHAEL	13				
14. MEAGHER, MIKE	9	<b>Master Women 45-49</b>			
15. MOVAHON, JOHN	6	1. CASE, PATRICIA	29		
16. BUNSELMAYER, GLENN	4				
17. STANTON, DAVID	3				
		<b>Men 3</b>			
<b>Master Men 40-44</b>		1. PETERSON, BRIAN	221		
1. FARSDAHL, MARK	181	2. MARES, MIRO	152		
2. KREICK, CONRAD	70	3. STEVENSON, RUSSELL	74		
3. LANGLOIS, PAUL	30	4. MILLAR, ROBERT	66		
4. GREVELING, GUY	47	5. TOLLEFSON, DAVID	18		
5. BOIARD, LARRY	41	6. BELL, DAKIN	11		
6. BALE, DAVE	37	7. MILLER, DONNELLY	2		
7. BARNARD, JOHN	19				
8. LEVANDOWSKI, RICHARD	8	<b>Men 4 Last Name</b>			
9. GRIFFITH, BRIAN	4	1. GONZALES, JASON	143		
10. ISRAEL, JEFFRY	4	2. MOVAHON, JOHN	78		
		3. MAHLER, DAVID	77		
		4. COCHRAN, JOEL	66		

## Marymoor Velodrome Friday Night Racing Season standings after 9 events

PRESENTED BY THE  
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### CATEGORY 1/2

1) Terry Buchanan,	124 Captains City Brewery,	Belleue, WA
2) Brad Ryno,	89 Seattle Express,	Bothell, WA
3) Andy Oakstrom,	73 Captains City Brewery,	Seattle, WA
4) Scott Chagvidden,	59 Huskies,	Seattle, WA
5) Ken Hillier,	44 Captains City Brewery,	Seattle, WA
6) Paul Henderson,	42 Canadian National Team,	Vancouver, BC
7) Martin Weisk,	37 Rays Boat House,	Federal Way, WA
8) Alec Duxbury,	27 Rays Boat House,	Seattle, WA
9) Woody Cox,	25 Greggs,	Belleue, WA
10) Erik Stuhau,	22 Captains City Brewery,	Seattle, WA

### W O M E N

1) Ois Smith	125 WSPT	Belleue, WA
2) Robin Norberg	103 Greggs	Seattle, WA
3) Laura Reed	102 Greggs	Kirkland, WA
4) Mandy Poltras	62 Escape Velocity	Vancouver, BC
5) Jennie Reed	55 Greggs	Kirkland, WA
6) Mary Kelly Persyn	42 Upper Chucksanut	Seattle, WA
7) Katie Blincoe	37 Greggs	Seattle, WA
8) Shan Rayray	33 Golds	Bothell, WA
9) Michelle Samuf	17 Upper Chucksanut	Bellingham, WA
10) Cheryl Gleason	13 Greggs	Seattle, WA

### CATEGORY 3

1) Greg Lipsky	92 Huskies	Seattle, WA
2) Kurt Levy	60 Unattached	Seattle, WA
3) Mike Vibanc	60 Vent Noir	Seattle, WA
4) Randy Boettcher	50 Thomas Kemper Sodas	Seattle, WA
5) Ben Jacobsen	37 Thomas Kemper Sodas	Seattle, WA
6) Mark Ahrens	35 Huskies	Seattle, WA
7) Austin Hildreth	32 Capital Bicycle Club	Olympia, WA
8) Rob Silver	31 Thomas Kemper Sodas	Seattle, WA
9) Mike Roughgarden	30 Raleigh	Seattle, WA
10) Joe Bailey	26 Oeatha	Vancouver, BC
Mike Miller	26 Seattle Express	Kirkland, WA

\*\*Marymoor Velodrome Friday Night Racing continues through August  
30. Racing begins at 7:30 each Friday.

## Alpenrose Velodrome June Points

### Cat. 1/2

1 Jarabok, Chuck	Fat Tire Farm	31
2 Mikami, Jamie	QualMed/Sum	29
3 James, Tom	QualMed/Sum	19
4 AKralis, Abe	QualMed/Sum	18
5 Godfrey, Mark	Jantzen/Continental	16
6 Cass, Bill	Performance/Sequent	14
7 Mitchem, John	Finlandia	13
8 Ginsberg, Mark	Performance/Sequent	7
9 Abers, Brian	River City Bicycles	7
10 Out, Chaunoz	QualMed/Sum	5

### Cat. 3

1 Provencher, Darell	Team RCW	41
2 Humberston, Russ	QualMed/Sum	26
3 Veeber, Christian	QualMed/Sum	21
4 Dorsey, Ted	Jantzen/Continental	13
5 McLoughlin, Pat	Finlandia	12
6 Rushton, Bill	Fat Tire Farm	12
7 Norton, Ed	Team Ed	11
8 Shockley, Chris	Athletes in Action	10
9 Magnus, Run	Logie Velo	6
10 Oliphant, David	Fat Tire Farm	5

### Cat. 4/5 & Jr

1 Ross, Brad	Fat Tire Farm	21
2 Groves, Bill	QualMed/Sum	21
3 Hill, Graham	Performance/Sequent	20
4 Martin, Teran	Jantzen/Continental	20
5 DeCoster, Darel	Team Ed	11
6 Farell, Pat	GB Cyclisme	10
7 Voldengen, Erik	Jantzen/Continental	10
8 Lombard, John	Performance/Sequent	10
9 Garcia, Steve	Chevrolet	8
10 McLoughlin, Pat	Finlandia	7

### W o m e n

1 Hanwood, Denise	QualMed/Sum	36
2 Hughes, Lynn	Performance/Sequent	28
3 Valente, Norene	QualMed/Sum	20
4 Garrett, Charissa	Jantzen/Continental	18
5 Davis, Ann	Team Ann	11
6 Yutzy, Donna	Capitol Velo	11
7 Walpole, Kirti	Performance/Sequent	10
8 Wagner, Karen	Performance/Sequent	8
9 Suditu, Laura	Performance/Sequent	8

# Oregon BAR 1996

Current through 7/11/96

Cat. 4/5

1	Jensen, Shaun	Hutchs/PowerBar	3/7
2	Ensworth, Richard	Chevrolet/QualMed	2/3
3	*Marotte, Tim	Hutchs/PowerBar	2/0
4	*Gillard, Alex	Hutchs/PowerBar	1/2
5	Weygant, Russell	SpinCity	1/1
6	Malach, Pat	GB/Cyclisme	1/9
7	Sullinger, Dustin	CapitolVelo	1/8
8	*Mohr, Jason	Hutchs/PowerBar	1/7
9	Holley, Joe	Oreash	1/5
10	Lombard, John	Performance/Sequent	1/0
11	Rooder, Kurt	Hutchs/PowerBar	1/8
12	Baker, William	GB/Cyclisme	1/8
13	Jackson, Rick	Hutchs/PowerBar	7/7
14	Tsao, Leo	QualMed/Satum	6/7
15	*Lock, Dion	Performance/Sequent	4/6
16	Garcia, Steve	Chevrolet	4/0
17	Bietz, Matt	Fat Tire Farm	4/0
18	Scuggs, Glen	QualMed/Satum	5/9
19	Bledson, Matt	Performance/Sequent	5/4
20	Voldengen, Erik	Jantzen/Continental	5/1
21	Hill, Graham	Performance/Sequent	5/0
22	OBrien, Pat	Jantzen	4/9
23	Gamder, George	Honi/Sait	4/4
24	Ross, Brad	Fat Tire Farm	4/4
25	Sigfild, Jason	Finlandia	4/2
26	Babcock, Norman	Hutchs/PowerBar	4/1
27	Rowers, Tom	Chevrolet	3/8

Cat. IIII

1	Reynolds, Jeffrey	Cyclisme	2/17
2	Smith, Dustin	LaGrandeVelo	2/4
3	*Smith, Dallas	QualMed/Satum	1/6
4	Rood, David	QualMed/Satum	1/0
5	Mohr, Jason	Hutchs/PowerBar	1/0
6	Coffey, Nathan	Performance/Sequent	1/4
7	Ovovson, Todd	Finlandia	1/6
8	Garfield, Ed	Chevrolet	1/3
9	Wilson, Mike	Conavills/Race/Club	1/1
10	*Carlson, Ryan	Hutchs/PowerBar	1/10
11	*Carlson, Erik	Hutchs/PowerBar	1/8
12	MacDonald, Ram	GB/Cyclisme	1/2
13	Gamer, Trevor	Performance/Sequent	1/0
14	Hamilton, Craig	Finlandia	1/7
15	Campbell, Robert	Capitol Bicycle	1/8
16	Goldstein, Scott	QualMed/Satum	1/7
17	Bennett, Greg	Conavills/Race/Team	1/9
18	Ross, Brad	Fat Tire Farm	1/6
19	Vedder, Christian	QualMed/Satum	1/0
20	Shilling, August	Chevrolet	1/0
21	McLoughlin, Pat	Finlandia	1/9
22	Kloppel, Michael	Conavills/Race/Team	1/4
23	Sutton, Stephen	Performance/Sequent	1/2
24	Ruggamer, Brent	Breakaway/Cycling	1/1
25	Engstrom, David	Chevrolet	1/9
26	Scarich, Steve	Hutchs/PowerBar	1/9
27	Ginsberg, Mark	Performance/Sequent	1/7

Juniors

1	Martin, Teran	Jantzen	4/2
2	Gamer, Trevor	Performance/Sequent	3/6
3	Johnson, David	Performance/Sequent	3/6
4	Conner, Josh	Sims	2/3
5	Boyd, Rebekkah	Performance/Sequent	2/19
6	VanSchoon, Joshua	U147/Chevrolet	2/0
7	VanSchoon, Jeremy	U103/Chevrolet	2/4
8	Coffey, Nathan	Performance/Sequent	2/3
9	Whitlock, Jamie	Performance/Sequent	1/9
10	Taylor, Sam	GB 116/QualMed	1/2
11	Shields, Garrett	Hutchs/PowerBar	1/1
12	Vealch, Matt	QualMed/Satum	1/3
13	Fessler, Wally	Newberg/Bike	1/1
14	Goss, Andrew	Performance/Sequent	1/0
15	Canhill, Marty	Jantzen	1/0
16	Weaver, Ryan	Performance/Sequent	1/16
17	Murray, Sean	Performance/Sequent	1/10
18	Olson, Aaron	QualMed/Satum	1/9
19	Kruse, Evan	Hutchs/PowerBar	1/7
20	Hill, Graham	Performance/Sequent	1/5
21	Olson, Byron	Performance/Sequent	1/8
22	Lyle, Simon	GB/Cyclisme	1/8
23	Anderson, Jim	Performance/Sequent	1/8
24	Smith, Dallas	QualMed/Satum	1/7
25	Koresky, Cody	Performance/Sequent	1/7
26	Mahon, Nathan	QualMed/Satum	1/4
27	Lyle, Ryan	GB/Cyclisme	1/2

Master

1	Jarabek, Chuck	Fat Tire Farm	1/81
2	Holland, Steve	QualMed/Satum	1/35
3	Yerme, Steve	CapitolVelo	1/281
4	Hayes, David	LogeVelo	1/277
5	Meadors, Ivan	TeamRCW	1/253
6	Brown, Grant	Hutchs/PowerBar	1/236
7	James, Tom	QualMed/Satum	1/218
8	Magnus, Ron	LogeVelo	1/212
9	Michem, Jeff	Finlandia	1/182
10	Sterlin, Ron	LogeVelo	1/157
11	Tompson, Rob	Catrazze	1/145
12	Giega, Peter	Hutchs/PowerBar	1/122
13	Carrahan, Kevin	CapitolVelo	1/111
14	Horton, Jerry	Siskiyou/Wheelmen	1/110
15	Shannon, Larry	CT/Riding	1/108
16	Raker, Bob	RiversEdge	1/107
17	Nure, Mark	CapitolVelo	1/105
18	Fulker, Ian	QualMed/Satum	1/103
19	Murray, Mike	Performance/Sequent	1/98
20	Pfeiffer, Hank	LogeVelo	1/94
21	Haskell, Ted	TeamRCW	1/88
22	Forbes, John	QualMed/Satum	1/82
23	Messmer, Clark	Siskiyou/Wheelmen	1/82
24	Schuyhart, Mark	QualMed/Satum	1/81
25	Forgpan, Ted	TeamRCW	1/78
26	Juda, Steve	Fat Tire Farm	1/77
27	Yutzy, Gordon	CapitolVelo	1/74

Senior

1	Michem, John	Finlandia	4/43
2	Rosenberg, Michael	Hutchs/PowerBar	2/68
3	Roesinger, Eric	Performance/Sequent	2/31.5
4	Sylvestre, Michael	Performance/Sequent	2/39
5	Olson, Aaron	QualMed/Satum	1/97
6	Jarabek, Chuck	Fat Tire Farm	1/91
7	Wikani, Jamie	QualMed/Satum	1/78
8	Bavaud, John	RaysBoathouse/BigTime/Pizza 154	1/78
9	Leonard, John	Performance/13/Finlandia	1/46
10	Edmunk, Jim	CapitolVelo	1/46
11	Prebus, Peter	QualMed/Satum	1/46
12	Dahlke, Paul	RaysBoathouse/BigTime/Pizza 148	1/46
13	French, Ed	Finlandia	1/37
14	James, Tom	QualMed/Satum	1/36
15	Browning, John	QualMed/Satum	1/19
16	Stayton, Corey	Performance/Sequent	1/14
17	Moule, Michael	CapitolVelo	1/13
18	Torano, Maurice	Chevrolet	1/13
19	Henry, Mike	QualMed/Satum	1/12
20	Auker, David	QualMed/Satum	1/109
21	Godfrey, David	QualMed/Satum	1/85.5
22	Gann, Glenn	Chevrolet	1/108
23	Myers, Jonathan	Fat Tire Farm	1/102
24	Damon, Mark	Hutchs/PowerBar	1/102
25	Gebhard, Brad	LogeVelo	1/97
26	Rippe, Barton	QualMed/Satum	1/97
27	Humbarton, Russ	QualMed/Satum	1/91.5

Women

1	Strika, Nina	Performance/Sequent	5/2
2	Cortell, Jessica	QualMed/Satum	4/5
3	Walpole, Kirti	Performance/Sequent	2/0
4	Peters, Stacy	Finlandia	2/5
5	Sudulu, Laura	Equipe 92/Performance	2/22
6	Triplet, Doreen	Performance/Sequent	2/27
7	Valente, Norene	QualMed/Satum	2/22
8	Holtz, Karen	Performance/Sequent	2/20
9	Hughes, Lynn	Performance/Sequent	2/19
10	Wagner, Karen	Performance/Sequent	2/24
11	Yutzy, Donna	CapitolVelo	1/53
12	Stevens, Rydalen	Finlandia	1/46
13	Hankins, Francine	Performance/Sequent	1/37
14	Jackson, Erica	Finlandia	1/33
15	Harwood, Darlen	QualMed/Satum	1/33
16	Clark, Barbara	Finlandia	1/21
17	Shannon, Eva	QualMed/Satum	1/19
18	Lorenz, Stephanie	CapitolVelo	1/10
19	DeLaRuz, Karen	QualMed/Satum	1/10
20	Wenzel, Kendra	Ovaid	1/82
21	Murray, Candi	Performance/Sequent	1/81
22	Leininger, Andrea	River City/Bicycles	1/79
23	Garret, Charissa	Jantzen/Continental	1/78
24	Arroyo, Amy	Performance/Sequent	1/68
25	Ellis, Terry	Performance/Sequent	1/47
26	Meyerhoff, Jill	CapitolVelo	1/47
27	Koester, Julie	Performance/Sequent	1/46

# OBRA Team BAR as of June 18, 1996

1 TEAM OREGON	Performance	4/71	11 TEAM RCW	5/37
2 BIVALD VELO	Satum/QualMed	3/49	12 SISKIYOU WHEELMEN	4/88
3 RAINBOW VELO	Finlandia	2/56	13 CORVALIS RACE TEAM	4/68
4 PARADISE VELO	Hutchs/Endura	2/01	14 EQUIPE VELO	3/31
5 CAPITOL VELO		1/21	15 LAGRANDE VELO	2/24
6 LASHERIF	Chevrolet	1/07	16 NEWBERG RACE TEAM	1/77
7 WILD WEST RACING	Fat Tire Farm	1/13	17 LAKE OSWEGO	1/82
8 CLOSIVE		1/62	18 PORTLAND STATE	1/5
9 LOGE VELO/CVRC	Nile	1/65	19 OREGON STATE CYCLING	1/7
10 BEAVERTON BICYCLE	Jantzen	1/56		

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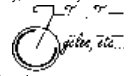
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# The Enemy

BY MAYNARD HERSHON

First, I rode the Wildflower Century in Chico, California and noticed it was called the "No Rude Gestures Century." You notice that and you think: "Hmmm. Sad they have to remind us"...

Second, Shelly and I visited in-laws in San Luis Obispo. Shelly's step-dad's fiancée Elaine introduced me to a woman from nearby Paso Robles.

Paso hosts the (late May) Great Western Bike Rally. To quote the Different Spokes cycling club newsletter, the GWBR, "a great little getaway for all," features: "Wonderful riding, pleasant socializing, great wineries, relaxing afternoons lying in the warm shade of a mulberry tree, or swimming and sipping fruit shakes at Star Farm."

And, it would seem, opportunities to flip off drivers.

"This is Shelly's husband Maynard," Elaine said to the woman from Paso Robles. "He writes magazine articles about bicycling."

"Oh," the woman said, "my husband's a cyclist, just rides everywhere. Loves his cycling..."

"The only thing about cyclists," she said, frowning, "is that they ride four abreast. Then when I pass, they give me the finger. The roads around Paso are narrow. I'm scared to death I'll hit someone. I'm trying to be super careful and they flip me the bird."

Third, when I got home, my buddy Robert Wallace told me about the Grizzly Peak Century I'd missed that Sunday.

He said it'd been super-hilly almost the whole 107 miles. The only flat, he said, was on the way out San Pablo Dam Road; a few short miles of flat road in a long day on the bike.

He said he'd had a few close calls with motorists. But, as we'd long since agreed, hardly a day passes without SOME kind of incident. A couple of close calls in 107 miles wasn't a surprise.

He finished his ride, he said, and put tennis shoes on over his cycling socks. He loaded his bike in his pickup and drove home from Moraga over narrow, curving Wildcat Canyon Road, looking forward to a shower.

The road was liberally dotted with cyclists, as you'd expect - what with century riders and the usual dozens of sunny Sunday pedalers.

He came up behind what appeared to be a father and son, the son about 10 or 11 years old. The father rode right on the center line, the boy over on the fog line, the white line separating road from shoulder.

Well behind, Robert tapped his horn to let them know he was back there. He still had to swing out into the oncoming lane to pass, and when he did, he noted in his mirror that the kid flipped him the bird.

Made him crazy. He stopped on the shoulder and jumped out of his truck. He was still wearing, by the way, his jersey and shorts. Clearly visible in the bed of his truck was a bright yellow Zinn racing bicycle.

"Did you flip me off?", he asked the man and his son. "You did, didn't you? I beeped my horn," he told the man, "because you were on the center line and I wanted to let you know I was gonna pass."

I ride here on these roads almost seven days a week. I just rode 107 miles out here today. I have dangerous brushes with cars nearly every ride. I'm a bike rider.

I'm not the enemy! Why are you flipping ME the

bird?"

I don't know why the kid did flip Robert the bird. Clearly he learned to do it from some "adult." Lots of "adults" do it.

I guess some people find satisfaction in making that gesture, no matter how meaningless, futile, juvenile and uncharitable it is.

I equate bird-flipping with standing at vista points on either side of the Falls and yelling "Stop, Niagara!" You can count on the Falls not getting the message. You can count on drivers not getting it, too. How satisfying can such gesturing be, when you know it's simply ignored?

The problem with drivers is: you don't know whom you're insulting.

Worst would be the guy who's just had a near-violent quarrel with his wife or girlfriend. Or the guy who just left the doctor's office with the really bad news. Or just left the office after losing his job.

Offending one of them could be really bad for you.

You might also offend someone who admires cyclists, someone who hasn't already decided that we're careless, road-hogging, anti-social misfits.

You could offend, for instance, the spouse or parent of the kind city council person who sanctioned the criterium in downtown Your-town. Or the nice aunt of your club's most loyal sponsor. Or your minister or chief of police. Or my buddy, several times Berkeley Hills Road Race promoter Robert Wallace.

Offending one of them could be really bad for all of us.



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