

Bicycle Paper

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Whistler Resort

Leap from snowboard to mountain bike to hotel room

BY NOEL ZANCHELLI

Editor's Note: Warning! This article may make you want to go to Whistler Resort today! Noel Zanchelli has given Whistler top rating and we hope you enjoy this article on his multi-sport adventures.

Whistler Blackcomb is primarily recognized for its incredible winter skiing. In fact it has been consistently rated as North America's top winter resort. The Whistler moniker alone conjures vivid images of a fresh, neon-white, waist high powder blanket just waiting placidly to be conquered by a speed demon on skis. But if you haven't spent time during any other season at the British Columbia village, then what you probably do not know about this gorgeous resort nestled among the North Cascades could fill a library.

The quaint town of Whistler is the ultimate outdoor enthusiast's summertime vacation destination. The entire Whistler and Blackcomb mountains are what card carrying REI co-op members live for. If the Whistler Blackcomb mountains or surrounding community do

See "Whistler," on page 7.

Port Townsend hosts eccentric, amphibious race

BY GORDON BLACK

If you're tired of the incessant techno-rhapsodizing of the bike mags and disillusioned by NBC's coverage of Olympic cycling events, Port Townsend may have the antidote to your blues. And even if you're not, but have a sense of life's irreverence, the 14th annual Port Townsend kinetic sculpture race might just provide a laugh or two.

See "Port Townsend," on page 3.

More Inside...

Read what Bainbridge Island resident Todd Friedmar wrote that won him a bicycle trailer in our essay contest on page 3.

More than 70 bicycle events are still in the calendar for this year. Don't miss your chance to climb a rocky trail, watch the cyclocross national championships or tour the San Juan Islands. See the region's most comprehensive bicycle event calendar on page 8.

State champions on the road, track and mountain bikes are being determined during July, August and September. Catch the wrap-up reports inside our Sports Pages.

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On the cover:
Cyclists in lupin at
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"Port Townsend," from page 1.

Even before you know too much about the race, which might suggest a certain speed that many contestants never achieve, you have to be amused by the concept: Build a human-powered machine capable of traversing six miles of land and water and mixture thereof especially cooked up for the event at the Jefferson County Fairgrounds. Since the idea of kinetic sculpture racing was born in the creative yet whimsical mind of a California artist named Hobart Brown in 1969, it's not just a matter of how well your craft withstands land, water and mud, but how it looks. Consequently, the coterie of kinetic sculpture builders and dreamers come up with design concepts to rival the entries in the Macy's Parade. Nothing is too outlandish. Among the craft taking part in the recent race in Corvallis was Watermelon World. Naturally, this vessel is in the shape of a certain fruit that took its inspiration from a certain movie that critics metaphorically pelted with the large, green seeded pods.

Watermelon World may or may not be on the starting line in Port Townsend, according to Dianna Edwards, a co-organizer of the event whose official title is high priestess. "Until the event starts, we won't know," she says. "Last year was our thirteenth year and we had 13 racers."


Of course, 13 racing craft represent teams of people who have put aside personal money and time with their families in the pursuit of serious fun. It takes a certain personality, lots of creativity, touches of engineering genius and access to lots of tools (welding equipment is really handy; you just can't buy these craft off-the-shelf). Someone whose sense of humor includes amusement at the ridiculous nature of dollar bills is useful to bankroll the operation.

"We were sitting around trying to decide if we should get cable or build a sculpture," muses Charlie Bodony, pro-

genitor of The Spirit of Muckle Flugga, a 15-speed pedal-powered challenger to Monster Trucks. With Steve Morgenstern, Michael Paulsen and David Katz, Bodony spent more than two years of weekends and evenings designing and building Muckle Flugga (named after a remote, uninhabited Shetland island) in a garage in Suquamish. It first rolled into kinetic sculpture folklore in Port Townsend in 1990. "The challenge is to build a human-powered amphibious, all-terrain vehicle and on top of that to do it with some artistic flair," he adds.

Flotation is the key to success in the water part of kinetic races, and one of the challenges for craft-builders. For liability and safety reasons, the Port Townsend race organizers insist on a float test of competing craft. The hilly course also requires that brakes may in good working order. Other than those requirements, the race rules would never receive approval from a stuffy body like the United States Cycling Federation or

the International Olympic Committee. The prize list tends to be unconventional. For instance, the Mediocrity Award is given to a craft that's not going to win. The race motto is For The Glory, which given the modest race budget, is a good thing because nobody's getting rich on sponsorship contracts and the promotional fund runs to just \$700.

You can catch activities connected with the race over October, 4, 5 and 6, with the race itself getting underway at noon on the Sunday. The Spirit of Muckle Flugga, redolent with Celtic murals on its 6-foot diameter plywood and conveyer belt wheels, is among the expected participants. If the crew of it seems a little dreamy, it will be because they are already thinking about their next sculpture project, The Road Kill Barbecue. "It will have four pilots and a cook with a propane stove," Bodony says with enthusiasm. "The bottom will look like a Weber grill." 

Trailer contest entrants from across the region

When we decided to give away one of the office bicycle trailers, we didn't expect such a strong response. Essayists from Bellingham, Washington to Eugene, Oregon responded to the contest. "Tell us in a short essay why you would like a bicycle trailer and we'll give it to you," we asked. Here are the winner and runner-up:

"A bike trailer for me. A bike trailer for me, what a wonderful site it would be. To attach my board and head for the coast. What a rush it would be. Surfin' the waves on such a sunny day. What a life for me. Oops, I skinned my knee. Back to Seattle again. I am so glad that bike trailer was given to me."

--Runner-up Todd Friedman, Seattle

"I would use the trailer while commuting to and from work before the upcoming elections. The trailer would have signs placed on the sides and campaign literature of the candidates that support the bicycling community. Since I commute by bicycle on highway 305 on Bainbridge Island to and from the ferry dock, the trailer would enable me to give bicycle friendly candidates much needed exposure. It is unfortunate that there are some politicians, including a certain politician from Bainbridge Island, that appear to be outright hostile toward bicyclists. I would also use the trailer to take my two young boys on outings."

--Contest winner Michael Klein, Bainbridge Island, Washington

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REGIONAL REPORTS

Watch Collegiate Nationals September 5

Redmond, WA – The best collegiate cyclists in the United States will converge on the Marymoor Park Velodrome September 5-7 for the United States Collegiate Track Cycling Championships.

Top athletes expected include 1996 Olympian Bill Clay (Marian), US Junior World Championship team member Jennie Reed (UW) and six time 1995 Collegiate Champion Laura Reed (UW). Powerful teams will be fielded by Marian College, Stanford University, the University of Washington, University of Colorado at Boulder, Cal. Berkeley, and University of Indiana, among others.

In addition to the competition for top individual titles, schools will battle for a Team Overall Title which is based on the results of team members in individual events.

The battle for the Team Overall promises to be the hardest fought ever. While Marian College dominated in 1995 at the Northbrook Velodrome in Illinois, top Marian rider Laura Reed has since transferred to the University of Washington which took third in the 1995 Team Competition. The Huskies have also added Laura's younger sister Jennie Reed to their roster. The younger Reed has several junior national championships to her credit and competed in her second Junior World Championships this season.

Even with their strongest team ever, the University of Washington will face a hard fight to upset Marian College which is home to 1996 Olympic sprinter Bill Clay. Clay, a product of the much publicized "Project 96" cycling program is a veteran of the 1995 World Track Cycling Championships, as well as the 1996 Olympics. Stanford University, second in 1995, should also prove a powerful adversary.

Events at the United States Collegiate Track Cycling Championships will include Olympic events—points race, team

pursuit, individual pursuit, kilo, points race, as well as a popular team event called the Italian Pursuit, where mixed teams chase each other around the 400 cement bicycle track. Each team member pulls for one lap and then drops out; tactics center around the order in which riders line up their team.

There will be a "kiddie kilo" for children under 10 on Friday, September 6 during the evening session (7:30 p.m.).

Racing sessions are scheduled for 10 a.m., 3 p.m. and 7 p.m. on September 5; 10 a.m., 3 p.m. and 7:30 p.m. on September 6; and 10 a.m., 2 p.m. and 6 p.m. on September 7. Spectator information about the 1996 US Collegiate National Track Cycling Championships is available on the Marymoor Velodrome Association racing hotline at: (206) 389-5825.

Fund established

Jerry Baker, long time friend of the Seattle cycling community, was injured in a bicycle accident in July. He was riding in a paceline and hit a pothole in just the wrong way. He crashed, and even though Jerry was wearing a helmet at the

time, the accident left him unconscious for almost two weeks. Although Jerry is awake now he still has neurological symptoms that will require months of rehabilitative therapy.

Jerry has given so much to our sport and community. It would be nice to give something back. Insurance doesn't cover everything. There are deductibles and other expenses that quickly add up. If you would like to make a contribution to help with Jerry's rehabilitation and recovery, you can do so by contacting the individuals or business listed below. Checks should be payable to "Fund for Jerry".

Send to Cris Smith, 2400 W Lake Sammamish Parkway, Redmond, WA 98052; or Ti Cycles, 824 Post Ave, Seattle, WA 98104; or Leigh Fulwood, 913 19th Ave E, Seattle, WA 98112.

Mountain bikers and King County team up

This fall the Backcountry Trails Club (BBTC) will be working to improve a trail in King County. This is not new to the club as trail clearing supports efforts

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to show mountain bikers care too. What make the Finn Hill project unusual is that it is the first official multi-use trail network in King County Parks that allows mountain bikes, according to Craig Mckinnon, BBTC. "We can do trail work for 90 day's starting on tuesday, August 6," he said. If you'd like to help on this work project with great political significance, call the BBTC hotline at (206) 283-2995.

\$10,000 available for events

The Sports and Events Council of Seattle/King County will distribute up to \$10,000 from its Amateur Athletic Fund (AAF) to help increase the number of community events produced each year. The money can be used to Bring an existing event to King County; Create a new event in Seattle/King County; or Enhance an already existing event in Seattle/King County. If you are an event organizer, association or non-profit and would like more information, call Kim O'Neill at (206) 389-7230.

My friend the bike expert

BY ESTELLE GRAY

My mom just bought a Cadillac. She loves it. She swears it is the best car she has ever driven. She is sure it is the best car on earth. She is sure that I should buy one too. She is so sure of that, I am afraid to answer my phone or check my E-mail.

Don't get me wrong, I have nothing against Cadillacs. They have lots of leg room, big trunks, they glide down the road and they have powerful, reliable engines. I'm just not convinced that they suit my needs. Sure you can put a bunch of mountain bikes on the roof but I'm not so sure they'd handle very well on some of the unpaved roads I drive. My kayak paddles are going to have a hard time fitting in the back, although my dog will probably think he's the King if he gets to parade around Seattle in the front seat of a Sedan de Ville.

What's my point? Just like many of us who have mom's that know what's best for us many of us have our friend "the bike expert". Although well meaning, they can be dangerous people. The "experts" come in all shapes, sizes and professions. They can be co-workers, husbands, wives, friends, etc. They disguise themselves well and it may take a few uncomfortable rides on your bike to figure out that what works for them does not necessarily work for you.

Think about the person that is giving you advice. Are they the same gender as you? Are they the same size? Do you share the same athletic abilities and fitness levels? Is their riding style the same as yours? What works well for a veteran rider may not work well for a beginner. Larger stronger riders with more leverage may find that certain frame tubing

feels good to them while a smaller, lighter rider may find that material too stiff for them. An experienced bike handler may swear by very narrow, very high pressure tires. A newer rider may feel very insecure on such a tire. Gearing too, is a personal preference totally dependent on a rider's strength, cadence, and the terrain they ride.

It never ceases to amaze me how often I see this following scenario repeated: A customer purchases a bicycle and it is professionally fit to them. They ride it for a bit and announce that is comfortable and they love it. They go on a ride with a friend who asks why their stem is so short. The new rider gets confused and comes back to the shop for a new stem. Against the bike shop's better judgment a new stem is installed (the customer is always right!!). The rider returns a week later with lower back pain and a sore butt. The bike shop tries

to infer that perhaps it is a function of the new stem but the rider says that "their friend the bike expert" says it is because of the seat, so they purchase a new \$75 saddle. When the problem persists perhaps they even spend another \$100 on a suspension seatpost. All the while the problem was not the wrong equipment, it was the wrong "expert".

I often encounter the new bike buyer who brings "their friend the bike expert" shopping along with them. There is nothing wrong with this as long as the expert understands that this bike is for the new rider not them. When the person who is buying the bike asks less questions than "their friend the bike expert" there is a good chance that the bike will be a better choice for the expert than for the intended rider. I recently rode with a woman who struggled with some relatively easy hills. She was convinced that it was because she was a weak rider. She knew it couldn't have anything to do with the bike because her husband had helped her pick it out. And he knew a lot about bikes. He had done the Hawaii Ironman 3 times. Why, that was even the model name of her bike!! When we swapped bikes, I struggled with the hills while she appreciated my granny gear and nearly flew up the same grade. She couldn't understand why her husband "the bike expert" didn't let her buy a bike with three chain rings. (Neither did I!)

Bike shop employees spend their lives talking to the entire gamut of people who ride bicycles. They have a vast knowledge of a wide variety of equipment and have heard the experiences of numerous cyclists. THEY are the true experts. Although we all have acquaintances that are very bike literate they don't usually have the background that an experienced bike shop employee has.

This might sound basic and obvious but it really happens all the time. What I don't understand is what tempts us to trust our friends rather than the true experts??

Well, that's it for this tirade. I've gotta go. I hear the phone ringing. I bet it's my mom....



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Are you over 30? Watch your protein!

BY DR. BOBBI LUTACK

About the age of thirty, nutrition becomes the most important performance enhancing variable to manipulate. An individual can only train so hard and so long until eventually they reach their athletic potential, and plateau. Optimal training habits, good genes and good nutrition, give athletes the best conditions under which one can optimally function. The following article will discuss the role of protein in the athletic diet.

Requirement
The effects on dietary protein requirements has been a controversial topic over the years. A considerable amount of experimental evidence indicates that regular exercise does in fact increase protein needs. These extra requirements can be met through a diet consisting of 15% of total calories for the day from protein (unless total caloric intake is insufficient).

Protein is the major structural material for our bodies. It helps build and repair muscles, red blood cells, hair, tissues and hormones. Protein is a good source of B vitamins and iron. Protein is absorbed as amino acids. Nine of the 22 amino acids are called essential because they must come from the foods we eat and cannot be made by the body.

Meat, fish, poultry, milk, eggs and soy products contain all the essential amino

acids and are called "complete" proteins. Vegetarians who do not consume eggs, soy or dairy must combine various assortments of "incomplete" proteins throughout the day to obtain the essential amino acids. This can be done by eating grains and beans (e.g. beans and rice) or legumes and seeds (e.g. chickpeas with sesame seeds). Individuals need approximately 0.5 - sedentary, 1.0 - with intense sports training).

Zone Diet
Recently, a more protein-centered diet formulated by Barry Sears, Ph.D. is becoming popular. According to Sears, too much carbohydrate increases insulin and that, in turn, causes the body to store more fat. Sears believes you want to decrease insulin levels and proposes increased protein in the diet which stimulates glucagon-the hormonal opposite of insulin. When one rises, the other falls. In order to burn stored fat for energy, you need to increase the level of glucagon in the body.

To hit the right balance of protein, Sears has come up with a formula based on lean body mass and activity level. Roughly, the per meal breakdown for a

high performance athlete comes out to 30 grams protein, 40 grams carbohydrate and 12 grams fat. The concern with his diet program isn't how many calories the athlete eats, but how much protein is consumed daily. The low-calorie element of the program doesn't seem feasible for high performance athletes, but the theory is: If you are eating in perfect balance, you are functioning more efficiently, and thus don't need as many calories.

The program calls for 3 meals per day plus 2 snacks. A typical dinner might consist of a chicken breast with 2 cups of steamed vegetables and 2 pieces of fruit. So far, Stanford University's swim team has been using this new diet program successfully. Questions remain, if the program would be equally effective for other types of exercise and interestingly, aside from this particular diet, there appears to be gender differences in use of nutrients for endurance exercise.

During moderate-intensity, long-duration exercise, women demonstrate greater fat utilization and less carbohydrate and protein metabolism than equally trained and equally nourished

men. This difference in energy utilization plus greater stores of body fat accounts for female affinity for and excellence in ultra-endurance events. Dr. Sears' book is very interesting and his approach appears sound and promising (his is not the first book to promote high protein diets, e.g. Dr. Atkins) but, until there is more research done and experience with this protein-centered diet, I recommend following a more moderate approach.

Recommendations
In summary, athletes do require extra protein in their diet. Most athletes will do fine with a diet consisting of 50-60% complex carbohydrate (with the carbs coming from whole grain, unprocessed and unrefined sources like: organic beans, oats, barley, amaranth, spelt, wheat, brown rice, vegetables, fruit, etc.), 15-20% protein and about 25% fat. The exceptions to this, would be athletes with diabetes and hypoglycemia, who would benefit from a more protein-centered diet like the "Zone".

Refer to Dr. Barry Sears book *The Zone* for more information on the Zone diet.

Dr. Bobbi Lutack is a naturopathic & homeopathic physician who specializes in cardiology and sports medicine. Her practice is in the Seattle area. She can be contacted at (206) 729-0907.

Athletic Medicine

EDITED BY MICHAEL LEWIS, D.C.

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"Whistler," from page 1

Whistler Mountain Resort is spectacular in the summer, too!

not offer your favorite outdoor sport or activity, the chances are it isn't worth doing or it hasn't been invented yet. Road cyclists and mountain bikers of all interests and athletic abilities take special note: These mountains are to velo enthusiasts what Disneyland is to children, minus the obligatory trip through the tortuous "It's a Small World" attraction.

What is most unique about Whistler Mountain is that while it earned its reputation as a winter haven, it is most fully and completely enjoyed in the summer months. Many cyclists have a natural affinity for the outdoors and so enjoy downhill skiing in the months that road conditions are severely less than favorable. Much of the mountain biker community has seemed to overwhelmingly adopt snowboarding as one of its most popular off season pastimes. So what if it were possible to hit the mountain bike trails in the morning and carve the white wave atop a snowboard in the afternoon, and then take a soothing trip to the jacuzzi in the early evening? At Whistler, this is a routine chain of events in the summer months.

Not only does Whistler Blackcomb offer more kilometers of mountain bike trails than humanly possible to ride in a week, but at its summit sits the snow-capped Hortsman glacier, which is skiable even in the summer months.

I recently spent a long June weekend at Whistler and was reminded of how much I enjoy this gig as a bicycle columnist. Equipped with my essential tools: A classic pre-corporate buyout Gary Fisher mountain bike, a kickass Nitro 51 Hemi snowboard, and a very adventurous attitude, I set out to conquer all facets of the mighty, mighty Whistler Blackcomb mountains. I strategized and plotted in preparation. My goals were nothing less than lofty. My mission, "should I choose to accept it," was to explore the vast and numerous mountain bike trails that surround the quaint village by the morning lights and then shred the famed Hortsman Glacier on my snowboard, in the heat of the afternoon sun. Sounds like quite an ambitious day, eh? Because I am the antithesis of the early morning riser, (I'm out of bed at the crack of noon on a normal day) I found this task particularly arduous.

Mission: Impossible? Not at all. The sunrise is so remarkably beautiful at Whistler mountain that I constantly had to question whether or not I was in the Swiss Alps and this made mornings quite a breeze. To jump start myself I strolled down to the Whistler Village Starbucks, which is quite strategically located beneath the Hard Rock Cafe and next to the ultra chic Guess? clothing store, and consumed my usual morning medicine, a triple grande mocha with lots of whipped cream and a sprinkle of chocolate powder. I consumed my steamy brew outside the restaurant at a table among several other mountain bikers.

With juvenile eagerness I boastfully revealed to the locals that I intended to hammer the morning hours away on the many, many mountain bike paths nearby then spend the afternoon further enhancing my tan as I carved every meter of the Hortsman glacier, snowboard style. To my

astonishment, my braggadocio was met with several mundane stares. It was at that very moment that I realized my two sport/one day mission was not an original idea. I had clearly misread the entire Whistler moun-



Ride long and hard through high meadows at Whistler/Blackcomb.

tain scene. This whole place is an adrenaline rush incarnate. This is where young snow bums go to live fast and do all that the great outdoors has to offer; and sometimes in a single day.

I hit the trails all right. As many as I could muster on my dose of mocha jitters. It seemed as though I had covered a great deal of land and that many biker trails had passed beneath my wheels, but it was simply a relative notion. In three hours of hard trail riding I had managed to tour a mere fraction of the multitude of trails offered to mountain bikers at Whistler Blackcomb. Exhaustion was not a hard state to achieve. Trails were long, technical and rigorous ... absolute Nirvana for mountain bike purists. My ride complete, my hunger great, I had just enough time to survey the Village restaurants and power up for my afternoon atop the Hortsman Glacier. Selecting a place to dine was not easy, as there is so much variety in the small town.

By late morning I had donned my snowboard attire and loaded myself onto the first of three chairlifts. At the halfway point up the mountain a bus takes skiers and boarders to the final lift. Once arriving at the top a full hour later I was stunned at the spectacular views. Below in the Village, it was a toasty warm summer afternoon. Atop the glacier, were the best spring skiing

conditions I have ever experienced and it was late June! What an incredible trip!

The snow was fresh and recently groomed by noon on the Hortsman and when the sun fully shone through the clouds I lost my jacket and negotiated the glacier in just a T-shirt. I was enhancing my tan indeed! The Hortsman is not an enormous ski area, but it is massive enough to offer some steep and flat terrain varieties. Chairlifts are absent from the Hortsman. Instead there are two T-bars that are as easy to use as rope tows. Also on the glacier is a cozy lodge with a big, panoramic deck and a barbecue. Because there is a snowboard park that covers a large portion of the glacier and includes an assortment of jumps and a long, steep half-pipe, it is fair to say that the summer scene here caters to the board crowd, but definitely not the bored crowd. Snowboarders are not the overwhelming majority on the mountain, however. Skiers were still quite prevalent on all of the terrain and they numbered nearly as many as boarders.

Three and a half hours on top of the world and I was longing for a visit to the jacuzzi in my hotel. Before the whirlpool, though, I was treated to the spectacular vistas from the chairlifts on my descent of the mountain. It was truly breathtaking. When the powerful jets of the jacuzzi finally hit my aching legs and back I knew that my mission was complete...almost. I still had to muster the energy to experience Whistler's rocking night life. When the day's activities are done on the mountain the night clubs and restaurants come alive in the Village. Many of the bistros have outdoor patios, giving the cobbled village streets a distinct European flare. Many of the bistros also have bike racks which are often fully loaded with mountain bikes. After all, much of the young, Whistler population do not own cars.

I managed to happen upon a few of the local favorite watering holes by the end of my adventurous day. Then I somehow managed to find a couple more hot spots on my walk back to the hotel. This is definitely a crowd that plays hard and plays even harder at night.

Activities at Whistler range from amazing golf courses, to rock climbing, to horseback riding, to white water river rafting. Shopping and dining could be included as activities

because there is such selection and variety offered. Whistler mountain offers so many summertime recreations that I would have needed a little more than a week to cover them all. Then I would have needed another week of vacation to recover from all that rigorous activity!

Whistler Resort Associations
4010 Whistler Way
Whistler, BC Canada V0N 1B4
Reservations: 1-800-WHISTLER (944-7853)
FAX 604/938-5758



Amidst other outdoor sports, rock climbers demonstrated their strength.



Outdoor dining at Whistler Village.



More chalet buildings are being added to the growing Whistler/Blackcomb resorts.

Bicycle Paper

NORTHWEST CYCLING CALENDAR

The Northwest's most comprehensive cycling calendar



Events

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.



Offroad

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, TiOkanagan Finals - Kelowna Classics. Kelowna, BC. Cross-country race. Kelowna Mountain Bike Club, (604) 764-4766.

Sep 14: Descentissimo. 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 a 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 e 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 Sweland, Fort Lewis Mountain Bike Club, 5076 North 3rd Street, Fort Lewis, WA, 98433. (206) 588-0205. eef, 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: Seattle Metro Cyclocross Series. Black Diamond, WA. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

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.

Oct 4-6: Mount Hood Ski Bowl American Mountain Bike Challenge - Western Finals. Mount Hood, OR. Down Hill, dual slalom and cross-country. Schedule to be announced Mt. Hood Ski Bowl Mountain Bike Department, 8700 E Hwy 26, Government Camp, OR, 97028. (503) 272-3206 Ext. 244.

Oct 6: Seattle Metro Cyclocross Series. Steilacoom, WA. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Oct 12: Tolt Pipeline East. Duvall, WA. 19 miles on gravel service road through Cascade Foothills. 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.

Oct 12-13: Bend's Big Fat Tour. Bend, OR. Join the bike shops in Bend to explore Central Oregon's best mountain biking in the Fall. Tours each day will be divided according to different riding abilities. Fees: \$25 for two days Sally Russell, 442 NW State Street, Bend, OR, 97701. (541) 389-3295 or Fax: (541) 389-7372 email: SalBend@aol.com.

Oct 13: George's Cyclocross #1. Idaho. The first of a three race, cyclocross series. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Oct 13: Seattle Metro Cyclocross Series. Fort Lewis, WA. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Oct 15-Nov 17: First Mud Cyclocross Series. Western OR. Cyclocross and mountain bike series. Dates: 10/20, 10/27, 11/3, 11/10, 11/17. Richard Potestio, Emerald Velo, 733 NW Everett #600, Portland, OR, 97209. (503) 274-1481.

Oct 20: Fat Tire Challenge. Nanaimo, BC. Cross-country race. Malaspina All Terrain Racing Club, (604) 753-3245.

Oct 27: George's Cyclocross #2. Idaho. The second of a three race, cyclocross series. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Oct 27: Seattle Metro Cyclocross Series. SeaTac, WA. National Cyclocross Cup Race. Contact Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Nov 3: George's Cyclocross #3. Idaho. The last of a three race, cyclocross series. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.

Nov 3: Seattle Metro Cyclocross Series. Fort Lewis, WA. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Nov 10: Seattle Metro Cyclocross Series. Black Diamond, WA. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Nov 24: Seattle Metro Cyclocross Series. Steilacoom, WA. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Dec 1: Oregon Cyclocross District Championships. Oregon. District championships. Richard Potestio, Emerald Velo, 733 NW Everett #600, Portland, OR, 97209. (503) 274-1481.

Dec 1: Washington District Championships. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Dec 7: National Cyclocross Championships. Sea-Tac, WA. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.



Rides & Tours

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: 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: 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) 292-9315.

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. Fair-groves, 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 Chilcote, 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 Peds and Maas Hamelore, Northwest Bicycle Touring Society, 16249 SE 147e 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.

Oct 5: Manastash Metric Fall Colors Tour. Public Safety Bldg. 2nd and Pearl, Ellensburg, WA. Ride flat to rolling hills (tandem friendly terrain) along the majestic Yakima River, on back roads free from heavy traffic. Choice of 32 or 62 mile loops fully supported with sag and food stops. \$10 pre-registration and \$12 day of race (\$15 & \$17 tandem). Day of ride registration: 7-9am. Pre-registration forms at your local bike store or SASE. Ruth Ann Stacy, City of Ellensburg, 661 Strange Road, Ellensburg, WA, 98926. (509) 925-4536.

Oct 6: Kitsap Color Classic. Fourth season! Ferry to Kingston and pedal one or more loops ranging from 11-69 miles. Visit historic, waterfront communities on rural Kitsap Peninsula and catch the fall colors from the seat of your bike! Fees: \$15 and \$13, CBC members \$2 off. Pat Zanchelli, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE ext. # 1-7.

Nov 8: Shanghai, Nanjing, Beijing. Bike Odyssey- 15 day bike tour in China. Leland Ching and Richard Huie, 1883 East Shelby St., Seattle, WA 98112, Leland Ching, 206/784-8137 or 206/323-4843.

Sep 8: Second Annual STM Tahuya Poker Run. Belfair, WA. Recreational cross-country event in which riders receive playing cards at various check points. The best poker hand wins! Entry: \$15.00 individual; \$25.00 family Dan Wiswell, Single Track Mind Cycling Club, (206) 565-3665.



Series Races

Until 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.

Until Sep 10: GJ 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 9: RCW's Masters Night. Portland International Raceway, Portland, OR. Bi-monthly, age-graded circuit races. Please call for more information. Jim Pederson, Team RCW, 1274 NE Village Squire Court, Gresham, OR, 97030. (503) 667-1739.

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.

Sep 29-Dec 1: Seattle Metro Cyclocross Series. Washington State. Dan Norton, Marymoor Velodrome Association, (206) 324-7304.

Oct 13-Nov 3: George's Cyclocross Series. Idaho. Three race cyclocross series. See individual listings. Mike Cooley Alex Gardner, George's Lightweight Cycles, Boise, ID, (208) 343-3782.



Single Races

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

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

This calendar is produced as a public service by the Bicycle Paper. Nearly every weekend of the year has something for every bicycle enthusiast. Please call the event promoter for details before attending your event. Please note that listings are subject to change; we update them up to three months ahead of the events. Event organizers and promoters should send listings and changes to Calendar Editor, Bicycle Paper: 1205 East Pike Street, Suite 1-A, Seattle, WA 98122. Fax: (206) 323-2905 E-mail: cmc@accessone.com This calendar may not be duplicated in any form without the written permission of the publisher.

NORTHWEST CYCLING CALENDAR

Bicycle Paper

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 14: Volunteer Park Fall Classic. Volunteer Park, Seattle, WA. Criterium on the classic 1 kilometer loop in Volunteer Park! Day of race registration only. USCF licensed riders \$15 per race. Non-licensed \$18. Prizes will be cash and prizes. Primes in all races. All races are timed plus 2 laps. David Douglas, Pazzo Velo, (206) 932-5921.

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

Oct 6: All Corners Criterium. Portland, OR. Burnside Bridge Criterium. John Forbes, Emerald Velo, 4316 NE 16th (Apt. A), Portland, OR, 97211. (503) 280-9860.



Track Races

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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Sunrise Rotary Event



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35 Mile Road Ride
Soulteck Park * The Heights * Seward Hill * Malaga * Lincoln Park
START 9:00 A.M.

35 Mile Mountain Bike Ride
Soulteck Park * Elk Hill * Mission Trail * #2 Canyon * Lincoln Park
START 9:30 A.M.

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standings as of July 31, 1996

BY RICHARD LOFTIN, WSBA

<p>Junior Men</p> <p>CONPLES JON 2A SEBAST BERB 3</p> <p>Junior Women</p> <p>VALRO MRY 1D</p> <p>Master Men 30-34</p> <p>WHLH MICHEL 24 TILIGAS JUD 7 OLE FRN 7 HERRON FRN 9 TILIGAS JUD 8 HERRON JE 6 TINDL FULGOLF 2</p> <p>Master Men 35-39</p> <p>SHRAN LAWRENCE 6D WEMICH JON 2B HARRN JERRY 1F ALLAN TM 1E HILLAD SIBEN 8 MREB JRY 7 KROGSKI JM 9 KISHRE TERRY 5 HERRN JOSEPH 5 SIMON DANLD 4 HERR ROBERT 1 HERR DANIEL 2 DE FORDES 2 MERRIC MICHEL 3 KOHAN DAE 2 MEXHER MIE 9 MORHAN JON 6 HENDMERR GLEN 4 SIMON JUD 3 SMER TERN 2</p> <p>Master Men 40-44</p> <p>FRESHL MKR 2D HREK CONRD 7 LANCIS RAL 9 CHALING CHK 7 HARD LARY 4 HIE DAE 7 HERRND JON 9 LEANDRGI FURD 8 GERTH ERN 4 KREL JERY 4</p>	<p>Master Men 45-49</p> <p>NORON GIN 30 HOLMAN HILP 3D FRNET MKR 1E HUS BERB 1B5 NHPFL JMS 7 HERRON JERRY 5 MORSE JAMES 2</p> <p>Master Men 50-54</p> <p>HES HGH 2 HERRN DAL 1B KROZ RICHRD 5 HREY THMS 2</p> <p>Master Men 60-64</p> <p>ENH RICHRD 2A GILLAND WCCR 9 CHRN RICHRD 2A GILLAND WCCR 9 HERRN JERRY 1F HARRN JERRY 1F ALLAN TM 1E HILLAD SIBEN 8 MREB JRY 7 KROGSKI JM 9 KISHRE TERRY 5 HERRN JOSEPH 5 SIMON DANLD 4 HERR ROBERT 1 HERR DANIEL 2 DE FORDES 2 MERRIC MICHEL 3 KOHAN DAE 2 MEXHER MIE 9 MORHAN JON 6 HENDMERR GLEN 4 SIMON JUD 3 SMER TERN 2</p> <p>Master Women 30-34</p> <p>MESH CIA 2B KORR WNDY 9 HOLMT WNTA 4 MILL LINA 2 HERRN ERN 9 SHRAN JF LIZH 2 HERRN ERN 4 WMT DAE 4 HERRN JOSEPH 3 SHRR FORD 1</p> <p>Master Women 40-44</p> <p>GHN CHRL 2D</p> <p>Master Women 45-49</p> <p>OE PARCA 2</p> <p>Men 1 2 Pro</p> <p>SIMER RN 4L WILLMS HENY 39 DAHE RAL 3B THERSEN MT 2B ORZON DOLAS 2D EMO DUD 1E OEL HERRK 1E HOLZ AK 9 BREL JEL 6 WHLH MICHEL 5 HERRN DILG 2 HERRND JE 4 WHITFERD BRU 2</p>	<p>Men 3</p> <p>HERRON ERN 2E MMS MRO 1E TILIGAS JUD 1E WESSER SEB 4 SEBRON RUEL 1 MEIR ROBT 6 CONPLES JON 7 HIL JON 1 MEIR DONNELLY 6 SEBR JON 3</p> <p>Men 4</p> <p>CONPLES JON 1B MORHAN JON 7B MHLER JUD 7 COPHAN JEL 6 SEMP DANL 5 TINDL FULGOLF 4 KRELF BRV 3 WOLF ERN 3 ORILL FULCK 2 MURPHY ANDREW 2 SUSIN CRH 1 SMARK JANE 1 HERRON ERN 9 WEGE DREN 9 HERRN JERRY 6 GERTH ERN 4 WMT DAE 4 HERRN JOSEPH 3 SHRR FORD 1</p> <p>Women 1 2 3 Pro</p> <p>HERRND ERN 5E CONPLES JON 2E HOLMT WNTA 4F ORRER SHRN 1E WELTZ CIA 5 WNTA HRE 6 LINDH-GERTH BEH 5 RICHOD LIZH 2 MIL LINA 1 WOMEN 4 HIL LINA 1B HERRN JESSA 7 OE PARCA 7</p>
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Alpenrose Season Points

Standings as of 8/25

by Carol Murray

<p>Category 1/2</p> <p>1 Jasik, Chuck 2 Mead, Julie 3 Gaffey, Mark 4 Jans, Tom 5 Gus, Bill 6 A'Haiis, Ane 7 Grahg, Mark 8 Williams, Paul 9 Nelson, Dave 10 Bowcher, Duell 11 Ripe, Barton 12 Mitch, Jim 13 Rossig, Eric 14 Morage, Kyle 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p> <p>Category 3</p> <p>1 Bowcher, Duell 2 Hutchinson, Russ 3 Walker, Christian 4 Stubby, Chris 5 Norton, Bill 6 Raiton, Bill 7 Ros, Bad 8 Hill, Tim 9 Doney, Bill 10 Gifford, David 11 McLaughlin, D 12 Decker, Duell 13 Nigus, Ron 14 Goss, Bill 15 Ziskind, Dale 16 O'Neil, Lane 17 Horvath, Rick 18 Hyatt, Tom 19 Cox, Steven 20 Valente, Nore</p> <p>Category 4/5 & Jr</p> <p>1 Valberg, Erik 2 Hill, D 3 Goss, Bill 4 Duff, Glen 5 Hill, John 6 Johnson, David 7 Decker, Duell 8 Ros, Bad 9 Rippay, Steve 10 Nathan, Ivan 11 Sara, Ivan 12 Goss, Thoro 13 O'Brien, D 14 Max, Robert 15 Toland, John 16 Reinhardt, Guy 17 Mikich, D 18 Goss, Steve 19 Strick, Ane 20 Sara, Ruth 21 McLaughlin, D 22 Hill, Tim 23 Yrzy, D 24 Aikhi, Eric 25 Fobus, Jim 26 Valente, Nore 27 Shale, Nina 28 Howard, Dorian 29 Goss, Thoro 30 Goss, Thoro 31 Goss, Thoro 32 Goss, Thoro 33 Goss, Thoro 34 Goss, Thoro 35 Goss, Thoro 36 Goss, Thoro 37 Goss, Thoro 38 Goss, Thoro 39 Goss, Thoro 40 Goss, Thoro 41 Goss, Thoro 42 Goss, Thoro 43 Goss, Thoro 44 Goss, Thoro 45 Goss, Thoro 46 Goss, Thoro 47 Goss, Thoro 48 Goss, Thoro 49 Goss, Thoro 50 Goss, Thoro</p> <p>Women</p> <p>1 Valente, Nore 2 Shale, Nina 3 Howard, Dorian 4 Goss, Thoro 5 Goss, Thoro 6 Goss, Thoro 7 Goss, Thoro 8 Goss, Thoro 9 Goss, Thoro 10 Goss, Thoro 11 Goss, Thoro 12 Goss, Thoro 13 Goss, Thoro 14 Goss, Thoro 15 Goss, Thoro 16 Goss, Thoro 17 Goss, Thoro 18 Goss, Thoro 19 Goss, Thoro 20 Goss, Thoro 21 Goss, Thoro 22 Goss, Thoro 23 Goss, Thoro 24 Goss, Thoro 25 Goss, Thoro 26 Goss, Thoro 27 Goss, Thoro 28 Goss, Thoro 29 Goss, Thoro 30 Goss, Thoro 31 Goss, Thoro 32 Goss, Thoro 33 Goss, Thoro 34 Goss, Thoro 35 Goss, Thoro 36 Goss, Thoro 37 Goss, Thoro 38 Goss, Thoro 39 Goss, Thoro 40 Goss, Thoro 41 Goss, Thoro 42 Goss, Thoro 43 Goss, Thoro 44 Goss, Thoro 45 Goss, Thoro 46 Goss, Thoro 47 Goss, Thoro 48 Goss, Thoro 49 Goss, Thoro 50 Goss, Thoro</p> <p>Junior</p> <p>1 Hill, John 2 Goss, Thoro 3 Johnson, David 4 Goss, Thoro 5 Goss, Thoro 6 Goss, Thoro 7 Goss, Thoro 8 Goss, Thoro 9 Goss, Thoro 10 Goss, Thoro 11 Goss, Thoro 12 Goss, Thoro 13 Goss, Thoro 14 Goss, Thoro 15 Goss, Thoro 16 Goss, Thoro 17 Goss, Thoro 18 Goss, Thoro 19 Goss, Thoro 20 Goss, Thoro 21 Goss, Thoro 22 Goss, Thoro 23 Goss, Thoro 24 Goss, Thoro 25 Goss, Thoro 26 Goss, Thoro 27 Goss, Thoro 28 Goss, Thoro 29 Goss, Thoro 30 Goss, Thoro 31 Goss, Thoro 32 Goss, Thoro 33 Goss, Thoro 34 Goss, Thoro 35 Goss, Thoro 36 Goss, Thoro 37 Goss, Thoro 38 Goss, Thoro 39 Goss, Thoro 40 Goss, Thoro 41 Goss, Thoro 42 Goss, Thoro 43 Goss, Thoro 44 Goss, Thoro 45 Goss, Thoro 46 Goss, Thoro 47 Goss, Thoro 48 Goss, Thoro 49 Goss, Thoro 50 Goss, Thoro</p>	<p>Category 4/5</p> <p>1 Goss, Bill 2 Goss, Bill 3 Goss, Bill 4 Goss, Bill 5 Goss, Bill 6 Goss, Bill 7 Goss, Bill 8 Goss, Bill 9 Goss, Bill 10 Goss, Bill 11 Goss, Bill 12 Goss, Bill 13 Goss, Bill 14 Goss, Bill 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p> <p>Category III</p> <p>1 Reynolds, Jeffrey 2 Goss, Bill 3 Goss, Bill 4 Goss, Bill 5 Goss, Bill 6 Goss, Bill 7 Goss, Bill 8 Goss, Bill 9 Goss, Bill 10 Goss, Bill 11 Goss, Bill 12 Goss, Bill 13 Goss, Bill 14 Goss, Bill 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p> <p>Women</p> <p>1 Valente, Nore 2 Shale, Nina 3 Howard, Dorian 4 Goss, Thoro 5 Goss, Thoro 6 Goss, Thoro 7 Goss, Thoro 8 Goss, Thoro 9 Goss, Thoro 10 Goss, Thoro 11 Goss, Thoro 12 Goss, Thoro 13 Goss, Thoro 14 Goss, Thoro 15 Goss, Thoro 16 Goss, Thoro 17 Goss, Thoro 18 Goss, Thoro 19 Goss, Thoro 20 Goss, Thoro 21 Goss, Thoro 22 Goss, Thoro 23 Goss, Thoro 24 Goss, Thoro 25 Goss, Thoro 26 Goss, Thoro 27 Goss, Thoro 28 Goss, Thoro 29 Goss, Thoro 30 Goss, Thoro 31 Goss, Thoro 32 Goss, Thoro 33 Goss, Thoro 34 Goss, Thoro 35 Goss, Thoro 36 Goss, Thoro 37 Goss, Thoro 38 Goss, Thoro 39 Goss, Thoro 40 Goss, Thoro 41 Goss, Thoro 42 Goss, Thoro 43 Goss, Thoro 44 Goss, Thoro 45 Goss, Thoro 46 Goss, Thoro 47 Goss, Thoro 48 Goss, Thoro 49 Goss, Thoro 50 Goss, Thoro</p> <p>Junior</p> <p>1 Hill, John 2 Goss, Thoro 3 Johnson, David 4 Goss, Thoro 5 Goss, Thoro 6 Goss, Thoro 7 Goss, Thoro 8 Goss, Thoro 9 Goss, Thoro 10 Goss, Thoro 11 Goss, Thoro 12 Goss, Thoro 13 Goss, Thoro 14 Goss, Thoro 15 Goss, Thoro 16 Goss, Thoro 17 Goss, Thoro 18 Goss, Thoro 19 Goss, Thoro 20 Goss, Thoro 21 Goss, Thoro 22 Goss, Thoro 23 Goss, Thoro 24 Goss, Thoro 25 Goss, Thoro 26 Goss, Thoro 27 Goss, Thoro 28 Goss, Thoro 29 Goss, Thoro 30 Goss, Thoro 31 Goss, Thoro 32 Goss, Thoro 33 Goss, Thoro 34 Goss, Thoro 35 Goss, Thoro 36 Goss, Thoro 37 Goss, Thoro 38 Goss, Thoro 39 Goss, Thoro 40 Goss, Thoro 41 Goss, Thoro 42 Goss, Thoro 43 Goss, Thoro 44 Goss, Thoro 45 Goss, Thoro 46 Goss, Thoro 47 Goss, Thoro 48 Goss, Thoro 49 Goss, Thoro 50 Goss, Thoro</p>
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Oregon BAR

standings as of August 25

BY CANDI MURRAY, OBRA

<p>Category 4/5</p> <p>1 Goss, Bill 2 Goss, Bill 3 Goss, Bill 4 Goss, Bill 5 Goss, Bill 6 Goss, Bill 7 Goss, Bill 8 Goss, Bill 9 Goss, Bill 10 Goss, Bill 11 Goss, Bill 12 Goss, Bill 13 Goss, Bill 14 Goss, Bill 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p> <p>Category III</p> <p>1 Reynolds, Jeffrey 2 Goss, Bill 3 Goss, Bill 4 Goss, Bill 5 Goss, Bill 6 Goss, Bill 7 Goss, Bill 8 Goss, Bill 9 Goss, Bill 10 Goss, Bill 11 Goss, Bill 12 Goss, Bill 13 Goss, Bill 14 Goss, Bill 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p> <p>Women</p> <p>1 Valente, Nore 2 Shale, Nina 3 Howard, Dorian 4 Goss, Thoro 5 Goss, Thoro 6 Goss, Thoro 7 Goss, Thoro 8 Goss, Thoro 9 Goss, Thoro 10 Goss, Thoro 11 Goss, Thoro 12 Goss, Thoro 13 Goss, Thoro 14 Goss, Thoro 15 Goss, Thoro 16 Goss, Thoro 17 Goss, Thoro 18 Goss, Thoro 19 Goss, Thoro 20 Goss, Thoro 21 Goss, Thoro 22 Goss, Thoro 23 Goss, Thoro 24 Goss, Thoro 25 Goss, Thoro 26 Goss, Thoro 27 Goss, Thoro 28 Goss, Thoro 29 Goss, Thoro 30 Goss, Thoro 31 Goss, Thoro 32 Goss, Thoro 33 Goss, Thoro 34 Goss, Thoro 35 Goss, Thoro 36 Goss, Thoro 37 Goss, Thoro 38 Goss, Thoro 39 Goss, Thoro 40 Goss, Thoro 41 Goss, Thoro 42 Goss, Thoro 43 Goss, Thoro 44 Goss, Thoro 45 Goss, Thoro 46 Goss, Thoro 47 Goss, Thoro 48 Goss, Thoro 49 Goss, Thoro 50 Goss, Thoro</p> <p>Junior</p> <p>1 Hill, John 2 Goss, Thoro 3 Johnson, David 4 Goss, Thoro 5 Goss, Thoro 6 Goss, Thoro 7 Goss, Thoro 8 Goss, Thoro 9 Goss, Thoro 10 Goss, Thoro 11 Goss, Thoro 12 Goss, Thoro 13 Goss, Thoro 14 Goss, Thoro 15 Goss, Thoro 16 Goss, Thoro 17 Goss, Thoro 18 Goss, Thoro 19 Goss, Thoro 20 Goss, Thoro 21 Goss, Thoro 22 Goss, Thoro 23 Goss, Thoro 24 Goss, Thoro 25 Goss, Thoro 26 Goss, Thoro 27 Goss, Thoro 28 Goss, Thoro 29 Goss, Thoro 30 Goss, Thoro 31 Goss, Thoro 32 Goss, Thoro 33 Goss, Thoro 34 Goss, Thoro 35 Goss, Thoro 36 Goss, Thoro 37 Goss, Thoro 38 Goss, Thoro 39 Goss, Thoro 40 Goss, Thoro 41 Goss, Thoro 42 Goss, Thoro 43 Goss, Thoro 44 Goss, Thoro 45 Goss, Thoro 46 Goss, Thoro 47 Goss, Thoro 48 Goss, Thoro 49 Goss, Thoro 50 Goss, Thoro</p>	<p>Senior</p> <p>1 Goss, Bill 2 Goss, Bill 3 Goss, Bill 4 Goss, Bill 5 Goss, Bill 6 Goss, Bill 7 Goss, Bill 8 Goss, Bill 9 Goss, Bill 10 Goss, Bill 11 Goss, Bill 12 Goss, Bill 13 Goss, Bill 14 Goss, Bill 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p> <p>Senior</p> <p>1 Goss, Bill 2 Goss, Bill 3 Goss, Bill 4 Goss, Bill 5 Goss, Bill 6 Goss, Bill 7 Goss, Bill 8 Goss, Bill 9 Goss, Bill 10 Goss, Bill 11 Goss, Bill 12 Goss, Bill 13 Goss, Bill 14 Goss, Bill 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p> <p>Senior</p> <p>1 Goss, Bill 2 Goss, Bill 3 Goss, Bill 4 Goss, Bill 5 Goss, Bill 6 Goss, Bill 7 Goss, Bill 8 Goss, Bill 9 Goss, Bill 10 Goss, Bill 11 Goss, Bill 12 Goss, Bill 13 Goss, Bill 14 Goss, Bill 15 Goss, Bill 16 Goss, Bill 17 Goss, Bill 18 Goss, Bill 19 Goss, Bill 20 Goss, Bill 21 Goss, Bill 22 Goss, Bill 23 Goss, Bill 24 Goss, Bill 25 Goss, Bill 26 Goss, Bill 27 Goss, Bill 28 Goss, Bill 29 Goss, Bill 30 Goss, Bill 31 Goss, Bill 32 Goss, Bill 33 Goss, Bill 34 Goss, Bill 35 Goss, Bill 36 Goss, Bill 37 Goss, Bill 38 Goss, Bill 39 Goss, Bill 40 Goss, Bill 41 Goss, Bill 42 Goss, Bill 43 Goss, Bill 44 Goss, Bill 45 Goss, Bill 46 Goss, Bill 47 Goss, Bill 48 Goss, Bill 49 Goss, Bill 50 Goss, Bill</p>
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Marymoor Velodrome Friday Night

Season points standings as of August 16

<p>MEN I, II</p> <p>1. Tony Adnan 2. Andy Johnston 3. Brad Ryno 4. Her Miller 5. Ryan Miller 6. Scott Chapman 7. Paul Harrison 8. Martin Wells 9. Paul DeBe 10. Woody Cox</p> <p>MEN I, II DAVIDSON BICYCLES</p> <p>BIG DOG SERIES 1996 AFTER 8 of 9 EVENTS</p> <p>1. Tony Adnan 2. Paul Harrison 3. Ryan Miller 4. Her Miller 5. Martin Wells 6. Mike Webb 7. Scott Chapman 8. Paul Harrison 9. Andy Adnan 10. Chuck Dehak</p> <p>WASHINGTON STATE POINTS RACE RESULTS</p> <p>MEN</p> <p>1. Ryan Miller 2. Mike Webb 3. Her Miller 4. Brad Ryno 5. Her Miller</p> <p>JUNIOR MEN</p> <p>1. Bill Bonn 2. Nick Hillyer 3. Mike Webb 4. Mike Smith</p> <p>MASTERS 45+</p> <p>1. Woody Cox 2. Lissnerhardt 3. Sam Gess 4. Keithly</p>	<p>MEN I, II</p> <p>1. Tony Adnan 2. Andy Johnston 3. Brad Ryno 4. Her Miller 5. Ryan Miller 6. Scott Chapman 7. Paul Harrison 8. Martin Wells 9. Paul DeBe 10. Woody Cox</p> <p>MEN I, II DAVIDSON BICYCLES</p> <p>BIG DOG SERIES 1996 AFTER 8 of 9 EVENTS</p> <p>1. Tony Adnan 2. Paul Harrison 3. Ryan Miller 4. Her Miller 5. Martin Wells 6. Mike Webb 7. Scott Chapman 8. Paul Harrison 9. Andy Adnan 10. Chuck Dehak</p> <p>WASHINGTON STATE POINTS RACE RESULTS</p> <p>MEN</p> <p>1. Ryan Miller 2. Mike Webb 3. Her Miller 4. Brad Ryno 5. Her Miller</p> <p>JUNIOR MEN</p> <p>1. Bill Bonn 2. Nick Hillyer 3. Mike Webb 4. Mike Smith</p> <p>MASTERS 45+</p> <p>1. Woody Cox 2. Lissnerhardt 3. Sam Gess 4. Keithly</p>
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Northwest athletes shine at Lance Armstrong finals

BY ERIK MOEN

The Northwest Espoires Road Team topped their weekend in Colorado at the Lance Armstrong Youth Cycling Finals with an Overall Team Championship, fending off strong efforts from the Midwest and Southwest teams.

Racing on August 9-10 consisted of team and individual time trials, the Fred Cappy Criterium, and the Castle Rock Road Race. Cori Book of Bozeman, Montana received an invitation to the US National road development team from her criterium win and third place finishes in the time trial and road race. Cori was well supported by her teammates Amber Frymier, Laura Suditu, and Andrea Miller whom all had top 10 finishes in each of the events.

The Espoires men received the silver medal in the team time trial in spite of an unfortunate puncture by Eric Roesinger. The men made consistent top 10 finishes in the rest of the events to help conclude with the omnium championship. Donald Reeb captured 7th in the group sprint of a spirited, high speed criterium. David Bly captured 3rd in the road race from a group of 8 that went

clear from the peleton on the hilly 3.2 mile circuit. The lead break included Brian Sletvet who went on to finish 8th.

All of the Northwest athletes were fine examples of sportsmanship, tactical knowledge, fun, and strength. These athletes deserve your continued support in their future racing endeavors. Congratulations to the Region 5/Northwest Road Team!

Youth Cycling Finals Participants

Espoires Men
David Bly
Randy Boettcher
Ben Jacobsen
Donald Reeb
Eric Roesinger
Brian Sletvet
Espoires Women
Cori Book
Amber Frymier
Andrea Miller
Laura Suditu

Junior Men
Rusty Beall
Nathan Coffey
Trevor Garner
James Lillard
Narayan Mahon
Chris Sanderson
Junior Women
Melissa Finch
Michelle Finch
Amy Harris
Brooks Hill
Beth Schmidt
Michelle
Schwimmer

Coach Staff: Clark Natwick, Erik Moen

Ballard Twilight Criterium

Presented by Salmon Bay Cycling Club, Ray's Boathouse and Big Time Pizza, July 27, 1996

Women I, II, III, Pro

1. Cori Book (Montana)
2. Kathy Guter (PCK/Superfeet)
3. Ryden Stevens (Montana)
4. Kacie Birce (BCC Gregg's/Bloodhound)
5. Laura Reeb (BCC Gregg's/Specialized)
6. Sarah Guter (West Seattle Physical Therapy)
7. Verda Howard (Team Athena)
8. Christine Kutsan (Team Athena)
9. Julie Allen (Thomas/Kemper/Stubbs)
10. Linda Mail (West Seattle Physical Therapy)

Men I, II, Pro

1. Kim Miller (Ray's Boathouse/Nbracig)
2. Rod Henderson (CS)
3. Cory Dominges (Montana)
4. Ron Shmeer (Ray's Boathouse-Big Time Pizza)
5. Doug Carlson (Stump/Belleue)
6. Bill Beard (Thomas/Kemper/Stubbs)
7. Todd Littlehales (Higher Gear)
8. Les Kirk (B2)
9. Tim Peattie (Team Plymouth)
10. Donald Reed (Ray's Boathouse-Big Time Pizza)

PHOTO BY SPENCER ANDERSON, BALLARD NEWS CENTER



Candice Sinclair won the Ballard Twilight women's race.

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(206) 833-4910

Valley Cyclery
23651 - 104th SE
Kent, WA 98031
(206) 852-5551

Oregon:
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Dallas, OR 97338
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Kennewick, WA 99336
(800) 827-8157

DIAMONDBACK

Houseman brothers battle for title at Pacific Crest Cup

BY DAVID DOUGLAS

Snoqualmie Pass, WA – The Ski Acres ski resort hosted round #10 of the AMBC western circuit races on August 10-11. With the Cool Tool Band rockin' and the beer garden flowin' the racing on the mountain began.

Saturday's weather was a scorching 85 degrees for the downhill and dual slalom competitions. The only thing hotter in the day was the dueling between the Houseman brothers from Vancouver, Washington. In the Expert class dual slalom finals younger brother Gary Houseman (age 15) edged out older brother Rich Houseman (age 18) for the title.

In the finals, both heats were so close that only the timing system could tell them apart. The professionals better watch out for these two riders. Dual slalom course architect, Keith Defiebre could not match the speed of the brothers and took fourth place.

The newly-created downhill course offered a 4 minute 30 second roller

coaster ride on fire roads, single track and a freshly cut road at the bottom. The overall consensus: It was safe course but a pedalers course at the bottom. The fastest time of the day was posted by Jim Johnston an Expert 19-34 rider with a time of 4:22. In a close second was Rich Houseman, of dual slalom fame, with a 4:24. Rounding out the top three was Kona pro Pat White with a 4:25. From a promoters standpoint the downhill was perfect because no racer had to be helped off the mountain.



Claudia Soddemann makes quick work of the tough climbs and speedy descents.

As Sunday rolled around the weather started to change and the 85 degree Saturday was replaced with a partly cloudy, 68 degree Sunday. This was perfect weather for the cross country competitors. In the Open Mens category a three horse race included Loren Hanson (Raleigh) winning the race. Although

Hanson led most of the race, he could not shake Eric Tonkin who finished second overall. In the early going, Loren's brother and Raleigh teammate Mark Hanson was dropped by the two leaders with mechanical problems. But like a scene from the movie Slap Shot, the

Hanson brothers were reunited near the end of the race. Mark rejoined the leaders with a mile to go and ended up taking third overall.



The finish line feels good after a hot day's race.

The best recap of the race came from winner Loren Hanson who said, "What a great course! The technical descent was quite tricky for me, but I managed to get to it before Eric Tonkin on each of the four laps in order to hold him back. He did get by me on the one rooted, running section of the descent, but ten seconds later he was doing cartwheels through the weeds and I passed him

again. Mark really bridged a large gap to catch us in the final descent (on a borrowed bike). As he caught us he said "I'M BAAACCKKKK!" It was then a road race to the finish. We were all watching each other on the gravel road to see who would play their card first. I figured that it would be harder to react than to attack so I put everything I had into an attack on the final rolling climb before the finish. I think Eric was upset at missing that one, but that's racing."

Through a lot of hard work and lobbying from Gino Lisiecki and David Douglas, Snoqualmie Pass will host a stop on NORBA's National circuit in 1996! The dates are July 24-27. Yes, it is true a NORBA National in our back yard. Stay tuned for details.

Open Men Results

1. Loren Hanson (Raleigh) 2:00:45
2. Eric Tonkin 2:00:52
3. Mark Hanson (Raleigh) 2:00:57
4. Andrew Gagne 2:04:11
5. Scott Blanchard 2:04:45
6. Darin Smedberg (Cool Tool Racing) 2:07:13

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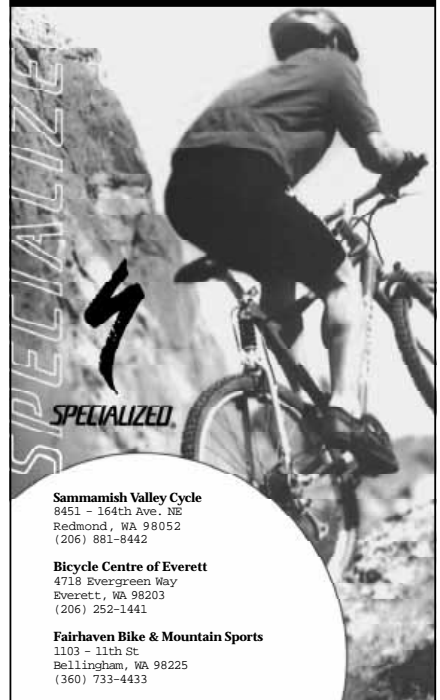
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Faster than a steam locomotive

BY ERIC G.E. ZUELOW

Trainspotting

While criterium racers and promoters alike fear the arrival of cars, brainless pedestrians and other "normal" hazards, trains are an uncommon occurrence in Northwest criteriums. Even so, a train rolled onto the **Armando's Renton River Days Criterium** course with two laps remaining in the masters 40+ race. This forced the USCF officiating staff to call for a re-ride of the final three laps.

A break-away containing **Mike Burdo** (Ray's Boathouse/Big Time Pizza), **Steve Poulter** (Thomas Keeper Sodas) and **Mark Farsdahl** (Gregg's) had gone clear with about 10 laps remaining in the event, only to find itself faced with an iron horse which had broken free from its handlers.

After the re-ride, Poulter rolled across the line in the first place. Burdo, who found himself pulling out of his pedals with nearly every stroke of his cranks, finished second and Farsdahl held on for third.

Pulling out early

Speaking of pulling out early, **Terry Buchanan** (Captain's City Brewery) once again faced an in-line skater in a 150m duel at the **Sparklet's Redmond Derby Criterium**. Race watchers will recall that Buchanan pulled out of his pedal at the

start of the 1995 sprint, effectively removing him from the race with top skate sprinter **Gary Gandy**.

For the 1996 match-up, Buchanan was taking no chances and arrived at the line with double toe-straps, instead of his usual Time pedals. Top local skater **Jerry Brown** gave Buchanan a run for his money, though in the end, Terry's speed and "hi-tech" pedals won the day.

Speaking of fast

Buchanan returned one week later to successfully defend his title as Northwest Fastest Human at the Marymoor Velodrome's **Pacific Financial Services**



The loyal and active Alpenrose Velodrome supporters organize summer cleanup crews to keep the track safe and clean. Photo by Michael Adamson.

Grand Prix. Shan Rayray (Gold's Gym) won the women's title ahead of an impressive field.

Also during the Pacific Financial Services Grand Prix, Canadian sprinter **Don Gilmore** broke Ron Storer's 13 year old Marymoor 400 meter track record when he clocked a blistering 23.32 second lap at the beginning of the evening's races.

On another track

Northwest riders again performed exceptionally at the **US Junior and Masters National Track Cycling Championships**.

Heading these efforts in the Masters group were the following Washington medal winners: **Woody Cox** (Gregg's): 1st place in points race and Best All Round; 2nd place in sprints and pursuit; 3rd in Olympic Spring; and 4th in the kilo. **Wendy Boglioli** (Gregg's): 1st in team pursuit, kilo, pursuit and Best All Round; second in points race and sprints. **Conrad Kreick** (Gregg's): 3rd in kilo. **Cris Smith** (West Seattle Physical Therapy): 1st in pursuit and team pursuit; second in kilo; 3rd in points race; and 4th in sprints.

Additionally, the Gregg's Masters Team won the award

for best team for an unheard of sixth straight year!

Meanwhile, Northwest juniors also performed with excellence in their National Championships. Super junior **Ryan Miller** (Thomas Kemper Sodas) brought the number of championship jersey's in his closet to thirteen, while **Jennie Reed** (Gregg's) qualified for the Junior World Championships for the second year in a row. (The world's are taking place in Slovenia as *Bicycle Paper* goes to press.)

Medals went to the following Northwest juniors: **Ryan Miller**: 1st place in 15-16 500m time trial, team pursuit and 2km time trial. **Jennie Reed**: 2nd in 17-18 individual pursuit; 3rd 500m time trial; and fifth in the points race. **Travis Prince** (Seattle Express): 2nd place in 13-14 sprints.

On yet another up-beat note

It was reported last month that Northwest cycling's founding father, **Jerry Baker**, had suffered a serious cycling accident. Thankfully, he is now on the mend. He has since returned home and is beginning to take on some of his many activities. Baker was even able to attend a recent edition of Marymoor Friday Night Racing.

There is still a long road to complete recovery, but Jerry is making big strides and on behalf of the entire community, *Bicycle Paper* wishes him a continued speedy and full recovery.

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On the road

BY MAYNARD HERSHON

My friend Jack called today from Austin, and mentioned that at the shop where he works at least, road bikes are back. The resurgence began in July '95, he said, without explaining why, and it's created a shortage of new frames. We can't get enough, he said.

He says some of the new road bike customers are people who've worn out their old road bike. Some are mountain bikers who want road bikes to train on, or who just want to go fast out on the road.

Thinking about all those new or born-again road bikers made me think about the road. Like Jack, I'm a roadie myself, having failed more than once to fall in love with mountain biking.

The road's a wonderful place to ride. Developing road skills will be a new adventure for mountain bike riders. Riding '90s road bikes will be an adventure for veteran roadies. Fun.

The road would be cycling paradise were it not for cars. Cars are not such a problem for cyclists in other cultures, but they sure are here.

Cars are the plague in our playground. They're the reason it exists, and they're the ruination of it. Driving cars turns civilized human beings into savages, piano teachers into pit bull terriers.

When we ride our road bikes, we watch drivers in amazement. We watch them drive without paying attention to what goes on around them. They talk on the phone, they shave, they read reports, they put on makeup. They don't see police cars, let alone bicycles.

Every ride, we watch drivers run red lights and blast through pedestrian cross-walks, barely missing the pedestrians. Every ride, we watch them drive as if they had permission to break laws, create havoc and threaten the physical safety of others just to pick up the dry cleaning.

We watch them drive consumed with false urgency, every drive taking on the frenzied haste of a rush to the maternity ward or a lights-and-siren ambulance trip to the ER. They're on a mission but they don't know what it is. It's as if we can hear them scream: "I'm important and I'm in a hurry. You're nothing, nobody. Get off the road. Get the hell out of the way."

We watch them and we are amazed. We roll along at bicycle speed, amazed at how desperate they seem, how crazy, how selfish, how casually brutal.

They hit and injure us and become upset that we interfered with their schedule. Because of us, they have to stay at the scene and wait for police to arrive. Damn, late for the hairdresser. Have to get on the cellphone and reschedule. Tomorrow? No, tomorrow's Wednesday, meetings all day.

And when the police arrive? "I was on my way to an appointment, officer; I didn't see her."

We take an emotional beating from witnessing the callous indifference of drivers to pedestrians, cyclists and other drivers. Unless we have the patience and tolerance of saints, in time we come to hate them.

We learn to see them as the enemy. We think of the road as bikes versus cars, good versus bad, us versus

them. Then we get in our cars and become them.

We do. In our culture, something about cars, perhaps something in the vinyl of the dash or the polyester of the carpets, makes us crazy, just as it does all those people we watch in distaste from our bikes. Sound

unbelievable? Ever watch a driver with a four-bike roofrack run a red light bigtime? Ever get cut off on the freeway by a lane-changing lunatic with a USCF or NORBA decal in his back window?

Just as alcoholics are unable to deal with alcohol, most of us are unable to deal with driving, unable to operate motor vehicles in a normal, sane emotional state. We know we get crazy; we drive anyway. Seductive as cars are, indispensable as cars are for many of us, cars are no good for us, no good at all. They poison us. They are anti-calm, anti-friendliness, anti-community.

Five minutes in a car and all the good feeling, all the centeredness, all the humanity that riding the bike promotes in us is gone. Not just gone: forgotten. We're somebody else, somebody hateful. Five minutes in a car and we're junior Terminators, unstoppable, robotic, F**k you, A**h*le vermin. We're THEM!

Maybe it's the vinyl in the dash, or the polyester in the carpets. Maybe it's something else. Write me if you think you know.



Unofficial Northwest Rider rankings Update as of 8/11/96

BY JAMIE MIKAMI

Top ten teams:

1	7990.1	Ray's Boathouse/Big Time
2	4770.7	Saturn of Bellevue
3	4155.9	Thomas Kemper
4	4149.4	Finlandia
5	3521.8	QualMed/Saturn
6	2922	US Postal
7	2501.1	Nutra Fig
8	1955.2	Hutch's/PowerBar
9	1949.7	Performance/Sequent
10	1279.3	Georges-BCC

Top Ten Individuals:

1	2320.3	Kenny Williams	Saturn of Bellevue
2	2097.5	Paul Dahlke	Ray's Boathouse/Big Time
3	1940.5	Ronald Schmeer	Ray's Boathouse/Big Time
4	1303.6	Doug Carlton	Saturn of Bellevue
5	1203.2	Michael Rosenberg	Hutch's/PowerBar
6	1067.9	John Mitchem	Finlandia
7	1046.6	Matthew Thoresen	Thomas Kemper
8	1024.7	H Eric Rossinger	Performance/Sequent
9	948.2	Aaron Olson	QualMed/Saturn
10	917.5	Cory Domingues	Finlandia

Top five Espoires:

1	1024.7	H Eric Rossinger	Performance/Sequent
2	917.5	Cory Domingues	Finlandia
3	903.3	Donald Reeb	Ray's Boathouse/Big Time
4	889.5	Martin Weeks	Ray's Boathouse/Big Time
5	681.5	Ben Jacobsen	Thomas Kemper

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