

Bicycle Paper

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Over the past few years bicycle trips, tours and fund-raisers have increased, or maybe it is the interest in them that has increased. More and more people are enjoying the benefits of cycling without being a hard-core racer or owning million dollar equipment.

Families enjoy summer vacations cycling the Southwest, groups or clubs can ride to support fundraising ventures or couples can enjoy touring France on bicycle. Cycling has the uncanny ability to transcend things like age, experience and gender.

Please See- "Tour" on Page 8

Underwriting trail fun?

BY P. YURI SAMER

User Fees - charging the public at "the gate" for the operation and maintenance of trails on public lands has been discussed for some time. Now the era of user fees for citizen excursions on public land seems to be upon us. Authority was granted by Congress last year to BLM, USFS, NPS and Fish and Wildlife to do so for three years.

Please See- "Underwriting" on Page 5

Spring training for the cyclist

BY ERIK MOEN

Success in spring training is dependent on three things: aerobic base, stretching and the use of appropriate equipment. A significant amount of bicycling-related injuries (excluding crashes) comes from inappropriate training. Deviant training may be described as inappropriate increases in training volume and/or intensity, and riding in a position that you may not be flexible enough to maintain. Northwest athletes also have the special challenge of weather. Rain and darkness are common excuses that keep many riders from attaining an aerobic, bike-specific base of training. This base is the thing that will allow you to jump into summer with both wheels spinning.

Please See- "Spring Training" on Page 6

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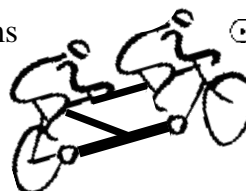
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On the cover:
Riders enjoy a
break during a
TK&A tour

Photo courtesy of
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Exclusive insight into the minds behind Critical Mass

A caller with a deep voice offered to reveal the inside story on the group that would finally put the automobile in its rightful place, and restore cities as centers of human activity. "This is the beginning of a revolution," the caller said, comparing it to the civil rights movement. "We cannot simply write letters and phone politicians, who do nothing. We must take to the streets."

And so over cups of Peet's espresso (double shots) at a Market Street café in San Francisco, two dedicated followers spread the word. First they told the professionals, guys who raced the cable cars down Powell or dodged the lawyers at the Embarcadero Center. The pros, young and machismo, fair bristled with goates and anger. They were tired of the disrespect meted out by uppity receptionists, fed up with being yelled at or ticked by the cops, irritated by wayward pedestrians who kept getting in the way. But they were truly raging at the motorists who didn't see them, who turned in their paths, who occasionally knocked them down. None of the bad energy was actually directed at the bosses, who paid them piece rate and forced them to ride hell for leather from pickup to pickup. But, hey, that's what made the job exciting.

With an obvious audience of disenchanted riders, Critical Mass was born. It attracted others equally disillusioned by the failure of municipal government to actually tackle the problems of urban traffic. To the believers, the solution was simple. First, you get as many people as you can to turn out on their bikes on the last Friday of the month. Nothing wrong

with exercising a legal right to ride your bike downtown.

Motorists, the public, and officialdom need to know we mean business, so the rhetoric goes.

Now pedal forward to Seattle. Over cups of double-tall lattes at a certain Belltown café, the disenchanted are, well, disenchanted. News of the melees between police and bikers in Baghdad by the Bay has become a source of pride mingled with envy. Maybe something like that could happen

here.

"Nah, people are too polite here. We can't get more than a handful of riders to turn up," one rider said.

"But some kind of real demonstration, like they had during Vietnam, is the only way to get people's attention," responded his buddy.

"We don't want anyone to get hurt," said another.

"We're not talking about setting police cruisers on fire."

"Maybe we should," interjected a fourth. "Remember that dude in San Francisco during the Rodney King protests. He torched a police motorcycle. TV captured it and everything. That guy was riding a bike. He's one of us."

"I don't think that's such a good idea."

"Well, what about just really irritating people by holding up traffic, taking up the whole street, that kind of thing?"

"That's what we do at work every day."

"Yeah, real funny."

"We could try to get more people involved," said the second rider.

"You mean like Freds and Bettys?"

snorted the third rider.

"Yeah, well, a lot of them ride everyday too. They commute to work and stuff."

"They probably have BMWs in their garages at home," responded the third rider.

"We can't stop them coming," offered the first rider.

"That's true. They could come and then write a letter to their city councilman," replied the second rider snidely.

"Hey, don't knock it man. Sometimes that's how you get things done."

"Yeah, and what have we gotten done so far. A couple of stinking bike racks downtown and a piddly bike lane up Pine Street."

"What do we want out of these Critical Mass rides anyway?" asked another rider who'd just strolled into the café.

The group fell silent for a moment.

"Stuff for bikers," said the first rider.

"Stuff?" replied the stranger. "Could you elaborate on that? Do you mean like bike lanes, racks, less traffic, workplace showers."

Several heads nodded in approval.

"It's more than that, though," the third rider finally offered. "We want respect. We want to be treated as equals with automobiles."

"A noble goal," said the stranger.

"What do you think the Freds and Bettys of the world want?"

"How do I know?" said the third rider, shrugging towards his pals.

"Ever ask them?" the stranger said, raising his eyebrows.

A look of incredulity fell over the group of four riders. One looked at her watch and said it was time to head out for Critical Mass.

"Let's do it, let's reclaim the streets," she said to hoots of approval. They all got up and left the stranger sipping his coffee.



LETTERS

Dear Friends,

I just finished a sad article "The Fine Work" by Maynard Hershon. Thank you for publishing that piece. Maynard brought back a lot of memories for me of being a junior racer in the early '70's. I was sad to hear that Herb was quitting cycling.

We used to ride Gitani's and I have a

1975 Centurion semi-pro that I may part with some day. I'm not giving up cycling.

Perhaps you can get word to Herb Mesler through Maynard that he may try recumbents. I am not sure if the nature of Herb's neck injury but odds are he won't have pain riding a recumbent. My wife went from commuter to tourist in a year and developed neck pain, that went away when we bought a tandem recum-

bent. Odds are Herb will be just as fast as he was riding diamond frames, and more comfortable.

I would appreciate it if you could pass the suggestion along.

My wife and I are riding our "vision" down the coast this summer to the Bahai School in Santa Cruz, CA and back. It is great for couples.

Jerome Knudson, Newport Beach, CA

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Ferrying you and your bike

The following information was provided by the Washington State Ferries.

There are a few different procedures for loading bicycles at each terminal throughout the ferry system so we have broken down the information for you by terminal. There are times when these rules may change due to the discretion of the traffic attendants at each terminal. Large groups with 50 or more cyclists should contact the North or South Regional Offices in advance.

Anacortes: Bicycles must be ticketed and staged in a waiting area at least 20 minutes prior to sailing. All bicycles should be walked on to the auto deck unless otherwise directed by a traffic attendant.

Lopez: Bicycles are walked on the car deck and are usually loaded after the cars and then staged in the back of the boat.

Shaw: Bicycles are walked on and off the boat and are loaded before the cars if they arrive early and after the cars if they arrive late.

Orcas: Bicycles come to the lower toll booth for staging across the street from the ferry then walk down the walkway for bicycles and pedestrians to board the ferry before cars are loaded. Latecomers board after the cars. Bikers headed toward Sidney must purchase tickets before boarding.

Friday Harbor: Bicycles are staged in a waiting area for passengers and bicycles and should be in line 15 minutes before

departure, bikes are loaded before cars. If headed toward Sidney, tickets should be purchased in advance.

Sidney: Tickets are purchased at the auto toll booth then bikers are directed to a waiting area on the dock. Bikers headed to Anacortes walk their bikes on before the cars and bikers headed to Friday Harbor walk on after the cars load. When the ferry leaves the dock it turns around and pulls into the Friday Harbor terminal backwards so the Friday Harbor bicycles are in the correct position to off load. The ferry then proceeds to the other terminals with bikers in front.

Port Townsend & Keystone: Cyclists purchase tickets on each side then walk their bikes onto the ferry. Small groups of bicycles go on before the cars but large groups (50 or more) are held until after the cars load.

Mukilteo: Cyclists purchase tickets then walk their bikes onto the auto deck before or after the cars depending on their time of arrival.

Clinton: Cyclists can ride their bikes on this route before or after the cars down a transit lane on the right hand side of the holding area for cars. If there is a large group of bicycles they would be walked on usually after the cars load.

Edmonds: Cyclists purchase tickets at the booth on the dock then ride their bikes down to the front of the dock. Bicycles then walk their bikes on before the

cars load unless there is a large group and then they would be loaded after the cars.

Kingston: There are no tickets purchased at this terminal and the bikers can ride their bikes onto the auto deck before the cars from the staging area on the dock. Late bikers can ride on after autos are loaded.

Seattle - Pier 52: Cyclists purchase tickets at the auto toll booth then wait at a marked area by the Bremerton or Bainbridge Island slip. Bikers ride their bikes on before autos load and sometimes are directed by a traffic attendant to ride on when there is a break in auto loading. Late bikers go on last.

Seattle - Pier 50: Bikers purchase tickets at the passenger toll booth and carry their bikes onto the passenger only ferry to Bremerton or Vashon Island. Each sailing is limited to 10 bikes on a first come first served basis.

Bainbridge Island and Bremerton: No tickets are purchased at this terminal and bikers can ride their bikes on from a staging area on the dock before cars load. Late bikers go on after the cars.

Fauntleroy: Bikers must walk their bikes on this route. Tickets are purchased at the auto booth or passenger ticket booth.

Southworth: No tickets are purchased on this route and bicycles are expected to walk onto the auto deck of the ferry



PHOTO COURTESY OF WASHINGTON STATE FERRIES
Ferries are a great way to get you and your bike around Puget Sound.

before or after the cars load. Bicycles that need to transfer to the Passenger Only boat to Seattle are given a transfer pass which is given on a first come first served basis. Only five bicycles are allotted for that transfer.

Vashon: Bikes must walk on the car deck with the passengers before or after cars load. Bicycles going on the Passenger Only boat to pier 50 are limited to ten, five from Southworth and five from Vashon.

Point Defiance: Cyclists purchase tickets at the lower toll booth then go to the front of the dock where there is a staging area. Bicycles are walked on before the cars and after the cars.

Tahlequah: No charge and bikes go on before or after cars.





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Continued From "Underwriting" on page 1

Since public land access on improved areas heretofore has been an open door for those other than hunters or anglers, Congress made the authority a three year trial at which point operations, revenue audits and experiential review will be applied to (presumably) a permanent fee system for public access. Outdoor recreationalists will have "trailhead parking fee" projects and the separate "demonstration fee" projects. According to USFS personnel, under these programs \$3 per day fee or \$25 per year fee will be charged per motor vehicle parking at most trailheads in participating National Forests. The long list of participating National Forests in the Pacific Northwest translates into darn near universal coverage.

More problematic, however, is that there are multiple fee "sites" under the present ruling. Mt. St. Helens in Washington and the Newbury Crater in Oregon are completely different projects, which means entry to each of those places takes another \$3 per day/\$25 per year. And provisions in the law allow for \$100 tickets if you don't have the right parking tag on your windshield.

The design of any user fee program has concerned many International Mountain Bicycling Association (IMBA) trail activists, and other trail user group representatives, a great deal. Just what should constitute a model user fee system was the subject of an intense debate

on the nationwide IMBA email list serv from November 1996 to January 1997.

Much of the substance, structure, and methodology of the user fee programs now being instituted by National Land Management Agencies embody some of the worst fears of IMBA access activists.

According to Mark Flint, trail activist and liaison between IMBA and the Oregon Equestrian Trails, the misgivings are substantial. "The program was drawn up and laid at our feet with little or no input from user groups. The language does not ensure that any significant amount of user receipts will go to maintenance or construction of trails or trailheads. The program does not allow for reciprocity between land management agencies, fee sites, states or regions.

Also, enforcement will be difficult and uneven. There is no public involvement in deciding where and how the money is spent, no independent audits. Funding for county and state trails, many of which intersect with federal lands, remains unanswered. Rather than provide trail funding and access, this could be just another hidden tax to support bloated bureaucracy."

Finding someone truly responsible for these programs is difficult. The only two personnel to take inquiries on the record at Region Six headquarters each explained that they were on a three month temporary assignment.

Getting a simple definition of what a fee "site" is can be slippery. According

to USFS personnel, a "site" can be a single trail or monument, or it can be an entire region (like Region Six). It just depends on what the USFS personnel declares for that program.

Clarifying the dedication of funds from these fees is also tricky. USFS personnel declare that 80% of funds raised will go to "operations and maintenance" of the local trails. Of course you have to catch and sort the caveats; agencies are allowed to take 15% off the top for administration. Thereafter, fees in excess of funds received in the fiscal year 1995 are applicable to local trail operations and maintenance. But that money may be applied against deficit spending already being itemized for recreational operations in 1997. You've got to say "may" for everything because all these things are merely "proposed" until signed-off by someone in Washington D.C.

In response to trail user fees, Flint and others are promoting the establishment of an alternative user fee pilot program, drafted from the debate on the IMBA email list serv. The foundation of the plan is a universal permit and stamp system based on the hunter/angler systems used for decades, instead of a parking permit.

In the alternative plan, state and regional commissions, rather than land management agencies, would allocate project funds and bi-annual audits would tell the public how much money was collected and how it was spent. The commissions would be composed of outdoor

recreational user group representatives and state and federal agency personnel.

Strict compliance with percentage dedication of funds, trail access and trail habitat goals are part of the alternative draft language. Funding of the state and county lands as well as federal trails is also addressed, as are discounts for youth under 14, retired citizens and those with minimal incomes.

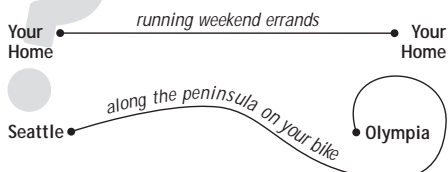
"The purpose of launching an alternative model now is to have alternative data and experience in 2000-2001, when the institution of permanent user fee systems comes to the foreground for discussion," said Flint.

The alternative fee model involves the authority of both state and federal law because it involves universal state and federal permit fees for outdoor recreationalists: \$10 per year, state and \$10 per year, federal. Each user specialty access (such as mountain biking, hiking, equestrian or climbing) would require a \$5 state issued "stamp". The permits and stamps would then have to be in possession while on the trail rather than displayed on a motor vehicle in the trailhead parking lot.

A draft of the alternative program has been submitted in Salem, Oregon and Washington D.C. For more information on the program, contact Mark Flint, (503) 829-9044 or email: mflint@molalla.net.



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Seattle's Neighborhood Bike Shop

Continued From "Spring Training" on page 1

The foundation of bicycling is a sound aerobic base. This is true of every discipline of cycling. Even Marty Nothstein, our Olympic Silver Medalist and former World Champion in the matched sprint, does it. In fact, Coach Bek and Hatton of the USA Sprint program have their athletes go through a vigorous winter training program that includes at least 300 miles per week of aerobic workouts on the road.

An aerobic base may be attained by simply riding. I stress simply. Aerobic work might be described in layman's terms, as the production of energy by the metabolism of fats and sugars in the presence of oxygen. It is done by riding the bike at a level where you can still carry on a conversation with your training partner (or try singing to yourself if you ride solo.) Aerobic rides need to be done consistently throughout the week. Your mileage goals should be determined by, and ramped up to, the largest amount of miles you will need to ride by the summer. Common mistakes of the cyclist is riding at a level that is beyond aerobic. This is frequently done by the person with limited training time. There is no way to substitute for the aerobic base, it just must be done.

Stretching is an important part of making your transition from the couch to the bike a successful one while minimizing your injury potential. You must have the flexibility to sit on the bicycle and turn the cranks. This position is much different from the chair at your desk or counter. Some cycling-specific stretches should include hamstrings, calves, gluts, quads, back, shoulders and neck.

An excellent resource for these and other stretches is Bob Anderson's book, *Stretching*. Bob is an avid mountain bicyclist who understands the special needs of cyclists. The figures in this text are taken from the book.

My favorite time to stretch is in the

morning, but stretching would certainly be appropriate after a brief warm-up and prior to the workout and then of course, after the workout to promote muscular relaxation and blood flow.

Having the "right" equipment for spring training will greatly enhance your ability to train in spite of the rain and dark weather. Proper equipment will decrease the number of excuses that hinder you from attaining your spring aerobic goals and decrease the chance for weather-induced injuries and ailments.

The winter/spring bicycle should include: fenders with extensions to deflect water from the feet and body and a bright, blinking red light for the front and rear of your bike.

The winter/spring body should wear: booties and tights any time the temperature is below 60°F, full finger gloves, a moisture-wicking base layer, layers of wool blends or fleece and a "breathable" waterproof shell. There are many tricks to maintaining the appropriate temperature while on rides. Contact your local independent bicycle dealer to look at choices and options in bicycle clothing. If in doubt it is far better to overdress with layers in the cold, damp months.

Preparing during the winter and spring will ensure you a successful transition into the bliss of summer riding and racing.

If you would like a copy of Bob Anderson's *Stretching* send a SASE to Erik Moen, c/o Physiotherapy Associates, Laurelhurst, 3626 NE 45th St., Ste. 102, Seattle, WA 98105.

Erik Moen is a Physical Therapist, Certified Strength and Conditioning Specialist and USCF Reg 5 Asst. Road Coach, who resides in Seattle.



Quad stretches are a must.



Don't forget to stretch gluts too.

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July 26-27Whitish, MT*
Aug 9MacKay, ID
Aug 16-17Wallace, ID**
Sept 13Idaho City, ID
Sept 28Lava Hot Spgs, ID

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USA Promotions, P.O. 7075, Boise ID 83707
HTTP://www.idaho-connection.com/wildrockies

Ed note: The staff at the Bicycle Paper is in search of any August 1996 issues of the paper you may have lying around. For some reason, the paper was very popular and we miss having one around the office. So, the first five people that send us an August 1996 Bicycle Paper will receive a limited edition Bicycle Paper Mug. These are hefty mugs sporting our logo and a cool bike. Get your back edition in and be sippin' pretty.

Send it to: Lost Edition, c/o Bicycle Paper, 1205 E. Pike, #1A, Seattle, WA, 98122.

Public invited to join Bicycle Advisory Committee

The Washington State Department of Transportation (WSDOT) is in search of an individual to represent King County on the WSDOT Bicycling Advisory Board.

Credentials to apply? You must want to improve bicycling conditions.

The Bicycle Advisory Committee advises WSDOT on bicycle transportation facilities, issues and programs.

If you are interested, send a cover letter and resume (highlighting bicycling and volunteer experiences) to: Mike Dornfeld, WSDOT, PO Box 47393, Olympia, WA 98504-7393. Or call (360) 705-7258 for more information.

Senator Murray receives NOWBike accolade

Senator Patty Murray was on hand at the NOWBike Bike Bash back in February to receive the Golden Gear Award. Senator Murray has done a lot of work to promote bicycling as a critical element of livable communities and an important source of tourism dollars for Washington State. She has leveraged funding and

support for the Olympic Discovery Trail which will give cyclists a safe route around the Olympic Peninsula.

The fact that Senator Murray made a special trip from Washington D.C. to Seattle to receive the award and participate at Bike Bash speaks volumes about her dedication to cycling issues and the community.

"We are 1/11 of the way there," said Susie Stephens, Executive Director of NOWBike, "now we only have 10 other members of Congress we hope will become equally inspired as Senator Murray."

When Senator Murray returned to D.C. her office contacted Bikes Belong and offered to help them in any way.

Aurora Cycle does it twice as well

Aurora Cycle will be hosting its second annual Tandem Fair on Sunday, April 13, from noon to 6 p.m. The fair provides tandem aficionados and novices the chance to learn about certain tandem riding techniques, speak to manufacturers such as Co-Motion Cycles, Cannondale, Trek, Bushnell, Tandem Mover and more about their bicycles, or ride one of the thirty tandems that will be on hand for demonstration.

Aurora Cycle's tandem specialist will be there to provide beginners with an orientation ride and information on choosing a tandem. For those of you experienced riders, a marked and mapped test-ride course is set up around Greenlake.

Aurora Cycle hosts the fair to promote an interest in tandem bicycling. The fair is one way the shop is showing their dedication to the sport but Aurora

Cycle is also remodeling to accommodate an 800 sq. foot Tandem Center which will have at least fifty tandems in stock. If that is the case, it will make

Aurora Cycles home to the largest selection of tandems in the Northwest.

If you are interested in learning more about tandems check out the fair at Aurora Cycle, 7401 Aurora Ave. North in Seattle.



Tandem riding has taken off in the Pacific Northwest.

Delivery via bikes, all bikes

Zen Courier's is the latest delivery service to hit the streets of Seattle, but Zen will hit the streets only with bicycles.

Started by husband and wife Dean and Lisa Lawson, Zen does all of their deliveries on bicycle and does not offer any car transports.

There is a new demand it seems for deliveries that are both economical and more importantly environmentally sound.

"Although we are new this year, we have been growing rapidly," states owner Lisa Lawson. "But it seems to be tied more to the fact that we have great relationships with our customers and we provide fast service on a bike."

The company motto: "Seeking perfection through bicycle delivery"

Since Zen's inception other "all bicycle" courier services have surfaced so if you are looking for an environmen-

tally safe and expeditious way to send packages across town, check out an all and only bicycle company.

Zen Courier's may be paged at (206) 980-1970.

BMX brings Vashon together

Scott Gaul's eight year old son really enjoys BMX racing as do a lot of other kids on Vashon Island. This gave Scott Gaul an idea and he approached Truman O'Brien, Commissioner with the Parks Department, about building a BMX race course on the island.

O'Brien took the idea to the school board and opened it up for discussion. So now, after they receive final approval, Vashon Island will have their very own BMX race course. The course will be built on the north end of the island on the grounds of a closed elementary school.

Gaul has big plans for the course and feels that the approach has been a real community effort.

"Being an island community, we are always looking for new and interesting events for our youths and many of us feel the BMX course will bring a new element into the community," says Gaul, "and we also have plans for establishing a club which will be a great source for a lot of activities for kids."

It seems like the right thing for a community where BMX participants range in age from 4 years old to 45 years old.

Like most other courses this one will be built with donated time and material although the Parks Department will be providing a monetary supplement to finish the project.

The course will be designed for National level racing in the hopes of enticing point races to the course. The course plan is also unique in that it is a downhill course, most area courses are level.

"We have received a lot of support and encouragement from other tracks in the areas and it has been really helpful," stated Gaul.

The track hopes to begin racing no later than this summer.

If you want to help out, contact Scott Gaul at (206) 463-6355.



Senator Murray

CYCLING INJURY CLAIMS

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TRAIN WITH THE LEGENDS IN MONTANA



U.S. Olympic coach (1977-1987) Eddie Borysewicz, Director Sportif of the Montgomery Bell/U.S. Postal Service cycling team, is lead coach for this intensive 9-day camp at the base of the Continental Divide. Eddie brings a host of talent to the camp, including Rebecca Twigg • Mate Ralis • Steve Hegg

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Continued From "Tour" on page 1

As winter ever so slowly dissipates, many water soaked adventurers are putting the final touches on their 1997 cycling choices. With more "tour" options available than ever, it's often tough to sort through the claims and find a fit that ensures a good time. After all, a cycling event shouldn't be remembered as a tolerable experience, it ought to knock your socks off!

Riding options

Those of us living in the Pacific Northwest have more touring choices than anywhere in America. Whether you desire a short morning 15 mile cruise or a 20,000 mile trip around the world, you can find it here. For those self-contained travelers wishing to rely on their own skills and savvy, they can simply pack up and hit the road. Any direction will do. And a growing new breed of "modified" independent cyclists are discovering the joy of replacing their heavy bags with credit cards.

However, tens-of-thousands of bicyclist choose to participate in events organized by individuals, clubs, charities or companies promising to "take care of the details." This hassle free approach is generally a great way to see new places, meet people, exercise, eat a ton, earn a few more braggin' rights, and even help those less fortunate in your community. But most of all, they can be a blast.

Locating events

Finding possible events is a snap. Checkout the Bicycle Paper's calendar in this issue. The Cascade Bicycle Club (206-522-BIKE) publishes a monthly ride schedule. The Northwest Bicycle Federation produces an annual Northwest cycling calendar. Most bike shops and outdoor stores have brochures and info on local events. Both *Bicycling* and *Outside* magazines have extensive advertising sections listing rides to nearly every country in the world.

Selecting a fit

As we sift through this plethora of choices, how does one decide which events are for them? Cyclists should promise themselves at least one new adventure each year. Stretch yourself in number of days, distance and difficulty. Go with a different group. Try something new. Pedal in another state. Explore another country.

Shake up your life

Expect seasoned events to run more smoothly than inaugural events. Ditto with experienced organizers who will tend to produce all of their events with a similar flare. Many first time events will likely have a number of glitches, but there is something to be said for being part of a startup event.

Charity rides

Keep an open mind to charity rides. Hundreds have become loyal participants in local charity events. The most success-

ful are the *Courage Classic* for Mary Bridge Children's Hospital, the *American Lung Association's Trek Tri-Island* and the *Multiple Sclerosis Society's MS 150*. Also, many smaller "body part and disease" rides seem to

proliferate each year. These events are usually well run and the participants always seem to have a great time. If you don't like raising pledges, simply write a check to cover the fees.

Organization and support This, more than anything else, will affect your experience. The charity may be willing to put you in touch with a few participants who can share their experience. If they do, ask probing questions - was there anything that you felt could have gone more smoothly? Did the ride meet your expectations? Did you receive adequate information prior to the ride?

You can also ask questions of the staff



PHOTO COURTESY OF SIP

Most full service rides provide fuel for your day.

in charge - what was included - meals? Sag wagons? Massages? Rest stops? Fund-raising prizes? Overnight accommodations? What happens if I get lost? How could my family reach me in the event of an emergency? How will I know what to bring where to park during the ride, etc? How many staff and volunteers will be at the ride?

Volunteers Find out whether the ride is staffed by seasoned volunteers, at least some of whom hold leadership positions. This indicates a higher degree of volunteer ownership for the ride which translates into better organization and support for the participants.

Grab some major road

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Commitment to safety A top-notch ride will be attentive to safety, as demonstrated by requiring riders to wear helmets and follow the rules of the road. A bonus is a bike safety component included in their ride material. Also having emergency procedures in place is a critical component, yet often overlooked by event management. A solid emergency procedure plan clearly defines staff and volunteer roles and outlines procedures that will be followed in the event of an injury or other emergency.

A worthwhile cause and a responsible use of donations Make sure that you understand how the charity will spend the money gained from this event. This will help you in asking others to donate or participate. While accounting methods vary, a general guideline is that the charity should spend no more than 25% of their total revenues on administration and fund raising with the remaining 75% going toward program delivery. Events are one of the most expensive methods of fund-raising but even so, the costs associated with the event should not

travel and there are hundreds of touring companies that offer trips all over the world.

Progressive Travels is a Seattle-based adventure tour operator that offers a wide variety of luxury (and classic) biking tours. Although most of the tours explore European countries such as France, Italy, Portugal and Spain, they also offer a few trips in the Pacific Northwest.

Progressive Travels has a helpful list of five questions that they provide interested parties with to ensure Progressive Travels will fit their traveling and touring needs. "The following questions should prove to be beneficial for most foreign and domestic bike tours," says Janine Cloney-Robertson of Progressive Travels.

THE BIG FIVE:

1. Find out how many years the company has been in business. (Even if the company is young they will more than likely have a reputation established.)

2. Decide upon the style of accommodation you prefer: (Although many touring companies do not offer a choice, deciding how/where you want to sleep can help to choose the company.)

3. Pick at least two regions that best suit your level of ability and cultural interest. (This is helpful in case your first choice is full.)

4. Make sure to find the appropriate group size. (Some companies offer tours for 20-25 people, while others keep the group sizes down to offer more personal attention.)

5. Ask about the knowledge of the company guides. Find out if the guides actually live in the region they guide you through. (Remember, the guide makes the trip!)

Also keep in mind if you have any health or dietary concerns to be sure and ask if they are able to accommodate you.

If the company meets all of your criteria but you do not feel comfortable with them, then move on. When taking on a bicycle trip, especially in a foreign country, it is important to remember that it is your trip and your money, so it is well worth the time and research to find a company you like. Of course, one of the best ways to discover a bicycle touring company is by word of mouth. Ask your friends, co-workers, your neighborhood bicycle dealer anyone that you may trust for suggestions. Bon Voyage!

Specialty Rides

Another option available is choosing a ride that is created specifically for a particular group such as single sex rides, rides for seniors or even rides for persons recovering from an illness or injury.

In March 1998, twenty women will

dip their bicycle tires into the Pacific Ocean and depart San Diego on the first cross-country bike tour exclusively for women 50 years and older. Over 3,000 miles and 56 days later, the group will again splash into the salt water in St. Augustine, Florida having completed the classic southern route across the United States.

This trip is the brain child of Gloria Smith, age 55 and owner of WomanTours. Smith's bike touring company is based in Driggs, Idaho and is run by women for women. The 1997 schedule of women only tours include New Zealand, Utah, Canadian Rockies, the Grand Tetons and many more.

Smith created WomanTours for women to enjoy the benefits, physical and mental, of bicycle travel. As for the cross-country trip, Smith declared, "I want to share it with other women of my generation who think they can't do such a trip. They can...all they have to do is train and get into shape."

WomanTours provides participants with a training schedule and any additional information to aid those not used to training and bicycling distances.

Smith also is a proponent of comfortable lodgings, an excellent dinner and maintaining a flexible schedule on her tours. "I like to be able to take rest days at points of interest or to wait out a storm. We are not out there to break anyone. We take our time and enjoy ourselves."

Trips such as those offered by WomanTours provide opportunities for individuals and groups to set and achieve goals in unfamiliar territory. They are also good way to spend a personal vacation with similar people.

Don't be high maintenance

A cycling event is supposed to be fun.

Remember, shit happens. Part of the successful cycling experience is being able to flex with those things that don't always set well. Weather, road conditions, construction, breakdowns, lines, food shortages, etc. can be irritating to the best of us. Most worthy organizers are continually working on the is-



PHOTO COURTESY OF STP

Organized rides, such as the Seattle-to-Portland Bicycle Classic, provide a festive finish to your ride.

sues within their control. Is it unreasonable to expect participants to be mature enough to handle the unexpected? Absolutely not. The best riders take the entire experience, both the good and extra challenging, in stride.

Achieving the status of a "high maintenance" rider is not a particularly desirable goal. If you do, you can be assured you will be remembered long after the event is over. If you like to be in the organizer's face as much as possible, if you like to complain, have a negative attitude and tend to be demanding, you may want to change your sport to solo walking. Your species is known to have a negative effect on the ride and its participants.

So be a good citizen, be flexible and retain your humor. Don't whine, keep smiling. Thank the folks who are checking you in, serving food and performing the countless tasks that go into making each ride as enjoyable and memorable as possible. Offer constructive feedback in a positive manner. Above all, enjoy your rides to the max!



Ed note: Thank you to all of the experts who contributed to create this article; Tim Kneeland from Tim Kneeland & Associates, Susan Patla from WomanTours, Lisa Phillips former Bike Trek Manager for the American Lung Association of Washington, and Progressive Travels.



PHOTO COURTESY OF STP

Always ask about accommodations: Hotels, motels or roughin' it?

exceed 50% of the funds raised through that specific event.

Longevity A ride that's been around for a few years is a safer bet than one that's being launched for the first time. However, a new event that's launched by a charity with experience organizing successful rides is likely to have many of the "kinks" avoided.

Before you sign on with any event, you might want to check out the ride's organizers. Ask around to get opinions from at least two former participants. One of the best ways is get a feel for the experience is to talk directly with the people who are producing the ride. This is tougher with big rides or events run by volunteers. But when serious money and time are involved, it's worth a call.

Bicycle tours: Foreign and domestic Cycling provides a great way to see foreign countries. Most European and Asian countries are conducive to bicycle



PHOTO COURTESY OF STP

At the end of a long ride, treat yourself to a massage.

CALENDAR

Events

- Apr 26: Mt Bike Boot Camp.** St. Edward State Park, Kirkland, WA. Learn better off-road riding skills, drills, pre-ride maintenance and IMBA rules of the trail. Fee: \$20 for non-BBTC members, \$10 for members. 10 am to 1 pm. Web Address: <http://www.compumedia.com/~agb/bbtc/> or email: justtridet@aol.com Leonard Francies, Backcountry Bicycle Trails Club, 11116 NE 111th Place, Kirkland, WA, 98033. (206) 283-2995.
- May 1-31: Oregon Bike Month.** State of Oregon. A month long-bicycle awareness month. Special rides, presentations and events to celebrate bicycles and the cycling community Karen Frost Mecey, Bicycle Transportation Alliance, (503) 226-0676.
- May 1-23: Business Bicycle Challenge.** Portland, Begin tallying trips to work for the Challenge in the Portland metro region. Keep track of each trip to work until May 23 on Bike Commute Day. Awards will be given to businesses with the most trips tallied in four size categories. BTA, (503) 226-0676.
- May 1-31: May Bikes Belong Challenge.** Oregon. Businesses team with schools to tally trips to the store, school, church, friend's house-everywhere! Community Cycling Center, (503) 228-8864.
- May 6-30: Tuesday Night Trailwork Party.** Help to repair and maintain trails for safe and friendly trail use. Leonard Francies, Backcountry Bicycle Trails Club, P.O. Box 21288, Seattle, WA, 98111. (206) 283-2995.
- May 7: Bicycle Repair Clinic.** Portland, OR. Collective Bicycle Repair clinic for BTA members. Call for locations and to join the BTA Bicycle Transportation Alliance, (503) 226-0676.
- May 7: First Wednesday at Nature's Fresh Northwest.** Portland, OR and Vancouver, WA. A percentage of the profits at stores in these cities will be donated to the BTA. Call BTA for locations Bicycle Transportation Alliance, (503) 226-0676.
- May 8: Bicyclists Legal Clinic.** Portland State University. Clinic given by Ray Thomas, attorney and BTA member. (503) 226-0686.
- May 12-17: Bicycle Safety Week.** Gladstone. Week filled with safety programs, rodeo, treat and fun. Frank Grace, (503) 248-3820.
- May 15-24: Train with the legends: Eddie B. Cycling Camp.** Southwest Montana. U.S. Olympic Coach (1977-1987) Eddie Borysewicz is lead coach for this intensive 9 day camp at the base of the Continental Divide. Also on hand will be Rebecca Twigg, Nate Reiss, Steve Hegg and other pro riders Fee: \$1100

per person double occupancy, \$1300/person, single occupancy. Includes all meals, snacks, ground transportation, lodging at Sacajawea Inn in Southwest Montana. or (800) 821-7326.

Off Road

- Apr 5: The Big K Mountain Bike Festival.** Elkton, OR. 613 SE Jackson St., Roseburg, OR, 97470.
- Apr 12-13: 12th Annual Mudslinger Mt. Bike Race.** Corvallis, WA. Race #1 of the Oregon Teva Fat Tire Race Series. For all information on the series check out their web site www.coguide.com/events/tevarace.html Jim Fischer, 5549 SW Redtop Pl, Corvallis, WA, 97333. (541) 754-3752(h) or (541) 715-6880(w) Fax: (541) 766-8403.
- Apr 12: Finley Hills Challenge.** NORBA mountain bike race. Nike Wild Rockies Series Event John Limbaugh, PO Box 132, Richland, WA, 99352. (509) 585-0783 or email: bikecave@ix.netcom.com.
- Apr 12: Lower Snoqualmie Valley Trail - Greatest Hits Ride #2.** Elisa Shostak, Backcountry Bicycle Trials Club, P.O. Box 21288, Seattle, WA, 98111. (206) 283-2995.
- Apr 13: Big Hair-Small Brains ride.** Smith Rock State Park. Approx. 20 mile mountain bike ride in and around Smith Rock state park. Not for the meek or timid; very steep climbs and descents. Meet at the north end of the parking area. Hutch's Bicycles - Bend, (541) 3829253.
- Apr 20: 6th Annual Bears Trax and Beeswax.** Tahuya State Forest, Belfair, WA. Tahuya Spring Mountain bike race series. NORBA event. Doug Miller, 1648 S. 246th Pl., Des Moines, WA, 98198. (206) 564-1422 or (206) 824-8104.
- May 3: Horse Heaven Hills Road Race.** USCF Road Race, NCCA NW Collegiate Championships. Lance Armstrong junior events planned. 60 km loop, 14.5 km climb with a rapid 8km descent, same course as the State Championships. Pat Sullivan, PO Box 132, Richland, WA, 99352. (509) 943-6967 or email: bikecave@ix.netcom.com.
- May 4: The Westside Ride.** Bend, OR. Approx. 30 mile mountain bike ride that links popular areas west of Bend in one loop. Several bail-outs along the way. Energy food and drink provided. 9:00 am meet at Hutch's westside store. Fee: \$5 Hutch's Bicycles - Bend, (541) 3829253.
- May 4: The 5th Annual Padden MTN.** Lake Padden Recreation Area, Bellingham, WA. Kulshan Cycles, (360) 733-6440.
- May 10: MS Mountain Bike Madness Ride.** Snoqualmie Valley. Experience mud or rain and enjoy! Choose from an all ages and abilities 50km route, or a challenging 70km route perfect for experienced off-road cyclists. Hearty lunch, rest stop, snacks, mechanical support, massage \$ door prize drawings. Cycle through tree farm trails & over logging roads in the Snoqualmie Valley. Tori Damell, MS Society, 192 Nickerson St., Ste. 100, Seattle, WA, 98109. (800) 800-7047 or (206) 284-4236 or (206) 284-4972.
- May 11: Spring Thaw Mountain Bike Challenge.** Ashland, OR. Race #2 of the Oregon Teva Fat Tire Race Series. NORBA Race. 25 mile racer through the Ashland Watershed. Race and event web site: <http://ID.MIND.NET/GUMBY/> Dana Randy, PO Box 903, Ashland, OR, 97520. (541) 488-2453 or Fax: (541) 488-2453, Email: DBandy@mindnet.net.
- May 11: Carnation Mother's Day Tour - Greatest Hits Ride #3.** Elisa Shostak, Backcountry Bicycle Trials Club, P.O. Box 21288, Seattle, WA, 98111. (206) 283-2995.
- May 17-18: Idaho City Excellent Adventure.** Idaho City, Idaho. AMBC Western Circuit Ron Dillon, USA Inc., PO Box 7075, Boise, ID, 83707. (208) 342-3910.
- May 17-18: Winthrop Boneshaker MTB Bash.** Downhill & cross-country event; earn WIM points! Gino Lisiecki, Wendy Zupan, Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. (509) 535-4757 or (509) 533-9354, email: wendyz@on-ramp.ior.com.
- May 25: Hutch's Hustle.** Bend, OR. Race #3 of the Oregon Teva Fat Tire Race Series Sally Russell, 442 NW State St, Bend, OR, 97701. (541) 389-3295 or Fax: (541) 389-7372.
- May 25: Tim Horton's Action Quest.** Summerland, B.C.. Ron Hayman, Action Quest, PO Box 208, Summerland, B.C., V0H 1Z0. (250) 494-1290 or fax: (250) 494-5475.
- Jun 1: Coast Hills Classic.** Newport, OR. Race #4 of the Oregon Teva Fat Tire Race Series Dave Campbell, (541) 574-0327 or email: Dave_Campbell@Lincoln.k12.OR.US.
- Jun 6-8: Oregon Championship Series #1.** MT. Hood Ski Bowl, OR. PO BOX 320, Government Camp, OR, 97028.
- Jun 8: First Annual Tahuya Spring Classic.** Tahuya State Forest, Belfair, WA. Tahuya Spring Mountain bike race series. NORBA event. Craig Nunes, Old Town Bicycle, 6820 Kimball Dr. N.W., Ste. A7, Gig Harbor, WA, 98335. (206) 858-8040 or (206) 857-3002 or KMBC@earthlink.net.



- Jun 14: Test of Metal.** Squamish, B.C. CANADA. 65 Kilometer point to point. Outstanding mountain views. 1/3 logging road, 1/3 single track and a 10 kilometer single track. Fee TBA. Cliff Miller, Sq. off road cycling ass. Box 793 - Garibaldi Highlands, B.C. V0N-1T0. (604) 898-5195.
- Jun 15: Pickett's Charge! Mountain Bike Race.** Bend, OR. Scenic single track NORBA race. Fees: \$25 Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. (541) 382-8018 or Fax: (541) 382-3079 Email: sunnyside@kxmnet.com.
- Jun 15: Monte Cristo Father's Day Tour - Greatest Hits Ride #4.** Elisa Shostak, Backcountry Bicycle Trials Club, P.O. Box 21288, Seattle, WA, 98111. (206)



AUTHORIZED MOUNTAIN BIKE DEALERS

WASHINGTON

BELLINGHAM
Kulshan Cycles
360 733 6440

EVERETT
Bike Works
206 742 2600

FRIDAY HARBOR
Island Bicycles
360 378-4941

MOUNT VERNON
Cascade Sports
360 336-6641

SEATTLE
Bike Stop
206 622-4060

Elliot Bay Bicycles
206 441 8144
Montlake Bicycle Shop
206 329 7333 (Mtn)
206 453 2428 (Bike)
206 828 3900 (Mtn)

SEQUIM
D & G Cyclery
360 681 3888

SPOKANE
The Bicycle Butler
509 328 7475

TACOMA
Northwest Mountain Bikes
206 565 9050

Tacoma Bicycle
206 572 2553

VANCOUVER
Custom Bicycles
360 695 7496

WENATCHEE
The Ski & Bicycle Doctor
509 662 1617

OREGON

ALOHA
Aloha Bicycle Center
503-642-5333

ASHLAND
Lithia Sports
541-492-5767

CORVALLIS
Peak Sports
541-754-6444

COTTAGE GROVE
Breakaway Cycles
541 842 3522

EUGENE
Paul's Bicycle Way of Life
541-348-6155

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CALENDAR

- 283-2995.
- Jun 21-22: Pacific Crest Cup.** Snoqualmie Pass, WA. Downhill on Sat. and cross country on Sun. Pre NORBA Nationals courses. All Cats + kids races. Fee: \$18 prereg, or \$20 day of race. David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921 or Email: LDDOUG@SCN.ORG.
- Jun 22: 5th Annual Ti Cycles/Thomas Kemper Summer Sizzler.** Capitol State Forest, Rock Candy area. Cross country mountain bike race. Dmitri Keating, Old Town Bicycle Club, 6820 Kimball Dr. N.W., Ste. A7, Gig Harbor, WA, 98335. (206) 858-8040 or Fax: (206) 851-3679 Email: KMBC@earthlink.net.
- Jun 22: Double Dawg Tandem Ride.** Bend, OR. 65 mile road ride for tandems and singles from Bend to Smith Rock state park and back. Deluxe lunch provided. 9:00 am meet at Hutch's eastside store. Fee: \$10 a pair Hutch's Bicycles - Bend, (541) 382-9253.
- Jun 22: Silver Lake Challenge.** Kulshan Cycles, (360) 733-6440.
- Jun 28-29: Gorilla Wolf's Mountain Challenge.** Park City, UT. Ed Chauner, Chauner Promotions, Inc., 2448 East Champus Dr., Salt Lake City, UT, 84121. (801) 942-3498 or Email: edskilaol.com.
- Jun 28: WSU Tri-Cities Criterium.** USCF Criterium. 1.5 mi winding loop with a small hill Pat Sullivan, PO Box 132, Richland, WA, 99352. (509) 943-6967 or Email: bikedave@ix.netcom.com.
- Jun 29: WA State Road Race Championships.** USCF Road Race. 60km loop, 14.5km climb with a rapid 8km descent. Pat Sullivan, PO Box 132, Richland, WA, 99352. (509) 943-6967 or Email: bikedave@ix.netcom.com.



Rides and Tours

- Apr 5: "Tulip Pedal" Bicycle Ride.** Mount Vernon, WA. Discover the best way to see the Skagit Valley tulip field. Come join the non-competitive leisurely tour. The ride starts at Rexville Grange in Mount Vernon. Fee: \$17 with commemorative t-shirt; \$13 for 11 yrs and under. Day of ride \$10 no t-shirt. North Region EMS and Trauma Care Council, Soft Rock Cafe, 325 Pine, Suite D, Mt. Vernon, WA, 98273. (360) 428-0404.
- Apr 6-12: Paradise Pedaling, Wheeling Hawaii 1.** Hawaii. (800) 433-0528.
- Apr 27: Sunnyside Silver Anniversary Ride.** Sunriver, OR. Help us celebrate our 25th year with this 25 mile road ride. No fee. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave, Bend, 97701. (541)

- 382-8018 or fx: (541) 382-3079.
- Apr 27: Lilac Rotary Century Surprise Bicycle Ride.** Spokane, WA. A family fun ride 25/50/100 mile courses. Bill Holcomb, 1617 West Grace, Spokane, WA, 99205. email: wholcomb@on-ramp.IOR.com or fax: (509) 467-4710.
- May 2-4: Applegate Valley Bike-Around.** Jacksonville, OR. Check in at one of Ashland's Inns for the weekend. First evening enjoy wine tasting and hors d'oeuvres at Wolfe Manor Inn. Saturday choose one of three touring options to Applegate Dam 56.20 or 18 miles round trip. Fee: \$65 includes guide, equipment (bicycles, helmets, water bottles) and gourmet catered lunch. Return trip riders will stop at Valley View Vineyard for wine tasting and a tour. Sunday enjoy a half-day ride. Guests may choose from a variety of restaurants for dinner and may also want to enjoy an evening with Shakespeare or Cabaret Theater. (not included) Sybil Maddox, 586 B Streer, Ashland, OR, 97520. (541) 4888-3676 or (800) 801-3676.
- May 3: 13th Annual Ride Around Clark County (RACC).** Vancouver, WA. 35, 65, 100 mile options. Hilly, scenic and beautiful. \$10 pre-registration by 4/23 or \$15 day of ride. Thom Reed, Vancouver Bicycle Club, 804 NW 19th Circle, Vancouver, WA, 98664. (360) 687-1189.
- May 3: Sequim Irrigation Ride.** Sequim, WA. Choose from 12- 30 and 50 mile routes. Fee: \$15 includes food, sag wagon, water bottles and \$1 to NowBike. Bruce Monroe, Olympic Peninsula Bicyclists, P.O. Box 267, Port Angeles, WA, 98362. 360-452-0946 or 360-928-3075.
- May 3-4: Scenic Tour of the Kootenai River '97.** Libby, MT. 3rd annual event boasts of beauty, roaring waterfalls, wildlife and few cars. 2 day tour in remote N.W. Montana (3 hrs. from Spokane). Benefits habitat for humanity. limit:250. Susie Rice, 1020 Idaho, Libby, MT, 59923. (406) 293-8275 or (406) 293-8715, email: gregrice@libby.org.
- May 3-10: Puget Sound.** Puget Sound region. One week bike tour that explores the Puget Sound region and all it has to offer. Fee: \$1,682. Tour also offered May 31-Jun7, June 14-21, 21-28, 28-July 5, July 12-19, 19-26, 26-Aug2. Call for more dates. Bicyclic Adventures, PO Box 11219, Olympia, WA, 98508. (360)786-0989 or (800) 443-6060.
- May 3-10: Puget Sound.** Puget Sound region. One week bike tour that explores the Puget Sound region and all it has to offer. Fee: \$1,682. Tour also offered May 31-Jun7, June 14-21, 21-28, 28-July 5, July 12-19, 19-26, 26-Aug2. Call for more dates. Bicyclic Adventures, PO Box 11219, Olympia, WA, 98508.

- (360)786-0989 or (800) 443-6060.
- May 3: Ride for Humanity.** Portland, OR. 2 Rides to choose from. Community Cycling Center, (503) 228-8865.
- May 3: Ride Around Clark County.** Vancouver, WA. Well, this is almost in OR Mike Viles, (360) 693-0195.
- May 4: Monster Cookie Metric Century.** Salem, OR. Metric Century (62 miles) ride north from Salem to Champeau State Park for lunch and back through flat farmland. Trudy with drink, snacks, lunch and sag wagon. Trudy Mathae, Salem Bicycle Club of Oregon, P.O. Box 2224, Salem, OR, 97308. (503) 585-3079 or email: dparrow@teleport.com.
- May 4: Camano Climb.** Camano Island. A great tune-up ride for STP. 51 miles of scenic bicycling around the perimeter of Camano Island with an escape route of about half the distance for those who wish a shorter ride (No ferry ride required). Fee: \$20 includes two food stops and free t-shirts for the first 500. Stop by the "illumINITE" booth at the Greater Seattle Bike Expo for a pre-reg packet Stanwood Velo Sport, 8500 Cedarhome Drive, Stanwood, WA, 98292.
- May 10: Skagit Spring Classic.** Bayview Elementary School, Burlington, WA. Scenic ride features salt water views, rivers, farmlands and a choice of 25, 40, 62 and 100 mile courses. Pre-registration \$15, day of ride, \$18. Entry-fee includes map, food, sag, showers and an all-you-can-eat spaghetti feed from 12:30 to 4:30 p.m. Marshall Will, Skagit Bicycle Club, P.O. Box 151, Burlington, WA, 98233. (360)652-0653.
- May 10: Bike Fair Ride.** Grant's Pass. Mark Lansing, (514) 476-7743.
- May 11: The Rhody Tour Metric and half-Metric.** Port Townsend. Three route choices of 32, 44 and 64 miles. The ride route follows the varied terrain of east Jefferson County's rural roads. Two food/water stops, SAG, route is marked with pavement markings plus map. Fee: \$15. Proceeds to help provide helmets for kids involved in Port Townsend bicycle education programs. David McCulloch, Port Townsend Bicycle Association, PO Box 649, Port Townsend, WA, 98368.
- May 11: Mother's Day Ride for Women.** Forest Park. Mountain bike ride at 9 a.m. Call or email at bikeclub@teleport.com Erin, Bike Gallery, (503) 282-3445 X212.
- May 17-18: Trek Clean Air.** Seattle Ferry Terminal, Seattle WA. Two-day, 110-mile recreational bicycle ride on the Olympic Peninsula, from Seattle to Westport. Full support. \$35 registration fee and \$250 in pre-collected pledges. Benefits the American Lung Association of Washington. Lori Brown, American Lung Association of Washington, 2625 3rd Ave,

- Seattle, WA, 98121. (206) 441-5100 or (800) 732-9339.
- May 17: Reach the Beach.** Portland, OR. Tour the Oregon Coast. Fully supported with a post ride BBQ. 50, 75 and 100 mile rides plus a mountain bike course. Benefit for the American Lung Association of Oregon. Rick Milner, American Lung Association of Oregon, 9320 SW Barbur Blvd., #140, Portland, OR, 97219. (503) 246-1997.
- May 17: Family Fun Ride.** Springwater Corridor. Bring a sack lunch, a frisbee and the whole family. Children must be accompanied by an adult. For more information, call or email at bikeclub@teleport.com Erin, Bike Gallery, (503) 282-3445 X212.
- May 18: The 12th Annual Santa Fe Century.** Santa Fe, NM. 25, 50, 75 and 100 mile routes. Terrain=flat, rolling, moderately hilly. A food stops. Sag-wagon support vehicles. Fee:\$13, includes water bottle, rider numbers, maps & route marking, food & drinks, sag support Willard Chilcott, (505)982-1282.
- May 24-31: Woman Tours-Zion/Bryce.** Cedar City, UT to Zion/Bryce. A women only road tour. 7days. Fee: \$870, includes Inn-to-Inn, van supported and all meals. Gloria Smith, Woman Tours, PO Box 931, Driggs, ID, 83422. (208) 354-8804 or (800) 247-1444 or (208) 354-8804.
- May 26: 7 Hills Kirkland.** Kirkland, WA. One day ride across seven Eastside hills. Bill Burwell, 13535-127th Ne, Kirkland, WA, 98034. 821-1904.
- May 30: Puget Sound Bike to Work Day.** Several locations. Enjoy this annual event with a friend or co-worker and help promote clean air! Dozens of info stations located on popular commuter thoroughways around Puget Sound. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE or 206-224-9252.
- Jun 1: The Best of the Northwest Bike Ride.** A great STP training ride! 50 and 100 mile routes through a rural river valley. Scenic water views. Michelle Kinsch, Alki Bicycle Company, P.O. Box 85194, Seattle, WA, 98145. (206) 527-7541 or (206) 527-7894 Email: wrotersaol.com.
- Jun 1: No Frills Century.** Redmond, OR. 65 and 100 mile road ride through the back roads between Redmond, Prineville and Madras. Fee: \$10 Susan Bonacker, Sunnyside Sports, 930 NW Newport, Bend, OR, 97701. (503) 382-8018.
- Jun 1-5: Southwest Tours.** Utah. Road bike tour Bryce to Zion Canyon, small intimate groups. Includes lodging, meals, road support, gear transport. Call for full calendar of rides offered. Sandy Green, Scenic Adventure Cycling, 1324 NW Kirkburg, Bend, OR, 97701. (541) 385-5257 or (541) 330-



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MAY 25 BEND	3 HUTCH'S HUSTLE Sally Russell • 152 NW State St., Bend OR 97701 Tel: 541-329-3299 • Fax: 541-329-7372
JUNE 1 NEWPORT	4 COAST HILLS CLASSIC Dave Campbell • 735 NE Fogarty St., Newport, OR 97365 Tel: 541-312-0100 • Fax: 541-312-0127
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Fat Tire Farm
2714 NW Thurman
(503) 222-3276
Portland

Weir's Cyclery
5036 N Lombard St.
(503) 283-3883
Portland

CALENDAR

6118, Email: info@scenic.com.

Jun 1: Tour de Spokane. Spokane, WA. Road tour between Spokane, Cheney and surrounding areas. Half metric century, full metric century or full 100 mile century, your choice. Wendy Zupan, Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. (509) 535-4757 or (509) 533-9354, email:wendyz@on-ramp.ior.com.

Jun 1-25: The Great Alaska Highway Ride II. Delta Junction, AK. 23 days and 1421 miles of cycling along the world's most spectacular wilderness highway (yes, Virginia...it is paved). Pedal from the historic Al-Can Highway's north terminus in Delta Junction, Alaska to Milepost 0 in Dawson Creek, British Columbia. Rough it in style each evening, wilderness style with hot showers, hot tubs and hot springs. Fully supported with all meals and camping. Fee: \$1100. Web address: http://www.cyclevents.com. Cyclevents, PO Box 7491, Jackson Hole, WY, 83002-7491. (888) 733-9615.

Jun 7: Wenatchee Apple Century and Half Century. Wenatchee, WA. This 8th annual ride is the premier STP training ride. 100 mile road ride and 50 mile road ride. Full support, substantial food stops, sag wagons and repair service. Fees: \$25 before 6/7 or \$30 after. Start 8 a.m. David Whitmore, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807. (509) 662-9544 or (509) 662-8559.

Jun 7: Lewis County Classic. Chehalis, WA (Chehalis Middle School). An annual event. 25, 50, 100 mile routes. Pre-register by May 16 and fee is \$15. After May 16, fee is \$20. Lewis County Classic T-shirt sold separately. Twin Cities Chamber of Commerce, 500 NW Chamber of Commerce Way, Chehalis, WA, 98532. (800) 525-3323 or Fax: (360) 748-8763.

Jun 7-15: Woman Tours-Grand Teton & Yellow Stone. Grand Teton. A women only road tour of the Grand Teton, Yellowstone and Idaho loop. Fee: \$980, includes Inn-to-Inn, van supported and all meals. Gloria Smith, Woman Tours, PO Box 931, Driggs, ID, 83422. (208) 354-8804 or (800) 247-1444 or (208) 354-8804.

Jun 7-8: MS Tri-State Bike Tour. Montana, Idaho, Washington. A benefit for the Inland Northwest Chapter, National Multiple Sclerosis Society. Pedal through scenic mountains and countryside of Montana, Idaho, and Washington. Full lodging, meals and support. Fee: \$25; \$30 after 5/26/97. Includes t-shirt, water bottle. Minimum pledge of \$150. Great prizes for fundraising. Recruit a team! Chris Pellole, 818 E. Sharp, Spokane, WA, 99202. (509) 482-2022 or (509) 483-1077.

Jun 7: Portland Wheelmen Spring Century. Canby Fairgrounds, Portland, OR. 50 km, 100 km and 100 mile course. Ride through the Willamette Valley. Mark Greenblatt, Portland Wheelmen, 16 SW Canby, Portland, OR, 97219. (503) 293-1069 or (503) 977-0227.

Jun 8: Flying Wheels Summer Century. Redmond, WA. The official training ride of the STP. Distance(s) 30, 60, 100 miles supported. Fee: \$15 Pat Sawyer, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. (206) 522-BIKE.

Jun 12-Aug 23: Bike Aid '97: pedaling for the Planet. Seattle, WA, Portland, OR & San Francisco, CA to Washington, D.C. Bike Aid is to raise awareness for environmental concern. Routes start in Seattle, Portland and San Francisco and converge in D.C. where participants will meet with policy makers and government reps. Space limited. Bike-Aid '97, 333 Valencia St., Ste. 330, San Francisco, CA, 94103. (800) RIDE-808 or (415) 431-4480.

Jun 14: Tour De Blast. Spectacular ride into the Mt. St. Helen blast zone. Two rides of 50K, fun ride to the Toutle River Dam rest stop. 13K challenge to Johnson Ridge viewpoint directly across from Mt. St. Helen's crater. Fee: \$30. Includes T-shirt, riders food, drink and support and end-of-ride pasta feed. Register after 5/14/97 and fee is \$40. Longview Noon rotary Club, PO Box 1105, Longview, WA, 98632. (360) 749-2192 or Fax (360) 636-3421.

Jun 16-Aug 2: Coast to Coast Bicycle Classic. (800) 433-0528.

Jun 21-22: Seattle to Portland Bicycle Classic (STP). Kingdome, Seattle. The ride in the Northwest. Join 10,000 riders for the trek to Portland with a finish line festival - leave June 21 for a back-to-back century, June 22 for a double century. Fee: \$60. Sign up early! Will Chin Steve Daviess, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.

Jun 22-28: Olympic Peninsula. Olympic Peninsula. Almost a week of biking around the expansive Olympic Peninsula. Fee: \$1,454 includes transfer to/from start of tour. Tour also offered August 3-9, and 17-23. Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. (360) 786-0989 or (800) 443-6060.

Jun 23-26: Cascade Sampler. Cascades. Enjoy a four day trek through the Cascades. Fee: \$834 with transfer to/from tour included. Tour also takes place July 7-10, 21-24, August 4-7, September 1-4, 29-Oct2, October 20-23. Bicycle Adventures, PO Box 11219, Olympia, WA, 98508. (360) 786-0989 or (800) 443-6060.

Jun 23-27: Southwest Tours. Idaho. Road bike tour Sawtooths to Sun Valley, small intimate groups. Includes lodging, most meals, road support, gear transport. Call for full calendar of rides offered. Sandy Green, Scenic Adventure Cycling, 1324 NW Vicksburg, Bend, OR, 97701. (541) 385-5257 or (541) 330-6118, Email: info@scenic.com.

Jun 28: Cannonball. Seattle to Spokane. Ride from

Seattle to Spokane along Route 2 in one day (275 miles). Terry Zmhal, 9304 168th Place NE, Redmond, WA, 98052. (206) 861-1766 or email: terryz@microsoft.com.

Series Races

Apr 8-Sep 16: Badlands Twilight Series. Spokane. 6 p.m. every Tuesday night. Alex Renner, S. 131 Sherman, Spokane, WA, 99202-1460. (509) 456-0432 or (509) 456-8875, email: pegasus@eznet.com.

Apr 8-Sep 2: SIR Thursday Night Road Race Series. Seattle International Raceway. 3 different courses. All on a 2 mile loop - 1 flat and 2 with a 200 meter hill. 4 training races each night. All races start at 7 p.m. Fee: \$10 day of race only. Tracey Jolley, (206) 322-0072.

Apr 9: Spring Point Series. Bonney Lake, WA. Seven week pont series x-country racing. Fee: \$12 per race entry. Doug Cartwright, Kelley Creek Brewery, 20123 Old Buckley Hwy, Bonney Lake, WA, 98390. (206) 862-5969.

Apr 10-Sep 4: Seward Park Thursday Night Series. Seward Park, Seattle, WA. A raindrop shaped 0.8 mile course with a 200 yard hill. 3 training races each night. First race starts at 5:30 pm. Fee \$8 day of race only David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921.

Apr 12: Finley Hills Challenge. Kennewick, WA. A rider's best 10 out of 18 races count towards championship Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

Apr 16: Spring Point Series. Bonney Lake, WA. Seven week pont series x-country racing. Fee: \$12 per race entry. Doug Cartwright, Kelley Creek Brewery, 20123 Old Buckley Hwy, Bonney Lake, WA, 98390. (206) 862-5969.

Apr 16-20: Tour of Willamette. Eugene, OR. Multiple day stage race John Grochau, Emerald Velo, (503) 246-1100.

Apr 20: Oregon Trail Classic. Baker, OR. A rider's best 10 out of 18 races count towards championship Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

Apr 23: Spring Point Series. Bonney Lake, WA. Seven week pont series x-country racing. Fee: \$12 per race entry. Doug Cartwright, Kelley Creek Brewery, 20123 Old Buckley Hwy, Bonney Lake, WA, 98390. (206) 862-5969.

Apr 30: Spring Point Series. Bonney Lake, WA. Seven week pont series x-country racing. Fee: \$12 per race entry. Doug Cartwright, Kelley Creek Brewery, 20123 Old Buckley Hwy, Bonney Lake, WA, 98390. (206) 862-5969.

May 1-Sep 25: Alpenrose Weekly Series. Alpenrose Velodrome, Eric Rosensinger, 3810 SW Idaho Terrace, Portland, OR.

May 3-4: Canfield Challenge. Coeur d'Alene, ID. A rider's best 10 out of 18 races count towards championship Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

May 4: Padden Mountain Pedal. Bellingham, WA. Cross country and trail at Lake Padden Recreation Area, Bellingham, WA Kulshan Cycles, (360) 733-6440.

May 5-Aug 18: RCW Masters Night PIR. Portland International Raceway. Every other Monday night, age graded circuit races.

5/5, 5/19, 6/9, 6/23, 7/7, 7/23, 8/4, 8/18 Chris Hamilton, Raindance Velo Club, (503) 236-4712.

May 6-Sep 16: GI JOES PIR Series. Beaverton. Every Tuesday night circuit race Mark Schwyhart, (503) 231-0236.

May 7: Spring Point Series. Bonney Lake, WA. Seven week pont series x-country racing. Fee: \$12 per race entry. Doug Cartwright, Kelley Creek Brewery, 20123 Old Buckley Hwy, Bonney Lake, WA, 98390. (206) 862-5969.

May 9-11: Columbia Plateau Stage Race. Eastern Oregon. 3 point-to-point road stages, one time trial. Road stages together make one big loop. Marc Schwyhart, Emerald Velo, 4425 SE Woodward, #1, Portland, OR, 97206. (503) 231-0236 or (503) 227-7956.

May 14: Spring Point Series. Bonney Lake, WA. Seven week pont series x-country racing. Fee: \$12 per race entry. Doug Cartwright, Kelley Creek Brewery, 20123 Old Buckley Hwy, Bonney Lake, WA, 98390. (206) 862-5969.

May 17-18: 9th Annual Idaho City Adventure. Idaho City, ID. A rider's best 10 out of 18 races count towards championship Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

May 21: Spring Point Series. Bonney Lake, WA. Seven week pont series x-country racing. Fee: \$12 per race entry. Doug Cartwright, Kelley Creek Brewery, 20123 Old Buckley Hwy, Bonney Lake, WA, 98390. (206) 862-5969.

May 24-26: Twin Rivers-Lewiston. Peter Beall, (208) 743-2040.

May 31: Clearwater Cup. Moscow, ID. A rider's best 10 out of 18 races count towards championship Ron Dillon, USA Unlimited Sports Action, PO Box 7075,

CALENDAR



3910.

Jun 15: 3rd Annual Bogus Bomber. Boise, ID. A rider's best 10 out of 18 races count towards championship. Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

Jun 21: Kelly Canyon Challenge. Idaho Falls, ID. A rider's best 10 out of 18 races count towards championship. Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

Jun 22: Revenge of the Singletack. T. Falls, ID. A rider's best 10 out of 18 races count towards championship. Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

Jun 22-29: Hewlett-Packard International Women's Challenge. The Women's Challenge is an invitational stage race which includes an individual time trial, a "head to head" time trial, a criterium and 6 road stages. The prize list is \$100,000 US. Total race distance is 423.3 miles. There is a mandatory housing fee of \$360 per person and an insurance fee of \$16 per rider. There is no entry fee. James Rabdau, Box 299, Boise, ID, 83701. (208) 345-7223 or (208) 345-5325

Email: hpiwc@micron.net.

Jun 28: Wild Rockies. Ukiah, OR. A rider's best 10 out of 18 races count towards championship. Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.



Single Race

Apr 6: Vashon Island Circuit Race. Vashon Island, WA. A "U" shaped 3 mile loop with a 1/2 mile climb each lap. All CATS + Collegiate. Fee: \$18 prereg, or \$20 day of race. David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921 or Email: LDDOUG@SCN.ORG.

Apr 13: Ridge to River Relay. Wenatchee, WA. Multisport relay race with 2000 participants. 35 mile course includes Nordic skiing, alpine skiing, running,

cycling, kayak/canoe, portage. Open to teams, pairs and solo participants. Susan Frese, Ridge to River Relay Association, 656 North Miller St./P.O. Box 3961, Wenatchee, WA, 98807. (509) 662-8799 or Email: R2Rrelay@aol.com.

Apr 20: Barry Wilcox Hell of the West Time Trial. Epic 35 mile time trial. Bill Rowland, 520 -16th St., Port Angeles, WA, 98362. (360) 457-8069 or (360) 681-3869.

Apr 27: Seward Park Opener. Seward Park, Seattle, WA. A raindrop shaped 0.8 mile course with a 200 yard hill. All CATS + free kids race. Fee: \$13 prereg, or \$15 day of race. David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921 or Email: LDDOUG@SCN.ORG.

May 4: OR District Rehearsal R.R.. Hagg Lake, OR. CH Productions, (503) 236-4712.

May 4: Rehearsal/Cat 4/5 Road Champ. Portland, OR. TURNER ROAD RACE Chuck Jerabek, Fat Tire Farm.

May 5: RCW Masters Night PIR. Portland International Raceway. Every other Monday night, age graded circuit races.

5/5, 5/19, 6/9, 6/23, 7/7, 7/23, 8/4, 8/18 Chris Hamilton, Raindance Velo Club, (503) 236-4712.

May 6-Aug 26: BC Classic Stage Race. University of B.C. Tuesday night criterium. Every Tuesday night beginning in May and running through August. Sign-on starts 6:15 pm, 1st race 6:30 pm, All Categories. Steve Jolly, Team Escape Velocity, 52 E. 20th Ave., Vancouver, BC, V5V1L6. (604) 872-6234 or Fax: (604) 684-0226 E-mail: swjolly@wimsey.com.

May 19: RCW Masters Night PIR. Portland International Raceway. Every other Monday night, age graded circuit races.

5/5, 5/19, 6/9, 6/23, 7/7, 7/23, 8/4, 8/18 Chris Hamilton, Raindance Velo Club, (503) 236-4712.

May 31: OR District R.R. Hagg Lake, OR. CH Productions, (503) 236-4712.

May 31: Seward Park Spring Classic. Seward Park, Seattle, WA. A raindrop shaped .8 mile course with a 200 yard hill. All CATS + free kids race. Fee: \$13 prereg, or \$15 day of race. David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921 or Email: LDDOUG@SCN.ORG.

Jun 1: Mercer Island Time Trial. Mercer Island. 10.4 miles. ALL CATS including Mstr & Tandem. Reg. 8 am, \$15 Louise Kornreich, Liquid Sun Racing, 300 Queen Anne Ave. N., #323, Seattle, WA, 98109. (206) 255-3106.

Jun 7: Silver Fall Road race. Silver Falls. Point to point road race Steve Yenne, Capitol Velo Racing Club, Salem, OR, (503) 585-0463.

Jun 8: Silverton Criterium. Silverton, OR. (503) 838-3707.

Jun 8: WSPT Leavenworth Road Race. Leavenworth, WA. 23 mile loop on rural roads. One 1,200 foot climb up Beaver Pass. Rolling fun course. All cats. Fee: \$18 prereg, and \$20 day of race David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921 or Email: LDDOUG@SCN.ORG.

Jun 9: RCW Masters Night PIR. Portland International Raceway. Every other Monday night, age graded circuit races.

5/5, 5/19, 6/9, 6/23, 7/7, 7/23, 8/4, 8/18 Chris Hamilton, Raindance Velo Club, (503) 236-4712.

Jun 14: Seward Park Summer Classic. Seward Park, Seattle, WA. A raindrop shaped 0.8 mile course with a 200 yard hill. All CATS + free kids race. Fee: \$13 prereg, or \$15 day of race. David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921 or Email: LDDOUG@SCN.ORG.

Jun 22: 3rd Annual Cascade Cream Puff 100. Westfir, OR. 100 mile mountain bike race. Richard, 1689 Charnelton St., Eugene, OR, 97401. (541) 345-7732.

Jun 23: RCW Masters Night PIR. Portland International Raceway. Every other Monday night, age graded circuit races.

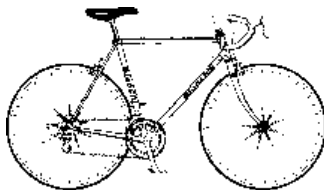
5/5, 5/19, 6/9, 6/23, 7/7, 7/23, 8/4, 8/18 Chris Hamilton, Raindance Velo Club, (503) 236-4712.

Jun 28-30: BC Classic Stage Race. Langley, BC. A racer's race. Three Stage plus Prologue. All categories Steve Jolly, Team Escape Velocity, 52 E. 20th Ave., Vancouver, BC, V5V1L6. (604) 872-6234 or Fax: (604) 684-0226 E-mail: swjolly@wimsey.com.



Stage Race

May 24-26: Best of the West Junior Olympic Stage Race. Oregon. Largest Junior Stage Race in the U.S. - All junior age divisions offered. Event web site: <http://ID.MIND.NET/GUMBY/BESTWEST/> Dana Randy, PO Box 903, Ahlsand, OR, 97520. (541) 488-2453 or Fax: (541) 488-2453, Email: DBandy@mindnet.



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