

# Bicycle Paper

THE VOICE OF NORTHWEST CYCLING JULY 97 • FREE

## Heading for the 1997 NORBA National Championships



**I**nside is the Official Program for the 1997 NORBA National Championship Series at Snoqualmie Pass, WA. An estimated 2,500 of the best mountain bikers will be riding, Thursday, July 31 through Sunday, August 3, Downhill, Slalom, Observed Trails and Cross Country on some of the most challenging courses.

The weekend also includes clinics, demonstrations, even a Shimano Kids Race.

Check out the Official Program inside for directions, event times, and other information to make your weekend complete. Head out to Snoqualmie Pass and witness the action!

See "Race Program" on page 11

## Athletic Medicine

**Eat with your mouth,  
breathe with your nose  
Part II**

BY MICHAEL LEWIS, D.C., C.C.S.P.

**L**ast month I introduced the idea of improving performance and health through nose breathing. The idea is not a new one, but one that has been recently refined in a new book by Dr. John Douillard (Body, Mind and Sport, Crown Trade, NY, NY).

So just why is the nose better for inhalation? The nose is a specialized tool built for breathing. The following are some anatomical benefits that the nose has over the mouth:

The interiors of the nasal passages are made

See "Breathe With Your Nose" on page 20

## Fresca Continues Racing Tradition

BY BRETT STAV

**S**eattle has long been considered one of the nation's hot spots in the sport of cycling, and has hosted several national-caliber bicycle races in its history, dating back to the 1977 U.S. National Championships and the Lowenbrau Classic and Seafirst Crown in the early 1980's. Last year, the city held the first leg of the U.S. Olympic Team Trials - Cycling and the National Cyclocross

See "Fresca Invitational" on page 4



# Bicycle Paper

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## OPINION

# An open letter to Washington State Ferries

BY GORDON BLACK

I hate to pick on an easy target. But, like Oscar Wilde, I can resist everything except temptation. Besides, the state ferries have had this coming, for a long time.

I'm talking here about their treatment of bicyclists and bicycles. For a long time I've included myself in the camp of regular ferry users who placed faith in the ferry system's bicycle advisory committee. What a nice idea. Instead of a verbal war over issues, both sides get together every month or so and talks it over in a civilized fashion. And there's the rub—it's mainly talk. Despite the best intentions of those who participate on the advisory committee, very little or nothing seems to get done. I concede, there is the bicycle pass program. Kudos to those who pushed that through. The pass is a big advantage to bicycle commuters, but could probably be more effectively managed and administered by NowBike than it can be by the ferry system.

The pass frees bicyclists of the bother of buying 50 cent daily tickets but it still leaves them at the mercy of the ferry crews, and the general intransigence of the ferry system's commanders. The irony here is that the ferry system is a militaristic organization - big on uniforms with gold braid - but surprisingly poor at passing along orders. Take the issue of loading. As part of the negotiations to get the pass program going, the ferry system insisted on getting all applicants to sign an agreement saying pass holders would follow ferry system rules. That would be fine if they were evenly applied. The agreement says bicyclists

will load first; late arriving bicyclists will load last but that loaders will provide an additional opportunity for bicyclists to board. Some do. Some don't. Some load-

seem intolerant of bicyclists. Some let you load at a lull in the vehicle loading; others make you wait.

As the ferries become ever busier, bicycle numbers have grown. They will continue to grow. The new vehicle ferries commissioned by the state (and to which all taxpayers are paying) should have been a great opportunity to accommodate these swelling ranks of bikes. It wasn't for lack of bicyclists trying to provide input. One commuter who is a naval architect even put forward suggestions on to how modestly modify the design to accommodate bike storage. This would have created storage for 60 bikes or so. "Niet," said the ferry system architect.

Consequently, the Tacoma and Wenatchee car ferries won't have any better provisions for bikes than the Spokane and the Walla Walla. As for foot ferries, they allegedly will better cater to bikes. I hope so. The other week I saw a rider clad in lycra walking through downtown Seattle, bound for the ferry terminal. She lived on Vashon Island and had been denied boarding because of the current limited capacity of the existing passenger ferries.

What's missing with the ferry system is an inability to see itself not as an isolated glorified navy but as an integral part of the transportation system, catering to a variety of passengers. Only a concerted effort to change attitudes and shake-up the organization will achieve that. Instead of the bluster about being the largest ferry system in the United States, let's have it claim to be the best ferry fleet in the country. Now that's a claim, if attained, I'd certainly lift my glass to.



## Outspokin'

BY GORDON BLACK

ers make bicyclists wait until the final vehicle has been packed on, requiring bikers to carry their bikes overhead past the cars at the back of the ferry.

Bicyclists get to unload first. That's convenient, except when the crews have allowed motorcycles to pile up at the front of the boat, making it difficult and dangerous to squeeze past. One day I thanked a loading officer for requiring all motorcyclists to wait in the wings of the ferry. He was surprised at being thanked. To my question about getting this to become the standard procedure I was told that it's up to the crews. Now there's democracy. Perhaps the crews - among the less well-paid members of the ferry system staff - have the power to make other decisions too!

That's the great frustration with the ferry system. Some crews are great, others

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"Fresca Invitational" from

Page 1

**Championships.** This year, Seattle's tradition for producing big-time bicycle races continues on July 13, when Alki Point hosts the Fresca Invitational, presented by Saturn.

"The Fresca Invitational represents our commitment to keep national-caliber bicycle racing in Seattle," said Peter Kaye, Fresca Brand Manager, Coca-Cola USA. "Seattle has proven itself as a leader in the promotion of the sport, and we are proud to continue that tradition." Fresca sponsored the 1996 U.S Olympic Team Trials - Cycling, and the 1994 and 1995 Fresca National Cycling Championships, held in Seattle.

Set at West Seattle's picturesque Alki Point, the Fresca Invitational will feature three criteriums, highlighted by a Men's Pro/1 event. The Men's Invitational will feature the nation's best professional cyclists as they race for \$20,000 in cash and prizes on the Fresca Invitational's fast, four corner, 1.1-mile beach front course.

"The Fresca Invitational encompasses Alki Point's unique atmosphere and creates a perfect setting for national-caliber bicycle racing," said Steve Penny, Vice President of Bob Walsh Enterprises, the event's organizers. Alki Point has hosted several cycling events in the past, including the 1995 Fresca National Criterium

**Championships.**

This year's Fresca Invitational culminates the 1997 Tour of America, and will crown the overall men's champion of the six-race professional cycling series. America's top professional and amateur teams are expected to compete, including Team Saturn, with Olympians Steve Hegg and Mike McCarthy; the United States Postal Service Team; Team Shaklee; Plymouth; Richbrau; Comptel-Colorado Cyclist, with Pullman's Kirk Willett; Saturn of Bellevue, with Tacoma's Kenny Williams and West Seattle's Doug Carlton; Ray's Boat-house, with Redmond's Paul Dahlke and Seattle's Ron Schmeer; and Navigators, featuring Milwaukee, Oregon's Todd Littlehales, who has already scored two big wins at the Redlands Tour and the Athens Twilight Criterium this season.

"We're pleased to be a part of the Tour of America," said Penny. "The Fresca Invitational, as an addition to the Tour of America, is a big step in our quest to broaden Seattle's visibility and increase the popularity of cycling through a prestigious national series." Seattle is the first city on the West Coast to host a Tour of



At the 1995 Fresca National Cycling Championships

PHOTO: FRISCA-NATIONAL CYCLING

America event. If you are unable to catch the monumental race or would like to catch it again, the race will be broadcast on Fox Sport Northwest on July 19 at 3 p.m. and on July 22 at noon.

There are many prime viewing areas within walking distance along the Fresca Invitational's short, 1.1-mile route. The Start/Finish and first and last corners, located along Alki Avenue SW between the Alki Point Lighthouse and 63rd Avenue SW, will capture the intense speed

of top-class sprinters as they dash for cash and prizes. Expect to feel a bicycle-induced wind of 40 m.p.h. along this stretch. At the Fresca Invitational's third and fourth corners, at 63rd Avenue SW and Beach Drive SW and Beach Drive SW at Alki Avenue SW, spectators can watch in awe at the speed, tactics and cornering techniques of professional cyclists at their best.

As part of the Fresca Invitational's festivities, a full afternoon of activities

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**Q:** Which of the following riders is maintaining the greatest ground speed?

- Rider 1 is on a bike with 26" rims rotating at 195 RPM.
- Rider 2 is on a bike with 28" rims rotating at 180 RPM.



**A:** Tough Call

Lucky for you, it's not a race and there won't be a quiz.

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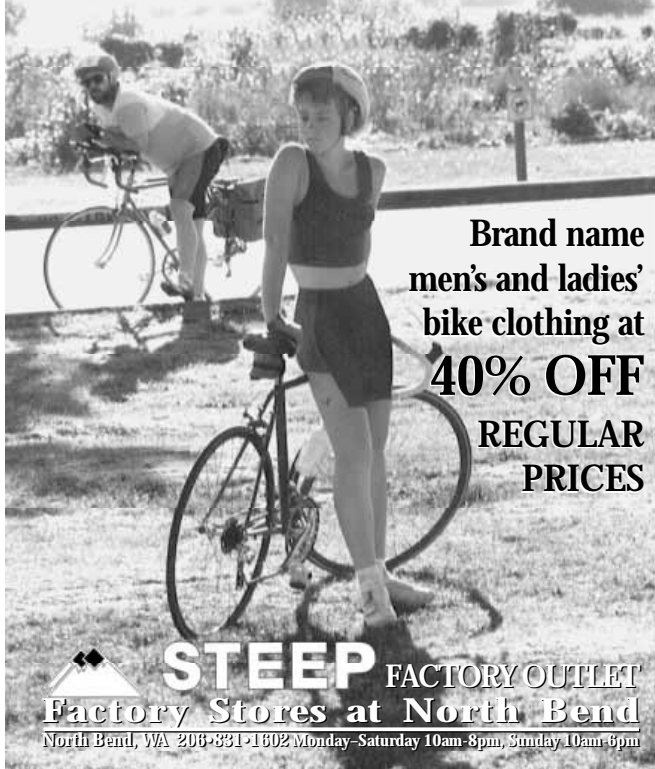
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"Full Sail" from previous page

Bill was curious of her connection to the company. Once it was learned that Thomas Kemper was a sponsor but was not continuing the contract, thoughts of a possible future sponsorship with Full Sail Ales were entertained.

"We had received numerous proposals for sponsorship of beer festivals, sailing regattas, and car races, but the sport of cycling invokes the most of what we were looking for in a representative of our beers. The healthy lifestyle coupled with the fun-loving nature of cyclists meshes well with our product," explained Curley. The fact that Bill is no stranger to the saddle, having ridden unsupported across the U.S. in 1977, didn't harm the chances of a sponsorship.

The next step was to draft a proposal to The Full Sail Brewing Company. Jodie enlisted the help of team founder Steve Poulter. Poulter, a six-time Great Britain National Team Member who represented his birth country in the 1984 Olympics and has numerous U.S. Masters' Championship jerseys stepped up to the task. Using his cultured demeanor learned as a professional racer in both Europe and the U.S., the Redmond-based father of twins worked with Curley and Allen on a sponsorship proposal. The road team was on its way to gaining a sponsor, but Allen was not done, for she races off-road as well. The logical move was to incorporate her connections with the mountain bike community in hopes of garnering sponsorship for local standouts.

The off-road players involved were Andrew Gagne and Joseph Brown, both expert-rated mountain bikers. "What we thought was what if we did a western version of the Trek Factory Team by invoking a local Volkswagen dealership in a sponsorship package," explained Brown. He was speaking from outside of the sharp-looking EuroVan festooned with sponsor logos after he and teammates Rob Munger and Tim Erickson placed in the top twelve of the Tahuya Spring Classic recently. "We put together



Full Sail Racers

a proposal with Trek and Carter Volkswagen explaining our goals and they stepped up almost immediately! This helped with our proposal to The Full Sail Brewing Company, for it was the visibility and exposure that they were looking for in a sponsorship."

Thus, a professional package was created. Though The Full Sail Brewing Company is the primary sponsor of the road team, other sponsors must be commended. They are Market Associates, INC., Sachs Bicycle Components, Pace Cycles, Powerbars and Chameleon Sportswear. In addition to The Full Sail Brewing Company, off-road sponsors are Trek, Carter Volkswagen, Giro, Oakley, Rock Shox, Time Pedals and Shoes, Control Tech, Clif Bar, Sachs Bicycle Components, Bontrager Wheels and Tires and Gregg's Greenlake Cycle.

Many riders see sponsorship as a means to pay for race fees, parts discounts, or simply a free ride. The key to obtaining and retaining a sponsor is to be a professional and gratuitous emissary of the sponsors. If you're looking for some pointers, observe The Full Sail Brewing Company Team riders at the next race. They'll point your ship in the right direction.

Team Members- Road: Steve Poulter Cat II; Matt Thorson Cat I; Mick Walsh Cat II; Rob Silver Cat II; Chuck Pace Cat III; Rodd Wagner Cat V; Jodie Allen Cat II

Team Members- Mountain: Andrew Gagne Expert; Joseph Brown Expert; Jodie Allen Expert; Ben Smith Elite; Rob Munger Expert; Tim Erickson Expert

## ride a masterpiece

### Coast to Coast Bicycle Classic™

Seattle, WA to Asbury Park, NJ • June 16-August 2, 1997  
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### Wheeling Washington IV™

Seattle, WA to San Juan to Victoria BC to Long Beach, WA • Sep. 7-13, 1997  
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### Southern Cross Bicycle Classic™

Anaheim, CA (Disneyland) to Orlando, FL (Walt Disney World) • April 20-June 6, 1998  
The lightly cycled South brings undiscovered beauty and new challenges. This gorgeous "coast to coast" route traverses the Southwest, the variety of Texas, and travels the beautiful white shores of the Gulf Coast. After 49 days, 3,200 miles, 8 states, spectacular scenery, visits to Phoenix, San Antonio and New Orleans, and scores of adventures, the riders arrive for a victory celebration in Orlando, FL.

### West Coast International Bicycle Classic™

Victoria, B.C. to Tijuana, Mexico • Sept. 21-Oct. 17, 1998  
The WCI is TGA's most challenging ride and traverses the entire length of the Pacific Coast of the US, featuring 27 carefully selected destinations. This incredible ride serves up sun, rugged coasts, quiet beaches, lighthouses, giant forests, famous wineries and world-class cities as daily travel experiences. After 1,600 gorgeous miles, we celebrate our finish in Mexico.

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## NEWS & NOTES

Do you have a regional note?

Call Alison Bohan, *Bicycle Paper* Editor, and perhaps we can get you into our next issue. Call (206) 323-3301.

### Mukilteo/Everett area

The MS Society needs volunteer mechanics on the Tour De-Light. If interested call Tori at (206) 284-4236 or (800) 800-7047.

### Bikes can fly

Whether you are going across the country or to another continent, taking a bike may be easier and cheaper than you think. The International Bicycle Fund has produced "Bikes Can Fly: Survey of Airline Baggage Regulations for Bicycles".

This bi-annual report describes in detail how to fly with your bike, relays packing options and gives step by step instructions to stay within particular airlines' cycle guidelines.

While bicycles are widely subcharged on domestic flights, there is good news for international travelers; bikes generally fly for free.

The report also points out that each airline has its own policies for particular destinations and these can change at any moment.

You can order "Bikes Can Fly" for US\$4 by writing to the International Bicycle Fund, 4887 Columbia Drive S., Seattle, WA 98108.

### Rack & Roll Tour

highlights transportation

August 29, the Rack & Roll Tour team begins its week long trek from Seattle to San Francisco. This tour is different than most cycling tours in that 60% of the tour will utilize public transit buses from city to city, connecting with 20 transit systems altogether.

The tour is the brain-child of George Allen who stumbled on the idea during a casual conversation. Allen began calling several different transit agencies. Upon receiving a positive reception from all of the transit systems contacted, Allen decided to put the plan into action. "The tour created itself. Everyone was so positive about the idea that it has just fallen into place," said Allen. "In fact, all 20 of the transit agencies have committed themselves to promote and spread the word about the tour to local media and local bicycle groups."

To make the tour complete, the day the team arrives in San Francisco they will aid Golden Gate Transit and Bart in celebrating 25 years of service.

Besides heightening awareness in regards to alternative transportation, the tour has four other goals they hope to accomplish:

- Promote bicycling and highlight the benefits of bicycle accommodations on buses

- Raise money for pro-bicycle advocacy efforts in the face of dwindling resources

- Illustrate to Federal funds holders the need to increase, not cut funds for bike facilities

- Researching facilities and services provided to bicycle riders by transit agencies and provide that information to agencies seeking to improve their own facilities.

The last goal being one of the most important to Allen. "This event really helps to create a bridge between transit systems and bicycle groups. The only way we can benefit each other is through communication and this Tour has already opened the doors," concludes Allen

Pierce Transit and SportRack were a big help in creating the tour. Personal contributions to the Tour can be made by purchasing a t-shirt or sweatshirt. For more information call (206) 782-6323

Tips from a Saturn Pro at Saragosa

Outside of Eugene there is a Wild West-style ranch, Saragosa, that sits amid some of the best traffic-free paved roads a cyclist could want. The weekend of July 26-27, Sue Palmer, member of the Saturn Cycling Team, will be passing along racing and training tips at Saragosa Weekend. The weekend will also include a daily training ride of approximately 60

miles each, briefing on diet, racing tactics and training regimens.

Palmer's specialty is climbing and she is owner to 17 best climber jersey's. The area around Saragosa is great for Palmer to demonstrate how to improve climbing skills and the route chosen for the event uses paved logging roads, devoid of traffic.

After the fundamentals, there will be a party in the forest with live entertainment and refreshments.

An early registration for the weekend is required. For more information call (800) 778-4838.

### Cancelled

The Tualatin Crawfish Criterium schedule for August 9 and the Governors Cup Criterium scheduled for August 10 have been canceled. Both promoters wish to participate/spectate and support the stop of the national EDS track series at Alpenrose that weekend. Both promoters reiterated that this is not a permanent cancellation and that both races would be back in 1998.

### Correction


ED Note: In the June Bicycle Paper, incorrect information was given regarding Chris Snyder in the Padden Mt. Pedal article. Snyder is an American who rides for WA Dental Service Cycling.

We apologize for any inconvenience.



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# Bicycle Paper Racing Section

A Special Section on Bicycle Racing Events in Oregon & Washington



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Silver Creek Falls

Masters PIR

Pickett's Charge

Washington State

Races & Results

Oregon State

# Washington Race Results

## Mutual of Enumclaw

5/17/97

Enumclaw, WA

Cat 1/2

1	Paul Dille	Ray/Bathouse
2	John Gofrau	Onaro
3	Paul Willetton	Burbayer
4	Remy Williams	Stum of Bellevue
5	Ben Archon	Ray/Bathouse
6	Ron Schmeer	Ray/Bathouse
7	Mark Velezn	LCSP/Vilwagn
8	Doug Carlson	Stum of Bellevue
9	Eric Rosinger	BleGilly/Sqert
D	Ray Hall	Ray/Bathouse
1	Michael Roetz	Team Oregan
2	Michael Roetz	Hutch/Polar
3	Scott Gagen	LCSP/Vilwagn
4	Ray Hall	Stum of Bellevue
5	Scott Gagen	Black Cat
6	Mark Velezn	PH
7	Paul Dille	Ray/Bathouse
8	John Gofrau	Ray/Bathouse
9	Christian Chan	LCSP/Vilwagn
D	Adam Miller	Nero

Women Cat 1/2/3

1	Kathy Ginter	Qahel/Stun
2	Andrea Harris	Team C
3	Laura Reed	Gegs/Specialized
4	Chill Bergstrom	Team C
5	Wendy Hoff	Qahel/Stun
6	Sara Graham	Gegs/Specialized
7	Stephanie Harris	Team C
8	Leah Gohstein	Team C
9	Stacy Poyth	M/Dale/Cycling Team
D	Leigh Ribwood	WS Physical Therapy
1	Cheryl Carroll	TiCycles
2	Alicia Plymmer	Anna/Cycling
3	Jill Murray	TiCycles
4	Debra Triplett	BleGilly/Sqert
5	Kristi Cole	Ray/Bathouse
6	Michelle Hoffer	TiCycles
7	Hester Thomson	TiCycles
8	Jennifer Davis	TiCycles
9	Linda Hill	TiCycles
D	Sarah Hill	Redlands/Cycling

Cat 4/5

1	Matt Seley	BleGilly/Vib
2	Ron Stur	Ut
3	Jack Stearns	Red Cat
4	Deke Trip	Stafsky

5	Jerry Bick	GoCrash/Ab
6	Paul Forey	TiCycles
7	Allan Baskin	Atomic/Racing
8	Tej Garcia	BleGilly/Vib
9	Jeff Wetland	TiCycles
D	Steve Bruster	TiCycles
1	Ryan Perham	Liquid Sun
2	Colly Stearns	Red Cat
3	Aaron Ochocky	Hugs/Racing
4	Jerry Bon	Stum of Bellevue
5	FS Mitchell	Raleigh/Sport Bagels
6	Spencer Barclay	
7	Andrew Bagshaw	Club Jock
8	Thom Mays	
9	Dan Linster	Gegs/Specialized
D	Dave Harris	Redlands/Cycling

## Seward Park Spring Classic

5/31/97 - Seattle, WA

Thanks to all those who came out and raced in the dumping rain!!! Special thanks to Odwalla for providing free juice for all who entered and Wright Bros. Cycle Works for providing prizes and primes for the event. Product Sponsors: Control Tech & Power Bar.

Cat 1 & 2 Men - 70 mins. - 25 riders (Not raining)

1	Remy Williams	Stum of Bellevue
2	Doug Carlson	Stum of Bellevue
3	Dale Krapp	Elavon/TiCycles
4	Reddyro Sattler	Spess/Marian College
5	Reddyro Sattler	Stum of Bellevue
6	Steve Higgins	Stum of Bellevue
7	Remy Williams	Redlands/Cycling
8	Yves Robinson	Sport Bagels/Raleigh
9	Crestlerlan	Crash

## Walla Walla

WALLA WALLA, WA - Sixty-eight cyclists from around the northwest competed in the first USCF-sanctioned race here in several years on Sunday, June 1.

The skies were cloudy but the roads dry all day for the Vuelta a Onion Country road race.

The I-II field included professional rider Kirk Willett, and his presence affected the strategy of the race. Portlander Steve Smith accelerated away from the field early in the 68 mile race.

"I attacked because I'm not in very good shape yet," Smith said, "and I knew that with the horsepower in that group, there would be a lot of hard accelerations, which would wear me down. I wanted to ride a more even pace. Two people bridged up to me, and I was hoping to just keep it steady until the group caught up with us. But my breakaway companions wanted to hammer, and we stayed away until I couldn't go anymore."

Local Walla Walla Ray Miracle, riding in his first USCF race in several years, was impressed with the III field.

"The first two laps we went up the hill at 20 or 21 (mph), and that was fine," Miracle said, "but on the third lap we chased a couple guys that got away, and we were going 22.5. That was it for me."

## RESULTS

Men

Cat 1, 2 (68 miles, 5 laps)

1	Jerry Shriep	Rilhan, WA	Chirok
2	Rich Post	College Place, WA	Dafite
3	Leif Cole	Rilhan, WA	Stun
4	Tom Mendi	Snohomish, WA	Stun
5	Kirk Willett	Rilhan, WA	Chirok/Cyclist

Cat 3 (68 miles, 5 laps)

1	Matt Weyen	Redick, ID	Ray/Bathouse
2	Paul Roe	Kirkland, WA	TiCycles
3	Dorely Miller	Bellevue, WA	Stum of Bellevue
4	Chris Gert	Mexov, ID	
5	Mark Hinks	Rilhan, WA	MB/BikeRives

4, 5 (42 miles, 3 laps)

1	Britt Robinson	Yakima, WA	Chirok
2	Chad Wulfer	College Place, WA	Willaville College
3	Dave Laven	Rilhan, WA	WirRives
4	Stuart Lyon		
5	Dave Hartz	Clatsop, WA	WirRives

Masters A (55 miles, 4 laps)

1	Dan Lewis	Kennewick, WA	High Flyers
2	Dan Brown	Spokane, WA	Redlands
3	Clint Aading	Richard, WA	Chirok
4	Mark Brown	Kennewick, WA	High Flyers
5	Mike Rich	Wentz, WA	uat

Masters B (42 miles, 3 laps)

1	Tej Garcia	Kennewick, WA	Chirok
2	Lloyd Dunan	Hyden, ID	Chirok
3	Barthill Gilman	Kennewick, WA	High Flyers
4	Alexander	Spokane, WA	Redlands

5 Rich Nelson

W. Richard, WA Chirok

Juniors (42 miles, 3 laps)

1 Dustin Bennett

Clatsop, WA WirRives

Women

1, 2, 3 (42 miles, 3 laps)

1 Trish Willett

Rilhan, WA Qahel/Stun

Cat 4 (42 miles, 3 laps)

1 Lisa Thompson

Kennewick, WA Chirok

2 Allison Bell

Leiston, ID Seattle/Spess

3 Robin Gillian

Richard, WA Chirok

4 Nicole Stajic

Richard, WA Chirok

## Mercer Island Time Trial

June 1st, 1997, Mercer Island, WA.

The race was organized by Liquid Sun/Northern

Life Racing and attracted over 70 participants.

## Life Racing and attracted over 70 participants.

Senior 1, 2

1 Ron Schmeer

2 Brad Stearns

3 Reddyro

Master A

1 Glen Bremer

2 Mike Barb

3 Ray Hamon

Senior 3

1 Jeff Hare

2 Dan Hinton

3 Roy Miller

Master B

1 Bruce Hammer

2 Jeff Hinton

3 Rich Leard

Senior 4, 5

1 Bob Olson

2 Craig Hira

3 Steve Gill

Tandem

1 Dan Hinch, Leigh Ribwood

2 Rich Pirrath, Hester Thomson

3 David Lane/Van Galen

Women 1, 2, 3

1 Wendy Willett

2 Kristi Cole

3 Kristi Kula

WOMEN 4

1 Debbie

2 Amy Barbeau

3 Janet Mays

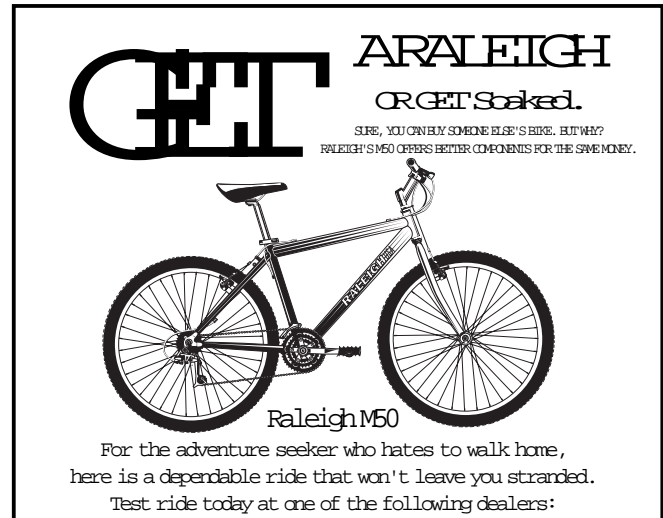


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--	--	--




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<b>Redmond Cycle</b> 16205 Redmond Way Redmond, WA 98052 (206) 885-6363	<b>Bicycles West</b> (Wash. Green) 9120 "C" SW Hall Blvd. Tigard, OR 97223 (503) 620-7544
	<b>Bicycles West</b> (Eastside) 2635 NE Broadway Portland, OR 97212 (503) 288-8431



# NORBA NATIONAL CHAMPIONSHIP SERIES

**SNOQUALMIE PASS**

**1997**  
**WASHINGTON**

**July 31-August 3**

**SALMON**

*Northwest mythology has it that salmon could transform themselves into human shapes and then return again as salmon. As a matter of fact, salmon undergo great morphological and physiological changes during their exhaustive migration to and from the sea. Salmon have an intense homing instinct with some species of salmon traveling over 1,250 miles to journey back to their original birthplace. We think a few thousand of these salmon will be on mountain bikes at Snoqualmie Pass this summer.*

## MOUNTAIN BIKE RACES

- CROSS COUNTRY**
- DOWNHILL**
- DUAL SLALOM**
- OBSERVED TRIALS**
- HILLCLIMB**

**Open to all ages and ability levels from Beginner to Pro!**

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# 1997 NORBA NATIONAL CHAMPIONSHIP SERIES Spectator Info

Snoqualmie Pass, WA July 31, 1997-August 3, 1997

## The Events

**REI Cross Country** - A 5.5 mile loop consisting of 75% single track. Course winds through old growth timber, travels along some access road, climbs anywhere from 6% to 15% grades and gains 1,000 feet of elevation per lap.

**Visa Downhill** - Pros will be competing on a new 2 mile course, designed by Greg Herbold, which promises to offer the gravity fed racer plenty of challenge. Pilots should be ready to rock and roll, as the ground cover consists of rocks and boulders in a variety of sizes, and some nice medium compound shale loam. There is a milder version of the downhill for beginner and sport riders. Access to the downhill course is on Silver Fir Chairlift. Spectators wanting to view the downhill from above the finish area will be charged \$5 for chairlift access.

**Dual Slalom** - Designed by Pro rider Keith DeFiebre, this promises to be an exciting, spectator-friendly course. Amateurs race Thursday. Pros race Saturday.

**Hillclimb** - Fastest one to the top wins this 1 mile odyssey! 8%-12% grade, 900 - 1000 feet of elevation gain. Start line is near the Hyak base and goes onto Trail #11.

**Observed Trials** - Great spectator action! These events are conducted over a variety of man made and natural objects such as mud, rocks, tables, logs, pallets, spools, etc. The riders attempt to negotiate each section without putting down a foot, known as a dab. Each dab adds a point to the riders score. The rider with the lowest total score wins the event.

**Shimano Kids Race** - A free race for all kids 12 and under. Sign up on-site at the Shimano Tent before noon on Sunday. No pre-registration necessary. Race is on Sunday, August 3rd at noon. Age groups include: 6 & under, 7-8, 9-10, 11-12. Prizes for all!

## Spectator Tips

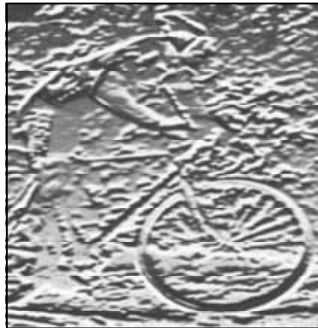
1. Possibilities abound for viewing all events. Please remember to keep a heads up for all racers, stay off the courses during race times, and give athletes plenty of room to maneuver. They will be going at top speed, so if you're bringing small children, hold their hands and keep them by your side! If you hear "Rider Up" make sure you're off the courses.

2. Please leave your dogs at home! If there is no other choice, they must be kept on a leash.

3. Great viewing is to be had along the cross country trails. Please stay to the side of the course, and if possible, walk towards oncoming riders, so they are visible at all times.

4. Premier parking is available close to the venue. There will be a \$5 per car charge for paid parking. See map for locations. Free parking is also available. Limited shuttle service will be operating on Saturday and Sunday. Feel free to bring your bike...it will be your best means of transportation!

5. A variety of food and beverage services will be available on-site. \$5 pasta dinners will be served from 5pm - 8pm on Friday and Saturday evening. See map for food/beverage areas.



6. Weather is variable on the mountain. Be prepared for rain, sun, wind, cool, hot, but mostly perfect weather!!

There will be plenty to do and see during the weekend. When not tracking your favorite races be sure to check out one of the exhibitions or clinics being offered

## Expo and Tech Exhibitions

July 31 - August 3, 9am - 5pm

Surry on down to this stone soul tent city! Check out the latest in state-of-the-art bicycle gear and wear. Come and talk to the mechanics who take care of the pro riders...GT Bicycles, Giant/Answer, Volvo Cannondale, Diamondback, Bontrager, RockShox, Cane Creek and so many more. Visit the expo area and shop for your favorite mountain wear!

## Max Jones Race Clinic

Free training clinic for beginner and sport riders. Join 2-time veteran cross country champion Max Jones in a real time adventure where you'll learn techniques for successful racing. Learn when to push and when to conserve, how to adjust to effects of altitude, deal with feed zones, nutritional hints, bike handling, training and more.

## Team Fat Traction Observed Trials Demonstration!!

Wednesday, July 30th, 12 noon, Waterfront Park, Downtown Seattle, Pier Pier 62 & 63. Wednesday, July 30th, 6pm, REI Flagship Store, Seattle

Join the pre-event excitement as the Canadian National Champion Observed Trials Team balances their act through downtown Seattle. These two-wheeled acrobats will set up an obstacle course that you'll find most amazing. Team Fat Traction, consisting of John Musicco and Michael Colwill, will offer a world class trials biking demonstration that you won't want to miss!

## Directions to the Race Site

From downtown Seattle, take I-90 east to exits 52, 53 or 54. Follow signs to parking and venue.

## Parking/Traffic

Part of State Highway 906 will be closed down between July 29th and August 4th, as it will become our start/finish area. This will affect traffic between Exits 53 and 54 off of I-90 during that period. Spectators and athletes are encouraged to tune into the traffic radio reports along I-90 and to watch the readerboards on I-90 for parking directions. As indicated on the Snoqualmie Pass NCS Site Map, please note designated parking areas.

## Volunteers

Lots of volunteer help is needed for the event. There's something for everyone, from course marshaling, to serving food in the VIP tent, assisting the media, construction and more. To volunteer, please call (509) 535.4757. All volunteers, upon check-in, will receive a t-shirt, lunch and parking passes. Volunteer headquarters will be located in the basement of the registration building. Look for signs. Volunteer parking will be available at the Mountaineers Lodge parking lot. (Take Exit 53).

Haven't Registered Yet? Head to Registration Headquarters at REI!

The cool thing about the NORBA Nationals is that there is a race for every age and every experience level from beginner to pro. REI's flagship store has race registration forms that you can fill out and send in. Head on down and get registered!

**INFORMATION LINE:** Phone: (509) 535.4757 Fax: (509)533.9354 (office hours are 8am - 5pm)

## NORBA National Champion Series Schedule

Snoqualmie Pass, WA

July 31-August 3, 1997

### Tuesday, July 29

9:00am-8:00pm ..... Late Registration  
..... Cross Country Course Inspection  
..... Rider/Bedet Pickup  
9:00am-1:00pm ..... Downhill Practice-Pro/Smi-Pro/Bspat  
1:00pm-4:00pm ..... Downhill Practice/Beg/Spot

### Wednesday, July 30

9:00am-6:00pm ..... Late Registration  
..... Cross Country Course Inspection  
..... Rider/Bedet Pickup  
9:00am-1:00pm ..... Downhill Practice-Pro/Smi-Pro/Bspat  
1:00pm-4:00pm ..... Downhill Practice/Beg/Spot

### Thursday, July 31

7:00am-6:00pm ..... Bedet/Bidetup  
9:00am-12:00pm ..... Beg/Spot/Bspat/Dual Slalom  
Qualification Race  
9:00am-12:00pm ..... Downhill Practice-Pro/Smi-Pro/Bspat  
1:00pm-4:00pm ..... Downhill Practice-Beg/Spot  
1:00pm-3:00pm ..... Pro/Smi-Pro/Dual  
Slalom Qualification Race  
5:00pm-7:00pm ..... Beg/Spot/Bspat/Dual/Wheelchair  
Slalom Trials  
7:15pm ..... Dual Slalom Awards

### Friday, August 1

7:00am-6:00pm ..... Bedet/Bidetup  
8:00am ..... Cross Country Competition Begins  
..... Beg/Spot/Bspat

### SAT 1

8:00am ..... Sport Men 19-24  
8:30 ..... Sport Men 25-29  
8:55 ..... Sport Men 30-34  
8:59 ..... Sport Men 35-44  
8:2 ..... Sport Men 15-18  
8:4 ..... Sport Men 45-54

### SAT 2

8:00am ..... Sport Women 19-24  
8:20 ..... Sport Women 25-44

### SAT 3

1:00pm ..... Sr/Bspat Men 19-24  
1:4 ..... Sr/Bspat Men 25-29  
1:8 ..... Sr/Bspat Men 30-34  
1:11 ..... Jr/Bspat Men 15-18  
1:4 ..... Vet/Bspat Men 35-44  
1:7 ..... Master/Bspat Men 45+  
SAT 3  
1:20 ..... Sr/Bspat Women 19-24

1:2 ..... Vet/Bspat Women 35-44  
1:5 ..... Jr/Bspat Women 12-18  
3:00pm ..... Cross Country Awards  
3:00pm-6:00pm ..... Downhill Practice-Pro/Smi-Pro/Bspat  
6pm-8:00pm ..... Downhill Practice-Beg/Spot  
6:00pm ..... Pro Downhill Meeting

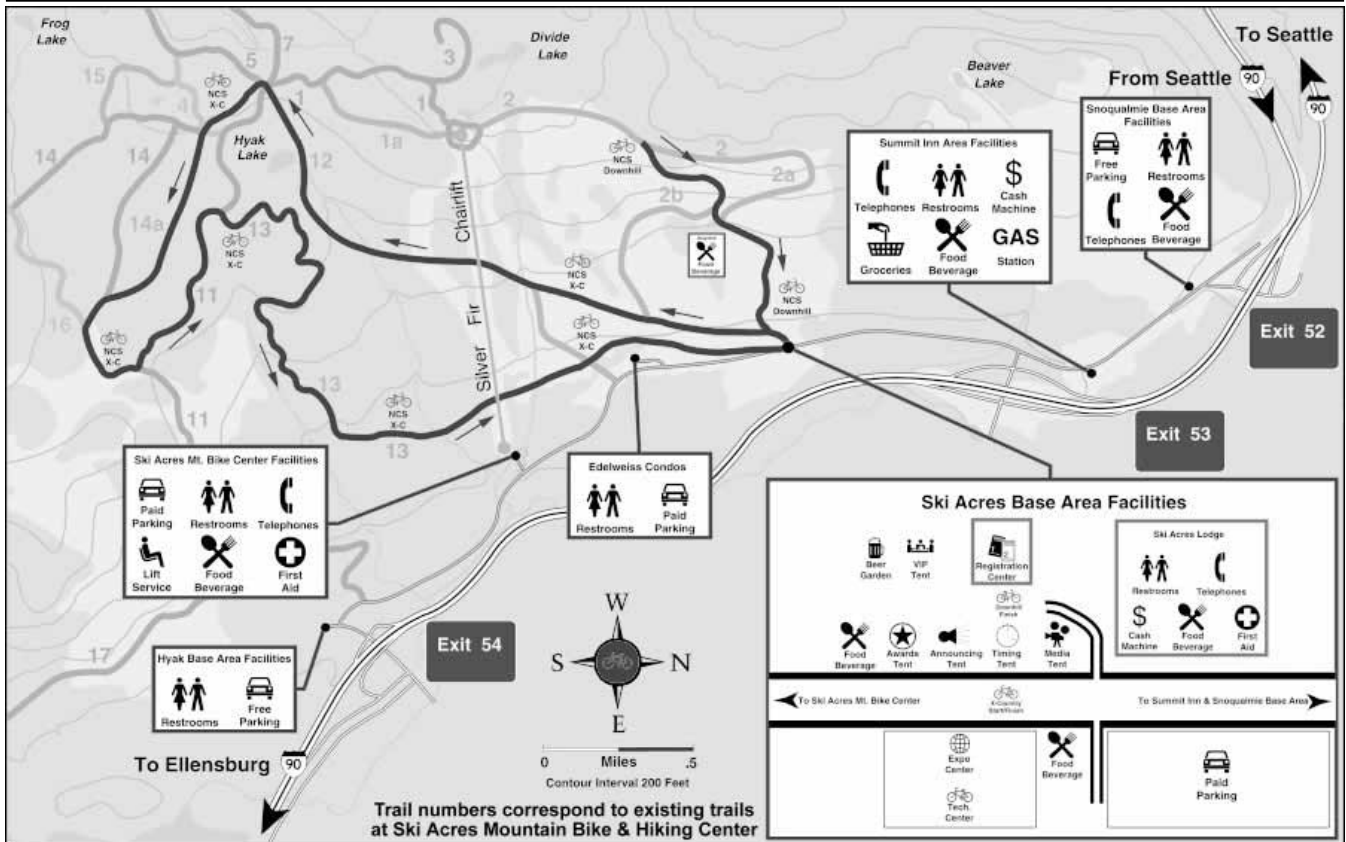
### Saturday, August 2

7:00am-5pm ..... Bedet/Bidetup  
8:30am ..... Hill Climb  
7:00am-9:30am ..... Downhill Inspection  
10:00am ..... Pro Women Downhill 1st Rn  
10:30am ..... Pro Men Downhill 1st Rn  
11:45am ..... Pro Women Downhill 2nd Rn  
12:30pm ..... Pro Men Downhill 2nd Rn  
1:15pm ..... Pro Downhill Awards  
1:00pm ..... Smi-Pro Men Downhill  
..... Expert Men Downhill and Expert Women Downhill  
..... Sport Men Downhill and Sport Women Downhill  
..... Beg Men Downhill and Beg Women Downhill  
1:00pm-5:00pm ..... Wheelchair Athletes  
Observed Trials  
SAT 5  
2:00pm ..... Max Jones Clinic  
5:00pm ..... Amateur Downhill Awards  
6:00pm ..... Pro/Smi-Pro/Dual Slalom Trials  
Dual Slalom Awards Immediately Following Trials

### Sunday, August 3

7:00am ..... Bedet/Bidetup  
8:00am ..... Cross Country Competition Begins  
SAT 2  
8:00am ..... Sr/Beg Men 19-24  
8:08/8:06 ..... Sr/Beg Men 25-29 / Sr/Beg Men 30-34  
8:8 ..... Jr/Beg Men 15-18  
8:0 ..... Vet/Beg Men 35-44  
8:2 ..... Master/Beg Men 45-54  
8:4 ..... Master Men 55-64  
8:16/8:18 ..... Clydesdales / Master Men 65+  
8:20 ..... Beg Women 19-24  
SAT 1  
8:22/8:24 ..... Jr Men 14 & under / Beg Women 35-44  
8:25/8:26 ..... Jr Women 12-18 / Master Women 45+  
8:27/8:28 ..... Trials / Single Speed  
10:00am ..... Beginner Cross Country Awards  
SAT 4  
11:00am ..... Pro Women Cross Country  
12:00pm ..... Shimano Kids Race  
12:00pm-3:00pm ..... Observed Trials  
SAT 5  
2:00pm ..... Pro Men Cross Country  
5:00pm ..... Pro Cross Country/Trials Awards

# 1997 NORBA NATIONAL CHAMPIONSHIP SERIES Site Map



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## Rider Information

### Registration and Course Inspection

To race at the NORBA Nationals, all it takes is a registration form, NORBA license, a helmet and you might want a mountain bike! If you're looking to get in a little pre-race practice, Dave Douglas will be holding the Pacific Crest Cup on July 19-20th on the NCS courses. To register for that event, give him a call at (206)932-5921. If you can't make that race, courses will be open for inspection starting Tuesday, July 29th.

To register, pick up an entry form at REI; our registration headquarters, your favorite bike shop, the May issue of NORBA News, or call Round & Round Productions at (509) 535-4757 between 8am and 5pm. Registration must be post-marked no later than July 10th. After July 10th, you must register in person, on site starting Tuesday, July 29th at the Ski Acres Registration area. No other person may register for you. You must show your valid NORBA license or purchase one on-site. On-site registration hours are: Tuesday, July 29, 9am - 8pm, Wednesday, July 30, 9am - 6pm. No registration after Wednesday.

Pre-registered riders may pick up packets from Tuesday through Sunday during registration hours.

## Rider Particulars

Helmets must be worn at all times during races. Race numbers may not be cut, folded or altered in any way, including placing stickers on the numbers. Riders missing their assigned start time will not be allowed to start without the Chief Official's approval. Field limits will be in effect for all classes.

## Race Staging

Please stage for the event at least 15 minutes prior to the start of your race. Look for the signage that indicates your category/class. Downhill start lists will be posted 24 hours before the race.

## Feed Zones

Feed zones will be provided for all cross country events. Each feed zone will be marked off into areas for neutral support (staffed by volunteers), and team support. Team managers will be provided credentials for feed zone areas.

## Awards

Awards ceremonies will take place at the end of each event. Please have picture ID available for cash prizes, as you will be required to sign for your award. Prizes must be claimed on-site, they will not be mailed after the event.

## First Aid and Rescue

The Ski Acres Ski Patrol along with American Medical Response will be on hand to provide medical support. Please see site map for First Aid Facility areas.

## NORBALicenses

Norba Licenses may be purchased on-site. Prices are as follows:

One day license \$3 Beginners only may purchase a one day license

30 day license \$15 Beginner or Sport riders only (if a full year license is purchased within 30 days of purchasing this license, the \$15 will apply towards that license)

Full year license \$35 For all riders

## Media

Members of the press are asked to check in at the Media Center located in the Ski Acres Lodge on the 2nd floor. Please call Kim Boston at (509) 467-1567 in advance for press credentials. Telephones, fax machines and copiers will be available for your use during the event.

## NORBA National Championship Series Television Schedule

Each of the six NCS cross-country races and downhill races will be televised on ESPN and espn2. The first five races will each be broadcast on half-hour shows, and the cross-country and downhill Finals will be shown on an hour-long program.

Event	Air Date	Time
Snow Summit, Calif. Mx/10-11 Cross-Country (ESPN)	July 8 July 8 July 24 July 29	1:30-2:00am 3:30-4:00am 8:00-8:30am 2:00-2:30am
Downhill (espn2)		
Red Wing, Minn. Cross-Country (ESPN)	July 7-8 July 25	1:00-1:30am
	July 26	1:30-2:00pm
Silver Springs, Pa. Cross-Country (ESPN)	July 14-15 July 21 July 23	1:00-1:30am 2:00-2:30am
Downhill (espn2)	July 21 July 26	8:00-8:30am 3:00-3:30am
Mount Snow, Vt Downhill (espn2)	July 21-22 August 7 August 15	11:30am-12:00am 3:00-3:30am
Mount St. Helens, Calif. Cross-Country (ESPN)	July 26-27 August 12 August 21	1:30-2:00am 1:30-2:00am
Downhill (espn2)	August 28 September 5	8:00-9:00pm 3:00-3:30am
Snoqualmie Pass, Wash. Cross-Country (ESPN)	August 2-3 September 20 September 26	1:30-2:00am 1:00-1:30am
Downhill (espn2)	September 18 October 2	9:30-10:00pm 2:00-2:30am
Deer Valley, Utah Cross-Country (ESPN)	August 23-24 September 24 October 2	12:30-1:30am 1:30-2:30am
Downhill (espn2)	September 25 October 10	9:30-10:00pm 3:00-3:30am

\*Relative to this schedule please check local listings. All times listed are EDT.



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Nationals  
to Snoqualmie Pass



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# OREGON RACING RESULTS

## Hutch's Hustle

Sport Veteran Men	
1	Michael Nag Mountain Bike
2	Rae Gilbert
3	Shat Fetter Ht/Ht
4	Tracy Higgins
5	Dan Spector
6	Tom Smith
7	James King
8	Jim Goss
9	Tony Miller Mountain Velo/R
10	Bull Penning Mountain Velo/Plus
11	James Stephens
12	Greg Cochran
13	Scott Smith Custom Bikes
14	Chris Hayes Ht/Ht/Bike/P
15	Jim Bovey Gt/Ht
16	Dan Hansen Grand M. Racing
17	Mike Oram
18	Jonathan Belsa State Valley/Bikes
19	Michael O'Rand
20	Bob O'Rand
Sport Master	
1	Timothy
2	Steve Lawf Rejo/Rek/Qtos
3	Chris Small Custom Bikes
4	Dan Olson
5	Mike Worde
Pro-Expert	
Pro Expert Senior Men	
1	Steve Jensen Shwin/Yoda
2	Ryck Reinold
3	Jeff Burard Mask
4	Narel Ruseberger Mask
5	Michael O'Rand Mask
6	Jonathan Mas Ret/TheRam
7	Shirley McCrek/Cycle
8	Chris Oster Mask
9	Craig Lewis Ht/Ht
10	Michael Noble Mask
Pro Expert Junior Men	
1	Brad Benit Mountain Speed
2	Chris Cheney
3	John O'Rand
4	Timmy Bens Ret/TheRam
5	Tom Bens
6	Luke Newton No Bk/Blen
7	Beth Halling Strts/Qtos
8	Jan Brown Mm & Dad

## Pro Expert Veteran Men

1	Mike Wilson Labor Power
2	Rayn McBride Ht/Ht/Road
3	Jason Martin Nearta/Gt/Anlys
4	Tom Brown
5	Ther Brings Klast/Het
6	Scott Seton Ht/Ht/Carroll
7	Doug Leach Ht/Ht/Carroll
8	Doug Smith Ret/TheRam
9	Phillip Benson Cxaro
10	David Boyd
Pro Expert Master Men	
1	Mike Bell
2	Dave Clark
3	Renalette Klein/Bike/Galley
4	Steve Loh Tom's/Bike/Strp
Pro Expert Women	
1	Nancy Bilton Klein/Cycle/Spot
2	Julie Wain Mein
3	Kristi Kap
4	Lisa Wain
5	Sarah Dina
6	Myra Gaudreau Redal/Road/Fisher

## Hutch's Hustle

May 25th - Bend Oregon  
Cross Country

Beginner Junior Women	
1	Christy Wade
Beginner Master Women	
1	Rhonda Hill Redal/Road/Cx
2	Barbara Dejar
3	Samuel, Mitt. Mill/Oval
Beginner Senior Women	
1	Istak Lynn Rejo/Qtos
2	Brook Loe Tamroz
3	Krista, Chae
4	Robyn Haffey
5	Laura, Poon
6	Michelle, Reze
7	Nachi, Gira
8	Hittieberger, Beth
9	Marcus, Lani
10	Sharon, Lodi
11	Brian, Carolyn
12	Beth, Kassy
13	Beir, Helen B
14	Nancy, Shara Best/Velo
15	SO Leifing/Orle
16	John, Jesse
Beginner Veteran Women	
1	Lisa, Bel Ht/Ht/Road
2	Winey, Nelly
3	Erin, Gira
4	Eve, Rene Ret/TheRam
5	Barret, Cheryl
6	Kamiski, Gye Oak
Expert Senior Women	
1	Bilhan, Maria Klein/Cycle/Spot
2	Woe, Lile Mein
3	Rep, Kristi
4	Tina, Sarah Mask
5	Gabeaux, Myra Redal/Road
Beginner Junior Men	
1	Czyzow, James Dallas/Bike/Cx
2	Ibels, Tom
3	Moore, Kevin
4	Rein, Ben
5	Dolan, Matt
6	Gaback, Jeff
7	Gaybel, Justin Best/Velo
8	Brown, Brian
9	Patra, Rhat
10	Shultz, Damian Ret/Mike/Racing
11	Althaus, Chris
12	Arns, Adam Intack
13	Rhino, Jeff
14	Ray, Mike No M. Bike/Club
15	Wing, Matthew No Club
16	Yess, Eric
17	Chips, Tevor
18	Dion, Jim Paul
19	Roman, Dylan
20	Carroll, Garen
Beginner Senior Men	
1	Stacy, Eric
2	Olstead, Peter
3	Darius, Paul River/City
4	Storch, David
5	Stovack, Paul
6	King, Michael
7	Bakely, James
8	Hovey, Brian
9	Boza, Mike
10	Smith, Ian
Beginner Veteran Men	
1	Swetzendler, Steve Legie/Velo
2	Cash, Scott
3	Duran, Dave
4	Garick, Wally
5	Bak, Jim
6	Reiter, Michael Rup
7	Barret, David
8	Samet, Matt. Mill/Oval

## Beginner Master Men

1	Ray, Patrick
2	Gallay, Chuck
3	Pillay, Peter
4	Creay, El
5	McLain, Rhat
6	Reason, Jim Row
7	Aard, Randy
8	Kass, Chris
9	Weyer, Kelly
10	Grin, Stephen
Beginner Senior Men	
1	Stacy, Eric
2	Olstead, Peter
3	Darius, Paul River/City
4	Storch, David
5	Stovack, Paul
6	King, Michael
7	Bakely, James
8	Hovey, Brian
9	Boza, Mike
10	Smith, Ian
Beginner Veteran Men	
1	Swetzendler, Steve Legie/Velo
2	Cash, Scott
3	Duran, Dave
4	Garick, Wally
5	Bak, Jim
6	Reiter, Michael Rup
7	Barret, David
8	Samet, Matt. Mill/Oval
9	Billy, Lane
10	Bron, Mark
Clydesdale (+200lbs) Men	
1	Joe Ott M. Bachelor/Bike/F
2	Muelle, Iwan
3	Hoffe, Roger Rejo/Rek/Qtos
4	Hovad, Tony
5	Cawford, Kenneth
6	Bak, Tom
7	Melias, Van Team/Veardata
8	Hanus, Lacy
9	John, Andrew
10	Giles, Paul
Single Speed Men	
1	Stephen, Sam
2	David, Michael
3	Scott, Tom Best/Bike/Cycles
Tandem	
1	Raymond, Matt. Best/Bike/Racing
2	Regner, Bart. Best/Bike/Racing

## Silverton Festival Criterium

Silverton, Oregon  
June 8, 1997

Pro 1/2

1	Bull Hille, Ray's/Bathouse
2	Rhat, Rhat
3	Dan Kiteb, Ray's/Bathouse
4	Kelly/Wain, Qal/Ed/Stum
5	Jim Hay
6	Jim Michan, Cxaro
7	Jim Bava, Ray's/Bathouse
8	Steve Hillard, Qal/Ed/Stum
9	Jeff Michan, Cxaro
10	Aaron Olan, Ray's/Bathouse
Masters 35+	
1	Chuck Zarbak, Ret/TheRam
2	Marel Ruseberger
3	Steve Hillard, Qal/Ed/Stum
4	Clark, Gerald, Cxaro
5	Mike Wilson, Labor Power
6	Dave Hayes, Legie/Velo
7	Mike Ruseberger, Ht/Ht
8	Kirkfield, Snts
9	Mark Olan, Qal/Ed/Velo
10	Chris Smith
Juniors	
1	David Thomson, Bike/Galley/Sequet
2	Sam Taylor, Qal/Ed/Stum
3	Nick Serick, Uppa/Velo
4	Caj/Rosey, Bike/Galley/Sequet
5	Matt Vach, Ht/Ht
6	Tom Olet, Bike/Galley/Sequet
7	Scott Wain
8	Sam Maza, Bike/Galley/Sequet
9	Luke Rahke
Cat 5	
1	Jim Ross
2	Jim Hay
3	Jim Olet
4	Nick Olet
5	Mark Olan
6	Yas K Davidson
Women Cat 4	
1	Billy Huston, River/City/Cycle
2	Tony Ellis, Bike/Galley/Sequet
3	Rhonda Hill, Bike/Galley/Sequet
4	Amy Arvo, Bike/Galley/Sequet
5	Dana Lynn, Qal/Ed/Velo
6	Julie Oster, Ht/Ht
7	Dana Davidson, Cxaro
8	Amy Bosta, Cxaro
Cat 3	
1	Chris Higgins
2	David Rhat, Qal/Ed/Stum
3	James Wain, Bike/Galley/Sequet
4	David Zarbak
5	Brian Olan, Bike/Galley/Sequet
6	Sam Brown, Ht/Ht
7	Carl
8	Tim Berthe, Ht/Ht
9	Neal Sejima
10	Ryan Penman
Cat 4	
1	Billy Davidson
2	Scott Kelly
3	Matt Vach
4	Justin Gira
5	Dan Higgins
6	Caj/Rosey
7	Glen Griggs
8	Duran Olet
9	Mike Olan
10	Andrew Ovel
Masters PIR	
1	Steve Wain
2	Bill Goss, Qal/Ed/Stum
3	Ram McDonald, Ret/TheRam
4	Steve Hillard, Qal/Ed/Stum
5	Richard Brown, Qal/Ed/Stum
6	Tom Bens, NWelo
7	Brad Olan, Ret/TheRam
8	Crane, Gtl, Qal/Ed/Stum
9	Bull Hille, Qal/Ed/Velo
10	Alan Olan, Bike/Galley/Sequet
Masters 40-49	
1	Chuck Zarbak, Ret/TheRam
2	Dave Hayes, Legie/Velo
3	Tom Bens, Ret/TheRam
4	David Rhat, River/City/Cycle
5	Dave Ruseberger, Team/FW
6	Tony Olan, Legie/Velo
7	Mike Wain, Bike/Galley/Sequet
8	Jim Bava, Ray's/Bathouse
9	Mike Ruseberger, Team/FW
10	Brad Olan, ICC
Women & Master 50+	
1	Jim Lennard, Team/Cxaro
2	Jim Bowring, Qal/Ed
3	Jim Bava, Ray's/Bathouse
4	Jim Michan, Team/Cxaro
5	Stephanie Olan, Cxaro
6	S. Lynn Higgins, Bike/Galley/Sequet

## Team BAR

Competition Totals  
Bike Gallery/Sequent 3828  
Ht/Ht 176  
Cxaro 167  
NWelo 177  
Ret/TheRam 115  
Cxaro 73  
Labor Power 75  
Snts 72  
Team/FW 65  
Legie/Velo 45  
River/City/Cycle 42  
Ray's/Bathouse 40  
Qal/Ed/Velo 34  
Sero/Trax 25  
Best/Velo 10  
Rohar 10  
Team/Ht/Ht 15  
Ht/Ht/Velo 10  
Best/Bike 9  
Uppa/Velo 5  
Cycles 2  
Sata/Cxara 9  
MC 5  
Kirk/Kare 1  
Olet 4

## Silver Creek Falls

Classic Road Race  
Silverton  
June 7, 1997

1	Dan Kiteb, Ray's/Bathouse
2	Eric Ruseberger, Bike/Galley/Sequet
3	Jim Bava, Ray's/Bathouse
4	Jim Gordon, Team/Cxaro
5	Mike Wilson, Labor Power
6	Jim Lennard, Team/Cxaro
7	Jim Bowring, Qal/Ed
8	Bull Hille, Ray's/Bathouse
9	Jim Michan, Team/Cxaro
10	Michael Ruseberger, Ht/Ht

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# OREGON RACING RESULTS

## Current Oregon race schedule: Update your lists!

July 1	Pir Series
July 2	Tabor Series
July 3	Alpenrose Weekly Series
July 3	Burley Duet-Tandem Stage Race (goes until July 6th)
July 7	Masters/Women PIR
July 8	PIR Series
July 9	Tabor Series
July 10	Alpenrose Weekly Series
July 12	Sharp's Creek Road Race (Same Course as Tour of Willamette)
July 13	Looking Glass Road Race-Roseburg Road Race
July 13	State Games Track Races (Omnium racing for all categories)
July 15	PIR Series
July 16	Tabor Series
July 16	Cascade Classic-Stage Race in Bend (for Pro 1/2, Masters, 3's & 4's)
July 17	Alpenrose Weekly Series
July 19	Oakridge Fat Tire Festival
July 21	Masters/Women PIR
July 22	PIR
July 24	Alpenrose Weekly Series
July 26	Mt Tabor Annual Criterium (Hill Circuit around a volcano-plus tandems)
July 27	Woodland Team Time Trial-Another Road TTT
July 28	Alpenrose Six Day-Track Stage Race
July 29	PIR Series
July 31	Alpenrose Weekly Series
Aug. 3	Oregon Criterium Championships (Downtown Gresham Criterium)
Aug. 4	Masters/Women Pir

Aug. 5	PIR Series
Aug. 7	Alpenrose Weekly Series
Aug. 8-10	EDS Track Cup-National Track Series
Aug. 9	Crawfish Criterium-Tualatin Hilly criterium
Aug. 10	Governor's Cup Criterium (Flat criterium in Salem)
Aug. 12	PIR Series
Aug. 14	Alpenrose Weekly Series
Aug. 16	Oregon Masters Track Championships
Aug. 17	Oregon Masters Track Championships
Aug. 18	Masters/Womens PIR Series
Aug. 19	PIR Series
Aug. 21	Alpenrose Weekly Series (Last Omnium Racing Night)
Aug. 23	Oregon Hillclimb Championship (Climb up Timberline Road)
Aug. 25	PIR Series
Aug. 28	Alpenrose Weekly Series - Sprint Night
Aug. 29-31	Oregon State Track Championships
Sept. 1	Masters/Women PIR Series
Sept. 2	PIR Series
Sept. 4	Alpenrose Weekly Series-Madison Racing
Sept. 7	Oregon Time Trial Championships (Peoria Road 40 K Time Trial)
Sept. 9	PIR Series
Sept. 11	Alpenrose Weekly Series - Madison
Sept. 16	PIR Series
Sept. 18	Alpenrose Weekly Series - Madison
Sept. 20,21	Raindates for State track championships
Sept. 25	Alpenrose Weekly Series-Madison
Sept. 28	Jean Chinn Hillclimb (Ashland challenge Road against Mtn Bikes)

## Oregon Teva Fat Tire Race Series

### How does the Points Series Work?

After each race in which you place in the top 15, you will be awarded points in your individual category. Points will be awarded within each series category. The number of points you receive will be determined your placing as follows:

1st	30
2nd	25
3rd	22
4th	19
5th	17
6th	15
7th	13
8th	11
9th	9
10th	7

How many races must I race to Qualify to be part of the Series?

In order to qualify for the overall prizes you must race and finish at least five of the seven races. If you race more than five, we will take your best five results.

Which races qualify for the Oregon Teva Fat Tire Race Series?  
 \*Mudslinger \*Coast Hills Classic \*Shredtopia  
 (mandatory) \*Spring Thaw \*Klamath Heat  
 \*Hutch's Hustle \*Oakridge Fat Tire Festival

### What is the overall Prize List?

The overall prize list is \$2,000 cash plus additional prizes.

### When will I learn what my standing is in the Points Series?

At each race in the series the current series placing will be posted. If there are less than 5 racers that qualify in your series category, your category will be combined with the closest appropriate category.

(Continued from page 15)

5	Jerry Powell, MC
6	Larry Adams, Ble/Galley/Sprint
7	Kurti Wagon, Ble/Galley/Sprint
8	Billy Huston, River City/Cyclise

### Bike Gallery

## PIR Tuesday Night Series

June 10, 1997
Pro/1/2
1 Jim Broning, Qal/Mt/Strum
2 Steve Wight, Ble/Galley/Sprint
3 Eric Reisinger, Ble/Galley/Sprint
4 Jim Lerard, Cinaro
5 Chuck Zarzak, Ret/The Ram
6 John Wagon, Ble/Galley/Sprint
7 Jim Mitchem, Cinaro
8 David Aler, River City/Cyclise
9 Steve Tracy, Loge/Alb
D Steve Hlad, Qal/Mt/Strum
Cat 4
1 Scott Hann, Loge/Alb
2 William Pierce
3 Terry Under
4 Jack Rice, River City/Cyclise
5 Richard Carter, Gess's Green/Alb
6 Sandy Lior, Qal/Mt/Strum
7 Lee Boffiglio
8 Dale Pelton, Qal/Mt/Strum
9 Jim Webb
D Brock Duttons, Best/Alb
Cat 5
1 R. J. Neward
2 Mike Pasi
3 Cliff Brock
4 Chris Hayes
5 Rob Castro
6 Justin Grayson
7 Jim Ferrara
8 Bill Nelson
9 Edward Reed
D Netor Ribes

4	Mike Mazy/Gresham Hill
5	Brian Adams/Retor Harrison
Cat 4/5	
1	Nathan Coffey, Ble/Galley/Sprint
2	Mike Gomez, Cinaro
3	Jean Vane, Hutch's Roefar
4	Steve Ridgway, NWelo
5	Rhart Mack
6	Mark Vatan, Hutch's Roefar
7	Gest Zorn
8	Gest Zorn, Hutch's Roefar
Cat 3	
1	Steve Hlad, Hutch's Roefar
2	John Kriehardt, Cinaro
3	Eric Volckman, Cinaro
4	Bill Graves, Qal/Mt/Strum
5	David Brown, Ble/Galley/Sprint
6	Taran Martin, Cinaro
7	John Lohard, Ble/Galley/Sprint
8	Lance Orfield, Ret/The Ram
9	Michael Bauer, Team RW
D	Gest Hlad, Ble/Galley/Sprint
Women	
1	Lara Siddin, Ble/Galley/Sprint
2	Kurti Wagon, Ble/Galley/Sprint
3	Chad Gost, Cinaro
4	Amy Arno, Ble/Galley/Sprint
5	Dana Volckman, Cinaro
6	S. Lynn Hughes, Ble/Galley/Sprint
7	Nina Shobe, Ble/Galley/Sprint
Cat Pro/1/2	
1	Chad Metcalfe, Cinaro
2	Chuck Zarzak, Ret/The Ram
3	Mak Gristing, Ble/Galley/Sprint
4	Dave Nelson, Ble/Galley/Sprint
5	Carrie Orl, Qal/Mt/Strum
6	Mak Gristing, Cinaro
7	Janie Mendi, Qal/Mt/Strum
8	Jim Mitchem, Cinaro

9	Aaron Moore
10	Jerry Horton
11	Michael Mule
12	Bobby Brady
13	Russell Owe
14	Mark McClung
15	Tracy Under

## Pickett's Charge!

Memorial MTB Race	
June 15, 1997	
Bend, OR	
Overall Results (Pro/Expert & Sport)	
1	Jonathan Meyer
2	Alex McClain
3	Nancy Rusek
4	Robert Rebs
5	Chad Deber
6	Jeff Adams
7	Donald Reeb
8	Brian Wilson

## Alpenrose Track Series

June Point Totals			
Category 4/5			
1	Orby Wain	Ble/Galley/Sprint	2
2	Brian Hag, Jon	Hutch's	5
3	Vane, Jean	Hutch's	5
4	Gest, Mike	Cinaro	5
5	Johnson, David	Ble/Galley/Sprint	2
6	Hill, Gabe	Ble/Galley/Sprint	1
7	Ridgway, Steve	NWelo	7
8	Sem, John	River City/Cyclise	3
9	Noy, Robert		3
D	Pat, Dale		1
1	Sticks Grest	Hutch's Roefar	1
D	Vanh Met	Hutch's Roefar	1
Category 3			
1	Madghey, Stephen	Hutch's	9
2	Orfield, Lane	Ret/The Ram	4
3	Hadell, Ted	Team RW	4
4	Volckman, Eric	Cinaro	4
5	Cliffart, David	Ret/The Ram	8
6	Brian Hag, Jon	Cinaro	8
7	Waser, Mitch	Team RW	7
8	Owe, Bill	Qal/Mt/Strum	6
9	Lohard, Jim	Ble/Galley/Sprint	5
D	Johnson, David	Ble/Galley/Sprint	4
Pro 1/2			
1	Jackie Chuk	Ret/The Ram	3
2	Chris Mack	Ble/Galley/Sprint	7
3	Mendi, Janie	Qal/Mt/Strum	4
4	Metcalfe, Chad	Cinaro	3
5	Nelson, Dave	Ble/Galley/Sprint	9
6	Cliffart, David	Qal/Mt/Strum	8
7	Orl, Carrie	Qal/Mt/Strum	7
8	Gristing, Mak	Cinaro	5
9	Bauer, David	Team RW	2
D	Adams, Brian	Loge/Alb	1
Women			
1	Siddin, Lara	Ble/Galley/Sprint	5
2	Hughes, S. Lynn	Ble/Galley/Sprint	7
3	Wagon, Kurti	Ble/Galley/Sprint	5
4	Shobe, Nina	Ble/Galley/Sprint	3
5	Gest, Gerdem	Cinaro	3
6	Arno, Amy	Ble/Galley/Sprint	6
7	Bliss, Terry	Ble/Galley/Sprint	5

8	Volckman, Dana	Cinaro	3
Pro/Elite/Expert Men			
1	Rusek, Nancy	Ret/The Ram	2
2	Rebs, Robert	Ret/The Ram	2
3	Mendi, Janie	Ret/The Ram	2
4	Laser, Stephen	Swim	1
5	Under, Tracy	Klein Ble/Galley	1
6	McLean, Alex	Mark/Dechutes/Beaver	1
7	Dale, Sen		1
8	Rebs, Robert	Arno/Racing	1
9	Mule, Michael	Mark/Cyclise	1
D	Pat, Dale		1
Beginner Senior Men			
1	Cliffart, David		1
2	Bliss, Terry		1
3	Gray, Eric		1
4	Stokley, Paul		1
5	Hann, Scott		1
6	Ylan, Michael		1
7	Smith, Dan		1
8	Johns, Eric		1
9	Mendi, Janie		1
D	Davis, Paul	River City	1
Pro/Elite/Expert Women			
1	Brian, Maria		1
2	Sherrill, Hilary		1
3	Griggs, Nicole		1
4	Gutman, Maria		1
5	Webb, Julie		1
6	Tom, Sarah		1
7	McClain, Mary		1
8	Bauer, Tina		1
9	Griggs, Mirath		1
D	Orl, Carrie		1

2	Whitlock, Kathy	Team Oregon
3	Milataris	
Cat 4		
1	Kline, Leigh	River City/Cyclise
2	Haley, Ote	Copure
3	Owens, Andrew	River City/Cyclise
4	Alexander, Scott	Delta/Trial
5	Christina, Leigh	Copure
6	Christy, Ote	Team Oregon
7	Shanks, Daniel	Beak/Alb
8	Waser, Ryan	Team Oregon
9	Lewis, James	River City/Cyclise
D	Chris, Adam	Team Oregon
Cat 3		
1	Bridette	Ble/Galley/Sprint
2	Brian, Dan	Ble/Galley/Sprint
3	Brown, Richard	Qal/Mt
4	Ponsler, Leo	Team Oregon
5	Gardner, George	Team Oregon
6	Norman, James	Ble/Galley/Sprint
7	Baker, Matt	Cinaro
8	Metcalfe, Chad	Cinaro
9	O'Neill, Brian	Ble/Galley/Sprint
D	Bauer, David	Wich/West
PRO/Cat 1 and 2		
1	Wesley, Martin	Ry's/South
2	Browning, Tim	Beak/Alb
3	Harvorth, Michael	Ry's/South
4	Wilson, Michael	Ore/Ore
5	Bauer, Tim	Ry's/South
6	Gro, Glen	Team Sin
7	Ball, Rusty	Ry's/South
8	Mendi, Janie	Qal/Mt
9	Stanton, Stephen	Ble/Galley/Sprint
Cat 4 Women		
1	Amoy, Amy	Team Oregon
2	Bell, William	Sett/Beaver
Cat 1/2/3 Women		
1	Richard, Virginia	Loge/Alb
2	Orl, Carrie	Wich/West
3	Valente, Susan	Beak/Alb
4	Havorth, Darcian	Qal/Mt
Jackson, Billa	Cinaro	

## Bike-A-Fair

### Criterium

Portland, Oregon		
June 22, 1997		
Masters 35+		
1	Jackie Chuk	Wich/West
2	Hillard, Steven	Qal/Mt
3	Wilson, Michael	Ore/Ore
4	Aler, David	River City/Cyclise
5	Rosenberg, Michael	Hutch's
6	Grest, Bill	Qal/Mt
7	Mazy, Mike	Performance
8	Nancy, Nancy	Qal/Mt/Racing
9	Barnett, Greg	Labor River
D	Griffith, David	Team Sin
Cat 5		
1	Shanks, Daniel	Beak/Alb

## Alpenrose Velodrome Weekly Series

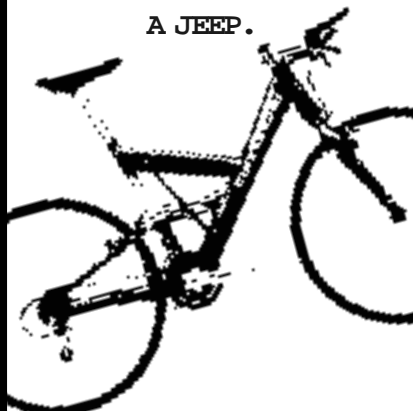
Portland, Oregon		
June 12, 1997		
Madison		
1	Chuck Zarzak	Ret/The Ram
2	Janie Mendi	Chares/Ore
3	Nancy Valente	Duck/Duffey



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## CALENDAR

and home baked goods at all rest stops. Fully supported ride through Kitsap County, Northern and Central regions including Poulsbo and Silverdale. Kevin Sheehan, West Sound Cycling Club.

**Jul 13: Willamette Greenway Tour.** 21st annual tour of Willamette Valley. Choose between 50 and 75 mile routes. Susan Chavez, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.

**Jul 16: Ice Cream Classic.** Sunriver, OR. 55 mile road ride from Sunriver around Mt. Bachelor. Fee: \$5 Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave, Bend, OR, 97701. (541) 382-8018 or (541) 382-3079 Email: sunnyside@kmxnet.com.

**Jul 13-20: Trek Redwoods to Golden Gate.** California. Eight-day ride begins in N. California at Avenue of the Americas. Ride to the Golden Gate Bridge. Fee: \$50 and minimum of \$800 in pledges. Fully supported Lori Brown, American Lung Association of Washington, 2025 3rd Ave, Seattle, WA, 98121. (206) 441-5100 or (800) 732-9339.

**Jul 13-17: Northwest Tours.** San Juan Islands. Road bike tour, 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 Vickburg, Bend, OR, 97701. (541) 385-5257 or (541) 330-6118, Email: info@scenic.com.

**Jul 13: Tour de Pierce.** Puyallup Fairgrounds, Puyallup, WA. 12, 30 and 50 mile loops of varying terrain through beautiful Puyallup Valley countryside. Sponsored by the Pierce County Parks to benefit bicycle safety and youth recreation programs. Pre-registration preferred. Fee: \$10 individual, \$25 family (\$12 and \$30 day of ride). Mike Dobb, Pierce County Parks, 9112 Lakewood Dr. SW, Tacoma, WA, 98499. (206) 593-4176.

**Jul 19: S - 2 - S.** Seattle to Spokane. Ride from Seattle to Spokane along Route 2 in one day (285 miles). Terry Zmrhal, 9304 168th Place NE, Redmond, WA, 98052. (206) 861-1766 or email: terryz@microsoft.com.

**Jul 19: Watermelon Rides.** Willamette Valley, OR. A one day ride through the southern Willamette Valley with three route options: 82 miles, 124 miles and 200 miles. Martin Doerfler, Salem Bicycle Club, PO Box 2224, Salem, OR, 97308. (503) 390-0079 or Email: dparrow@teleport.com.

**Jul 20-26: Northwest Tours.** Puget Sound. Road bike tour to Victoria, B.C., 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 Vickburg, Bend, OR, 97701. (541) 385-5257 or (541) 330-6118, Email: info@scenic.com.

**Jul 20-26: High Rockies Tour '97.** Vail, CO to Vail, CO. This is a loop tour averaging 68 miles a day. Climb two passes each day over 10,000 ft. One day you will climb and descend Mt. Evans on the highest paved road in the U.S. There is no sag/vehicle, "we carry our own stuff". Fee: \$225 includes overnight accommodations, two group dinners and souvenir cap. Gary Keene, 245 Wyoming Ave, Billings, MT, 59101. (800) 808-0408 or Fax: (406) 256-6224.

**Jul 26-27: Saragosa Weekend.** Near Eugene, OR. A weekend of trailless touring based at Saragosa Old West Recreation Park. Century option on Saturday, live band, feasting, camping. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: pathfindr@efn.org.

**Jul 26: Out Spokin' for Habitat.** Sawyer Park, Bend, OR. A benefit for the Bend Area Habitat for Humanity. Three scenic routes: 26-45-84 miles. Fully sag supported, refreshment stops, T-shirts, Win great prizes. Bend Area Habitat for Humanity, 138 N.E. Revere, Bend, OR, 97701. (541) 385-5387.

**Jul 26-27: MS 150 Jazz De-light Bike Tour.** Port Townsend. NEW ROUTE! This 150-mile cycling weekend has been reborn! Depart from Seattle/Everett area and pedal to Port Townsend to experience the Port Townsend Jazz Festival and spend the night. Next day ferry to Whidbey Island for a challenging journey over Southern Whidbey Island. Enjoy the Jazz Festival, hotel or camping option, optional century loop, massage therapists, door prizes and Finish line party. Form a team or ride solo. Register today for only \$35. National Multiple Sclerosis Society, Western WA Chapter, (206) 284-4236 or (800) 800-7047.

**Jul 27: Trident Triple Bicycle Ride.** Silverdale, WA. Located on the Central Kitsap Peninsula, the ride provides challenging scenic tour loops of 16-30-50 & 100 miles. All loops include a unique 10 mile tour of the Navy's TRIDENT submarine base. Fee: \$15 for adults & \$10 for children 17 and under. Proceeds from the ride benefit the Paul Linder Educational Foundation and the Silverdale Chamber of Commerce. (360) 692-6800.

**Jul 27: Hutch's Hundred.** Bend, OR. Century ride west of Bend. Route will probably include Sisters and North Redmond. 9:00 a.m. meet at Hutch's Westside. Fees: \$5. Call for more information. Hutch's Bicycles, 820 NE Third Street, Bend, OR, (541) 382-6248.

**Jul 31: Ride Around Mt. Ranier in One Day (RAMROD).** Enumclaw, WA. One day around Mt. Rainier. 154 mi, 10,000 ft elevation gain. Registration by lottery. Redmond Cycling Club, P.O. Box 1841, Bothell, WA, 98041-1841. (206) 233-1861.

**Aug 2-9: CycleTour Alberta.** Alberta. Experience the best of Alberta in the Canadian Rockies. From Jasper to Lake Louise you'll cycle for four days through the National Parks with visits to Athabasca Falls, the Columbia Icefields and more. There is a two day hike around the trails of the Valley of 10 Peaks and Moraine Lake. Fee: \$445 US. All inclusive (camping) Robin McKinney, R.E.M. Event management, 1-1816 McColl Ave., Vancouver, B.C., V6J 1A6. (604) 878-8800 or (604) 738-7655, email: rem@mindlink.bc.ca.

**Aug 3-6: Tour de Lane, "The Baby's Bottom".** Lane County, OR. Fully supported tours of untraveled, paved roads in Lane County, OR. Ride from the Cascade foothills to the coast. 50-80 miles daily. Points of interest include: interpreted old-growth hikes, vineyards, faux-Wild West attraction, party with band and raffle prizes. Limit: 150 riders Fee: \$285. Deadline for registration: one month before ride. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: pathfindr@efn.org.

**Aug 3: Snoqualmie Tour de Peaks.** Snoqualmie, WA. 8 mi, 50 km and 100 km tours, all featuring great scenery, town festival events and local restaurant food sampling. Fee: \$15 ind. \$30 family and \$25 tandem prereg. \$20/35 day of race. Fee includes marked route, map, route guide, number, sag, souvenir and first 300 preregistered riders receive free t-shirt. Celebrate Snoqualmie Hawaii Days! Karen McKiernan, Snoqualmie Valley Events, Inc., P.O. Box 2026, Snoqualmie, WA, 98065. (888) 0021.

**Aug 3-9: SPUDS 3-Cycling around Idaho.** North Fork, ID. The third annual ride across the state of Idaho, explores the sparsely populated eastern side of the potato state. Riders will roll from tiny North Fork, high in the Rockies, through the central lava fields, the eastern wheatfields and enjoy a soak in Lava Hot Springs, before reaching the ride's conclusion in Preston; Idaho's oldest city. Fee: \$450 fully supported, camping, all meals. Cyclevents, PO Box 7491, Jackson Hole, WY, 83002-7491. (888) 733-9615.

**Aug 3-7: Sunnyside Century.** 25th annual Century Ride around Century Drive and Mt. Bachelor. 50, 100 mile options available. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave, Bend, OR, 97701. (541) 382-8018 or (541) 382-3079 Email: sunnyside@kmxnet.com.

**Aug 10-17: The Oregon Bicycle Ride.** Denio Junction, NV. 250 riders. 7 day supported tour across Oregon. Denio Junction, NV to Gold Beach, OR. Includes camping, meals, gear transport and road support. Call for full calendar of rides offered. Sandy Green, Scenic Adventure Cycling, 1324 NW Vickburg, Bend, OR, 97701. (541) 385-5257 or (541) 330-6118, Email: info@scenic.com.

**Aug 14-17: Ride for a Reason.** Portland, OR to Seattle or Vancouver, B.C. to Seattle. A long distance bike ride involving 1,500 riders simultaneously departing Portland and Vancouver, B.C. and pedaling to Seattle. A fully supported ride from start finish: food, camping, massage, entertainment and mechanical support on the road. Riders raise a minimum of \$1,500 in pledges that benefit the work of HIV and AIDS prevention, education and care services agencies in the Northwest. 50 mi a day with an enlargement option to 80 mi on day 2 or 3. Fee: \$45 with a minimum of \$1500 in pledges. Weekly rider orientation meetings with all information and materials necessary to get started. Riders have an individual ride guide to support them with fitness training, fund raising. Discounts offered for gyms, bike shops and free classes. Web address: http://www.rideforareason.org Cascade AIDS Project, Northwest AIDS Foundation, Chicken Soup Brigade, Bailey Boushaye House, People of Color Against AIDS Network, AIDS Vancouver, B.C., (888) 89-BIKES or (206) 322-BIKE.

**Aug 15-16: Ride from Seattle to Vancouver, B.C. and Party (RSVP).** Start in Seattle. 200 miles, supported. \$50 fee. Limited to the first 900 registrants. Back to back century. Lively party at the Vancouver, B.C. finish line. David Swend, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. (206) 522-BIKE.

**Aug 16-19: Tour de Lane, "The Classic".** Lane County, OR. Fully supported tours of untraveled, paved roads in Lane County, OR. Ride from the Cascade foothills to the coast. 50-80 miles daily. Points of interest include: interpreted old-growth hikes, vineyards, faux-Wild West attraction, party with band and raffle prizes. Limit: 200 riders per tour. Fee: \$285. Deadline for registration: one month before ride. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: pathfindr@efn.org.

**Aug 16-30: CycleTour British Columbia-Ride Across B.C.** British Columbia. Ride across B.C. The 670 mile ride starts in lake Louise, Alberta in the Canadian Rockies and passes through Yoho National Park through Rogers Pass in the Selkirk mountains. Visit hot springs, a desert and ghost towns. Ends in Vancouver, B.C. Fee: \$445 US. All inclusive (camping) Robin McKinney, R.E.M. Event management, 1-1816 McColl Ave., Vancouver, B.C., V6J 1A6. (604) 878-8800 or (604) 738-7655, email: rem@mindlink.bc.ca.

**Aug 16: The Sunrise, Cycles & Sagebrush Bike Ride.** Cheyenne, Wyoming. Fully supported. Fee: \$20 for adults and \$8 for children before Aug. 1, 1997. \$25 and \$10 after. La Jeanne T. Gilmer, (307) 635-3733 or Email: lgilmer@wyoming.com.

**Aug 16: Rim to Roseburg.** Crater Lake, OR. This is a 100 mile ride from the rim of Crater Lake to downtown Roseburg. It is a dry run for a race being planned in 1998. The ride starts out with 4 miles of hard climbing, then a 14 mile FAST, downhill, and the rest of the ride is small hills and descents, to flat land. This ride is being put on by Umpqua Velo. Mitch LaMoure, (503) 957-1020.

**Aug 17-23: WYCYEIGHT-Wyoming Cycling Celebration.** Jackson Hole, WY. The 1997 route takes a true diagonal across the wide open spaces of Wyoming, from the start in Jackson Hole at the base of the Grand Tetons to Laramie in the eastern grasslands. In between riders will explore the scenic Wood River Valley, central desert and tackle the Snowy Mountain Range. Fee: \$450; fully supported, campaign, all meals. Web address http://www.cycleevents.com Cyclevents, PO Box 7491, Jackson Hole, WY, 83002-7491. (888) 733-9615.

# CALENDAR

- Aug 21-24: "Crater Lake or Bust!"**. Oakridge, OR. Fully supported tour from Oakridge, OR to Crater Lake and back, mostly on paved roads with no traffic and lots of old growth. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: pathfndr@efn.org.
- Aug 23-25: Courage Classic**. Snoqualmie, WA. 3-day, 172-mile, 3-pass adventure through Cle Elum, Leavenworth and Skykomish. Fundraising event for Mary Bridge Children's Hospital. Fully supported, all meals, terrific staff and continuous smiles. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Ste. 101, Seattle, WA. 98122-6540. (800) 433-0528.
- Aug 30-Sep 5: Woman Tours-Canadian Rockies**. Canadian Rockies. A women only road tour in the Canadian Rockies and Jasper Banff. Fee: \$885, 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.
- Aug 31: Tour de Kitsap**. Bremerton, WA. 30, 50 & maybe 100 mile loops from the Bremerton Waterfront Boardwalk. Fees: \$15 individual, \$25 tandem, \$10 children aged 18 and under. Souvenir t-shirts: \$15. Includes maps, rest stops, food & drinks. A sanctioned Seafair & Bremerton Blackberry Festival. Free bicycle corral parking at finish to enjoy events. Ted Dupee, West Sound Cycling Club & City of Bremerton, 1154 Bertha Ave. NW, Bremerton, WA, 98312. (360) 479-1265 or (360) 698-3876.
- Sep 6-8: Trek Tri-Island**. Seattle Ferry Terminal, Seattle, WA. Three-day, 135-mile bicycle ride from Seattle, through the San Juan Islands, to Victoria, British Columbia. 5 Islands, 4 ferry rides, 3 days, 2 countries: 1 incredible adventure! Full support. \$50 registration fee + pledges. Also on 9/13-9/15 and 9/20-9/22. American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100 or 800-732-9339 (in WA).
- Sep 6-14: Woman Tours-Canadian Rockies**. Canadian Rockies. A women only road tour in the Canadian Rockies covering five National Parks and 507 miles. Fee: \$1370, 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.
- Sep 6-7: Saragosa Weekend**. Near Eugene, OR. A weekend of trafficless touring based at Saragosa Old West Recreation Park. Century option on Saturday, live band, feasting camping. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: pathfndr@efn.org.
- Sep 6-Jun 8: Trek Tri Island**. Lori Brown, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. (206) 441-5100 or (800) 732-9339.
- Sep 7-21: 2nd Annual Kettle Valley Cycle Tour**. British Columbia. Choose from 3, 6, 9, 12 or 15 day "stage" as we cycle through the interior of British Columbia from Nelson to Spences Bridge (700 km) through some of the most spectacular scenery in North America, you will ride through canyons, past mountains, alongside pristine rivers, lakes, orchards and vineyards on a trail with a maximum grade of only 2%. Stage 1: 9/7-9/13; \$445US Stage 2: 9/13-9/19; \$445 US & stage 3: 9/18-21; \$220 US Robin McKinney, R.E.M. Event management, 1-1816 McColl Ave., Vancouver, B.C., V6J 1A4. (604) 878-8800 or (604) 738-7655, email: rem@mindsightlink.bc.ca.
- Sep 7-13: Cycle Oregon Ten**. Idaho to Oregon. Cycle from the border of Idaho to the Oregon Coast. Cycle Oregon, 8700 SW Nimbus Ave, Ste. B, Beaverton, OR, 97008. (800) 292-5367, (503) 643-8064 or (503) 241-2957.
- Sep 7-13: Wheeling Washington IV**. Seattle WA to San Juans to Victoria BC to Long Beach WA. Enjoy a popular, verdant route through Washington's Olympic

- Peninsula, San Juan Islands and Canada's Vancouver Island, finishing down the west coast of Washington. Bike and ferry combine to transport you through islands as you travel where forest meets ocean.  
Web site: <http://www.kneeland.com/timtk/> Tim Kneeland & Associates, (800) 433-0528 or (206) 322-4102.
- Sep 13-15: Trek Tri-Island**. Seattle Ferry Terminal, Seattle, WA. Three-day, 135-mile bicycle ride from Seattle, through the San Juan Islands, to Victoria, British Columbia. 5 Islands, 4 ferry rides, 3 days, 2 countries: 1 incredible adventure! Full support. \$50 registration fee, \$350 in pledges. American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100 or 800-732-9339 (in WA).
- Sep 13-Jun 15: Trek Tri Island**. Lori Brown, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. (206) 441-5100 or (800) 732-9339.
- Sep 13: High Sierra Fall Century**. Mammoth Lakes, CA. The scenery, the terrain and the support are as good as it gets. 100 mile/30 mile ride. Fee: \$35 single, \$55 Tandem, \$25 short ride. Includes lots of food and drink, T-shirt, patch, post-ride swim party. Support: SAG support, towing mechanics, route slips & course description. Benefits The Mono Lake Committee and Sierra Cycling Foundation. Email or call for information: kayo@monolake.org Kay Ogden, PO Box 7660, Mammoth Lakes, CA, 93546. (760) 934-7757 or (760) 647-6595.
- Sep 20-22: Trek Tri-Island**. Seattle Ferry Terminal, Seattle, WA. Three-day, 135-mile bicycle ride from Seattle, through the San Juan Islands, to Victoria, British Columbia. 5 Islands, 4 ferry rides, 3 days, 2 countries: 1 incredible adventure! Full support. \$50 registration fee, \$350 in fundraising pledges. Dates: TBA Lori Brown, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98121. (206) 441-5100 or (800) 732-9339.
- Sep 20-28: Woman Tours-Zion/Grand Canyon**. Zion. A women only road tour from Zion to the Grand Canyon and Bryce. 326 miles. Fee: \$1160, 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.
- Sep 21: 18th Annual Autumn Century Ride**. Wandermere Mall, N. Division, Spokane, WA. 25, 62 & 100 mile scenic rides around Spokane with mechanical & medical support. Cookies, shirts, great food and more cookies. Proceeds to benefit Bicycle Safety and Education. Fees: \$5, \$10 and \$20 (includes t-shirt) Prize drawings. Send SASE. Buck Rogers, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. (509) 325-1171 or Fax: Attn Sausser (509) 928-1116.
- Sep 26-28: The 15th Annual Oregon Trails Bicycle Trek**. Willamette Valley. 2 or 3 days pedaling through scenic Willamette Valley. Full support. Fees in pledges. Rick Milner, American Lung Association of Oregon, 9320 SW Barbur Blvd., #140, Portland, OR, 97219. (503) 246-1997.
- Sep 27-28: September Winery Weekend**. Near Eugene, OR. Two days of relaxed touring in the beautiful Willamette Valley. Highlight is a Winemaker's dinner - five course gourmet fare with appropriate wines. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or E-mail: pathfndr@efn.org.
- Sep 28: Peach of a Century**. A ride south and east of Salem, fully supported with two route options- a full century and a metric century. Jackie Lefevre, Salem Bicycle Club, PO Box 2224, Salem, OR, 97308. (503) 390-9558 or Email: dparrow@teleport.com.

"Calendar" continued on page 22

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"Breathe" from page 1

up of ridges (turbines) which force incoming air to swirl into a refined stream most suitable for oxygen transfer in the lungs.

The nasal passages are lined with mucus-producing membranes to keep the air moist and fight infection. (Mucus membranes in the mouth dry out which increases the chance of infection.)

Nasal passages are lined with hair-like cilia that filters incoming air.

The specialized anatomy of the nasal passages conditions incoming air. The air is warmed, cooled or moistened depending on conditions.

Now that we have presented the case for nose breathing, it is time to review Dr. Douillard's protocol for breathing. Even though it's obvious that nose breathing is more efficient than mouth breathing, according to Dr. Douillard, it can be improved. Here's the process he recommends...

**LEVEL I: Darth Vader Breathing**

**STEP 1.** Inhale normally through your nose, shallow and slow.

**STEP 2.** During the exhale, breathe out only through your nose. While you are exhaling, constrict your throat slightly, almost as if you are trying to snore. You should begin to sound something like Darth Vader. During this step, you will feel a sensation in your upper throat. It will feel like you are exhaling through your mouth rather than your nostrils but your mouth remains closed.

**STEP 3.** Try the Darth Vader breathing (slight snore with mouth closed) without contracting your abdominal muscles. Try it now. If you are doing it correctly, you will notice that it is impossible to make that sound

without contracting the abdominal muscles.

**STEP 4.** Exaggerate STEP 3, try this: instead of focusing on exhaling through your nose, try squeezing the air out solely by contracting your abdominal muscles. The Darth Vader sound should be louder and more pronounced.

**STEP 5.** Okay, try this. Get a pair of sunglasses and clean them by fogging them up with your breath. "You know, make that HAAA sound." Now close your mouth and make the same sound with your nose. After you get that down, try to prolong the sound throughout the entire exhale.

You have now mastered Dr. Douillard's *Darth Vader Breathing*. Begin to increase the size of the

breath. Continue increasing the depth of the breath until you are taking in as much air as possible and squeezing out every last bit. Practice this while you are sitting, walking or driving. The easier this becomes in your daily activities, the easier it will be to apply to your cycling and other exercise activities.

**LEVEL II: You're on your way**

As we discussed in last month's article and as you can see from the steps in Level I, the abdominal muscles should be among the primary muscles of exhalation. They are very important in forcing carbon dioxide out of the lungs. Most of us do not notice using our abdominal muscles while breathing. This is because we don't. Dr. Douillard explains it best by comparing us to rabbits. "We breathe like rabbits," he says, (not breed, "breathe") using our costal muscles (muscles in between the ribs). As discussed last month, this is extremely inefficient breathing. One of the problems mentioned by Dr. Douillard and one that I personally see in

my practice everyday is that the rib cage becomes a *true cage*. After years of shallow breathing, the ribs will tighten around the chest. The ribs never fully expand and thus become less flexible and more constrictive. "If you don't use it, you lose it."

The average adult breathes 26,000 times per day. Each breathe should be a rejuvenating experience, not a constrictive one. The ribs connect to the spine and should expand with every deep breath. Just that slight bit of movement from the ribs, 26,000 times a day, can help keep the upper spine flexible and more resilient. Many times in my practice, a patient will need work on the back to increase rib and spinal flexibility and function before they can begin better breathing habits.

To advance to Level II you must first master Darth Vader breathing. In fact, that's what Level II is—expanding on Level I. Dr. Douillard summarizes, "Just make that sound, and the rest will happen automatically." The key is getting the abdominal muscles to push the diaphragm up expelling carbon dioxide from the lower lobes up through the upper lobes. Once the lungs are completely empty, the freshly-inhaled oxygen can access all areas of the lungs.

I encourage readers to try this method of breathing in their daily lives and slowly adopt it into their exercise program. I guarantee that it will not be easy. If you are going to give it a try I also encourage you to read the book for a more complete explanation on the procedure.

Michael Lewis a certified chiropractic sports physician and strength and conditioning specialist. His practice, Eastlake Chiropractic Center, is in Seattle. He can be reached at (206) 324-8600.

**Athletic Medicine**

EDITED BY MICHAEL LEWIS, D.C., C.S.C.S.



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The forty mile loop is fairly flat with a couple of good hills. Tour the Seven Lakes area, Stanwood and Lakewood.
- The Metric Century •  
100 clicks (67 Miles) of moderate bicycle riding. Including parts of the forty mile route extending further north into Skagit County and Big Lake.
- The 80 Mile Route •  
This route provides 80 miles of riding for the enthusiastic rider. The route is moderately difficult, with a few challenging hills.
- The Century Route •  
The 100 mile route is the Strawberry Classic's ultimate challenge. The route consists of mostly moderate riding with several challenging hills, including the peaceful challenge of the Lake Cavanaugh area.



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Portland, OR 97212  
(503) 288-8431

Join free trail information

Mountain bike activists in Oregon and southwest Washington have two new forums to discuss trail access issues over the Internet.

Oregon Mountain Bikers has established two listservs, one specifically for mountain bikers and one for mountain bikers and other non-motorized trail users.

Both lists are moderated to ensure that discussions are relevant and civil. There is no cost to join, but subscribers may be removed for not following the guidelines.

Mountain bikers may join the "Dirt Alert" network, where they can share information about trails and access issues. This is essentially the same type of forum as the IMBA and IMBA Pacific Region lists, only it will be more local in scope.

The broader "Oregon Trail" network will be used to share information and discuss trail access issues, post alerts about trail damage, work parties and other events of interest to other subscribers. One of the purposes of this listserv is to increase communication and strengthen relationships among the user groups.

For information about subscribing, email Mark Flint at <mflint@molalla.net>.

Saturn recycles cycles for youth

Local Saturn car retailers are teaming up with the Delridge Neighborhoods Development Association this summer to recycle used bicycles and distribute them to youth in the West Seattle community.

The second annual Saturn Cycle Recycle Program, which began June 13 and ends July 12, encourages owners to donate unwanted bicycles to their local Saturn dealers so that they may refurbish the bikes and distribute them through charitable organizations in West Seattle.

The program is based on Saturn's nationwide Recycle Cycle campaign which has refurbished and distributed approximately 15,000 bikes to children in over 300 cities.

Between now and July 12, bicycle donations can be dropped off at four Saturn locations, including Saturn of Bellevue, located at 13815 NE 24th Ave; Saturn of Lynnwood, at 17305 Highway 99; Saturn of Renton, located at 555 SW

Grady Way; and Saturn of Puyallup, 720 River Road.

Volunteer bicycle mechanics needed

The 1997 MS 150 Jazz De-Light Bike Tour is looking for mechanic assistance for the weekend of July 26, 1007. The 150 mile tour begins in Everett, heads to the Kitsap Peninsula and overnights in Port Townsend. Day two takes riders onto Whidbey Island and returns to the Mukilteo/Everett area.

The MS Society needs volunteer mechanics at all of the stop points mentioned and all areas in between. Spend a day, an afternoon or a weekend volunteering your bicycle expertise. All volunteers receive an official event t-shirt and meals. If interested call Tori at (206) 284-4236 or (800) 800-7047.



Tour de Blasters take a well-deserved rest on June 14th at the newly opened, Johnson Ridge Observatory, elevation 4,200 feet. This is "the end of the line" on the new road that winds 40 miles from Toulte into the Mount St. Helens' National Volcanic Monument. Over half of the 1,200 riders took on the challenge of riding the entire course, an 80-mile slog with upwards of 6,000 feet of climbing.

Paul Read: Seattle's Star-Spangled Cyclist

BY TIM ENGLE

To many a cyclist, the chance to wear the colors of the U.S. in any discipline is the inspiration needed to break through a lactic acid-induced hell and reach for that little extra. Many have dreamed of dropping the pack and sprinting across the line with arms upraised, but as the Highlander says...

"There can be only one." For the last two years of the collegiate road title, that one has been Issaquah native Paul Read.



The Cat I road racer has been cycling competitively since the age of 15 when he began racing as a junior for Seattle-area teams. He progressed with the encouragement of his English-born father who raced bicycles in Europe and the United States. Upon completing high school, Paul received a scholarship to attend Midwestern State University in Wichita Falls, Texas, one of only a handful of schools to offer such scholarships. Though he was given money to ride his bike, funding was limited. This produced a transfer to the University of Texas in Austin for his junior year.

The Health and Community Management student has managed to find success in both academics and cycling by receiving an academic scholarship and winning the stars and stripes jersey of U.S. Collegiate Road Champion... two years in a row! Though he enjoys

critieriums and tactical races, he lists one of his favorite aspects of cycling as "training rides with my friends or my dad where we can talk and also get a workout."

The 22 year-old can also list frame building as part of his palmares.

"I'm pretty good friends with Glenn Erickson (local framebuilder featured in the May issue of The Bicycle Paper) and he let me use his shop to build my own frame [with which] I won collegiate nationals on last year!"

Two national titles and numerous accolades notwithstanding, representing the U.S. on the National Road Team at the Tour of Slovakia in July could be his greatest achievement. "I'm very honored to be one of the six American riders chosen to make up the U.S. National Team in the Czech Republic, but money is real tight. I thank all the support that my sponsors at Powerbar, Oakley, American Classic, SRP and my local shop Free Wheeling in Austin have given me, but I'm coming up a little short," he said. "I could definitely use a little help with the plane ticket."

Paul Read is one of a handful of cyclists who's been able to reach down and come up with the winning kick two years running. Though you may never be that victorious rider with arms upraised, you can be a part of the story and help an American hopeful.

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# CALENDAR

(continued from page 19)

## Series Races

- Jul 5: Galena Grinder.** Sun Valley, 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.
- Jul 11-13: State Games of Oregon.** Government Camp, OR, DH, DS, XC & obs trials Petr Kakes, PO Box 320, Government Camp, OR, 97028. (503) 272-0146 or (503) 272-3554.
- Jul 12-13: McCall Ski Town Bike Fest.** McCall, 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.
- Jul 25-27: Jim Travis Memorial.** Government Camp, OR, DH, DS, XC & obs trials Petr Kakes, PO Box 320, Government Camp, OR, 97028. (503) 272-0146 or (503) 272-3554.
- Jul 26-27: Big Mountain Bike Festival.** Whitefish, MT. A rider's best 10 out of 18 races count towards championship Downhill & Cross-country, Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.
- Aug 2: Chinook "Scorchin Hot!" Road Race Series.** USCF Road Race (Circuit), 10.5 mile loop. Greg Michler, PO Box 132, Richland, WA, 99352. (509) 946-5507 or Email: bikedave@ix.netcom.com.
- Aug 2-3: Fairhaven Stage Race.** Bellingham, WA. Kulshan Cycles, (360) 733-6440.
- Aug 9: 12th Annual Whitenob Challenge.** Mackay, 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.
- Aug 9: Chinook "Scorchin Hot!" Road Race Series.** USCF Road Race (Circuit), 10.5 mile loop. Greg Michler, PO Box 132, Richland, WA, 99352. (509) 946-5507 or Email: bikedave@ix.netcom.com.
- Aug 16-17: Wild Rockies.** Wallace, 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.
- Aug 16: Chinook "Scorchin Hot!" Road Race Series.** USCF Road Race (Circuit), 10.5 mile loop. Greg Michler, PO Box 132, Richland, WA, 99352. (509) 946-5507 or Email: bikedave@ix.netcom.com.
- Sep 12-14: Oregon State Championships.** Government Camp, OR, DH, DS, XC & obs trials Petr Kakes, PO Box 320, Government Camp, OR, 97028. (503) 272-0146 or (503) 272-3554.
- Sep 13: Idaho City Banzai.** 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.

**Sep 20: 5th Annual Lava Rama.** Lava, ID. Ron Dillon, USA Unlimited Sports Action, PO Box 7075, Boise, ID, 83707. (208) 342-3910.

**Sep 21: Padden Cyclocross Series.** Bellingham, WA. Kulshan Cycles, (360) 733-6440.

**Sep 26-28: AMBC.** Government Camp, OR, DH, DS, XC & obs trials Petr Kakes, PO Box 320, Government Camp, OR, 97028. (503) 272-0146 or (503) 272-3554.

## Single Race

- Jul 1: Burley Cycling Classic.** Tandem - only stage race. More TBA later  
Patricia LeCaux Russ Morton, 4080 Stewart Road, Eugene, OR, 97402. (541) 687-1644.
- Jul 4: Joe Matava Memorial Criterium.** Burien, WA. All Categories Fee: \$15 Dave Bachman, Wheelsport Cycling Team, (253) 852-4946.
- Jul 7-8: Silverton Cycling Festival.** Silverton. Euro-style roadrace around a 90-100 mile course. Rolling enclosure, \$1000 prize list. Steve Yenne, 1790 Liberty St. SE, Salem, OR, 97302. (503) 362-0500 or Fax: (503) 362-5302  
Email: YENNES@aol.com.

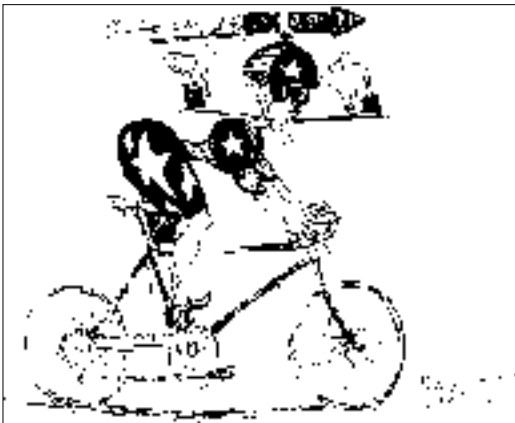
**Jul 7: RCW Masters Night PIR.** Portland International Raceway. Every other Monday night, age graded circuit races.

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

**Jul 12: Sharp's Creek Road Race.** Eugene, OR. Cats Pro 1, 2, 3 & 4 ONLY. Gnarly 70 mile loop for everyone. Bring strong wheels, tires & attitude. Pre-registration \$15, late reg. \$20. Steve Scarich, 176 N. Polk St. #1, Eugene, OR, 97402. (541) 342-3199 or Email: FlashSteve@aol.com.

**Jul 13: Fresca Invitational Criterium.** Seattle, WA. Three criteriums, men's PRO/1 invitational and amateur events. Qualified individuals only. Final stop on the Tour of America. Leslie Ota, Bob Walsh Communications, 2025-1st Ave, #320, Seattle, WA, 98121. (206) 441-7460.

**Jul 13: Lookingglass Road Race.** Roseburg, OR. All cats. Rolling 40-80 mile course. Pre-reg. \$15 late reg. \$20. Steve Scarich, 176 N. Polk St. #1, Eugene, OR, 97402. (541) 342-3199 or Email: FlashSteve@aol.com.



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

**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.

**Aug 23: Oregon State Hillclimb Championships.** Timberline, OR. USCF hillclimb championships for the state of Oregon. Candi Murray, U.S.C.F., 4318 S.E. 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-661-5874.

**Sep 6: Seward Park Season End Criterium.** 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. W.S.B.A Awards and BBQ. David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. (206) 932-5921 or Email: LDDOUG@SCN.ORG.

## Stage Race

**Jul 12-13: Hammerfest Stage Race.** Spokane. Challenging single loop road race, Flatt TT 20 miles; IT, CRIT, Road race Alex Renner, S. 131 Sherman, Spokane, WA, 99202-1460. (509) 456-0432 or (509) 456-8875, email: pegasus@eznet.com.

**Jul 25-26: Sweet Pea Stage Race.** Bozeman, MT. Three stage road bike race: Road race, time trial, criterium. Held in and around beautiful Bozeman, MT Martin Rolfsson, 1013 West College, Ste 1, Bozeman, MT, 59715. (406) 586-8275.

## Track Race

**Aug 14-15: Oregon State Track Championships.** Alpenrose Velodrome. USCF Track championships for the state of Oregon. Kilometer pursuit, points race, sprints for Sr., Jr. and Women. Candi Murray, U.S.C.F., 4318 S.E. 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-661-5874.

**Aug 30-31: Oregon State Track Championships.** Alpenrose Velodrome. USCF Track championships for the state of Oregon. Kilometer pursuit, points race, sprints for Sr., Jr. and Women. Candi Murray, U.S.C.F., 4318 S.E. 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-661-5874.

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# Living the easy life

BY MAYNARD HERSHON

Dear Faithful Reader,  
I've moved from Berkeley to Chico, California, at the north end of the Sacramento Valley, nearly three hours north-east of the SF Bay. A smallish college town, Chico is remarkably bicycle-friendly thanks to a politically active bike club, Chico Velo.

Chico's got to be one of the easiest places in the U.S. to live the car-free life. Lots of people do. There's a strong environmentalist feeling here, and not much love for the automobile. You meet dozens of people and seldom see a Jeep Cherokee or GMC diesel 4X4 out at the curb.

No wonder: It's easy to get around on your bike. No place is more than 15 minutes away from anyplace else. Once you learn how to find them, quiet streets or bike paths nearly always connect one place to another.

Downtown traffic is crummy, like traffic anywhere. All traffic's crummy, but there's less of it here than in the urban areas where most people live. Fewer people mean fewer drivers. The town's 45,000; maybe there are an additional 40,000 in "greater" Chico. Just outside

town, you can ride for miles, a car passing you every few minutes. Not bad at all.

It's worthwhile leaving town. Riding around here is wonderful.

West and northwest, out toward the Sacramento river, there are miles of quiet, flat country roads. You pedal down those roads and find yourself lost in thought, seldom disturbed by the angry sound of passing cars or trucks. Lovely.

I ride out there on my fixed-gear road bicycle, spinning along warm-legged on those gloriously flat roads. The quietness and steady, smooth low-gear pedaling loosen me up. That riding calms me, helps me think clearly. A couple hours in the one low gear feels like a vacation.

If you ride east or northeast out of Chico, you'll need more than one low

gear. You'll need all the gears Shimano can supply.

Look at a map. Find Chico, north and a little east of Sacramento. See how the map color changes east of town? Those are the foothills of the Sierra Nevada Range. Does the word "foothills" mean gentle rolling country to you? Not these foothills.

I've been riding my travel-bike with its triple chainrings and been glad I had 'em. On rides east of town, I've used every gear for the long, steep climbs and fast, euphoric descents.

Those of you who've been here in April for the popular Wildflower Century know what I mean. The climbs up Honey Run Road to Paradise (1500ft in 5 miles), and up

Cherokee Road to Table Mountain (1050ft in 5.5 miles) are grueling. They hurt.

It's a 10-mile grind to the end of Cohasset Road north of town, and it grows steadily steeper as you ride. A climb so long with so few short descents is rare, I think. Here, all you have to do to try one is pedal up the bike path past the airport. There you are at the bottom. Enjoy.

Mountain biking here is demanding, and kinda intimidating to a wussy off-roader like me. Trails I've ridden have been narrow, super-technical singletracks. They featured TV-size rocks, rocks that look as if they're gonna

take your pedal off and your foot with it.

Even if you don't lose a foot, you don't wanna fall off. You're not going to fall on soft grass or into cushy underbrush. Uh-uh. You're going to fall on rocks, big solid rocks. Sketchy.

Hey, I'll get used to it; You'll see. Months from now, when you ask me how the mountain bikin' is around here, I'll say, bitchin', dude. I'll be the master of local singletrack. Just you wait.

Meanwhile, though, I've been riding my bike on errands and getting in more training miles than I did in Berkeley. I knew all the roads there and I'd long since begun taking the scenery for granted. Here, each ride's an exploration. I often get lost and thus see more: Every vista's a new vista. I'm a stranger on a bike in a beautiful land.

Please notice, regular readers, if you sense a change in my writing. Perhaps, Chico's fewer cars will mean fewer incidents with cars. I won't be inspired to write about them so often or so critically. Perhaps Chico's more varied, more challenging terrain will inspire me to write about... varied, challenging terrain. Who knows?

Perhaps Chico's cyclists, all but a few of them strangers to me until mid-April, will provide experiences and stories that will inspire me to write about THEM. Many probably anticipate that possibility and are careful what they do and say when I'm around.

Whatever comes of it editorially, I'm starting a new adventure in a terrific new place thanks to my bicycle. It introduced me to Chico back in the late '80s. My bike led me here...

Making me realize once again how much good comes to us because of our nearly silent friends, our bicycles. Bless you, bicycles.



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