

Bicycle Paper

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APRIL '98



Club Promotes Junior Racing

BY TARYN GERHARDT

With the United States Cycling Federation struggling to build a strong juniors program, one bicycle club is striving to help build it up and also to keep kids interested in cycling.

Most kids naturally love bicycling, but by the time they reach high school that passion is often lost to cars and video games, Capital Bicycling Club president Russ Lehman said.

The Olympia-based club is trying keep that love ignited. CBC (not to be confused with Cascade) is starting a new program that focuses on encouraging youths of all ages to get involved in cycling and is building up their juniors racing program.

(See "Junior Racing" on page 8)

A Road Map To Winning

BY ESTELLE GRAY

"I would have won but the other guy was faster." How often do you hear that? Probably not as often as it is true. Let's face it, if you didn't win, that's ultimately the reason, isn't it? What can you do about it? You can't control the other riders' performance so it is up to you to be sure that you enter your event as well-trained as you can be. How do you do this? If I knew the answer for sure, then I'd certainly be doing something other than working at a bike shop. So for now I'll offer one bit of advice that can make the difference between "winning" and "not winning."

(See "Road Map" on page 3)

Surviving the Urban Jungle

BY STUART BRYSON

It is a sunny afternoon on a tree-lined stretch of country road. A peleton of racers is nearing the end of an eighty-mile road race. The riders key-up for the sprint finish. Suddenly a huge shape suddenly appears from nowhere and halts right in front of the sprint...WHAM! Riders smack into the side, bounce over the roof. Bikes, bottles and riders are airborne. Inside, old Rastus Ooopsydaisy covers his head in fear and bewilderment as strange, colorful objects bounce off his car.

(See "Urban Jungle" on page 6)

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COVER PHOTO:
 Paul Dahlke (Rays/Big Time Pizza) leads Kenny Williams (Saturn) in last year's Volunteer Park (seniors).

PHOTO BY MARIANNE MCCOY.

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OPINION

"Road Map" from page 1

First of all, I need you to accept the idea that there is a difference between exercising and training. When you exercise, you partake in some aerobic activity and get some pleasure or benefit from it. When you train, you set a goal. The goal is measurable, and hopefully you have a plan on how to achieve it. I'd like to compare training for a race to driving to Chicago.

Let's say you are invited to a cycling event that is taking place on a certain day at a specified time at Collin Park in Chicago. You can get there one of two ways. You could just get in your car and leave. Chances are you'd do okay in the beginning.

You'd probably go east on 90 and eventually find signs and people that would direct you to Chicago. Finding Collin Park and being there at the right time might prove to be a little harder. You may or may not be in a good mood when you arrive.

Another scenario is that you could get a map, locate the park, plan an efficient route, and even calculate how long it might take to get there. I propose that you'll find this second method to be a "better" choice.

Training is the same. You need a goal, a plan and a way to measure your achievements. A lot of us go out and ride "hard" but have no way of knowing how this will affect our performance on the day of the event.

Your goal is personal. It may be to win a race, to lose weight, to move up to Cat 2 or 3 by the end of the season, to finish STP or to do a century in under 8 hours. It doesn't matter what it is, as long as you can state it. Your plan may be something that you devise by yourself, or you may seek the guidance of a professional. Most importantly, you need something to tell you if you are "on the right road."

The nineties have brought us tools for our

bikes akin to a car's speedometer and tachometer. When you are driving to Chicago you'll probably look at your gauges to decide if you'll make it on time. You'll know if you have time to relax or need to increase your speed. Now you can have the same information while you are on your bike.

These tools are affordably-priced Heart Rate Monitors (hrm) and cyclocomputers. Hrms give you the most accurate information as to how your body is performing. They will tell you how hard your body is working at any given moment, they will give you information to let you know if you are over-training, and they'll help you find the pace



that will make you perform most efficiently. A cyclocomputer will tell you how fast your legs are making, your mileage, what your average speed is, etc. If you use an hrm and cyclocomputer you'll collect all of the data that will allow you to understand your performance. You'll know if "the other riders were faster" or if you didn't perform to your max. Hopefully, you'll be able to determine if you rode too hard, not hard enough, spun too hard or pushed too high a gear.

Now is the time of year to begin working with these devices. When you first purchase an hrm, you'll want to wear it all the time for a week or so. You may even get so addicted to it that you'll wear it all the time from then on! I suggest you get a book that will guide you on how to sort through the data you collect.

Once you do the next step, which is to determine your maximum heart rate, the fun begins. (You can find out how to do this through a book or by consulting an exercise professional.) You'll be able to watch how your heart rate changes with your cycling cadence. You'll also see how your speed changes with cadence and heart rate. You'll



find numbers that will tell you what you need to do to have *your* best performance. You'll train accordingly, and then you'll race accordingly.

Have you ever looked at the cycling bulletin boards in the middle of summer? They are often filled with notices of people wanting to sell entries to challenging events. There is a plausible explanation for this phenomena. Not everybody had their aunt die and now they can't make the event. Quite often when the time comes around the riders find they are not prepared (i.e. well enough trained). It is kind of like quitting when you arrive at the outskirts of Chicago without a map.

So, when you head off for Portland, RAMROD, or Cycle Oregon, be sure you have the same tools as you'd want for Chicago. A reliable engine (*you*), a map (a training schedule), a speedometer (your cyclocomputer), and a tachometer so you can tell how hard the engine is working (your hrm). You are now equipped to have your best ride yet, while your competitors are left looking for excuses!

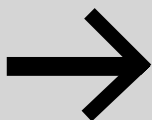


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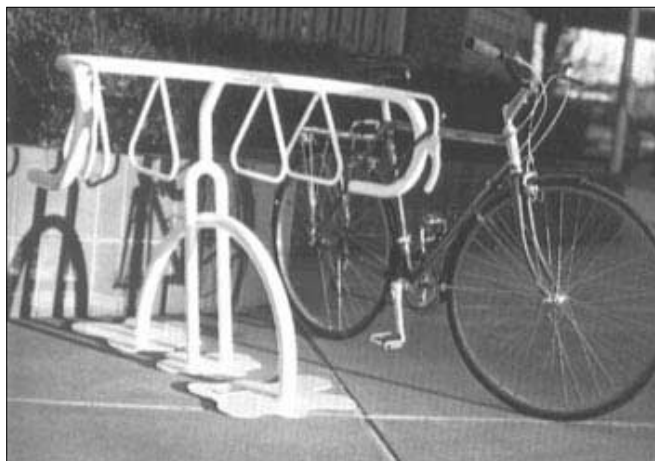
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Cyclist Designs Artistic Bike Racks

Merrill Denney, an avid cyclist, longtime metal worker and part-time artist, has designed and manufactured a new line of bike racks that combine aesthetics with pragmatics. The functional racks, which were spawned by his frustration of not having a place to lock up his bike, have already been purchased by Eugene and Corvallis, as well as other towns in Oregon, Washington and California. The initial line-up consists of brightly-painted racks that resemble bicycles, although he has been commissioned to design other models and has no intention of stopping now. Merrill lives in Dundee, Oregon, and can be reached at (503) 864-2676.



Banana Belt "Slips"

The Banana Belt Series was temporarily canceled after the first race, which saw competitors flagrantly violate race rules and common courtesy. The initial list, released by Candi Murray, Regional Representative for the U.S.C.F. and Administrator for the Oregon Bicycle Racing Association, detailed the following list: riding three abreast during warm-up and restricting traffic, blocking roadways or driveways while waiting to start, throwing Cliff Bar and PowerBar wrappers around a wildlife preserve and riding over the centerline.

Due to this and other reported behavior, the county implemented a \$1000 (plus) fee to cover expenses for law enforcement to be present. Hence, the cancellation of the Banana Belt Series.

In a dissenting opinion, John Bravard was quick to point out that the race lacked "strong officiating." The basic point was that "Officials need to act as officials," and that he's "seen officials tolerate this so many times that it doesn't surprise me riders continue to abuse this rule."

Luckily for the racers and cycling as a whole, the Banana Belt Series had devoted organizers who worked diligently to find a new location where the race could take place: Linn County. With the new courses came a straight-forward and simple policy: instant ejection for violators.

Racing Season Is Here!

April will see Volunteer Park, the longest-running race in Washington, officially open up the state's racing season. Washington's mountain biking season has already kicked off with the 6th Annual GT Valentine's Day Challenge, which was won by Dale Knapp.

The Banana Belt Series began Oregon's road season, and the 13th Annual Mud-slinger Classic Mountain Bike Race in Corvallis will commence the off-road season.

Idaho and British Columbia start a little bit later: Boise was the host city for The Slammer Road Race on March 22, and the mountain bike season followed a week later in Nampa with The Barking Spider Bash. Vancouver is the site for the road opener The Squeaky Wheelers Spring Classic on April 5, and on April 11 The Burnt Bridge International Classic will see Rudi Schneider, Trish Sinclair and Ryder Hesjedal defend their cross-country titles from last year.

We wish all the competitors, organizers, promoters, volunteers and spectators the best of luck and all the fun racing has to offer.

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Crunches, Pulls and Pops

BY ERIK MOEN PT, CSCS

Early season riding and racing can be the perfect opportunity for some common injuries if you don't play the training game with some savvy. These injuries are often the result of increased riding volumes and intensity, adding a power phase to a weight training program or introducing a new piece of equipment to your bicycle. Weather can be a factor, as the cold and wet are not friendly to your joints, such as the knee. Common acute and chronic cycling injuries that usually occur are as follows: muscle strains, tendinitis of the hamstrings and ilio-tibial band and patello-femoral compression. It is useful to be able to recognize injury-onset and take appropriate actions to ensure maximum enjoyment in your bicycling endeavors.

Muscle strains are usually the results of over-stretching or abrupt loading beyond a tissue tensile strength potential. Strains can occur anywhere along the musculotendinous unit, such as the tendon, musculotendinous junction or the muscle belly. Acute muscle strains are graded. Grade 1 is a low-level irritation of fibers that is usually described as the post-exercise soreness. Grade 2 is a partial tear of tissue that involves noticeable swelling, pain, warmth and inhibition of activity. Grade 3 is a complete tear of a tissue, is extremely rare in bicycling and requires immediate medical care. Grade 1 and 2 strains are generally treated with R.I.C.E.: relative rest, ice, compression and elevation. These measures ensure that swelling is kept at a minimum. Appropriate strength and stretching must be employed during the recovery from a strain. A qualified professional would be invaluable for guidance during this process.

Athletic Medicine

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

Tendinitis results from chronic trauma of a tendon. This trauma is usually microtears or rubbing of a tendon over a bony surface. Tendinitis usually starts as an acute tendon injury. Symptoms are usually acute pain, loss of range of motion and unwillingness to bear weight. Tendinitis can develop into debilitating pain of a specific structure or just be painful through warm-up only to return hours after cessation of activity. Treatment usually involves anti-inflammation intervention (medicinal, physical, modalities, etc.) and stretching and strengthening on a modified schedule. Your goal during the rehabilitation phase should generally be to work at a level that doesn't re-in-

voke the pain and dysfunction.

Patello-Femoral Compression Syndrome is characterized by anterior knee pain or pain behind the kneecap and is usually accompanied with crepitus (palpable, audible crunching of the knee with motion). It is the erosion and irritation of the joint surfaces due to irregular loading or shear. Pedaling will generally be painful, particularly under load such as on hills. This can be a real big injury for cyclists, possibly taking months to recover. It is advised that you immediately cease painful bicycling, treat the inflammation and determine the cause of the initial pathology so that you do not continue the irritation of your joint surfaces.

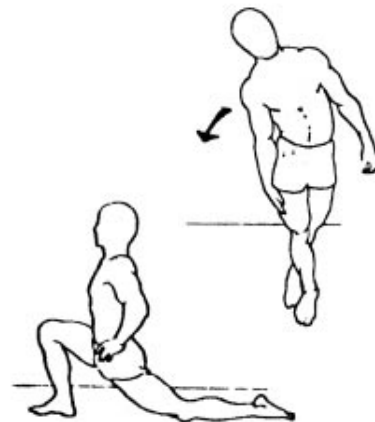
You should take care of any injury quickly, regardless of its magnitude or lack thereof. It is much easier and quicker to return from a small injury than a large injury. This means that you must adjust your training. You may not be able to be on the podium for races such as Volunteer Park or ride

PR's at a local time trial, but prudent recovery will ensure that you will be riding once the sun starts to shine consistently (sometime after July 4).

Major Points

1. R.I.C.E. for acute symptoms (relative Rest, Ice, Compression, Elevation).
2. Consult an appropriate medical professional for debilitating symptoms.
3. Take the time to properly rehabilitate your injury. Rushed healing may compromise the integrity of the tissues in question.
4. Learn from your injury. Study the reason why the injury occurred in the first place. Avoid these mistakes in the future. You may find it useful to consult a coach to help guide training.
5. Take the time to perform daily stretching.
6. Enjoy the ride!

Stretching Examples



Prevention of overuse injuries begins with adequate and proper stretching. Keep in mind, however, that before stretching, the body should be warmed up through some form of light exercise (perhaps a short ride) in order for the muscles to respond to the stretches.

Erik Moen PT, CSCS is the Clinic Director at Physiotherapy Associates - Lynnwood. He is a Physical Therapist, Certified Strength and Conditioning Specialist and is an Elite-Level coach with the United States Cycling Federation. You can reach him at (425) 775-0642 or Fax (425) 775-0579.

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HOW-TO

"Urban Jungle" from page 1

This illustrative story, from my dad's road racing days, happens to be true. Luckily, though a few bikes were pretzeled, no one was seriously hurt when the driver backed his car into the road without looking. Unfortunately, this bike vs. car scenario occurs all too often. And since a car always weighs several tons more than a bike and rider, the car usually wins.

As we are all aware, riding on the road has the potential to be hazardous to your health. But an amazing phenomenon occurs when some members of the cycling community who (sadly) limit themselves to the paved world are faced with the prospect of a trail ride: "It's too dangerous," they say. And they nonchalantly shrug and swig a sip of Cytomax as a 10 ton logging truck whizzes by two feet away. Umm...maybe there is a problem with this logic? Sure, on trail rides and in mountain races we go over the bars a lot more often and sometimes break the occasional collar bone. But we don't normally face the prospect of becoming a hood ornament for a Mack truck. (And besides, let's face it: if seriously injured on a ride, a helicopter ride would be a lot more interesting than a ride in an ordinary ambulance). Obviously though, avoiding either prospect is recommended by nine out of 10 doctors. (The others just want your money).

However, I am not advocating a cycling regimen of only rocks and dirt. Rumor has it that many mountain bikers have recently been participating in road riding (though disguised by their skinny-tired bikes, they can be identified by telltale signs such as CamelBacs, mud stripes up their shorts and the occasional bunny-hop of a Yugo at red lights). And folks — as reticent as some of us fat-tire fiends are to admit it — the truth is that riding on the road is not only often a big part of getting to our favorite single-track, but it also helps us train for mountain bike racing. It gives us an opportunity to develop a smooth spin and opens up a whole new world of anaerobic torture options. But whether you ride bikes with skinny tires or bikes with fat ones, one thing is inevitable: you will ride on the road. Whether you are on

your way to your favorite singletrack or on your way down to Starbites to grab some joe, you will contend with the demons of the paved world.

The rule of cycling on the road is put succinctly by Brian Kokla, who commutes to work all summer on his mountain bike. (Brian is an X-ray technologist, one of the first people you see after getting hit by a car.) "Stay alert," he says. Brian points out that cyclists are seldom hit by cars they see or hear. Usually it is a driver doing something unpredictable, like making a turn without sig-

naling or backing out of a driveway. And after a bike-car accident, the first words out of most drivers' mouths are "I just didn't see you."

More Tips

In addition to the more obvious advice commonly given about road riding,

like "wear a helmet" or "make sure your brake cables are connected," here are a few tips for playing in traffic safely:

1. Riders wearing a team or logo jersey and helmet often get more respect from motorists than casually dressed cyclists.

2. Although one should use "official" signals, sometime it is best to make eye-contact with the driver and point to where you're going. Many drivers (and cyclists) are sometimes confused by "official" hand signals

3. On two-way streets, ride as far right as you can, but don't ride close to parked cars or you will get the infamous "door prize." And riding the "fog line" — the far right edge of the roadway — you run an increased risk of flattening or sliding because of debris blown off the pavement by passing cars.

4. Don't alternately hug the sidewalk and swerve into traffic to go around parked cars. Just maintain an even distance out. Other-

wise drivers will squeeze you out, and you will get "buzzed" or hit.

5. Be in control of the situation. Let drivers know you are competent by being assertive and deliberate about where you are going, and don't be afraid to claim your territory. Drivers become hostile with hesitant cyclists because they are not sure what to do next.

6. If it is unsafe for a car to pass, as on a winding, narrow road, ride in the middle of the lane until it's safe. Then move to the right and motion the driver around you. Better to temporarily irritate a driver than put yourself and your riding partners in danger.

7. Riding on sidewalks is okay, but is slower and sometimes as dangerous as riding on the road because of turning cars. In some areas it is illegal. Riding on the road is almost always a better option, unless it is dark and you have no lights on your bike. (Which is lame anyway, because it means you have taken a lot longer on your ride than you thought, and your significant other is deeply moved by your tardiness for dinner).

Stuart Bryson lives in Boise, Idaho. He has only been hit by a car once, and has nearly finished paying for the dent his head left in the back of the Jeep Cherokee.



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NEWS

Pub Offers Introductions to Outdoor Activities

The Tacoma-based Harmon Pub and Brewery is a restaurant self-described as "an indoor experience with an outdoor attitude." Owner Pat Nagle wanted the pub to be central in the area's love of the outdoors. This caused him to collaborate with Backpackers Supply and Tahoma Outdoor Pursuits to bring outdoor activities to his customers. The excursions are for individuals of all abilities, offering anyone interested an introduction to a variety of sports for nominal fees. Activities planned include mountain biking, skiing, sea kayaking, rock climbing, snow shoeing, telemark skiing and others. For more information, call Pat at (253) 383-BREW.

1998 Alice B. Toeclips Winners Announced

The winners of Oregon's Bicycle Transportation Alliance 1998 Alice B. Toeclips awards were: Erik Johanes, Kevin Williams and Portland's Street Sweeping Crew, Larry Mastin, Mark Lipe, Rick Williams and Dan Petrusich, Metro Bicycle Commuter Incentive Program, Michael Ronkin, Randy Albright, River City Bicycles, Roger Gaither, Russ and Renee Rickerts and Sue

Wolling. The awards are given to individuals and organizations which help "make Oregon great for cycling."

The BTA and the Oregon Environmental Council have also released a pamphlet called "An Expensive Love Affair." The pamphlet details the costs of owning and operating an automobile and presents some surprising figures. Copies are available by calling the

BTA at (503) 226-0676 or the OEC at (503) 222-1963.

NowBike Awards

Mini-Grants

NowBike has awarded six mini-grants to volunteer-based bicycle safety programs. The \$500 grants were given to the Port Townsend Bicycle Association, The Clark County Bicycle Safety Coalition, the West Sound Cycling Club, the Pierce County Helmets on Wheels Coalition, the Cascade Bicycle Club and the Free Ride Zone Community Bicycle Program.

The money for the grants came from Kathe Smith, who was struck by a truck last summer while cycling on the Olympic Peninsula; the donated funds were a portion of her settlement. NowBike can be contacted at (206) 224-9252 or at nowbike@accessone.com.






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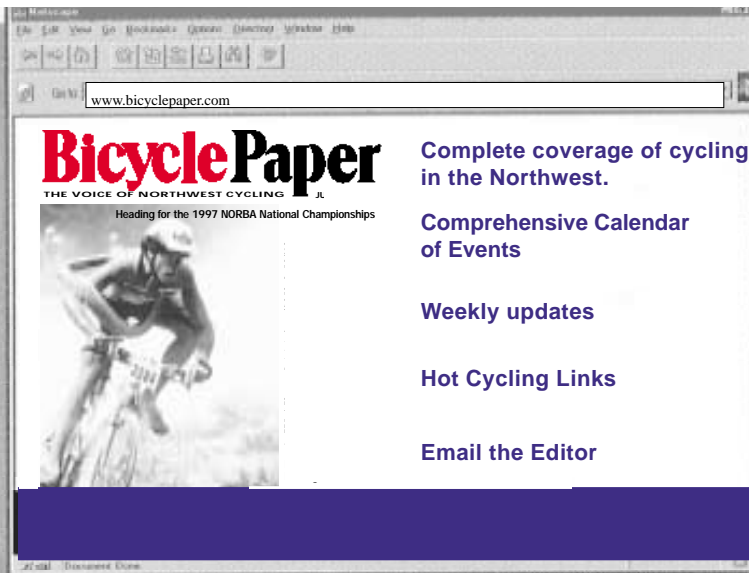
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Weekly updates

Hot Cycling Links

Email the Editor

JUNIOR RACING

"Junior Racing" from page 1

CBC race team captain and board member Jim Brown said that juniors cycling is at an all-time low in the U.S., with only 1700 racers registered with the USCF.

"All the Europeans grow up on bikes. It's a low spot in the U.S. You've got to start at a grass roots level. We want to catch these folks earlier and spark an interest," he said.

At the club's criterium race last Labor Day, the club held kids races in addition to the regular races. More than 100 kids (ages six to 12 years) participated.

"(From the criterium) we realized we are tapping into a very large vein of support for kids' riding," Lehman said "Cycling is what we want to get people involved in because it helps develop self-confidence and self-discipline and it creates healthy bodies. It's these fundamental values that we want to work on because it's good for the community and it's good for the environment."

Lehman said kids interested in road, mountain, track and BMX bicycling are all encouraged to participate in the club activities which include organized rides, races, tours, clinics and advocacy activities.

In the spring, the club will be sponsoring family rides and is building up bikes for juniors

(ages 18 and under) who would like to get into bike racing.

While the club wants to recruit all youths to participate, the club is especially focusing on recruiting youths who want to race for The Valley/Capital Bicycling Club race team. The racing team just acquired The Valley Athletic Club as its sponsor this year.

The club is collecting parts, frames, clothing and shoes for the juniors' racing team. The club recently held a bike swap and collected \$1000-2000 in bicycling goods and frames.

From these parts, club members hope to build up bikes that can be checked out, creating a sort of bike library. They are also working with local law enforcement agencies in hopes of procuring impounded bikes and are working to get bikes donated from a bicycle touring company.

"We want to introduce as many kids as we can into bicycling. We want to break

down the financial barrier to cycling," Brown said.

Lehman said any youth between the 7th and 12th grades can join The Valley/CBC race team. After the racer pays the \$35 club fee, CBC will provide a bike, clothing, helmet and pay all fees involved in racing, he said.

Youths interested in participating in the club and racing will not only receive the benefit of financial support, but they will also get experienced riders and racers as mentors.

"The racers have been fantastic with the kids. They know the value of a great national program. The juniors are our future," Lehman said.

Anyone who would like more information about the club, or would like to donate quality bicycle parts or clothing can contact the bike club at (360) 956-3321.



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AGE _____	SEX _____	I plan to ride STP in _____ 1 day 2 days	This is my _____ (number) _____ STP	
ENTRY FEE One rider per form (U.S. funds)				\$ 60
TRANSPORTATION Portland to Seattle by bus.				
Please check one: _____ Sunday _____ Monday _____				Number of tickets @ \$35 each \$ _____
JACKET SIZE	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL <input type="checkbox"/> XXL
A \$20 fee is charged on all returned checks. Sorry, No Refunds.				
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Send entry to: STP Registration PO Box 31299 Seattle, WA 98103.		• STP is limited to the first 10,000 entries received • Enclose check or money order (no cash) payable in US funds to STP '98. • Incomplete forms will be returned. • Same-size legible photocopies accepted.		YES! PLEASE MAIL ME A RIDE GUIDE! <input type="checkbox"/>

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Welcome to the April, May and June Northwest bicycle calendar

Because of requests made during the recent Greater Seattle Bicycle Expo, *Bicycle Paper* will change its calendar format to list events for the current month plus a preview of the two upcoming months.

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, lectures, etc), **Offroad** (competition and rides featuring single-track and other off-road riding), **Rides & Tours** (often 15 to 200 mile rides on roads for any type of bicycle), **Series Races** (competition repeated on three or more weekends), **Single Races** (bicycle competition), and **Track Races** (competition in the velodrome).

If you are an event promoter or organizer and your event is not listed, please write, call, fax or e-mail information to us and we will gladly list it. Please send your event information in the same style and format as seen here. Further, any changes should be handled the same way.

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Events

Apr 11: Double Pole, Pedal Pad. Bozeman, MT. Downhill skiing, cross-country skiing, bicycling and running. Bridger Ski Foundation @ 406-587-2445.

Apr 26: Peaks to Prairie. Billings, MT. Kim Bleth @ 406-656-8420.

Apr 18: Mountain Bike Boot Camp. 10am-2pm. Subjects: trailside tool kit, maintenance and etiquette. Drills on balance, riding positions, gears, brakes, lines, corners, climbing, descending & obstacles. Limited space. \$20/\$10 non-members/members. Hotline: 425-827-4493. <http://www.dirtnw.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.

Apr 25: Gallatin Valley Bicycle Club Bike Swap. Gallatin Valley, MT. John Yarrington @ 406-586-6264.

Apr 26: Third Annual Aurora Cycle Tandem & Recumbent Fair. Seattle, WA. Hands-on informational open house. Ride tandems & recumbents, learn techniques, talk to manufacturer's reps. and other enthusiasts. Noon to 5 p.m. www.greggscycles.com. Rex McDowell, Gregg's Aurora Cycle, 7401 Aurora Ave. N., Seattle, WA, 206-782-6689 or (fax) 206-781-8270.

May 20: Mountain Bike Boot Camp. 5:30-9pm. Subjects: trailside tool kit, maintenance and etiquette. Drills on balance, riding positions, gears, brakes, lines, corners, climbing, descending & obstacles. Limited space. \$20/\$10 non-members/members. Hotline: 425-827-4493. <http://www.dirtnw.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.

May 22-25: 13th Annual Northwest Tandem Rally. Spokane, WA. Many rides, events, bike expo, banquet and a great time. \$56 per tandem team. Please contact Betty Lindell at (509) 747-4352, 106 W 24th, Spokane, WA 99203 for application and information. E-mail: freebies@aol.com.

Jun 11: Mountain Bike Boot Camp. 5:30-9pm. Subjects: trailside tool kit, maintenance and etiquette. Drills on balance, riding positions, gears, brakes, lines, corners, climbing, descending & obstacles. Limited space. \$20/\$10 non-members/members. Hotline: 425-827-4493. <http://www.dirtnw.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.

Jun 27: Mountain Bike Boot Camp. 10am-2pm. Subjects: trailside tool kit, maintenance and etiquette. Drills on balance, riding positions, gears, brakes, lines, corners, climbing, descending & obstacles. Limited space. \$20/\$10 non-members/members. Hotline: 425-827-4493. <http://www.dirtnw.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.



Off Road

Apr 4: Vegas Rocks. Las Vegas, NV. Rolling, fun desert, course located only minutes from the Vegas strip. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Apr 4: Daylight Savings. Beaverton, OR. 12 miles along Leif Erickson Trail. Hike & trail lights required. \$6. Tualatin Hills Park & Recreation District, 15655 SW Millikan Blvd., Beaverton, OR, 97006. 503-644-5595.

Apr 8: Spring Point Series Race #1. Bonney Lake, WA. 5:30pm. \$12 (\$7 under 18). www.dirtnw.com Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.

Apr 11-12: Burnt Bridge International Classic. Shawanigan Lake, Victoria, B.C. Cross-country, downhill, kids races, xc running event. www.procompetition.com or Email: procomp@pacificcoast.com Claire Bonin, 250-656-7995.

Apr 11-12: Seattle Rocks Festival. Seattle, WA. Seattle International Raceway hosts its first-ever cross country and dual slalom mountain bike competition. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Apr 11: South Beach Boogie. Delta, UT. Fun in the sun near Utah's Great Salt Lake. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Apr 15: Spring Point Series Race #2. Bonney Lake, WA. 5:30pm. \$12 (\$7 under 18). www.dirtnw.com Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.

Apr 17: Finley Hills Challenge. Kennewick, WA. A scenic well organized spring race. Race along the spectacular Cowlitz Gorge vista. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Apr 18: Finley Hills Challenge. Kennewick, WA. NORBA XC mountain bike race. Wild Rockies Series event. www.wildrockies.com Ron Dillon, P.O. Box 7075, Boise, ID, 83707. 208-342-3910.

Apr 19: 13th Annual Mudslinger Classic Mountain Bike Race. Corvallis, OR. Jim Fischer, 5549 SW Redtop Pl., Corvallis, OR, 97331. 541-754-3752 or (fax) 541-766-8403.

Apr 22: Spring Point Series Race #3. Bonney Lake, WA. 5:30pm. \$12 (\$7 under 18). www.dirtnw.com Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.

Apr 25-26: Lake Chelan Mt. Bike Festival. Lake Chelan, WA. Downhill, Cross Country Kids Race. \$20/\$30. WIM Series Points. E-mail: ciscoroundaround.com or www.roundaround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.

Apr 25: The Big K MTB Festival. Big K Ranch, OR. NORBA off-road, excellent single track, excellent facilities. \$20 prereace. \$25 day of. E-mail: frameman@msci.net Mitch, Cycles LaMoure Races, 613 S.E. Jackson, Roseburg, OR, 97470. 541-957-1020.

Apr 26: 7th Annual Bear Trax & Beeswax. Tahuya State Forest, Belfair, WA. Mountain bike race. NORBA/IMBA event. Single Track Mind Cycling Club, 1648 S. 246th Pl., Des Moines, WA, 98198. 206-564-1422 or 206-824-8104.

Apr 29: Spring Point Series Race #4. Bonney Lake, WA. 5:30pm. \$12 (\$7 under 18). www.dirtnw.com Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.

May 2-3: Coeur d'Alene Challenge. Coeur d'Alene, ID. Deep woods, and a great course on a beautiful, scenic trail system in Farragut State Park. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

May 2: Showdown at Five Mile Pass. Lehi, UT. Experience the west at another fun race near Salt Lake City. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

May 3: Spring Thaw Mountain Bike Challenge. Ashland, OR. NORBA Race. 25 mile race through the Ashland Watershed. Race and event web site: www.id.mind.net/~gumby/. Russ Rickett, P.O. Box 903, Ashland, OR, 97520. 541-482-8704.

May 3: 6th Annual Padden Mountain Paddle. Lake Padden Recreation Area, Bellingham, WA. Mark Peterson, Kulshan Cycles, 3607-738-0679.

May 3: Billings Mountain Bike Series #1. Billings, MT. The Bike Shop @ 406-652-1202.

May 6: Spring Point Series Race #5. Bonney Lake, WA. 5:30pm. \$12 (\$7 under 18). www.dirtnw.com Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.

May 9: MS Mountain Bike Madness Ride. Choose from an all ages and abilities 50km route or a challenging 70km route perfect for experienced off-road cyclists. Jenny Foss, MS Society, 192 Nickerson St., Ste. 100, Seattle, WA, 98109. 800-800-7047.

May 9: Bike Zion XC Race. Zion National Park, UT. Zion Ponderosa Resort offers an enjoyable getaway. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

May 13: Spring Point Series Race #6. Bonney Lake, WA. 5:30pm. \$12 (\$7 under 18). www.dirtnw.com Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.

May 16-17: Winthrop Boneshaker MTB Bash. Winthrop, WA. Downhill, Hill Climb, Cross Country, Kids Race. \$20-\$30. WIM Series Points. E-mail: ciscoroundaround.com or www.roundaround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.

May 16-17: Idaho City Excellent Adventure. Idaho City, ID. One of Idaho's oldest mountain bike races in one of Idaho's oldest towns. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

May 17: 2nd Annual GT Tahuya Spring Classic. Belfair, WA. New Classes, 90% single track. Cross Country Event. Information also at Old Town Bicycle (253) 858-8040. Craig, Kamakaze Mountain Bike Club, 12309 104th Street KPN, Gig Harbor, WA, 98329. 206-857-3002.

May 20: Spring Point Series Race #7. Bonney Lake, WA. 5:30pm. \$12 (\$7 under 18). www.dirtnw.com Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.

May 23-24: Bordertown Challenge. Wendover, NV. High desert trails wind through the pinon pines and high mountain peaks. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

May 24: Hutch's Hustle. Bend, OR. Sally Russell, 442 NW State St., Bend, OR, 97701. 541-389-3295 or (fax) 541-389-7372.

May 24: Summerland Action Quest. Summerland, B.C. Mass start, point to point, 600+ riders. Single track challenging lap. 23km & 45km route options. BC Cup series status. \$35. Ron Hayman, Action Quest, P.O. Box 214, Summerland, B.C., V0H 1Z0. 250-494-5469 or (fax) 250-494-9446.

May 30-31: LaGrange Classic. Weaverville, CA. In the heart of redwood country. This established race will please any rider who challenges trails on cool tree trunks. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

May 30: Blue Mountain Mountain Bike Race. Missoula, MT. Jason @ 406-543-3331.

May 31: Coast Hills Mountain Bike Classic. South Beach, OR. New, expanded course with less "overlap" between classes! E-mail: dave_campbell@lincoln.k12.or.us Dave Campbell, Newport High School, 322 NE Eads, Newport, OR, 97365. 541-265-9281 (work) or 541-574-0327 (home).

May 31: Billings Mountain Bike Series #2. Billings, MT. The Bike Shop @ 406-652-1202.

Jun 3: Sep 2: Wednesday Night Mt. Bike Series. Black Diamond, WA. Pete's Ranch. Start time: Beg/sport at 6pm, sport/expert at 7pm. Tracy Jolly, 206-322-0072.

Jun 5-7: Rose Festival Cup Mt. Hood Skibowl. OR. DH, DS, XC & obs trials. After April 15: Fax (503) 272-0240. Website: www.skibowl.com for registration form. Petr Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-272-0146 or (fax) 503-272-0146.

Jun 5-Oct 4: Oregon State Champion Series. Mt. Hood Skibowl, OR. DH, DS, XC & obs trials. After April 15: Fax (503) 272-0240. Website: www.skibowl.com for registration form. Petr Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-272-0146 or (fax) 503-272-0146.

Jun 7: Revenge of the Singletrack. Twin Falls, ID. A heck of a good time on spectacular, deep woods, trails at Mountain Ski Resort. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Jun 7: Story Hills Challenge (PORC #1). Bozeman, MT. Andy Gerlach @ 406-585-2660.

Jun 13-14: Bogus Benchmark. Boise, ID. Site of the American Mountain Bike Challenge race, a NORBA Championship. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Jun 13: Bingham Bear Hollow Bash. Park City, UT. Race at the site of the 2002 Winter Olympics. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Jun 13-14: 24 Hours of Adrenaline. Monterey, CA. Offers both novice and expert mountain bikers a fun weekend with a festival atmosphere. Mark Alexander, Trillite Sports International, 905-944-9436 or (fax) 905-944-9434.

Jun 14: Test of Metal. Squamish, B.C. 65km point to point. Outstanding mountain views. 1/3 logging road, 1/3 single track and a 10km single track downhill. Cliff Miller, Box 793, Garibaldi Highlands, BC, V0N 1T0. 804-898-3519.

Jun 14: Pickett's Chagrel Mountain Bike Race. Bend, OR. Scenic single track NORBA race. \$25. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 or (fax) 541-382-3079.

Jun 14: Billings Mountain Bike Series #3. Billings, MT. The Bike Shop @ 406-652-1202.

Jun 19-21: State Games of Oregon. Mt. Hood Skibowl, OR. DH, DS, XC & obs trials. After April 15: Fax (503) 272-0240. Website: www.skibowl.com for registration form. Petr Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-272-0146 or (fax) 503-272-0146.

Jun 20: Clearwater Cup. Moscow, ID. A northern classic. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Jun 20: Pedafest XC. Park City, UT. The Park City Ski Resort, home of the '97 NORBA National Finals, hosts this long-running event. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Jun 21: Cascade Creampuff 100. Westfir, OR. Ultra event. 100 mile, 50% single track, three lap loop. 100 rider limit. Send SASE. Scott, 1689 Charnellton Street, Eugene, OR, 97401-3913.

Jun 26: Salmon Run Mt. Bike Festival. Snoqualmie Pass, WA. In conjunction with World Cup. Amateur XC. \$35. E-mail: ciscoroundaround.com or www.roundaround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.

Jun 27-28: UCI World Cup Downhill. Snoqualmie Pass, WA. Pro Downhill & new "Dual." "Seattle Rocks" Party. \$45 per event. E-mail: ciscoroundaround.com or www.roundaround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.

Jun 28: Battle in the Blues. Ukiah, CA. A welcoming, hot springs pool after a highaltitude, desert and forested plains ride on exciting trails. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Jun 27: The Chris Allaire Memorial. Salt Lake City, UT. Great trails and easy access to the Snow Bird Resort. Steep slopes and beautiful mountain scenery, big climbs and big descents. Part of Wild Rockies Mountain Bike Series. Email rogo@micron.net or www.wildrockies.com Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.

Jun 28: 6th Annual GT/7i Cycles Summer Sizzler. Belfair, WA. New Classes, 90% single track, Cross Country event. Info also at Old Town Bicycle (253) 858-8040. Craig, Kamakaze Mountain Bike Club, 12309 104th Street KPN, Gig Harbor, WA, 98329. 253-857-3002.



Rides & Tours

Apr 19: Daffodi Classic. Orting, WA. 20, 50, 70, 100 mile routes. \$12/\$15 individual, \$30/\$35 family (before April 7/ day off). T-shirts \$13/\$15, limited quantities. Includes SAGE map, souvenir, snacks, marked course. TWBC, Janice Jensen @ (253) 759-2800.

Apr 20-Jun 6: Southern Cross Bicycle Classic. Anaheim, CA. To Orlando, FL. 48 days, 3195 miles from Disneyland to Walt Disney World Resort. Pay-to-go (\$3800) and fundraising options. 27 carefully selected destinations. Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Ste. 101, Seattle, WA, 98122-6540. 800-433-0528 or 206-322-4102 or www.kneeland.com.

Apr 26: Pedal for the Past. Bremerton, WA. 2pm. Kitsap County Historical Society's family fun tour of HistoricBremerton. \$15 per family in advance, \$25 day of ride. E-mail: kchsm@teletyne.net. Museum is at 280 4th Street. Nadean Ross, Kitsap County Historical Society, P.O. Box 903, Bremerton, WA, 98337. 360-415-9294 or (Nadean) 360-692-6369.

Apr 26: Lilac Rotary Century Surprise Bicycle Ride. Spokane, WA. A family fun ride 15/50/100 mile courses. E-mail: wholcomb@on-ramp.IOR.com Bill Holcomb, Lilac Rotary Century Surprise, 1617 W. Grace, Spokane, WA, 99205. (fax) 509-467-4710.

Apr 26: Sunnyside Anniversary Ride & Bike-A-Roo Breakfast. Bend, OR. Help us celebrate our 26th year with this 25 mile road ride. Ride free, breakfast \$5. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 or (fax) 541-382-3079.

May 2: Vancouver Bicycle Club's Ride Around Clark County. Clark County, WA. 6:30-8:45 am start, 34, 65 & 100 miles. Pre-registration postmarked by 4/40/98 \$12 w/o t-shirt, \$22 with. Day of ride \$17 w/o t-shirt. Kathy Fisher, The Vancouver Bicycle Club, 360-892-8765.

May 2-3: 4th Annual Scenic Tour of the Kootenai River. Libby, MT. STOKR Northwest Montana tour boasts waterfalls, wildlife and few carls 3 hrs from Spokane. Benefits Habitat for Humanity. Limit: 200 riders. E-mail: gregrice@libby.org Susie Rice, 1020 Idaho, Libby, MT, 59923. 406-293-2441.

May 3: Monster Cookie Metric Century. Salem, OR. A metric century (62 miles) through fair farmland from Salem to Champcooke State Park for lunch & back. Fully supported. Email dparr@worldnet.att.net Doug Parron, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-588-8613.

CYCLING ACCIDENT & INJURY CLAIMS

HARVEY GRAD

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Seattle, WA 98101
(206) 343-4760

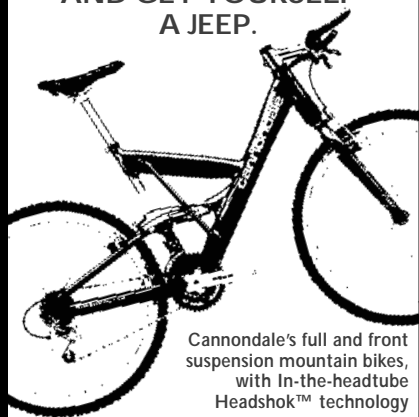
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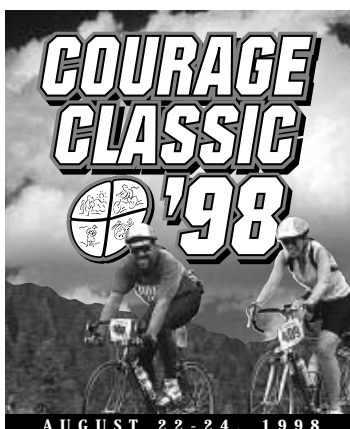


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Rides & Tours

- May 3-8: San Juan Islands.** San Juan Islands, WA, 6 days.
Cycling highlights: La Conner: Lopez Island: Orcas Island:
San Juan Island. Designated: all abilities. Departs weekly
May/October. Price: \$1,464. Call for free brochure.
www.bicycleadventures.com Martha L. Travis, Bicycle
Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-
6060 or 360 786 0989.
- May 3: Green River Headwaters Century.** Enumclaw High School,
WA, 20, 60 or 100 miles. prereg \$12 (tandem \$20); day of
\$15 (\$30). Great scenery, plenty of rest stops, food and fun.
Tom Shirley, Green River Bicycle Club, P.O. Box 1209,
Auburn, WA, 98071-1209. 360-897-8026.
- May 3: Camano Climb '98.** Camano Island, WA, 2nd annual 50
& 35 mile ride around Camano Island, beautiful scenery,
food stops. Enjoy Stanwood Mayfest, \$20 preregister, \$25
day of ride. E-mail: bosko44@windyway Steve Boskovich,
Stanwood Camano Kiwanis, 8500 Cedarhome Dr., Stanwood,
WA, 98292. 360-629-4571 or Don Jovag: 360-629-6415.
- May 10: The Rhody Tour Metric and Half-Metric Century.** Port
Townsend, WA, 32, 44, 64 miles. Two food/water stops,
SAG, route is marked with pavement markings plus map.
\$15, proceeds to provide helmets for kids. E-mail:
jimcol@olympus.net David McCulloch, Port Townsend Bicycle
Association, P.O. Box 649, Port Townsend, WA, 98368. 360-
385-3912.
- May 16-17: Tour of Swan River Valley.** Missoula, MT. Greg Sipke
@ 406-542-2607.
- May 17: The Santa Fe Century (13th year).** Santa Fe, NM.
Wildard Chlicott, 885 Camino Del Este, Santa Fe, NM,
87501. 505-962-1282.
- May 22-25: 13th Annual Northwest Tandem Rally.** Spokane, WA.
May 26th, events, bike expo, banquet and a great time.
\$56 per tandem team. Please contact Betty Ledlin at (509)
747-4352, 106 W 24th, Spokane, WA, 99203 for application
and information. E-mail: nee@lea.com.
- May 23-30: WomanTours/Bryce.** Utah. Cedar City, UT to
Zion/Bryce. A women only road tour, 7 days. \$1190.
Includes In-to-Inn, van support and all meals. Gloria Smith,
WomanTours, P.O. Box 931, Driggs, ID, 83421. 208-354-
8804 or 800-247-1444.
- May 25-30: Silver Loop Tour '98.** Colorado. Ride the famous San
Juan Skyway of southwestern Colorado 55 mile days. No
sag support, \$200 (single/shared) to \$500 (couple/private).
Email gayeyirmccum.com Gary Kesne, 2200 S. University,
Denver, CO, 80210. 303-733-3736 x304.
- May 29: Puget Sound Bike to Work Day.** Puget Sound area, WA.
Enjoy this annual event with a friend of co-worker and help
promote clean air! Jan Paige, Cascade Bicycle Club, P.O. Box
312999, Seattle, WA, 98103. 206-522-8182.
- May 30: 1998 Reach the Beach.** Oregon. Start in Portland,
Salem, Amity or Grand Ronde and ride to Pacific City,
American Lung Association of Oregon, 1800 LUNG-USA.
- May 31: No Frills Century.** Redmond, OR. 65 & 100 mile road
ride through back roads between Redmond, Prineville &
Madras. \$100. Susan Bonacker, Sunnyside Sports, 930 NW
Newport Ave., Bend, OR, 97701. 541-382-8018 or (fax) 541-
382-3079.
- May 31: South Sound Tour.** Federal Way, WA. Ride either a flat
35 miles route or 35 miles of rolling hills, or a combined
100K, \$13 for single bills, \$1 for tandems, \$10 for children
12 & under. (Add \$2 for registration after May 24.)
Wheelsport Cycling Team, 19003 68th St. E, Bonney Lake,
WA, 98390. 253-863-5339 or 253-941-4994.
- Jun 6: Wenatchee Apple Century & Half Century.** Wenatchee,
WA. This is the 11th annual APPLE CENTURY with 100, 80 &
50 mile routes in spectacular, sunny apple country along the
great Columbia River. Join others and ride in Washington's
premier century ride and ride in the sunshine with a
support, substantial food stops, sagwagons, repair service
and great rotational hospitality. Fees: \$25 before June 5 or
\$30 after. Shirts if ordered. Start 7am. David Whitmore,
Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807.
509-662-9544 or (fax) 509-662-8559.
- Jun 7-18: Camino de Santiago, Spain.** Spain. 800km route from
Roncesvalles to Santiago de Compostella makes for a
classic cycling odyssey. Trail or paved route. Hotel
accommodation, meals, fully supported. US \$1150, 12 days,
11 nights. www.great-explorations.com or robbin@great-explorations.com
Robbin McKinney, R.E.M. Event Management, 604-730-1247.
- Jun 7-18: WomanTours-Grand Tetons & Yellowstone.** Idaho, etc..
A women only road tour of the Grand Tetons, Yellowstone
and Idaho loop. \$980. Includes Inn-to-Inn, van support and
all meals. Gloria Smith, WomanTours, P.O. Box 931, Driggs,
ID, 83422. 208-354-8804 or 800-247-1444.
- Jun 7: Tour de Spokane.** Spokane, WA, 1/4, 1/2, Full Metric
Century, or Giant Century (100mi) between Spokane &
Cheney. \$20. Food, T-shirt, 500 participants. E-mail:
cisco@roundandround.com or www.roundandround.com
Round & Round Productions, 2704 S. Stone, Spokane, WA,
99223. 509-535-4757 or (fax) 509-533-9354.
- Jun 7: Peninsula Metric Century.** Gig Harbor or Southworth, Gig
Harbor: 100K & 100 mile options. Southworth: 20K, 50K,
100K, 100 mile options. \$12/\$15 individual, \$30/\$35
family (before May 14/day off). Includes snacks, map, SAG,
souvenir, marked course. TWBC, Carla Gramlich at (253)
752-4038.
- Jun 8-12: Southwest Tours.** Idaho. Road bike tour Sawtooths to
Sun Valley. Small intimate groups. Includes lodging, most
meals, road support, gear transport. Call for full calendar. E-
mail: info@scenic-cycling.com or www.scenic-cycling.com
Sandy Green, Scenic Cycling Adventures, 1324 NW
Vicksburg, Bend, OR, 97701. 541-385-5257 or (fax) 541-
330-6118.
- Jun 11-Aug 23: Bike-Aid '98 Pedal for the Planet.** Seattle and
Portland. 13th annual cross-country ride sponsored by
Overseas Development Network. Routes start in Seattle,
Portland and San Francisco, converging in D.C. Space
limited. Email odn@ig.org or www.igc.apc.org/odn/ Bike-Aid
'98, 333 Valencia St. #101, San Francisco, CA, 94103. 800-
RIDE-808.
- Jun 13: Tour de Blast.** Longview, WA. Mt. St. Helen blast zone.
\$30 (\$40 after 5/14). Includes T-shirt, food, drink, support,
and end-of-ride pasta feed. Don Longview Noon Rotary Club,
P.O. Box 1105, Longview, WA, 98632. 360-749-2192 or
(fax) 360-636-3421.

- Jun 14: Rainier Ale Metric Century.** Seattle, WA. 8am-4:30pm.
Start & Finish: Rainier Brewery, 3100 Airport Way S. Flat 30,
53 & 77 mile loops. Most fun per dollar. Ted Houk, Emerald
Tea & Cycling Society, 6019 51 Ave NE, Seattle, WA, 98115-
7707. 206-522-3701.
- Jun 14-19: Cal 400.** California. Crescent City, CA to San
Francisco, CA. \$699. E-mail info@scenic-cycling.com or
www.scenic-cycling.com. Scenic Cycling Adventures, 1324
NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
- Jun 15-19: Southwest Tours.** Utah. Road bike & hiking tour.
Bryce to Zion Canyon. Small intimate groups. Includes
lodging, most meals, road support, gear transport. E-mail:
info@scenic-cycling.com or www.scenic-cycling.com Sandy
Green, Scenic Cycling Adventures, 1324 NW Vicksburg,
Bend, OR, 97701. 541-385-5257 or (fax) 541-330-6118.
- Jun 15-Aug 1: GTE Big Ride Across America.** Seattle. Ride
across America on this great adventure. Seattle to D.C. Full
support, \$100 reg. fee, \$6,000.00 fundraising. Benefits
American Lung Association Kathryn. American Lung
Association, 2625 3rd Ave., Seattle, WA, 98121. 206-441-
5100 or 800-BIG-RIDE.
- Jun 15-29: Zimbabwe: Mashonaland Sojourn.** Zimbabwe.
International Bicycle Fund, 4887 Columbia Dr. S., Seattle,
WA, 98108-1919. 206-797-0848.
- Jun 19-22: 6th Annual Ride Around Marble Mountain.** Ashland,
OR. Sag support, fully catered meals, great scenery. Russ &
Renée Rickert, Siskiyew Wheelmen, 164 Alameda Drive,
Ashland, OR, 97520. 503-482-8704.
- Jun 20-27: Volcanoes of Washington.** Mt. Rainier, WA. Eight-Day
tour. Cycling highlights: Cayuse Pass; Mt. Rainier National
Park: Windyridge, Mt. St. Helens: Yakima River. Designated:
intermediate to advanced cyclist. Tour also offered August
15-22. Price: \$1694. Call for free brochure.
www.bicycleadventures.com Martha L. Travis, Bicycle
Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-
6060 or 360-786-0989.
- Jun 20: Out Spokin' for Habitat.** Sawyer Park, Bend, OR. Benefit
for Bend Area Habitat for Humanity, 13, 41 or 75 miles. Fully
sag supported, refreshment stops, T-shirts, prizes. Also a
walkathon. Don C. Lehmman@great-explorations.com
138 N.E. Revere, Bend, OR, 97701. 541-385-0948 or 541-
385-5387.
- Jun 20-27: Tour of the Okanogan.** Okanogan Country, WA. 400
miles, 7 day tour of apple country. Camping & sag support.
Chelan towards Canada and back. \$100. Contact after April
15. www.nwi.net/~waynesue or E-mail:
waynesue@hotmail.com Wayne Martin, P.O. Box 1527,
Chelan, WA, 98816. 509-682-3568.
- Jun 21-28: Provence, France.** France. Join a small group
"exploration" cycle tour to the best cycling infrence. Hotel
accommodation, meals, fully supported. US \$800, 7 days/7
nights. 12 years guiding experience in France. www.great-
explorations.com or robbin@great-explorations.com Robbin
McKinney, R.E.M. Event Management, 604-730-1247.
- Jun 21-27: Washington Coast Cycle Tour.** Victoria, BC. Ride from
Victoria, B.C. to Oregon border. Camping & fully supported.
US \$445, 6days/6 nights. www.great-explorations.com or
robbin@great-explorations.com Robbin McKinney, R.E.M.
Event Management, 604-730-1247.
- Jun 27-Jul 4: Oregon Coast Cycle Tour.** Astoria, OR. Ride from
Astoria to California border. Camping & fully supported.
US \$445, 6days/6 nights. www.great-explorations.com or
robbin@great-explorations.com Robbin McKinney, R.E.M.
Event Management, 604-730-1247.
- Jun 28: Tour de Pierce.** Puyallup Fairgrounds, Puyallup, WA, 12,
30, 50 mile loops. Sponsored by Pierce County Parks to
benefit bicycle safety and youth recreation programs. Pre-
registration preferred. \$10 individual, \$25 family (\$12 & \$30
day of ride). Sheila Tustits, Pierce County Parks, 9112
Lakewood Dr. SW, Tacoma, WA, 98499. 253-798-6678.
- Jun 28: Flying Wheels Summer Century.** Redmond, WA. Official
training ride of the STP. 30, 60, 100 miles. Supported. \$18.
Jan Paige, Cascade Bicycle Club, P.O. Box 312999, Seattle,
WA, 98103. 206-522-8182.
- Jun 29-Jul 2: Zimbabwe: Matabeleland Sojourn.** Zimbabwe.
Butaueyo to Harare. \$1290. Small group. 420
miles. Email: info@bike.org or www.bike.org International
Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-
1919. 206-797-0848.



Series Races

- Apr 7-Sep 1: Baddlands Twilight Series.** Spokane, WA. 6pm
every Tuesday night. E-mail pegagus@eznet.com Alex
Renner, 418 E. Pacific Ave., Suite #2, Spokane, WA, 99202-
1456. e-mail: pegagus@eznet.com.
- Apr 8-May 20: Kelley Creek Mountain Bike Races.** Bonney Lake,
WA. Every wednesday. 5:30pm. \$12 (\$7 under 18).
www.dirtnw.com. Doug Cartwright, Kelley Creek Brewing Co.,
20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-
862-5969.
- Apr 9-Aug 27: Seward Park Thursday Night Series.** Seattle, WA.
Raindrop 0.8 mile course with 200 yard hill. 3 training races
each night. Starts 5:30pm. \$8 day of race only. E-mail:
LDDOU@SCN.ORG David Douglas, Pazzo Promotions, 4207
SW Hill St., Seattle, WA, 98116. 206-932-5921.
- Apr 21-Sep 1: SIR Road Race Series.** Kent, WA. Tuesdays at
7pm. Tracy Jolly, 206-322-0072.
- May 5-Sep 8: PIR Series.** Portland International Speedway, OR.
Jeff Mitche, 503-777-2362.
- May 7-Sep 10: Alpenrose Track Series.** near Portland. Mike
Murray, 503-661-5874.
- May 18-Aug 24: Masters PIR Series.** Portland International
Speedway, OR. Candi Murray, 503-667-6220.
- Jun 5-Oct 4: Oregon State Champion Series.** Mt. Hood Ski Bowl,
OR. DH, DS, XC & obs trials. After April 15: Fax (503) 272-
0240. Website: www.skibowl.com for registration form. Petr
Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-
272-0146 or (fax) 503-272-0146.
- Jun 10-Jul 8: Mt. Taber Series.** Portland, OR. Matt Guinn, (503)
257-6244.
- Apr 4: Southern Oregon Time Trials #3.** Ashland, OR. Ed
Garfield, 541-772-1393.
- Apr 4: Volunteer Park Criterium.** Seattle, WA. The longest
running bike race in the Seattle area returns again as the
spring opener for local road racing. Sponsored by Gregg's
cycles. Races will begin at 8am with the New Rider heat.
Men's Cat 1-2 Pro at 1pm: Women's Cat 1-3 begins at noon.
Contact Dan Norton at (206) 323-3308.
- Apr 5: Vashon Island Circuit Race.** Vashon Island, WA. A "U"
shaped 3 mile loop with 1/2 mile climb. All CATS +
Collegiate. \$18/\$20 prereg/day of race. E-mail:
LDDOU@SCN.ORG David Douglas, Pazzo Promotions, 4207
SW Hill St., Seattle, WA, 98116. 206-932-5921.
- Apr 5: Black's Creek Road Race.** Boise, ID. USCF event. Mike
Cooley, Boise Cycling Club, 208-343-3782.
- Apr 11: Mason Lake Road Race.** Shelton, WA. 13 mile loop
around Mason Lake provides a good early season course. No
major climbs, but many little rollers and twisty turns. 10am.
\$20. David Douglas, Pazzo Promotions, 4207 SW Hill St.,
Seattle, WA, 98116. 206-932-5921.
- Apr 11: King of the Valley Road Race.** Salem, OR. Scott
Goldstein, 541-343-4833.
- Apr 11: Rocky Mountain Roubaix.** Missoula, MT. Dale Bickell @
406-543-6920.
- Apr 18-19: Collegiate Race.** Bozeman, MT. NCAA only. John
Yarrington @ 406-586-6264.
- Apr 19: Ridge to River Relay.** Wenatchee, WA. Multisport relay
race. 2000 participants. 35 miles. Includes Nordic & alpine
skiing, running, cycling, kayak/canoe, portage. Teams, pairs,
& solo. Email sue@r2r.org Susan Freese, Ridge to River Relay
Association, 656 North Miller St./P.O. Box 3961,
Wenatchee, WA, 98807. 509-662-8799.
- Apr 19: Perma Road Race.** Missoula, MT. Open Road Bikes, Dan
@ 406-549-BIKE.
- Apr 25: Seward Park Spring Classic.** Seattle, WA. Raindrop 0.8
mile course with 200 yard hill. All CATS + free kids race.
\$13/\$15 prereg/day of race. E-mail: LDDOU@SCN.ORG
David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle,
WA, 98116. 206-932-5921.
- Apr 26: Bellingham Criterium.** Bellingham, WA. Bob Lemon, 360-
733-6440.
- Apr 26: Walla Walla Road Race.** Walla Walla, WA. Steve Rapp,
509-527-8724.
- Apr 26: Montana Velo Road Race.** Missoula, MT. Jeff Caton @
406-543-6177.
- May 1-3: Columbia Plateau Stage Race.** Eastern Oregon. 3
point-to-point road stages, one time trial. Road stages
together make one big loop. Mark Schwyhart, 4425 SE
Woodward, Portland, OR, 97206. 503-231-0236 or 503-227-
7956.
- May 2: Grants Pass Criterium.** Salem, OR. Triangular course with
flat smooth corners. Oregon BAR points. Contact Mark
Lansing at 541-474-9731.
- May 5: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- May 10: Manito Criterium.** Manito Park, Spokane, WA. Round &
Round Productions, 2704 S. Stone, Spokane, WA, 99223.
509-535-4757 or (fax) 509-533-9354.
- May 12: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- May 16: Driver Valley Road Race.** Oakland, OR. 22 miles, 2
hills. U.S.C.F. race. All categories. \$15 prerace, \$20 day of
race. Email: frameman@mcsi.net Mitch, Cycles LaMoure
Races, 613 S.E. Jackson, Roseburg, OR, 97470. 541-957-
1020.
- May 16: Beaverton Jr. Road.** Beaverton, OR. Matt Guinn, (503)
257-6244.
- May 17: Beaverton Criterium.** Beaverton, OR. Matt Guinn, (503)
257-6244.
- May 18: Masters PIR.** Portland International Speedway, OR. Candi
Murray, 503-667-6220.
- May 19: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- May 23-25: Best of the West Junior Olympic Stage Race.**
Oregon. Largest Junior Stage Race in the U.S. All junior age
divisions offered. www.id.mind.net/~gumby/bestwest/ or E-
mail: D8andyemindnet Dana Bandy, P.O. Box 903, Ashland,
OR, 97520. 541-488-2453 or (fax) 541-488-0011.
- May 23-25: 7th Annual Twin Rivers Cycling Classic.** Lewiston,
ID/Clarkston, WA. One of the premier stage races in the
western U.S. \$10,000 prime list. Enter early. Email



Single Races

cycle@valley-internet.net or www.syn477.chem.wsu.edu/
-lawson/trc.html Pete Beall, cycle@valley-internet.net,
(from web site).

- May 26: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- May 30: Memorial Track.** near Portland. Ron Magnus, (503) 244-
3939.
- Jun 1: Masters PIR Series.** Portland International Speedway, OR.
Candi Murray, 503-667-6220.
- Jun 2: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- Jun 6-7: Silverton Festival.** Silverton, OR. Steve Yenne, (503)
362-0500.
- Jun 6-7: Billings State Race.** Billings, MT. TT & RR. Kim Bleth @
406-656-8420.
- Jun 9: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- Jun 10: Mt. Taber Series.** Portland, OR. Matt Guinn, (503) 257-
6244.
- Jun 13: Mary's Peak Hill Climb.** Corvallis, OR. Tony McGittingan,
541-753-2362.
- Jun 14: Rehearsal Road Race.** Oregon City, OR. David Weber,
(503) 632-6030.
- Jun 16: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- Jun 17: Mt. Taber Series.** Portland, OR. Matt Guinn, (503) 257-
6244.
- Jun 20: WSPT Leavenworth Road Race.** Leavenworth, WA. 23
mile loop on rural roads. One 800 foot climb up Beaver
Pass. All cats. \$18/\$20 preregistration/day of race. E-mail:
LDDOU@SCN.ORG David Douglas, Pazzo Productions, 4207
SW Hill St., Seattle, WA, 98116. 206-932-5921.
- Jun 20: Woodland Bottoms.** Woodland, WA. John Benanate,
(503) 234-9454.
- Jun 21: Marcus Daly Criterium.** Hamilton, MT. Daryl Hunt @ 406-
363-4428.
- Jun 22: Masters PIR.** Portland International Speedway, OR. Candi
Murray, 503-667-6220.
- Jun 23: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.
- Jun 24: Mt. Taber Series.** Portland, OR. Matt Guinn, (503) 257-
6244.
- Jun 25: First Security Pre-Twilight & Twilight Criterium.** Boise,
ID. USCF event. Mike Cooley, Boise Cycling Club, 208-343-
3782.
- Jun 27: River Spirit Circuit Race.** Boise, ID. USCF event. Mike
Cooley, Boise Cycling Club, 208-343-3782.
- Jun 28: Seward Park Season End Criterium.** Seattle, WA.
Raindrop 0.8 mile course with 200 yard hill. All CATS + free
kids race. \$13/\$15 prereg/day of race. E-mail:
LDDOU@SCN.ORG David Douglas, Pazzo Promotions, 4207
SW Hill St., Seattle, WA, 98116. 206-932-5921.
- Jun 28: District Road Race.** Oregon City, OR. David Weber, (503)
632-6030.
- Jun 29: Masters PIR.** Portland International Speedway, OR. Candi
Murray, 503-667-6220.
- Jun 30: PIR Series.** Portland International Speedway, OR. Jeff
Mitche, 503-777-2362.



Track Races

- May 7: Alpenrose Track Series.** near Portland. Mike Murray,
503-661-5874.
- May 14: Alpenrose Track Series.** near Portland. Mike Murray,
503-661-5874.
- May 21: Alpenrose Track Series.** near Portland. Mike Murray,
503-661-5874.
- May 28: Alpenrose Track Series.** near Portland. Mike Murray,
503-661-5874.
- Jun 4: Alpenrose Track Series.** near Portland. Mike Murray, 503-
661-5874.
- Jun 11: Alpenrose Track Series.** near Portland. Mike Murray,
503-661-5874.
- Jun 18: Alpenrose Track Series.** near Portland. Mike Murray,
503-661-5874.
- Jun 25: Alpenrose Track Series.** near Portland. Mike Murray,
503-661-5874.

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541-389-3295 • e-mail SalBend@aol.com

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Susan Bonacker, 930 NW Newport Ave, Bend, OR 97701
541-382-8018 • e-mail sunnyside@kxmnet.com

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SPORTS PAGE

Banana Belt Road Race Series, Race #2

Harribsburg, Oregon
March 14, 1998
From Candi Murray

1	Eric Roesinger	Team Oregon
2	Paul Willerton	Microsupreme
3	Corey Dominguez	Lemond
4	John Browning	Emerald Velo
5	Martin Weeks	Salmon Bay
6	Jamel Hahn	Rays Boathse
7	Corey Stayton	Team Oregon
8	Steve Wright	Logie Velo
9	Kenny Williams	Pazzo Velo
10	Stars/Stripe Jersey	

CAT 3		
1	David Root	Emerald Velo
2	Todd Stewart	Fat Tire Farm
3	John Lombard	Team Oregon
4	Troy Tucker	Presto Velo
5	Andreas Oswald	River City

Masters		
1	Todd Rosier	RCW
2	Brian Abers	Logie Velo
3	Doug Headricks	Hutch's
4	Gary Fisher	Fisher
5	Jerry Horton	Unattach

CAT 4/5		
1	Nick Skensick	Paramount
2	Kirk Linder	Paramount
3	Curtis Waite	Emerald Velo
4	Paul Fisher	NW Velo
5	Frank Schmal	Unattach

Women		
1	Stacey Peters	Lemond/Bike Gallery
2	Francie Hankins	Team Oregon
3	Lisa Spitzmiller	Unattach
4	Tina Braubaker	Fat Tire Farm
5	Joann Stevens	Team Oregon
6	Deneen Tripplett	Team Oregon
7	Donna Yutzy	Capital Velo
8	Julie Koester	Unattach
9	Jennifer Lee	Unattach
10	Darien Harwood	Emerald Velo

Juniors		
1	Jeremy Vanschoonhoven	NW Velo
2	Cody Koretsky	Team Oregon
3	Joshua Vanschoonhoven	NW Velo
4	Ari Fries	NW Velo
5	Daimon Shanks	NW Velo

RAD Road Race Series, Race #1

Richland, Washington
March 14, 1998
From Ted M. Hohl

Cat 1/2/3		
1	Sean O'Shea	Snake River Cyclists
2	Jerry Markee	Control Tech
3	Steve Sommers	Petit Oil Cycling Team
4	Robert Horne	Boise Cycling Club

5	Glenn Lacy	Snake River Cyclists
6	Michael Emde	Petit Oil Cycling Team
7	Jason Gonzales	Rays Boathouse
8	Andre Gonzales	Snake River Cyclists
9	Heinrich Wiebe	Boise Cycling Club
10	Curtis French	Snake River Cyclists

Cat 4/5		
1	Timothy Mrelock	Lactic Acid Cycling
2	Britt Robinson	Chinook Yakima
3	Bryan Slover	Lactic Acid Cycling
4	Tim Gunderson	Chinook Yakima
5	Christopher Crosby	Unattached

Women Cat 4		
1	Laura Felicetti	Unattached
2	Allison Beall	Rays Boathouse
3	Ann Marie Thiessen	Twin Rivers

Cyclists		
1	Angela Ealy	Chinook Yakima
5	Kathleen Wellsfry	Unattached

Masters Men A		
1	David Byron	Chinook
2	Steve Lundblad	Chinook Yakima
3	Marc Brown	Finley Flyers
4	Mark Farsdahl	Gregg's-Specialized
5	Clint Andring	Finley Flyers

Masters Men B		
1	Greg Turpen	Finley Flyers
2	Don Lewis	Finley Flyers
3	Monte Busselman	Chinook
4	David Lawson	Baddlands Cycling Club
5	Daniel Mills	Unattached

Banana Belt #1

February 28 1998
From Candi Murray

CAT 1 / 2		
1	Jon Walpole	Team Oregon
2	Eric Roesinger	Team Oregon
3	John Browning	Emerald Velo
4	Randy Boeltcher	Rays Boathse
5	John Leonard	Team Lemond
6	John Mitchem	Team Lemond
7	Corey Stayton	Bike Gallery/Sequen
8	John Grochau	Lemond/Bike Gallery
9		
10	Danny Sullivan	Hutch's

CAT 3		
1	John Lombard	Team Oregon
2	Jon Pinter	Team Oregon
3	Russell Cree	OSU
4	Randy Word	Cyclismo
5	Todd Duncan	OSU

Juniors		
1	Tom Collett	Team Oregon
2	Damien Shanks	NW Velo
3	Cody Koretsky	Team Oregon
4	Jeremy Vanschoonhoven	NW Velo
5	Ari Fryer	NW Velo

Women		
1	Francie Hankins	Team Oregon
2	Julie O Neil	Bike Gallery/Sequent

3	Deneen Tripplett	Team Oregon
4	Lisa Lindley	Unattach
5	Wendy Gill	BBC
6	Donna Yutzy	Capitol Velo
7	Darien Harwood	Emerald Velo
8	Julie Koester	Hutch's
9	Belth Whittaker	Team Oregon
10	Karen Henry	Emerald Velo

CAT4/5		
1	Tim Evans	COCC
2	Frank Schraml	Unattach
3	Bill Frasaro	Presto Velo
4	Bontifiglio Lee	Unattach
5	Paul Fisher	NW Velo

MASTER 30+ CAT3/4/5		
1	Jerry Markee	Control Tech
2	Ty Witt	Control Tech
3	Russ Rickert	Sims
4		
5	Doug Headricks	Hutch's

6th annual GT Valentines Day Challenge

Belfair, WA
February 22, 1998
From Craig Nunes

Pro/Expert men		
1	Dale Knapp	
2	Garett Heilman	
3	Erik Tonkin	

Pro/Expert Women		
1	Ann Grande	
2	Lora Heckman	
3	Josie Beggs	

Sport men		
1	Dave Bergman	
2	Karl Magor	
3	Brian Brittain	

Sport women		
1	Megan Hoodspin	
2	Christine Pacheco	
3	Micheal Pfeiffer	

Beginner Men 18-28		
1	Niels Steina	
2	Joseph Maas	
3	Daniel Studley	

Beginner Women 18-28		
1	Kara Hutchinson	
2	Chantrelle Johanson	
3	Kirston Bralula	

Beginner Men 29+		
1	David Stowell	
2	Jeff Barlow	
3	Mark Aldebyll	

Beginner Women 29+		
1	Katherine Kallawarf	
2	Tori Smith	
3	Wendy Gordon	

Vet Men Open		
1	Cory Tadlock	
2	Glen Sheppard	
3	Dave Hull	
Master Men Open		
1	Gary Klein	
2	Marve Christensen	
3	Ken Wienker	

Junior Men Beginner		
1	Luke Morton	
2	Justin Lansing	
3	Ryan Stumpe	

Junior Men Expert		
1	Mike McDougall	
2	Colby Siemens	
3	Andy Albero	

Full Suspension Open		
1	Kent Devries	
2	Mike Brazel	
3	Jack Hardy	

Full Rigid Open		
1	Jason Sigfrid	
2	Henry Gentile	
3	Frank Grenen	

Clydsdale		
1	Ken Boggar	
2	Kris Hunter	
3	Todd Anderson	

Cyclocross Open		
1	David Sullivan	
2	Jerry Brown	
3	Alan Petrie	

Jack Frost TimeTrial

February 15, 1998
12.4 Miles at Vancouver Lake,
Vancouver, WA
From Candi Murray

Tandem		
1	27:50.31	Pfeifle/Smith
2	29:56.06	Walte/Pesacrela
3	30:35.59	Curl/Harwood
4	31:19.18	Winesturfer
5	31:39.61	Poole/Poole

Juniors		
1	33:04.57	Teran Martin
2	34:58.97	Tom Colett
3	38:16.76	Matt Veatch
4	39:21.96	Alan Mansfield
5	40:15.98	Vanda Novak

Women		
1	32:00.99	Stacey Peters
2	32:57.27	Emily Thurston
3	33:00.52	Wanda Howlett
4	34:11.92	Nicole Reinhart
5	34:31.57	Norene Valente
6	34:34.49	Maria McCoy
7	35:11.91	Allison Beal
8	35:21.49	Laura Suditu
9	36:05.00	Deneen Tripplett
10	36:25.77	Ryan Kelly

Masters 30-39		
1	31:33.18	John Jensen
2	31:55.00	Brian Abers
3	32:05.55	Ivan Meadors
4	32:53.85	Todd Rosier
5	36:34.05	Gus Williams

Masters 40-49		
1	30:00.40	
2	30:41.54	Mark Farsdahl
3	31:19.93	Mike Vrvbanac
4	32:27.71	Lance Coffel
5	32:41.89	Jeff Buck
		Rick Knowles

Masters 50+		
1	31:13.52	Steve Scarich
2	34:30.85	Pete Beall
3	34:38.89	John Forbes
4	35:14.58	Dick Richardson
5	36:44.90	Jerry Powell



Senior 4		
1	32:30.35	Craig Massi
2	33:46.40	Frank Schram
3	33:52.20	George Romel
4	34:03.21	Tim Evans
5	34:24.78	Pat Stevens

Senior 3		
1	30:01.05	Erik Tonkin
2	31:11.74	Rory Muller
3	31:13.52	Jason Sigfrid
4	31:32.03	John Lombard
5	31:40.78	David Richter

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(Our contact information is on page 3).

MARKETPLACE

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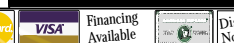
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Foxy Fall

BY MAYNARD HERSHON

Four of us rode the Foxy Fall Century on the flat roads around Davis, California. We rode the 100-kilometer option, maybe 63 miles, plenty far enough in mid-October: All the fun we could stand, or darn close.

Indian Summer delivered glorious warmth to the valley. We rolled out from Davis High School at 9 a.m., your fearless correspondent in shorts, a short-sleeve jersey and a worn-out wind jacket with shot elastic at the wrists. My legs were chilly for a half-hour until the autumn sun warmed the air. Perfect.

Foxy Fall was a reunion for the four of us. Jim and Robert are Berkeley friends I seldom see since my April move to Chico. Eric went to school in Davis and now teaches in Visalia. He and I work for Shimano at road races around the country, but we don't often meet in the off-season.

Eric and Jim are in their 30s; Robert and I are, well, older. All of us have been riding and/or racing for years. Eric and Robert have raced in recent years; it's been a long time since Jim or I bought a license.

A glance at our group revealed four steel bicycles, three by domestic custom builders. Jim rode a Bridgestone RB-1, itself almost a domestic bike: Designed in San Leandro, don't ya know...

Three of the bikes, you would have noted, featured shift levers located quaintly on their downtubes. No one was rejecting '90s technology, I suspect, merely not fixing stuff that wasn't broken.

We rolled out and rode 40 miles with 20 Cal Aggies, UC-Davis riders, covering ground rapidly in a side-by-side pace line.



We waved good-bye when their 100-mile route split from our own shorter one.

The four of us friends rode the last 25 miles as a group, rotating in our little pack. We rode in-line, two-by-two, or (in crosswinds) angled diagonally across the edge of the right lane and the shoulder.

It was, and I hope I'm not embarrassing my riding buddies, the best of bicycling. As good as it gets: isn't that what the ad says?

It was not glamorous cycling, not day-riding in the countryside around one's bed-and-breakfast in Tuscany. It was not fall foliage-watching in New England. It wasn't heroic Alpine mountain pass-climbing. No matter. It was wonderful.

We rode as bike riders do all over the world, as they have since Tour racers wore goggles, since the bicycle was the fastest thing on the road.

We rode in a pace line, taking short pulls at the front when we felt puny and longer ones when we felt Just Like Eddy Merckx. We bumped elbows, pointed out rocks in the road and holes and recently deceased skunks, called out Car and Car Back.

At 20-plus mph, we were closer together than men can be at tiny tables in cafes, closer than men can be, most places, without drawing stares.

We could talk.

I don't know when guys who don't ride bikes talk to each other. It's a mystery. We bike-ridin' guys have our best conversations — feel closest to our friends — on our bicycles. Ask a bike-ridin' guy. It's the truth.

It makes us nervous to approach these things formally. We won't look one another in the eye and say "We need to talk." We like circumstances to throw us together. We don't get self-conscious when we ride and talk.

After all, talking's not what's going on. Riding's what's going on. The good conversation is a happy accident. At Foxy Fall, it was something we did as the flat Yolo Valley miles rolled under our wheels.

We don't think "Gosh, a ride with small group of friends. What a perfect opportunity to share thoughts and feelings."

It just happens, sometimes.

We're there, side-by-side for hours on the road edge, often with the sun warming us,

our hearts and legs, and our lungs working they way they're trained to do. We're doing precisely what we want to be doing. Many times, we're with the guys we like best in life. Bike ridin' guys.

We talk.

We talk about work but not much. We have jobs: what's to talk about? We talk about bikes but not much. We have bikes: what's to talk about?

We talk about stuff that makes us happy and stuff that makes us sad, or mad, or that baffles us. Some of us tell jokes we can't (or won't) tell our wives or girlfriends.

We talk about how we're doin' at home with those wives or girlfriends, but virtually never in graphic terms, never clinically. We don't tell secrets. We try to make an opaque life come clear in our description of it. Never has worked but we do it anyway. We're stubborn; we're guys.

We talk about how we don't have enough time in our days to ride. You hear that a lot.

It sounds as if we feel that if we rode enough, especially rides like this one with our friends, life would change for the better. The stuff that baffles us, makes us sad or mad, might not bother us nearly as much.

It sounds as if that's exactly how we feel: that given enough riding, with the right folks, much of life's hardness would soften perceptibly.

That can't be correct, can it? It is a sweet thought, though, isn't it?



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