

Bicycle Paper

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JUNE '98



Griffiths Challenges World's Best

'98 Hewlett-Packard International Women's Challenge

BY BRETT STAV

For 15 years, Northwest cyclists have sparked along the roads of Idaho's Hewlett-Packard International Women's Challenge. Seattle's Rebecca Twigg made the race famous in the mid-'80s, winning it three times. Ketchum, Idaho's Ruthie Matthes, won the event's Best Young Rider Award in 1984, and finished in the top 10 on several occasions. This year, Ward Griffiths hopes to be the one who shines.

"I'd be happy to finish in the top 20," says Griffiths, a sales executive for Elliott Bay Bicycles. "It's a big goal, and the biggest race I've ever done."

See "Griffiths" on page 6

Tour Racer Bring Europe to Local Clubs

BY TARYN GERHARDT

In European racing clubs, veterans pass down a legacy of cycling, nurturing beginners into racers and maintaining a foothold on a dynasty of champions.

But in North America, such well-established dominions are rare finds.

However, one former professional racer is trying to change that.

Alex Steida, the first North American to win a yellow jersey in a Tour de France (1986 for 7-11) and ex-Olympiad, is working toward revamping local racing clubs by sharing his racing experience.

See "Tour de France" on page 6

Bike Seattle:

Scenic rides from your doorstep

BY JEFF NACHTIGAL

It's Saturday morning, the sun is shining and you're full of energy, ready to get out on the road. But in which direction?

It's easy to fall into the standard around-the-lake loop when you're psyched to ride; it's even easier to retrace familiar routes when a group gets together to decide where to go. The resigned "OK, I guess we'll do the South End" is an all too common expression at the start of many rides. Luckily, the monotony of city streets isn't the only ride option available in King County.

"See Great Rides" on page 7

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Trish Sinclair on her way to winning the Padden Mountain Pedal in Bellingham, WA. Photo by Scot Filion.

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OPINION

Touring Never Died (It Just Went Underground)

BY GORDON BLACK

If you ever browse through the classifieds in the glossy cycling magazines you'll see dozens of advertisements for bike touring companies. You can ride through the jungles of Costa Rica, over the mountain passes of Mongolia, or glide by a castle in France. Thousands of people go on these cycling vacations every year. It's a growth industry, lead by the Berkeley-based Backroads Tours Inc. (I confess, I even dabbled in it myself for a few years.)

Sure, participants on these trips travel under their own power but with lots of pampering that extends to support vans, luxury hotels, catered lunches, professional mechanics and guides. It may be touring but it ain't touring. As in the haul-your-own-damned gear, fix-your-own-flats, put-up-the-tent-in-the-rain kind of touring. Now that's an altogether different type of touring.

Twenty years ago, that was the kind of bicycle travel that helped define the kind of cyclist you were. Did you ride across the country? Did you traverse France and Italy? Explore the Pan-American highway? Bike Centennial (now the Adventure Cycling Association) grew out of this newly acquired passion for long-distance bike rides.

The passion is still there. Adventure Cycling membership has climbed to 40,000 and they are selling more maps — an indication of touring activity — than ever. "From our perspective, touring is booming," says the association's marketing director Kevin Condit.

But try buying a purpose-designed touring bike. It's easier to find a European pro wearing a helmet. Manufacturers like Trek and Cannondale were founded during the seventies touring boom. Now they both offer one touring bike. Specialized offers one; Bianchi offers two. Sure, there are custom builders out there, but they lack the advertising budgets and glossy brochures of the big companies.

Bob Freeman, co-owner of Elliot Bay Bicycles in Seattle, offers custom Davidson touring bikes but bemoans the difficulty of finding the right components. Mostly, he has to mix mountain bike and road parts to create the comfortable gear ratio that full-laden tourers require.

"The mountain bike pretty well wiped out the 10-speed," says Freeman. "As a result, the component selection dried up." Freeman and others blame the faddish nature of the bike industry.

Like so many other consumer products, bicycles come in and out of fashion. Tenspeed "European" racers were the rage in the seventies, then the country got swept up in the mountain-bike craze, then there was a brief flirt with triathlon bikes. Problem is, the big bike companies rely on volume and if everyone now has a mountain bike in the garage, the average Joe or Josephine who rides eight or ten times a year probably won't plan on replacing it soon. While the industry is busy trying to hawk ever more mountain

bikes, it all but ignores a small but steady segment of the cycling population: people who buy touring bikes.

"The industry is missing an important part of the market," comments Condit.

I recall a group of bike company executives pronouncing that touring was dead back in 1986. They weren't right then and they are even more wrong now. Touring isn't dead. It's always been there and as long as the open road (be it dirt or pavement) remains a lure, touring will always have an appeal for some.

Of course, bicyclists are not immune to work and home pressures, which may explain the popularity of large day and two-day events like Seattle-To-Portland and, indeed, of the organized tour where all you have to do is turn up at the right airport on time. They all have their place. But for anyone who has never felt the thrill and — yes, the pride and pain — of sitting in a saddle for days on end, exploring the countryside, I extend an invitation to give it a try. I'll even permit you to overnight in motels. ❄

NW Cyclists Pioneer Blood Transport



PHOTO COURTESY OF PUGET SOUND BLOOD CENTER
A bicycle courier transports units of blood along the Burke-Gilman Trail.

Seattle was a pioneer in using bicycles for law enforcement, and has recently been trying to organize a paramedic response unit powered by pedal. Now bicycles are being deployed to service another emergency: the delivery of blood.

Dynamix, formerly Bucky's, came up with the idea to use bicycle couriers to the Puget Sound Plague: traffic congestion. The Puget Sound Blood Center used to rely on taxi cabs to deliver blood, but now bike couriers commute between the Blood Center and nearby hospitals every 15 to 30 minutes.

Such a solution is even more vital when one considers that King County's blood supply is stored at the Blood Center, not at hospitals. The couriers use custom-made trailers for the important cargo. ❄

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Healthy Helmetry

ERIK MOEN PT, CSCS

It is healthy to wear a helmet while riding your bicycle. It is one of your least expensive

health insurance plans. Bicycling is an at-risk sport for head and neck injuries, plain and simple. The slowest of unexpected crashes have created the worst of problems. That is what happens when the body hits pavement, tree or rock at an acceleration of 10 meters per squared-second (gravity). USA Cycling requires helmets of any participant in their programs. Helmets are required on all the Cascade cycling events. I have heard many excuses for not wearing a helmet, including: "I've never worn one," "They don't fit well," "They look geeky," "They're too hot," and "It'll mess up my hair." A head injury will mess up your hair far worse than any helmet ever will.

Meet the group Think First. They are a national group that supports programs for the prevention of brain and spinal cord injuries. They frequent local elementary and middle schools with a message of education regarding injury prevention and behavior that alters the frequency of life altering injury. Ken Yonemura, M.D., is a Seattle Neurosurgeon and is one of their Washington State members. He is an active cyclist himself, racing on the Aurora Cycling Club. Think First of Washington State (206-521-1880) has been active in the cycling community by providing a helmet program for elementary-age children, co-sponsoring the Aurora Cycling Club, and sponsorship of rac-

ing at the Marymoor Velodrome. Dr. Yonemura provided me with the following information on the Think First Injury Prevention Program. It may help you consider the use of a helmet.

Athletic Medicine

EDITED BY ERIK MOEN PT, CSCS

- Brain and spinal cord injury is the most costly and permanently life-altering of all injuries.

- Traumatic brain and spinal cord injuries

debilitate more than 4,000 people in Washington State each year.

- There are nearly 1,000 deaths each year in Washington State attributed to this type of trauma.

- The age group most at risk of traumatic brain or spinal cord injury is 15-24.

- Acute care for head or spinal cord injury costs \$45 million per year (excluding physician and rehabilitation costs) and 40% is paid with public funds.

- The total cost for one severe brain injury can easily exceed \$4 million.

- For every \$1000 spent on treating injury, less than \$2 is spent on injury prevention.

The proper use of a helmet is crucial to ensuring health benefits. Laura Kerman, Clothing Manager of Gregg's Cycles, offers a few tips for effective helmetry:

1. There is a front and back to a helmet. Know which is which.

2. The helmet should fit comfortably on the head, touching your head at the sides, front and back, and fit just above the eyebrow, squarely on the head.

3. Front and back straps should lay low, meeting just in front and below the ear.

4. Chin strap should be attached snugly below your chin.

No

5. Replace your helmet if it has cracks, has been crashed or is deeply gouged.



6. Not all helmets are created equal. Try on many to find one that fits your head the best. Helmets may be custom-fit by the use of foam pads that are usually supplied with the purchase of a helmet.

No

7. Test the fit. Try to push your strapped helmet off your head. The helmet should not easily push to the front, back or sides.

Yes



ILLUSTRATION COURTESY OF GREGG'S CYCLES

Helmet manufacturers suggest replacing your helmet every two years due to damage from UV radiation and body fluids (sweat and oils). Good helmet manufacturers have crash-replacement programs. If you crash your helmet, you can get a new one at a discount. If a helmet does not fit properly or is worn improperly, it will not do a lot to protect you in a fall.

The United States Consumer Products Safety Commission has approved new standards for helmets that must be produced by February 1999 (don't let this put off the purchase of a new helmet if you are in need). The new standards build upon the current ANSI

and Snell standards. Bell and Giro have been integrating these changes to some of their lines and expect to be in full compliance by February 1999. Helmet design is not expected to change radically as a result of the new CPSC standard. Helmets currently on the market that are certified to any of the interim CPSC standards should not be considered obsolete. However, cyclists with older helmets (2 years) should consider purchasing a new helmet to attain the latest in head protection and construction innovation.

Using a helmet is worth it! I can counter most any excuse for not wearing a helmet. Helmetry is a personal choice. Please choose to be informed, do the right thing and continue to pursue health and happiness. See you out there!



UCI World Cup Comes to Seattle

This summer will see the world's best downhill mountain bikers descend upon the Pacific Northwest to compete in the Grundig-UCI World Cup Downhill & Dual event. The event will be at The Summit in Snoqualmie June 27-28.

The event, boasting over \$50,000 in cash and prizes, will attract more than 200 of the best male and female downhillers, including the current #1-ranked World Cup riders. The Washington State Amateur Cross-Country Championships will also kick-off that weekend.



This is the second World Cup event hosted by Round and Round Productions, their first being in Athens, Georgia in 1996. Snoqualmie also has some impressive experience on the scene: it hosted the American Mountain Bike Challenge event in 1996 and the 1997 National Championship Series (which was also organized by Round and Round).

Gino Lisiecki, Co-Owner of Round and Round Productions, said "We are excited and privileged to be one of eight locations, worldwide, to host a World Cup Downhill event." He stated that they "modified the downhill course [they] used for the 1997 NCS event to be longer, more technical, steeper, and more akin to the courses in Europe," adding that "Even the most aggressive riders consider this course to be extreme."

The original course was designed by downhill veteran Greg Herbold, but was further modified by Seattle local Mikki Douglas. And that was before course designer Glen Jacobs got his hands on it, adding "several stream crossings and tree sections." The course clocks in at 3050 meters, split 50/50 between wide and narrow sections, is 60/40 technical/fast, and boasting an average 20% incline.

For more information on the full event, visit their web site at www.roundandround.com, or call Leslie Ota at (206) 441-7460. Round and Round is also currently seeking volunteers: call Wendy or Gino at (509) 455-7657 for details.



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Mutual of Enumclaw stage race grows

BY JEFFREY NACHTIGAL

The 1998 Mutual of Enumclaw stage race, in its third consecutive year, has grown to become one of the biggest events on the Northwest racing calendar.

The three-stage event, held May 16-17, includes a Saturday criterium and time trial, and a concluding 83-mile circuit road race on Sunday to sort out overall GC winners.

Brilliant sunshine graced racers for the morning criteriums, while later on dramatic cloudbursts opened up to drench the evening time trials.

The enthusiastic and vocal crowd, of which many residents of Enumclaw were a part, did their part in propelling riders to a break-neck pace on the new, 3/4-mile, eight corner criterium course. The technical merits of the course spelled doom for those who weren't quick off the line in the larger races.

Oregonian John Grochau (Lemond/Bike Gallery) surprised local strongman Kenny Williams (Saturn) in the men's pro 1/2 race; Andrea Hannos (Hutch's/Cannondale) gave an inkling of what was to come in the women's 1/2/3 race by out-dueling Mandy Poitras (Escape Velocity) and Katie Blincoe (Safeway/Saturn) for sprint honors.

What was to come late Saturday afternoon during the time trial for most of the top women's and men's fields was a storm that would not have been out of place had it touched down in the Midwestern U.S. Lashing rain and wind pummeled riders as they

struggled through the twisting back roads and up one long grade in their race against the clock.

"We had a lot of people rolling right up (to the start line) and not even putting a foot down and getting five (seconds)," said TT start holder Dave Levy. "It was a contest whether the rider, me or the official was shivering the most."

Unfortunately for the riders, Saturday's Midwestern-like storm had turned into a very Northwestern-style steady rain by the start of Sunday's road races. Rain slickers and booties, and even a few pairs of long tights, were the order of business as each race hurriedly rolled off the start line: a long, soggy day in the saddle awaited racers out on the 14 mile loop course.

A few minutes before the men's 9:30 am start, Williams, GC leader after the first day, warmed up in the local Starbucks, considering the day in front of him. "I'm apprehensive about the Nutrafig guys, they'll be attacking hard I'm sure."

Passing under circling hawks and alongside the waves of young cyclist-to-be boys, the race slipped through pasture land devoted mostly to milk cow grazing. Two mile-Mud Mountain Damn climb, the Enumclaw race's crown jewel, lay in wait for riders near the end of the course. The climb, an uneven, rutted 6-8% grade climb, passed under towering rock cliffs and through heavily drooping foliage. As riders humped up the final section toward a false flat, steam rising off

their backs swirled up to mix with the descending mist from the heavens; as many riders would mention after the finish, in true Northwest fashion, the race would be epic.

By the fourth lap, Nutrafig had launched a decisive attack; it included Nutrafig's Jason Van Marle and a strong Scott Goguen (Trek/VW). A minute later one, of the heavy pre-race favorites decided it was his turn, as well, to join in on the attack lessons his teammates were inflicting on the peloton.

"I bridged on the hill," said Nutrafig's climbing ace and Seattleite Ron Schmeer, "after that we just kept going. I guess all those long miles I've put in the last few days have paid off."

By the finish of the women's race, an hour before the men's, the temperature had dropped to 46 degrees. "It was very cold out there," said Cindy Carroll (Ti Cycles Racing). "I didn't dress warm enough and my hands were so cold I couldn't hold a water bottle to drink or open a packet of GU to eat. I bonked the last time up the hill."

The lead break in the men's race crossed



Donald Reeb (NutraFig) leads a teammate and John Grochau (Lemond/Bike Gallery) into a turn. PHOTO BY KAREN JOHANSON

the finish line three minutes ahead of the main field, with Schmeer kicking away on the final climb to roll in ahead of Goguen and teammate Van Marle for the stage and overall "training" win.

"It's hard to dispute that Ronnie Schmeer is not one of the best in the region on his day. I think he showed that today," said race organizer Pat Carroll after the race.

The women's race was very close, as has been the case over the last three years. The Hannos sisters reigned supreme throughout the weekend, with Andrea and Stephanie taking five of the top nine stage places over the three races, book-ending Seattleite Ward Griffiths, who continues her impressive rise to the top of women's racing, to round out first-three place GC.

See results statistics on page 13



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**ENTRY
FEES:**







"Griffiths" from page 1

Last year, the Seattle rider finished 16th overall, a result based primarily on a day-long breakaway that stayed away from an aggressive field. That effort left her fatigued for days afterward, as she tried to keep her overall placing.

"The length of the race really wears you down," says Griffiths, who learned how critical consistency is to overall success. "By the final day, I was just trying to finish."

The 1998 Hewlett-Packard International Women's Challenge, June 16 to 21, will take racers over 273 miles, including two critical ascents up 8700-foot Galena Summit. A self-professed climber, Griffiths knows the race will probably be decided there.

"Hopefully, those will be good days for me," Griffiths says.

With a prize list of \$100,000, the '98 HP Women's Challenge will gather one of the largest and best women's race fields ever. France's Jeannie Longo, arguably the best fe-

his crew, the race fans in Boise, and the level of competition are all incredible. It's like racing in a different world!"

Griffiths is preparing for the six-day stage race by training 250 miles a week and racing in national caliber events around the country. She recently climbed to 4th overall in Oregon's prestigious Tour of Willamette, and will race nearly every weekend leading up to the Women's Challenge, including the Christiana Care Cup and First Union Liberty Classic on the East Coast.

"I think I've got some frequent flyer miles coming to me," she laughs.

Griffiths will receive much needed support from her Safeway/Saturn teammates Laura Mullen, Miranda Briggs and Rydeen Stevens.

"We're all really well-rounded," she says. "We enjoy working with each other and have a pretty good sense of strategy."

In a crunch, Griffiths may also get some support from many of the other Northwest cyclists in the event, as she did in the latter stages of the '97 event. A large contingent of British Columbia cyclists, led by three-time world-cross country champion and 1998 UCI/World Cup leader Alison Sydor, will join more than a dozen riders from Washington, Oregon and Idaho to take on the world's best in Boise.

"It's the event of the year for us," says Cindy Carroll, one of four Northwest women who will race for the Seattle-based Ti Cycles Team. "We're thrilled to have the opportunity to compete against the best racers in the world. It's my ultimate goal for the year."

"HP is my goal of the season," reiterates Prosser, Washington's Suzy Forsyth (Start To Finish), an eight-time competitor of the event. "I hope to race well and inspire my friends and teammates to do well, too."

Ultimately, Ward Griffiths will have to look within herself to find the strength to compete against the race leaders.

"It takes a strong mental attitude to do well in this sport, and that decides whether you can or can't do it," she confesses. "My biggest challenge is always myself."



"Tour de France" from page 1

"In Europe, the club system is so strong," he said. "I sincerely enjoy passing on the information that has taken me 20 years to accumulate."

Unfortunately, there are very few venues for people like myself to share this information. A club-based organization is a great venue to share the knowledge."

Steida, who now lives in Edmonton, Canada, recently presented a weekend clinic for the Capital City Cycling Club in Olympia. He worked with more than 25 racers and enthusiasts, focusing on skills enhancement, training, diet and junior development. He also shared stories about his cycling career, showed Tour de France slides and gave an inspirational and goal-setting seminar. The clinic was held at The Valley Athletic Club, the sponsor for the CBC race team.

He said the club has a very special program because it includes long-time bicyclists and newcomers alike who willingly share their insights, creating special family and racing programs and taking steps to encourage cycling of all types.

Bicycle racing programs could be a lot stronger in North America if other clubs took on such an approach, he said. To make an individual racing club stronger, the responsibilities must be shared between all the members.

"Usually it's one person that has a real passion and drives it. They don't realize how

much work it takes and they get burnt out. You have to spread out responsibilities and foster a long-term program," he said.

Steida encourages club members to help recruit young people into cycling and reminded them that hard work pays off.

"Help people get on road bikes (especially younger ones) and open their world to the wonderful world that we all know and love. Do it slowly and carefully — teach them the fundamentals of the sport. Ride safely, treat others as you would like to be treated — on and off the bike," he said.

Steida said cycling has taught him many life lessons because the sport is so hard. "You really learn a lot about yourself. If you really want something, you can get it by working hard and persevering and sacrificing."

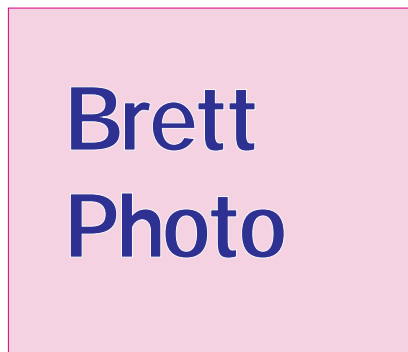
He reminded people who are considering racing that cycling knowledge doesn't have to come only from people like himself. It's important to recognize there is plenty of talent within a community.

"Learn from people around you. There's a lot of knowledge around. You just have to ask questions," he reiterated.

Steida also reminded people that racing isn't for everyone. Bike racing takes a lot of dedication to do well, and many people don't realize the work that goes into it.

"Whatever you do, you have to step up to the plate and work your ass off," he concluded.

For more information on Alex Steida Cycling products and services call (403) 487-8073.



male cyclist ever, headlines a field of more than 130 competitors, including Olympic gold medalists Kathy Watt (Australia) and Zulfia Zabirova (Russia); current and former world champions Alessandra Cappellotto (Italy), Karren Kurreck (USA) and Barbara Heeb (Switzerland); along with former race champions Dede Demet (USA), Anna Wilson (Australia), Clara Hughes (Canada) and Rasa Polikeviciute (Lithuania).

"It's the best organized race I've raced in," she asserts. "Race director Jim Rabdau and

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TOURING

A few minutes studying of a map can mean the difference between sucking car exhaust and sucking tractor fumes, neither of which is great, but when a tractor rumbles by, you know you've made it far enough off the beaten path to enjoy good scenery and (hopefully) quiet roads.

The following rides can easily be ridden door-to-door. Each ride can also be adjusted in length by parking along the route. Of course, one of the best things about riding in the Seattle area is that you'll never lack a good rest stop, as coffee shops are never far off the route on any ride.

May Valley

Southeast of Lake Washington, SE May Valley Road twists and dips through a quaint farming valley where signs advertise "fresh eggs" and a ranch named the Buckaroo offers horse lodging. From his field a long-horned bull twists his neck and stares in bewilderment as cyclists glide past.

This four-mile corridor is a designated "recreation" area for cyclists and horseback riders and the posted speed limit is 25; it's easy to get going faster than cars on the smooth blacktop!

Via Renton and Lake Washington Blvd. (East Side), cross I-405 at NE 44th St. (notice the McDonald's sign) and climb the recently re-paved SE Monterey Place hill. Ride over the top and roll about three miles until an intersection and a right turn onto Coal Creek Parkway; or, from the I-90 bridge and Eastgate, head south in the beautiful bike lane (each direction) on Coal Creek Park-

way. Breathe a sigh of relief when you reach SE May Valley Road and make the left turn into this country oasis: you've hit the best part of the ride.

At the end of the valley, a left turn onto Issaquah-Hobart Road leads up a steady climb to a fast, serpentine descent through moss-hung trees. Watch your riding partners: the "Issaquah City Limits" sign is a natural landmark for fantastic sprints at speed. Just before entering Issaquah, turn left back west on Newport Way and settle into a long, gradual climb alongside I-90 that eventually drops you back in Eastgate. Via Seattle and the "South End-Renton": 55 miles; from Eastgate or Coulon Park in Renton cuts the ride to 30 miles.

Fall City/ Snoqualmie Falls

Housing tracks and shopping centers are sprouting along the country highways east of Issaquah and Bellevue as the crowd of development pushes outward, but there are still fields divided only by ribbons of winding blacktop.

Exit Marymoor Park to the eastside and ride south on Highway 202, or Redmond-Fall City Road. Red-roofed farms and miles of pastureland line this stretch of the valley leading towards Snoqualmie Falls.

Just outside Fall City, the 202 Cycles shop is easily the most visible landmark alongside the road. Passing motorists routinely make U-turns to snap pictures of the bicycle perched haphazardly on the roof.

Formerly a gas station, taxidermy shop, carpet samples shop and motorcycle garage,

the recently re-opened 202 Cycles boasts espresso and an inside-reading table, perfect for rest stops. New owner Brian Shaefer pulls coffee from 6:00am till 5:00pm.

Pass through Fall City and cross the Snoqualmie River for the final five-mile push to Snoqualmie Falls, which includes two miles of steady climbing. One mile past Fall City, turn off of 202 onto Fish Hatchery Road and follow this quiet spur with views of the river until you reach 372nd Ave. SE, where a left turn drops you back onto 202 and the base of the climb to the Falls.

Admire the view of the Falls and grab a Costco cinnamon roll at the concessionaire, then pull a windbreaker on for a return descent down the climb.

Entering Fall City, turn south off of 202 onto Preston-Fall City Road. Approximately two miles down the road look for the Preston-Snoqualmie Trail sign on the right; shift down for a short, steep climb to the recently paved rail line trail. Follow this quiet version of the Burke-Gilman trail until it drops you onto SE High Point Way, a frontage road along I-90. For one section of decidedly un-country road, enter I-90 at the end of SE High Point Way and coast down the wide shoulder (bikes are legal on freeways outside the city limits) for three miles to the first exit, E. Sunset Way.

The exit ramp provides a high-speed wind-up for a hot spot sprint to the "Issaquah City Limit" sign one-mile down E. Sunset Way. If you're riding back to Seattle, cross Front St. in Issaquah as E. Sunset Way turns into SE Newport Way; to your right, imagine I-90 is the Snoqualmie River on the long pull to Eastgate and the I-90 bridge. To return to Marymoor, turn right on Front St. and cross under I-90, where Front St. turns into E. Lake Sammamish Parkway and leads directly to the park. Roundtrip from Marymoor: approximately 45 miles.

Hollywood Hills

There are many short rides to the north of Bothell, perfect ride for after-work spinning as the daylight hours lengthen. The Hollywood Hills ride combines the Burke-Gilman's flat sections with varying grades of climbs, a great descent — and not much traffic. Be warned: the roads leading toward Snohomish twist and change almost as fast as you can check your map-so bring a north



end map or chance a roundabout ride back home!

From Tracy Owen Station — Log Boom Park — in Kenmore, head east on the BGT through Bothell and Woodinville. Turn off the trail at NE 145th St., just as the Chateau Ste. Michelle winery and Redhook brewery converge to overpower the olfactory senses, and head east.

Go straight through the stoplight and continue up this road for about three miles as it twists past white-fenced horse pastures and a beautiful view (on clear days) of Mt. Rainier. The top is a great place for a king-of-the-mountain lung-burning sprint. From the top, follow the road as it turns left into 168th Ave. NE and continue two miles until a stop sign, where another right turn drops you down the steep NE 160th Place. A right turn onto NE 172nd Place leads to a left turn onto Avondale Road and another left to Woodinville-Duvall Road. So from the top, that's a left, two rights and two lefts. If you've made it this far without getting turned around, you're home free. Follow Woodinville-Duvall Road into town, and catch the Sammamish River Trail under the train tracks. For a steep-hill workout, take a detour in Bothell and strain over Norway Hill before dropping into Juanita, and then back over Juanita Drive into Kenmore.

The Hollywood Hills ride is also a good starting point for rides to Maltby via Paradise Lake Road and into the Snoqualmie Valley via the old

Woodinville-Duvall Road. Round trip from Log Boom: 18 miles.



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FLYING WHEELS SUMMER CENTURY

June 28 - *Get Outta Town!* with this Official STP Training Ride on June 28th with 30, 60 & 100-mile loops.

Start Time: 7-11 a.m.

Location: Redmond City Hall (156th and NE 85th St.)

Cost: \$18 postmarked before June 17; \$21 after and day of registration. Includes LOTS OF FOOD, mechanical, water/aid stations - finishing with an old-fashioned ice cream social. Tour some of Puget Sound's most beautiful, rural countryside through Snohomish County and the Snoqualmie Valley.



SEATTLE TO PORTLAND BICYCLE CLASSIC

July 11-12 - 200 miles.

Join the granddaddy of Northwest rides for its 19th year! Now moved to its new sunny weekend in July! Start Time: 4:45-7:30 a.m.

200 miles in 1 or 2 days.

Start: E-1 Parking Lot at the University of Washington.

Cost: \$60 (includes Tyvek jacket, Speed Lever tool, water/aid stations, baggage transportation, more food than you can eat - and the best on-road support you can get.

Route: Start your morning on the I-5 Express Lanes viewing Seattle at sunrise before meandering onto rural roads through scenic valleys as you wind your way south to Portland. Celebrate your accomplishment at the Finish Line Festival and Party at Portland State University.



SEATTLE TO PORTLAND 1998 REGISTRATION FORM

LAST NAME FIRST NAME AGE SEX

MAILING ADDRESS CITY STATE ZIP CODE

HOME PHONE WORK PHONE

I plan to ride STP in 1 day 2 days

I have done _____ STP's (number)

ENTRY FEE ONE RIDER PER FORM (U.S. FUNDS ONLY)

TRANSPORTATION PORTLAND TO SEATTLE BY BUS

PLEASE CHECK ONE: SUNDAY MONDAY Number of Tickets @ \$35 each

\$60

\$

FLYING WHEELS THE OFFICIAL STP TRAINING RIDE

ENTRY FEE FOR FLYING WHEELS. DAY OF RIDE REGISTRATION IS \$21. ONE RIDER PER FORM (U.S. FUNDS ONLY)

\$18

\$

A \$20 fee is charged on all returned checks. Sorry, No Refunds

TOTAL ENCLOSED: \$

Send entry to:
STP Registration
P.O. Box 31299
Seattle, WA 98103

- STP is limited to the first 10,000 entries received
- Enclose check or money order (no cash) payable in U.S. funds to STP '98.
- Incomplete forms will be returned.
- Same-size legible photocopies accepted.

YES! PLEASE MAIL ME A RIDE GUIDE!

* A helmet meeting ANSI or Snell certification is REQUIRED to ride STP - It could save your life

Jacket Size: S M L XL XXL

BP



CALENDAR

Calendar sponsored by



Welcome to the June, July & August Northwest bicycle calendar

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

- 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.dirtwm.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.
- Jun 15: Ride for a Reason Training Seminar. Greenlake, WA. 7-9pm at Gregg's Greenlake Cycle. Hosted by Gregg's for participants in the 1998 Ride for a Reason (August 13-16). Seminar topics will cover training, nutrition, what to expect, what to bring. Limited to first 20. FREE. Sign up at store. (206) 523-1822.
- 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.dirtwm.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.
- Jun 27: Skurtzendirt Mountain Bike Clinic. Coeur d'Alene, ID. A clinic and camp-out for women at Farragut State Park. Catered dinner and breakfast, group rides, workshops on off road skills and mechanics. \$50 to Skurtzendirt MBA, 1310 Pennsylvania Ave., Coeur d'Alene, ID 83814. For more info call (208) 664-0654 or e-mail: drumurray@idlink.com.
- Jul 3-6: 1998 League of American Bicyclists Rally West. Eugene, OR. Mayrae Becker, League of American Bicyclists, 1612 K Street NW, Suite 401A, Washington, DC, 20006. 202-822-1333x220 or (fax) 202-822-1334.
- Jul 9: 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.dirtwm.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.
- Jul 12: Spring Meadow Triathlon. Helena, MT. Anne Gilbert @ 406-443-2259.
- Jul 19: Skidscrub Scramble Duathlon. Kalspell, MT. Stan Watkins @ 406-752-7415.
- Jul 25: 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.dirtwm.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.
- Aug 6: 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.dirtwm.com/btbc>, Lfrances@aol.com Leonard Frances, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.
- Aug 22: Garden City Triathlon. Missoula, MT. Todd Struckman @ 406-728-8847.



Off Road

- 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 Magic Mountain Ski Resort. Part of Wild Rockies Mountain Bike Series. Email rogom@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: Storey Hills Challenge (PORC #1). Bozeman, MT. Andy Gerlach @ 406-585-2660.
- Jun 7: Northwest Mt. Bike Series. Cle Elum, WA.
- Jun 13-14: Bogus Bomber. Boise, ID. Site of the American Mountain Bike Challenge race, a NORBA Championship. Part of Wild Rockies Mountain Bike Series. Email rogom@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 Hoolah Bash. Park City, UT. Race at the site of the 2002 Winter Olympics. Part of Wild Rockies Mountain Bike Series. Email rogom@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, Trillife Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 or (fax) 541-382-3079.
- 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 Bonacomp, 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 rogom@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: Pedalfest 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 rogom@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, 50K single track, three lap course. 100 rider limit. Send SASE. Scott, 1689 Charnelton Street, Eugene, OR, 97401-3913.
- Jun 26: Salmon Run Mt. Bike Festival. Snoqualmie Pass, WA. In conjunction with World Cup. Amateur XC. \$35. Email: ciscoroundandround.com or www.roundandround.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. Email: ciscoroundandround.com or www.roundandround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Jun 27-28: Battle in the Blues. Ukiah, OR. A welcoming, hot springs pool after a high-altitude, desert and forested plains ride on exciting trails. Part of Wild Rockies Mountain Bike Series. Email rogom@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 Altair 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 rogom@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 6/7/1 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.
- Jul 4: Galena Grinder. Sun Valley, ID. Timber shadows and cool creek crossings provide a scenic exciting race at the Galena Summit's Nordic Ski Center. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Jul 4: The Mountain Bout. Salt Lake City, UT. A tough and scenic event held at the Solitude Ski Resort. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Jul 5: Northwest Mt. Bike Series. Capital Forest, WA.
- Jul 10-18: The Timberland Gorge Games. Hood River, OR. 100% All Natural Sports and Music Festival. Cross-Country & Downhill (open), Dual-Slalom Invitational. \$15,000 expected prize money. Interested dual-slalom competitors send competitive results. Concours, clinics, guided rides, kids program, and much more! E-mail: gorgegames@gorge.net or www.gorgegames.com E. David Combe, Gorge Games, 105 Oak St. #275, Hood River, OR, 97031. 541-386-7774 or (fax) 541-386-7762.
- Jul 11-12: 3rd Annual Sea to Sky Mountain Bike Trail Ride. Newly developed 150km mountain bike trail from Devine to Squamish with an overnight at Whistler resort. www.great-explorations.com or robblin@great-explorations.com Robbin McKinney, R.E.M. Event Management, 604-SEA-25KY (info) or 604-730-1247.
- Jul 11-12: Ski Town Bike Festival. McCall, ID. Ride the ridges of the Brundage Ski resort. Great views and on every type of riding. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Jul 11-12: Brian Header. Brian Head, UT. Take your head to Brian Header and keep your wheelside down. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Jul 11-12: Mt. Spokane Selkirk Challenge. Mt. Spokane, WA. Downhill, Cross Country, Kids Races. \$20-\$30. WIM Series Points. E-mail: ciscoroundandround.com or www.roundandround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Jul 12: Billings Mountain Bike Series #4. Billings, MT. The Bike Shop @ 406-652-1202.
- Jul 18: Cascade Attack. Maupin, OR. Fun all the way around on the banked turns up and down trails through the woods at Bear Springs Ranger Station. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Jul 18-12: The South Mountain Rumble. Draper, UT. This new event races right through town in front of thousands of spectators and at the head of a large parade. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Jul 19: Padden Summer Challenge. Lake Padden Recreation Area, Bellingham, WA. Mark Peterson, Kulshan Cycles, 360-738-0679.
- Jul 19: Bohart Bash (PORC #2). Bozeman, MT. Andy Gerlach @ 406-585-2660.
- Jul 22-26: Whistler International Classic Mountain Bike Festival. Whistler Mountain, Whistler, B.C. Cross-country, downhill, dual slalom, kids races, uphill, criterium, Valley Trails Tour (AMBC #3). www.pro-competition.com or E-mail: procomp@pacifi.coast.com Claire Bonin, 250-656-7995.
- Jul 24-27: Jim Traviso Memorial. Mt. Hood Skibowl, OR. DH, DS, XC & obs trials. After April 15: Fax (503) 272-0240. Website: www.skibowl.com Petr Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-272-0146 or (fax) 503-272-0146.
- Jul 28: Works Mountain Bike Race. Helena, MT. Steve Field @ 406-457-0470.
- Aug 1-2: 49 Degrees North. Chewelah, WA. A cute ski town, located in the beautiful forest of the northwest. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Aug 1: Snowaking Challenge. Jackson, WY. A picturesque classic held in the shadow of the Tetons. Features big climbs and beautiful singletrack. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Aug 1-2: Kokanee 12 Hrs. of Adrenaline. Whistler/Blackcomb, B.C. Offers both novice and expert mountain bikers a fun weekend with a festival atmosphere. Mark Alexander, Trillife Sports International, 905-944-9436 or (fax) 905-944-9434.
- Aug 8: Whiteknob Challenge. Mackay, ID. An easy, scenic long climb up the mountain past old mines leads to a long, spectacular descent right into Mackay. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Aug 9: Butte Mountain Bike Race. Butte, MT. James Rose @ 406-782-8458.
- Aug 9: Highlight Challenge (PORC #3). Bozeman, MT. Andy Gerlach @ 406-585-2660.
- Aug 14-16: Scheitler Dirt & Rock Tour. Schweitzer Mt. Resort, Sun Valley, ID. Downhill, new "dual," Cross Country, Kids Race, Downtown Fat Tire Crit. \$15-\$30. WIM & AMBC Series points. E-mail: ciscoroundandround.com or www.roundandround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Aug 15-16: Targhee Blast. Alta, WY. The Tetons are great and Yellowstone Park is just over the hill. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Aug 15-16: Medicine Butte XC Race. Evanston, WY. A classic stage race. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Aug 15-16: Lone Peak Revenge. Big Sky, MT. Andy Schriener @ 406-995-2939.
- Aug 16: The Hop Cup. Bonney Lake, WA. All day event at the brewery with heat style X-country racing. www.dirtwm.com. Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.
- Aug 16: KONA Hell of the NW. Lake Padden Recreation Area, Bellingham, WA. Mark Peterson, Kulshan Cycles, 360-738-0679.
- Aug 21-23: The Second Umpqua River Mountain Bike Tour. Sag selected, fully catered meal, great scenery. Russ & Renee, Rickert, Siskiyou Wheelmen, 164 Alameda Drive, Ashland, OR, 97520. 503-482-8704.
- Aug 21-23: Canada Cup Final. Whistler Mountain, Whistler, B.C. Cross-country, downhill, dual slalom, kids races. www.pro-competition.com E-mail: procomp@pacifi.coast.com Claire Bonin, 250-656-7995.
- Aug 21: WIMC Mountain Bike. Yamhill, OR. Candl Murray, 503-667-6220.
- Aug 22-23: Red Lodge Fat Tire Frenzy. Red Lodge, MT. One of Montana's biggest and most established mountain bike weekends. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Aug 29-30: Big Mountain Gear Grinder. Whitefish, MT. Excellent trails on the Big Mountain Ski Resort. Located in sight from Glacier National Park. Part of Wild Rockies Mountain Bike Series. Email rogom@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.
- Aug 29-30: Frog Tassle Whip. Chewelah, WA. Downhill, Cross Country, Kids Races. \$20-\$30. WIM Series Points. E-mail: ciscoroundandround.com or www.roundandround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Aug 29: Northwest Mt. Bike Series. Cle Elum, WA.



Rides & Tours

- 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 full support, substantial food stops, sawagons, repair service and great Rotarian hospitality. Fees: \$25 before June 5 or \$30 after. Shirts if ordered. Start: Tom 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 Compostela. 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 robblin@great-explorations.com Robbin McKinney, R.E.M. Event Management, 604-730-1247.
- Jun 7-15: 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.
- Jul 8: 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: ciscoroundandround.com or www.roundandround.com Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Jul 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. 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 Oregon's Development Network. Routes start in Seattle, Portland and San Francisco, converging in D.C. Space limited. Email: odnride.org or www.igc-ipc.org/ 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 Non Rotary Club, P.O. Box 1105, Longview, WA, 98632. 360-749-2192 or

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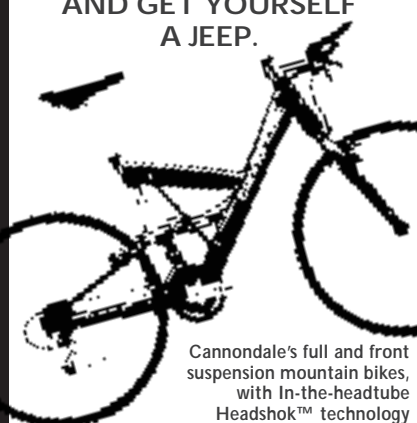
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CALENDAR

Calendar sponsored by



- (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. Aid Houk, Emerald Tea & Cycling Society. 6019 51 Ave NE, Seattle, WA, 98115-7107. 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 15-19: 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. America's 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 & Renee Rickert, Siskiyou Wheelmen, 164 Almeida 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 brochure. www.bicycledventures.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. Lehman, Bend Area Habitat for Humanity, 138 N.E. Revere, Bend, OR, 97701. 541-385-0948 or 541-385-5387.
 - Jun 20-27: Tour of the Okanogan. Okanogan County, 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 20: 3rd Annual Trident Triple. Silverdale, WA. 16, 33, 50, or 100 mile options: all rides include 10.5 mile tour of Naval Submarine Base. Proceeds go to the Paul Linder Education Foundation, the Silverdale Chamber of Commerce, and the NowBike Action Fund. \$12 (\$15 day of). (360) 692-6800.
 - Jun 21-28: Provence, France. France. Join a small group "exploration" cycle tour to the best cycling in France. Hotel accommodation, meals, fully supported. US \$800, 7 days/7 nights. 12 years guiding experience in France. www.great-explorations.com or robinm@great-explorations.com Robin McKinney, R.E.M. Event Management, 604-730-1247.
 - Jun 21-27: Washington Coast Cycle Tour. Victoria, B.C. Ride from Victoria, B.C. to Oregon border. Camping & fully supported. US \$445, 6 days/6 nights. www.great-explorations.com or robinm@great-explorations.com Robin McKinney, R.E.M. Event Management, 604-730-1247.
 - Jun 28: Tour de Pierce. Puyallup Fatgronks, 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 Pudists, Pierce County Parks, 9112 Lakeswood 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. 206-522-8186.
 - Jun 29-31: Zimbabwe: Mashonaland Sojourn. Zimbabwe. Bulawayo to Harare. \$1290 plus airfare. Small group. 420 miles. E-mail: info@bike.org or www.ike.org International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-797-0848.
 - Jul 4-11: Oregon Cascades. Oregon. Eight day tour. Cycling highlights: Aufderheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced Cyclist. Tour also offered July 25-August 1; August 8-15; August 29-September 5; September 5-12. Price \$1,984. Call for brochure. www.bicycledventures.com Martha L. Travis, Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060 or 360-786-0989.
 - Jul 5-9: Washington - Island Sampler. San Juan Islands, WA. Includes the San Juans. \$769. E-mail: info@scenic-cycling.com or www.scenic-cycling.com Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Jul 5-9: Southwest Tours. San Juan. Road bike tour. 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.
 - Jul 10-13: Marble Mountain Wilderness Tour. Ashland, OR. Sag support, fully catered meals, great scenery. Russ & Renee Rickert, Siskiyou Wheelmen, 164 Almeida Drive, Ashland, OR, 97520. 503-482-8704.
 - Jul 11-12: Seattle-to-Portland Bicycle Classic (STP). Seattle, WA. THE ride in the Northwest. Join 10,000 riders for the trek to Portland with a finish line festival. \$60. Sign up early! Steve Davies, Cascade Bicycle Club, P.O. Box 312999, Seattle, WA, 98103. 206-522-8186.
 - Jul 12-18: Washington - Puget Sound & Victoria, B.C., Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Jul 12-18: Southwest Tours. Puget Sound. Road bike tour to Victoria, B.C. 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.
 - Jul 12: Ice Cream Classic. Sunriver, OR. 55 mile road ride from Sunriver around Mt. Bachelor. \$5. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 or (fax) 541-382-3079.
 - Jul 13-27: Zimbabwe: Mashonaland Sojourn. Harare, Zimbabwe. International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-797-0848.
 - Jul 18: Watermelon Rides. Willamette Valley, OR. One-day ride through the Willamette Valley. 82, 124 & 200 mile routes. E-mail jhelling@teleport.com or www.teleport.com/nonprofit/sbc. Joanne Helling, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-399-9652.
 - Jul 18: Midsummer Nightmare Double Century Ride. Spokane & Stevens County, WA. SBC's 1-day 200 mile tour. 10,000ft+ elevation gain. Sag support, maps, food & T-shirt included for \$30. \$40 after June 27. Send SASE. E-mail: bhouser@ewu.edu Brian Houser, Spokane Bicycle Club, 476 N 4th, Cheney, WA, 99004-2138. 509-359-7005.
 - Jul 18: Countryside Classic. Port Orchard, WA. Marra Oza, West Sound Cycling Club, 360-871-7967.
 - Jul 18-23: Tour da Vinci. Eugene, OR. Fully supported, features visit to Corvallis' Da Vinci Days. Beautiful low-traffic farm & forest roads and the scenic Oregon Coast. Limit 150 riders. \$457. Deadline 7/4. www.pathfinders.com Paul Kemp, Pathfinders Bicycle Tours, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 541-782-4838.
 - Jul 18: Glendale to Powers. Glendale, OR. Gorgeous BLM paved roads. Long climbs, long downhills. Almost no cars. 25, 60, 75, & 150 mile loops. Lunch in Glendale after ride. Mitch, Cycles LaMoure Races, 613 S.E. Jackson, Roseburg, OR, 97470. 541-957-1020.
 - Jul 19: Seattle Rainbow Ride. Seattle, WA. 15 to 60 miles. \$10 prereg. \$13 day of. Great food stops. Free T-shirt to first 100 registered. A benefit for Rails to Trails Conservancy. Dennis Martin, Different Spokes, P.O. Box 31524, Seattle, WA, 98103-1524. 206-689-6811.
 - Jul 21-24: Washington - San Juan Islands. 4 Days. \$619. E-mail: info@scenic-cycling.com or www.scenic-cycling.com. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Jul 21-25: Idaho - Sawtooth Mountains & Sun Valley. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Jul 22-26: Whistler International Classic Mountain Bike Festival. Whistler Mountain, Whistler, B.C., Cross-country, downhill, dual slalom, kids races, uphill, criterium, Valley Trails Tour (AMBC #8). www.procompetition.com or E-mail: procomp@pacificcoast.com Claire Bonin, 250-656-7995.
 - Jul 24-27: The Cascade Lakes Road Tour. Sag support, fully catered meals, great scenery. Russ & Renee Rickert, Siskiyou Wheelmen, 164 Almeida Drive, Ashland, OR, 97520. 503-482-8704.
 - Jul 25-26: MS 150 Jazz Delight Bike Tour. A challenging, fun adventure over the Kitsap Peninsula for an overnight in Port Townsend. Take in the Jazz Fest there. Jenny Foss, MS Society, 192 Nickerson St., Ste. 100, Seattle, WA, 98109. 800-800-7047.
 - Jul 25-Aug 1: Trek Washington. American Lung Association of Washington (a 206) 441-5100 or (800) 732-9339, www.alaw.org.
 - Jul 27-31: Washington - Island Sampler. Includes the San Juans. \$769. E-mail: info@scenic-cycling.com or www.scenic-cycling.com. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Jul 27-Aug 9: Zimbabwe: Mashonaland Sojourn. Bulawayo, Zimbabwe. Bulawayo to Harare. \$1290 plus airfare. Small group. 420 miles. E-mail: info@bike.org or www.ike.org International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-797-0848.
 - Aug 2-8: SPUDS 4 - Cycling Around Idaho. Idaho. Full support. Boise to Driggs via the Sawtooth Mountains, capital city, fields and Teton Valley. Fully supported including meals and camping. \$350. E-mail: spuds@cyclevents.com or www.spuds.cyclevents.com Tom Sheehan, spuds@cyclevents.com
 - Aug 2-8: Oregon - Oregon Coast - Cascade Loop. Oregon Coast. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 2-8: Washington - Puget Sound & Victoria, B.C., Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 2-7: Tour de Lane Challenge. Eugene, OR. Fully supported, Lan County's best cycling roads. No traffic. Limit 150 accomplished riders. \$457. Deadline 7/18. www.pathfinders.com Paul Kemp, Pathfinders Bicycle Tours, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 541-782-4838.
 - Aug 2: Snoqualmie Tour de Peaks. Railroad Park, Snoqualmie, WA. Annual Gourmet Food Bike Ride through the spectacular Snoqualmie Valley. 62 miles, 35 miles and an 8 mile family loop. \$15 individual, \$30 family (day of event \$18/\$35). Registration 7am - 1pm. (425) 888-0021 for registration and information.
 - Aug 8: Old Freeze-Out Hill Climb. Boise, ID. Mike Cooley, Boise Cycling Club, 208-343-3782.
 - Aug 9-15: Oregon - Oregon Coast - Cascade Loop. Oregon Coast. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 9-15: The Oregon Bicycle Ride. Oregon. Frenchglen to Cascade Locks. 7 days. 475 miles. \$475. Includes lodging, most meals, road support, gear transport, Sternwheeler ride. 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.
 - Aug 9: Bogus Basin Hill Climb. Boise, ID. Mike Cooley, Boise Cycling Club, 208-343-3782.
 - Aug 9-13: Crater Lake Deluxe. Eugene, OR. Mostly untraveled paved roads. Crater Lake National Park & Auferheide National Scenic Byway. No traffic. Limit 14 accomplished riders. \$457. Deadline 7/18. www.pathfinders.com Paul Kemp, Pathfinders Bicycle Tours, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 541-782-4838.
 - Aug 9-22: Malawi: Southern Circuit. Lilongwe, Malawi. International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-797-0848.
 - Aug 10-14: Washington - Island Sampler. Washington. Includes the San Juans. \$769. E-mail: info@scenic-cycling.com or www.scenic-cycling.com. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 13-16: Ride for a Reason. Olympia, WA. 225 miles in four days. Olympia to Portland. Benefits HIV/AIDS services and education in Washington & Oregon. To register, or for more information, call 206-322-BIKE or toll free 888-89-BIKES.
 - Aug 14-15: Ride from Seattle to Vancouver, B.C. and Party (RSVP). Seattle, WA. 200 miles, supported. \$50. Limited to 900. Party at Vancouver finish line. Jan Paige, Cascade Bicycle Club, P.O. Box 312999, Seattle, WA, 98103. 206-522-8186.
 - Aug 15: The Rim to Roseburg. Crater Lake, OR. 100 miles. First 50 downhill, second 50 flat. \$10 per car to get in park (\$15 day of). Big lunch in Roseburg after ride. Mitch, Cycles LaMoure Races, 613 S.E. Jackson, Roseburg, OR, 97470. 541-957-1020.
 - Aug 15: Pedal the Pinchot. Gifford Pinchot National Forest. Begins and ends in Cougar, WA. 25, 50, 114 and mountain bike route options. \$30 pre-registration, \$40 day of. T-shirt, food & drink support and pasta dinner. Funds GPNF projects. 360-891-5151.
 - Aug 15: Torture 10000 Century. Portland, OR. 7.9 am start. 100 mile with 10,000 feet of climbing, 65 mile with 6,000 feet of climbing or 32 mile flat route. Scenic. Low-traffic backroads, food stops, support, map, marked course and souvenir. \$15 before 8/1, \$20 after. T-shirts (\$15) & sweatshirts (\$20) before 8/1. Portland Wheelman Touring Club: www.bikeride.com/torture10000/, e-mail: leawarren@juno.com, (503) 408-0667 (before 9 pm).
 - Aug 16-22: WYCCY NINE - Wyoming Cycling Celebration. Yellowstone. WYCCY NINE travels the states northern tier, from Yellowstone to the Devils Tower, crossing the Big Horns on notorious Hwy 14A. Full support, meals and camping each night. \$350. E-mail: wyccy@cyclevents.com or wyccy.cyclevents.com Tom Sheehan, wyccy@cyclevents.com.
 - Aug 16: Covered Bridge Bicycle Tour. Linn County, OR. 100-mile & 100km tour through scenic Willamette Valley. Starts & ends at Steuber Lynn Park in Albany area. Leaders through several beautiful covered bridges. E-mail: horris@linn.gov. Covered Bridge Bicycle Tour, MVBCC, P.O. Box 283, Corvallis, OR, 97339-1283. John Morris @ (541) 758-8133.
 - Aug 17-22: Washington - Cedarvale Islands. Washington. 4 days. \$619. E-mail: info@scenic-cycling.com or www.scenic-cycling.com. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 22-Sep 4: Malawi: Northern Circuit. Lilongwe, Malawi. International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-797-0848.
 - Aug 22-24: Coverage of the Pacific Northwest. 3-day, 172-mile, 3-pass adventure through Cle Elum, Leavenworth, and Skykomish. Fundraising event for Mary Bridge Children's Hospital. Fully supported, meals, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Ste. 101, Seattle, WA, 98122-6540. 800-39CYCLE or www.kneeland.com.
 - Aug 23-27: Washington Coast. Port Angeles, WA. Port Angeles, WA to Astoria, OR. \$649. E-mail: info@scenic-cycling.com or www.scenic-cycling.com. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 23-27: Peddle the Pacific. Washington. Washington Coast - Canada to Astoria, OR. \$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.
 - Aug 23-27: Crater Lake Deluxe. Eugene, OR. Mostly untraveled paved roads. Crater Lake National Park & Auferheide National Scenic Byway. No traffic. Limit 150 accomplished riders. \$457. Deadline 7/18. www.pathfinders.com Paul Kemp, Pathfinders Bicycle Tours, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 541-782-4838.
 - Aug 29-Sep 4: Oregon - Oregon Coast. Astoria, OR. Astoria, OR to Crescent City, CA. \$749. E-mail: info@scenic-cycling.com or www.scenic-cycling.com. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 29-Sep 4: Peddle the Pacific. Oregon. Oregon Coast - Astoria, OR to Crescent City, CA. \$799. E-mail: info@scenic-cycling.com or www.scenic-cycling.com. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.
 - Aug 30-Sep 5: Woman Tours Canadian Rockies. Canada. A woman only road tour in the Canadian Rockies & Jasper Banff. \$1190. Includes In-to-In, van support and all meals. Gloria Smith, Woman Tours, P.O. Box 931, Driggs, ID, 83422. 208-354-8804 or 800-247-1444.

David has photo

Series Races

- 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 10 Jul 8: Mt. Tabor Series. Portland, OR. Matt Guinn, (503) 257-6244.
- Jul 19-Aug 23: 1998 Cougar Mt. Bike Series. Cougar Mt., OR. E-mail: oregontrailstours@pacwest.net, Roudy Dreiling, oregontrailstours@pacwest.net, 541-984-1433.
- Jul 20-25: Slickly. near Portland. Mike Muray, (503) 661-5874.

Single Races

- Jun 1: Masters PIR Series. Portland International Speedway, OR. Candi Murray, 503-667-6220.
- Jun 2: PIR Series. Portland International Speedway, OR. Jeff Milchem, 503-777-2362.
- Jun 6-7: Silverton Festival. Silverton, OR. Steve Yenne, (503) 362-0500.
- Jun 6-7: Billings Stage Race. Billings, MT. TT & RR. Kim Bleth @

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1996 Trek 5200 OCLV	52,54 ^{mm}	1899 ⁹⁹	1499 ⁹⁹
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CALENDAR

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406-656-8420.
 Jun 9: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Jun 10: Mt. Tabor Series. Portland, OR. Matt Guinn, (503) 257-6244.
 Jun 13: Mary's Peak Hill Climb. Corvallis, OR. Tony McGettigan, 541-753-2363.
 Jun 14: Rehearsal Road Race. Oregon City, OR. David Weber, (503) 632-6030.
 Jun 16: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Jun 17: Mt. Tabor Series. Portland, OR. Matt Guinn, (503) 257-6244.
 Jun 20: WSPST 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: LDDOUG@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) 234-8454.
 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 Mitchem, 503-777-2362.
 Jun 24: Mt. Tabor Series. Portland, OR. Matt Guinn, (503) 257-6244.
 Jun 25: First Security Twilight & Twilight Criterium. Boise, ID. USCF event. \$10,000 purse, including \$3,000 cash prize to winner. Pays to 20 places. Mike Cooley, Boise Cycling Club, 1109 Broadway Ave., Boise, ID, 83706. 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: LDDOUG@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 Mitchem, 503-777-2362.
 Jul 1: Mt. Tabor Series. Portland, OR. Matt Guinn, (503) 257-6244.
 Jul 4: Roseburg "FIRECRACKER" Criterium. Roseburg, OR. All categories, including BMX & kiddie classes. U.S.C.F. race. \$20 pre-entry, \$25 day of. 3pm-9pm. Mitch @ (541) 957-1020. E-mail: frameman@msi.net. Mitch, Cycles LaMoure Races, 613 S.E. Jackson, Roseburg, OR, 97470. 541-957-1020.
 Jul 4-5: Montana Districts. RR & TT. Bill Woolf @ 406-771-8861.

Jul 7: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Jul 8: Mt. Tabor Series. Portland, OR. Matt Guinn, (503) 257-6244.
 Jul 11: 58th Annual Redmond Bicycle Derby Criterium. Redmond, WA. Flat, fast criterium. One-mile course, eight corners. Inline skater v. bicycle racer. All categories. E-mail: events@mmginc.com Mark Gran, Mead Management Group, 1932 First Avenue, Suite 1003, Seattle, WA, 98101. 206-448-5868 or 206-448-5698.
 Jul 11: State Games Track. near Portland. Erik Voldengen, (503) 245-5551.
 Jul 12: State Games Sprints. near Portland. Erik Voldengen, (503) 245-5551.
 Jul 13: Masters PIR. Portland International Speedway, OR. Candi Murray, 503-667-6220.
 Jul 14: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Jul 14-19: Cascade Classic. Bend, OR. Tim Coffey, (541) 382-5962.
 Jul 18: Seward Park Season End Criterium. Snohomish, WA. 5 mile loop on rural roads. Rolling hills, one 1/4 mile climb. All CATS + free kids race. \$13/\$15 prereg/day of. WSBA Awards & BBO. E-mail: LDDOUG@SCN.ORG David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921.
 Jul 18: Helena Twilight Criterium. Eric Grove @ 406-443-5188.
 Jul 19: 1998 Cougar Mt. Bike Downhill. Cougar Mt., OR. E-mail: oregontrailstours@pacwest.net. Randy Drilling, oregontrailstours@pacwest.net, 541-984-1433.
 Jul 21: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Jul 25-26: Cooper Jones Memorial Hammerfest Stage Race. Spokane, WA. Challenging single loop 67 mile road race, flat time trial, technical flat criterium. E-mail: pegasus@eznet.com Alex Renner, 418 E. Pacific Ave., Suite #2, Spokane, WA, 99202-1456. e-mail: pegasus@eznet.com.
 Jul 25-26: Sweet Pea Stage Race. Bozeman, MT. 406-586-8275.
 Jul 26: Mt. Tabor Criterium. Portland, OR. Mitch Weaver, (503) 638-2561.
 Jul 27: Masters PIR. Portland International Speedway, OR. Candi Murray, 503-667-6220.
 Jul 28: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Aug 1-2: Ecology Center Classic SR. Missoula, MT. Three stages over two days with a \$5,000 cash purse. Contact: bikeclassic@wildrockies.org or 5 Valley Velo at P.O. Box 7492, Missoula, MT 59807, (406) 542-9050.
 Aug 3: Masters PIR Series. Portland International Speedway, OR. Candi Murray, 503-667-6220.
 Aug 4: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Aug 8: Crawfish Criterium. Tualatin, OR. David Oliphant, (503)

620-2853.
 Aug 9: OR Dist. Crit. Salem, OR. Mstrs. Men, Women & Tandems. Tom Hayden, (541) 754-0073.
 Aug 10: WMG Road Race. Gresham, OR. Candi Murray, 503-667-6220.
 Aug 11: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Aug 11: WMG Time Trial. Marine Drive, OR. Candi Murray, 503-667-6220.
 Aug 12: WMG Criterium. Gresham, OR. Candi Murray, 503-667-6220.
 Aug 13: WMG Hillclimb. Timberline, OR. Candi Murray, 503-667-6220.
 Aug 14: WMG Sprints. near Portland. Candi Murray, 503-667-6220.
 Aug 15-16: TWN/McCormick Woods Omnium. Port Orchard, WA. Road Race (Sat.), Circuit Race and Time Trial (Sun.). Total points winners win Omnium. \$20/event or \$50/all three. \$5 discount for pre-registration. David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921.
 Aug 15: Star Chase Bike Race. Mark Lansing at 541-474-9731.
 Aug 16: Mayor's Cup Criterium. Portland, OR. Ron Magnus, (503) 244-3939.
 Aug 17: WMG Pursuit. near Portland. Candi Murray, 503-667-6220.
 Aug 18: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Aug 18: WMG Kilo/500. near Portland. Candi Murray, 503-667-6220.
 Aug 19: WMG Points Race. near Portland. Candi Murray, 503-667-6220.
 Aug 22-23: Cougar Mt. Fat Tire Festival. Cougar Mt., OR. Downhill, Dual Slalom, Criterium and Cross Country races. E-mail: oregontrailstours@pacwest.net. Randy Drilling, oregontrailstours@pacwest.net, 541-984-1433.
 Aug 23: Seattle Invitational Criterium. Seattle, WA. Men's PRO/1 invitational, men's & women's amateur races. Final stop on the Tour of America. Leslie Ota, Bob Walsh Enterprises, 2025 1st Ave. #320, Seattle, WA, 98121. 206-441-7460.
 Aug 23: District Hill Climb. Timberline, OR. Chad Sperry, (541) 296-3742.
 Aug 24: Masters PIR Series. Portland International Speedway, OR. Candi Murray, 503-667-6220.
 Aug 25: PIR Series. Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
 Aug 30: Seward Park Season End Criterium. 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: LDDOUG@SCN.ORG David Douglas, Pazzo Promotions, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921.
 Aug 30: Hogback Road Race. Billins, MT. Jason @ 406-245-3827.

Track Races

Jun 4, 11, 18, 25, Jul 2, 9, 16, 23, 30, Aug 6, 13, 20, 27: Alpenrose Track Series. near Portland. Mike Murray, 503-661-5874.
 Jun 5-7: Elite National Championships Qualifier. Marymorn Velodrome, WA.



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SPORTS PAGE

Some of the best cyclist in North America migrated to Oregon for the Mercury Tour of Willamette stage race, which was held under sunny blue skies from April 15th to the 19th. This five day stage race took the riders over some of the most spectacular roads Oregon has to offer.

The race started off with a 1km prologue time trial up Skinners Butte. Scott Fortner (Saturn) and Karen Durreck (Saturn) stormed up the climb with the fastest times in their respective races.

On Thursday, the Brownsville Road race had the men climb a total of 6,000 feet and the women climb over 1000 feet. This race came down to a sprint between Norm Alvis (Saturn) and Roy Knickman (Mercury), with Knickman winning the sprint. The women raced 66 miles, with Clara Hughes (Saturn) winning the sprint over Nicole Freedman of Shaklee.

Friday's race was run entirely on BLM roads. Kirk Willet (Mercury) won the stage and took the overall lead in the Men's race. The Women's race took shape when a number of the Saeco-Timex team members formed a breakaway group, which also included Dede Demet (Saturn), Tammy Jacques-Grewal (CliffBar) and Ward Griffiths (Safeway Saturn). Demet won the stage while Susy Pryde (Saeco-Timex) retained the overall race lead.

The final road stage was held on Saturday. Donald Reeb (NutraFig), Eric Rosinger (Team Oregon) and Nathan Dalberg (Start



to Finish) formed the main break of the day in the Pro 1, 2 race; Reeb won the sprint. Susy Pryde (Saeco-Timex) won the women's race, with Cheryl Binney (Ralphs-Klein) finishing second and Ward Griffiths (Safeway Saturn) taking third place.

Sunday's race was a perfectly flat criterium. Mike McCarthy (Saturn) broke away with Michael Barry (Canadian National Team) and lapped the main field. McCarthy won the stage while Willet held his lead over Brian Walton to win the overall race. The women's race came down to a photo finish between Kendra Wenzel (Saeco-Timex) and Nicole Freedman (Shaklee), with Wenzel being the official winner. Pryde rode well and held the leaders jersey.

Pro/1/2: Final GC

1. Ron Schmeer, Nutrafig, 5:00:17; 2. Scott Goguen, Trek VW, 5:01:16; 3. Jason Van Marle, Nutrafig, 5:01:24; 4. Kenny Williams, Saturn of Bellevue, 5:04:31; 5. John Grochow, Lemond/Bike Gallery, 5:04:53; 6. Alex Gardner, Nutrafig, 5:04:57; 7. Richard McClung, Bikes Plus, 5:05:06; 8. Michael Emde, Pettit Oil, 5:05:18; 9. Nick Hillyer, Pacific Financial Services, 5:05:40; 10. Lewis Elliott, OMO Racing, 5:05:46

Crit. — 1. John Grochow; 2. Kenny Williams; 3. Jason Van Marle; Time Trial — 1. Williams 13:29; 2. Doug Carlton, Saturn of Bellevue 13:33; 3. Jason Mohr, Big Time Pizza/Wedgewood Cycles 13:35; Road Race — 1. Schmeer 3:36:20; 2. Goguen 3:36:36; 3. Van Marle 3:37:22

Women 1/2/3/Final GC

1. Andrea Hannos, Hutch's/Cannondale, 3:35:28; 2. Ward Griffiths, Safeway/Saturn, 3:35:38; 3. Stephanie Hannos, Hutch's/Cannondale, 3:36:01; 4. Leah Goldstein, Soltion, 3:36:27; 5. Mandy Poitras, Escape Velocity, 3:36:37; 6. Leigh Fulwood, Saturn of Bellevue, 3:36:37; 7. Wanda Howlett, Ti Cycles Racing, 3:36:43; 8. Rydeen Stevens, Safeway/Saturn, 3:36:43; 9. Nicole Gingles, Hutch's/Cannondale, 3:36:53; 10. Donna Peters, PSCC/Greggs, 3:36:55

Crit. — 1. A. Hannos; 2. Poitras; 3. Katie Blincoe, Safeway/Saturn; Time Trial — 1. A. Hannos 15:01; 1. Griffiths 15:01; 3. S. Hannos 15:12; Road Race — 1. Griffiths 2:33:42; 2. A. Hannos 2:33:42; 3. S. Hannos 2:33:44

Masters Women

1. Martha Walsh, Thomas Kemper, 3:41:44
2. Jennifer Davis, Thomas Kemper, 3:49:43

Cat. 4 Women

1. Lysle Wilhelmi, PSCC/Greggs, 3:40:53; 2. Davina Kraubner, John Henry/Brodie, 3:43:10
3. Timberly George, unat., 3:50:2

**Mercury Tour of Willamette
Eugene, Oregon
April 15-19**

Men

1. Kirk Willett (Mercury)
2. Brian Walton (Saturn)
3. Greg Randolph (GT)

Women

1. Susy Pryde (Saeco-Timex)
2. Tammy Jacques (Clif Bar)
3. Dede Demet (Saturn)

Junior Women

3. 1. Rebeckah Boyd, Team Oregon, 4:22:39

Cat. 3 Men

1. Greg Zadow, Tacoma Bicycle, 4:10:02
2. Brian Lewis, Klein/Montlake, 4:10:14
3. Tom Crawford, Seattle Express, 4:10:28
4. Colby Siemens, Pettit Oil, 4:10:35
5. Mike Dodge, Control Tech/Gore, 4:10:50

Masters 30-34

1. Mike Eddy, PSCC/Greggs, 3:25:32
2. 2. Acy Roff, Seattle Massage, 3:26:17
3. 3. Mike Fadich, unat., 3:26:22

Masters 35-39

1. Brian Cole, Ti Cycles Racing, 3:25:54
2. Tom Atkins, Ti Cycles Racing, 3:26:30
3. Steve Lundblad, Chinook, 3:26:37

Masters 40-44

1. Glenn Bunselmeier, Control Tech/Gore, 3:21:33
2. Jeff Garren, Control Tech/Gore, 3:22:28
3. John Weyhrich, Control Tech/Gore, 3:25:15

Masters 45-49

4. Mike Burdo, Big Time Pizza/Wedgewood Cycle, 3:25:59
5. Mark Farsdahl, PSCC/Greggs, 3:26:22
6. Philip Holman, Saturn of Bellevue, 3:26:42

Masters 50+

1. Franz Hammer, Saturn of Bellevue, 3:26:54
2. Bob Crawford, Seattle Express, 3:43:08

Cat. 4/5 Men



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Paceline Mr. Manners

A woman on the San Francisco Peninsula wrote me in response to my two recent group-ride pieces. She hasn't been riding long, she wrote, but loves the sport. She's searching for just the right group near home.

She asked about a book that might explain paceline etiquette. For instance: How do you read the signals riders you're drafting use to point out glass, potholes or U-turning school zone minivans?

I don't believe there is such a guidebook, no Paceline Ms. Manners. Nor is there much consistency from person to person or group to group in the style of signaling hazards. Some folks do one thing, others another.

The classier the rider, in my experience, the less noise he or she makes when warning others. Pros won't yell Hole or Glass. They point stuff out just as we mortals do, but minimally, subtly.

A pro might flick a finger at the hole without removing his hand from the bar. Or he might point at glass shards and snap his fingers, as Canadian star Alex Steida does. It might be just a tilt of the head. Everyone's so tuned-in, so aware of every nuance, that's all it takes.

However you do it, loud or subtle, please do give your friends those warning signals. You could prevent a crash, a flat tire or a trashed wheel or two. Your riding friends trust you to do it.

Individuals in pacelines and packs have agreed to trust one another tacitly: without saying a word. That agreement is a wonderful, civilized aspect of the cycling experience. We should honor it.

When you're at the front, you have a responsibility to those behind you, to ride aware of them all the time. That sounds like too much work to be fun, but after a few rides in good company it gets easier. Then it gets to be second-nature.

Because you're considerate of your riding partners, you ride in a straight line. You keep your speed steady. You try not to drop back a foot or 18 inches when you get out of the saddle on a climb.

Because you're considerate, you don't start across the intersection when the gap in traffic isn't big enough for everyone behind you to cross. If you're going to lead the group through a turn, you announce it early so no



one is surprised, you're all "on the same page" and no one crashes.

Out on the road, when you go to the front, you remember that the person just coming off is tired from his or her turn there. It'll take her a few seconds to get behind you or to the back of the line. During that time she'll be out of the draft, getting more tired yet.

So when you move to the front, ease into your pull. Don't jump ahead like a greyhound after a rabbit. It's not just you out there.

Glance down at your cyclometer often, or better, keep your head up and try to develop a sense of pace. You want to make sure your speed is steady, that it doesn't get higher as you ride at the front. If you're strong, monitor the strength of your riding partners.

Remember, it's a ride, not a race. Everybody works together. If you drop everyone, you'll have no one to draft. Or talk to. You will get *very* few Christmas cards from your riding friends.

Again: Look out for other riders' safety. Don't waste their energy by making them chase you each time you go to the front. Or wear them out because you're feeling like Lance Armstrong that Sunday.

Don't just think about your responsibilities to others, too. You have to take care of yourself. You want to do the whole ride in the group, meaning ride group-speed as long as you possibly can.

Remember, when you're tired you make decisions you won't later be able to explain or understand. You make mistakes in bike-handling and judgment. Don't ride until you're so exhausted you can't think straight.

If you get tired and fear that one more pull like your last one will hammer you, don't take that next pull. No rule says you have to.

When you're tired, sit at the back of the line or pack. Rest. Let other riders, stronger at the moment, rotate in front of you. Let them work. Rest in their draft, take care of yourself.

If they wonder why you're not coming through to the front, tell them you're fried. They've been fried themselves; they'll understand.

If you sit in, resting in the draft, you'll eventually recover. Maybe then you'll be able to go to the front. Or you won't. Meanwhile you'll be moving with the pack, at pack speed, *not* slowing the group.

If (instead) you take that pull and exhaust yourself, you will not be able even to sit at the back and rest. You'll be off the back, no longer participating in the ride. You didn't take care of yourself.

If the group is considerate, they'll wait for you, causing the entire group to slow to *your* speed. You're setting the pace from the back.

If they are not so considerate, you'll be riding by yourself, tired and beaten and out in the wind: Not a pretty sight.

So listen to Paceline Mr. Manners. Point out holes and broken glass. Lead the group safely across the expressway. Ride a straight line.

Take care of your friends and take care of yourself. Take care of your friends *by* taking care of yourself.



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