

# Bicycle Paper

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JULY '98



## Get Over Here!

BY DAVID HEFLICK

The cool, wet, Puget Sound spring brought on by El Niño has seriously cut into your spring training program, leaving a good share of "winter padding" squished between you and the saddle. Your leg power is down, and not at all appreciative of the extra baggage. You're far from top form. But damn it, it's already July, and you're determined to head out on a tour. You desperately need a change of scenery and, more importantly, a change in weather. But you don't have gobs of time or the two thousand dollars for one of those fancy California winery tours. Where to go? Eastern Washington! (Let the car handle the pass, of course.)

(See "Eastern Washington" on page 6)

## Local Collegiate Racers Earn Top Honors at Nationals

BY TARYN GERHARDT

Paul Read rode his first organized ride (the Chilly Hilly) at the age of 10, sporting long johns, a soccer jacket and a helmet twice the size of his head.

Now, 13 years later, the Issaquah native has a Collegiate National title under his belt. Racing for the University of Austin, Texas, Read's team won the omnium and team trial at the Nationals in Greenville, South Carolina May 16-17. Read won the criterium.

His team, consisting of himself, Ken Dille, Will Letendre, and Andrew Willis, rode the out-and-back rolling 13-mile course in 25:28. The next contender, University of Colorado at Boulder, was 35 seconds behind.

(See "Collegiate Nationals" on page 8)

## Going with Thurlow

BY MAYNARD HERSHON

In a recent interview, someone asked Thurlow Rogers what he thought was the greatest development in his 20-odd years in cycling.

Rogers is the guy to ask. He's been racing at the highest levels since the '70s, presently with super-strong Team Mercury. In cycling's dark ages, Rogers and wife Karen Roy wrote an authoritative cycling manual. He's a thinking rider.

Guess what he called the greatest development in 25 years?

(See "Thurlow" on page 15)

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Transversing a rain-swollen stream at Tiger Mountain. Photo by Eclipse Photography

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## OPINION

### Supplier has near monopoly in its market Good or Bad Thing?

#### A quick quiz:

Name a consumer product in which parts from various suppliers are assembled together and sold under multiple brand names? Here's a clue. This product has hundreds of parts but one particular element is supplied by a company that dominates the market, with a 90+ percent share? You might be thinking computers, and the name Microsoft may have come up. But actually, I was talking bicycles. And the supplier in question is Shimano.

I'm not suggesting that the Department of Justice should begin investigating Shimano the way that it has recently been delving into the business practices of the software company, but just as some claim Microsoft inhibits innovation by its size, can the same accusation be leveled at Shimano? First, a little bit of history. Fifteen years ago, Shimano had a very strong competitor in SunTour, and 25 years ago Shimano was the upstart tackling the component business held by Campagnolo and a couple of smaller European companies, including Sachs.

Shimano's early export products were inferior but less expensive than their European competitors. I recall the clunky look of the Shimano Crane derailleur circa 1973. No wannabe racer, of which I was one, could bear the humiliating burden of anything but Campy equipment. French companies such as TA and Stronglight were tolerated. But Japanese derailleurs? You'd rather ride without toeclips than fasten on Shimano.

Into the late seventies, Shimano developed increasingly comparable components. Shimano Dura Ace derailleurs and drivetrains proved themselves

equal to the benchmark Campy Record gruppos. The European riders stopped making fun of Shimano but sadly the French and Italian component companies were slow to respond to realize the potential of their new competitor.

Shimano's reputation for excellent engineering and manufacturing quality continued with the arrival of the mountain bike. The Europeans were left at the starting line as Japan's two foremost bike component companies turned out new ranges of components for off-road use. It was still a close race between Shimano and SunTour, but with the arrival of index shifting began the decline of SunTour. It's early effort was just no match for Shimano's SIS, and although later improvements gave SunTour the same level of technical performance, Shimano could not be stopped.

#### Consumers clamored for bikes

equipped with Shimano, sometimes to the consternation of bike dealers trying to sell customers on the advantages of the nicely crafted frames. From 1988 on, SunTour went into terminal decline. The result is that today Shimano dominates the derailleur market and has a lion's share of the component business for dealer-sold road and mountain bikes. Sure, you can still buy bikes that are Campy equipped and the fine equipment made by Sachs is available (but try finding a bike manufacturer who will specify Sachs beyond a token internal seven-speed rear wheel) in stores.

Over the last few years, Chicago-based GripShift has become almost standard equipment on mountain bikes, but it took litigation against Shimano for GripShift to

## Outspokin'

BY GORDON BLACK

require Shimano to change its pricing practices that had favored manufacturers purchasing complete sets. This had effectively blocked GripShift out of the market, for bike companies weren't about to buy a complete set of components from Shimano and then simply junk the shifters because they wanted to use GripShift's products. GripShift prevailed and bike manufacturers could then match shifters from one company with Shimano components.

There's no denying that Shimano continues to produce great components, but with no other component companies offering real and meaningful competition, are we as bicyclists getting just a little short-changed?

If you feel that way, you may be partly to blame. Companies like Trek, Cannondale, Specialized and the other big bike outfits are highly leery of spec'ing bikes with anything except Shimano. The reason? They hear from their bike dealers, who hear from their customers, that the public wants Shimano. Bike companies don't want to commit financial suicide by equipping whole ranges of bikes with Sachs or Campy for fear that consumers will simply boycott those brands.

And let's be honest here: Shimano doesn't have an exclusive lock on design and engineering excellence. Other companies make good derailleurs (including GripShift). But until consumers get better informed, dealers get less leery, and bike companies get a little braver and innovative, don't expect to see much hanging from the rear end of bikes that didn't come from a Shimano factory.



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# Shaved Legs

BY JOHN CRIBARI

Bicycling and massage have long shared a history dating back to the earliest days of the sport. Massage in cycling is as traditional as shaved legs; in fact, massage and easy maintenance of road rash are the reasons cyclists shave their legs.

All of the biggest names in the sport depend on the experienced hands and the confidence of their personal or team masseur. Otto Jacome served Greg Lemond during his career. Lance Armstrong depends on John Hendershot and J.T. Neal. Fausto Coppi trusted his legs to the insightful and intuitive hands of a blind man, Biagio Cavanna.

A cycling team is made up of riders, managers, mechanics and masseurs all with a common goal: WIN RACES. The masseur is called a soigneur, which, in French, literally means caretaker. While the team mechanics attend to the bikes, the team soigneur looks after the riders.

Now you might ask why is massage so important to a cyclist? There are several benefits massage offers the cycling athlete.

1. Recovery. Massage helps cyclists recover faster from intense training and racing which in turn increases training potential.

2. Maintains the entire body in the best possible state of health, vitality, and flexibility.

3. Prevent injuries and loss of mobility in potential trouble spots. A skilled practitioner

can detect and correct problem areas before they become problem areas.

4. Helps heal and restore mobility to injured muscle tissue. By increasing blood and lymph flow, massage increases nutrition to joints and muscles while speeding the elimination of swelling and waste products in the muscle.

5. Massage feels good, mentally and physically. A break from training stress and life stress can make all the difference.

The benefits of massage are cumulative: to fully reap the benefits of massage, a consistent program of professional massage and self massage is necessary. In my practice I have people who come once a week and I have people who come once a month.

Self massage should be employed every day, if only for a few minutes on each leg.

## The key is consistency.

Find a massage practitioner who is familiar with the sport of cycling and whom you are comfortable with. Take the time to ask questions. Interview the practitioner to find out about their experience and to get a feel for their personality. If you can't relax with your massage practitioner, you'll be throwing your money away. Once you've found someone to work with, pay attention to what they do and ask questions; this is a great way to learn self massage.

## Athletic Medicine

EDITED BY ERIK MOEN PT, CSCS

What about the cost? Professional massage does cost money. But then again, so do bikes and

bike parts. We have to be willing to invest in our bodies as well as our machines because if the legs don't work it won't matter if you ride custom titanium or a tricycle. Massage prices are based on time spent with a client and are sometimes negotiable. The typical massage session for the cyclist can be as short as 40 minutes, focusing on the legs, back and neck. That session would typically cost \$30. Not a bad investment once or twice a month.

The benefits of massage for the cyclist are clear. Of course I am a huge advocate since I am a massage practitioner, but there must be something to it when the best in the world won't compete without it.

Why do you shave *your* legs?

*John Cribari is a massage practitioner with an office in the north Seattle area. Johns experience with cycling dates back to the mid 1980's and includes racing experience, 2 years as a professional team mechanic and 5 years as a full and part time professional soigneur. John has worked with the Saturn, Coors Light, Diamondback, Trek/VW, Gary Fisher, Chevrolet/Klein and Volvo/Cannondale professional cycling teams. John can be reached at 206-706-1811 or E-mail at JPCRIBARI@AOL.COM*

## Olympia Commuters Recognized

For 5-year-old twins Kelsey and Kirsten Gertje, getting to pre-school during the month of May was both fun and serious business.

With their mother Gretchen leading the way, the siblings rode their bicycles to Good Sheperd Pre-school in Olympia, which was three miles away from their home. They rode on bike paths, sidewalks and streets.

Their efforts were part of the Energy Outreach Center's 11th Annual Bicycle Commuter Contest in Olympia. The contest was developed to encourage people to try using their bicycle more often to get around, running errands, and going to work or school, transportation programs coordinator Dave Catterson said.

The Gertje twins were recently honored for their accomplishment at a ceremony at the Super Saturday celebration at Evergreen State College last weekend. Several awards were given to participants, including awards for the most miles, most consistent riders, and the youngest and oldest riders, etc. About 560 people participated in the contest. Melody Mayer won the overall contest for the most miles, riding 868.

## Letters

Dear Editor,

I believe that something should be done about the part of Lake Washington Boulevard that goes through the Arboretum. That road, now that it is an on-ramp for 520, has many more vehicles on it than it was ever intended to have. If the road was not so congested, people could ride their bicycles from the University of Washington all the way down to Seward Park without leaving the Boulevard. If the freeway on-ramp was not on Lake Washington Boulevard, but on some other road that was designed to have more traffic, the number of people driving on the Boulevard might return to a more acceptable level. With fewer cars on the Boulevard, more people could ride there safely.

Also, so much traffic going through the Arboretum not only scares wildlife there, but ruins it for people simply trying to enjoy the park. There is a steady flow of noisy trucks and cars that destroys the otherwise peaceful feeling that you get when riding your bike through the Arboretum. Along with the noise, that many cars going along the Boulevard has contributed to an excessive amount of wear-and-tear to the road's surface, and yet the city can't close off the road to fix it because it is an on-ramp to a major freeway. The road was obviously never intended to be used for this purpose, seeing as it is only a narrow, one-lane road winding through a city park. I think the cycling community should put pressure on the city to change access to 520 and restore Lake Washington Boulevard to what it was meant to be.

Sincerely,  
Andy Baker  
Seattle, Washington

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## Local event promoter raises the level of North America's oldest bicycle race

It all started as an effort to raise money for a variety of civic needs. Now, 58 years later, the Redmond Derby Criterium is the oldest continual bicycle race in America, and is going stronger than ever in 1998. Unlike many traditional cycling events, the Redmond Derby encompasses much more than just a race. It is a showcase for the community and the family spirit of the town. In fact, Redmond is serious about the race that has earned it the title of "Bicycle Capital of the Northwest."

There are many events, from a children's parade, grand parade, carnival and festival that all coincide with the race. All these events comprise a week-long Redmond Bicycle Derby (formerly Redmond Derby Days). "Redmond Bicycle Derby is the result of the combined efforts of the Redmond Chamber of Commerce, City of Redmond, Redmond Bicycle Derby committee, local businesses and many, many volunteers," says Mark Gran of Mead Management Group, the sports marketing firm which produces the race. "People in the Northwest have the privilege to see some great racing as well as a great community." Long time local race promoter Dave Shaw adds, "The community really comes out in force for the event, it has always been a pleasure to be a part of it. The thing that makes the Derby special is the community spirit."

While the focus has always been on family fun, there is still some very serious racing to be had. The Redmond Chamber of Commerce together with Mead Management Group have made the bicycle race the primary focus of the re-named Redmond Bicycle Derby. The overall prize list has been increased from \$2,000 to \$8,000. "The plan is to develop the Redmond Derby Criterium into a national caliber event. The increased prize list is designed to bring national level cycling teams to the City of Redmond on an annual basis," says Gran.

Many local notables, like Olympian Rebecca Twigg and race legend Steve Poulter, have both raced and won here. With a full slate of races for men, women and children, this year's Pro Sports Club Redmond Derby Criterium is sure to thrill spectators all day. The racing begins on Saturday, July 11, at 8:30 p.m. Racing takes place on a unique figure-eight course which challenges the rider as well as offering the spectator unbeatable viewing. "You really get to see the race develop on this course. All the strategy and thrill of racing are right there in front of you," says Gran.

So whether you are interested in some great racing or just a good time, be sure to make a trip to the Redmond Bicycle Derby, and see what all the fun has been about for the past 58 years.

## Over 700 riders departed Seattle June 15 GTE Big Ride raises more than \$6 million

"The largest cross-country cycling event in U.S. history" was launched June 15 from Seattle, Washington. The ride, sponsored by the GTE Communications Corporation and benefiting the American Lung Association, will go through twelve states and the District of Columbia on its way to clocking 3,254 miles over 48 days.

730 riders are participating, having raised over \$6.1 million with Washington State participants leading the way. They will receive 8 rest days along the "Amber Waves of Grain" to "Purple Mountain Majesties" route, with support from 200 crew members. The ride's official purpose is to "Raise awareness and funds for the American Lung Association's fight against lung disease."

The ALA calculates that 44,055 Americans will die from lung disease during the ride, and that another 23,431 will be diagnosed with lung cancer. And, just in case you were having a good day,

an expected 56,640 deaths will occur from smoking-related diseases and 741 from asthma.

The American Lung Association is the oldest voluntary health agency in the United States, having been founded in 1904 as the National Association for the Study and Prevention of Tuberculosis (the name was changed in 1973). They have a national office and 96 constituent and affiliate associations, and accomplish their mission "to prevent lung disease and promote lung health" through community service, public health education, advocacy and research.

Other official sponsors of the event are Ultima Replenisher Sports Drink and Folgers Instant Coffee. For more information on the ride, call (800) BIG-RIDE or visit the web site at [www.gtebigride.com](http://www.gtebigride.com). The ALA can be reached at (800) LUNG-USA or [www.lungusa.org](http://www.lungusa.org).



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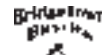
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## Bicycle Touring in Eastern Washington

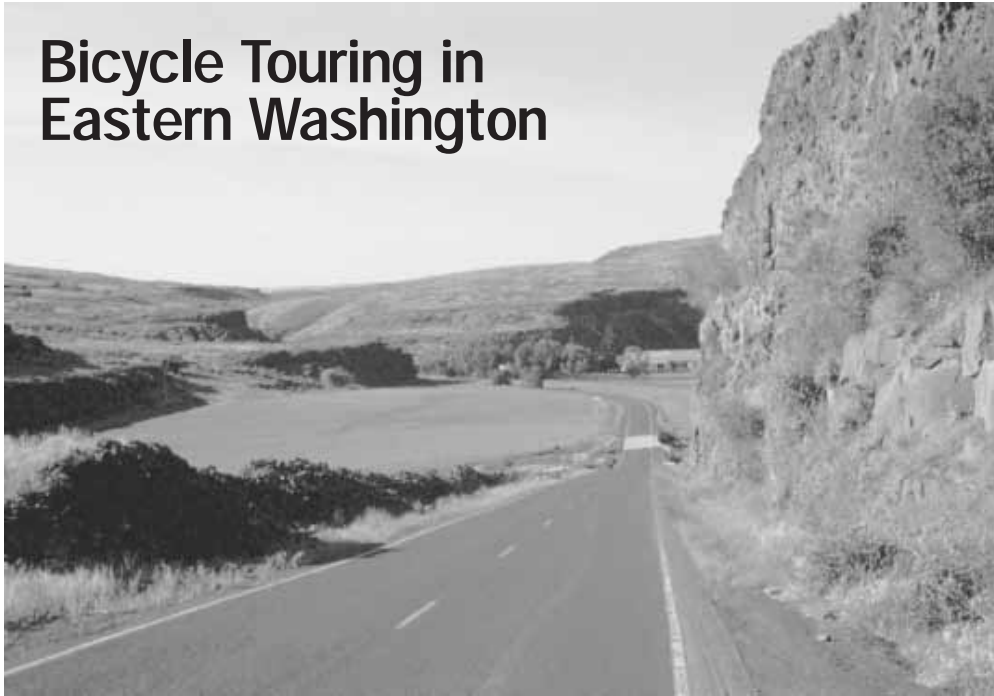


PHOTO BY DAVID REBECK

You'll have the road to yourself in the scablands of Lincoln County.

There's an emerald lining to El Niño's clouds. The scablands of Lincoln County and the rolling hills of the Palouse are clothed in lush, green velvet. Ponds, lakes and wetlands are teeming with wildlife. And no, the purple and yellow patches in the hills are not the result of a flashback stemming from some ill-conceived moment in your youth — the wildflowers have just gone a little crazy. In short, the annual browning of Eastern Washington has been postponed for several weeks. If you've never toured the scablands and the Palouse, now is definitely the time.

But first thing's first. As far as the Palouse goes, about the only thing you're sure of is that the college UW beats every year in the Apple Cup is over there somewhere. And what in the hell are the scablands?

Let's take the scablands first. During the

Ice Age, a series of floods raged across Idaho and Washington when a natural dam containing Lake Missoula gave way. The lake drained in a matter of days, releasing a volume of water that exceeded the combined flow of all the rivers in the world. On its way to the Pacific Ocean, the torrent carved three enormous channels across Eastern Washington. Today (15,000 years later) these sub-surface channels — filled with lakes, ponds, marshes and wetlands — are known as the scablands.

With the lowest traffic volumes in the state, you'll have the road to yourself much of the time. Thirty minutes into the trip your senses will begin to recover from the dullness brought on by constant bombardment and begin functioning more acutely. You'll find yourself absorbed in the surroundings of wildflowers, meadowlarks, red-wing black-

birds, the chorus of a thousand crickets. In the absence of traffic you'll be able to fully experience the thrill of zooming down the hills that take you from the open wheat fields to the floors of the rocky channels several hundred feet below.

In Lincoln County, there are numerous opportunities for off-road explorations of the scablands; Twin Lakes Canyon, two miles off Coffee Pot Road is one of the best. Detailed maps of the scablands can be obtained free from the Spokane District of the BLM (509-536-1200).

About 100 miles east of the scablands is the Palouse: rolling wheat fields interspersed with woodlands and creek valleys. An extensive network of paved back roads connect the turn-of-the-century farming towns scattered across the region. While traffic on the high-

ways is not as light as in the scablands, it remains more than tolerable, and many of the back roads that wind their way through the fields and woodlands are nearly deserted.

There are numerous ways to tour the scablands and the Palouse. A high concentration of routes and good distribution of motels allow for a series of day trips to be readily assembled. For the purist, there are countless options for extended, pack-it-all-on-the-bike tours. Below are directions for two trips, one in the scablands and one in the Palouse.

### Trip #1:

Wilson Creek Flood Channel. This 40-mile loop takes you over a series of roller-coaster hills through wheat and sagebrush fields before descending into the channel. From the town of Wilbur (65 miles west of Spokane on Highway 2) take Highway 21 south. At the 14-mile mark, bear right onto Monson Road as Highway 21 veers left. At the 20-mile mark, bear right and head north on Almira/Kiner Road. About 3 miles later, begin the descent into the Wilson Creek channel. Shortly after the climb out, you'll reach Highway 2. Turn right and ride approximately 12 miles back to Wilbur. A side trip through the community of Govan will spare you three miles on Highway 2.

This trip can be expanded to two days by taking Highway 21 all the way to Odessa. After spending the night in Odessa, take Highway 28 west to Pfeifer Road and head north on Pfeifer to the town of Marlin, located in a flood channel of stunning beauty. From Marlin, continue north to Almira/Kiner Road and then follow the instructions above to get back to Wilbur.

Food and lodging information: Wilbur: Eight Bar-B Motel (509-647-2400), Settle Inn (509-467-2100), Crescent Oaks RV Park — tent sites & showers (509-647-5608), several drive-ins. Odessa: Odessa Motel (509-982-2412), two restaurants (509-982-2377, 982-0111).

(Continued with "Trip 2" on next page)

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An extensive network of backroads connects the scattered towns of the Palouse. PHOTO BY DAVID HEFFLICK

**Trip #2:**

The Palouse — a 38-mile loop (alternate routes can reduce the trip to 27 miles or expand it to more than 50) through woodlands and wheat fields that roll right up to the mountains along the Idaho border. Begin in the town of Oakesdale, located approximately 50 miles south of Spokane on Highway 27. Follow Highway 27 twelve miles south to Garfield. From Garfield, stay with highway 27 and, a half mile south of town, turn left on Farmington-Garfield Road. Follow Farmington-Garfield Road north for 11 miles to Farmington. From Farmington, follow Farmington Road (called 3rd Street in town) 6 miles north to Seltice Road. Turn left on Seltice and then left again a few hundred feet later onto Warner Road. Seven miles later, turn right onto Highway 27 and follow it 2 miles back to Oakesdale.

You can expand the loop by continuing north on Farmington Road (rather than turning on Seltice) all the way to Tekoa. Then take Highway 27 back to Oakesdale. Cut the route short by turning east on Farmington Road halfway between Oakesdale and Garfield and following it to Farmington. Then turn left on 3rd Street to stay with

Farmington Road and follow the instructions above to return to Oakesdale.

Food and lodging information: Closest lodging is in Steptoe (509-397-3195), 15 miles southwest of Oakesdale. Oakesdale: small grocery store. Farmington: cafe (509-287-2015). Garfield: tavern (509-635-1602), cafe (509-635-1412), small grocery store. Tekoa: several cafes and grocery stores.

Now you've got all the information you need for a weekend cycling trip in the sunny, traffic-free climate of Eastern Washington. So, what are you waiting for? Get over here!

David Hefflick is the author of "The Greater Spokane and Palouse Region Back Roads Cycling Guide," from which the above routes were selected. The guide provides maps, elevation profiles, and mileage logs for 40 trips in Eastern Washington. For more information, contact Silcox Productions toll free at 888-417-2001 or on the internet at [www.bikeguy.com](http://www.bikeguy.com).

**Tips for first time riders**

I clearly remember my first bicycle tour. It was of Nova Scotia in 1973. I distinctly remember some of the hard decisions I had to make. "Should I bring my platform sandals?" in case we went out at night and I didn't want to wear my "tennies" that I was riding in every day. And was it really necessary for me to spend \$150 on a new 10 speed bicycle when I had a perfectly good 3 speed??

These are humbling memories, which make me very empathetic when I am encouraging new tourists who are about to embark on their own adventures. It can be a very confusing and overwhelming experience trying to sort out the logistics as well as the technical aspects.

It's rare that anyone currently contemplates their 3 speed, but many cyclists debate the merits of a road bike versus a mountain bike. In the end it is truly personal preference, but there are some misconceptions that, once explained, can help a person make a more informed choice.

People often fear road bikes because they perceive the "bent over handlebars" (drop bars) as uncomfortable. In reality, when these bars are set up and adjusted to fit the individual and their riding style, they prove to be very comfortable, as they offer multiple hand and riding positions.

Many riders are only familiar with their mountain bikes (the handlebar position as well as the brake levers and gear shifters) but fear that their smaller wheels will be slower. Fear not. Imagine a Porsche with its small wheels, compared to a Monster truck with its huge wheels.

The engine in the monster truck is more powerful than the Porsche's engine. The wheels are certainly larger (2 to 3 times larger). What makes the Porsche faster than a monster truck? For one thing the Porsche is lighter. But most of all, it has gears that will accelerate the car to higher speeds even with the smaller wheels. The same is true with bicycles.

Wheel diameter has nothing to do with the speed of a bicycle on the road. A mountain bike (or tandem or road bike with 26 inch wheels) can be geared to travel at the

same speed as a bike with 700c wheels. The answer lies in gear inches. 'Gear inches' is a means of measuring the relative number of inches traveled forward per crank revolution. The higher the 'gear inches,' the more distance traveled per crank revolution. If I have a 112 inch gear, and I'm pedaling at a cadence of 90 revolutions per minute, I will be

traveling forward at about 30 miles per hour no matter how big my wheels are...same cadence, same effort, same calories burned, same panting and wheezing, same amount of fun.

Another major concern today is

by Estelle Gray



"How should I carry my gear: panniers or trailer?" I am seeing a trend towards trailers. The major concern that arises regarding trailers is that they are extra weight. Yes, this is true. They do add some extra weight to your bike. But, on the other hand, loaded or unloaded, your bike handles about the same. Trailers also provide much easier access to your load. The new single wheel trailers are no wider than your handlebars and carry your load very low to the ground. The price of a trailer is not much more than that of two pairs of panniers. Many shops will allow you to try or rent a trailer before making the purchase.

Then there is the proverbial "triple chainrings are for wimps." If you are thinking of riding your double chainring bike over some high mountain passes, with a bunch of added weight on it, I suggest you do a trial run somewhere locally. You may find that indeed it is no big deal or you may find that you are headed for the nearest ice pack. Triple chainrings are for climbing: it has nothing to do with being a wimp.

And finally, that leaves us with the shoe dilemma. You may want to forgo the platform sandals for some Tevas.



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## Despite only three member team, UW women place second in team time trial

BY TARYN GERHARDT



PHOTO BY TARYN GERHARDT

The University of Washington women, left to right: Marnie Tyler, Vicki Schroeder and Laura Reed.

The women of the University of Washington also cleaned up at the Collegiate Nationals May 16 and 17 in Greenville, South Carolina.

With only a three-person team of Laura Reed, Vicki Schroeder and Marnie Tyler, the Huskies earned second place in the team time trial with a time of 29:47.7, just 11 seconds behind the University of Colorado at Boulder (29:35.9). Stanford finished third.

"It was definitely some good competition. Colorado and Stanford are always thought of as very strong teams. They had four teammates and we had three," Tyler said.

Tyler credits much of their achievement to teammate Laura Reed, who has national track titles under her belt and also helped them earn a spot at the Nationals with the points she earned in previous races. With Laura at the helm, the Huskies earned the

yellow jersey in the team trial with only three members last year.

"Laura was the motor and we fully acknowledge that. We were just hanging on," Tyler said. "If we could get a four person team and give Laura the support that she needs we could just rip that thing up."

Tyler said the interesting thing about being at nationals was the spread of abilities from around the nation. She also said it was helpful to have the encouragement of the Huskies' men team there. The Huskies men and women combined team place was 17th.

"You have some of the top ability in the country and people like me that are pretty mid-pack road racers. The fact that I was there is so extraordinary," she said. "Especially in women's cycling, there's not such a high level of participation."

### "Collegiate Nationals" from page 1

After what Read described as "not a very good year" in 1997, Texas came back with a vengeance, bringing home five national jerseys. However, they were mainly shooting for the yellow jersey in the team trial event.

"Our team's goal was to win the team time trial," he said. "To be a good team trial rider, you need to be cohesive. We are all best friends."

Read said the secret to their success is that the team is closely knit. They are so close that his teammates will all be participating in his upcoming wedding to Jen'An Ghazal (who also competed at nationals) in October.

"It's not very often that three team mates will be in the wedding," he said.

Read also said that much of his success comes from having a cycling network of friends. Jen'An races and works out with him. He also has a coach, Mark Edwards, who has

helped give him motivation and his workouts more structure, and his family is extremely supportive, which has allowed him to reach his goals, he said.

Read recently earned his bachelor of arts in Health and Community Management and will live in Austin with Jen'An, who is working on her doctorate in sociology. He also races for Richardson's Bike Mart, in Dallas, and will round off his season with the Senior Nationals in Cincinnati, Ohio, Tour of Ohio and Wisconsin Super Week. He hopes to eventually become a domestic pro and travel more next season.

Read has already had international racing experience, earning the highest ranking of any American in the 10-day Tour of Slovakia. Read is sponsored by Power Bar, Oakley, Sinclair Imports, Vittoria and Shimano and others.

## Linda Jackson wins HP Challenge

The 15th annual Hewlett-Packard International Women's Challenge in Boise, Idaho saw Canadian Linda Jackson win the six-day, 274-mile race. Jackson, from Napean, Ontario, finished fifty seconds ahead of Russian Valentina Polkanova and 1:15 ahead of Lithuania's Diana Ziliute, who finished second and third, respectively.

The top American finisher was Mari Holden of Ventura, California, who was 2:42 behind the winner, coming in 15th.

All six stages were won by international

competitors. Jackson won the HP UltraPrecise Time Trial and HP Planet Partners Road Race; Melbourne, Australia's Anna Wilson won the HP LaserJet Toner Road Race and the Sprinter's Competition; Ziliute won the HP LaserJet Supplies Road Race, Points and Best Young Rider Competitions; Germany's Ina Teutenberg won the HP Statehouse Criterium; and German Petra Rossner won the HP Paper Road Race.

For more information on the results, visit the event's web site at [www.hpwc.com](http://www.hpwc.com).



## Welcome to the July, August & September NW 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

- Jul 3-6: 1998 League of American Bicyclists Rally West.**  
Eugene, OR. Mayren 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.dirtw.com/btbc>. Lfrancies@aol.com Leonard Francies, 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.**  
Kallispell, 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.dirtw.com/btbc>. Lfrancies@aol.com Leonard Francies, Backcountry Bicycle Trails Club, 425-822-4055 or 425-889-3212.
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- Aug 7-8: Providence Bridge Pedal Expo.**  
Portland, OR. Cycling, Running & Walking Expo event at Portland Memorial Coliseum. Contact Dave Shaw of Northwest Classics at (206) 954-7526 or e-mail [dshaw@accessone.com](mailto:dshaw@accessone.com).
- Aug 20: International Bike Travel.**  
Seattle, WA. 7-9pm. Gregg's Greenlake Cycle will be hosting a seminar on international bike travel featuring local author Katherine Widing. Seminar topics will cover cycling in Europe, trip preparation, what to bring, what to expect, etc. Space is limited to first 20. FREE. (206) 523-1822.
- Aug 22: Garden City Triathlon.**  
Missoula, MT. Todd Struckman 406-728-8847.
- Sep 10-13: 1998 Pacific Region Summit.**  
Tahuya State Forest, Belfair, WA. Weekend event focuses on keeping trails in balance in a multi-use area. GVuest speakers, guided rides and Poker Run. For more information: <http://members.aol.com/STMCclub/stmclub.html>.

### Offroad

- 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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.**  
Capitol 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 Inventional. \$15,000 expected prize money. Interested dual-slalom competitors send competitive results. Concerts, clinics, guided rides, kids program, and much more! E-mail: [gorgegames@gorge.net](mailto:gorgegames@gorge.net) or [www.gorgegames.com](http://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 moutain bike trail from Devine to Squamish with an overnight at Whistler resort. [www.greatexplorations.com](http://www.greatexplorations.com) [robbin@great-explorations.com](mailto:robbin@great-explorations.com) Robbin McKinney, R.E.M. Event Management, 604-5EA-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](mailto:rogom@micron.net) or [www.wildrockies.com](http://www.wildrockies.com) Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.
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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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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: [cisco@roundandround.com](mailto:cisco@roundandround.com) or [www.roundandround.com](http://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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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 a 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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 Int'l 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](http://www.procompetition.com) or E-mail: [procomp@pacficcoast.com](mailto:procomp@pacficcoast.com) Claire Bonin, 250-656-7995.
- Jul 24-27: Jim Travis Memorial.**  
Mt. Hood Skibowl, OR. DH, DS, XC & obs trials. After April 15; Fax (503) 272-0240; Website: [www.skibowl.com](http://www.skibowl.com) Petr Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-272-0146 or (fax) 503-272-0146.
- Jul 28: Werks 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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: Snouking 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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, Trifl Sports International, 905-944-9436 or (fax) 905-944-9434.
- Aug 2: Tri Cycles Capitol Sprint.**  
Capitol Forest, Middle Waddell Campground. The only mountain bike race held at Capitol Forest this year. Call (253) 858-8040 for info.
- 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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 8-9: 1998 Bash at the Pass.**  
Willamette Pass, OR. 7th Annual Oakridge Fat Tire Festival. Downhill, Dual Slalom, Observed Trials, Mountain Bike Dirt Criterium, Cross-Country Race. Call or e-mail David Beede at (541) 349-9270 and [dbeede@gladstone.uoregon.edu](mailto:dbeede@gladstone.uoregon.edu).
- 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: Scheltzer Dirt & Rock Tour.**  
Schweitzer Mt. Resort, Sandpoint, ID. Downhill, new "dual," Cross Country, Kids Race, Downtown Fat Tire Crit. \$15-\$30. WIM & AMBC series points. E-mail [cisco@roundandround.com](mailto:cisco@roundandround.com) or [www.roundandround.com](http://www.roundandround.com) Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Aug 15-16: Targeeh 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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: Medicine Butte XC Race.**  
Evanston, WY. A classic stage race. Part of Wild Rockies Mountain Bike Series. Email [rogom@micron.net](mailto:rogom@micron.net) or [www.wildrockies.com](http://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. Andrey Schirner @ 406-995-2939.
- Aug 16: The Hop Cup.**  
Bonney Lake, WA. All day event at the brewery with heat style X-country racing. [www.dirtw.com](http://www.dirtw.com). Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.
- Aug 16: KONA Hill 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 support, fully-catered meals, great scenery, Russ & Renee Rickett, Siskiyuu Wheelmen, 164 Almada 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](http://www.pro-competition.com) or E-mail: [procomp@pacficcoast.com](mailto:procomp@pacficcoast.com) Claire Bonin, 250-656-7995.
- Aug 21: WMM Mountain Bike.**  
Yamhill, OR. Candl Murray 503-667-6220.
- Aug 22-23: Red Lodge Fat Tire Frezzy.**  
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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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: [cisco@roundandround.com](mailto:cisco@roundandround.com) or [www.roundandround.com](http://www.roundandround.com) Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
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Newly developed 150km moutain bike trail from Devine to Squamish with an overnight at Whistler resort. [www.greatexplorations.com](http://www.greatexplorations.com) [robbin@great-explorations.com](mailto:robbin@great-explorations.com) Robbin McKinney, R.E.M. Event Management, 604-5EA-25KY (info) or 604-730-1247.
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Whistler Mountain, Whistler, B.C., Cross-country, downhill, dual slalom, kids races, uphill, criterium, Valley Trails Tour (AMBC #8). [www.procompetition.com](http://www.procompetition.com) or E-mail: [procomp@pacficcoast.com](mailto:procomp@pacficcoast.com) Claire Bonin, 250-656-7995.
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Mt. Hood Skibowl, OR. DH, DS, XC & obs trials. After April 15; Fax (503) 272-0240; Website: [www.skibowl.com](http://www.skibowl.com) Petr Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-272-0146 or (fax) 503-272-0146.
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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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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: Snouking 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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, Trifl Sports International, 905-944-9436 or (fax) 905-944-9434.
- Aug 2: Tri Cycles Capitol Sprint.**  
Capitol Forest, Middle Waddell Campground. The only mountain bike race held at Capitol Forest this year. Call (253) 858-8040 for info.
- 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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 8-9: 1998 Bash at the Pass.**  
Willamette Pass, OR. 7th Annual Oakridge Fat Tire Festival. Downhill, Dual Slalom, Observed Trials, Mountain Bike Dirt Criterium, Cross-Country Race. Call or e-mail David Beede at (541) 349-9270 and [dbeede@gladstone.uoregon.edu](mailto:dbeede@gladstone.uoregon.edu).
- 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: Scheltzer Dirt & Rock Tour.**  
Schweitzer Mt. Resort, Sandpoint, ID. Downhill, new "dual," Cross Country, Kids Race, Downtown Fat Tire Crit. \$15-\$30. WIM & AMBC series points. E-mail [cisco@roundandround.com](mailto:cisco@roundandround.com) or [www.roundandround.com](http://www.roundandround.com) Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Aug 15-16: Targeeh 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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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: Medicine Butte XC Race.**  
Evanston, WY. A classic stage race. Part of Wild Rockies Mountain Bike Series. Email [rogom@micron.net](mailto:rogom@micron.net) or [www.wildrockies.com](http://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. Andrey Schirner @ 406-995-2939.
- Aug 16: The Hop Cup.**  
Bonney Lake, WA. All day event at the brewery with heat style X-country racing. [www.dirtw.com](http://www.dirtw.com). Doug Cartwright, Kelley Creek Brewing Co., 20123 Old Buckley Highway, Bonney Lake, WA, 98390. 253-862-5969.
- Aug 16: KONA Hill 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 support, fully-catered meals, great scenery, Russ & Renee Rickett, Siskiyuu Wheelmen, 164 Almada 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](http://www.pro-competition.com) or E-mail: [procomp@pacficcoast.com](mailto:procomp@pacficcoast.com) Claire Bonin, 250-656-7995.
- Aug 21: WMM Mountain Bike.**  
Yamhill, OR. Candl Murray 503-667-6220.
- Aug 22-23: Red Lodge Fat Tire Frezzy.**  
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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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](mailto:rogom@micron.net) or [www.wildrockies.com](http://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: [cisco@roundandround.com](mailto:cisco@roundandround.com) or [www.roundandround.com](http://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.
- Sep 5-6: Kokanee 24 Hrs. of Adrenaline.**  
Vernon, B.C. Offers both novice and expert mountain bikers a fun weekend with a festival atmosphere. Mark Alexander, Trifl Sports International, 905-944-9436 or (fax) 905-944-9434.
- Sep 6-20: 3rd Annual Kettle Valley Trail Ride.**

- Nelson to Hope, 3, 6, 9, 12 or 15 day stages, 700km**  
through interior of British Columbia. Spectacular scenery. Email [robbin@great-explorations.com](mailto:robbin@great-explorations.com) Robbin McKinney, R.E.M. Event Management, (604) 878-8800 (info) or 604-730-1247.
- Sep 12-13: Ride the Runt (WIM Series Final).**  
Lookout Pass, ID/MT. Downhill, Cross Country, Kids Races. \$20-\$30. WIM Series Points. E-mail: [cisco@roundandround.com](mailto:cisco@roundandround.com) or [www.roundandround.com](http://www.roundandround.com) Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9354.
- Sep 18-20: Oregon State Championship.**  
Mt. Hood Skibowl, OR. DH, DS, XC & obs trials. After April 15; Fax (503) 272-0240; Website: [www.skibowl.com](http://www.skibowl.com) for registration form. Petr Kakes, P.O. Box 320, Government Camp, OR, 97028. 503-272-0146 or (fax) 503-272-0146.
- Sep 19: Lava Rama.**  
Lava Hot Springs, ID. Race your heart out and then relax in the natural hot springs pools. Part of Wild Rockies Mountain Bike Series. Email [rogom@micron.net](mailto:rogom@micron.net) or [www.wildrockies.com](http://www.wildrockies.com) Ron Dillon, Wild Rockies Mountain Bike Series, P.O. Box 7075, Boise, ID, 83707. 208-342-3910 or 208-368-9626.
- Sep 20: 5th Annual Bay Area Fun Festival MTB Race.**  
Coso Bay, OR. 18 miles of singletrack fantasy. Thousands of dollars in prizes. Call Moe's Bike Shop at (541) 756-7536 for details. Don't miss out!

### Rides & Tours

- Jul 4-11: Oregon Cascades.**  
Oregon. Eight day tour. Cycling highlights: Aufdeheide 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 free brochure. [www.bicycledventures.com](http://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](mailto:info@scenic-cycling.com) or [www.scenic-cycling.com](http://www.scenic-cycling.com) Scenic Cycling Adventures, 1324 NW Wicksburg, 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](mailto:info@scenic-cycling.com) or [www.scenic-cycling.com](http://www.scenic-cycling.com) Sandy Green, Scenic Cycling Adventures, 1324 NW Wicksburg, 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 Rickett, Siskiyuu Wheelmen, 164 Almada 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 Davless, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.
- Jul 12-18: Washington - Puget Sound & Victoria, B.C.**  
Scenic Cycling Adventures, 1324 NW Wicksburg, 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](mailto:info@scenic-cycling.com) or [www.scenic-cycling.com](http://www.scenic-cycling.com) Sandy Green, Scenic Cycling Adventures, 1324 NW Wicksburg, 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

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# CALENDAR

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**Jul 18: Midsummer Nightmare Double Century Ride.** Spokane & Stevens counties, 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. Marna Oza, West Sound Cycling Club, 360-871-7967.

**Jul 18-23: Tour de 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 downhill. 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.pro-petition.com or Email: 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 Alameda 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 here. 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 at (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: Matabeleland Sojourn.** Bulawayo, Zimbabwe. Bulawayo to Harare. \$1290 plus airfare. Small group. 420 miles. E-mail: info@bike.org or www.bike.org International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA, 98108-1919. 206-797-0848.

**Aug 2-8: SPUDS 4 - Cycling Around Idaho.** Idaho. Route goes from Boise to Driggs via the Sawtooth Mountains, central lava 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.** Oregon Coast. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.

**Aug 2-8: Washington - Puget Sound & Victoria, B.C.** Victoria, BC. 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 Van., B.C. & 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-BIKE.

**Aug 15: The Rim to Roseburg.** Great Lakes, OR. 100 miles. First 50 downhill, second 50 flat. \$10 per car to get in park (\$15 day off). Big lunch in Roseburg after ride. Mitch, Cycles LaMoure Races, 613 E. S. 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 10,000 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.bikeider.com/torture10000/, e-mail: leawaren@juno.com, (503) 408-0667 (before 9 pm)..

**Aug 16-22: WYCYC NINE - Wyoming Cycling Celebration.** Yellowstone. WYCYC NINE traverses the states northern tier, from Yellowstone to the Devils Tower, crossing the Bighorns on notorious Hwy 14A. Full support, meals and camping each night. \$350. E-mail: wycyc@cyclevents.com or wycyc@cyclevents.com Tom Sheehan, wycyc@cyclevents.com.

**Aug 16: Covered Bridge Bicycle Tour.** Linn County, OR. 100-mile, 100 km, 55 km & 12 km tour through scenic Willamette Valley. Starts & ends at Timber Lynn Park in Albany and meanders through several beautiful covered bridges. E-mail: jmorris@proaxis.com, Covered Bridge Bicycle Tour, MVBC, P.O. Box 1283, Conavilis, OR 97339-1283. John Morris @ (541) 758-8135..

**Aug 19-22: Washington - San Juan 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.



PHOTO BY ECLIPSE PHOTOGRAPHY

**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: Courage Classic.** Snoqualmie, WA. 3-day, 172-mile, 3-pass adventure through Cle Elum, Leavenworth and Skykomish. Fundraising event for Mary Bridge Children's Hospital. Fully supported, 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 28-30: M.V.B.C. Crater Lake Rim Tour.** Crater Lake, OR.

**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 women only road tour in the Canadian Rockies & Jasper Banff. \$1190. Includes Inn-to-Inn, van support and all meals. Gloria Smith, Woman Tours, P.O. Box 931, Driggs, ID, 83422. 208-354-8804 or 800-247-1444.

**Aug 30-Sep 5: Trek TriIsland I.** Seattle, WA. 135 amazing miles from Seattle, WA to Victoria, B.C., through the San Juan Islands. American Lung Association of Washington at (206) 441-5100 or (800) 732-9339. www.alaw.org.

**Aug 30-Sep 5: Spokane Bicycle Club's 19th Autumn Century Ride.** Spokane, WA. 25, 62 & 100 mile scenic rides. \$10-15 fee includes maps, mechanical, medical, sag support, great food & cookies. Send SASE. Email: LoydPhillips@worldnet.att.net Buck Rogers, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-325-1171.

**Aug 30-Sep 5: Santa Fe Bicycle Trek (9th Year).** Santa Fe, NM. Limit 50 riders. Fully supported. Ride all or part of the route. E-mail: chlicott1@aol.com. Willard Chilcott, 885 Camino Del Este, Santa Fe, NM, 87501. 505-9821282.

**Aug 30-Sep 5: Sunnyside Century.** Mt. Bachelor, OR. 26th annual Century Ride around Century Drive & Mt. Bachelor. 50, 100 mile options. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 or (fax) 541-382-3079.

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## CALENDAR

**Sep 19-26: Woman Tours-Zion/Grand Canyon.**  
Utah: A women only road tour from Zion to the Escalante and Bryce. \$1190. Includes inn-to-inn, van support and all meals. Gloria Smith, Woman Tours, P.O. Box 931, Driggs, ID, 83422. 208.354.8804 or 800.247.1444.

**Sep 19: Poulsbo Pumpkin Pedal.**  
Poulsbo, WA. Casual ride through North Kitsap countryside. Includes lunch if registered before 9/5. Choice of 10 or 40 mile courses. Full sag support, HAM radio operators, on-site mechanics. \$20. \$15 under 12. Cathy Thomas, Missing Link Cycles, Inc., 19424 7th Avenue, Poulsbo, WA, 98370. 360-697.2453 or (fax) 360-697-6404.

**Sep 19-21: Trek Tri-Island II.**  
Seattle, WA. 135 amazing miles from Seattle, WA to Victoria, B.C., through the San Juan Islands. American Lung Association of Washington at (206) 441-5100 or (800) 732-9339. [www.alaw.org](http://www.alaw.org).

**Sep 21-Oct 17: West Coast International Bicycle Classic.**  
27 Days, 1689 miles, Victoria, B.C. to Tijuana, Mexico. Pay-to-go (\$2800) 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](http://www.kneeland.com).

**Sep 22-26: Idaho - Sawtooth Mountains/Sun Valley.**  
Idaho. Scenic Cycling Adventures, 1324 NW Vicksburg, Bend, OR, 97701. (fax) 541-330-6118.

**Sep 26: Salmon Cycle.**  
Issaquah, WA. 25, 44 or 62 mile leisurely bike rides around the scenic Cascade foothills. Food, drink and t-shirts provided. Karina Rostek, Salmon Days, 155 NW Gilman Blvd., Issaquah, WA, 98027. 206-270-2532.

**Sep 26-27: Tour des Lacs.**  
Spokane, WA. Spokane, WA to Coeur d'Alene, ID & back. \$55 (\$25 child). Food, T-shirt, luggage transport, Bayou Brewing Co. E-mail [cisco@roundandround.com](mailto:cisco@roundandround.com) or [www.roundandround.com](http://www.roundandround.com) Round & Round Productions, 2704 S. Stone, Spokane, WA, 99223. 509-535-4757 or (fax) 509-533-9394.

**Sep 27: Peach of a Century.**  
Salem, OR. Fully supported ride through the foothills east of Salem, 62 or 100 miles. [jamaurice@teleport.com](mailto:jamaurice@teleport.com) or [www.teleport.com/nonprofit/sbc/](http://www.teleport.com/nonprofit/sbc/). John Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-399-9652.



## Series Races

**Jul 19-Aug 23: 1998 Cougar Mt. Bike Series.**  
Cougar Mt., OR. E-mail: [oregontrailstours@pacwest.net](mailto:oregontrailstours@pacwest.net). Randy Dreiling, [oregontrailstours@pacwest.net](http://oregontrailstours@pacwest.net), 541-984-1433.

**Jul 20-25: Sixday.**  
near Portland. Mike Murray, (503) 661-5874.



## Single Races

**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@mcsi.net](mailto:frameman@mcsi.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 4: 23rd Annual Joe Matava Memorial Classic.**  
Burien, WA. Joe Matava Memorial Classic & Washington State Juniors Championship Criterium. \$1300 prize list. 0.5 mile 6-corner course. Call Dave Bachman at (253) 852-4946 or e-mail [dbachman@libertycontrols.com](mailto:dbachman@libertycontrols.com) for more info..

**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@mnginc.com](mailto:events@mnginc.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 11-12: 1998 Tour de White Rock Bike Race.**  
White Rock, B.C.

**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.



PHOTO BY ECLIPSE PHOTOGRAPHY

**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 & BBQ. E-mail: [LDDOUG@SCN.ORG](mailto: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](mailto:oregontrailstours@pacwest.net). Randy Dreiling, [oregontrailstours@pacwest.net](http://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](mailto:pegasus@eznet.com) Alex Renner, 418 E. Pacific Ave., Suite #2, Spokane, WA, 99202-1456. e-mail: [pegasus@eznet.com](mailto:pegasus@eznet.com).

**Jul 25-26: Sweet Pea Stage Race.**  
Bozeman, MT. 406-588-6275..

**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.



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## CALENDAR

- Aug 1-2: Ecology Center Classic SR.**  
Missoula, MT. Three stages over two days with a \$5,000 cash purse. Contact: bikeclassics@wildrockies.org or 5 Valley Velo at P.O. Box 7492, Missoula, MT 59807, (406) 542-5050..
- 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 9: WA State Crit. Championships.**  
Olympia, WA. Fast course, same as last year's Capitol Criterium around capitol campus. All Cat's including kids' race. Contact Russ Lehman at (360)352-9833 or E-Mail at rlehman79@aol.com.
- 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: TVN/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. 206-922-9921.
- 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. Raintrop 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..
- Sep 1: PIR Series.**  
Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
- Sep 5-7: Tour of the Flathead.**  
Kallispell, MT. Brian Frank @ 800-336-1977..
- Sep 8: PIR Series.**  
Portland International Speedway, OR. Jeff Mitchem, 503-777-2362.
- Sep 12-13: Eugene Celebration.**  
Eugene, OR. Chris Hamilton, (503) 236-4712.
- Sep 27: Jean Chinn Hillclimb.**  
Ashland, OR. Dana Bandy, (503) 488-8886.



### Track Races

- Jul 2, 9, 16, 20, 23, 30,  
Aug 6, 13, 20, 27,  
Sep 3, 10, 17, 24: Alpenrose Track Series.  
near Portland. Mike Murray, 503-661-5874.



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## Twilight Racing Visits Ballard

BY JEFFREY NACHTIGAL

A cool, early-summer wind, lightly scented by the sea-salt of the nearby Puget Sound, breezed through the art district of downtown Ballard as cyclists in five categories tackled red bricks and hair-raising corners in the annual Twilight Criterium on Saturday, June 13.

This year, the Ballard racing sojourn was moved from its normal end-of-July calendar date to the lengthier evening light of mid-June, allowing the race's namesake to stretch to the end of the night's races. The box shaped, .5-mile course, which saw riders thunder past popular bars such as Hattie's Hat and the Tractor Tavern along Ballard Ave NW, had only one slight uphill section just before the finish line, making for a continuously fast, attack-prone Men's Pro/1/2 race.

With 30 minutes to go, a four-man break powered by Paul Dahlke (Nutra-Fig) got away and gained eight seconds over the field. The promising move became a sure thing when Kenny Williams (Saturn) and Todd Littlehales (Naviga-

tors) bridged, along with three other riders.

Williams jumped after a \$40 prime with five laps to go, and kept hammering to ride onto the heels of the main pack going into his final lap.

"I knew if it ended up in a sprint that Littlehales would kick my butt, he was just looking too comfortable in the break," commented Williams after the race.

Williams rode through the main field and led them across the finish line, his arms raised in a triumphant celebration. Littlehales sprinted behind the pack for second, with a charging Ian Tubbs (Seattle Massage School) taking third.

Stacey Spencer (Giant Bicycles) and Mandy Poitras (Escape Velocity) jumped away from a field that was prone to corner jitters on the last lap for the top two places in the women's race. Local rider Laura Reed (Wedgewood Cycles/Big Time Pizza) took the field sprint for third place.

## Results

### Category Pro 1 & 2 Men - 67 riders - 65 mins.

1. Kenny Williams - Saturn of Bellevue, WA
2. Todd Littlehales - Navigators, OR
3. Ian Tubbs - Seattle Massage School, WA
4. Ed French - Lemond/Bike Gallery, OR
5. Rusty Beall - Wedgewood Cycles/Big Time, ID
6. Terry Buchanan Pacific Financial Services, WA
7. George Steirer - The Valley, WA
8. John Strombaugh - Safeway/Saturn, OR
9. Paul Dahlke - Nutrafig, OR
10. Paul Reed - Ritchardson Bike Mart, TX

### Women - Category 1 - 4 - 15 riders - 40 mins.

1. Stacey Spencer - Giant Bicycles, Canada
2. Mandy Poitras - Escape Velocity, Canada
3. Laura Reed - Wedgewood Cycles/Big Time Pizza, WA
4. Jennan Ghazal - Whole Foods of Austin, TX
5. Laura Felicetti - Badlands, WA

### Masters Men age 35+ - 30 riders - 50 mins.

1. Glenn Bunselmeyer - Control Tech, WA
2. Steve Poulter - Thomas Kemper, WA
3. Matt Murnaghan - Escape Velocity, Canada
4. Brian Cole - Ti Cycles, WA
5. Paul Johnson - Thomas Kemper, WA

### Category 3 & 4 Men - 82 riders - 55 mins.

1. Greg Zadov - Tacoma Bicycle, WA
2. Ryan Perlman - Saturn of Bellevue, WA
3. John Keltman - Exodus Cycling, WA
4. Jeff Tindall - Old Town Cycles, WA
5. Carl Strasser - No team, WA



PHOTO BY SCOTT FULON  
Kenny Williams maneuvering a corner on his way to winning the Ballard Criterium.

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"Thurlow" from page 1

Maybe it was clipless pedals, starting in about 1985. Until then, straps held our feet in place, fixed in one inflexible position on the pedal. You felt a little trapped at first. If your feet (and knees) liked that inflexible placement, all was well. Often they did not.

Determining perfect foot-to-pedal position was an arduous task indeed. You went to a shoemaker and showed him where to begin nailing your slotted cleats to the soles of your shoes. He tacked them on.

You rode around the block, then asked him pretty-please to change this one a little, that one a little more. You rode around the block again. And again.

You watched him running out of patience and decided your cleats were just-right. You never knew for sure, but they *felt* okay. Maybe. Afraid he was going to ask you to leave, you asked him to nail them on to stay.

Liberation came in the mid-70s. Sidi and Detto Pietro shoes featured pre-mounted, adjustable cleats. You no longer needed the shoe guy, but there was as much mystery as ever about where the cleats went.

Today's clipless pedals feature rotational float. Shoes offer nearly universal mounting holes for cleats. You only calculate how far back on the sole to set the cleat. Most of the mystery is dispelled. Whew.

But did Thurlow Rogers call clipless pedals the greatest development? He did not.

Maybe he chose non-ferrous frames. Surely today's wide choice of non-steel frame material is a major step toward the future. Think of it: Aluminum's economical and easy to weld. It's light and stiff. Titanium lasts forever and it's light and stiff. Carbon fiber is, well, light and stiff.

And steel? Steel's kinda boring. We've all been there, done that steel thing. So was that what Thurlow picked? No, not non-steel frames, either. Good try, though.

Maybe he thought the mountain bike was the greatest development. Gosh, the fat-tire bike: An American idea that changed cycling everywhere in the world. Changed the sport, the business, everything.

In the '70s, a few adventurous people rode their skinny-tired bikes on trails. That was it. Now, when most people around the globe

picture a bicycle, it's a mountain bike. What a revolution!

But was that Rogers's choice? Nope. Not the mountain bike, either.

How about good clincher tires? In the '70s, compared to tubular or "sew-up" tires, clinchers were heavy and rode badly. Stringent manufacturing standards were not in place, so tires were often hard to mount onto rims, or they fit rims so loosely they threatened to come off.

Today, good clincher tires and rims are nearly as light as their sew-up counterparts, plus they require no glue, no hassle. Good clinchers match that fabled sew-up "feel." They're marvelous.

Did Thurlow Rogers name today's clinchers as the best development? No. He might've, but he didn't.

Maybe it was helmets. In the '70s, we wore no helmets or joke plastic helmets or helmets made from sewn-together padded leather tubes. Those helmets were about as effective as cotton cycling caps. They were funky and retro but they were not safety headgear, no way.

Now, we have truly effective helmets, protective but light and well ventilated. Today's helmet can save your life, no doubt, and it's so comfortable you forget it's on your head. No reason not to wear it.

But was that Rogers's choice? No, wasn't helmets, either.

Maybe it was today's indexed shifting. In the '70s, when Rogers began cycling, most riders had two chainrings and five or possibly six rear cogs. We mastered gear-changing after many miles and many missed shifts.

Even the best equipment was limited in

gear range. Lightweight racing bikes typically carried 42-tooth inner chainrings and 23 or 24-tooth largest cogs. You had to be strong to climb steep hills outfitted so.

That equipment was also limited in dependability. Your bike would shift itself and surprise you, often jumping out of your lowest gear at the steepest point on the hill. It was, frankly, infuriating.

Today, you can have it all. Indexed triples? Wide ratios? Nine cogs? Easily read gear indicators? You bet. Wanna shift standing up on hills? Wanna shift without taking your hands off the handlebars? Just do it. There's been a shifting revolution, for sure.

But is that what Thurlow Rogers chose? No, not shifting either.

Rogers — and I agree with him 100 percent — said that lycra shorts were the single greatest development in cycling in the last 25 years.

That's probably a shock — if you never rode in wool shorts. Whatever a bike short has to do, wool shorts did poorly.

Once sweaty or rain-wet, they rode up in the legs, down at the waist.

Not stretchy like lycra, the wool wrinkled, creasing the chamois sewn inside so it chafed your tender butt-skin. When washed and air-dried, the wool short and chamois liner shrank at different rates, puckering the chamois still more.

You hand-washed wool shorts (usually with a real-leather chamois) in cold water and something gentle and ineffective, like Woolite. After the first wearing, they were never clean again. Welcome to saddlesore city.

Soon, after a few washings, the chamois dried out. You'd wash your shorts, they'd dry, and you'd find the chamois stiff as an old vinyl record. To soften it, you'd smear it liberally with something like Noxema. Delightful when you pulled them on, on cold race-day mornings.

Thurlow's right. I could go back to toeclips and straps. I could live with less-than-cutting-edge tires and even old-style shifting. I don't want to give up any of it, but I could. I could give up my Giro helmet, I guess. Maybe. But would I wear wool shorts?

No way. I go with Thurlow.





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