

Bicycle Paper

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FEBRUARY '99



1999 cycling calendar exceeds even last year's

BY DAVID MCNAMARA

In the first week of the year a stack of calendar entries were piling next to my desk. A week later the pile doubled. The day before deadline I had what I believed to be nearly all the listings entered into the calendar database, making for a total of about 350 cycling-related events. A little down from last year, but still a good number.

But then, today – the day before we go to press – a few sources came through with a massive number of submissions. Now, at nine o'clock at night, our calendar is an astoundingly stout collection of rides, races and events totaling just over 550 in number – nearly a 33% increase from last year.

And even a lot of promoters called to let us know that some of their events wouldn't have a verified date until after we went to press. So what made the difference?

See "Annual Calendar" on Page 6

Are You Fit?

ERIK MOEN PT, CSCS

There are two injuries basic to bicycling. The first is acute. This is usually the result of somehow coming off your bicycle and impacting onto some object, such as pavement, a tree, a car, etc. Common acute injuries include skin abrasions, lacerations, and broken collarbones (clavicles). The second injury type is chronic.

See "Are You Fit?" on Page 5

'98 Cyclocross Season Ends

BY DAN NORTON AND ETHAN MEGINNES

The 1998 cyclocross season has come to an end and it was new and exciting as well as hard and brutal. 1998 saw the successful start up of the Northwest Cup, and with the strong commitment from Athletica (a mail order food company), there is only extreme optimism for the coming years. Athletica has a commitment to the same principles the 'cross scene embraces: they are committed to quality, dedication and the satisfaction of a job well done.

See "Cyclocross" on Page 10

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INTERNS **Macaulay Campbell**
Everett James
WRITERS **Maynard Hershon**
Dr. Technical
Ethan Meginnes
Erik Moen
Dan Norton
PHOTOGRAPHY **Richard Larson**
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Steve Strickland
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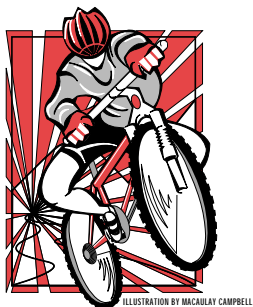


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OPINION

Race Promoter Evaluates Growth of Mountain Biking

Dear Bicycle Paper:

I thought that it would be helpful to you to get a bit of input from me regarding my opinion of the direction and future of mountain bike racing. You may have heard already how low turn-outs were this season at my Wild Rockies North and South Series Mountain Bike races. We dropped from an average of 330 riders per event in 1997 to 249 this season. It wasn't just the Wild Rockies Series, of course, Mammoth was down 1,000 riders, and all of the NORBA Nationals were noticeably down. The very large Nike New England Series was down and Breckenridge backed out last month as the host of the 1999 NORBA National Mountain Bike Championships.

I can give you some objective reasons why this happened. There were too many events, the weather was horrible until the 4th of July, and entry fees got too expensive. Plus, mountain bike racing is no longer "the new kid on the block." People are always looking for new thrills such as Ultimate Frisbee and off-road roller-blading. Just like foot races, mountain bike racing will never die, but I certainly feel that the sport may have peaked.

I've hosted 108 events since 1987 and I've watched the sport change. We've run big events such as the 1998 NORBA National Finals, the 1998 NCAA Collegiate Nationals, and the 1998, 900-rider Idaho City AMBC event. We've also hosted tiny events with 25 riders. I've decided to return to the good old days of 1987-1995, before things got to be so big, complicated and expensive. The '99 race series will be called "Wild Rockies Unplugged." We won't offer t-shirts, bands, swim passes, or free food. Nor will we offer prizes to the top three in each class. We will, however, offer world-class courses, beautiful, custom medals, and nice prize raffle drawings. The huge fancy start/finish structure and fencing will be replaced by the original and simple cloth signs and car lot flags. It will be just like the good old days when I got started and mountain bike racing was simple and fun.

The schedule will shrink down to use the "best of the best" courses in our region and entry fees will be dropped to \$15-\$20. The big change is that I am now promoting as a hobby, rather than a livelihood. I can feel the fun returning already. Things got way too serious and expensive. I'm convinced that mountain bike racing was simple and fun.

This fee price structure is something that I, a person with a marketing degree, should have recognized far sooner. Most of the time, most people

do not want to spend much money on bicycle racing. Many times a person has driven up to one of my events in a \$50,000 Range Rover. The same person refuses to pay \$30 to race. Their logic is that they can ride for free anytime, so why should they pay? The price structure and positioning of entry fees, (along with perceived value) varies greatly from sport to sport. In 1996 I published a college study titled "the Motivational Factors of Mountain Bike Racing." I found that most people race mountain bikes for the "experience" that it offers, as well as how others perceive them. I believe, however, that the study was fatally flawed in its conclusion because I failed to question racers about the price-tag of their experience. Also, the study was done in 1995-96 when one-day NORBA beginner licenses were still \$3 and entry fees were lower. I believe that a similar study, done today, would yield far different responses.

I also host a motorcycle race each year. Those riders all happily pay \$45 each, buy an AMA membership for \$29, and race for trophies only, no cash, prizes, t-shirts or food. They have a different perception, however, of their sport, of its value and what they will pay for their competition experience. Bowling is different yet, as are golf, and ski racing. There are currently two areas of off-road bicycle racing that are hot, BMX and 24-hour races. BMX is hot because it is affordable, good for spectators and is very appealing to the youth market and spectators. The 24-hour events are hot right now because they are a new, trendy activity and they require participants to "pull together" as a team. Whether or not they'll be hot in three years, I don't know. I do know that the 24-hours of Moab pulled 1,200 riders to

Utah in October and they paid a \$100 entry fee without complaint. This is because their perceptions about 24-hour events are different. In general, and increasingly, however, I believe that most bicycle racers are very sensitive about entry fees. They don't trust promoters and don't want to spend anything. Right or wrong, that's the way it is.

Our events will not be NORBA sanctioned next year. Why? I strongly disagree with NORBA's \$5 beginner day license. Beginner turnouts are dropping like a rock, and without beginners events are dead, dead, dead. When on-days went from \$3 to \$5, that was the beginning of the end for beginners. I have had a pleasant, ten-year relationship with NORBA and it is with heavy heart that I turn away from them. But, they have not done a good job of selling their organization to racers, the media or the industry.

I get asked by riders every day, "what is NORBA doing for me?" Mountain biking desperately needs an active voice in land-use issues. IMBA isn't it. NORBA should have aligned itself with a much more aggressive organization such as the Blue Ribbon Coalition or they should have learned from the American Motorcyclist Association and formed their own land-use legal department. These are my opinions and this is where I'm taking mountain bike racing in my part of the world. We're all going to go have some fun this season around here and we aren't going to spend much money doing it, either.

Sincerely,

Ron Dillon, Wild Rockies "Unplugged"

Editor's Note: Look for the Wild Rockies "Unplugged" events in our calendar.

USA Cycling Responds to Resignation

Dear Mr. McNamara,

In response to the article "Gino Lisecki resigns as District Rep" in the Dec '98 - Jan. '99 edition of *Bicycle Paper*, USA Cycling extends a sincere thank you to Gino Lisecki for his service and dedication as a USCF District Representative. He is truly dedicated to the sport. Gino has also been offered the opportunity to apply for a full time regional position with USAC.

We feel some that of the facts were missing from the article regarding the USA Cycling regional membership plan. We asked for input from each of the districts to help mold the plan to fit their respective area. The state of Washington will remain the same in 1999 as in the past and would be involved with the roll out in 2000. This plan provides full-time employees with regular working hours to members and clubs, the reps will travel to select events, and promote membership and new events.

There will be additional representation in the field, as each district regional will be able to contract staff for each state to provide better and more prompt responses, in addition to the regional representative, and of course, the USA Cycling office in Colorado Springs. We have become more proactive with the accessibility to members with the national office by adding toll free telephone (888-405-RACE) and fax (877-527-RACE) numbers.

Members can also utilize e-mail (membership@usacycling.org) or check the membership section of the USA Cycling Web site (www.usacycling.org) for the most up-to-date information and forms.

Other reasons to become a member of USA Cycling besides the connection with the UCI, the international federation for cycling, are:

- 1) to support the national cycling organization so the entire sport can grow;
- 2) to take advantage of various USAC programs such as the LAJORS (Lance Armstrong Junior Olympic Racing Series) events, new regional camps in 1999, rankings, superior accident insurance and protection for clubs, information, results postings on the Web site, quality sanctioned events with good officiating, etc.; and
- 3) to help USAC build a regional structure for clubs and members so that clubs can have a unified voice with USAC.

We feel that the state associations can complement the districts, regions and USA Cycling. Remember, this is solely not an USCF matter, but also includes the National Off-Road Bicycle Association (NORBA). USA Cycling consists of road, track and mountain biking, and we are looking to help with the expansion of membership and the services to membership, as well as provide unity to the sport and organization.

The purpose of the regional program is to emphasize and place greater attention on local cycling activities and needs, and make membership a greater priority at USAC.

We welcome candidates for the Regional Coordinator position in 2000 and welcome your help in building a stronger Northwest racing community.

Sincerely, Rich Wanninger
Communications Director
USA Cycling



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Complete coverage of people, places, products and events that make bicycling in the NW great!

How to build your own studded mountain bike tires

BY DR. TECHNICAL

It's the La Niña year, so you'd best be prepared for icy winter riding. Homemade studded tires are the ticket for getting around in hard-packed snow and icy conditions. I made a pair a few years ago and they work great! It's fun to pass all those city slicker SUV's stuck in the snow as you wheel by on your custom-made studs.

What You'll Need

- 2 old knobby tires, the wider the better (aggressive tread with big knobs is desirable)
- cordless screw gun or drill
- drill bits and Phillips head bits
- studs (3/8-inch sheet metal screws - pan head - Phillips)
- 2 Mr. Tuffy tire liners, duct tape or old inner tubes (to line the insides of the completed tires)
- tape measure
- permanent marker
- your favorite beverage (optional)
- a couple of hours to kill

Always wear your safety glasses! Take a swig of your beverage then choose a stud pattern appropriate for your tires. Try to alternate the studs just left and right of center, centered on a tire knob, and 1 to 1.5 inches apart as measured along the circumference. It's critical to locate the studs on the tire knobs so that they won't come out! You can also locate studs along knobs on the tire edge, but this may not be necessary unless you plan to really lean into those icy turns.

1) Mark the pattern using the permanent marker and tape measure.

2) Pre-drill the stud locations, drilling from the outside to ensure that the studs will be centered on the tire knobs.

3) Install studs (sheet metal screws), drilling from the inside. The points of the screws should just barely protrude, approximately 1/16-inch.

4) VERY IMPORTANT: Assemble the tire on the wheel as usual, but make sure you line the inside of the tire to protect the inner tube from the screw heads or you'll flat immediately. Use Mr. Tuffy, a generous application of duct tape or an old inner tube to line the tires.



PHOTO BY RICHARD LARSON/LARSON GRAPHICS

Pump up the tires (lower pressure is better for improved traction), finish your drink and go riding. Note how heavy the tires are compared to your normal ones. They're not built for speed or acceleration, but you'll certainly pass folks on the icy streets and trails this winter.

Many thanks to Dr. Technical and Backcountry Tracks for permission to reprint this article. To get in touch with Backcountry Tracks or the Backcountry Bicycle Trails Club, call (206) 283-2995.



Two groups give year-end awards

BY EVERETT JAMES

Volunteers are key to making the cycling world go round, and the American Lung Association of Washington has recently recognized Arlene Carter as its 1998 Volunteer of the Year, and she also got awarded the national award for Volunteer Excellence. As part of the ALAW's Trekking program, Arlene has single-handedly created and coordinated TIPO, the Tri-Island Planning and Oversight committee, and she has enthusiastically managed and organized this year's Trek Tri-Island event. Craig Tamura, Arlene's husband, is also a long-time volunteer and a capable bicycle mechanic (alias "Head Wrench") who works from the back of Seattle Cycles' mechanic van for the event.

We want to thank all of the individuals, businesses and organizations that were honored at the Backcountry Bicycle Trails Club's

Third Annual Knobby Awards, which were presented at its holiday party in early December. The awards were the BBTC's way of saying thanks to everyone who promoted and demonstrated trail advocacy and volunteered their valuable time to support the mountain bike community in the greater Seattle area. The 1998 Knobbies were presented to: Brant Shalikhshvili, Kurt Springman, Dennis Flowers, Duane Westin, Dirt Northwest,

Stephin Yeager, Tom Fitzpatrick, Dave Kidder, and Dave Rossman. The BBTC will be presenting the Knobby Awards again next year in an effort to recognize land managers, bike shops and trail work to develop better relationships within the community.



PHOTO BY STEVE STRICKLAND COURTESY OF ALAW

Arlene Carter, ALAW Volunteer of the Year.



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ATHLETIC MEDICINE

Continued from Page 1

Chronic injuries usually have an insidious onset and typically last for longer than two weeks. Chronic injuries on the bicycle are most frequently induced by riding an improperly fit bicycle or extending your efforts past your physiological limit. Chronic injuries include things such as tendinitis, chondromalacia (crunchy kneecap), and back or neck pain. I classify these injuries as the "rubs, grinds and crunches." Management of acute and chronic injuries will be addressed in this column during 1999. I'm looking forward to having several guest authors from the medical community contribute their expert information concerning bike injury issues. The rest of this article will focus on the means to prevent chronic injuries. The prevention

Athletic Medicine

BY ERIK MOEN PT, CSCS

able experience or taking the car. You should be comfortable on your bicycle. If you're not, don't keep on suffering with "no pain, no gain." Bike fit issues are the most common chronic injury-mechanism I see with my patients. Such issues might include things as seat height, stem length, frame size, saddle tilt or cleat misalignment. One must remember that between the bicycle and the body,

the bicycle is the one most capable of change. Your body has limited potential to adapt. There are several methods of fitting the

bicycle to the rider. We'll review a few below.

• The Bike Shop Employee/Experienced Friend/Coach

This is the most common experience. Most bicycle purchases are accompanied by an employee fitting you to the bike. This is based on their perception of the norm, or what has worked best for them. Perception of fit for an individual will vary from person to person. These people will often use methods as described below in fitting the bicycle. This method of fit usually works very well for the average person who is riding recreational volumes and has minimal biomechanical challenges.

• Formulas and Rules

The most publicized formula in the USA is that of Greg LeMond. There are others. They are consistent and assume anatomical symmetry and no challenging medical history. A formula is a good place to start.

• Fit Kit

This is an assisted effort and is commonly offered at bicycle retailers. Most bicycle shops offer this service with the purchase of a high-end bicycle. This method assesses the basic anatomical measurements of height, arm length and leg length to determine frame size, seat height and stem length. The drawback to this method is your assigned bicycle fit is based on a norm, not necessarily individual variants other than your leg, arm and height lengths. This method is a great place to start for those with anatomical symmetry and no challenging medical history.

• Serotta Size Cycle

This device is slick. This is a stationary bicycle with adjustable everything. It allows a rider to experience the "true feel" of a bicy-

cling position without the guesswork of a formula. This is an excellent way of determining proper frame size, stem length and seat height for the individual. The only potential limitation of the Serotta Size Cycle is the person assisting you.

• CompuTrainer

CompuTrainer of Seattle has produced a video to go along with their product on the fitting of the athlete to their bicycle. This is an excellent method of fine-tuning an athlete's performance position on the bicycle. I would typically use this product after an athlete has established their basic bicycle fit. The awesome thing about the CompuTrainer is the display of real-time power output. Tinkering of position will demonstrate power output fluctuations. Your game is to fine-tune your position so as to maximize economy and power output.

• Trained Biomechanist

This is a person such as myself. I typically see people when the formulas, tools and other standards don't work. Common patients include the individual who has been dealing with a chronic injury for over two months, or the person with challenging medical issues. I utilize musculoskeletal evaluative techniques, bicycle measures, on-bicycle static measures and video analysis on a CompuTrainer in determining a position for the individual.

A component of bicycle fit not addressed through assessments of lengths (arm, leg and height) is the foot/pedal interface. RAD-fits (RAD = rotational adjustment device, a part of Fit Kit) should be utilized by individuals with LOOK-style or SPD-style cleats. This will ensure proper cleat placement. Proper cleat alignment is crucial for injury prevention. Proper cleat placement allows "neutral"



The Serotta Cycle is an excellent sizing device.

lower extremity tracking through the pedal stroke. This is an inexpensive insurance policy and should be done anytime you put new cleats (an annual event) on your shoes.

Formulas are a great place to start for the average individual. You should expect to be comfortable on your bicycle. This is a reasonable expectation. Utilize your local resources to become comfortable through your individual bicycle fit. If your fitness level is causing you pain, you might try stretching and appropriate training, but...those are other articles for 1999! Happy riding!



Formulas are used to determine frame size, seat height and stem lengths based on basic body measurements

of common injury mechanisms will leave you happy and healthy for 1999.

How you fit to your bicycle is very important. This will be the difference between making that 20-mile bakery ride a comfort-



RAD-Fits, a part of a Fit Kit, is used for foot/pedal interface.

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



The biggest obstacle should be the mountain, not the price of the bike.

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Bike Events

Look what your
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The Northwest continues to be a cycling mecca. Not just for the recreational rider, for whom there are many casual tours and the classic tours such as STP and the Trek Tri Island, but also for the serious athlete: Marymoor and Alpenrose velodromes continue their strong weekly series races, road racing is as prevalent as ever, and our region has established itself as the domestic capital of cyclocross, boasting VeloNews' two top "power rankings" slots (Dale Knapp

for the men and Ann Grande for the women).

Use this calendar to plan your year, whether it be a scenic tour on your week off or you're mapping out your competitive schedule. And, of course, subsequent issues of *Bicycle Paper* will continue to print calendar listings (including new submissions and corrections) for two months out from every issue. So if you have a ride not listed here, please feel free to contact me. Otherwise, happy riding! 

CALENDAR

Welcome to the Pacific Northwest's most comprehensive bicycle calendar

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, lectures, etc), **Offroad Racing** (competition featuring single-track, cyclocross and other off-road riding), **Offroad Touring** (rides and spectator events 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), **Track Races** (competition in the velodrome) and **Multisport** (events that include bicycling as a part of the competition).

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

- Feb 19-21: Greater Seattle Bike Expo.** Seattle, WA. 11th Annual Bike Expo. Expected attendance -10,000. Exhibitions, speakers, shops, contests. THE event to kick off the bicycling new year. New this year Expo opens on Friday at 4pm. 206-522-BIKE.
- Feb 20: Seattle Bike Swap.** Seattle Center, WA. 65 independent sellers. At the Seattle Center in the Rainier & Olympic Rooms. \$3 for one or \$5 for two. New & used cycling-related equipment and clothing at blow-out prices. 206-932-5921.
- Mar 6: Alice B. Toecaps Awards.** Portland, OR. Party held to honor businesses, organizations & individuals who help promote cycling in their community. P.O. Box 9072, Portland, OR 97207.
- Mar 13-14: Portland Bike Show.** Portland Rose Quarter, OR. Annual event showcase & sale. New products, manufacturers & retailers. 50,000 square feet. Tours, clubs & more. 206-248-8430.
- Mar 28: Old Bike Swap Meet and Show.** Kent, WA. 11th Annual. 8am to 1pm. Antique/Classic Bicycles at the Kent National Guard Armory, 24410 Military Rd. Over 50 vendors and 300 bicycles last year. 206-364-0922.
- Apr 18: Aurora Cycle Recumbent & Tandem Fair.** Aurora Cycle, Seattle, WA. Representatives from several major manufacturers will be on hand to answer questions and offer advice. Learn riding techniques, technical product information and test riding. Noon to 5pm. FREE. 206-783-1000.
- May 8: Grants Pass Bike Fair.** Grants Pass, OR. All Sports Park. Competitive & non-competitive rides, safety inspections, product displays and demonstrations. 541-471-9239 (days).
- Jun 4-7: League of American Bicyclists "Bourbon, Barns & Bluegrass" Rally.** Louisville, KY. 202-822-1333.
- Jun 18-21: League of American Bicyclists "Springs, Spokes & Saddles" Rally.** Saratoga Springs, NY. 202-822-1333.
- Jun 20-Jul 21: "BikeAid"** (Annual Cross-Country Trek for Global Education). Co. OR. Annual cross-country cycling adventure that promotes global education. Learn about important global issues while travelling & meeting with local communities through out the U.S. 9 weeks of love, sweat & gears. 800-RIDE-808.
- Jun 26: Squamish Test of Metal.** Squamish, BC. A 67km mass start race through the streets & trails of Squamish. 11 am start, limited to 800 racers. 1997 sold out. Trials also. 604-898-3519.
- Jul 10: Gorge Games Dual Slalom.** Mt. Hood Ski Bowl, OR. Gorge Games Head-to-Head Dual Slalom is some of the best fast-action mountain biking anywhere. Competitors will go head-to-head & the fastest time wins in this double elimination format. www.gorgegames.com.
- Jul 10: Gorge Games Downhill.** Mt. Hood Ski Bowl, OR. Gorge Games Downhill course is a former NORBA National venue. Competitors will be faced with 26 switchback turns on the gnar gnar & tested through the technical & challenging Fire Hydrant trail. www.gorgegames.com.
- Jul 11: Gorge Games Cross-Country.** Hood River, OR. X.e has tons of singletrack, breathtaking views & technical descents. Variety of challenges & course lengths for all levels of riders. Free street dance & party downtown with live music, tasty food & beer garden after the race! www.gorgegames.com.
- Jul 17: Gorge Games Off-Road Triathlon.** Hood River, OR. Off-road triathlon is the new rage. test yourself in the beautiful Columbia River Gorge & see if you have what it takes to conquer the course Michael Tobin called "the most challenging course on the XTERA series." The final concert & party follows at night - don't miss it! www.gorgegames.com.
- Jul 23-26: League of American Bicyclists "Wines, Vines & Valleys" Rally.** Sonoma County, CA. 202-822-1333.
- Jul 24-25: Cougar Mtn. Bike Festival.** Saginaw, OR. 1999 Oregon Off-Road Series #12. XC 7/24 and DH & more 7/25. Oregon's largest Fat Tire Festival! New high-tech timing equipment & professional timing crews. 541-994-1433.
- Sep 1-4: Joyride '99 World Championships of Technical Freeriding.** Whistler, BC. 604-905-4404, P.Kaye@GTE.net.
- Sep 4-5: Kokanee 24 Hours of Adrenalin.** Vernon, B.C., Canada. Silver Star Mountain Resort. Dubbed the "Woodstock of Mountain Biking," it's the largest series of it's kind. Categories include teams of two, four, five, corporate (6-10) or solo. Teams camp out for the weekend and winners are determined by the number of laps completed at the end of the 24 hours. 905-944-9436.

Sep 12: 5th Annual Tahuya Poker Run. Tahuya Forest near Belfair, WA. Single Track Minds Cycling Club presents the 5th Annual Tahuya Poker Run a favorite tradition for the whole family. 253-565-5124.

Nov 6: Bicycle Alliance of Washington Annual Auction. Arctic Dome Room, Seattle, WA. Washington State's premier bicycle auction for cycling advocates. Fabulous auction items, support, education and the bicycle alliance's legislative agenda. 206-224-9252.

Road Touring

- Jan 1-Dec 31: Maple Valley Saturday Road Rides.** Maple Valley, WA. 40 to 70 mile road training ride every Saturday. Varying pace (18-21 mph average). Snow/ice cancells. Meet at Four Corners Shopping Center (behind car wash). 425-271-6057.
- Feb 3-18: Tanzania: Surf to Summit.** Tanzania. Starting on Zanzibar and ending with a climb of Mt. Kilimanjaro. Diverse scenery, friendly people, much more. 250 miles, long hills biking, high elevation hike. \$1490 plus airfare. 206-767-0848.
- Feb 28: 27th Annual Chilly Hilly.** Bainbridge Island, WA. 33 mile Tour of Bainbridge Island. Begins at Coleman Dock or Bainbridge Island. Limit of 4,500. 206-522-BIKE.
- Mar 13: Chinook Sh-Sh-Shiver.** Yakima, WA. 9am registration, 10am start. 100, 50 & 25 km. Mostly flat country backroads with a few gradual inclines. Water, restrooms, snacks, sag, showers. Waterbottle for \$15. (w) 509-248-5393.
- Mar 14-20: Wheeling Hawaii '99.** Hawaii. Kona to Kona around the Big Island. Start your cycling year with a week in tropical splendor. 800-433-0528.
- Mar 20: Harrison Hot Springs Tour.** Harrison Hot Springs, BC. 604-873-0320. Contact prior to March 06.
- Mar 21-26: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- Mar 25: Sunnyside Sports Anniversary & Bike-a-Roo Breakfast Ride.** Bend, OR. A quality pancake breakfast followed by a 25 miles road ride. Starts at Rimrock Riders Club House. \$5. 541-382-8018.
- Mar 31-Apr 13: Tunisia Odyssey: Eden to Oasis.** Tunisia. Diverse culture & beautiful landscapes of coastal and Sahara zones of southern Tunisia. Wondrous array of people, architecture, culture & landscape. 485 miles, 90% paved roads, hills. \$1190 plus airfare. 206-767-0848.
- Apr 2: Gulf Island Tour.** Gulf Islands, BC. 604-872-7586. Contact prior to March 19.
- Apr 11-16: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- Apr 12-24: Tunisia Odyssey: Historic North.** Tunisia. Extraordinary concentration of archeological, cultural & religious sites. 280 miles, paved roads, long hills. \$1190 plus airfare. 206-767-0848.
- Apr 17-Jul 9: Trans America Millenium Tour.** Yorktown, VA - Florence, OR. All women 85 days from Yorktown, VA to Florence, OR. No camping, ride at a leisurely pace. Mostly motels with some hostels. Full van support. 4,245 miles. 800-247-1444.
- Apr 18: 24th Annual Daffodil Classic.** Orting, WA. Voted Best Century of WA by Bicycling Magazine in 1998! 20, 50, 70 & 100 mile routes. \$15 (person) & \$35 (two adult family) (\$12 & \$30 before 3/7). Great food, mechanical support & map. Limit 2,000 riders. 253-566-1822.
- May 1-Oct 31: San Juan Islands 6 Day Tour.** La Conner, WA. Departs every Sunday May-October. Highlights: La Conner, Lopez Islands, Orcas Island, San Juan Island. Designated: all abilities. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- May 1: Ride Around Clark County.** Clark County, WA. 3 beautiful & challenging rides, 34, 65 & 100 mile loops & a new 18 mile casual ride. Entry to win a Coleman camping package or a Coleman entry level spa to all pre-registered (prior to 4/19/99) participants. 360-892-8765.
- May 1: Galloping Goose.** Vancouver Island, BC. 604-251-1230. Contact prior to April 17.

ROTARY INTERNATIONAL
LONGVIEW ROTARY CLUB
Longview, WA

June 12

Mount St. Helens

Tour De Blast

50K r / t & 135K r / t

\$30.00 reg. fee
after 05-14-99 fee is \$40
fee includes T-shirt, food/drink &
end of ride pasta feed
Call 360-749-2192
or www.tdn.com/tourdb

Jogmate ad

CALENDAR

- May 2: Monster Cookie Metric Century Bicycle Ride.** State Capitol Mall, Salem, OR. Recreational ride through backroads to Champooe State Park and back. Entry fee is for map, rider ID# & checkpoint services. Full-service checkpoints including toilet facilities along the route. Snacks, fruit & refreshments will be available 503-390-9558.
- May 8: 17th Annual Historical Lewis County Bicycle Ride.** Chetahai, WA. 20, 46, 72 & 100 mile courses. Register/start between 7:30-8:00am. Start/finish at Stan Hedwall Park. Food/drink/rest stops, course map, marked course, narrative & sagwagon provided. Quiet back roads, century-old landmarks & (weather permitting) views of Mt. St. Helens & Mt. Rainier. 360-740-1135.
- May 8: Skagit Spring Classic Bicycle Ride.** Burlington, WA. Starts at Bayview Elementary School. 25-100 mile options. 360-826-5511.
- May 8: Grants Pass Bike Fair.** Grants Pass, OR. All Sports Park. Competitive & non-competitive rides, safety inspections, product displays and demonstrations. 541-471-9239 (days).
- May 8-9: Scenic Tour of the Kootenai River (STOKR) '99.** Montana. 5th annual ride. 2-day tour in remote northwest Montana (just 3 hrs northeast of Spokane). Limit: 250 riders. 5/8: 98 mile loop into the Yaak or 45 mile option up Lake Creek. 5/9: 40 mile loop along the river to Lake Kootanusa. \$40, benefits local Habitat for Humanity affiliate (who provides goodies, soup & pie along the way!) 1020 Idaho, Libby, MT 59923.
- May 9-14: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Best of the Santa Ynez Valley. Mountain De Oro State Park, Big Sur. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- May 15-16: 29th Annual Tour of the Swan River Valley.** Missoula, MT. Scenic tour of two valleys nestled in the mission and snow mountains. 230 miles, 600 riders, gradual climbs on paved 2-lane highway. Entry forms sent March 21. Send business-size SASE. P.O. Box 8903, Missoula, MT 59807.
- May 16-21: Hawaii Tour.** Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauea Crater rim ride: 30 mile descent down Mauna Loa Volcano. Kona Coast: Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- May 16: Santa Fe Century.** Santa Fe, NM. 2100 riders. 25, 50, 75 & 100 mile routes. 6 food stops. Sag support. \$15, includes water bottle, rider number, maps, route marking. Shirts & wind breakers available with advance order. 885 Camino Del Este, Santa Fe, NM 87501.
- May 22: Reach the Beach.** Oregon. 1-day fundraising tour to Oregon coast for families, friends & corporate teams. Fully supported with medics, mechanics, communications, food, water & post-ride BBQ. Start from Portland, Salem, Astoria, Corvallis or on mountain bike from Grand Ronde. 503-246-1997.
- May 22: Three Rivers.** Lytton, Lilloet, Cache Creek. 604-576-9767, Contact prior to May 08.
- May 23: No Frills Century.** Redmond, OR. 100 & 65 mile routes between Redmond, Madras & Prineville. Start at Redmond City Park. \$10. 541-382-8018.
- May 23-28: California Redwoods Tour.** Eugene, OR. 6 day tour. Cycling highlights: Avenue of the Giants: The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- May 29-31: Northwest Tandem Rally.** Corvallis, OR. Come enjoy the roads & hospitality of the mid-Willamette Valley for the 13th NWTR. Send SASE for registration form to Mid-Valley Bicycle Club, P.O. Box 1373, Corvallis, OR 97339-1373, or see www.mvbc.com. For lodging call the Corvallis Convention & Visitor's Bureau at 800-334-8118.
- Jun 1: Single Sock Century.** Vancouver, BC. 604-733-3964, vbc@intergate.bc.ca.
- Jun 4-7: League of American Bicyclists "Bourbon, Barns & Bluegrass" Rally.** Louisville, KY. 202-822-1333.
- Jun 5: Apple Century Bike Ride.** Walla Point Park, Wenatchee, WA. 100, 70 & 50 mile road touring ride: full support & monitoring; 4 rest stops for the 100 mile ride; 3 for the 50; sag wagons start at 8am; registration is \$30 & includes shirt if received by 5/15. Canadian reg. accepted at pr. 509-662-9544.
- Jun 6-18: Camino de Santiago, Spain by bike.** Spain. Once a popular religious pilgrimage, the 800km route from Roncesvalles to Santiago de Compostella makes for a classic cycling odyssey. Choose between trail or paved route. Hotel accommodation, meals, fully supported, \$1250. 14 days/13 nights. 604-878-8800.
- Jun 6: South Sound Tour.** Auburn, WA. 30+ mile & 60 mile tour of the roads & trails in the valley from Tukwila to Orting. Refreshment stops, mechanics at start/finish. 19003 68th St. E, Bonney Lake, WA 98390.
- Jun 6-30: Great Alaska Highway Ride.** Alaska Canada Highway. Ride the entire length of the Al-Can Highway from Delta Junction, AK to milepost 0 in Dawson Creek, B.C. Fully supported. Camping & motels. 888-733-9615.
- Jun 12: Tour de Blast.** Toutle, WA. In its 7th year, the Tour de Blast offers both a 50 & 135k ride. Well staffed by Longview Noon Rotarians, this ride presents breathtaking views of the Mt. St. Helens blast zone. \$30 covers t-shirt, rest stops & end of ride pasta feed. 360-749-2192.
- Jun 12-19: Washington Coast Cycle Tour.** B.C. to OR. Ride from Victoria, B.C. to Oregon border. Camping & fully supported \$575. info@great-explorations.com.
- Jun 12: Washington Coast.** Victoria, BC - Astoria, OR. 604-730-1247, info@great-explorations.com, www.great-explorations.com.
- Jun 13-19: Tour of the Okanogan.** Eastern WA. 500 miles. This is a supported loop ride through the Okanogan County of eastern Washington. We carry your camping gear, food, and dig you up really neat campsites. (509) 682-3568.
- Jun 13-18: California Redwoods Tour.** Eugene, OR. 6 day tour. Cycling highlights: Avenue of the Giants: The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

- Jun 14 Jul 31: The Big Ride Across America.** Seattle to D.C. Seattle to Washington, D.C. via a northern route. The ultimate challenge. 3000 miles, supported. Limited to 500. 800-BIG-RIDE.
- Jun 18-21: League of American Bicyclists "Springs, Spokes & Saddles" Rally.** Saratoga Springs, NY. 202-822-1333.
- Jun 19: Trident Triple Bike Classic.** Silverdale, WA. Beautiful, scenic routes through Submarine Base Bangor. 16 & 33 mile routes are easy with a few hills. 50 & 100 mile routes are challenging and offer varied terrain with some big hills. Sag wagons, rest stops with snacks & drinks, mechanics available. T-shirts for sale. 360-692-6800.
- Jun 19-26: 2nd Annual Oregon Coast Cycle Tour.** Oregon. Ride from Astoria to California border. Camping & fully supported \$575. 7 days/7 nights. Group size limited to 12-18. info@great-explorations.com.
- Jun 19: Oregon Coast Tour.** Astoria, OR. Northern CA. 604-730-1247, info@great-explorations.com, www.great-explorations.com.
- Jun 20-27: Provence, France by bike.** France. Our "best of France" cycle tour, this year in Provence. Hotel accommodation, meals, fully supported \$1495. 7 days/7 nights. Group size limited to 12-18. info@great-explorations.com.
- Jun 20-25: Trek New Mexico.** New Mexico. 6 days. 400 miles through New Mexico beginning and ending in Albuquerque. Discover Santa Fe, Taos and Los Alamos along the route. Fully supported. Limited to 50. \$60 registration fee and \$900 in fundraising. 800-732-9339.
- Jun 20-Jul 21: "Bike-Aid" (Annual Cross-Country Trek for Global Education).** CA, OR, WA. Annual cross-country cycling adventure that promotes global education. Learn about important global issues while travelling & meeting with local communities through out the U.S. 9 weeks of love, sweat & tears. 800-RIDE-808.
- Jun 26: Midsummer Nightmare.** Spokane, WA. Very challenging 200-mile one-day tour on secondary roads in Spokane and Stevens Counties. Breathtaking scenery along Spokane River, Long Lake, Lake Roosevelt. 6 food stops, limited sag. Long sleeved shirt. 13,000 feet elevation gain; weather is usually HOT. 509-922-7249.
- Jun 26: North Cascades Epic.** Washington State. 604-576-9767, Contact prior to June 12.
- Jun 27: Flying Wheels.** Redmond, WA. Redmond City Hall. 30, 60 & 100 mile options. Official training ride for STP. Fundraising option tied in with STP. 206-522-BIKE.
- Jul 1: Tour de Lane.** Eugene, OR. 6 day loop showcasing unique system of paved forest roads around Eugene. Fully supported with leaders, SAC, mechanical support, gear transport. Breakfasts/dinners included. Hearty snacks every 15-20 miles. Average 55 miles/day. Camping with some motel availability. Intermediate difficulty. \$525 or 4-day with shuttle for \$320. 800-778-4838.
- Jul 1: Sunshine Coast Tour.** Sunshine Coast, BC. 604-520-7636, Contact prior to June 17.
- Jul 4-9: California Redwoods Tour.** Eugene, OR. 6 day tour. Cycling highlights: Avenue of the Giants: The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- Jul 10-15: Tour de Teton.** Grand Teton/Driggs, ID. All women 6 day tour starting in Rexburg ending in Jackson Hole, WY. Trip price of \$840 includes 5 nights lodging, 4 dinners, and 5 lunches and breakfasts. Full van support. 247 miles. 800-247-1444.
- Jul 10-13: Willamette Valley Tour.** Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support. All breakfasts/dinners plus hearty snacks. SAC, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450, Camping \$300. 800-778-4838.
- Jul 10-17: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdeheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508.
- Jul 10-11: 20th Annual Seattle to Portland Bicycle Classic.** Seattle to Portland. Begins at UW and ends in Portland. New this year: unlimited registration & new finish area, including fundraising option. The classic Northwest bike tour. 206-522-BIKE.
- Jul 10: Sea to Sky Trail Ride.** Devine - Squamish, BC. 604-730-1247, robbins@vistar.ca, www.great-explorations.com.
- Jul 11: Ice Cream Classic.** Sunriver, OR. 60 miles road ride around Mt. Bachelor followed by icecream social. Start at Sunriver Business Park. \$5. 541-382-8018.
- Jul 12-28: Zimbabwe: Mashonaland Sojourn.** Zimbabwe. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful biking. 500 miles, hills & moderate elevation. \$1090 plus airfare. 206-767-0848.
- Jul 12-28: Zimbabwe: Matabeleland Sojourn.** Zimbabwe. Victoria Falls, Matopos & Hwange National Parks, San rock art, Balancing culture, wildlife, canoe safari & white-water rafting. 382 miles. \$10 dirt, rolling terrain. \$1290 plus airfare. 206-767-0848.
- Jul 13: Rainer Ale Metric Century (17th Year).** Seattle, WA. Bicycle Alliance Passport Ride! 20, 53 & 77 mile loops. Rainer Brewery start & finish (3100 Airport Way). Flat plus one hill, two rest/food stops, great food, on STP route. Bicycle riding is optional. \$10 before June 5th. \$12 day of ride. 206-522-3701.
- Jul 17-23: Tour da Vinci.** Eugene, OR. 7 day loop start/ends in Eugene. Features the food & entertainment of Corvallis; Da Vinci Days, Willamette Valley, Oregon Coast and the Coast Range. Fully supported. Camping with motel options most nights. Breakfasts/dinners included. Hearty snacks every 15-20 miles. SAC, mechanical support, route maps & markings. \$525 or 4-day with shuttle for \$320. 800-778-4838.

ESTELLE GRAY AND RODRIGUEZ BICYCLES ARE CONDUCTING A WOMEN'S CYCLING CAMP!!!!

This weekend camp will be held June 4-6 at Mountain Springs Lodge outside of Leavenworth, Washington. The seminars and instruction will be geared towards women who want to ride their bikes more efficiently. We'll focus on understanding your gears so that you can ride faster and further more easily. We'll concentrate on making the hills feel easier and help you improve your bike handling skills. We'll cover topics such as efficient gear shifting, injury prevention, proper bicycle fitting, training, basic roadside repairs, equipment and clothing. You'll have an opportunity to try clipless pedals and work with a cadence computer.

We welcome riders of all ages and abilities. The material is designed for the woman who wants to get a better understanding of her bike as well as those who are going to ride from Seattle to Portland and want to do it more easily and efficiently.

Instructors will include:

- Estelle Gray, owner of R+E Cycles, world record holder
- Julie Johnson, physical therapist and ultra marathon cyclist.
- Dr. Anna Schwartz, women's 24 hr. record holder, ultramarathon cyclist
- Betsy King, (ex) prof. racer (Tour de France), LPN, ultramarathon cyclist

Cost of the camp is \$299 and includes:

- 2 nights lodging (single beds, four to a room)
- 6 meals (Fri dinner thru Sun lunch)
- Instruction and all materials
- Use of a cycling computer with a cadence function



To sign up:

Name _____ Phone(s) _____

Address _____ City, St. Zip _____

Form of Payment:

Check enclosed Credit Card # _____ exp. _____

Type of card: Visa MC Discover

We will send follow up confirmation with detailed information
To receive further information e-mail us at rodtandem@aol.com
or leave a message at 206-527-8931 ext:911

Bicycle Paper PRESENTS



Maynard Hershon is an international syndicated columnist for the sport of bicycling and a favorite among Pacific Northwest bicycle enthusiasts through his monthly column in Bicycle Paper. He also serves as Senior Writer in Velo News and Velo Business.



Erik Moen is a Physical Therapist, a Certified Strength and Conditioning Specialist and a Bicycle Paper columnist. He serves as the Clinic Director for Physiotherapy Associates - Lynnwood and as an Elite-Level coach with the United States Cycling Federation.

Maynard Hershon

Bicycle Paper columnist and Velo News senior writer

Erik Moen

Physical Therapist and Bicycle Paper columnist

Maynard Hershon will appear in the Adventure Theater 11 a.m. on Saturday, February 20 and 12:30 p.m. on Sunday, February 21.

Erik Moen will appear at 2:30 on Saturday, February 20 and 2:30 p.m. on Sunday, February 21.

For more information visit the Greater Seattle Bicycle Expo February 19, 20 and 21, call Bicycle Paper at (425) 355-9322 or visit our web site at www.bicyclepaper.com

Bicycle Paper

CALENDAR

Jul 17: Watermelon Rides. Chemewa High School, Salem, OR. Challenging recreational rides of 62, 100, 124 & 200 miles through mid-Willamette Valley. Full-service rest stops with food & energy drinks & toilet facilities will be provided, as well as limited mobile support. 503-399-9652.

Jul 18: Cariboo Thompson Tour. Kamloops, BC. 604-737-0043, dplaid@bmn.net.

Jul 23-26: League of American Bicyclists "Wines, Vines & Valleys" Rally. Sonoma County, CA. 202-622-1333.

Jul 24-25: MS 150 Jazz Delight Bike Tour. Everett, WA. Everett to Port Townsend and back 150 miles of cycling on the beautiful Olympic Peninsula and Wibley Island to benefit the MS Society. Overnight in Port Townsend. \$35 + \$200 in pledges. Funds benefit people with MS & their families. 206-284-4236.

Jul 24-27: Willamette Valley Tour. Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450. Camping \$300. 800-778-4838.

Jul 24-31: Volcanoes of Washington Tour. Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park; Windyridge, Mt. St. Helens; Yakima River. Designated: intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Jul 24: Summit to Surf. Mt. Hood to Hood River, OR. The cycling event from Mt. Hood to Hood River. 46, 53 or 66 mile options with elevation gains from 4,400' to 6,600'. Benefits the American Diabetes Association. 800-342-2383 x24.

Jul 31-Aug 7: Oregon Crater Lake Tour. Eugene, OR. 4 day tour. Highlights: Aufderheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Aug 17: Bicycle Washington '99. Spokane, WA. 206-224-9252. Aug 7-14: Gulf Island Explorer. Canada. Starting from Victoria, we'll visit Mayne Island, Saturna, Galliano, and Salt Spring. Accommodations, lodges & B&Bs. \$650. 5 days/7 nights. Group size limited to 12-18. info@great-explorations.com

Aug 8-14: Crater Lake Challenge. Eugene, OR. 7 day, 381 mile loop from Eugene to Crater Lake National Park. Low traffic, scenic roads, hot spring, fly fishing & swimming, covered bridges & waterfalls. Full support. Breakfasts/dinners included, with hearty mid-day meals. Lodging package \$825. Camping package \$525. Limit 50 riders. Intermediate to advanced difficulty. 800-778-4838.

Aug 8-21: Malawai: Land and Lake. Malawai. Extraordinary scenery, traditional villages and a lot of contact with local people. 360 miles, 20% dirt, some hills. \$1090 plus airfare. 206-767-0848.

Aug 8-14: SPUDS 5 - Cycling Around Idaho. Boise-Driggs, ID. SPUDS 5 explores the many faces of Idaho from the Sawtooth Mtns. to the high desert to the farmlands at the base of the Grand Tetons. Fully supported, camping. 888-733-9615.

Aug 13-14: Ride from Seattle to Vancouver & (RSP) (RVSP). Seattle to Vancouver. 185 miles. From either UW or Sand Point, Bellinham, then to Vancouver. ~900 riders. 206-522-BIKE.

Aug 14-21: Volcanoes of Washington Tour. Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park; Windyridge, Mt. St. Helens; Yakima River. Designated: intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Aug 15: 1999 Covered Bridge Bicycle Tour. Timber Linck Park, Albany, OR. 15k, 55k, 100k, 100 mile. Beautiful scenery, great food, excellent markings with maps and cue sheets. 2555 NW Princess, Corvallis, OR 97330-3217. 541-758-8135.

Aug 15-20: Banff-Jasper. Banff, Alberta, Canada. All women 6 day tour of the Icefields Parkway from Banff to Jasper. Trip price of \$1090 includes 5 nights lodging, all dinners, lunches and breakfasts. Full van support. 231 miles. 800-247-1444.

Aug 15: Covered Bridges Bicycle Tour. Timber Linck Park, Albany, OR. Ride through Linck County's Historic Covered Bridges & beautiful countryside & rolling hills. 100 mile, 100k, 35 mile & family ride. Send SASE for registration form. P.O. Box 1373, Corvallis, OR 97339-1373.

Aug 15-21: WVCYCX - Wyoming Cycling Celebration. Jackson, Kaycee, WY. 10th annual ride across Wyoming, from Jackson Hole to Kaycee via the Wind River Canyon & Big Horn Mountains. Fully supported & camping. 888-733-9615.

Aug 21-Sep 3: Malawai: Tumbukaland. Malawai. Extraordinary scenery, traditional villages and a lot of contact with local people. 500 miles, 20% dirt, major climbs. \$1090 plus airfare. 206-767-0848.

Aug 21-28: Oregon Crater Lake Tour. Eugene, OR. 8 day tour. Highlights: Aufderheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Aug 22-28: Ride Around Washington (RAW). WA. Inaugural week-long ride with initial course traversing Hwy. 20 from Puget Sound to Newport on the Washington/Idaho border. Ride will change routes each year. 250-300 riders. 206-522-BIKE.

Aug 22-26: Willamette Valley Tour. Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450. Camping \$300. 800-778-4838.

Aug 28-Sep 1: Cascade Lakes Tour. Oakridge, OR. 4 days in the Oregon Cascades. Advanced difficulty. Spectacular high desert & old-growth forest views. Quiet Western towns, brewpubs, great food. 68 miles/day avg. Camping: \$375; moto package: \$575. Limit 50 riders. 800-778-4838.

Aug 28: Crater Lake Rim Tour. Crater Lake, OR. Ride from Diamond Lake to Crater Lake. Limited pre-registration only. Camping at Diamond Lake included in registration fee. Send SASE for registration form. P.O. Box 1373, Corvallis, OR 97339-1373.

Sep 4: Tour de Kitsap. Bremerton, WA. Free entry in bicycle drawing (donated by Mt. Constance Bicycle Shoppe) & helmet light for entries before 8/21/99. Start 9am/finish 4pm downtown Bremerton, near ferry. 30 & 50 miles. \$15 adults, \$10 under 18. Food, drinks, map, sag, entertainment. 360-479-1265.

Sep 5-11: Crater Lake Challenge. Eugene, OR. 7 day, 381 mile loop from Eugene to Crater Lake National Park. Low traffic, scenic roads, hot spring, fly fishing & swimming, covered bridges & waterfalls. Full support. Breakfasts/dinners included, with hearty mid-day meals. Lodging package \$825. Camping package \$525. Limit 50 riders. Intermediate to advanced difficulty. 800-778-4838.

Sep 5-12: Ireland, by bike. Ireland. We'll visit the Connemara Aran Islands and the magical West Coast. Accommodation is in lodges and hotels. \$1285. 7 days/7 nights. Group size limited to 12-18. info@great-explorations.com.

Sep 6: Bruce's Round-Out Tour. Gulf Islands, BC. 604-873-0320. Contact prior to October 23.

Sep 9: 17th Annual Peninsula Metric Century. Gig Harbor or Southworth, WA. Rolling terrain of South Kitsap & North Pierce Counties. 20, 50, 70, 100K & 100 mile routes (100 mile has 6,000 feet elevation change). \$15 (person) & \$35 (two adult family) (\$12 & \$30 before 6/1). Great food, mechanical support & map. Limit 1,000 riders. 253-566-1822.

Sep 11-13: Trek Tri-Island. Seattle to Victoria. Seattle to Victoria through the San Juans. 3 days, 135 miles. Fully supported. Limited to 700. \$50 registration fee & \$350 in fundraising. 800-732-9339.

Sep 12: Sunnyside Tour. Bend, OR. 55 & 100 mile routes around Mt. Bachelor. Start at Sunnyside Sports. \$18. 541-382-8018.

Sep 12-18: Wheeling Washington. WA & BC. Seattle, WA to San Juans to Victoria BC to Long Beach, WA. Extremely popular exploration of the Evergreen State. 800-443-0528.

Sep 12-Oct 1: Santa Fe Trail Bicycle Trek. Santa Fe, NM. Ride all or part of the Santa Fe Trail (4-110 miles. Non profit, \$26/day includes breakfast & dinner, camp sites, ride sheets & maps, and all gear carried by truck. 885 Camino Del Este, Santa Fe, NM 87501.

Sep 18-Oct 3: Canyons of the Southwest 16 days. Cedar City, Utah. All women 16 day tour of Zion, Grand Canyon, Bryce, Capitol Reef National Parks and Grandstaircase/Escalante and Cedar Breaks National Monuments. Trip price of \$1700 includes 16 nights lodging and most meals. Full van support. 659 miles. 800-247-1444.

Sep 18-21: Willamette Valley Tour. Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450. Camping \$300. 800-778-4838.

Sep 18-20: Trek Tri-Island. Seattle to Victoria. Seattle to Victoria through the San Juans. 3 days, 135 miles. Fully supported. Limited to 700. \$50 registration fee & \$350 in fundraising. 800-732-9339.

Sep 18-25: Oregon Crater Lake Tour. Eugene, OR. 8 day tour. Highlights: Aufderheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Sep 18: Autumn Cycling Classic. Marblemount, WA. Formerly known as the Jan Selvig Century. 114 miles & 7,300' climbing. Also 100 & 50 mile loops. \$40. pre-registration only. 5802 224th Place SW, Mountlake Terrace, WA 98043.

Sep 19: 20th Annual Autumn Century. Spokane, WA. 25, 62 & 100 mile scenic rides on rural roads with mechanical & sag support. Maps, shirts, great food & more cookies than you can eat. All routes have some climbing with several challenging hills on 62 & 100 mile courses. 509-922-7249.

Sep 25-26: Tour des Lacs. Spokane to Couer d'Alene & back. 2 day cycling tour offering a variety of mileage and routes. Includes. Boat cruises available. Includes meals, t-shirt and luggage handling. From \$55. 509-455-7657.

Sep 26: Peach of a Century. Chemeketa Community College, Salem, OR. Choice of Full Century (100 miles) or Metric Century (100km). Checkpoints will have food, water, sports drink and rest rooms. A sag vehicle will sweep both courses at day's end. 503-364-2068.

Oct 2: Italy, by bike. Italy. Under the Tuscan sun we'll visit the best of Italy feasting along the way. Accommodation is in hotels and inns. \$1495 (7 days/7 nights). Group size limited to 12-18. info@great-explorations.com.

Oct 2: Manatash Metric Fall Colors. Ellensburg, WA. Public Safety Building, 2nd & Pearl. 7:30-9am. 32 or 62 mile loops — flat to rolling hills along Yakima River valley. Sag & food provided. \$10 pre-registration & \$12 ride ride. (\$15/\$17 for tandem). 509-925-4536.

Oct 3-10: Hawaii Tour. Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauea Crater rim ride: 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Oct 3: Kitsap Color Classic. WA. 16-65 mile options. Season-closing event beginning in Edmonds or Kingston with loops through northern the Kitsap Peninsula. Revamping post-ride barbeque. 206-522-BIKE.

Oct 18-23: California Vineyards. Healdsburg, CA. All women 6 day tour from the vineyards of Sonoma and Napa Valleys to the breakers at Bodega Bay on the Pacific coast. Trip price of \$1190 includes 5 nights lodging, 3 dinners, lunches and 5 breakfasts. Full van support. 231 miles. 800-247-1444.

Oct 24-29: Cycling California Tour. Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Nov 7-12: Golden California Tour. Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Nov 21-28: Hawaii Tour. Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauea Crater rim ride: 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. P.O. Box 11219, Olympia, WA 98508.



PHOTO BY STEVE STOCKLAND COURTESY OF THE ALM

Participants of last year's Trek Tri-Island to benefit the American Lung Association.

Nov 22-Dec 6: West Africa People-to-People. West Africa. Senegal coast, unique architectural forms, historic sites, markets, art, village stays, people & beaches. 350 miles, 20% dirt. \$1090 plus airfare. 206-767-0848.

Dec 5-12: Hawaii Tour. Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauea Crater rim ride: 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. P.O. Box 11219, Olympia, WA 98508.

Jan 1-Dec 31: Odyssey 2000. Everywhere. Around the world. Slots still available for this awesome adventure. 800-433-0528.



Mountain Bike Racing

Feb 28: 7th Annual Valentine's Day Challenge. Belfair, WA. Cross-country mountain bike race. 90% singletrack — free prize raffle. New classes including Full suspension, full rigid, & cyclostyle 200lbs + \$15 pre-entry. \$20 day of. No license needed. 253-858-8040.

Apr 1: Bart Bash 3. Nanaimo, BC. 250-756-0058, peter@eampike.com.

Apr 1: Gary Fisher Race for the Trails #1. Broadway Cyclepath Vanier Park Enduro. Vanier Park, BC. 604-683-7278, lorihash@axionet.com.

Apr 1: Finley Hills Challenge. WIM #1. Tri-Cities, WA. 400 participants. Cross-country racing for all ages and ability levels. 509-455-7657.

Apr 11: 14th Annual Muddslinger. Corvallis, OR. Cross-country. 1999 Oregon Off-Road Series #1. Same course as last year and will include a cross-country race, poker ride & kid's race (tentative). 541-754-3752.

Apr 11: Barking Spider. Nampa, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country. 208-342-3910.

Apr 12: Chainbreaker. Bend, OR. 1999 Oregon Off-Road Series #2. Cross-country. 541-389-3295.

Apr 24: Big K Mountain Bike Festival. Roseburg, OR. 1999 Oregon Off-Road Series #3, cross-country. 541-957-1020.

Apr 25: 8th Annual Beartrail & Beeswax Race. Tahuya Forest near Belfair, WA. Single Track Minds Cycling Club presents the longest standing classic mountain bike race in WA state with an average of 400 participants. 253-565-5124.

May 1-2: Chelan MTB Festival. WIM #2. Chelan, WA. Cross-country & Downhill racing for all ages and ability levels. 509-455-7657.

May 1: Gary Fisher Race for the Trails #3. LifeCycles Veddar Mountain Revival. Veddar Mountain, BC. 604-683-7278, lorihash@axionet.com.

May 1: Planet Sports Cross Country. Victoria, BC. 250-384-3801.

May 1: Sprockeds Youth Challenge. Gibson, BC. 604-886-0772, dtdewiller@sd46.bc.ca.

May 1: Gary Fisher Race for the Trails #2. The Ridge Classic XC, Belcarra, BC. 604-683-7278, lorihash@axionet.com.

May 1: Dairy Queen Downhill. Campbell Mountain, BC. 250-493-0686.

May 1: BC High School Invitational MTB Championships. Grouse Mountain, BC. 604-985-3181.

May 2: Spring Thrax. Ashland, OR. 1999 Oregon Off-Road Series #4, cross-country. 541-482-8704.

May 8: Hammerfest '99. Errington/Parksville, BC. 250-752-3445, jhoward@qb.island.net.

May 9: Coast Hills Classic. Newport, OR. 1999 Oregon Off-Road Series #5, cross-country. 541-574-0327.

May 15-16: Boneshaker MTB Bash. WIM #3. Winthrop, WA. Cross-country & Downhill racing for all ages and ability levels. 509-455-7657.

May 15: NORBA Championship Series #1. Big Bear, CA. 604-737-3137.

May 16: Race at Reehers. Forest Grove, OR. 1999 Oregon Off-Road Series #6, cross-country. 503-234-9273.

May 16: Coast Hills Mtn. Bike Classic. Newport, OR. Part of the 13 race ORBA series. 8, 18 & 28 mile rolling cross-country courses. Awesome singletrack, fast descents & challenging climbs. Fundraiser for high school mtn. bike club & honor society. 541-574-0327.

May 22-23: Klamath Heat. Klamath Falls, OR. 1999 Oregon Off-Road Series #7. Downhill 5/22 & cross-country 5/23. 541-882-1001.

May 22-23: Bordertown Challenge. Oasis, NV. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. Nevada State Champs. 208-342-3910.

May 22: SUNLIGHT BC CUP XC#1 - Snowden Slag Slam. Campbell River, BC. 250-286-6340, lemmings@island.net.

May 29: 4th Annual Action Quest '99. Summerland, BC. 250-494-0341, www.rideactionquest.com.

May 30: Hutch's Hustle. Bend, OR. 1999 Oregon Off-Road Series #8, cross-country. 541-389-3295.

Jun 1: Granny Gear Grind. Comox Lake, BC. 250-339-7011, lliback@comox.island.net.

Jun 1: Mt. MacPherson Challenge. Revelstoke, BC. 250-814-0990.

Jun 1: Dave Lyman Memorial Classic. Port Moody, BC. 604-937-DAVE.

Jun 1: 12th Annual Kelowna Classic. Kelowna, BC. 250-763-9213, atwelling@wkpowerrink.com.

Jun 1: Gary Fisher Race for the Trails #4. John Henry Poker Challenge. Newport, Vancouver, BC. 604-683-7278, lorihash@axionet.com.

Jun 1: Torque Baby. Cranbrook, BC. 250-426-6171, gerick@cyberlink.bc.ca.

Jun 1: Pacific Sport International Mountain Bike criteriums. Squamish, BC. 250-744-3583, cycling@ampsc.com.

Jun 5-6: Excellent Adventure. Idaho City, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. 208-342-3910.

Jun 5-6: The Beacon Broom. WIM #4. Minihaha Park, Spokane, WA. Cross-country & Downhill racing for all ages and ability levels. 509-455-7657.

Jun 5: SUNLIGHT BC CUP XC#2, DH#1, DS#1. Cyclepath Triple Threat. Crystal Mountain, BC. 250-868-0122.

Jun 5: Camp Fortune. Old Fortune, CO. 819-827-1717, feedback@ski-fortune.com.

Jun 13: Pickett's Charge. Bend, OR. 1999 Oregon Off-Road Series #9, cross-country. At Virginia Meissner Snowpark. 541-385-9344.

Jun 19-20: 24 Hours of Blues. Ukiah, OR. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. 24 hrs. race. 208-342-3910.

Jun 19: Bear Mountain Challenge. Mission, BC. 604-853-4581.

Jun 23: Pacific Sport International Mountain Bike Stage Race. Mt. Washington/Squamish. 250-744-3583, cycling@ampsc.com.

Jun 26-27: 1999 UCI/World Cup Downhill MT. Bike Races. Crystal Mountain, WA. 400 Professional athletes competing in downhill & dual events. 509-455-7657.

Jun 26: Squamish Test of Metal. Squamish, BC. A 67km mass start race through the Streets & Trails of Squamish. 11 am start. Limited to 800 racers. 1997 sold out. Trials also. 604-898-3519.

Jun 27: Terror in the Tillamook. Forest Grove, OR. 1999 Oregon Off-Road Series #10, cross-country. 503-282-8673.

Jul 3: SUNLIGHT BC CUP XC #3 Mile High Cross Country. Silver Star Mountain, BC. 250-545-0229, mountaincomm@bc.sympatico.ca.

Jul 4: Galena Grinder. Sun Valley, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country. 208-342-3910.

Jul 10-11: Crystal Mt. Crunch. WIM #5. Crystal Mt., WA. Downhill, Cross-country & Dual racing for all ages and ability levels. DH & Dual racing will take place on the World Cup Courses! A Washington State Championships event. 509-455-7657.

Jul 10: Gorge Games Dual Slalom. Mt. Hood Ski Bowl, OR. Gorge Games Head-to-Head Dual Slalom is some of the best fast action mountain biking anywhere. Competitors will go head-to-head & the fastest time wins in this double elimination format. www.gorgegames.com.

Jul 10: Gorge Games Downhill. Mt. Hood Ski Bowl, OR. Gorge Games Downhill course is a former NORBA National venue. Competitors will be faced with 26 switchback turns on the gnar gnar & tested through the technical & challenging Fire Hydrant trail. www.gorgegames.com.

Jul 10-24 on the Shore. Grouse Mountain, BC. 604-924-0288, velocity@direct.ca.

CALENDAR

Jul 11: Gorge Games Cross-Country. Hood River, OR. Xc has tons of singletrack, breathtaking views & technical descents. Variety of challenges & course lengths for all levels of riders. Free street dance & party downtown with live music, tasty food & beer garden after the race! www.gorgegames.com.

Jul 15: Western Canada Games. Prince Albert, Sask. 306-780-9289. Cycling@comnet.unibass.com.

Jul 17: SUNLIGHT BC CUP DH#2, DS #2, Double Dog Downhill & Dual Slalom. Silver Star Mountain, BC. 250-545-0229. mountaincomm@bc.sympatico.ca.

Jul 18: Miss Gillcuddy's 8th Annual Oakridge Fat Tire Festival. Oakridge, OR. 1999 Oregon Off-Road Series #11, cross-country. 541-782-3494.

Jul 24-25: Cougar Mtn. Bike Festival. Saginaw, OR. 1999 Oregon Off-Road Series #12. XC 7/24 and DH & more 7/25. Oregon's largest Fat Tire Festival! New high-tech timing equipment & professional timing crews. 541-984-1433.

Jul 24: Canada Cup #6 - Finals. Silver Star Mountain, BC. 250-545-0229. mountaincomm@bc.sympatico.ca.

Jul 31-Aug 1: Bogus Bomber. Boise, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. 208-342-3910.

Jul 31-Aug 1: Ride the Runt, WIM #6. Lookout Pass, ID/MT border. Downhill, Dual & Cross-country for all ages and ability levels. 509-455-7657.

Jul 31: Mt. Washington Coca-Cola Classic & Monster Downhill. Mt. Washington, BC. 250-897-1836.

Aug 1: Apex Vertical. Apex Mountain Resort, BC. 250-770-1084. ronhays@mtb.net.

Aug 1: Point-to-Point. Mt. Washington, BC. 250-384-3801.

Aug 7-8: Bash at the Pass. Willamette Pass, OR. 1999 Oregon Off-Road Series #13. Downhill/dual slalom 8/7 & cross-country 8/8. 541-345-7669.

Aug 7: SUNLIGHT BC CUP #4, DH #3, DS #3, 7th Annual Fernie Mud and Madness. Fernie, BC. 250-423-6464.

Aug 8: Whiteknob Challenge. Mackay, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country. 208-342-3910.

Aug 14-15: Schweitzer Dirt & Rock Tour, WIM #7. Schweitzer Mt. Resort, Sandpoint, ID. Downhill, Dual & Cross-country for all ages and ability levels. Also an AMBC event. 509-455-7657.

Aug 15: DustSlinger. Bend, OR. 1999 Oregon Off-Road Series #14, cross-country. 541-382-9253.

Aug 21: Revenge of the Singletrack. Twin Falls, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country. 208-342-3910.

Aug 21: SUNLIGHT BC CUP CHAMPIONSHIPS XC 5, DS #4, DH #4, Sunpeaks Challenge. Kamloops, BC. 250-828-2783. hopelr@hotmail.com.

Aug 22: Return on the Jedi. Grants Pass, OR. 1999 Oregon Off-Road Series #15, cross-country. Top-rated course finishes on 5 miles of twisting singletrack ("The Jedi Trail") at Sam Brown Campground. 28 miles for experts, 21 miles for beginners. 541-476-4935.

Aug 27: Whistler International Classic MTB Festival. Whistler, BC. 604-938-1194. cboninn@pacficcoast.net.

Aug 28: ORBA Downhill Finals. Saginaw, OR. 1999 Oregon Off-Road Series downhill finals. 541-984-1433.

Aug 28-29: Selkirk Challenge, WIM Finals. Mt. Spokane State Park, WA. Downhill and Cross-country action for all ages and ability levels. 509-455-7657.

Sep 1: Cheakamus Challenge. Squamish to Whistler. 970-871-0038/after August 15th - 604-898-2588.

Sep 4-5: Kokanee 24 Hours of Adrenalin. Vernon, B.C., Canada. Silver Star Mountain Resort. Dubbed the "Woodstock of Mountain Biking," it's the largest series of it's kind. Categories include teams of two, four, five, corporate (6-10) or solo. Teams camp out for the weekend and winners are determined by the number of laps completed at the end of the 24 hours. 905-944-9436.

Sep 5: Finals Flying M Ranch. Yamhill, OR. 1999 Oregon Off-Road Series cross-country finals. 541-349-9270.

Sep 11-12: Brundage Bike Fest. McCall, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. Idaho State Champs. 208-342-3910.

Sep 11: 1st Annual Mountain Bike Enduro. Tahuya Forest near Belfair, WA. Single Track Minds Cycling Club presents the first annual Tahuya Mountain Bike Enduro. This is a popular motorbike event we have adapted to a mountain bike format. 253-565-5124.

Oct 1-3: 13th Annual Methow Valley Mtn. Bike Festival. Winthrop, WA. 3 day mountain bike event includes circuit race, catered lunch rides, downhill races (kids and adults), salmon dinner, bike rodeo, cross-country races (kids and adults). 509-996-3287.

Nov 1: BC Cyclo-Cross Series. Fort Langley, BC. 604-538-6415



Mountain Bike Touring

Mar 31-Apr 13: Tunisia Odyssey: Eden to Oasis. Tunisia. Diverse culture & beautiful landscapes of coastal and Sahara zones of southern Tunisia. Wondrous array of people, architecture, culture & landscape. 485 miles, 90% paved roads, hills. \$1190 plus airfare. 206-767-0848.

May 1: Ride Around Clark County. Clark County, WA. 3 beautiful & challenging rides, 34, 65 & 100 mile loops & a new 18 mile casual ride. Entry to win a Coleman camping package or a Coleman entry level spa to all pre-registered (prior to 4/7/99) participants. 360-892-8765.

May 22: Reach the Beach. OR. 1-day fundraising tour to Oregon coast for families, friends & corporate teams. Fully supported with medics, mechanics, communications, food, water & post-ride BBQ. Start from Portland, Salem, Amity, Conavillis or on mountain bike from Grand Ronde. 503-246-1997.

Jun 5: MS Mountain Bike Madness Ride. Fall City, WA. Fun-filled day on the Weyerhaeuser Tree Farm with a 50k route for all abilities and a challenging 70k route with single track. \$25 + \$75 in pledges. Funds benefit people with MS & their families. 206-284-4236.

Jun 12: Tour de Blast. Toule, WA. In its 7th year, the Tour de Blast offers both a 50 & 135k ride. Well staffed by Longview Noon Rotarians, this ride presents breathtaking views of the Mt. St. Helens blast zone. \$30 covers t-shirt, rest stops & end of ride pasta feed. 360-749-2192.

Jun 23-27: Red-Spoke 1999. Redmond to Spokane, WA. Redmond Rotary's 12th Annual Bicycle Tour. Experience the fun, excitement, fellowship & adventure of this 300-mile ride across Washington. Fully supported, limited to only 100. 206-298-9288.

Jul 10-11: 4th Annual Sea to Sky Mountain Bike Trail Ride. British Columbia. Ride the newly developed 150km mountain bike trail from Devine to Squamish with an overnight at Whistler resort. 500 riders expected. This even will sell out 604-SEA-25KY.

Jul 12-28: Zimbabwe: Matabeleland Sojourn. Zimbabwe. Victoria Falls, Matopos & Hwange National Parks. San rock art, Batonga culture, wildlife, canoe safari & white-water rafting. 382 miles, %10 dirt, rolling terrain. \$1290 plus airfare. 206-767-0848.

Jul 12-28: Zimbabwe: Mashonaland Sojourn. Zimbabwe. Visits to Great Zimbabwe. San rock art & national parks and breathtakingly beautiful biking. 500 miles, hills & moderate elevation. \$1090 plus airfare. 206-767-0848.

Jul 31: Yakom River MTB Tour. Lillooet, BC. 604-521-8985. Contact prior to July 17.

Aug 2-21: Malawal: Land and Lake. Malawal. Extraordinary scenery, traditional villages & a lot of contact with local people. 360 miles, 20% dirt, some hills. \$1090 plus airfare. 206-767-0848.

Aug 15: Kettle Valley Trail Ride (Stage 1). Nelson - Beaverdell, BC. 604-730-1247. robbinsm@istar.ca, www.great-expectations.com.

Aug 21-Sep 3: Malawal: Tumbukaland. Malawal. Extraordinary scenery, traditional villages and a lot of contact with local people. 500 miles, 20% dirt, major climbs. \$1090 plus airfare. 206-767-0848.

Aug 21: Kettle Valley Trail Ride (Stage 2). Beaverdell - Coley Creek, BC. 604-730-1247. robbinsm@istar.ca, www.great-expectations.com.

Aug 26: Kettle Valley Trail Ride (Stage 3). Coalmont - Hope, BC. 604-730-1247. robbinsm@istar.ca, www.great-expectations.com.

Sep 5-19: 4th Annual Kettle Valley Trail Cycle Tour. British Columbia. Nelson to Hope. Choose from 3, 6, 9, 12 or 15 day stages as we cycle 700km through the interior of British Columbia through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." 604-878-8800.

Sep 11: Whistler Road/MTB Tour. Whistler, BC. 604-322-1742. Contact prior to August 08.

Oct 1-3: 13th Annual Methow Valley Mtn. Bike Festival. Winthrop, WA. 3 day mountain bike event includes circuit race, catered lunch rides, downhill races (kids and adults), salmon dinner, bike rodeo, cross-country races (kids and adults). 509-996-3287.

Oct 9: Winthrop Washington MTB Tour. Winthrop, WA. 604-576-9767. Contact prior to September 25.

Nov 22-Dec 6: West Africa People-to-People. West Africa. Senegal coast, unique architectural forms, historic sites, markets, art, village stays, people & beaches. 350 miles, 20% dirt, \$1090 plus airfare. 206-767-0848.



Multisport

Mar 6: Winter Triathlon. Winthrop, WA. Bike, Ski, Run, Road bike or Mt. Bike 10k, X-country ski 20k, Dirt road run 12k. 509-996-2886.

Mar 18: Ridge to River Relay. Wenatchee, WA. 19th annual, designed for recreational & expert athletes. Starts at top of Mission Ridge, participants Nordic ski, then Alpine ski, followed by a run, then bike, and ending with a water leg where participants canoe or kayak to Wenatchee. Teams of 2 to 6 or do the 35-mile challenge solo. 509-662-8799.

Apr 3: Double Pole Paddle Pad. Botzeman, MT. Alpine ski run (5k), cross-country run (5k) and 10 mile bike. Call for more information. 406-587-2445.

May 15: U.S. Bank Pole Pedal Paddle. Bend, OR. Individuals, pairs or teams (up to 7 people) alpine ski, cross-country ski, bike, run, paddle and sprint from Mt. Bachelor to Drake Park. 5-41-388-0002.

Jul 17: Gorge Games Off-Road Triathlon. Hood River, OR. Off-road triathlon is the new rage. Test yourself in the beautiful Columbia River Gorge & see if you have what it takes to conquer the course Michael Tobin called "the most challenging course on the XTERRA series." The final concert & party follows at night - don't miss it! www.gorgegames.com



Road Racing

Feb 21: Jack Frost Time Trial. Vancouver, WA. 503-629-9406.

Feb 28: Banana Belt Series '99 #1. Hagg Lake, OR. 503-236-4712.

Mar 1: Snohomish Road Race. Snohomish, WA. 206-932-5921. pazzo@accessone.com, www.pazzoVELO.com.

Mar 6: Mason Lake Road Race #1. Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. 206-932-5921.



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CALENDAR

Mar 7: Tour de Dungeness. Dungeness West Sequim, WA. Tour de Dungeness is a bicycle road race series. Dungeness Recreation Area 3/7, 3/14 & 3/21. \$20 (\$18 earlybird). \$1 WSBA. Bill Rowland @ 360-457-8069.

Mar 7: Banana Belt Series '99 #2. Hagg Lake, OR. 503-236-4712.

Mar 7: Escape Velocity Spring Road Race Series. Vancouver, B.C. Six race series. 604-733-6947.

Mar 13: Mason Lake Road Race #2. Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. 206-932-5921.

Mar 13: So. Oregon Time Trials #1. Medford, OR. Three race series: 3/13, 3/20 & 3/27. 541-488-2453.

Mar 14: Tour de Dungeness. Dungeness West Sequim, WA. Tour de Dungeness is a bicycle road race series. Dungeness Recreation Area 3/7, 3/14 & 3/21. \$20 (\$18 earlybird). \$1 WSBA. Bill Rowland @ 360-457-8069.

Mar 14: Banana Belt Series '99 #3. Hagg Lake, OR. 503-236-4712.

Mar 14: Escape Velocity Spring Road Race Series. Vancouver, B.C. Six race series. 604-733-6947.

Mar 20: Mason Lake Road Race #3. Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. 206-932-5921.

Mar 20: So. Oregon Time Trials #2. Ashland, OR. Three race series: 3/13, 3/20 & 3/27. 541-488-2453.

Mar 20: Escape Velocity Spring Road Race Series. Vancouver, B.C. Six race series. 604-733-6947.

Mar 21: Tour de Dungeness. Dungeness West Sequim, WA. Tour de Dungeness is a bicycle road race series. Dungeness Recreation Area 3/7, 3/14 & 3/21. \$20 (\$18 early bird). \$1 WSBA. Bill Rowland @ 360-457-8069.

Mar 21: Piece of Cake Road Race. West of Halsey, OR. 24th annual, original course in central Willamette Valley. Exit #216 on I-5. 541-349-9270.

Mar 21: Escape Velocity Spring Road Race Series. Vancouver, B.C. Six race series. 604-733-6947.

Mar 27: So. Oregon Time Trials #3. Ashland, OR. Three race series: 3/13, 3/20 & 3/27. 541-488-2453.

Mar 27: Escape Velocity Spring Road Race Series. Vancouver, B.C. Six race series. 604-733-6947.

Mar 28: Snohomish Road Race. Snohomish, WA. Road race at Flowing Lake Park. \$20. Rolling 11 mile loop on country roads with small steep rollers. 206-932-5921.

Mar 28: Escape Velocity Spring Road Race Series. Vancouver, B.C. Six race series. 604-733-6947.

Apr 1: Volunteer Park. Seattle, WA. 206-932-5921. pazzo@accessone.com, www.pazzevo.com.

Apr 1: BC CUP #1 Squeaky Classic Road Race. Fort Langley, BC. 604-646-6660. akzlow@wcb.bc.ca.

Apr 1: Seward Park Spring Classic. Seattle, WA. 206-932-5921. pazzo@accessone.com, www.pazzevo.com.

Apr 1: Gerick Cycles Kelowna Criterium. Kelowna, BC. 250-868-3007.

Apr 1: Atomic Vernon Road Race. Vernon, BC. 250-545-4969.

Apr 1: Texana Rice Time Trial. North Vancouver, BC. 604-597-7735. doug.preston@bc.sympatico.ca.

Apr 1: Gary Lund Road Race. Sooke, BC. 250-595-1937. redmango@idmail.com.

Apr 1: Bellingham Criterium. Bellingham, WA. 206-292-5141.

Apr 10: Kings Valley Road Race. Near Corvallis, OR. A rolling course perfect for the strong man/woman. 19.5 mile loop on good to excellent roads. Perfect tune-up for the Tour of Willamette. 541-343-4833.

Apr 10: Seward Park Spring Classic. Seattle, WA. 206-932-5921.

Apr 10: Kings Valley Road Race. Corvallis, OR. 503-741-0313.

Apr 11: Vashon Island Circuit Race. Vashon Island, WA. Road race at Reddings Beach Rd. \$20. 3 mile circuit with a 7% / 2 mile climb each lap. 206-932-5921.

Apr 13: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Apr 13-18: Tour of Willamette. Eugene, OR. 503-293-6505.

Apr 13: Tour of Willamette. Eugene, OR. 541-953-8937. ilsmith@northwest.com, www.veloski.com.

Apr 20: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Apr 24-25: Pear Blossom/Woodrat. Medford, OR. 541-772-1393.

Apr 27: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

May 1-2: TUN/McCormick Woods Omnium. Port Orchard & Longbranch, WA. Circuit Race, Time Trial & Road Race. \$45. 3 mile flat circuit race, 5 mile flat tri, 10.5 mile loop road race with 1k hill. 206-932-5921.

May 1: BC CUP #3 Bastion Square Cycling Grand Prix. Victoria, BC. 250-595-1955.

May 1: Caleb Pike Road Race. Victoria, BC. 250-384-8805.

May 1: Up and Over Road Race. Victoria, BC. 250-595-1937. redmango@idmail.com.

May 1: Yakima Road Race - Washington Championships. Yakima, WA. 206-292-5141. http://users.ewa.net/sagecycle.

May 1: Comox Valley Downtown Criterium. Courtenay, BC. 250-339-9758. cccv@mars.ark.com.

May 3: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

May 4: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

May 4: PIR. Portland, OR. Race series. 503-636-6422.

May 4: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

May 5: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

May 11: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

May 11: PIR. Portland, OR. Race series. 503-636-6422.

May 11: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

May 12: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

May 15: Mutual of Enumclaw Stage Race. Enumclaw, WA. 206-621-3245. T1cycles@aol.com.

May 16: Rehearsal Road Race. Oregon City, OR. 503-632-6030.

May 17: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

May 18: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

May 18: PIR. Portland, OR. Race series. 503-636-6422.

May 18: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

May 19: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

May 21-23: Columbia Plateau. Eastern Oregon. 503-231-0236.

May 22: BC CUP #2 BC Classic Stage Race. Langley, BC. 604-733-6947. www.escapevelocity.bc.ca.

May 23: Beavertron CTR. Beaverton, OR. 503-257-6244.

May 25: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

May 25: PIR. Portland, OR. Race series. 503-636-6422.

May 25: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

May 26: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

May 31: Larch Mount Hill Climb. Portland, OR. 503-245-9878.

May 31: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Jun 1: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jun 1: PIR. Portland, OR. Race series. 503-636-6422.

Jun 1: Pacific Sport International Mountain Bike Criteriums. Squamish, BC. 250-744-3583. cycling@ampsc.com.

Jun 1: Atomic Criterium. Vancouver, BC. 604-320-2105. brad@instepmobile.com.

Jun 1: BC CUP #4 Texana Rice - Hatzie Valley Road Race. Mission, BC. 604-597-4301.

Jun 1: Leavenworth Road Race. Leavenworth, WA. 206-932-5921. pazzo@accessone.com, www.pazzevo.com.

Jun 1: Queen's Park Criterium. Toronto, ON. 416-960-5312. OPGP@aol.com.

Jun 1: Washington State TT Championships. Roslyn, WA. 206-292-5141.

Jun 1: Seward Park Summer Classic. Seattle, WA. 206-932-5921. pazzo@accessone.com, www.pazzevo.com.

Jun 1: Woodville Circuit Road Race. Woodville, WA. pazzo@accessone.com.

Jun 1: Redmond Town Criterium. Redmond, WA. 206-292-4301.

Jun 1: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jun 2: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jun 5: Silvertown Road Race. Silvertown, OR. 503-362-0500.

Jun 6: District Road Race. Oregon City, OR. 503-632-6030.

Jun 8: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jun 8: PIR. Portland, OR. Race series. 503-636-6422.

Jun 8: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jun 9: Mt. Tabor Series. Beaverton, OR. Five race series. 503-257-6244.

Jun 9: Hewlett Packard International Women's Challenge. Boise, ID. www.hpwc.com.

Jun 9: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jun 12: Leavenworth Road Race. Leavenworth, WA. 206-932-5921.

Jun 12: Mary's Peak Hillclimb. Corvallis, OR. 503-754-0073.

Jun 14: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Jun 15: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jun 15: PIR. Portland, OR. Race series. 503-636-6422.

Jun 15: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jun 16: Mt. Tabor Series. Beaverton, OR. Five race series. 503-257-6244.

Jun 16: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jun 19: Ballard Twilight Criterium. Ballard, WA. 206-932-5921.

Jun 19: 20: Woodland Bottoms. Woodland, WA. 360-887-4032.

Jun 20: Seward Park Summer Classic. Seattle, WA. 206-932-5921.

Jun 22: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jun 22: PIR. Portland, OR. Race series. 503-636-6422.

Jun 22: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.



Look for this year's Trek Tri-Island on September 11-13 or 18-20.

Jun 23: Mt. Tabor Series. Beaverton, OR. Five race series. 503-257-6244.

Jun 24: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jun 27: Bell Classic. PIR, Portland, OR.

Jun 28: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Jun 29: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jun 29: PIR. Portland, OR. Race series. 503-636-6422.

Jun 29: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jun 30: Mt. Tabor Series. Beaverton, OR. Five race series. 503-257-6244.

Jun 30: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jul 1: BC CUP #6 Provincial Road Race Championships. Cranbrook, BC. 250-426-6171. gerick@cyberlink.bc.ca.

Jul 1: Joe Motava Criterium. Burien, WA. (253) 852-4946. DBACHMAN@LIBERTYCONTROLS.COM.

Jul 1: Redmond Derby. Redmond, WA. 206-292-5141.

Jul 2: Duet Classic. Eugene, OR. 541-687-1644.

Jul 5: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Jul 6: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jul 6: PIR. Portland, OR. Race series. 503-636-6422.

Jul 7: Mt. Tabor Series. Beaverton, OR. Five race series. 503-257-6244.

Jul 7: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jul 9: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jul 10-11: Tour de White Rock. White Rock, B.C. 7/10 - Criterium Route (2:30pm Men's 60k, 4pm Women's 30k), 7/11 - Road Race (8am Men's 130k, 8:05am Women's 82k). \$10,000 in cash prizes. 604-541-2161.

Jul 10: BC CUP #5 Tour de White Rock. White Rock, BC. 604-541-2161. recreation@city.whiterock.bc.ca.

Jul 13: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jul 13: PIR. Portland, OR. Race series. 503-636-6422.

Jul 13-19: Cascade Classic. Bend, OR. 541-382-5962.

Jul 13: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jul 14: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jul 15: Western Canada Games. Prince Albert, Sask. 306-780-9289. Cycling@ucmnet.unibase.com.

Jul 17: Snohomish Klia Ha Ya Days Road Race. Snohomish, WA. 206-932-5921.

Jul 17: Provincial Hill Climbing Championships. North & West Vancouver, BC. 250-972-2266. kelvin@bc.sympatico.ca.

Jul 20: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jul 20: PIR. Portland, OR. Race series. 503-636-6422.

Jul 20: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jul 21: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Jul 24: Pan American Games. Winnipeg, MB. 204-925-5686.

Jul 24: Provincial Masters Road Race/Criterium Championships. Shawnigan Lake, BC. 250-743-9915.

Jul 25: District TT. Portland, OR. 503-775-7535.

Jul 25: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Jul 27: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Jul 28: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Aug 1: Provincial Criterium Championships. Cranbrook, BC. 250-426-6171. gerick@cyberlink.bc.ca.

Aug 1: BC CUP #7 Provincial Time Trial Championships. Whistler, BC. 250-655-5245. cbonn@pacificcoast.net.

Aug 1: Coaltown Classic. Nanaimo, BC. 250-748-6457. sevco@seaside.net.

Aug 1: Mt. Washington Hill Climbs. Mt. Washington, BC. 250-339-9758. cccv@mars.ark.com.

Aug 2: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Aug 3: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Aug 3: PIR. Portland, OR. Race series. 503-636-6422.

Aug 3: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Aug 4: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Aug 7: Bellingham Stage Race. Bellingham, WA. 206-292-5141.

Aug 10: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Aug 10: PIR. Portland, OR. Race series. 503-636-6422.

Aug 10: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Aug 11: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Aug 14: Volunteer Park Summer Classic. Seattle, WA. 206-932-5921.

Aug 14: Star Chase. Grants Pass, OR. 20 mile race for riders of all ages and abilities. 541-471-9239 (days).

Aug 14: Crawford Criterium. Tualatin, OR. 503-620-2853.

Aug 15: District Hillclimb. Mt. Hood, OR. 503-667-6220.

Aug 16: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Aug 17: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Aug 17: PIR. Portland, OR. Race series. 503-636-6422.

Aug 17: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Aug 18: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Aug 21: Mt. Tabor Criterium. Portland, OR. 503-638-2561.

Aug 22: Bar Warts TTT. Portland, OR. 503-775-7535.

Aug 24: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Aug 24: PIR. Portland, OR. Race series. 503-636-6422.

Aug 24: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Aug 25: BC Senior Games. Elk Valley, BC. 250-387-1375. www.bcgames.org.

Aug 25: Grand Prix de Feminin International du Canada. Cowansville, QC. 613-748-5629.

Aug 25: Juan de Fuca/Victoria Wheelers Wednesday Night Series. B.C. Wednesday night races. 250-595-BIKE.

Aug 29: Seward Park Season End - WSBA Awards. Seattle, WA. 206-932-5921.

Aug 30: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Aug 31: Seattle International Raceway Series. Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. 206-322-0072.

Aug 31: PIR. Portland, OR. Race series. 503-636-6422.

Aug 31: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947.

Sep 1: Whistler Criterium. Whistler, BC. 250-655-5245. cbonn@pacificcoast.net.

Sep 1: Pemberton D'Arcy Road Race. Whistler, BC. 604-932-3958.

Sep 6: Masters & Women PIR. Portland, OR. Bi-weekly race series. 503-636-6422.

Sep 7: PIR. Portland, OR. Race series. 503-636-6422.

Sep 12: Oregon State Criterium. Gresham, OR. 503-667-6220.

CALENDAR

- Sep 13: **Masters & Women PIR.** Portland, OR. Bi-weekly race series. 503-636-6422.
 Sep 18: **Cascade Classic.** Bend, OR. 541-382-5962.
 Sep 18-19: **Eugene Celebration.** Eugene, OR. 541-349-9270.
 Sep 26: **Jean Chinn Hillclimb.** Medford, OR. 541-488-2453.



Series Races

Feb 28-Mar 14: **Banana Belt Series '99.** Hagg Lake, OR. 503-236-4712.

Mar 2-Sep 7: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Mar 6-20: **Mason Lake Road Race Series.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. 206-932-5921.

Mar 7-21: **Tour de Dungeness.** Dungeness West Sequim, WA. Tour de Dungeness is a bicycle road race series. Dungeness Recreation Area 3/7, 3/14 & 3/21. \$20 (\$18 earlybird). \$1 WBSA. Bill Rowland @ 360-457-8069.

Mar 7-28: **Escape Velocity Spring Road Race Series.** Vancouver, B.C. Six race series. 604-733-6947.

Mar 13-27: **So. Oregon Time Trials.** Medford & Ashland, OR. Three race series: 3/13, 3/20 & 3/27. 541-488-2453.

Apr 1-Sep 30: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

Apr 8-Aug 26: **Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. 8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921.

Apr 10-Aug 29: **WIM Mt. Bike Racing Series.** WA, ID, MT. Downhill, cross-country & dual events. 509-455-7657.

Apr 11-Sep 5: **1999 Oregon Off-Road Series.** Oregon. Cross-country, downhill and dual slalom races. 541-349-9270.

Apr 13-Aug 31: **Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by SunDog. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3, Cat 4, 5; Masters 35+. 206-322-0072.

May 3-Sep 13: **Masters & Women PIR.** Portland, OR. Bi-weekly race series. 503-636-6422.

May 4-Sep 7: **PIR.** Portland, OR. Race series. 503-636-6422.

May 4-Aug 31: **Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947.

May 5-Aug 25: **Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. Wednesday night races. 250-595-BIKE.

May 12-Sep 8: **Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424.

May 14-Sep 10: **Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2, Cat 3 and women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424.

Jun 9-Jul 7: **Mt. Tabor Series.** Beaverton, OR. Five race series. 503-257-6244.



Track

Mar 2: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Mar 9: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Mar 16: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Mar 23: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Mar 30: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Apr 1: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

Apr 6: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Apr 8: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

Apr 13: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Apr 15: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

Apr 20: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Apr 22: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

Apr 27: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Apr 29: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

May 4: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

May 6: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

May 11: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

May 12: **Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424.

May 13: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

May 14: **Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2, Cat 3 and women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424.

May 18: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

May 19: **Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424.

May 20: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

May 21: **Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2, Cat 3 and women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424.

May 22: **May Track Race.** Alpenrose Velodrome, Portland, OR. 503-244-4866.

May 25: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

May 26: **Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424.

May 27: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

May 28: **Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2, Cat 3 and women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424.

May 28: **Madison Plus Track Meet.** Victoria, BC. 250-474-8687 ext. 2280. www.gvra.bc.ca.

May 29: **Points Races.** Alpenrose Velodrome, Portland, OR. 503-657-0568.

Jun 1: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Jun 2: **Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424.

Jun 3: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

Jun 4: **Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2, Cat 3 and women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424.

Jun 8: **Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424.

Jun 9: **Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424.

Jun 10: **Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874.

Jun 11: **Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2, Cat 3 and women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424.

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"Cyclocross" from Page 1

We also saw Spokane come into the 'cross world with an excellent weekend of racing on perfect new courses. Spokane was the second location in the Athletica Northwest Cup and they provided the 'crossers with well marked, thoughtfully laid out and challenging courses. The third site of the Athletica Northwest Cup was in Olympia on a new course that again was perfect for cyclocross: a lot of mud, a lot of running, and a lot of pain was mixed with ideal spectator viewing. All who attended had an exceptional time. The series was completed in a terrific final weekend in Portland.

Jogmate sponsored the Seattle Metro Series and it was a stellar year. The leaders in this series closely mirrored the Northwest Cup. This was not a surprise considering 13 straight weeks of racing organized by the Marymoor Velodrome Association that includes both of these series. Without a hint of rain, this notoriously muddy sport was paced fast and furious.

The women's scene continued to climb in quality as Ann Grande continued to ascend the field (when she wasn't tearing up the competition at the national Super Cup Series). Lora Heckman and Josie Beggs also put in some very good riding and look to push the "Grande Ann" in the future, and new rider Ingrid Spies has started the learning curve that new 'crossers go through and will soon make her mark at the top.

The master's fields relied on its standby contingent as long time 'crosser Tim Rutledge dominates week after week. "Where are the old guys?" could be the call this year. We just did not see enough of the likes of Dan Norton.

The excitement this year was in the junior races as both the Redline/Jogmate and



The extraterrestrial Dale Knapp dominated both Regional & National competitions.

Control-Tech teams recruited and groomed young riders for the future. The emphasis was on slowly progressing their ability while not forgetting about their school work. Several of the juniors are cross country runners and Category 3 road cyclists. Toby Swanson and Eric Sperling raced very well. However, Damaeion Donais was not only the top jun-

ior but delivered a dose of youth to the older riders as he placed well in the senior races. Donais maintained a 3.5 grade point average while doing this. The juniors will continue to expand and improve and will be the new "Savages" of the future.

The B field was a seesaw battle as the top three riders traded places every week. John Cullom, Pat Bentson and David Henson put the hurt on everyone. Considering the cruel and unusual punishment that was being dished out in the A races no one was anxious to move up — promoter and peer pressure will need to provide the push next year.

In the A races the rest of the field was looking for the space ship that dropped aliens Dale Knapp, Loren Hanson and Jon Sundt off. They were returning to the planet every Sunday to inflict pain and suffering on the other riders. Last year Knapp wanted a brother to take with him to battle the rest of the nation — he found two — and now the rest of the riders would now like a nation to battle these newly found brothers. Whether the course was heavy on running or riding these three raised the bar, especially at the two days of Saturn Supercup in Seattle. In spite of the trio, some fine performances have taken place as Jed Shekler, Steve Jenson, Mark Hanson, John Flack and Doug Carlton fought for the 4th, 5th and 6th placings. New

'crossers Kenny Williams and Matt McLung are on the learning curve and put in fine performances at every race. Williams is hoping that his cyclocross season will help him during the road scene next year and was happy with the mental toughness that 'cross forced upon him.

The Tuesday and Thursday training sessions exploded with new riders. Longtime track coach John Hanson got the 'cross bug and helped ex-US world team rider (and VeloNews cover boy) Craig Udem handle the riders and devise some tricky training sessions. It is encouraging to see a former top rider come back and give something back to the sport. In a sport that is renowned for its focus and selfishness it was so refreshing to see this attitude. Craig and John both deserve the thanks of all the Northwest riders.

With all the excitement and effort that was being displayed every weekend one might think that there wasn't room for newcomers. However, new racers and spectators not only were welcome, but were embraced by the cyclocross community. Next year, come out and ring a bell to help the A field beat the cruel alien trio or cheer on the future and encourage the juniors. Learn the sport by participating in a mountain 'cross race created for those who have mountain bikes. Whatever you do, come out and join the excitement of the competition in 1999. For more information see the MVA's web site <http://marymoor.velodrome.org> or call their hotline at (206) 675-1424.

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Winter Clothes

BY MAYNARD HERSHON

It's the first week of January. Cold valley fog has settled over Chico. You can't see the sun. Afternoon temperatures hardly reach 40: chilly in any case, darned cold for cycling.

Here's what I do to stay on the bike despite the cold. I can't tell you how to ride through winter without suffering. No one can. But, given proper clothing, winter sucks less.

I tell ya: I bundle up. I'm the person on the ride wearing the most layers and the warmest gloves. I can tolerate overheating on climbs, but I can't stand shivering descents. I get cold just remembering them.

I always wear bib shorts. I like the waistlessness (is that a word?) of them all year, but in winter I like the extra layer over the small of my back. You see people on road bikes, bent forward and showing you that white skin at the base of their spines. Brrr....

Bib shorts are, sadly, inconvenient for women. Though I'm sorry about that, sincerely sorry, I cannot advocate showing solidarity with our cycling sisters by wearing bibless, elastic-waist shorts. Sometimes — and it pains me to say this — it's better to be a boy.

This boy wears thin, over-the-ankle Ultimax sock liners from REL. Thin is in.

Thick winter socks make your shoes tight. Tight shoes cut off the blood to your toes just when you need blood to your toes. I wear old cycling shoes in winter, too, well-stretched ones, for the same reason.

If it's over 40, I wear neoprene toe covers, not complete booties. Toe covers let foot-sweat evaporate because the covers only shield the fronts of your feet. Air can still circulate in your shoes.

Complete shoe covers, especially neoprene ones, keep your feet warmer when you're riding, but if you stop at Starbucks, oh my. Your sweat-soaked socks will freeze your feet. By

the time the barrista sprinkles the cinnamon onto your grande mocha, you'll be hating life.

I wear slightly thick winter tights, always with suspenders. Once, sigh, I had a pair of double-front Vigorelli bib tights I loved. Tragically, Vigorelli went under. Not much later, EMTs cut the tights off of me after a crash. I never got another pair but I never forgot them. And I never will.

Because I don't have bib tights, I get suspenders from Rivendell. You need 'em if you're a guy and don't have a nipped-in waist. The action of pedaling tries to pull your tights down. Sans-suspenders you get droopy-drawers. Your droopy tights want to catch on your saddle nose. Won't do.

I buy tights without chamois so I can rotate shorts inside them. I only wear shorts once per washing, by the way, and everything

gets washed in the machine. Cycling stuff dries on a rack in my bedroom unless I'm traveling, when it dries on the low setting in the Laundromat dryer.

I wear long sleeve synthetic undershirts I buy at REL. They're medium-weight REI-brand ones and I love 'em. I have a couple of purple ones and a black one. Three is the minimum that will sustain civilized life through a northern California winter. I wish I had five.

Over the thermal undershirt I wear a long sleeve jersey, one of the three or four I own. I guess I'm not so fussy about that jersey. As long as it provides insulation and doesn't bind or add too much bulk, I'm happy.

If it's dog gone cold, I'll wear another layer over my chest, a short sleeve jersey or an old thermal vest. Over all that, I wear a thermal jacket, a "shiny outside, pile inside" one. Or I'll wear an old nylon-fronted wool jacket, our outerwear staple in the '80s.

If it's bitter cold, I'll pull one of those synthetic sleeves over my head to cover my neck. I'll wear a thin synthetic cap under my helmet.

If I cannot avoid riding in the rain, I have a helmet cover, booties, and a rain jacket and pants from the masters of misery, Burley De-

sign, of (where else?) Eugene, Oregon. Best stuff for the worst days.

If it's just chilly, I wear a pair of simple wool finger gloves. I have a pair of old, over-stretched fingerless cycling gloves for longer cold rides — so road shock doesn't beat up my frozen hands.

When it's colder yet I wear a pair of REI GoreTex mittens, just shells really, over the wool gloves. Pearl-Izumii "lobster" mittens would serve the same purpose somewhat more elegantly.

Mittens do make braking and shifting a bit clumsy, as you'd expect, but if you don't wear them, your hands freeze. You're in pain and you can't brake or shift delicately anyway.

If I get out alone in cold weather, I ride my fixed-gear bike on flat roads through the orchards here. No freewheel means you have to pedal all the time. Constant pedaling keeps you warm and makes any ride, even a short one, a better workout.

I hope that by the time you read this, you'll be worrying about sunscreen numbers, not how to keep your hands warm. I wish you lots of warm, happy miles in 1999.



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Cycling & Recreational Sports Habits

Please check all the areas of cycling
you participate in:
(Check as many boxes as applicable.)

- commuting
- mountain biking
- organized rides
- recreational touring
- duathlons/triathlon
- road racing
- mountain bike racing
- legislative/politics
- ultra-marathon or 100 mile-plus cycling
- bicycle travel

What is your prime cycling interest?
(Check only one box.)

- recreational touring
- road racing
- track racing
- mountain bike racing
- duathlons/triathlons
- commuting
- mountain biking
- legislative/politics
- ultra-marathon or 100 mile-plus cycling
- human powered vehicles (HPV)
- bicycle travel

How likely are you, in the next year, to take a
professionally-guided cycling tour? (Circle one)

very likely somewhat likely not likely

Have you taken a cycling trip in the past 12
months or do you plan to take a cycling trip in
the next 12 months? (Circle one)

Yes No

What is your name and address?

name _____

street _____

city/state/zip _____

phone _____

How many bicycles do members of your
household own? (Circle one.)

1 2 3 4 5 6 or more

What types of bicycles do the members of your
household own?
(Check as many boxes as applicable.)

- touring bicycle
- commuting bicycle
- road racing bicycle
- track bicycle (fixed gear)
- mountain bike (ATB)
- tandem
- children's bicycle
- human powered vehicle (HPV)
- children's bicycle

How much have you spent on cycling in the
last 12 months? (Circle the correct numbers)

accessories	\$20	\$200	\$400
lighting system	\$50	\$200	\$400
clothing/helmets	\$50	\$400	\$800
tires/tubes/wheels	\$50	\$400	\$800
components	\$50	\$100	\$200
frame/fork	\$200	\$1000	\$2000

What kinds of overnight accommodations have
you used and what kind would you consider
using in the future? (Circle one)

- motels/hotels
- bed & breakfast inns
- camping

Reading Habits and Opinions

How many people (including yourself) read your
issue of *Bicycle Paper* each month? (Circle one)

1 2 3 4 5 6 or more

Which sections of *Bicycle Paper* do you and
members of your household read each month?
(Check as many boxes as applicable)

- Events calendar
- Classified advertising
- Touring/recreational cycling articles
- Racing articles
- News and feature stories
- How-to articles
- Athletic medicine articles
- Columns
- Event results
- Commercial display advertising
- Cycling-event advertising

On average, how many days per week do you
bicycle during the prime Northwest cycling
season of March through September? (Please
circle one.)

1 2 3 4 5 6 7

What cycling products did members of your
household purchase in the last 12 months or plan
to purchase in the next 12 months? (Check as
many boxes as applicable.)

Bicycles:

- touring bicycle
- commuting bicycle
- road racing bicycle
- track bicycle (fixed gear)
- mountain bike (ATB)
- tandem bicycle
- recumbent bicycle
- children's bicycle

Accessories:

- helmets
- tires
- saddle/seat
- vehicle-bicycle rack
- seat/handlebar bag
- panniers
- hydration system
- "clipless" pedals
- cycle computer
- bicycle lock
- lighting system
- cycling trainer
- exercise bike
- cycling guide book
- children's trailer
- cycling tent

Clothing:

- Cycling shoes
- Cycling shorts
- Cycling jersey
- Cycling gloves
- Rain gear
- Cycling tights

Please fill out the following confidential
demographic data for your household.
(Please circle or check your answers)

Sex: Male Female

Age: Under 18 18-24 25-34 35-49
 50-64 65+

Marital Status: Married Single

Education:

- grade school
- high school graduate
- college graduate
- post-graduate work

- Occupation:
- professional
 - homemaker
 - clerical
 - retired
 - craftsman
 - sales
 - managerial
 - service
 - student
 - laborer
 - military

Home Income:

- Under \$20,000
- \$20,000 to \$35,000
- \$35,000 to \$50,000
- \$50,000 to \$80,000
- more than \$80,000

Computers

(Please circle or check your answers)

Do you own a computer?

Yes No

How many times a week do you visit the world
wide web?

7+ 3-6 1-3 0

Have you visited the Bicycle Paper's web site
at www.bicyclepaper.com ?

Yes, recently Yes No

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**Thank
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