

Bicycle Paper

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APRIL '99



Questions for the road in 1999

Northwest road racing gets under way amid turmoil

BY JEFFREY NACHTIGAL

It was raining, of course. Stopped by the third flat in as many hours, I was ready to hurl my bike. Just then, however, a father and his two sons stopped to offer a spare tube. Courtesy made me set my bike down.

Back on our way — me training for the upcoming road season, and the family, according to the father, training for a four-week bike trip in Europe this summer — I noticed that the older teenager was outfitted with a Fondriest racing frame and Telekom thermal jacket, sure signs of a burgeoning roadie. On the next hill Telekom jumped out of his saddle and sprinted away.

(See "In Cogs We Trust" on page 4)

Start racing!

BY CRAIG UNDEM

Do you like to ride fast? Are you looking for an easy way to stay motivated and excited about cycling? Racing does this plus much, much more.

Racing gives you immediate feedback about your riding ability. You quickly become aware of what you are good at and what you need work on.

(See "Start Racing" on page 7)

Carbohydrates and beyond

BY ALICIA DIXON DOCTER, M.S., R.D., C.D

Ever hit the wall at 150 miles of your 200-mile ride — even after eating all the bagels and pasta you could stand for two weeks before your event? Or maybe you're just wondering about how to fuel your body during five months of training? Now is the time where individuals are nearing the mid-point of training for their first (or 20th!) STP (Seattle to Portland) or other endurance rides. Most athletes know the importance of carbohydrates in a sports diet almost to the point of eating exclusively carbohydrates, without realizing this may adversely affect their training.

(See "Carbos & beyond" on page 8)

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Cover Photo: Kenny Williams at the 1998 State Criterium Championship in Olympia WA, giving spectators a rare exhibition of his National Champion Jersey. Jeff Nachtigal elaborates on Kenny's opportunities to repeat in this issue's cover feature.

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OPINION

Send Photo

"SF 34YO into movies, dancing and walks around Green Lake looking for fin sec male 34-40yo. Must be sensitive and romantic and kid free for possible ltr. No drugs or smokers. Send photo."

Many people read a newspaper starting with the front page. I am more fascinated with the back of the paper. If you really want to know what is going on in a city I think the true stuff is hidden in the classified section. You just have to know how to spot it.

I'm always curious to know how bike friendly a town is (does that surprise you?). I start by critiquing the ads in the yellow pages and then I open the newspaper to the used goods section. I start with the bikes for sale. What's listed and how many? If all the bikes are 1972 Peugeots and Motobecanes, it tells me it's not too hip of a bike town. On the other hand if all the bikes list current buzzwords "ergo power," "Softride," etc., then I know there are going to be some pretty dedicated riders. The length of the list also clues me in to whether or not cycling is very active at that time. Take a look at our own paper right now. Not too much activity in the "bikes for sale" section, but just wait for 2 weeks after Chilly Hilly and it will look quite different. So will our bike lanes.

Take a look at the real estate section. Do any of the houses boast access to a bike trail? Interestingly enough, when the Burke Gilman Trail was being constructed, homeowners in the area put up a big fuss, but now in for sale ads, they list proximity to the trail as an asset!

And now for my favorite part: the personal ads. I am fascinated by these ads

(must be my sociology background). I've never placed or answered one myself but I have spent much time contemplating how I would word mine. And I have only once found one that tempted me to respond. I remember it clearly. "If I saw a spaceship land, I would run towards it instead of away from it." (I hope none of you placed this, if so I am terribly embarrassed!) I think it is a good sign when the ads include things like "saw you on the STP, you were wearing a helmet and black shorts" or "you were on a Bianchi and as you passed me on the BGT, we exchanged smiles." It is encouraging when people include in their attributes "into cycling."

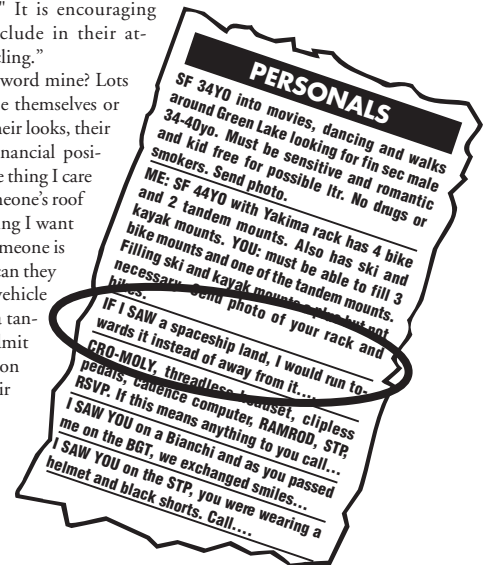


by Estelle Gray

How would I word mine? Lots of people describe themselves or judge others by their looks, their career or their financial position. Not me. The thing I care most about is someone's roof rack. The first thing I want to know about someone is how many bikes can they fit in or on their vehicle and if they have a tandem mount! I admit it. I judge a person by the size of their

rack! My ad would have to say something like "ME: SF 44YO with Yakima rack has 4 bike and 2 tandem mounts. Also has ski and kayak mounts. YOU: must be able to fill 3 bike mounts and one of the tandem mounts. Filling ski and kayak mounts a plus but not necessary. Send photo of your rack and bikes." I know I'm not the only one who thinks like this because another friend of mine told me hers would read: "Cro-moly, threadless headset, clipless pedals, cadence computer, RAM-ROD, STP, RSVP. If this means anything to you call..."

I've got to cut this short. A spaceship just landed in the field next door and it has this really cool bike rack on it...



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"In Cogs We Trust" from pg. 1

"Does he race?" I asked. "No, too hard. But he sure could, he's got the body for it," was the proud, slightly wistful response from Dad.

Although an expensive bike and a willing father do not necessarily make a successful junior bike racer, I couldn't help but wonder if this 18-year-old kid was a perfect example of one of the problems facing cycling in the United States: Junior and women riders just not getting involved in racing. USA Cycling, the national governing body, seems so caught up in a vacuum of self-aggrandizement and political shenanigans that they are unable to begin to address any issues.

The Oregon Bicycle Racing Association (OBRA), fed up with the lack of USCF support, moved to obtain their own liability insurance for races and now serve as their own governing body this year.

Little wonder bike racing is "too hard" for the juniors. Some small steps are being taken, such as Mercury's sponsorship of a traveling junior-development team this year and ongoing high-level amateur-support by several local teams, but they are a drop in the bucket so far.

"USA Cycling and the United States Cycling committee want to focus resources on those athletes who have proven they can compete at the highest international level," states Sean Petty, director of USA Cycling,



Scott Goguen leads British Columbia's Trek/Volkswagen team.

PHOTO BY KAREN JOHNSON

Petty's statement makes clear that there will be few dollars going to the regional level to support up-and-coming amateur racers. This problem, according to Mike Burdo, a member of the Wizards of the Coast team and an advocate for junior racing, is a long-running trend.

"In my mind, if not for Candi Murray and Dave Douglas, Northwest racing would be a void. The USCF hasn't done anything

to contribute to racing in this area," Burdo says, clearly disgusted with a process that sends all its resources to a "shark pool of pro racing" instead of supporting its developing amateur ranks. Murray, formerly Oregon's district representative, was dumped in the USCF's move to a regional representative reorganization; Douglas is a race promoter in Washington.

"It's incredibly frustrating how USA Cycling doesn't recognize that people are doing a really excellent job, and that cycling in this country depends on that," says Jon Walpole, former OBRA representative and 1998 OBRA best-all-around-rider (BAR). "It's a huge mistake, and shows how shortsighted and the lack of understanding USA Cycling has for the grass-roots cycling."

But is OBRA making a wise move?

Although Oregon's secession allows it to put on its own races and pay better attention to their membership (Oregon has a full schedule planned for 1999), going it alone as a governing body is so far an unproven formula. It is yet to be determined how Oregon riders without a USCF license will compete at USCF-sanctioned events or, in the worst case, if the USCF will move to ban riders for participating in non-USCF-sanctioned events.

So far, the USCF has been tight-lipped about the beginning of this insurrection.

"We've made the decision that it's not to our advantage to jump ship," says Douglas, who will help put on 25 races this year in Washington, as well as the Seattle-to-Portland recreational ride. "This is a big step, primarily because the insurance policy hasn't been tested in a major accident. We're going to let Oregon be the guinea pig and watch how it works."

This season may well turn out to be a turning point in the way road racing is organized at the regional level — certainly for Oregon, and possibly for Washington in years to come.

Williams leads the Northwest

And yet despite the big issues that dominate cycling headlines these days, a very successful 1998 and a full Northwest racing calendar for 1999 prove that the road show does go on.

In 1998, the once-humble Tour of Willamette was attended by all the top U.S. professional teams and drew raves for its epic marches through old-growth forest. A sharply-organized Mutual of Enumclaw continued to grow. Tour de White Rock continued its strong tradition in British Columbia. The Nike World Masters Games in Portland hosted the world for two weeks in August. And American cycling heart-throb Lance Armstrong lit up the Cascade Classic on his

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FEATURE

comeback to the top of the world road racing scene. Except for the World Masters Games, all these races return to highlight the Northwest calendar this year.

Washington's Kenny Williams heads everyone's list as the rider-to-beat this year. Williams (Saturn of Bellevue/Athletica) won two masters (30-34) national championships and two world master's titles last summer. He also partnered with Pam Fernandez, a blind tandem racer, at the disabled national championships, and won enough when he raced at home to easily take the Washington Best-All-Around-Rider competition.

"It was by far my best year," Williams, 32, readily admits. He is quick to point out his victory at the Ballard Criterium over Todd Littlehales, a professional with the Navigators, as one of his finest wins. "It was the first time in three years that I beat him, and he's easily one of the fastest, if not the fastest, guy in the country."

This year, Williams will shoot for national master's titles again, but his focus is shifting away from the road as he eyes a chance at competing with Fernandez at the Sydney 2000 Olympic Games. First approached last summer to pair with Fernandez, Williams was tentative about the idea of competing on a tandem, but quickly warmed to the challenge when he realized how serious his partner was.

"Seeing the array of disabilities people have overcome to compete is amazing. Many of these people were former bike racers like the rest of us; Pam got into tandem racing after she went blind at age 21," Williams says. Fernandez, 36, and Williams are making a serious bid for the Olympics.

Year of the team

Perhaps it is the abundance of veteran racers, but teamwork — an oft overlooked theme in amateur racing — seems to be catching on. Williams and his Saturn of Bellevue/Athletica teammates, including Ryan Perlman (1998 Washington state criterium champion), Martin Weeks and Steve DeGarmo, have emphasized working together for team wins. Saturn also launches a women's team for the first time this year, headed up by triathletes Donna Peters, Jenny Shahan and Sara Graham, and HP Women's tour veteran Leigh Fulwood.

Scott Alexander, 19, is one of the top riders for the Pacific Financial Services team this year. Alexander's rapid rise to winning Cat 1-2 races has been orchestrated by veteran PFS riders Terry Buchanan and Richard McClung, who moved to the Northwest from Wisconsin last year. McClung, 33, spent time in the early 1990s with Shaklee and the National Team, and has a second-place at the national time-trial championships in 1991 to his credit. "Racing is more fun with several strong teams; not that I think I can shift the balance myself, but I went with the enthusiasm at PFS," says McClung.

Team Oregon is a fixture on the Northwest scene, with a huge, 100-strong club. Jon Walpole, Oregon BAR champ, is recovering from a hamstring injury, opening the door for teammate Corey Stayton, who was second in Oregon's BAR last season. Other teammates include John Lombard, and the up-and-coming Jim Anderson and David Johnson. The Safeway/Saturn men's team, with Nate Pescaretta, Mike Henry, John Gorman and John Browning will be Team Oregon's main competition. Hank Pfeifle and Steve Wright are fixtures at Logie Velo.

Stacey Peters, Lemond, is a rider to watch this year. Peters had two top-10s at this year's Redlands Classic and is coached by Dean Golich, who also oversees stars Alison Dunlap and Mari Holden. The Safeway/Saturn women's squad returns, with Raydene Stevens and Katie Blincoe at the front. Ward Griffiths, who was one of the team's best riders until she was diagnosed and treated for breast cancer last year, will be ensconced in official's garb for this season. Unattached Oregon rider Emily Thurston concentrated on the track last year, but when she's on, she's one of the biggest threats to win sprint-finish road races.

Wizards of the Coast take over as sponsor for Ray's Boathouse this year. The team's focus of prepping Northwest stars for professional ranks continues (see current Nutra Fig pros Donald Reeb, Ron Schmeer, Jamul Hahn and Mercury rider Kirk Willet, all former Ray's riders) with talented riders such as Kiefer Hahn, Jason Gonzales, Luke Mauritsen and Rusty Beall, and women Laura Reed and Allison Beall. Oregon-based John Grochau moves to Wizards of this year from LeMond. Burdo and Paul Dahlke, re-



PHOTO BY MIKE JOHANSON

Donald Reeb, from Oregon, rides his second year as a pro with Nutra Fig.

tired from Nutra Fig, lend veteran support. GT mountain bike pro Greg Randolph will join the team for the Tour of Willamette.

British Columbia has three big teams: The provincial trade team Trek/ Volkswagen is led by the ageless Scott Goguen and Min van Velzen; Atomic Racing has Graham Pomphret and Jay Murray; Steveston Brown Ford is led by Dan Reilly and Allan Prazke, and B.C. criterium champion Marni Hambleton. Sisters Andrea and Stephanie Hannos provide a double-threat to any women's field. Canadians will have the six-race B.C. Cup standings to shoot for this year.

Michael Emde, second in Washington's BAR standings, leads the Exodus team along with Doug Reid and Ian Tubbs. Emde was fourth in the 1992 Austrian national points race. Recycled Cycles is led by Yeti pro mountain biker David Richter, climber Chris McCoy and team captain Matt Kanaly. 1997 masters mountain bike world champion Beth Lyndon-Griffiths is back racing for the Gore/

Weider team, formerly Control Tech' Dakin Bell leads the team on the men's side.

Team Mongoose/Markee's Cycle, tagged the "Dream Team," is a new master's team with goals of winning medals at the master's nationals and world games. 1998 Master's national champs Larry Shannon and Glenn Bunselmeyer lead the team, along with highly accomplished racers Mick Walsh, Steve Yenne and John Weyrich.

"Almost every weekend there is something to do, which has changed over past years. There are lots more road events instead of crit after crit, which is good," says Douglas about the upcoming season. But one thing eludes him: "I would love to see a Washington-Oregon championship — a best of the Northwest."

And many more would love to see full racing fields in every category, including the ability to attract every Telekom jersey-clad kid to race bikes — but that's another chapter.



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Local cyclists to participate in Ride for the Roses

Seattle-area cyclists Erik and Laura Moen will be spending their Memorial Day in Austin, Texas at the 3rd Annual Ride for the Roses. Ride for the Roses is an annual event produced by the Lance Armstrong Foundation (LAF). Former World Road Racing Champion Lance Armstrong started this event and foundation after his successful battle and comeback from his own near-fatal experience with testicular cancer. The weekend will be hosted by Lance Armstrong and consist of professional and amateur racing, recreational rides for kids and adults, picnics, music, Health Fair and Bike Expo. Invited co-hosts for the event have been Miguel Indurain, Eddy Merckx, Sean

Kelly and numerous other professional riders of past and present.

Erik and Laura have each committed to raise at least \$2500 as members of the LAF Peleton Project. These tax-deductible donations go towards fighting urologic cancer through awareness, education and research. If you are interested in donating or supporting the LAF and the Moen's commitment please contact Erik at PT479@juno.com or 425-775-0642. Erik is offering a free hour of coaching consultation with donations at the level of \$250. Erik and Laura will report on this event in a later edition of *Bicycle Paper*.

Resource data for the Lance Armstrong Foundation can be found through www.laf.org or 1-800-496-4402.

New Bills pushed at Transportation Day

BY TARYN GERHARDT

Cyclists, state legislators and other government officials converged to talk bike legislation at Bicycle Alliance of Washington's Bicycle Transportation Day, Feb. 25 in Olympia.

Getting transportation funding for non-motorized vehicles and getting fairer law enforcement of incidents involving cyclists and motorists were the main topics of the day.

Cyclists met with key state legislators, including Representative Mike Cooper, Vice Co-chair of the House Transportation committee. Cooper talked about the upcoming battle for a piece of pie from the passage of Referendum 49. Ref. 49 is a transportation funding scheme that would use bonds to pay for improvements on existing state roadways.

Cyclists asked legislators to vie for sensible transportation package that diversified funds for a more effective mix of traffic solutions (Transportation Choices' Smart Spending Package), Capital Bicycling Club's government affairs liaison Larry Laveen said.

Representative Sandra Romero also talked to cyclists. Cyclists asked her to support legislation that would strengthen the penalties for motorists who commit crimes against cyclists and asked for more fair law enforcement.

They also asked her to lobby for non-motorized transportation funding from Ref. 49.

"Given the disparity of law enforcement, it's almost insulting," Capital Bicycling Club's Marnie Tyler said. Tyler is the club's law enforcement liaison. She handles complaints from cyclists who have been harassed or injured by motorists and follows up with law enforcement agencies.

Romero suggested that a legislative study would be the next step in getting legislation passed that would help protect cyclists.

"It's not just something that we can drop a bill on and resolve. It's something that lot of people need input on," Romero said.

Cyclists also asked legislators to support House Bill 2089 and Senate Bill 5936, which are trip reduction program bills. If passed, it would provide incentive grants for programs that reduce trips in single-occupancy vehicles and give funds to programs that yield direct results.

It would also provide grants to fund programs for constructing, promoting and maintaining pedestrian and bicycling facilities and programs that contribute to increased safety for bicyclists and pedestrians.

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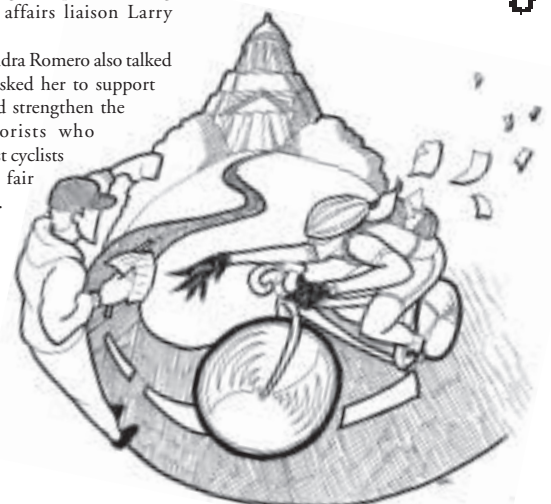
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"Start Racing" from page 1

The small communities of racers, officials, supporters and promoters that populate each type of racing are fantastic groups of people. They often donate their time and energy to give advice, coach informally, and show you how to enjoy racing. If you come into racing with the desire to learn and an open mind, you will be rewarded with fantastic fitness, improved discipline and many wonderful friendships.

The Northwest is exploding with diverse racing choices. We have four main categories: track/velodrome, road racing, cyclocross and mountain bike. At the end of this article is a list of resources to find racing in your area.

Probably the easiest way to start racing is to try a mountain bike race. You ride at your own speed after they start you with the others in your category. You can show up with any old mountain bike and sign up for the beginner category. They mark the trails so you won't get lost, and there is usually a person with a walkie-talkie at every major intersection with some water.

For your first race, choose a shorter course that is fairly easy. Call the race promoter and ask how difficult the course is, and explain that it is your first race. A perfect race for this around the Seattle area is the Control Tech Wednesday night races, which run May 5th through August 25th. The loops are short and fairly easy with ample single track to practice your skills.

The velodrome is another great place to start. Portland, Vancouver and Seattle have velodromes which offer beginning race clinic instruction and have bicycles to lend as you learn. There is no traffic to contend with, only other riders, and races are usually offered on weeknights. This is probably the easiest place to learn group-racing techniques. The races are short and intense, often five per night, so there are many opportunities to watch and learn.

When you are not racing, you can watch the other categories and get to know fellow racers on the infield. Don't be intimidated if you have watched a big track race before. It is really much safer and more fun that you can imagine, and the beginning category is filled with people just like you who are trying racing for the first time. There may



Ryan Iddings of Steilacoom.

be others who are trying the velodrome but have been road racers or mountain bike racers and they will be much faster than you, but don't get discouraged. Focus on improving yourself, setting goals like finishing with the main group or trying to learn a new skill every night and you will have a good time.

Road racing is traditional bike racing. The Tour de France is what most people think of. There are criteriums, road races and time trials. Criteriums are short 1-mile loops on a closed road which are typically fast and require good cornering skills. Road races are longer and require very good

endurance. Time trials are probably the best way to get started in road racing. You race alone against the clock and see how fast you are compared to others of similar ability.

Before you do a race that requires riding with a group like a road race or criterium, get instruction from another racer, coach or retired racer about how to ride. At first it is daunting to ride inches from others at high speeds, but once you do it a few times, it becomes comfortable.

Cyclocross is a very popular form of racing in the fall and winter and involves running with your bike up short hills and over small barriers. From September until Christmas there are races every weekend on one to three mile courses that can be ridden with a mountain bike. This is a great way to

practices where you can get free instruction and get to know other racers.

Initially for me the biggest reasons to race were health, travel, purpose and excitement. I have met many incredible people through following my cycling path and they have turned out to be the best part.

Racing has shown me much of the world and also given me a structured discipline to live by. Racing has been a spectrum of experiences, thoughts and emotions: fun, work, dreams, battles, fitness, tactics, vindication, reward, test, lesson, glory, search and limits. All of these and more are the reasons I raced.

Racing is pitting your best against the best of others. It changes your body and molds it into something to be proud of.

No matter what kind of racing you are considering, each has its own community of volunteers, officials, race promoters, fans and racers. All the types of racing have beginner's categories. Go out there and try it!

You can find bike racing action all over the Northwest ten months of the year. Talk to the people at your bike shop and see if anyone is racing or if they have a team. Ask if you can go on a training ride with them. Find the velodrome/track nearest you and sign up for beginning track-racing class. Grab a friend and head out to a mountain bike race and jump into the beginner category. Plan on getting muddy and working hard and you won't be disappointed, it's a really fun way to get a workout!

If you are in the Seattle area check out my website for a road, mountain or cyclocross clinic near you: <http://craigcoaching.8m.com>, e-mail me at grundem@msn.com, or call (206) 541-6335 and I will send you a flyer.

Take care and carry a spare!

Craig is a certified USAC cycling coach and raced at the pro level in road, mountain and cyclocross until 1997.



14 year old Brock Metzger of Steilacoom.

maintain your summer fitness and improve your skills for the next season. The group of people at "cross" races is usually very willing to help you get started on the basics. In the Seattle area there are weekday night

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"Carbos & Beyond" from p. 1

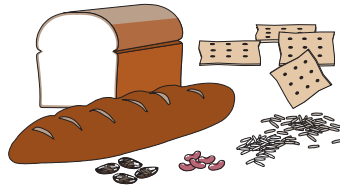
This article will discuss eating for a successful ride, with emphasis on all *three* of the energy-giving nutrients: carbohydrate, protein and fat.

Physiology

Carbohydrate (glucose and glycogen, a form of glucose) stores are essential in athletic performance. Glycogen levels of athletes can decrease by half after a two-hour workout. A low carbohydrate, high-fat intake will not restore this and will result in a decrease in muscle glycogen. With this comes fatigue and the inability to train with gusto. Also, I've heard many athletes say, "I'll just carbo-load the night before the race and pack some extra candy bars and I'll be fine." Carbohydrates need to be consumed on a *daily basis during training and* during the event to restore, maintain and increase glycogen levels.

Fat is also important. Activity of low-to-moderate intensity (most of your ride) can be fueled by fat. Glycogen and blood glucose supply the rest. This use of fat spares glycogen and you can exercise longer. In addition, you will have glycogen left for bursts of high intensity — going up hills or "sprinting" the last 2-10 miles into Portland. With training, you increase your ability to use fat.

of total caloric needs should be from carbohydrate, 15-20 percent energy from protein and 20-25 percent from fat. Specifically, 60 percent is recommended for daily training and 60-70 percent for the week before your event. The food pyramid is a good model to provide these percentages, but don't get bogged down by the number of servings recommended. It is really fairly easy to get the recommended number of servings.



Carbohydrate

Foods providing carbohydrate include bread, bagels, pasta, rice, cereals, tortillas, crackers, fruits, energy bars and drinks. A 150 lbs. person needs 400-700 grams of carbohydrates per day. This can be achieved by eating three meals and snacks with 3-4 servings of carbohydrates at each meal. A serving generally is equivalent to one slice of bread or 1/2 bagel, a handful of crackers, 1/2 cup of rice or pasta.

During exercise, research suggests eating 100-300 calories worth of carbohydrate

This could include one cup of cereal (25 grams), 8 ounces of juice (30 grams) and a banana (30 grams).

Protein

Protein is required to build and repair tissue (muscle, skin and hair) during regular use and certainly during training. In order to meet your protein needs, food intake should include 10-20 percent of calories from protein (or 0.6-0.9 gram per pound of body weight). A 120 lbs. person would need 72-108 grams of protein per day. Protein sources include meat, chicken, fish, legumes (such as black beans), low-fat refried beans, eggs and low-fat dairy foods. A serving size is 3 ounces (about 21 grams) and you need about 2-3 servings per day. A serving of dairy food (about one cup of milk or yogurt or one ounce of cheese) provides about 8 grams per serving and you need 2-3 servings per day. Vegetables and grains provide a very small amount of protein per serving.

Finally, protein takes longer to break down than carbohydrates. When protein is combined with carbohydrates (a tuna sandwich or bean burrito), it will give a longer lasting form of energy. Food safety is also an important consideration with protein. Add a sealed bag of ice or blue ice to your pack (yes, I recognize it adds weight). Better yet, plan a stop at your favorite deli or ask family or friends to meet you at a halfway point with your favorite pasta and chicken salad.

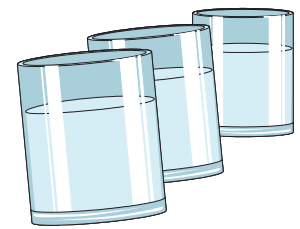
Fat

While the emphasis is usually on eating less fat, some fat is important. Fat is a concentrated form of energy that carries important fat-soluble vitamins and provides essential fats. It is found in most protein foods, oils, butter, margarine, chips and snack foods, candy, cookies and dessert foods, etc.

An effective low-fat diet provides 20-25 percent of energy needs as fat. If a 150 lbs. cyclist needs 3000 calories per day (starting out training) to 6000 calories per day (elite racer), this would be approximately 67-133 grams of fat per day. An ounce of protein provides about 5-7 grams of fat per day. A teaspoon of oil or butter or cream cheese provides five grams per serving. With a recommendation of six ounces of protein per day and 3-6 teaspoons of added fat, this brings total low-fat intake up to about 60 grams. This allows room to include some low-fat dairy products as well as your favorite high energy foods, such as oatmeal cookies and an occasional candy bar. Fat also slows absorption of meals to give a longer lasting source of energy. If you are consistently eating a very high fat diet, fat can interfere with performance since it slows down absorption of carbohydrate. But if your intake is modified to a low-fat intake, fat will actually help with endurance.

Water and Carbo Beverages

Water is the most important nutrient for our body. Water carries nutrients, helps with



absorption, and prevents dehydration during exercise, especially prolonged exercise. You can have muscles bulging with glycogen and pockets bulging with high carbohydrate snacks and still collapse from heat exhaustion or heat stroke.

Water requirements can usually be met by following these guidelines: drink 16 ounces water two hours before you ride, 8 ounces 5-15 minutes before the ride, ounces every 15-20 minutes during the ride. After the ride, be sure to drink enough so that your urine is pale in color. For exercise lasting more than 60 minutes, a sports drink providing water, sodium and glucose is recommended. Carry one bottle with water and one with sports drink.



Other Considerations

In summary, keep in mind that while carbohydrates are essential to performance, adequate protein and fat also are important. Most people will get what they need if they eat when they are hungry. When you are training and tired, your hunger signals may decrease. Eat anyway. If you need individualized guidance, consult with a Registered Dietitian (R.D.).

Also, be sure to include rest days during your weekly training schedule to allow your muscles to repair and get glycogen stores back to normal. Before the big ride, taper training and continue the increased carbohydrate diet.

Eating is not everything, however. Keep in mind your training schedule, stretching, adequate fluid and well-fitting equipment.

Most of all, enjoy your ride!



**Fat is also important.
Activity of low-to-moderate
intensity (most of your ride)
can be fueled by fat.**

Protein provides about five percent of your energy needs if you are regularly eating a high carbohydrate diet. When muscle glycogen stores are low, whether through exercise without rest or due to a low carbohydrate intake, protein will provide 10 percent of energy needs. Unfortunately, your muscles are apt to provide this protein and can result in muscle breakdown and fatigue.

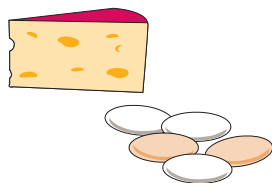
Total Energy and Percentages of Carbohydrates, Protein and Fat

Daily energy needs gradually increase from about 2400 to over 6000+ calories as you increase muscle mass, length of training, etc. As energy needs increase, total amounts of carbohydrates, protein and fat increase.

Recommendations for protein, carbohydrate and fat are usually based on the assumption that you are eating a high carbohydrate diet. Generally, 60-70 percent

(25-75 grams) per hour of endurance exercise — this will enhance performance, stamina and enjoyment of exercise. This could be 3-8 fig bars (1=10 grams); 1-2 low-fat granola bars (1=5 grams); a banana (1=30 grams) and a couple of oatmeal cookies (1=10 grams); 9-15 whole wheat crackers (3=10 grams); or a bagel (30 grams) and 10 dried apricots (10=20 grams).

After exercise, restoring glycogen used is essential. Within 15-30 minutes after exercise be sure to eat a high carbohydrate snack (0.5 gram of carbohydrate per pound of body weight) and then follow with a meal within two hours. For example, our 150 lbs. cyclist would need 75 grams of carbohydrate.



Alicia Dixon Docter, M.S., R.D., C.D., is a Consulting Nutritionist and Registered Dietitian in a private practice emphasizing sports nutrition. She has offices in both Seattle and Kirkland and can be reached at (206) 325-7696.

Welcome to the Pacific Northwest's most comprehensive bicycle calendar



Events

- Apr 11: BBTC/wmba Trail Maintenance at Saint Edwards State Park.** Kenmore, WA. 10 am - 2 pm. Send your phone number. Craig McKinnon, 425-820-3408.
- 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. Rob Stumpf, 206-783-1000.
- Apr 24: Grand Ridge Trail Work Party.** WA. Work party with Dave Kimmitt of King County Parks and the Student Conservation corps. 9-2. Craig McKinnon, 425-820-3408.
- May 2: 7th Annual Padden MTN Pedal.** Lake Padden Recreation Area, Bellingham, WA. Cross-country, Trials, FREE kids rodeo & Fun Race. Baker Bike & Board, 360-738-3728.
- May 2: BBTC Trail Maintenance.** Saint Edwards State Park, WA. 10 am - 2pm. Craig McKinnon, 425-820-3408.
- May 8: Grants Pass Bike Fair.** Grants Pass, OR. All Sports Park. Competitive & non-competitive rides, safety inspections, product displays and demonstrations. Mark Lansing, 541-471-9239 (days).

- May 8: BBTC/WMBA Goes to Yakima.** Yakima, WA. Ride Cowichie Canyon Sagebrush country BLM Land and meet after for a planning meeting. Visit Yakima where the Sun shines, and visit the Burt Grant Brewery. Possible camping or hotel weekend. Craig McKinnon, 425-820-3408.
- Jun 4-7: League of American Bicyclists "Bourbon, Barns & Bluegrass" Rally.** Louisville, KY. League of American Bicyclists, 202-822-1333.
- Jun 18-21: League of American Bicyclists "Springs, Spokes & Saddles" Rally.** Saratoga Springs, NY. League of American Bicyclists, 202-822-1333.
- Jun 19-20: The Capital Forest MTB Stage Race.** Olympia, WA. Come see what you're made of while riding in some of the best singletrack in the state of WA. The race format will include 3 stages: a hill-climb time trial, short circuit dirt crit, and a cross-country race. The event will include a full weekend of entertainment. 360-956-3321, www.capitalbike.org.
- 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 traveling & meeting with local communities through out the U.S. 9 weeks of love, sweat & gears. BikeAid/JustAct, 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. Cliff Miller, 604-898-3519.

PHOTO BY MARIANNE BECOT



Corner at Volunteer Park in the Senior Men categories 1 and 2 race.



Mountain Bike Racing

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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- Apr 4: Barf Bash 3.** Nantiamo, BC. Team Puke/Peter Sinclair, 250-756-0058, peter@teampuke.com.
- Apr 10: Finley Hills Challenge, WIM #1.** Tri-Cities, WA. 400 participants. Cross-country racing for all ages and ability levels. Round & Round Productions, 509-455-7657.
- Apr 11: 14th Annual Mudslinger.** 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). Jim Fischer, 541-754-3752.
- Apr 11: Barking Spider.** Nampa, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country. Ron Dillon, 208-342-3910.
- Apr 18: Chainbreaker.** Bend, OR. 1999 Oregon Off-Road Series #2, cross-country. Sally Russell, 541-389-3295.
- Apr 18: Gary Fisher Race For the Trails #1, Broadway Cyclepath Vanier Park Enduro.** Vanier Park, BC. Extreme Mountain Bike People/Lori Hashimoto, 604-683-7278, lorihash@axionet.com.
- Apr 24: Big K Mountain Bike Festival.** Roseburg, OR. 1999 Oregon Off-Road Series #3, cross-country. Mitch LaMore, 541-957-1020.
- Apr 25: 8th Annual Beartrax & Beeswax Race.** Tahuya Forest near Belfair, WA. Single Track Minds Cycling Club race presents the longest standing classic mountain bike race in WA state with an average of 400 participants. STMCC, 253-565-5124.
- Apr 25: Blue Mountain Challenge MTB.** Missoula, MT. Big Sky Cycler, 406-543-3331.
- May 1-2: Chelan MTB Festival, WIM #2.** Chelan, WA. Cross-country & Downhill racing for all ages and ability levels. Round & Round Productions, 509-455-7657.
- May 2: Spring Thaw.** Ashland, OR. 1999 Oregon Off-Road Series #4, cross-country. Liria Park, X-country race in Siskiyou Mountains. All categories. Awards, prizes, raffles, great mexican feast after a beautiful and challenging ride of a point-to-point 35 mile course. Russ Rickett, 541-482-8704.
- May 2: Dick Blee Memorial MTB #1.** Billings, MT. Lance Wehner, 406-652-1202.
- May 2-Jun 13: Dick Blee Memorial MTB Series.** Billings, MT. Lance Wehner, 406-652-1202.

- May 2: 7th Annual Padden MTN Pedal.** Lake Padden Recreation Area, Bellingham, WA. Cross-country, Trials, FREE kids rodeo & Fun Race. Baker Bike & Board, 360-738-3728.
- May 8: Hammerfest '99.** Errington/Parksville, BC. Arrowsmith Mountain Bike Club/Jason Howard, 250-752-3445, jhoward@qb.island.net.
- May 9: Coast Hills Classic.** Newport, OR. 1999 Oregon Off-Road Series #5, cross-country. Dave Campbell, 541-574-0327.
- May 15-16: Boneshaker MTB Bash, WIM #3.** Winthrop, WA. Cross-country & Downhill racing for all ages and ability levels. Round & Round Productions, 509-455-7657.
- May 15: Sprockids Youth Challenge.** Gibson, BC. 5-18 years of age. events start at AM. Doug Detwiler, 604-886-0772, ddetwiler@sd46.bc.ca.
- May 15-16: NORBA Championship Series #1.** Big Bear, CA. Register through Trade Team/Cycling BC/CCA, 604-737-3137.
- May 16: Race at Reehers.** Forest Grove, OR. 1999 Oregon Off-Road Series #6, cross-country. Jon Myers, 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. Dave Campbell, NHS Mtn. Bike Club 541-574-0327.
- May 16: Gary Fisher Race for the Trails #2, The Ridge Classic XC.** Belcarra, BC. Extreme Mountain Bike People/Lori Hashimoto, 604-683-7278, lorihash@axionet.com.
- May 22-23: Klamath Heat.** Klamath Falls, OR. 1999 Oregon Off-Road Series #7. Downhill 5/22 & cross-country 5/23. Shane Harris, 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. Ron Dillon, 208-342-3910.
- May 22-23: SUNLIGHT BC CUP XC#1- Snowden Slug Slam.** Campbell River, BC. Campbell River Sprocket Rockets/Dan Clements, 250-286-6340, lemmings@island.net.
- May 29: Dairy Queen Downhill.** Campbell Mountain, BC. Pentiction Cycling Club/Shayn Sawatzky, 250-493-0686.
- May 29: BC High School Invitational MTB Championships.** Grouse Mountain, BC. Argyle Secondary School/Sam Scorda, 604-985-3181.
- May 29: 4th Annual Action Quest '99.** Summerland, BC. Pentiction Cycling Club/Bob Leslie, 250-494-0341, www.rideactionquest.com.
- May 30: Hutch's Hustle.** Bend, OR. 1999 Oregon Off-Road Series #8, cross-country. Sally Russell, 541-389-3295.
- May 30: Gary Fisher Race for the Trails #3, LifeCycles Veddar Mountain Revival.** Veddar Mountain, BC. Extreme Mountain Bike People/Lori Hashimoto, 604-683-7278, lorihash@axionet.com.
- Jun 5-6: Excellent Adventure.** Idaho City, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. Ron Dillon, 208-342-3910.
- Jun 5-6: The Beacon Bomber, WIM #4.** Minihaha Park, Spokane, WA. Cross-country & Downhill racing for all ages and ability levels. Round & Round Productions, 509-455-7657.
- Jun 5-6: SUNLIGHT BC CUP XC#2, DH#1, DS#1, Cyclepath Triple Threat.** Crystal Mountain, BC. Cyclepath Kelowna/Garry Norkum, 250-868-0122.
- Jun 5: Camp Fortune.** Old Fortune, QC. Peter Sudereman, 819-827-1717, feedback@ski-fortune.com.
- Jun 12: Torque Baby.** Cranbrook, BC. Gerick Sports/Richard Klassen, 250-426-6171, gerick@cyberlink.bc.ca.
- Jun 13: Pickett's Charge!** Bend, OR. 1999 Oregon Off-Road Series #9, cross-country. At Virginia Meissner Snowpark. Shelley Tozer, 541-385-9344.
- Jun 13: Pickett's Charge!** Bend, OR. 1999 Oregon Off-Road Series #9, cross-country. At Virginia Meissner Snowpark. Shelley Tozer, 541-385-9344.
- Jun 13: Granny Gear Grind.** Comox Lake, BC. Black's Cycle/Comox Valley Cycling Club/Les Black, 250-339-7011, lblack@comox.island.net.
- Jun 13: Mt. MacPherson Challenge.** Revelstoke, BC. XC Race and Kids Race Revelstoke Cycling Association, 250-814-0090.
- Jun 13: Dave Lyman memorial Classic.** Port Moody, BC. Dave Lyman Memorial Foundation/Robin Lyman, 604-937-DAVE.
- Jun 13: Dick Blee Memorial MTB #2.** Billings, MT. Lance Wehner, 406-652-1202.
- Jun 19-20: 24 Hours of Blues.** Ukiah, OR. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. 24 hrs. race. Ron Dillon, 208-342-3910.
- Jun 19-20: Bear Mountain Challenge.** Mission, BC. Street to Peak/Cory Adsit, 604-853-4581.

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CALENDAR



Road Racing

Apr 3: Volunteer Park Criterium. Seattle, WA. The traditional season opener bike race, 30 years running. PazzoVelo/David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

Apr 3: Missoula Training Series #3. Missoula, MT. Jeff Caton, 406-543-6177.

Apr 4: BC CUP #1* Squeaky Classic Road Race. Fort Langley, BC. Squeaky Wheelers/Allan Kozlowski, 604-646-6660, akozlows@wcb.bc.ca.

Apr 8: 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. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

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. Scott Goldstein, 541-343-4833.

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

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

Apr 10: Missoula Training Series #4. Missoula, MT. Fred Michini, 406-542-9114.

Apr 11: Vashon Island Circuit Race. Vashon Island, WA. Road race at Reddings Beach Rd. \$20. 3 mile circuit with a 7% 1/2 mile climb each lap. David Douglas, 206-932-5921.

Apr 11: Gerick Cycles Kelowna Criterium. Kelowna, BC. Gerick Cycles/Pat Klassen, 250-868-3007.

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

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

Apr 15: 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. David Douglas, 206-932-5921.

Apr 17-18: RAD Road Race Series. Richland, WA. Chinook Cycling Club.

Apr 19: Atomic Vernon Road Race. Vernon, BC. Atomic Racing/Scott Richardson, 250-545-4969.

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

Apr 22: 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. David Douglas, 206-932-5921.

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

Apr 24: Texana Rice Time Trial. North Vancouver, BC. Soliton Cycling Club/Doug Preston, 604-597-7735, doug-preston@bc.sympatico.ca.

Apr 24: Tahuya-Seabeck-Tahuya Road Race. Tahuya, WA. Lake Washington Velo.

Apr 24-25: Northwest Collegiate Champs. Bozeman, MT. Rob Whitacre, 406-994-2167.

Apr 24: Rocky Mountain Roubaix. Missoula, MT. Dale Bickell, 406-543-6920.

Apr 25: Gary Lunde Road Race. Sooke, BC. Red Mango Productions/Jennifer Burton, 250-595-1937, redmango@idmail.com.

Apr 25: Bellingham Criterium. Bellingham, WA. WSBA/Bob Lemon, 206-292-5141.

Apr 25: Walla Walla Road Race. Walla Walla, WA. Steve Rapp.

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

Apr 29: 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. David Douglas, 206-932-5921.

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

May 1: Caleb Pike Road Race. Victoria, BC. Juan de Fuca C.R.C./Simon Ciceri, 250-384-8805.

May 1: Comox Valley Downtown Criterium. Courtenay, BC. Comox Valley Cycling Club/Dieter Tschneider, 250-339-9758, cvcc@mars.ark.com.

May 2: Up and Over Road Race. Victoria, BC. Red Mango Productions/Jennifer Burton, 250-595-1937, redmango@idmail.com.

May 2: Northern Rockies RR. Drummond, MT. Dan Dahlberg, 406-549-2453.

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

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

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

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

Jun 19-20: The Capital Forest MTB Stage Race. Olympia, WA. Come see what you're made of while riding in some of the best singletrack in the state of WA. The race format will include 3 stages: a hill-climb time trial, short circuit dirt crit, and a cross-country race. The event will include a full weekend of entertainment. 360-956-3321, www.capitalbike.org.

Jun 20: 12th Annual Kelowna Classic. Kelowna, BC. Kelowna Mountain Bike Club/Dan Leblanc, 250-763-9213, atwelling@wkpoverink.com.

Jun 20: Gary Fisher Race for the Trails #4, John Henry Poker Challenge. North Vancouver, BC. Extreme Mountain Bike People/Lori Hashimoto, 604-683-7278, lorihash@axionet.com.

Jun 20: PORC #1 MTB. Trident/Headwaters State Park, MT. 406-585-2660.

Jun 20-Aug 15: PORC Series MTB. MT. 406-585-2660.

Jun 23: Pacific Sport International Mountain Bike Criteriums. Squamish, BC. Pacific Sport Group, 250-744-3583, cycling@ampsc.com.

Jun 23-27: Pacific Sport International Mountain Bike Stage Race. Mt. Washington/Squamish, Pacific Sport Group, 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. Round & Round Productions, 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. Cliff Miller, 604-898-3519.

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

Jun 27: WERKS MTB. Helena, MT. Great Divide Cyclery, 406-443-5188.

Apr 18: Taylor Mountain King County Park Explorer II. WA. BBTC Hotline, 206-283-2995.



Mountain Bike

Touring

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. Kathy Fisher, 360-892-8765.

May 8: BBTC/WMBA Goes to Yakima. Yakima, WA. Ride Cowichie Canyon Sagebrush country BLM Land and meet after for a planning meeting. Visit Yakima where the Sun shines, and visit the Burt Grant Brewery. Possible camping or hotel weekend. Craig McKinnon, 425-820-3408.

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, Corvallis or on mountain bike from Grand Ronde. American Lung Association of Oregon, 503-246-1997.

May 22: Ride and Meet. Spokane, WA. WMBA goes to Spokane to try and work on forming a Spokane area Mt. Bike Club. Craig McKinnon, 425-820-3408.

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. Kim Oliver, 206-284-4236.

Jun 6: Third Annual OC&E Woods Line State Trail. Klamath Falls, OR. Art Sevigny, 541-884-3050, sevignym@oit.edu.

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. Toni Deutsch, 360-749-2192.

Jun 26-27: Cycle Idaho. Boise to Idaho City, ID. Round trip from Boise to Idaho City on dirt roads. 45 miles and 6000 feet of climbing each way. \$65 each, includes all food and support needed. Tent camping at a Warm Springs Resort. Karlo, 208-336-3854.



Multisport

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

May 15: U.S. Bank Pole Pedal Paddle. Bend, OR. Individuals, pairs or teams (up to 7 people) alpine ski, xc ski, bike, run, paddle and sprint from Mt. Bachelor to Drake Park. Lea Hart, 541-388-0002.

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CALENDAR

- May 5: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C., Wednesday night races. 250-595-BIKE.
- May 6: 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. David Douglas , 206-932-5921.
- May 8: Yakima Road Race - Washington Championships.** Yakima, WA. WSBA/Steve Lundblad , 206-292-5141, <http://users.ewa.net/sagecycle>.
- May 8: Coaltown Classic.** Naniamo, BC. Naniamo Bicycle Club/Mike Sevcov , 250-748-6457, sevcov@seaside.net.
- May 8: Eden Int'l NeoClassic.** Great Falls, MT. John Juras , 406-761-7021.
- May 11: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- May 11: PIR.** Portland, OR. Race series. Jim Anderson , 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 13: 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. David Douglas , 206-932-5921.
- May 15-16: Mutual of Enumclaw Stage Race.** Enumclaw, WA. TiCycles/Pat Carroll , 206-621-3245, TiCyclesPC@aol.com.
- May 16: Rehearsal Road Race.** Oregon City, OR. Dave Weber , 503-632-6030.
- May 17: Masters & Women PIR.** Portland, OR. Bi-weekly race series. Jim Anderson , 503-636-6422.
- May 18: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- May 18: PIR.** Portland, OR. Race series. Jim Anderson , 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 20: 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. David Douglas , 206-932-5921.
- May 21-23: Columbia Plateau.** Eastern Oregon. Mark Schwynart , 503-231-0236.
- May 22-24: BC CUP #2* BC Classic Stage Race.** Langley, BC. Escape Velocity , 604-733-6947, www.escapevelocity.bc.ca.
- May 22: Spokane River Road Race.** Spokane, WA. .
- May 23: Beaverton Crtl..** Beaverton, OR. Matt Guinn , 503-257-6244.
- May 23: Hammerfest Road Race.** Spokane, WA. Baddlands Cycling Club.
- May 25: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- May 25: PIR.** Portland, OR. Race series. Jim Anderson , 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 27: 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. David Douglas , 206-932-5921.
- May 28: Mount Douglas Hill Climb.** Victoria, B.C., First stage of The Pacific Classic Stage Race. 1 km long hill climb averages 10-12% grade with some sections at 15%. 4 corners. 250-360-BIKE.
- May 28-30: The Pacific Classic Stage Race.** Victoria, B.C., Three stage race consisting of the Mount Douglas Hill Climb, the Mount Tommie Road Race and the Bastion Square Criterium. 250-360-BIKE.
- May 29-31: Twin Rivers Stage Race.** Lewiston, ID. Peter Beal
- May 29: Mount Tommie Road Race.** Victoria, B.C., Second stage of The Pacific Classic Stage Race. 6 km hill circuit, using the same climb as the Commonwealth games. 250-360-BIKE.
- May 30: Larch Mount Hill Climb.** Portland, OR. Patrick Porteous , 503-245-9878.
- May 30: BC CUP #3* Bastion Square Cycling Grand Prix.** Victoria, BC. Victoria International Bike Racing Society , 250-360-2453.
- May 30: Bastion Square Criterium.** Victoria, B.C., Third stage of The Pacific Classic Stage Race. 900 meters gently sloped downtown course at historic Bastion Square on Victoria's Inner Harbour. Fast, exciting and the crowd is fantastic. 250-360-BIKE.
- May 31: Masters & Women PIR.** Portland, OR. Bi-weekly race series. Jim Anderson , 503-636-6422.
- Jun 1: PIR.** Portland, OR. Race series. Jim Anderson , 503-636-6422.
- Jun 1: Atomic Criterium.** Vancouver, BC. Atomic Racing/Brad Head, 604-320-2105, brad@instepmobile.com.
- Jun 1: BC CUP #4* Texana Rice - Hatzia Valley Road Race.** Mission, BC. Soliton Cycling Club/Steve Fenning , 604-597-4301.
- Jun 1: Adidas World Tuesday Night Championships.** Victoria, B.C., Tuesday night races. 604-733-6947.
- Jun 1: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- Jun 2: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C., Wednesday night races. 250-595-BIKE.

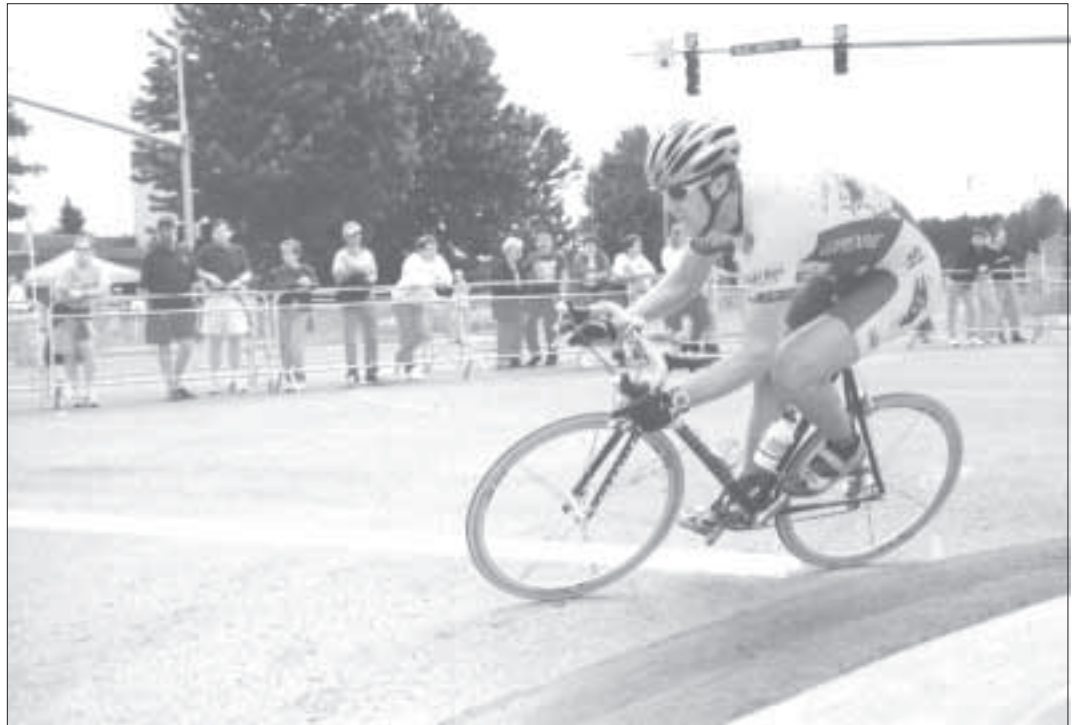


PHOTO BY RICHARD MOFFA, COURTESY OF MEAD MANAGEMENT GROUP

April sees the racing season kick into gear. Here a rider rounds a corner at last year's Redmond Derby.

- Jun 3: 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. David Douglas , 206-932-5921.
- Jun 5: Silverton Road Race.** Silverton, OR. Steve Yenne , 503-362-0500.
- Jun 5-6: Trek Barr Challenge SR (Omnium).** MT. Geoff Proctor , 406-449-8401.
- Jun 6: District Road Race.** Oregon City, OR. Dave Weber , 503-632-6030.
- Jun 6: Mercer Island Time Trial.** Mercer Island, WA. 10.4 miles. 425-825-2360.
- Jun 8: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- Jun 8: PIR.** Portland, OR. Race series. Jim Anderson , 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. Matt Guinn , 503-257-6244.
- Jun 9: Hewlett Packard International Women's Challenge.** Boise, ID. Hewlett Packard , www.hpwcw.com.
- Jun 9: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C., Wednesday night races. 250-595-BIKE.
- Jun 10: 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. David Douglas , 206-932-5921.
- Jun 12: Leavenworth Road Race.** Leavenworth, WA. David Douglas , 206-932-5921.
- Jun 12: Mary's Peak Hillclimb.** Corvallis, OR. Tom Hayden , 503-754-0073.
- Jun 12: MT Criterium Championships.** Helena, MT. Joel Gerrhart , 406-442-0877.
- Jun 13: Washington State TT Championships.** Roslyn, WA. WSBA , 206-292-5141.
- Jun 14: Masters & Women PIR.** Portland, OR. Bi-weekly race series. Jim Anderson , 503-636-6422.
- Jun 15: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- Jun 15: PIR.** Portland, OR. Race series. Jim Anderson , 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. Matt Guinn , 503-257-6244.
- Jun 16: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C., Wednesday night races. 250-595-BIKE.
- Jun 17: 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. David Douglas , 206-932-5921.
- Jun 19: Ballard Twilight Criterium.** Ballard, WA. David Douglas , 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

- Jun 19-20: Woodland Bottoms.** Woodland, WA. Jim LaMew , 360-887-4032.
- Jun 19: MT Time Trial Championships.** Great Falls, MT. Bill Woolf , 406-771-8861.
- Jun 20: Seward Park Summer Classic.** Seattle, WA. David Douglas , 206-932-5921.
- Jun 20: MT Road Championships.** Great Falls, MT. Bill Woolf , 406-771-8861.
- Jun 22: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- Jun 22: PIR.** Portland, OR. Race series. Jim Anderson , 503-636-6422.
- Jun 22: Adidas World Tuesday Night Championships .** Victoria, B.C., Tuesday night races. 604-733-6947.
- Jun 23: Mt. Tabor Series.** Beaverton, OR. Five race series. Matt Guinn , 503-257-6244.
- Jun 23: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C., Wednesday night races. 250-595-BIKE.
- Jun 24: 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. David Douglas , 206-932-5921.
- Jun 26: Woodinville Circuit Road Race.** Woodinville, WA. Exodus Cycling.
- Jun 27: BC Classic.** PIR, Portland, OR. Jim Garnett , .
- Jun 27: Redmond Town Criterium.** Redmond, WA. WSBA, Exodus Cycling Team , 206-292-4301.
- Jun 28: Masters & Women PIR.** Portland, OR. Bi-weekly race series. Jim Anderson , 503-636-6422.
- Jun 29: Seattle International Raceway Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night @ 7pm. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly , 206-322-0072.
- Jun 29: PIR.** Portland, OR. Race series. Jim Anderson , 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. Matt Guinn , 503-257-6244.
- Jun 30: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C., Wednesday night races. 250-595-BIKE.



Road Touring

- Apr 24: Gulf Island Tour.** Gulf Islands, BC. Vancouver Bicycle Club/Richard , 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. Bicycle Adventures , 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. International Bicycle Fund , 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 Cycling 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. Tacoma Wheelmen's Bicycle Club , 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. Bicycle Adventures , 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. Katty Fisher , 360-892-8765.
- May 1-2: Galloping Goose.** Vancouver Island, BC. Vancouver Bicycle Club/Berni , 604-251-1230, Contact prior to April 17.
- May 2: Monster Cookie Metric Century Bicycle Ride.** State Capitol Mall, Salem, OR. Recreational ride through backroads to Champoug 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 Doug Parrow , 503-390-9558.
- May 2: Camano Climb.** Stanwood, WA. 50 miles scenic loop around the perimeter of Camano Island or a 35 mile short course. Don Jovag , 8005 Cedarhorne Drive, Stanwood, WA 98292, (360) 629-6415.
- May 8: 17th Annual Historical Lewis County Bicycle Ride.** Chehalis, WA. 20, 46, 72 & 100 mile courses. Register/start between 7-9:30am. Start/finish at Stan Hedwall Park. Food/drink/rest stops, course map, marked course, narrative & sagwagon provided. Quick back roads, century-old landmarks & (weather permitting) views of Mt. St. Helens & Mt. Rainier. Lewis County Recreation , 360-740-1135.
- May 8: Skagit Spring Classic Bicycle Ride.** Burlington, WA. Starts at Bayview Elementary School. 25-100 mile options. Kim Buchanan , 360-826-6511.
- May 8: Grants Pass Bike Fair.** Grants Pass, OR. All Sports Park. Competitive & non-competitive rides, safety inspections, product displays and demonstrations. Mark Lansing , 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 Crk. 5/9: 40 mile loop along the river to Lake Kocanusa. \$40, benefits local Habitat for Humanity affiliate (who provides goodies, soup & pie along the way!) Susie Rice , 1020 Idaho, Libby, MT 59923.

CALENDAR



PHOTO BY STEVE STRICKLAND COURTESY OF THE AMERICAN LUNG ASSOCIATION

The Northwest offers a multitude of recreational and fundraising rides. This rider helped the American Lung Association of Washington raise over \$376,000 last year.

May 8: The Rhody Tour Metric & Half-Metric Century. Haines Place Park & Ride Lot, Port Townsend, WA. 32, 44 & 64 mile options. 3 food/water stops, grocery/convenience stores along route. SAG, route map. Proceeds to help provide helmets for kids and to the Bicycle Alliance of Washington. David McCulloch, P.O. Box 681, Port Townsend, WA 98368.

May 9-14: 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. Bicycle Adventures, 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 swan mountains. 230 miles, 600 riders, gradual climbs on paved 2-lane highway. Entry forms sent March 21. Send business-size SASE. Missoulians on Bicycles, 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. Bicycle Adventures, 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. Willard Chilcott, 885 Camino Del Este, Santa Fe, NM 87501.

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, Corvallis or on mountain bike from Grand Ronde. American Lung Association of Oregon, 503-246-1997.

May 22-24: Three Rivers. Lytton, Lilloet, Cache Creek. Vancouver Bicycle Club/Mike or Heather, 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. Sunnyside Sports, 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. Bicycle Adventures, 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 4-7: League of American Bicyclists "Bourbon, Barns & Bluegrass" Rally. Louisville, KY. League of American Bicyclists, 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 par. Wenatchee Sunrise Rotary, 509-662-9544.

Jun 6: 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. Tacoma Wheelmen's Bicycle Club, 253-566-1822.

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. Robbin McKinney, 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. WheelSport Cycling Team, 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, BC. Fully supported. Camping & motels. Cylevents, 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. Toni Deutsch, 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. Robbin McKinney, info@great-explorations.com.

Jun 12-19: Washington Coast. Victoria, BC - Astoria, OR. Great Expectations, 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 Country of eastern Washington. We carry your camping gear, food, and dig you up really neat campsites. Wayne or Sue, (509) 682-3568.

Jun 13: Rainier Ale Metric Century (17th Year). Seattle, WA. Bicycle Alliance Passport Ride! 20, 53 & 77 mile loops. Rainier 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. Ted Houk, Emerald Tea & Cycling Society, 206-522-3701.

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. Bicycle Adventures, P.O. Box 11219, Olympia, WA 98508.

Jun 13: Single Sock Century. Vancouver, BC. Vancouver Bicycle Club/Mark, 604-733-3964, vbc@intergate.bc.ca.

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. American Lung Association, 800-BIG-RIDE.

Jun 18-21: League of American Bicyclists "Springs, Spokes & Saddles" Rally. Saratoga Springs, NY. League of American Bicyclists, 202-822-1333.

Jun 18-21: Ride Around the Marble Mt. Wilderness. No. CA near OR border. Beautiful 4 day road tour on lightly traveled roads. Gourmet food, great campsites, sag support, best swimming holes. Ride Scott Valley, Salmon River, around the mountain wilderness. Group size limited to 20, all included for \$225. 195 miles. Russ Rickert, 541-482-8704.

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. Silverdale Chamber of Commerce, 360-692-6900.

Jun 19-26: 2nd Annual Oregon Coast Cycle Tour. OR. Ride from Astoria to California border. Camping & fully supported \$575. 7 days/7 nights. Group size limited to 12-18. Robbin McKinney, info@great-explorations.com.

Jun 19-26: Oregon Coast Tour. Astoria, OR - Northern CA. Great Expectations, 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. Robbin McKinney, 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. American Lung Association of Washington, 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 & gears. Bike-Aid/JustAct, 800-RIIDE-808.

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. Redmond Rotary, 206-298-9288.

Jun 26: Midsummer Nightmare. Spokane, WA. Very challenging 200-mile one-day tour on secondary roads in Spokane & 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. Steve Sausser, 509-922-7249.

Jun 26-27: North Cascades Epic. Washington State. Vancouver Bicycle Club/Mike, 604-576-9767, Contact prior to June 12.

Jun 26: The 15th Annual 4000-in-40. Walla Walla, WA. Climb 4000 feet in 40 miles from Walla Walla into the foothills of the Blue Mountains on one of the most challenging rides in the Pacific Northwest. You will enjoy spectacular views on the exhilarating, descending return from Tollgate, OR. Wheatland Wheelers, 509-525-9548.

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. Cascade Bicycle Club, 206-522-BIKE.



Series Races

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

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

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

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

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

Apr 18-Jun 20: Gary Fisher Race For the Trails #1, Broadway Cyclepath Vanier Park Enduro. Vanier Park, BC. Extreme Mountain Bike People/Lori Hahimoto, 604-683-7278, lorihash@axionet.com.

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

May 4-Sep 7: PIR. Portland, OR. Race series. Jim Anderson, 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). Ethan Megjines, 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). Ethan Megjines, 206-675-1424.

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



Track Races

Apr 1: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 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. Ethan Megjines, 206-675-1424.

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

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May 20: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 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). Ethan Megjines, 206-675-1424.

May 22: May Track Race. Alpenrose Velodrome, Portland, OR. Ron Magnus, 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. Ethan Megjines, 206-675-1424.

CALENDAR

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). Ethan Megginnes, 206-675-1424.

May 27: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 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). Ethan Megginnes, 206-675-1424.

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

May 29: Points Races. Alpenrose Velodrome, Portland, OR. Darell Provencher, 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. Ethan Megginnes, 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). Ethan Megginnes, 206-675-1424.

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Jun 11-13: Provincial Track Championships. Victoria, BC. Island Track Cycling, 250-474-8687 ext.2280, www.gva.bc.ca.

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Jun 16: 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). Ethan Megginnes, 206-675-1424.

Jun 17: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874.

Jun 18: 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). Ethan Megginnes, 206-675-1424.

Jun 22: 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. Ethan Megginnes, 206-675-1424.

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Jun 26: Points Races. Alpenrose Velodrome, Portland, OR. Darell Provencher, 503-657-0568.

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Jun 30: 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). Ethan Megginnes, 206-675-1424.

PHOTO BY MARIANNE BACCI



Start at the Spokane Roubeux Criterium in Manito Park. (Martin Weeks by Finish Line.)

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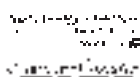
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Iron Horse State Park

It may be what makes the Milwaukee Road famous

If you've ever driven Interstate 90 across Snoqualmie Pass and glanced southwards, you will have noticed the trestles and hill-clinging track route of the former Milwaukee, Chicago, St. Paul and Pacific Railroad (a.k.a. the Milwaukee Road). If you ever got bored with the drive (and who hasn't?) and followed the line as it snaked around mountains and leapt gorges, you will have noticed a certain trestle with a yawning gap. The central section of the bridge was wiped out in a landslide likely triggered by logging that took place on the surrounding slopes.

It was the type of missing link that looked ripe for a daredevil motorcyclist to leap, but too much of a barrier for mere cyclists to overcome. With no route down the steep slopes on either side, the Hall Creek trestle was the ending point for rides from the east or west. The state, which acquired most of the former railroad right-of-way in 1981-2 after the Milwaukee Road went into receivership, has held a long term plan to create a long-distance trail, known as the Iron Horse State Park/John Wayne Pioneer Trail.

Slowly, that plan is coming to fruition. There are some gaps and quirks of ownership but eventually the 250 miles or so of former railroad will become among the

longest trails of its type in the country. It may be a number of years before the entire route is up to a uniform standard and fully open but there are big chunks that you can ride now.

Control of 109 miles of the route falls to Washington State Parks, which operates it as the Iron Horse State Park between Rattlesnake Lake, 10 miles east of North Bend, and the Columbia River. The state's Department of Natural Resources own the remainder, including a section that still supports an active railway.

Although the state has spent \$11 million acquiring and upgrading the old railroad as a trail, which surely must represent a bargain formerly the domain of railroad barg-

Outspokin'

BY GORDON BLACK

ons, others eye the route enviously. In 1996, Burlington-Northern Santa Fe Railroad backed legislation that gave it the right to reopen a line on part of the route in Eastern Washington; the railroad has since decided not to pursue it. More recently, the Washington State Department of Transportation has begun studying the use of the route on the south shore of Lake Keechelus; the state's parks and recreation commission has politely told them of its opposition.

All of which means that it is indeed a bumpy road to get long-distance trails and just as rough a ride to keep them intact. After seven years of apparent immobility, the U.S. Army has fulfilled an agreement to let trail users enjoy a 20-mile section of trail that crosses the Yakima Firing Range. "We are still waiting to develop good working relationship with the army," says Hovis. "I



Glorious spring riding awaits on the John Wayne Trail.

PHOTO COURTESY OF THE WASHINGTON STATE PARK SERVICE.

encourage people to use that section as it has not been used in places before. All you have to do is sign in at the trailhead."

I assume the army will take care to count the names at the end of the day and account for any discrepancies. Once you've braved the desert section through the Boylston Mountains (known to get toasty in the summer), the next major hurdle - more of a long pole-vault, really - is the Columbia River. There's a magnificent bridge here that's closed off while the DNR, which owns the bridge and the 100 miles or so eastwards towards the Idaho border, decides what to do with the bridge. It's prone to the famous Columbia gusts, which might be bad for public opinion if cyclists crossing the bridge suddenly become wind-surfers.

Although you need a permit to ride the DNR's section of the trail, you can jump on the state parks' chunk any time without special permission. If you can, wheel yourself out to the Hall Creek trestle, now sporting a new concrete deck that spans the missing gap, and give praise to those who had the foresight to see the potential of a trail crossing from wet to dry, west to east over and through the Cascades (by the Snoqualmie tunnel) and other mountain ranges.

"It is pretty neat when you think about the terrain this trail goes through," adds parks planner Hovis. "If we do this right it could become quite a national treasure."

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The Renegade Ride

BY MAYNARD HERSHON

Two years ago I moved to a small college town in northern California. The local bike club, a terrific positive force in local politics and advocacy, offered come-one, come-all training rides on weekend mornings.

Those rides suck. How do they suck? Name a way a ride can suck. That way.

Show up and see. If no one knows you, you can count on a good leaving alone. Even if you're known and respected in cycling elsewhere, you'll get the same silent treatment. Don't take it personally. It's equal opportunity rudeness.

If you aren't adequately strong or if you're unwilling to go hard on cold legs, you'll enjoy a short group ride followed by a long solo one.

When you get dropped, no one will even look back to see who's been left behind. Once dropped, if you don't know the area and didn't bring a map, you can ask a farmer for directions. He'll be the only person you've talked to in miles.

You will have other opportunities to prove yourself. The same folks who dropped you will be back next weekend. Only a few will skip the Saturday or Sunday club rides to, like, race.

That's how it was from the get-go. Soon I decided that those rides did not serve the community. There are lots of good bike riders here. Many have tried the club ride. The majority would not ride it again to save the world from cholera.

A few strong men, perhaps fewer than 10, dominate the rides. They've lived here for years. Some are ex-racers, commanding ultimate respect countywide. No one dares talk to them about ride etiquette. No one they respect ever has. Who might they respect? Marco Pantani, maybe.

Bold as brass, I spoke to those riders and the club president. I said I felt that there were many local riders who'd enjoy a good weekend group ride, if it were not such an

inevitable ass kicking.

No one likes to feel so inadequate so often, I said. People will quit coming out. Some will quit cycling.

Normally calm people became agitated and spoke loudly at me, saying: All the good riders already come out. There aren't any more around. There's us and the Sierra Clubbers. Our rides *are* the sport-cycling community.

I doubt that, I said, and asked them to do the math. Fifteen riders on a fine Saturday morning: is that the cycling community?

I tried. I rode those rides week after week. I waited for slow people and chatted with newcomers. I tried to involve out-of-towners in pre-ride conversations. I strove to organize chases among droopes.

I was The Voice of Civilization. I got nowhere. After months, disgusted, I quit showing up. I couldn't believe I'd moved to such a bad-ride town. What could I do?

I complained in print and became known as a whiner, a guy too slow to hang and too full of himself to keep his mouth shut. One demented guy said he was amazed I couldn't tell how much the local cyclists hated me.

Eventually I realized I wasn't going to fix those rides. The regulars didn't see anything broken. If I wanted a kinder, gentler ride I was going to have to start one. Damn. I don't wanna make phone calls. I just wanna show up, same time, same place, and ride with nice people.

Luckily there are three cycling communities here. There are locals, who live and ride here year 'round. There are college students who ride. And there are a few cyclists like me who have recently moved here, often from places with good rides. Many of us remember those rides fondly.

The students and new people formed one fine ride.

Our ride meets at a different time and place from the club ride. Our ride is purposely different from theirs. Some of them call our ride the Renegade Ride. Whatever you call it, it has saved this town for me. Why, I just show up at the same time and place and ride with nice people.

Not that we don't have problems, even in our kinder, gentler, anti-competitive group.

We do.

We have some of the same problems that caused the club ride to become the elitist slugfest it is. We're trying to deal with those problems differently. Well, we're trying to deal with them.

Our problems, like many community problems, stem from various members' various priorities. Who's more important, the individual or the group? Should each rider feel a responsibility to keep up? Or should the ride wait for those who *could* keep up but "just don't feel like chasing today?"

A few riders, some quite strong, resist sitting on wheels. Shhh, it's a secret. After a few rides, their reluctance to draft becomes obvious. If the Renegade Ride is slow enough so strong pedalers can hang-in without sitting-in, is the Renegade Ride too slow?

Should the ride be just enough faster so that those riders have to learn to sit-in — or get dropped?

Let's say you watch two riders chatting and pedaling side-by-side into a stiff headwind, twenty yards off the back of a cruising pack. Should someone suggest to them that if they draft each other they could catch in seconds, and then be able to sit in and chat at pack speed?

Well? Do you tell them, or leave them alone to enjoy their ride?

Who decides? If you think: Yes, the two should at least *try* to chase, who tells them? Who gets to be the bad guy, the enforcer? Would you volunteer?

Who's in charge anyway? Wasn't any election. Maybe we Renegades should leave people alone. They're grownups; they can make their own decisions. This is supposed to be the kinder, gentler ride, right?

Do club riders need to learn how to hang on a wheel like white rice, to find shelter in a crosswind, to anticipate pace changes at the usual places on familiar rides? That's all racer stuff.



Hey. Is it a Sierra Club ride — or a training ride? What's the object? Is this an individual sport or a group sport?

The Renegade Ride is an answer for many of us, a ride for those who had no ride. But it's *our* ride, our brave new ride, to conduct as we wish. It can provide an experience this town's cyclists have not enjoyed for years, *if* it's done correctly.

That *if* makes us ride founders look at ourselves and our motives. *Are* we doing it correctly? What will our ride be like in a year?

We like to think of ourselves as the civilized alternative. Accepting. Congenial. Not so bloody competitive. But we don't want to wait for people no matter how slow they are. Our ride is a training ride. We're *not* the Sierra Club after all.

If we're not the Sierra Club, what's the alternative? How kind is kind enough? Do we regroup every few miles, or do we educate all our riders to think like racers, whether they want to or not?

They've been saved from the "other" ride. Must they now be saved from us?

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