

# Bicycle Paper

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MAY '99

## On the National Track

Merrell and McCoy take on the EDS Cup Series

BY JEFFREY NACHTIGAL

Lounging on the grassy infield at the San Jose Velodrome, Maria McCoy sat back to watch the first round racing action of the EDS Track Cup in March. As a large field lined up at the rail for the start of the women's points race, McCoy realized with a jolt that she was supposed to be lining up for this race.

(See "On the Track" on page 4)

## Iditasport Extreme

BY PAT NORWILL

February 27, 1999 - Two days into the third annual Iditasport Extreme 350-mile wilderness race, 45% of the starting field had dropped out. From the north, cold air blew into racers' faces at a steady 30 mph. With snow drifts, high winds and avalanche danger, this year's race had turned into "the survival of the fittest."

(See "Iditasport" on page 6)

## Santa Claus Drives a Big Truck

BY ESTELLE GRAY

Working in a bike shop is like having Christmas all year long. Every day delivery trucks show up at our door with boxes with our names on them! This time of year is the best. We get lots of boxes. It is like being a kid in a candy store. Sometimes, depending on who it is, I tell people I work in an adult toy store.

(See "Santa's Truck" on page 14)



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# Bicycle Paper

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PUBLISHER **Paul Clark**  
 MARKETING & ADVERTISING DIRECTOR **Jay Stilwell**  
 EDITOR **David McNamara**  
 GRAPHIC DESIGN **Mellanie Thompson**  
 CONTRIBUTING EDITOR **Erik Moen**  
 INTERNS **Rick Peterson**  
 WRITERS **Maynard Hershon**  
**Jeffrey Nachtigal**  
**Gordon Black**  
**Pat Norwill**  
**Estelle Gray**  
**Erik Moen**  
 PHOTOGRAPHY **Scott Filion**  
**Marianne McCoy**  
**Richard Larson**  
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PHOTO: MARIANNE MCCOY



Woody Cox not only won last year's National Masters Pursuit (cover), but he also won the World's Masters Pursuit and holds the World Record. Further, he was a member of the gold medal-winning National and World's Masters Olympic Sprint team as well as the National Masters Team Pursuit winners.

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## OPINION

### The Zen of bike maintenance or the grime and grind of deferral

Northwest riders who commute or simply ride for fun year-round know the perils. Grime, dirt and stones approximately the size of billiard balls insinuate themselves into all the moving parts of your bike. Not to mention the bike rider. The process of grime saturation begins around the summer equinox and reaches its inevitable conclusion when the clocks announcing spring finally move forward.

I'm talking maintenance so deferred that it has reached a psychotic state of denial. Your ears are deaf to the belt-sander noises when you pull on the brakes; your eyes are closed to the black goo embedded on your rims, cranks and other parts. And then there's your chain. There's so much muck caked on you could grow a minor crop on it.

Sound like your bike? It is my bike. The poor thing had taken so much abuse in two years and nary a hint of maintenance that when finally I had to disconnect the front brake because it continually rubbed against the rim, I knew it was time to do some maintenance. I shod it with new pads. I even washed it. The accumulated grime from the chain was taken to a Superfund site for disposal. Not surprisingly, my bike runs better now.

With all the self-righteousness of a born-again bike mechanic, I declared my recent spring clean to the

chain gang that I regularly commute with. Unlike most bike commuters for whom the ride to work is a solitary experience, my commute includes a highly social ferry ride across Puget Sound. There's a regular contingent that sits in the same area every day. Sometimes nine or ten people are crammed into two benches that typically seat five or six. The group joke is that the two positions next to the window should be plaqued to honor the most frequent occupants - Jeff, a Poulsbo hairdresser who pedals to Capitol Hill, and Kevin, a manager at a photo-processor in the Denny Regrade.

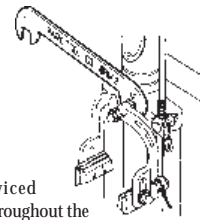
### Outspokin'

BY GORDON BLACK

The rest of the regulars include Larry, a lawyer; architect Mike; graphic designer Kim; photo specialist Mark; mechanic Ken; Kent, another lawyer (it is Bainbridge Island after all); and computer guy Mike. Peter, Jay, Julie and a handful of others make occasional appearances, though I suspect they simply have more interesting companions elsewhere on the ferry.

But back to the subject of bike maintenance. An informal poll of these bike commuters revealed this: at least half actually clean and maintain their bikes on a regular basis. About a quarter do no maintenance until something breaks or needs replacing. The rest were too busy looking out of the window to answer my questions. Computer guy Mike, who owns a Klein road bike, cleans his bike the most regularly, allegedly because he has to keep it in his apartment. He claims he doesn't let it into his bedroom.

Some of the respondents in this highly unscientific poll claimed to



keep their bikes serviced and clean throughout the winter. Significantly, nobody confessed to paying for these services, even though a bike service at a store costs less than an hour's labor at your average BMW dealership.

What about you? Are you too cheap to pay a bike mechanic to service your bike? Or do you love getting oil on your hands, gunk on your wrenches and generally get into the zen of bicycle mechanics? Or do you simply defer until the final moment close to total mechanical failure, then do it yourself?

The auto companies say you should



change the oil in your car every 3000 miles to prolong engine life. Bike companies don't have the same message about regular tune-ups to your bike, though stores that offer repairs can do as well financially off fixing bikes as they can from selling them.

As an admitted procrastinator of bike maintenance, take it from me: do yourself and your bike a favor and get it serviced. There are guys out there with aprons who actually enjoy doing that stuff.

Repair diagrams courtesy of Seattle Bicycle Supply and Park Tool Co.

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"I was sitting there watching them and then I realized that that was my race," McCoy remembers with a laugh. "I yelled to Lisa to 'hurry up, our race is starting!' We made it to the back and they said go. No warm-up, but we finished."

Just finishing at San Jose would have been fine with McCoy, who as a pursuit (time trial) rider "never expected results." McCoy not only finished the 20K race, but managed a 20th place, and then another 20th place in the 10K scratch race. Lisa Merrell, who considers herself an "all-rounder," opened many eyes with an unexpected 4th place in the scratch race and 7th overall in the event omnium.

McCoy (Raleigh) and Merrell (Gregg's/Khanmulo), both from Seattle, are traveling companions for the five EDS Track Cup series races this year, leading up to the finals in Tixelertown, Penn. in August. Missing the start of their race at the first round of the EDS Cup, an event that draws all the top U.S. track racers, would have been a major faux pas for these up-and-coming racers, to say the least. But by the end of the two-day event each had escaped with a gigantic morale boost based on their unexpectedly strong performances against a star-studded field.

Merrell puts their first round experience simply: "We had a ball."

This is McCoy's first year of competition at the national level; Merrell is starting her second year on the EDS circuit. That Merrell, 27, and McCoy, 24, are entering the world of elite track competition at roughly the same time is a bonus, and each is happy to have the other around for support.

"Maria and I are in a strange age bracket, last year on the circuit I was sort of an odd-ball," Merrell says. "It's really nice to have Maria to travel to races with. It's nice to worry about someone other than yourself."

McCoy, for her part, sees Merrell's rapid rise to the top as a prime example of someone she would like to emulate.

"I saw Lisa get so much faster after last year's EDS Cups," says McCoy. "I thought, 'I can do that.' She's been very dedicated, but with some time I can be like her."

By proving that they belong on the same track with national-class riders — if they don't miss their start times — Merrell and McCoy are following a long line of national class riders from the Northwest. Among those notables are National Team members Jennie Reed, 20 (who won the women's Keirin race at San Jose) and Ryan Miller, 19, world master's champions Chris Smith, Woody Cox and Shan Ray Ray, and the perennially strong Gregg's Greenlake Cycles masters team.

Both Merrell, who works at a sports clothing design company, and McCoy, who is a sales representative at Raleigh point to Chris Smith, resident women's racing promoter at Marymoor, as having a big influence on their development.

McCoy recalls the words of Smith, who is a multiple world master's track champion: "She said to me: 'Do you want to jump three years? Do you want to get really fast? Then

go to nationals, do the EDS races.' She even gave me my pursuit bike...."

Merrell, too, was influenced by Smith's encouragement to try the national races, a move that has had dramatic effects on her development.

"I dropped over 16 seconds on my 3000K pursuit in one season. If you stay in a national race, you can do anything," says Merrell. "I learned at the EDS last year that the biggest thing is to relax, pay attention and learn."

Merrell is also quick to point out her abilities on the road: As of April, she had reached the No. 1 position in the Northwest rider standings and was entered to race the notoriously hilly Tour of Willamette, proof that she is a strong performer in both racing disciplines.

Merrell and McCoy's rapid rise to the top level of track competition isn't a complete surprise, if one gets a chance to hear the unflinching enthusiasm each professes for the sport.

"I really am addicted to cycling now," says Merrell, who moved to the Northwest from Texas three years ago. "I had the intention when I moved to Seattle to hike and ski a lot — but that's on hold now, I'm having too much fun."

Michael Porter coaches cyclists in the Northwest, including McCoy for the past two years. He thinks she can go as far as she wants to, in large part because of her tireless enthusiasm.

"Maria is a diamond in the rough, she's got a good attitude, a good head on her shoulders and lots of potential. Am I surprised? No, she knows what her opportunities are, and the race in San Jose proved to her that she can hang with those folks."

"She's always got a smile on her face — cycling needs that, particularly women's cycling. Maria brings a 'goodness' to the racing scene."

### Big and small in 1999

Seattle's Marymoor Velodrome had a big year in 1998, with the EDS Master's nationals and a regional qualifier, prompting a mellower Marymoor schedule in '99 and a chance to re-focus on the local racing scene.

"I see this year as one where we get back to the basics. We decided this year to concentrate on growing our local race schedule, which will allow us to tune our program and prepare for another high profile national event in 2000 or 2001," says Marymoor track director Ethan Meginnes.

To that end, Marymoor is placing more emphasis on junior-level racing, adding "Kiddie Kilo" races on Friday nights to attract more families and adding "Bicycle Community Nights" — inviting any card-carrying member of any type of cycling club to watch Friday night racing for free, three nights a year (normally \$3).

This year Meginnes sees the "old Marymoor guard" of Terry Buchanan, Ken Sinclair and Woody Cox being challenged



PHOTO BY MARIANNE MCCOY

**World Master's Champion Chris Smith - whom Maria McCoy cites as a major influence on her entrance into track racing - gets her times from Gregg's teammate Woody Cox.**

by young, talented riders such as Martin Weeks, Rad Cunningham and Richard Juntunen. Laura Reed (older sister of Jennie) will face stiff competition from Renee Duprell, Chris Smith and Julie Gregg for the women's title, which she won last year.

In contrast to Marymoor's step back from the spotlight, Portland's Alpenrose track will host the biggest money track race in the United States this year, matching the EDS finals' prize list with a \$15,000 purse.

The Alpenrose Challenge, July 24-25, was purposely set on the race calendar just three days before the Pan-American Games, making it an inviting target for those racers who don't qualify for the elite international race, says Alpenrose track director Mike Murray.

"There's been attention from around the country, including Paul Swift, the EDS team and the Carney Brothers (Jonas and Jamie)," Murray says.

With its long flat sections and abnormally steep, 42-degree banks, the mostly mass-start (only two pursuit events) Challenge will be very spectator friendly — over 2,000 attended the last national EDS Cup at Alpenrose in 1997. In addition, the Challenge will feature a bike show/swap, catered meals, a half-time show between the morning and evening sessions and possibly a BMX trials competition, with the goal to make the event exciting for anyone who has an interest in bikes.

"Two years ago riders all agreed that our EDS Cup was the most fun, and had the most spectators," said Murray, who is working to build an even bigger carnival atmosphere for this year's Challenge.

Murray also expects some of his Alpenrose regulars to be competitive. Steve Marcy, Norreene Valente (who finished 10th overall at the San Jose EDS Cup), Lynn Hughes, Emily Thurston and Laura Suditu are among the top Oregon riders who will compete in the Challenge, in addition to the ongoing Alpenrose season series.

Immediately following the Challenge, Alpenrose will host a six-day race, the only one of its type in the country (in British Columbia, the indoor Burnaby Velodrome also hosts six-days). The six-day race features two mass-start events plus a one-hour Madison race per night.

### Track racing in Canada

Northwest track racing doesn't stop at the border. British Columbia is home to a vibrant track community, with two high-quality track programs.

The indoor Burnaby Velodrome is the only full-time indoor track in North America. Operating year-round, Burnaby's 200-meter wood track offers Wednesday night training/racing sessions and Saturday racing (both from 6:30 to 9:30 p.m.). New riders/specialized training is Wednesday and Saturday (9:30 to 11 p.m.). Drop-in fee is \$10.

The Juan de Fuca Velodrome, run by the Greater Victoria Velodrome Association, hosted the track events for the 1994 Commonwealth Games. The resulting benefit of hosting that prestigious event is the smooth, 333-meter concrete track. A regular Thursday Night Series begins in April. Racing starts at 7 p.m.

The Juan de Fuca Velodrome will also host the B.C. Provincial Track Championships June 11-13, and the World Cup Trials May 5-7.

Find detailed information about track classes, racing and special events on the Web: Alpenrose Velodrome:

<http://www.obra.org/track/alpenrose.htm>, (503) 661-5874

Marymoor Velodrome: <http://www.marymoor.velodrome.com>, (206) 675-1424

Burnaby Velodrome: <http://www.truesport.com/burnaby/index.htm>, (604) 929-5914

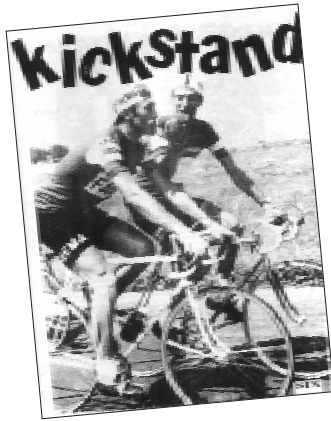
Greater Victoria Velodrome Association: <http://www.islandnet.com/~marcm/>, (604) 478-8384 ext. 2280



## REGIONAL NEWS

It's not too difficult to deduce why cycling is so huge in the Northwest. At least not if you read VeloNews' First Annual Top 100 Dealers list for this year: our area had two in the top ten for the U.S. (Seattle's Gregg's topped the locals taking the Silver; The Bike Gallery, in Portland, placed eighth). River City Bicycles (Portland), George's Cycles (Boise) and Kulshan Cycles (Bellingham) also made the top 100 at 25, 36 and 81, respectively.

Shopping in the Northern Territory? Our beloved British Columbia dominated the



Canada list taking five of the top ten: John Henry the Bicycle in North Vancouver took the Gold with Caps New West Bike, Inc. (Port Coquitlam), Bike Barn (Penticton), Bike Cellar (Vancouver) and Gerick Cycle & Sports (Kelowna) placing fourth through seventh, respectively.

Not on the list but doing some cool stuff is Aaron's Bicycle Repair at 6400 California Avenue SW in Seattle. Owner Aaron Goss put a front porch in the middle of the store in an effort "to be a community meeting place." The porch provides couch seating, free coffee, free Internet access "and an atmosphere that is sure to inspire a bike ride." The shop also serves as a mini-library and a meeting place for "scenic, pleasure rides" every Saturday morning. Further information can be found at [www.quidnunc.net/~aaron](http://www.quidnunc.net/~aaron).

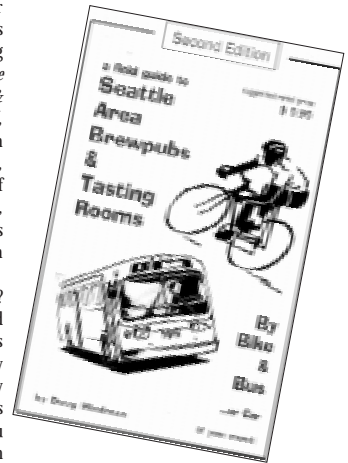
If you need a good read while plopped on the couch, Kickstand #6 is out. Since we just mentioned issue five, I guess this makes me a fan. This one is even better than the last, providing further entertainment and insight into the Seattle Bike Messenger boys and girls who oh-so-loathe their tie-sporting nemeses. Although Eddie Merckx doesn't sport a helmet on the cover of this issue, it's important to note that all responsible cyclists do - even while reading Kickstand (which can be obtained by sending a note of inquiry to 932 E John #103, Seattle, WA 98102).

If you're bored with lounging and are ready to ride but have yet to satisfy your insatiable desire to read, send \$5.95 (plus \$2.51 for shipping and taxes) to Doug Hindman for the second edition of *Seattle Area Brewpubs & Tasting Rooms By Bike & Bus* (His address is 4720 California Ave. SW, Seattle, WA 98116.) The second edition boasts some notable improvements, including efficient use of free maps of Seattle and an overall upgrade of aesthetics, while still providing detailed pub listings along with bus and road directions from point to point.

Need a little more sophistication than ale? Our very talented and much respected freelance photographer Marianne McCoy has a fine art exhibit at Seattle's Benham Gallery (at 1216 First Ave.) for the month of May (it opens on the sixth). Marianne took this month's cover shot, but at the gallery you will learn that she shoots much more than just cycling.

In business news, Derby Cycle Corporation bought Diamondback and moved production to Raleigh's Kent plant. This acquisition makes Derby the third largest U.S. bicycle company (behind Schwinn/GT and Trek).

And finally, El Niño, La Niña...who really cares as long as we got an early glimpse of summer while there's still plenty of snow to go skiing and snowboarding, right?



Wrong. Apparently the UCI is a little shy of the white stuff since it moved the Crystal Mountain World Cup Downhill No. 4 to Bear Mountain, California because of it. Historians should date the second California Gold Rush as 1999 since Bear Mountain also benefited from the relocation of the World Cup Cross-Country No. 6 from Conyers, Georgia.



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1999 marks the return of women's racing at the Cascade Cycling Classic. We need at least 40 preregistered Women to make this race happen! Our goal is to make this Women's race into a national level event for next year. Help make this happen by coming here to race in it! Preregister by July 1st.

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## FEATURES

Welcome to the Extreme. Imagine riding a mountain bike on snow — with 15+ pounds of survival gear, including enough food and drink to last for 20 hours — against a steady 30 mph headwind on tires having less than 25 psi of air. Picture this being Day One of a five-day race. A race with zero support between its six check points and no evacuation plan. If a racer drops out, they are on their own, all on an unmarked course.

Thirty athletes from around the world descended upon Anchorage, Alaska to try their luck at "the ultimate race." Spain, Italy, Germany were all represented along with the standard Canadian and U.S. athletes. Top endurance athletes John Stamstad and Chloe Lanthier were on hand to defend their titles. Rocky Reifentuhl, this year's winner of the Iditasport 100, rising endurance racer Greg Blackwell of Canada, veteran racer Mike Curiak, Jaques Boutet, along with myself, last year's second place finisher, were on hand to challenge the unknown.

The race starts at Knik Arm and travels over lakes and muskegs for 35 miles to Flathorn Lake, the site of our mandatory layover. The reason for the layover is that Dan Bull, the race organizer, godfather of the Iditasport, uses the suffer/sleep to assess racers' winter survival skill. According to Dan, having us sleep out in the equipment we carry for the duration of the race thins out the ill prepared leaving the semi-prepared to continue on.

Sunday's restart is in order of time in on Saturday, which means there is major strategy happening. Experienced snow riders go out fast, knowing the more tires on a snowy trail will start to compromise the platform, creating a soft, punchy, unpredictable surface. After about the tenth rider, the platform became this "punchy," leaving a majority of racers to struggle through the sugar by bike, ski and on foot to Kurt's cabin where a pot of hot jambalaya and cornbread awaited the masses.

Sunday morning's restart drove home the obvious: this year's race would be played out between four guys: John Stamstad, Rocky Reifentuhl, Greg Blackwell and myself. For a short time, we four worked together against the stiff headwind, distancing ourselves from the competition. In eight hours we had passed through two check points, resting for

less than 15 minutes. By 5:00 a.m. Monday morning the chase would be down to three.

The mental state of mind to bend without breaking does not come naturally. After a night like this, I figured the rookie Blackwell would be done for. There is a Zen-like state when it comes to pushing a bike for twenty-plus miles. "Jog thirty steps, walk ten steps," is my mental mantra. This is what endurance racing is all about, stepping outside the comfort zone, accepting discomfort, knowing that there will be an end to the adversity. The harsh reality of wilderness racing is that you are on your own.

So, to my amazement, it would be the veteran Rocky who physically falls apart. Seven hours into the miserable first night Greg ate his last bite of food. Three hours later he drank his last drop of water. After five additional hours, Greg staggered into the Winter Song check point completely hammered, to say the least, but he kept going.

Leaving the warm comfort of Winter Song quickly became a lesson in patience: our trusted trail breakers could not find the trail. First they led us one way, then quickly returned with "We need to turn back, this isn't the trail." After a couple of wrong turns they stumbled across the route, so by the time our little collective became oriented, Blackwell rolled up. John and I knew we needed to keep up the pace: our unspoken goal was to push Blackwell beyond his comfort zone. With this in mind we jogged, walked and rode the 45 miles up Happy Valley to the next check point at Puntilla Lake, putting us closer to the head wall of the Alaska Range.

Making the first attempt at Rainy Pass was an education in survival: 22 below zero, 40 to 50 mph head winds, and a trail that just disappeared ten miles into the effort. After inhaling two toasted ham and cheese sandwiches, three cans of 7-Up, restocking our bike food and enjoying the pumping heat of the wood stove — while Blackwell dealt with an asthma attack and another bonk — Stamstad and I made a break for the Pass.

Exposing bare skin to these element would be too dangerous and yet my glasses



PHOTO BY RICHARD LANGSON

The start line at this year's Iditasport was filled with ambitious athletes; by the second day, almost half of the field had dropped out of the race.

froze, leaving me to continue with no eye protection; my eye lashes constantly froze together bringing me to wiping ice into my eyes. And so it went hour after hour: losing the trail, backtracking, relocating and then continuing. After a couple of hours at this pace, our metabolisms started the slow death spiral. Once the two trail breakers caught up, we had become lost in our own misery. They too, had discovered just how impossible it was to keep track of the trail. A third of the way up Rainy Pass we had devolved into a state of instinct, putting one foot in front of the other, driven by the fear of failure. With the trail breakers out ahead the route finding was no better. What to do? At this speed John and I are doomed, Richard sees it in our eyes: fear, frustration, and no energy to make a rational decision. Richard says, "Leave your bikes against this tripod and get on the snowmachines; we are taking you back."

Word of our missed attempt spread down the lifting the spirits of the racers still in contention. When the news reached Rocky, it lifted his very bones off the couch and launched him up the trail. Eight hours after being pulled off the course, Stamstad and I were back at it. Under clear skies with just half the wind, we pushed our pace in the

hopes of distancing ourselves from the refreshed Blackwell. With only tenacity to credit, we descended Rainy Pass using all the snow riding tricks we knew. The farther down we rode the better the trail got. At the Rohn checkpoint I was surprised to hear the temperature was -20 degrees: without wind -20 felt more, well, warm.

Rocky Reifentuhl had started his march back into the race. Actually, Rocky was on quite a roll till his stomach gave out, and sleep deprivation caught up to him somewhere on the back side of Rainy Pass. All this slowed his pace to a walk, putting him in a life-or-death situation. "I built a fire to warm up and thought I would need to again on the air strip 'til I saw the 55-gallon barrels and knew the [Rohn] cabin was close."

In the Rohn check point, at the headwaters of the Big River Valleys, I became obsessed with crossing the overflow water that had pooled up on the Kuskawim river. During the frustrating six hours in Rohn, I marched out of the cabin twice with different shoe covering ideas and twice I returned with wet socks and frozen shoes. It took one attempt for Stamstad to decide "I'll let it set up and try in the morning." But not me.

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## FEATURES

Blackwell was watching with interest at my latest idea: socks over plastic bags on bare feet. At 1 a.m., Stamstad sleeps, Blackwell sits waiting to see if I come back.

Walking in the shin deep water, I am struggling to keep my 40-pound bike above the water. I can feel the stabbing cold shoot up my ankles, my left heel starts to go numb. When I hit the hard ice, I am on the run, my frozen socks are working to slide off my feet: I need to make the other side, get this stuff off and my shoes back on.

My obsession pays off and soon Blackwell would be trying his luck on the open water, with John sleeping till morning. Time would be on our side.

After three days of nonstop blowing snow the hills above Rainy Pass Lodge started looking dangerous. Veteran racers Chloe Lanthier, Mike Curiak and rookie Cullen Barker, all experienced back country travelers, assessed the avalanche danger to be high, possibly extreme in the tight valley leading to the top of Rainy Pass. On their third trip up the trail, they collectively decided the risk would be too high to continue.

Since John, Greg and I had crossed over the Pass only the skijor Bill Merchant, Rocky and Mike Madden had been able to follow. The skijor, who was skate skiing behind three sled dogs made impressive time getting over the Pass. Like Bill, Rocky and Mike were also keeping up the pace.

Getting lost in the middle of the Alaska Wilderness is never an option. But then, on a five mile lake crossing, even after retracing the route three times, I still got lost. For four eternal hours I played tug-of-war in my head in the process of blowing a huge lead. After I conceded to my own stupidity I headed back to the last trail marker, only to find Stamstad also following my tracks up the wrong trail. I mentally lost my edge, the culmination of four long agonizing hours.

Once we consulted John's maps and, sure enough, with a map in hand the turn was obvious, even with the trail covered in four inches of new snow. Blackwell, fresh from an afternoon nap, quickly joined us as we headed for the next check point 50 miles away.

Stamstad set a wicked pace. Greg and I chased, but John was on a mission to get to McGrath first. Along this exposed section of trail can be found an oasis of warmth called "the buffalo camp." We made a quick stop to re-fortify our nutritional needs, top off our bladders and - most importantly — get ready for the frozen night on the Farewell Burn, unquestionably one of the coldest places in Alaska. This small amount of luxury would be enough time for Rocky to sneak past us on his way to Nikolia. Once back on the trail, Blackwell noticed the second set of tracks.

This would be all the motivation I needed to get back on form. I picked up the pace, leaving Greg in the growing darkness. Sometime in the night I found Rocky in a bad state of affairs. For the third time in as many days, Rocky started puking, his energy level having hit bottom, forcing him to walk the remaining fifteen miles to Nikolia. When I rolled into Nikolia the mercury read -30 degree. In the last 50 miles Stamstad had built a two-hour lead and had incredibly transitioned through the check point in one hour.

Having been on the move for 39 hours, with the last two hours spent struggling to keep my eyes open, my vision had become so out of focus it took me moments to adjust my eyes to the hallucinations that danced before me. I needed a rest. After enjoying a cheeseburger with fries, three slabs of Spam, washing it all down with two Cokes, drying out my gear, and indulging in a one-hour nap, I rolled out of Nikolia.

For the past four and a half days Stamstad and I have been within minutes of each other, Greg Blackwell has been the un-shakable shadow right on our tails, and now Rocky and Mike Madden are steadily closing the gap.

With 50 miles left in the race, Stamstad's four-hour lead appears untouchable. After leaving Nikolia, the early morning cold zapped my energy. I was having trouble just staying on my bike. Paranoia started getting the best of me. I fell into a pattern of sleeping while riding, tipping-over, then



PHOTO BY RICHARD LANGSON

**John Stamstad and Pat Norwill (the winner and second place finisher and writer, respectively) doing the "Iditapush" as they begin the climb up Rainy Pass in the middle of the Alaska Range.**

quickly jumping up and turning my light off to stare back down the trail looking for some sign of activity to feed my anxiety.

Once the sun rolled up, I started seeing the first signs of Stamstad's tracks, weaving then walking. My heart jumped a beat when I saw his fire pit. John was falling apart. My attitude changed instantly: maybe, just maybe, I can catch him.

Sometime after 8 a.m., the dynamic trio of Greg, Mike and Rocky left Nikolia. Rocky's stomach held little food, Greg's knees were giving him problems, and all three wanted to get this bad dream over with. Down to the final stretch, "misery loves company," Blackwell later said. "Nobody wanted to race, my knee was pretty bad, so we just stuck together." Nine hours later the trio rolled across the finish line to celebrate a three-way tie for third place.

When I saw John's second fire ring it pumped me up. Only seventeen miles of roller coaster ice road remained...the end was near. I dropped two gears, pulled the chain up onto my big ring, stood up and started hammering. The ice roller coaster descended into town, past the dump, the shooting

range, the radio towers and, finally, the main drag of McGrath, but no sign of John. I rolled across the proverbial finish line parked my bike and walked into the Airport Cafe, ordered two Cokes and shook the winner's hand. After 4 days 22 hours, just 56:00 minutes separated us.

- |      |   |
|------|---|
| 1st  | John Stamstad   |
|      | 4 days 21 hours 4 minutes                             |
| 2nd  | Pat Norwill   |
|      | 4 days 22 hours                                       |
| 3rd  | Greg Blackwell, Mike Madden, Rocky Reifentstahl (tie) |
|      | 5 days 3 hours  |
| 6th  | Bill merchant (Skijor)                                |
| 7th  | Juan Carlos Najaro, Will Mulania (tie)                |
| 9th  | Jorg Weigl  |
| 10th | Patty Jo Struve                                       |
| 11th | Zama Eris, Doro Maurizio (tie)                        |
| 13th | Tom Jarding (runner)                                  |
| 14th | Andy Sterns (skier)                                   |



*Pat Norwill lives in Mazama, Washington.*

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# CALENDAR

## Welcome to the Pacific Northwest's most comprehensive bicycle calendar



**May 2: 7th Annual Padden Mountain Pedal.** Lake Padden Recreation Area, Bellingham, WA. Cross-country, trials, free kids rodeo & fun race. Lodging information available at Kulshan Cycles 360-733-6440. Prices \$15-30. 360-738-3728, mp@konaworld.com.

**May 2: BBT/C Trail Maintenance.** Saint Edwards State Park, WA. 10 am - 2pm. 425-820-3408.

**May 8: BBT/C/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. 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. 541-471-9239 (days).

**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.

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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**Jun 20-Jul 21: "Bike-Aid" (Annual Cross-Country Trek for Global Education).** CA, OR, WA. Annual cross-country cycling adventure that promotes global education. Learn about important global issues while travelling & meeting with local communities through out the U.S. 9 weeks of love, sweat & tears. 800-RIDE-808, info@justact.org, www.justact.org.

**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. Trails also. 604-898-3519, cmiller@mountain-inta.net, www.testofmetal.com.

**Jul 10: Gorge Games Downhill.** Mt. Hood Ski Bowl, OR. Gorge Games Downhill course is a former NORBA National venue. Competitors will be faced with 26 switchback turns on the gnar gnar & tested through the technical & challenging Fire Hydrant trail. www.gorgegames.com, 541-386-7774, 541-386-7762.

**Jul 10: Gorge Games Dual Slalom.** Mt. Hood Ski Bowl, OR. Gorge Games Head-to-Head Dual Slalom is some of the best fast-action mountain biking anywhere. Competitors will go head-to-head & the fastest time wins in this double elimination format. www.gorgegames.com, 541-386-7774, 541-386-7762.

**Jul 10: Redmond Derby.** Redmond, WA. Challenging, flat eight corner bike criterium. Kid's bicycle parade, Health and Fitness Expo, Extreme Scene, 5k run race, inline skating and stunttrampoline demonstrations, climbing wall and music stage. 206-448-5868, events@mginc.com.

**Jul 11: Gorge Games Cross-Country.** Hood River, OR. X-e has tons of singletrack, breathtaking views & technical descents. Variety of challenges & course lengths for all levels of riders. Free street dance & party downtown with live music, tasty food & beer garden after the race! www.gorgegames.com, 541-386-7774, 541-386-7762.

**Jul 17: Gorge Games Off-Road Triathlon.** Hood River, OR. Off-road triathlon is the new rage, test yourself in the beautiful Columbia River Gorge & see if you have what it takes to conquer the course Michael Tobin called "the most challenging course on the XTERRA series." The final concert & party follows at night - don't miss it! www.gorgegames.com, 541-386-7774, 541-386-7762.

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

## Mountain Bike Racing

**May 1-2: Chelan Mountain Bike Festival,** WIM #2. Chelan, WA. Cross-country & downhill racing for all ages and ability levels. 509-455-7657, cisco@roundandround.com, www.roundandround.com.

**May 2: 7th Annual Padden Mountain Pedal.** Lake Padden Recreation Area, Bellingham, WA. Cross-country, trials, free kids rodeo & fun race. Lodging information available at Kulshan Cycles 360-733-6440. Prices \$15-30. 360-738-3728, mp@konaworld.com.

**May 2: Dick Blee Memorial MTB #1.** Billings, MT. Cross country and hillclimb. 406-652-1202.

**May 2: Spring Thaw.** Lithia Park, Ashland, OR. 1999 Oregon Off-Road Series #4, cross-country, 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. 541-482-8704, dbandy@mind.net.

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

**May 9: Coast Hills Mountain 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 mountain bike club & honor society. 541-574-0327, dave\_campbell@lincolnk12.or.us.

**May 15-16: Boneshaker Mountain Bike Bash,** WIM #3. Winthrop, WA. Cross-country & downhill racing for all ages and ability levels. 509-455-7657, cisco@roundandround.com, www.roundandround.com.

**May 15: Spockids Youth Challenge.** Gibson, BC. 6th annual, for kids 5-18 years old. Different levels of single track for all ages. 604-886-0772, ddetwiler@sd46.bc.ca.

**May 16: Gary Fisher Race for the Trails #2.** The Ridge Classic XC, . Belcarra, BC. 604-683-7278, lorihash@axionet.com.

**May 16: Race at Reehers.** Forest Grove, OR. 503-234-9273, jonemeyers@yahoo.com.

**May 22-23: Bordertown Challenge.** Oasis, NV. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. Nevada State Champs. 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.

**May 22-23: Klamath Heat.** Klamath Falls, OR. .

**May 23-24: Sunlight BC Cup Cross Country #1- Snowden Slug Slam.** Campbell River, BC. Pro-Elite Stage Race. Cross-country, Time Trial and Dirt Criterium. \$8,000 cash purse. 250-286-6340, lemmings@island.net, www.slugslam.com.

**May 29: British Columbia High School Invitational Mountain Bike Championships.** Grouse Mountain, BC. Five categories: Petite (grade 6-7), Bantam (grade 8), Juvenile (grade 9), Junior (grade 10) and Senior (grade 11-12). Six kilometer lap. Awards for top five individuals and for teams. 604-985-3181.

**May 29: Dairy Queen Downhill.** Campbell Mountain, BC. 250-493-0686, fax 250-493-0684.

**May 30: 4th Annual Action Quest '99.** Summerland, BC. 250-494-0341, www.rideactionquest.com, fax to 250-494-9610.

**May 30: Gary Fisher Race for the Trails #3.** LifeCycles Veddar Mountain Revival. Veddar Mountain, BC. 604-683-7278, lorihash@axionet.com.

**May 30: Hutch's Hustle.** Bend, OR. 1999 Oregon Off-Road Series #9, cross-country. 541-393-3225, Salbend@aol.com, www.hutchsbicycle.com.

**Jun 4-6: Mtn. Bike Rose Festival Cup.** Mt. Hood Skibowl, OR. Fri - training: Sat - Downhill & Dual Slalom; Sun - X-Country. This year's snowfall should make this event "a challenge" for all of us. 503-272-0146, (fax) 503-272-0240, www.skibowl.com.

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

**Jun 5: Excellent Adventure.** Idaho City, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.

**Jun 5-6: SUNLIGHT BC CUP XC#2, DH#1, DS#1.** Cyclepath Triple Threat. Crystal Mountain, BC. 250-868-0122.

**Jun 5-6: The Beacon Bomber.** WIM #4. Minihaha Park, Spokane, WA. Cross-country & downhill racing for all ages and ability levels. 509-455-7657, cisco@roundandround.com, www.roundandround.com.

**Jun 13: Dave Lyman Memorial Classic.** Port Moody, BC. 604-937-DAVE.

**Jun 13: Dick Blee Memorial MTB #2.** Billings, MT. Cross country and kids race 406-652-1202.

**Jun 13: Granny Gear Grind.** Comox Lake, BC. 250-339-7011, lblack@comox.island.net.

**Jun 13: Mt. MacPherson Challenge.** Revelstoke, BC. XC Race and Kids Race 250-814-0090.

**Jun 13: Pickett's Charge!** Bend, OR. 1999 Oregon Off-Road Series #9, cross-country. At Virginia Meissner Snowpark. 15 miles beginner, 29 miles Sport, Pro/Expert & Clydesdales. 541-382-8018, Sdtozer@aol.com, www.sunnysidesports.com.

**Jun 18-20: State Games of Oregon.** Mt. Hood Skibowl, OR. Fri - training: Sat - Downhill & Dual Slalom; Sun - X-Country. Even this event may still have snow on the ground. Keep your studded tires out. 503-272-0146, (fax) 503-272-0240, www.skibowl.com.

**Jun 19-20: 24 Hours of Blues.** Ukiah, OR. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. 24 hrs. race. 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.

**Jun 19-20: Bear Mountain Challenge.** Mission, BC. 604-853-4581.

**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 19-20: Torque Baby.** Cranbrook, BC. Two day event with a circuit race and relay. Eight kilometer loop. 250-426-6171, gerick@cyberlink.bc.ca.

**Jun 20: 12th Annual Kelowna Classic.** Kelowna, BC. 250-763-9213, atvelling@wipowertelink.com.

**Jun 20: Gary Fisher Race for the Trails #4.** John Henry Poker Challenge - North Vancouver, BC. 604-683-7278, lorihash@axionet.com.

**Jun 20: PORC #1 MTB.** Trident/Headwaters State Park, MT. 406-586-4953, primemedia.net.

**Jun 20-Aug 15: PORC Series MTB.** MT. 3 races, all categories. \$20/race. 406-586-4953, primemedia.net.

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

**Jun 23-24: Pacific Sport International Mountain Bike Stage Race.** Mt. Washington/Squamish. 250-744-3583, cycling@ampsc.com.

**Jun 26-27: 1999 UCI/World Cup Downhill Mountain Bike Races.** Crystal Mountain, WA. 400 professional athletes competing in downhill & dual events. 509-455-7657, cisco@roundandround.com, www.roundandround.com.

**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. Trails also. 604-898-3519, cmiller@mountain-inta.net, www.testofmetal.com.

**Jun 27: WEKS MTB.** Helena, MT. 406-443-5188.

**Jul 3-4: SUNLIGHT BC CUP XC #3 Mile High Cross Country.** Silver Star Mountain, BC. 250-545-0229, mountaincomm@bc.sympatico.ca.

**Jul 4: Galena Grinder.** Sun Valley, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country. 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.

**Jul 10-11: 24 on the Shore.** Grouse Mountain, BC. 604-924-0288, velocity@direct.ca.

**Jul 10-11: Crystal Mountain Crunch.** WIM #5. Crystal Mt., WA. Downhill, cross-country & dual racing for all ages and ability levels. Downhill & dual racing will take place on the World Cup Courses! A Washington State Championship event. 509-455-7657, cisco@roundandround.com, www.roundandround.com.

**Jul 10: Gorge Games Downhill.** Mt. Hood Ski Bowl, OR. Gorge Games Downhill course is a former NORBA National venue. Competitors will be faced with 26 switchback turns on the gnar gnar & tested through the technical & challenging Fire Hydrant trail. www.gorgegames.com, 541-386-7774, 541-386-7762.

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**Jul 10: Gorge Games Cross-Country.** Hood River, OR. X-country has tons of singletrack, breathtaking views & technical descents. Variety of challenges & course lengths for all levels of riders. Free street dance & party downtown with live music, tasty food & beer garden after the race! www.gorgegames.com, 541-386-7774, 541-386-7762.

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

**Jul 17-18: SUNLIGHT BC CUP DH#2, DS #2, Double Dog Downhill & Dual Slalom.** Silver Star Mountain, BC. 250-545-0229, mountaincomm@bc.sympatico.ca.

**Jul 18: Miss Gillcuddy's 8th Annual Okridge Fat Tire Festival.** Okridge, OR. 1999 Oregon Off-Road Series #11, cross-country. 541-782-3494, mstumba@efn.org, www.mcgillcuddysoutpost.com.

**Jul 18: PORC #2 MTB.** Bohart Bash/Bozeman, MT. X-country ski course at Bohart Ranch. Intermediate course. First MTB race to ever be broadcast on internet. \$20. 406-586-4953, primemedia.net.

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# CALENDAR

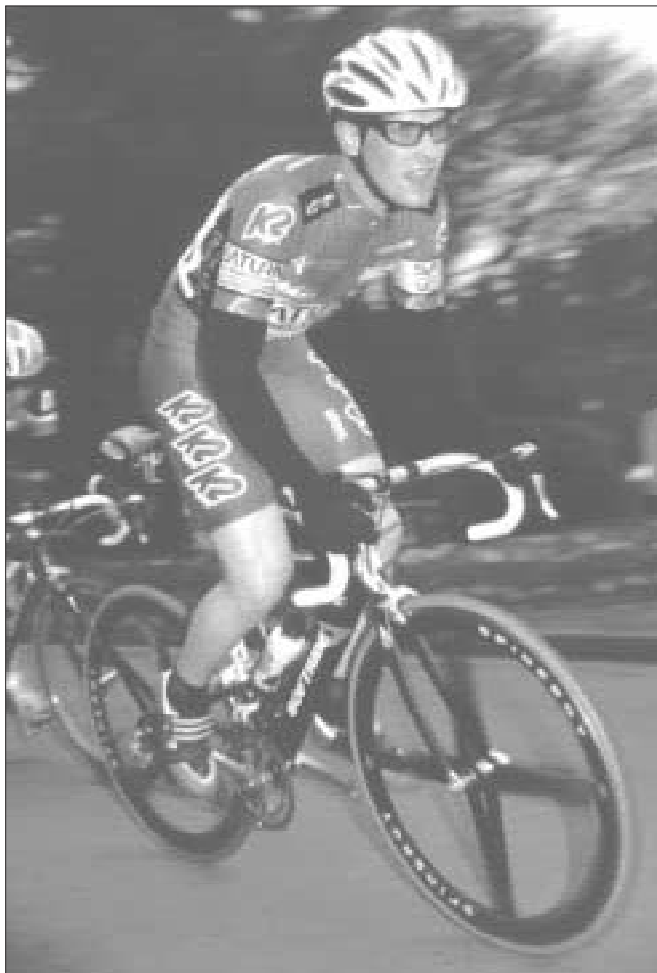


PHOTO BY SCOT FILLON

**Martin Weeks on his way to winning the 1999 Volunteer Park Criterium.**

- Jul 24: Canada Cup #6 - Finals.** Silver Star Mountain, BC. 250-545-0229, mountaincomm@bc.sympatico.ca.
- Jul 24-25: Cougar Mountain Bike Festival.** To be announced. 1999 Oregon Off-Road Series #12. Cross country 7/24 and Downhill & more 7/25. Oregon's largest Fat Tire Festival! New high-tech timing equipment & professional timing crews. 541-984-1433, oregontrails@pacwest.net.
- Jul 25: Jim Treviso Memorial.** Mt. Hood Skibowl, OR. Sun - X-Country. As this weekend falls on NCS race in Deer Valley, UT, we will only hold X-Country event on Sunday for those who will return home from that event. 503-272-0146, (fax) 503-272-0240, www.skibowl.com.
- Jul 31-Aug 2: Apex Vertical.** Apex Mountain Resort, BC. 250-770-1084, ronhaysan@ibm.net.
- Jul 31-Aug 1: Bogus Bomber.** Boise, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.
- Jul 31-Aug 1: Jim Treviso Memorial.** Mt. Hood Skibowl, OR. Sat - Downhill & Dual Slalom Training; Sun - Downhill & Dual Slalom. There will be no X-Country race on this weekend and DH race will be held on Sunday instead of Saturday like rest of series. 503-272-0146, (fax) 503-272-0240, www.skibowl.com.
- Jul 31-Aug 1: Mt. Washington Coca-Cola Classic & Monster Downhill.** Mt. Washington, BC. 250-897-1836.
- Jul 31-Aug 1: Ride the Runt, WIM #6.** Lookout Pass, ID/MT border. Downhill & Cross-country for all ages and ability levels. 509-455-7657, www.roundaround.com.

## 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. 360-892-8765.
- May 8: BBTC/WMBAs Goes to Yakima.** Yakima, WA. Ride Cowiche 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. 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, Conavallis or on mountain bike from Grand Ronde. 503-246-1997, 800-LUNG-USA.
- May 22: Ride and Meet.** Spokane, WA. WMBAs goes to Spokane to try and work on forming a Spokane area Mt. Bike Club. 425-820-3408.
- May 23: Two-County Double Metric Century.** Millersylvania State Park, WA. 30, 60, 110, 135 & 200 km options. Great scenery, full range of riding options. Great STP training ride. Goldwing Motorcycle Club Support. Showers available. Goes through Rochester, Galvin, Adna, Vader, Boistford, Curtis & Litterlock. 360-956-3321, cbc@olywa.net, www.capitalbike.org.
- Jun 5: MS Mountain Bike Madness Ride.** Fall City, WA. Fun-filled day on the Weyerhaeuser Tree Farm with a 50k route for all abilities and a challenging 70k route with single track. \$25 + \$75 in pledges. Funds benefit people with MS & their families. 206-284-4236, 800-800-7047, (fax) 206-284-4972.
- Jun 6: Third Annual OC&E Woods Line State Trail.** Klamath Falls, OR. 541-884-3050, sevignym@ort.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. 360-749-2192, www.tdn.com/tourdb.
- 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. 208-336-3854.
- Jul 10-11: 4th Annual Sea to Sky Mountain Bike Trail Rid.** British Columbia. Ride the newly developed 150km mountain bike trail from Devine to Squamish with an overnight at Whistler resort. 500 riders expected. This event will sell out! 604-SEA-2SKY, www.great-explorations.com, 604-730-1247.
- Jul 12-28: Zimbabwe: Mashonland Sojourn.** Zimbabwe. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful biking. 500 miles, hills & moderate elevation. \$1090 plus airfare. 206-767-0848, lbike@bike.org, www.lbike.org.
- Jul 12-28: Zimbabwe: Matabeleland Sojourn.** Zimbabwe. Victoria Falls, Matopos & Hwange National Parks, San rock art, Batonga culture, wildlife, canoe safari & white-water rafting. 382 miles, \$10 dirt, rolling terrain. \$1290 plus airfare. 206-767-0848, lbike@bike.org, www.lbike.org.
- Jul 30-Aug 1: Steens Mt. Mountain Bike Tour.** French Glen, Southeast Oregon. MTB tour of gravel and dirt roads up and around the 30 mile long fault block of the Steens. Spectacular views overlooking canyons and desert vistas. Elevations of 9,500 feet. All high desert & aspens. Campsites, sag, all gourmet meals, maps. Group limited to 20 people all included for \$240. 541-482-8704.
- Jul 31-Aug 2: Yalakom River MTB Tour.** Lillooet, BC. 604-521-8985. Contact prior to July 17.



## MultiSport

- 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. 541-388-0002.
- Jul 17: Gorge Games Off-Road Triathlon.** Hood River, OR. Off-road triathlon is the new rage. test yourself in the beautiful Columbia River Gorge & see if you have what it takes to conquer the course Michael Tobin called "the most challenging course on the XTERRA series." The final concert & party follows at night - don't miss it! www.gorgegames.com, 541-386-7774, 541-386-7762.



## Road Racing

- May 1: Caleb Pike Road Race.** Victoria, BC.
- 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 time trial, 10.5 mile loop road race with 1k hill. 206-932-5921, pazzo@accessone.com, www.pazzevo.com.
- May 2: Northern Rockies Road Race.** Bearmouth, MT. 50 mile road race on rolling course with four mile climb. 406-549-2453.
- May 2: Up and Over Highlands Road Race.** Victoria, BC. 250-595-1937, redmango@idmail.com.
- May 3: Masters & Women PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- May 4: Adidas World Tuesday Night Championships.** Victoria, B.C. 604-733-6947, www.escapavelocity.bc.ca.
- May 4: PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- 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+. 206-322-0072, tjolly@seattlemortgage.com.
- May 5: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. 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. www.pazzevo.com.
- May 8: Coaltown Classic.** Naniamo, BC. 250-748-6457, sevco@seaside.net.
- May 8: Eden Int'l NeoClassic.** Great Falls, MT. 406-761-7021.
- May 8: Yakima Road Race - Washington Championships.** Yakima, WA. 206-292-5141, http://users.ewa.net/sagecycle.
- May 9: Rehersal Road Race.** Hood River, OR. 541-478-3365, jlorenz@hoodriver.k12.or.us.
- May 11: Adidas World Tuesday Night Championships.** Victoria, B.C. 604-733-6947, www.escapavelocity.bc.ca.
- May 11: PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- 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+. 206-322-0072, tjolly@seattlemortgage.com.
- May 12: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. 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. 206-932-5921, pazzo@accessone.com, www.pazzevo.com.
- May 15-16: Mutual of Enumclaw Stage Race.** Enumclaw, WA. Washington State stage race championships. 206-855-8017, TiCyclesPC@aol.com.
- May 16: Beaverton Criterium.** Beaverton, OR. 503-257-6244, NWVelo@msn.com.
- May 16: Rehersal Road Race.** Oregon City, OR. 503-632-6030, kodjak\_grizzly\_beamsn.com.
- May 17: Masters & Women PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- May 18: Adidas World Tuesday Night Championships.** Victoria, B.C. 604-733-6947, www.escapavelocity.bc.ca, sparky@teleport.com.
- May 18: PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- 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+. 206-322-0072, tjolly@seattlemortgage.com.
- May 19: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. 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. 206-932-5921, pazzo@accessone.com, www.pazzevo.com.
- May 21-23: Columbia Plateau.** Eastern Oregon. 503-231-0236, mark.schwartz@milliman.com.
- May 22-24: BC CUP #2\* BC Classic Stage Race.** Langley, BC. 604-733-6947, www.escapavelocity.bc.ca.
- May 23: Spokane River Road Race.** Spokane, WA.
- May 23: Hammerfest Road Race.** Spokane, WA.
- May 25: Adidas World Tuesday Night Championships.** Victoria, B.C. 604-733-6947, www.escapavelocity.bc.ca.
- May 25: PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- 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+. 206-322-0072, tjolly@seattlemortgage.com.
- May 26: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. 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. 206-932-5921, pazzo@accessone.com, www.pazzevo.com.
- May 28-30: The Pacific Classic Stage Race.** Victoria, B.C. 250-360-BIKE.
- May 29: Mount Toimie Road Race.** Victoria, B.C. 250-360-BIKE.
- May 29-31: Twin Rivers Stage Race.** Lewiston, ID.
- May 30: Bastion Square Criterium.** Victoria, B.C. 250-360-BIKE.
- May 30: BC CUP #3\* Bastion Square Cycling Grand Prix.** Victoria, BC. 250-360-2453.
- May 30: Larch Mount Hill Climb.** Portland, OR. 503-245-9878, scratch@spiritone.com.
- May 30-31: Pop Cycle Classic.** Boise, ID. Junior only stage race. 208-344-9182, www.lactacidcycling.org.
- May 31: Masters & Women PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- Jun 1: Adidas World Tuesday Night Championships.** Victoria, B.C. 604-733-6947, www.escapavelocity.bc.ca.
- Jun 1: Atomic Criterium.** Vancouver, BC. 604-320-2105, brad@instepmobile.com.
- Jun 1: BC CUP #4\* Taxana Rice - Hatzie Valley Road Race.** Mission, BC. 604-597-4301.
- Jun 1: PIR.** Portland, OR. 503-636-6422, sparky@teleport.com.
- 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+. 206-322-0072, tjolly@seattlemortgage.com.
- Jun 2: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. 250-595-BIKE.
- 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. 206-932-5921, pazzo@accessone.com, www.pazzevo.com.
- Jun 5-6: Silverton Road Race and Criterium.** Silverton, OR. Saturday Road Race and Sunday Criterium 503-362-0500, yennes@ai.com.
- Jun 5-6: Trek Barr Challenge SR (Omnium).** MT. 406-449-8401.
- Jun 6: Mercer Island Time Trial.** Mercer Island, WA. 10.4 miles. 8 am start, 6:30 reg, or pre-reg at Issaquah Ski & Cycle, all CATs including Juniors. Exit 8 from I-90. 425-825-2360.
- Jun 7: Masters & Women PIR.** Portland, OR. Biweekly race series. 503-636-6422, sparky@teleport.com.
- Jun 8: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapavelocity.bc.ca.
- Jun 8: PIR.** Portland, OR. Race series. 503-636-6422, sparky@teleport.com.
- 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+. 206-322-0072, tjolly@seattlemortgage.com.
- Jun 9: Hewlett Packard International Women's Challenge.** Boise, ID. www.hpwc.com.
- Jun 9: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. Wednesday night races. 250-595-BIKE.
- Jun 9: Mt. Tabor Series.** Beaverton, OR. Five race series. 503-221-6809, NWVelo@msn.com.

# CALENDAR

**Jun 10: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jun 12: Leavenworth Road Race.** Leavenworth, WA. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jun 12: Mary's Peak Hillclimb.** Corvallis, OR. 503-754-0073, tom.hayden@cmuc.com.

**Jun 12: Montana Critérium Championships.** Helena, MT. 406-442-0877.

**Jun 13: District Road Race.** Hood River, OR. 541-478-3365, jlorenz@hoodriver.k12.or.us.

**Jun 13: Washington State TT Championships.** Roslyn, WA. 206-292-5141.

**Jun 15: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

**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+, 206-322-0072, tjlojly@seattlemortgage.com.

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

**Jun 16: Mt. Tabor Series.** Beaverton, OR. Five race series. 503-221-6809, NWVelo@msn.com.

**Jun 17: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jun 19: Ballard Twilight Critérium.** Ballard, WA. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jun 19: Montana Time Trial Championships.** Great Falls, MT. 406-771-8861.

**Jun 20: Woodland Bottoms.** Woodland, WA. 360-887-4032, JELMEL@aol.com.

**Jun 20: Montana Road Championships.** Great Falls, MT. 406-771-8861.

**Jun 20: Seward Park Summer Classic.** Seattle, WA. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jun 22: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

**Jun 22: PIR.** Portland, OR. Race series. 503-636-6422, sparkly@teleport.com.

**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+, 206-322-0072, tjlojly@seattlemortgage.com.

**Jun 23: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. Wednesday night races. 250-595-BIKE.

**Jun 23: Mt. Tabor Series.** Beaverton, OR. Five race series. 503-221-6809, NWVelo@msn.com.

**Jun 24: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jun 26: Woodville Circuit Road Race.** Woodville, WA. .

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

**Jun 27: Redmond Town Critérium.** Redmond, WA. 206-292-4301.

**Jun 28: Masters & Women PIR.** Portland, OR. Bi-weekly race series. 503-636-6422, sparkly@teleport.com.

**Jun 28: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

**Jun 29: PIR.** Portland, OR. Race series. 503-636-6422, sparkly@teleport.com.

**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+, 206-322-0072, tjlojly@seattlemortgage.com.

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

**Jun 30: Mt. Tabor Series.** Beaverton, OR. Five race series. 503-221-6809, NWVelo@msn.com.

**Jul 1: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jul 2-5: Duet Classic.** Eugene, OR. 541-687-1644.

**Jul 4: 24th Annual Joe Matava Memorial Classic & WA State Jr. Championships Critérium.** Burien, WA. Promoted by the WheelSport Cycling team. 6 corner, flat, fast critérium. All categories, masters and juniors. Also free children's races. .

**Jul 5: Masters & Women PIR.** Portland, OR. Bi-weekly race series. 503-636-6422, sparkly@teleport.com.

**Jul 6: PIR.** Portland, OR. Race series. 503-636-6422, sparkly@teleport.com.

**Jul 6: 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+, 206-322-0072, tjlojly@seattlemortgage.com.

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

**Jul 7: Mt. Tabor Series.** Beaverton, OR. Five race series. 503-221-6809, NWVelo@msn.com.

**Jul 8: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jul 9: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

**Jul 10-11: BC CUP #5\* Tour de White Rock.** White Rock, BC. 604-541-2161, recreation@city.whiterock.bc.ca.

**Jul 10: Redmond Derby.** Redmond, WA. Challenging, flat eight corner critérium. Categories Pro/1,2/3,4/5/Masters and Women. Also inline skater versus cyclist in match sprint. 206-448-5868, events@mmginc.com.

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

**Jul 11: Marcus Daly Critérium.** Hamilton, MT. 406-728-5790.

**Jul 13: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

**Jul 13: PIR.** Portland, OR. Race series. 503-636-6422, sparkly@teleport.com.

**Jul 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+, 206-322-0072, tjlojly@seattlemortgage.com.

**Jul 14-18: Cascade Classic.** Bend, OR. 20th annual race. Womens race added this year. Categories Pro/1,2/3. Pro/1,2 has six stages. Women and Category 3 has four stages. \$19,000 cash plus prizes in prizes. 541-382-5962, toofrey@kxmn.net.

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

**Jul 15: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

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

**Jul 17-18: Provincial Hill Climbing Championships.** North & West Vancouver, BC. 250-972-2286, kelvin@bc.sympatico.ca.

**Jul 17: Snohomish Kia Ha Ya Days Road Race.** Snohomish, WA. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jul 20: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

**Jul 20: PIR.** Portland, OR. Race series. 503-636-6422, sparkly@teleport.com.

**Jul 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+, 206-322-0072, tjlojly@seattlemortgage.com.

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

**Jul 22: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

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

**Jul 24: Provincial Masters Road Race/Critérium Championships.** Shawinigan Lake, BC. 250-743-9915, .

**Jul 25: District Time Trials.** Portland, OR. 503-775-7535, rburney@transport.com.

**Jul 25: State Critérium Championships.** Olympia, WA. .

**Jul 25: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

**Jul 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+, 206-322-0072, tjlojly@seattlemortgage.com.

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

**Jul 29: Seward Park Cycling Series.** Seattle, WA. Critérium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.

**Jul 31: B.C. Road Championships.** Cranbrook, B.C. Provincial Road Championships 250-426-6171, gerick@berlink.bc.ca.

**Jul 31-Aug 1: Sweet Pea SR.** Bozeman, MT. 406-522-7723.

## Road Touring

**May 1-2: Galloping Goose.** Vancouver Island, BC. 2 days, 50 miles per day. Follow the galloping goose railway on Vancouver Island. \$35 for Vancouver Island Bicycle Club, \$45 for non-members. 604-251-1230.

**May 1: Ride Around Clark County.** Clark County, WA. 3 beautiful & challenging rides, 34, 65 & 100 mile loops & a new 18 mile casual ride. Entry to win a Coleman camping package or a Coleman entry level spa to all pre-registered (prior to 4/19/99) participants. 360-892-8765.

**May 1-Oct 31: San Juan Islands 6 Day Tour.** La Conner, WA. Departs every Sunday May-October. Highlights: La Conner; Lopez Islands; Orcas Island; San Juan Island. Designated: all abilities. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**May 2: Camano Clim.** Stanwood, WA. 50 miles scenic loop around the perimeter of Camano Island or a 35 mile short course. 8805 Cedarhome Drive, Stanwood, WA 98292, (360) 629-6415.

**May 2: Monster Cookie Metric Century Bicycle Ride.** State Capitol Mall, Salem, OR. Recreational ride through backroads to Champeog State Park and back. Entry fee is for map, rider ID# & checkpoint services. Full-service checkpoints including toilet facilities along the route. Snacks, fruit & refreshments will be available 503-390-9558, dparrow@teleport.com.

**May 8: 17th Annual Historical Lewis County Bicycle Ride.** Chehalis, WA. 20, 46, 72 & 100 mile courses. Register/start between 7:00-9:00am. Start/finish at Stan Hedwall Park. Food/drink/rest stops, course map, marked course, narrative & sagwag provided. Quiet back roads, century-old landmarks & (weather permitting) views of Mt. St. Helens & Mt. Rainier. 360-740-1135, 360 NW North St. MSCSD01, Chehalis, WA 98532.

**May 8: Grants Pass Bike Fair.** Grants Pass, OR. All Sports Park. Competitive & non-competitive rides, safety inspections, product displays and demonstrations. 541-471-9239 (days).

**May 8-9: Scenic Tour of the Kootenai River (STOKR) '99.** Montana. 5th annual ride. Two-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 Clix. 5/9, 40 mile loop along the river to Lake Kocanucua. \$40, benefits local Habitat for Humanity affiliate (who provides goodies, soup & pie along the way!) 1020 Idaho, Libby, MT 59923, 406-293-2441, gregreco@home.libby.org.

**May 8: Skagit Spring Classic Bicycle Ride.** Burlington, WA. Starts at Beaver Elementary School. 25-100 mile options. 360-826-5511, P.O. Box 151, Burlington, WA 98233.

**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, P.O. Box 681, Port Townsend, WA 98368, 360-385-3912, www.ptgide.com/hodytour.

**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. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**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. P.O. Box 8903, Missoula, MT 59807.

**May 16-21: Hawaii Tour.** Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauea Crater, rim ride, 30 mile descent down Mauna Loa Volcano; Kona Coast: Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**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, Astoria, Corvallis or on mountain bike from Grand Ronde. 503-246-1997, 800-LUNG-USA.

**May 22-Jul 29: The Great American Trek for Kids with cancer.** Seattle to D.C., Ride Seattle to D.C. for \$4,800 or any of eight routes segments. Kilauea Crater, rim ride, 30 mile descent down Mauna Loa Volcano; Kona Coast: Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**May 23-28: California Redwoods Tour.** Eureka, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. Registration: Full support. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**May 23: No Frills Century.** Redmond, OR. 100 & 65 mile routes between Redmond, Prineville and Madras. Start at Redmond City Park. \$10, 541-382-8018, sunnyside@kfm.com, www.sunnysidesports.com.

**May 29-31: Northwest Tandem Rally.** Corvallis, OR. www.mvbc.com, mvbc@mvbc.com.

**Jun 5: Apple Century Bike Ride.** Walla Point Park, Wenatchee, WA. 100, 75 & 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 5/1. Cancellation: Full refund accepted at par. 509-862-9544, (fax) 509-862-8559, P.O. Box 1433, Wenatchee, WA 98807.

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

**Jun 6: Great Alaska Highway Ride.** Alaska-Canada Highway. Ride the entire length of the Al-Can Highway from Delta Junction, AK to milepost 0 in Dawson Creek, B.C. Fully supported. Camping & motels. 888-733-9615, wryco@events.com, http://wryco.cyclovents.com.

**Jun 6: South Sound Tour.** Auburn, WA. 30+ mile & 60 mile tour of the roads & trails in the valley from Tukwila to Orting. Refreshment stops, mechanics at start/finish. 19003 68th St. E. Bonney Lake, WA 98390, lupine2@rain.com.

**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 Neen Rotarians, this ride presents breathtaking views of the Mt. St. Helens blast zone. \$30 covers t-shirt, rest stops & end of ride pasta feed. 360-749-2192, www.tdn.com/tourdb.

**Jun 12-19: Washington Coast.** Victoria, BC - Astoria, OR. 604-730-1247, info@greatexplorations.com, www.greatexplorations.com.

**Jun 12-19: Washington Coast Cycle Tour.** B.C. to OR. Ride from Victoria, B.C. to Oregon border. Camping & fully supported \$575. info@greatexplorations.com, www.greatexplorations.com, 604-730-1247.

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- West Coast International Bicycle Classic™  
Sep. 17 to Oct. 13, 2001
- Coast to Coast Bicycle Classic™  
Jun. 2 to Aug. 15, 2001
- Southern Cross Bicycle Classic™  
Apr. 15 to Jun. 1, 2002



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



# CALENDAR

**Jun 13-18: California Redwoods Tour.** Eureka, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**Jun 13: Single Sock Century.** Vancouver, BC. 604-733-3964, vbc@intergate.bc.ca.

**Jun 13-19: Tour of the Okanagan.** Eastern WA. 500 miles. This is a supported loop ride through the Okanagan Country of eastern Washington. We carry your camping gear, food, and dig you up rest at the neat campsites.

**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. Rides benefits the American Lung Association. 800-BIG-RIDE, www.alaw.org.

**Jun 18-21: Ride around the Marble Mt. Wilderness.** Northern California near Oregon 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. 541-482-8704.

**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. info@greatexplorations.com, www.greatexplorations.com, 604-730-1247.

**Jun 19: Best of the Northwest Bike Ride.** Seattle, WA. 50 & 100 miles. Benefits WA Conservation Voters. Great training for STP! Beautiful ride beginning & ending at Woodland Park. Scenic urban & rural routes along Puget Sound and through rural farmland. Food stops, sag wagons, professional mechanical support and t-shirt.

**Jun 19-26: Oregon Coast Tour.** Astoria, OR - Northern CA. 604-730-1247, info@greatexplorations.com, www.greatexplorations.com.

**Jun 19: Trident Triple Bike Classic.** Silverdale, WA. Beautiful, scenic routes through Submarine Base Bangor. 16 & 33 mile routes are easy with a few hills, 50 & 100 mile routes are challenging and offer varied terrain with some big hills. Sag wagons, rest stops with snacks & drinks, mechanics available. T-shirts for sale. 360-692-8800, info@silverdalechamber.com, P.O. Box 12118, Silverdale, WA 98383.

**Jun 20-Jul 21: "Bike-Aid" (Annual Cross-Country Trek for Global Education).** CA, OR, WA. Annual cross-country cycling adventure for 12th Annual Bike Aid. Experience the fun, excitement, fellowship & adventure of this 300-mile ride across Washington. Fully supported, limited to only 100. 206-298-9288, redspoke@aol.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. Rides benefits the American Lung Association of Washington. 800-732-9339, www.alaw.org, 2625 Third Ave., Seattle, WA 98121.

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

**Jun 26: Midsummer Nightmare Double Century.** Spokane, WA. New route! Very challenging 200-mile one-day tour on rural highways in Lincoln, Spokane & Ferry Counties. Two passes, two native american reservation and two ferry crossings. Limited sag. Long sleeved shirt. A couple short cuts if the 200 miles is out of reach. \$35. 509-922-7249, stevesauv@msn.com.

**Jun 26-27: North Cascades Epic.** Washington State. 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. 509-525-9548, crehn@bmi.net.

**Jun 26: Washington's National Park Ride '99.** North Cascades National Park, WA. Ride along Highway 20 through North Cascades National Park. Three rides: Fune Ride (30 miles), Challenge Ride (65 miles) and Century Ride (100 miles). Reg fees are from \$35-\$50. All revenue benefits Washington State's three national parks. Includes long-sleeve t-shirt and fundraising prizes.

**Jun 27: Flying Wheels.** Redmond, WA. Redmond City Hall. 30, 60 & 100 mile options. Official training ride for STP. Fundraising option tied in with STP. 206-522-816E, (fax) 206-522-2407.

**Jul 1-4: Sunshine Coast Tour.** Sunshine Coast, BC. 604-520-7636, Contact prior to June 17.

**Jul 4-9: California Redwoods Tour.** Eureka, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**Jul 10-11: 20th Annual Seattle to Portland Bicycle Classic.** Seattle to Portland. Begins at UW and ends in Portland. New this year: unlimited registration & new finish area, including fundraising option. The classic Northwest bike tour. 206-522-BIKE, (fax) 206-522-2407.

**Jul 10-17: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufsheide National Scenic Byway, McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

**Jul 10-11: Sea to Sky Trail Ride.** Devine - Squamish, BC. 604-730-1247, robbism@istar.ca, www.greatexplorations.com.

**Jul 10-15: Tour de Teton.** Grand Teton/Driggs, ID. All women 6 day tour starting in Rexburg ending in Jackson Hole, WY. Trip price of \$840 includes 5 nights lodging, 4 dinners, and 5 lunches and breakfasts. Full van support. 247 miles. 800-247-1444, info@womantours.com.

**Jul 10-13: Willamette Valley Tour.** Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450, Camping \$300. 800-778-4838, pathfinder@efn.org, www.pathfinders.com.

**Jul 11: Ice Cream Classic.** Sunriver, OR. 60 miles road ride around Mt. Bachelor followed by Ice Cream Social. Start at Sunriver Business Park. \$5. 541-382-8018, sunnyside@kxm.com, www.sunnysidesports.com.

**Jul 12-28: Zimbabwe: Mashonaland Sojourn.** Zimbabwe. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful biking. 500 miles, hills & moderate elevation. \$1900 plus shuttle. 206-767-0848, ibike@ibike.org.

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

**Jul 17-23: Tour da Vinci.** Eugene, OR. 7 day loop start/ends in Eugene. Features the food & entertainment of Corvallis' Da Vinci Days, Willamette Valley, Oregon Coast and the Coast Range. Fully supported. Camping with motel options most nights. Breakfasts/dinners included. Hearty snacks every 15-20 miles. SAG, mechanical support, route maps & markings. \$525 or 4 day with shuttle for \$320. 800-778-4838, pathfinder@efn.org, www.pathfinders.com.

**Jul 18-24: Cariboo Thompson Tour.** Kamloops, BC. 604-737-0043, dplaid@ibm.net.

**Jul 24-25: MS 150 Jazz Delight Bike Tour.** Everett, WA. Everett to Port Townsend and back. 150 miles of cycling on the beautiful Olympic Peninsula and Whidbey Island to benefit the MS Society. Overnight in Port Townsend. \$35 + \$200 in pledges. Funds benefit people with MS & their families. 206-284-4236, 800-800-7047, (fax) 206-284-4972.

**Jul 24: Summit to Surf.** Mt. Hood to Hood River, OR. The cycling event from Mt. Hood to Hood River. 46, 53 or 66 mile options with elevation gains from 4,400' to 6,600'. Benefits the American Diabetes Association. 800-342-2383 x24, 503-736-2770 x24, www.diabetes.org/adaor.

**Jul 24-31: Volcanoes of Washington Tour.** Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park; Windyridge, Mt. St. Helens; Yakima River. Designated: Intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

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

**Jul 26: Watermelon Rides.** Chemewa High School, Salem, OR. Challenging recreational rides of 62, 100, 124 & 200 miles through mid-Willamette Valley. Full-service rest stops with food & energy drinks & toilet facilities will be provided, as well as limited mobile support. 503-399-9652, jheiling@teletport.com.

**Jul 29: RAMROD 1999.** WA. It will be an untimed ride this year (Mt. Rainier National Park will no longer grant a permit for a timed event). The registration limit is still 750; the fee will be \$70. 425-739-8610, www.blarg.net/~rcc.

**Jul 31-Aug 7: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufsheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

## Series Races

**May 2-Jun 13: Dick Blee Memorial MTB Series.** Billings, MT. 406-652-1202.

**May 3-Sep 13: Masters & Women PIR.** Portland, OR. 503-636-6422, sparty@teletport.com.

**May 4-Aug 31: Avidas World Tuesday Night Championships.** Victoria, B.C. 604-733-6947, www.escapevelocity.bc.ca.

**May 4-Sep 7: PIR.** Portland, OR. 503-636-6422, sparty@teletport.com.

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

**May 12-Sep 1: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

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

**Jun 9-Jul 7: Mt. Tabor Series.** Beaverton, OR. Five race series. 503-221-6809, NWVelo@msn.com.

## Track Races

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

**May 6: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teletport.com, www.obra.org.

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

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

**May 13: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teletport.com, www.obra.org.

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

**May 15: May Track Race.** Alpenrose Velodrome, Portland, OR. Warm-up and registration starts at 10:30 a.m. Omnium events starts at noon. 503-244-4866, ronm@hevanteam.com.

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

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

**May 20: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teletport.com, www.obra.org.

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

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

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

**May 27: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teletport.com, www.obra.org.

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

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

**May 29: Points Races.** Alpenrose Velodrome, Portland, OR. 503-657-0568, darel@provencher@nike.com.

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

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

**Jun 3: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teletport.com, www.obra.org.

**Jun 4: Friday Night Racing.** Marymoor Park, Redmond, WA. Big money points race night. Over \$1,000 in cash prizes. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

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

## CYCLING ACCIDENT & INJURY CLAIMS

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<b>Wheeling Washington '99™</b> Seattle, WA to San Juans to Victoria BC to Long Beach, WA Sep. 12-18, 1999	<b>West Coast International Bicycle Classic™</b> Victoria BC to Tijuana Mexico Sep. 17-Oct. 13, 2001
<b>Wheeling Hawaii '01™</b> Kona to Kona, around the Big Island March 11-17, 2001	<b>Southern Cross Bicycle Classic™</b> Anaheim, CA (Disneyland) to Orlando, FL (Walt Disney World) Apr. 15-Jun. 1, 2002

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# CALENDAR

- Jun 9: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 10: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jun 11: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 11-13: Provincial Track Championships.** Victoria, BC. 250-474-8687 ext.2280, www.giva.bc.ca
- Jun 15: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 16: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 17: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jun 18: Friday Night Racing.** Marymoor Park, Redmond, WA. Bicycle community night. A card-carrying member of any cycling club receives free admission. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 22: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 23: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 24: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jun 25: Friday Night Racing.** Marymoor Park, Redmond, WA. Marymoor Madison Series. This crowd-pleasing and hectic two-man relay must be seen to be believed. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 26: Points Races.** Alpenrose Velodrome, Portland, OR. 503-657-0568, darell.provencher@nike.com.
- Jun 29: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jun 30: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 1: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 2: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 3-5: Regional Track Qualifiers.** Portland, OR. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 6: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 7: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.



PHOTO BY MARIANNE MCCOY

**Stacy Spencer (Giant) on the left and Laura Reed (Big Time Pizza) on the right flying through Seattle's Ballard Criterium. Stacy would go on to finish first place.**

- Jul 8: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 9: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 10-11: Oregon State Games.** Alpenrose Velodrome, Portland, OR. 503-297-5092, mark@pacificlightworks.com.
- Jul 13: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 14: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 15: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 16: Friday Night Racing.** Marymoor Park, Redmond, WA. Marymoor Madison Series. This crowd-pleasing and hectic two-man relay must be seen to be believed. Also, bicycle community night. A card-carrying member of any cycling club receives free admission. And second annual movie night. Stick around after racing and view "Ride". Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 20: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 21: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 22: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 22: Oregon Track Grand Prix.** Alpenrose Velodrome, Portland, OR. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 23: Friday Night Racing.** Marymoor Park, Redmond, WA. Pacific Financial Services Grand Prix. This annual event features over \$1,000 in cash for the big winners. Competition features special and unusual races including the fastest human in the Northwest. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 24-25: Alpenrose Velodrome Challenge (formerly Big Track race).** Portland, OR. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 26-31: Alpenrose Six Day.** Alpenrose Velodrome, Portland, OR. Six day track event. 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 27: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 28: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 30: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

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## FEATURE

Not all employees feel the same about these boxes. Someone has to count all the merchandise in and do the tedious task of pricing it. The upside to this is that this person is the first to get to touch and feel all the cool new stuff. This is usually the first person to purchase these new toys as well.

Bike equipment tends to last a long time. Take a look at the riders on the Burke Gilman trail and you'll see a lot of bicycle history every day. Check out the people that work at bike shops and you'll see that they don't own anything that is over a year old! Even after working in a bike shop for almost 25 years, I still get excited about new products. There have been a few innovations in the last couple of years that have really caught my attention. Some of them are truly new and innovative, and others excite me because my needs have changed as I have, shall we say, "matured."

By now, most everyone's bike has "index" shifting. It is so commonplace that it hardly needs to be defined. However, if you are not sure what that means, it is when you move your shift lever, your derailleur automatically shifts the chain the right amount, rather than

you searching to engage your chain and gears. I didn't think I needed that but now I'm spoiled rotten with it. If you already have indexing on a road bike and want to really spoil yourself, check out the new systems with the shift levers integrated into the brake levers. This probably ties with clipless pedals as my favorite innovation in the last 10 years.



by Estelle Gray

The first time I saw clipless pedals I knew I had to have a pair right then and there, on the spot. I didn't want to wait one more day. For those of you who never wore "cleats," you didn't miss anything. In conjunction with toe clips, we nailed a plastic piece onto the bottom of our shoes. This cleat had a slot that matched the edge of the pedal. First, you hoped none of the nails stuck through the sole of your shoe and second you hope you

could get your cleat out of the pedal and your foot out of the toe clip. I was convinced this new "clipless pedal" design was better than sliced bread. When the rep came by with these pedals, he was excited to have them. The only problem was they hadn't developed shoes that would accept the new style of cleat they would require! Fortunately, my shoes had a wooden sole so I could drill

through them and attach the new cleat. As the years have gone by, clipless pedals have gotten so refined that they are as easy to use as a computer mouse! If you are hesitant to try them, find a friend or bike shop that will let you try them on a trainer. You'll be amazed.

Shall I show my age? Have you seen the new pumps that buzz when you get to your proper tire pressure? A lot of the new pumps allow you to preset your desired pressure and they have an audible alarm that lets you know when you reach that number. The numbers on those little gauges mounted at the foot of the pump aren't as big as they used to be!

Shall I really show my age? I've been riding with suspension for many years. I started with a suspension stem and seatpost for touring. I've also spoiled myself with a suspension beam on the back of my tandem. This year I opted for one on my single bike, too. It is going to be tough to get me back on a conventional rigid bike. They don't call me "The Princess" for nothing!

If you are riding with an older helmet that rides up into your hairline (or where your hairline used to be), you might want to do yourself a favor and get a helmet with one of the new retention systems. It's like the difference between wearing a paper cone-shaped birthday hat with the elastic strap or a fitted cap. You'll also find the protection they give versus the older helmets is like the



Shimano DuraAce® clipless road pedal.

difference between a hollow door and a solid door.

These are some of the bigger things that immediately come to mind as extra special "cool things." If you look carefully, on the shelves of your favorite bike shop you'll find lots of neat new gizmos. You'll see tire levers that reinstall your tires for you, hypodermic needle-style quick release levers, hardware to download your heart rate monitor onto your PC, and you'll even find electric motors that power your bike for you.

As I finish writing this it's the end of my day and I know that big brown truck just showed up. I can't wait to see what Santa Claus brought today!



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# Speed Secrets

By Maynard Hershon

Each lap of the first Redlands road stage, the 220-man Pro field dropped down a 50mph descent on a wide avenue. At the bottom, all 220 funneled through a 90-degree corner onto a narrow street, still going 35 or 40. No one fell.

Those pros were riding way fast. They rode way fast for miles and miles. They flew around rough-surfaced corners elbow to elbow. They bumped each other, banging handlebars, 220 guys in a tight group. Most of us can't do those things. How can they?

They're relaxed on their bikes. It really works. Everything we do, we do better relaxed. Relax and suddenly you're a better cyclist.

Relax and your bike will handle better. It needs direction, not micro-control. Just suggest to it what you'd like it to do, and it will do it.

You bought a fine bike. Trust it. Let it do what it's designed to do. Beyond the minimum, control effort is not only wasted, it defeats its purpose.

Your bike responds best to you when you're confident, when you trust it and yourself. In contrast, it knows when you're nervous. It reacts badly when you death-grip your bars, muscle your steering and stiffen your legs.

Your bike wants to glide down the road, turn smoothly and respond easily to road irregularities. If you're tense, you keep it from doing its job.

When you over-control it, it refuses to track straight. It zigzags over the road instead. It changes line mid-corner instead of carving a clean arc around the turn. It feels like a bike that "doesn't handle."

You sense your bike's uneasiness and get even more nervous. The cycle repeats itself. Relax. Let the bike respond to the road.

Your arms and legs are your bike's springs — if they're relaxed. If you sit on the bike

like a lump, not letting it move easily under you, you and your bike form a 200-pound unit.

Each bump tries to lift 200 pounds off the road, not just a 25-pound bike with a rider sitting loose on it. Your bike rides like a buckboard, or a car without springs.

Imagine a car without springs going around a bumpy corner. The first bump sends the car skyward, the tires nearly losing contact with the pavement. When it hits the ground again, the next bump repeats the process — if the car has not already skidded off the road.

Try it. Loosen up on your bike. Use your arms and legs for suspension. Keep them supple. Suddenly, your bike handles great. Its tires follow bumps and ripples in the road without skittering, without disturbing you. You scarcely notice them. You corner better, descend better.

You feel more confident. You relax further. Your bike senses your new attitude, your new ease, and handles even better. Yes, the same bike that didn't work that well, only a week or so ago.

You go better when you relax, too. Your muscles soften. Your blood can permeate the relaxed muscle tissue to flush away the acid byproducts of your effort. You sustain effort longer and recover faster.

If you see slow-motion footage of a big cat running full speed, you see the cat's muscles hanging floppy loose. He's running as fast as he can but he's not tense. Loosen up your leg muscles as you ride. Relax.

And loosen up on your bars. Bernard Hinault, five-time Tour de France winner, said you should rest your hands on the bars as if they were a piano keyboard. Don't lean on them, is what he meant, and don't grip them as if they were trying to get away.

Aside from the handling benefits of a gentle grip, think about this: If you sat in a chair at home squeezing an aluminum tube for two hours, your hands would be exhausted, right? Why should a two-hour bike ride be different?



You need your energy to propel the bike. Don't waste it squeezing an alloy tube. Same goes for any tense muscle in your body: wasted energy.

As you ride, relax your muscles, one area at a time. Start with your forehead. Are you squinting? Tensing your facial muscles? Loosen 'em up. Work your way down your body, relaxing area after area down to your toes.

If you're relaxed on your bike and someone bumps you, body or bars, you can recover from the impact. If you're tense on your bike, tight on your bars, and someone bumps you, you're going to fall.

If you're relaxed on your bike and something surprises you, you'll react appropriately, responding smoothly. If you're sitting there tense and something surprises you, you will react clumsily. So relax.

Why not relax?

Very few of us will ever make any money with our bicycles. We'll never ride for the Postal Service Team or Volvo-Cannondale or compete in the Hawaii Ironman. We're in it for fun.

When we're relaxed we have more fun. We have more fun, we're safer on our bikes, our bikes handle better and we go faster, longer.

If you only make one cycling promise to yourself this year, resolve to relax on your bike. It's the most important change you can make — way, way more important than any new parts group, frame or anything you can buy — and it's free.

And don't forget to try it when you're off your bike, too.

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