

Bicycle Paper

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JUNE '99



Spokane to Canada

BY DAVID HEFLICK

Spokane, the hub of the Inland Northwest, has always been a great cycling town. Within a 50-mile radius of the city are the starting points of routes through the Turnbull National Wildlife Refuge, the rocky topography and riparian ecosystems of the scablands, the Centennial Trail, the Rocky Mountains, the rolling wheat fields hills of the Palouse and the Colville National Forest.

(See "Spokane-Canada" on page 4)

Why Ride Across America?

BY PAUL PAYTON

A Seattle businessman, a couple of grandparents from Issaquah, a college student and aspiring journalist - it would be hard to imagine a more disparate group of people. What do they have in common? Just one thing: they are members of Team Washington, each busily training in his or her own way to share one of the great cycling adventures - crossing the United States on their bicycles in the American Lung Association's Big Ride Across America.

(See "Big Ride" on page 5)

Cycling the Olympic Peninsula

BY KRISTI AGREN

For those of you who have never checked out the Olympic Peninsula (or haven't in a long time), you don't know what you're missing! The Olympic Peninsula holds some of the most spectacular and unique scenery in the country — what better way to explore it than on your bicycle?

(See "Olympic Peninsula" on page 6)

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OPINION

Letter to the editor

April 9, 1999

David McNamara, Editor
The Bicycle Paper

To the Editor:

Those who plan to take a commercially-supported bike tour this summer should take the time to learn which tour operators are authorized to use National Parks, Forests and BLM lands. Most companies that now offer tours involving Federal lands are not doing so legally. This may cause problems for those who tour with illegal tour operators because these agencies are beginning to crack down.

Why should anyone care? For one thing, in order to get a permit from the US Forest Service, the tour company must show proof of liability insurance and document that all their tour guides are currently trained in First Aid. Safety plans must be filed to show that preparations are in place in the event of an emergency. These are all good consumer protection measures. Companies that avoid getting permits may also neglect to carry insurance. Hard to believe, but it happens.

Oregon has rules that require all bike tour operators to be licensed to use any road in the state for commercial purposes. Other states probably have similar

regulations. Again, this ensures that tour operators and their staff are insured, trained for emergencies and scrupulous with the deposits they receive from their customers. Most tour companies seem to be unaware of this licensing requirement. This may be about to change, also.

Commercial bike tours are a wonderful way to achieve a worry-free vacation. But to be truly worry-free, one needs to travel with companies who are professionals and don't cut legal corners. Those who possess all necessary permits will clearly say so on their brochures and websites.

Those who tour with companies without required permits may find their trips delayed while their guides try to talk their way out of a Federal or State citation. Verbal assurances are worthless: look for companies that put their permit status in writing.

Our company, Pathfinders, is proud to have been in compliance with these reasonable regulations from the start.

Sincerely,
Paul Kemp, Ride Director
Pathfinders Bicycle Tours
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Editor's Note: The United States Department of Agriculture Forest Service for the Willamette National Forest have recently made attempts to tighten control on the use of land governed by them by commercial tour companies.

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"Spokane-Canada" from p.1

For decades, these routes in the forgotten corner of Washington remained a well-kept secret. However, in recent years organizations such as The Bicycle Alliance and Adventure Cycling have slated an increasing number of fully supported tours in the region. The Spokane Bike Club is sponsoring more major cycling events, such as the Northwest Tandem Rally and the first cycling guide devoted to NE Washington and the Palouse was published last year. With the increased attention, thousands of new cyclists are being introduced to the beauty of Northeastern Washington.

The new, self-guided Spokane to Canada tour further broadens the range of cycling options in the area. With a route that circumvents steep, winding Tiger Pass, an itinerary that calls for a modest 36 to 55 miles per day, and the option to significantly reduce pack weight by spending each night in a motel, this new loop makes it possible for cyclists in less-than-Olympic condition to experience the thrill of self-guided touring. Numerous small towns along the way provide security to novices and cyclists making their first extended tour, and motels and campgrounds located between the scheduled overnight stops allow for shorter days or layovers.

Beginning in Spokane, the route heads north through the Colville Valley and Deep Creek Valley in the Colville National Forest, reaching Canada by the end of the third day. The second half of the journey is spent in Beaver Valley in British Columbia, the Sullivan Lake area (near the Salmo-Priest Wilderness) and the splendor of the Pend Oreille Valley.

One Day At A Time

Day 1: The first day is on the short side, allowing for the typically late or delayed start. After a few miles of city traffic, the route enters the fertile farmland nestled at the base of the foothills in the southern extremes of the Selkirk range. A side trip to the town of Deer Park offers an opportunity to purchase the numerous items overlooked in the preparation process. Beyond Deer Park, county roads move through a mixture of

woodlands and open fields to the first overnight stop near Loon Lake.

Day 2: Broad vistas of open fields, pastures and farmland, punctuated by rustic barns and farmhouses, are ever-present on the journey through the woodlands that border the Colville Valley. Load your camera; you'll want to take images of this day home with you.

While Highway 395 is the primary route through the Colville Valley, the prescribed route dodges all but four miles of the busy thoroughfare.

With the exception of a few brief climbs, most of the day's route is either level or downhill, rolling through a series of small towns that provide convenient stops for food, water, and leisurely diversions.

Day 3: After an overnight stay in Colville, the route continues north, climbing moderately but steadily for 16 miles through Deep Creek Valley and into the Colville National Forest before descending to the Columbia River and crossing the border at Waneta (a remote station east of Northport). Once in Canada, back roads through the hills above the Columbia River and Beaver Valley provide a scenic trip to the town of Fruitvale.

Day 4: Because of the steep mountain terrain bordering Beaver Valley, moderate-volume highways provide the only east-west route through the southern-most part of British Columbia. However, the shoulders are generous, ranging from 2 to 4 feet of smooth asphalt at all times, making it easy to enjoy the superb scenery through the valley and, later, along the Salmo River. Traffic decreases significantly in the final 6 miles to the border, where you make a moderately steep climb out of the valley.

After crossing the border at Nelway, located in the north end of the Pend Oreille Valley, the route moves through the Colville National Forest, shaded by the tall pines that hug both sides of the roadway. Traffic is very light, and with the exception of a quick dip down to Slumber Creek, the elevation profile is virtually level until the climb to Sullivan Lake begins.

Day 5: This is about as close as you're going to come to cycling heaven on planet earth: light traffic, a nearly level elevation

profile, well-placed services and numerous campgrounds. The scenery on this fifty-mile cruise along the east shore of the Pend Oreille River ranks among the best anywhere. Breathtaking views through the trees to the scenic river come in continuous succession, the tranquil water reflecting mirror-like images of the surrounding mountains. Get an early start: the morning sun enhances the beauty of the valley and provides ideal lighting for photography.

Overnight options are numerous, ranging from a remote campground at Skookum Creek to motels and developed campgrounds in Newport.

Day 6: After leaving Newport, the route delays re-entry into mass civilization by keeping you off noisy Highway 2 for all but a one-mile stretch just north of Spokane. The price of prolonging the peace and quiet is modest elevation gains in the hills and valleys above the highway.

At the 5-mile mark comes the highlight of the day – a delightful trip through the

Little Spokane River Valley. At the south end of the valley, the quiet county road climbs to Camden Gap, where you begin a 7-mile roll into Elk. Beyond Elk, in the final miles of the trip, traffic increases and a few miles later you're back to the starting point.

A guide for the Spokane to Canada tour, providing maps, elevation profiles, mileage logs and full contact information for all campgrounds and motels is now available. For more information on the guide (and other cycling opportunities in Northeastern Washington) call 888-417-2001 or visit www.bikeguy.com.

David Heflick, author of the Greater Spokane and Palouse Cycling Guide, will present a multi-media presentation at a benefit for the Bicycle Alliance (206-224-9252) on Wednesday, June 16, 7:00 PM at the Lake Washington Grillhouse & Taproom, and at Village Books (360-671-2626) in Bellingham on Thursday, June 17, 7:30 PM.

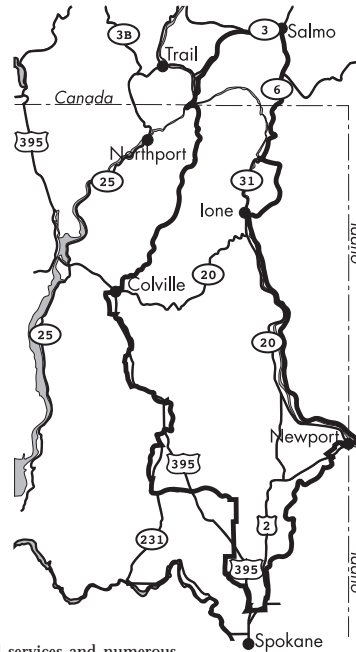


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FEATURES

"Big Ride" from p. 1

Why would they do it? The motives vary as much as the individuals.

Some of the attractions are obvious: it's a chance to spend more than six weeks enjoying some of the most beautiful scenery America has to offer at close hand. It's also the chance to share that rare experience with other riders on a fully supported ride. And most importantly, it's all for a great cause, helping to conquer lung disease. After all, who knows the importance of strong bodies and healthy lungs better than a cyclist reaching the top of a seemingly endless hill?

Seattle businessman Stan Kehl knows all about those endless hills and exactly what it takes to conquer them. As Team Washington's veteran, Kehl is the first back-to-back Big Rider, the only returnee from the 1998 event. The Kehls have made the Big Ride a family affair: last year, Stan completed the ride with his son, Dennis. This year, daughter Kendra will accompany her dad as a member of the volunteer ride support crew. She'll be able to help dad celebrate his 52nd birthday on the eve of the ride's Washington, D.C. finish.

A lifelong recreational rider and veteran of many Washington rides, Stan had several reasons for choosing the Lung Association ride: he grew up with childhood asthma and his daughter has moderate allergies. But he did successfully complete last year's Big Ride. Why decide to repeat the cross-country journey? Stan explains that he's looking

forward to continuing the self-reflection he began on last year's ride. "I still have work to do and a ride by myself (if you can say that with 200 other riders) will give me a chance to do some more personal work."

The great adventure for Stan and the other Big Riders begins in Seattle. Nearly 200 cyclists from across the country, including the 13 riders of Team Washington, will depart Seattle Center on Monday morning, June 14. On the road, they'll be supported by experienced mechanical and medical staff, a volunteer crew, a 'mobile city' of support vehicles, and staff from all the Lung Association offices along the way. Forty-eight days and 3,254 miles later, on July 31, they will ride triumphantly into Washington, D.C. to celebrate their achievement.

Issaquah's Walter and Gwen Brown will have a double celebration on their arrival in the nation's capital. The completion of their Big Ride will also mark their 45th wedding anniversary! The Browns may not be typical cross-country riders, but that won't stop them from participating in the Big Ride. "It's a great way to see the country, it's for a great cause and it will be a lifetime experience," says Gwen. She and Walter were the first riders signed up for this year's ride and they're the only couple on the 1999 Team Washington. They have been training hard all winter, taking full advantage of the weather at their winter home in Arizona. Looking ahead to the ride, Walter says, "I feel we're very fortunate to be healthy enough at our age to be able to take part in this ride."

Seattle college student Cecily Leeper is



PHOTO BY BOSS HONEY

Crossing the Wyoming-Montana border.

also looking forward to a personal milestone on her Big Ride. On July 14th, in Viroqua, Wisconsin, Cecily will celebrate her 21st birthday. Cecily is riding with her mother, Diane Turechek, with a very special purpose in mind: they're riding in memory of Cecily's uncle, Mark, who died last summer from lung cancer at the age of 41. One of Mark's goals was to ride from San Francisco to the family's cabin in Boulder, Colorado. Cecily and her mother decided to join the Big Ride and commemorate Mark's life by riding across the country.

Cecily says, "I hope that by fundraising for the American Lung Association I can help someone who suffers from lung disease, like my uncle, so that they can live to achieve some great goal or dream of theirs."

There are as many stories as there are Big Riders. What brings them all together is the dream. For some, the cross-country trek is a lifelong personal dream. For others, like Cecily, it's a chance to honor another's dream. And through every mile of the Big Ride Across America, each of these dedicated cyclists will help to bring about the American Lung Association's dream: a world free of lung disease.

To register or volunteer for the Big Ride, or for information regarding the 2000 Big Ride, contact the American Lung Association of Washington at 1-800-732-9339 or the Big Ride office at 1-877-BIG RIDE and visit the web site www.bigride.com.



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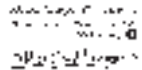
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FEATURES

"Olympic Peninsula" from p.1

Mountain bikers from beginners to experienced riders can enjoy hundreds of miles of backcountry logging roads, singletrack trails, or even some extreme downhill runs. If you're a road biker at heart don't miss touring the bicycle-friendly rolling countryside of the Sequim-Dungeness Valley. You'll see the spectacular Olympic Mountains as a backdrop to the South, the Strait of Juan de Fuca and Vancouver Island to the North, and picturesque Mt. Baker to the Northwest.

The National Forest Service lands offer a variety of mountain bike trails, from steep climbs to narrow gravel roads. By combining the trails and roads, cyclists can create loops that offer a variety of settings, including forests, streams and panoramic vistas. These trails are generally open spring through fall.

In the Hood Canal/Quilcene area, the entire 6.2 miles of the Lower Big Quilcene Trail #833 pass through typical northwest forest as well as the Big Quilcene River. Grade is 10-15 percent. The trail/road loop can be made by traveling up the trail from Forest Road 2700-080 to Forest Road 2750 to Road 27 and back to Forest Road 2700-080. Road 27 is paved and affords views of the Olympic Mountains. The total trail/road loop is about 18 miles. Camping is available at Bark Shanty, Camp Jolley and Ten Mile Shelter.

Also near Quilcene is Mt. Zion Trail #836. At its summit, Mt. Zion has excellent views of Puget Sound, Mt. Baker, Mt. Rainier and the Cascades. This 1.8-mile trail travels through forested second growth fir, cedar and spring blooming rhododendrons. The grade is 15-20 percent.

The Lower Dungeness Trail #833 near Sequim is a 6-mile trail that passes through forest along the Dungeness River and over the lower portion of Three O'clock Ridge. Mossy rock outcrops and steep side slopes are found in the ridge area. To make the trail/road loop, travel up the trail to the Lower Dungeness Trailhead and follow Forest Road 2860 back down to the Lower Dungeness Trailhead. Spectacular views can be seen from Road 2860. The loop trail covers about 18 miles.

The Gold Creek Trail #830, also near Sequim, covers 6.4 miles of heavily wooded trail with few viewpoints. To make the trail/road loop, travel up the Gold Creek Trail to Forest Road 2860 back to trailhead. Or travel up the Gold Creek Trail to the 2860, follow it 4 miles back to the Upper Big Quilcene Trailhead, head south on the Lower Dungeness Trail back to Road 2860 and continue .5 miles to the Gold Creek Trailhead. The trail loop covers about 17 miles.

Use caution when traveling on Forest Service roads. Mountain bike trails are also open to hikers, horses, off-road recreational vehicles.

One of my favorite trails, which is the home of the "Big Hurt" mountain bike course (a multi-sport race in September), is the Department of Natural Resources Foothills Trail in Port Angeles. With an elevation gain of 600 feet, this 10-mile-plus singletrack loop trail is a blast. It has plenty of mud, twists, turns, climbs and descents, and is a must for more experienced riders.

If you're feeling strong and adventurous, try one of the two Sadie Creek Loop Trails. Located just west of Port Angeles, the first Sadie Creek Trail is an 18-mile loop that climbs 3,200 feet, and covers a variety of terrain and riding conditions. Once you reach the top of this joyous climb you can then enjoy the view of fifteen spectacular mountain summits before venturing back down. This ride is not for wimps. In particular, watch out for the slugs. Yes, SLUGS! I've had many wipe outs on this trail and landed twice on a slug. Have you ever tried to get slug slime out of your clothes? It's hard enough just trying to get it washed off your skin.

The second Sadie Creek Trail is the 11-mile Powerline Loop Trail with an elevation gain of 850 feet. This ride is recommended for the skilled bicyclist, but is definitely not as difficult as the first Sadie Creek loop. The road sections are easy, with a few steep sections of singletrack.

If you're looking for something a little more leisurely, try the Spruce Railroad Trail. Perfect for beginners, it's a 4-mile one-way flat trail along the shores of beautiful Lake Crescent in Olympic National Park.



Eastern view across Lake Crescent.

PHOTO BY ECLIPSE PHOTOGRAPHY

For road cyclists, the Sequim-Dungeness Valley is a great place for weekend recreational touring or serious training. The sun shines in Sequim more than any other place in Western Washington. That's why the 17-member, Port Angeles-based Pettit Oil Cycling team makes the Valley its training ground. Only 20 minutes from Port Angeles, the valley is in a "rain shadow" from the Olympic Mountains, protecting it from the rain that falls east and west of Sequim.

For the recreational rider, the flat and rolling hills offer great views and many roadside attractions. The Valley has a variety of farms to visit. The Olympic Game Farm (home to some famous movie animals), lavender farms, herb farms, an ostrich farm and berry farms are just a hint of what you will find. For riders looking

for more of a challenge, cross the highway to the south (hilly) side of Highway 101, where you will find an abundance of climbs.

Even though I was born and raised on the Olympic Peninsula, I see something new every time I explore this area by bike. The extreme natural beauty and magnificent and diverse terrain from the coastal beaches, the temperate rain forests, alpine peaks and unique wildlife never ceases to amaze me.

If you would like more information on biking the Olympic Peninsula call the North Olympic Peninsula Visitor & Convention Bureau at 1-800-942-4042.

Kristi Agren is the Tourism & Marketing Manager for the North Olympic Peninsula Visitor & Convention Bureau and a member of the Pettit Oil Cycling Team.



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Saddle-induced erectile dysfunction: Fact or fiction?

BY DAN NORVELL M.P.T.
AND JOE DETTORI M.P.H., M.P.T.

In September of 1997, Dr. Irwin Goldstein, a world-renowned impotency physician, changed the world of cycling, particularly in the eyes of men. Dr. Goldstein appeared on ABC's 20/20 and proclaimed that hundreds of his patients who were impotent developed the problem as a result of riding a bicycle. He went on to make the controversial recommendation that men should not ride a bicycle until a "safe" saddle is invented.

Impotency is now known politically as Erectile Dysfunction (ED). Bob Dole popularized this term with his Viagra commercials. Webster's Dictionary defines impotence as "incapable of sexual intercourse." ED specifically addresses why this is so. Someone suffering from ED may have a problem with the pudendal nerve and/or artery leading to the penis - it is unclear how much is physical, how much is psychological, and how much is mixed. Many diseases, like diabetes, prostate cancer and others, can cause these structures to be diseased. It seems logical that compression of these structures by a hard structure (i.e., a saddle) can cause the problem as well. After all, that is how carpal tunnel syndrome develops - too much pressure on the nerves and arteries in the wrist. The leading theory is that compression occurs at Alcock's canal, an area on both sides of the pelvis where the nerve and artery run alongside one other. This area is very close to the saddle. The anatomy is best illustrated in the latest advertisements for the new Specialized saddle in Performance Magazine which shows the location of the pudendal nerve and artery in the pelvis while on a saddle.

Soon after the report on 20/20, ex-editor of Bicycling Magazine, Ed Pavelka, reported that he was a victim of this problem, endorsed Dr. Goldstein's claims, and gave the recommendation that men should consider recumbent bicycles instead of uprights. Men all over the world came "out of the closet" admitting that they were suffering from ED or at least were experiencing periodic saddle numbness. This led to questions and recommendations from concerned bicyclists regarding the design of a new saddle to alleviate and/or prevent ED. What at first seemed to have a negative effect on the industry has led to a whole new market of saddles to "prevent" the problem.

In the February/March 1998 issue of Bicycling Magazine, four of "the best" saddles for preventing ED were reviewed and recommended. Since then, virtually every men's magazine related to health or exercise has addressed the issue, including advertisements on the "latest saddle to prevent impotence." In fact, even George Foreman was asked about saddle-induced ED in an article published in Parade Magazine. In the Summer 1999 issue of Performance Magazine, 11 out of the 17 saddles advertised for men have some form of cutout, shock absorber, or design to "prevent" ED.

Let us not forget the plethora of advertisements in Bicycling Magazine. Admittedly, we enjoy thumbing through these advertisements as much as we do reading the training articles. Here are just a few examples for those who have not had the privilege of chuckling over one of the current issues: Two nude bodies covering their private parts. The caption reads, "Are you sure you're fully protected?" Another claims its saddle is "Better than Viagra." A new one on recumbent bikes claims that their bike will "Save your ability to reproduce." Our favorite is a picture of President Bill Clinton's head on a body with quads the size of tree trunks that likely have never set foot in a McDonald's. The claim simply states, "Introducing a saddle that helps prevent impotency." President Clinton is giving the "thumbs-up" sign.

But, which saddle is the right saddle? Unfortunately, this question cannot possibly

be answered. In fact, in our opinion, it is false advertising to make the claim that a saddle "prevents" ED. With all the hype and the race to invent the "perfect" saddle, one thing is missing: empirical data backing up Dr. Goldstein's claims. No controlled research studies have been presented. As sports medicine researchers focused on discovering the truth about claims, it is our focus to become Sherlock Holmes for all our fellow bicyclists and uncover the answer that men and women alike are interested in knowing: Does bicycling really cause ED? If not, maybe we can go back to the old standard saddle and quit worrying. If so, clinical trials need to be performed evaluating the pudendal nerves and arteries while someone is riding a saddle.

With so many unknowns regarding saddle-induced impotency, we set out to discover what has been published in the scientific literature. Here's what we found: In a study published in the Physician and Sports Medicine Journal, of 20 men participating in a 100-mile ride, 11 stated that they had experienced saddle numbness lasting from a few minutes up to two days. The symptoms usually occurred after cycling 40 or more miles. Six stated that the injury was common to them, having experienced it more than 20 times.

In the only study performed to assess the prevalence of genital numbness and ED, Andersen, in a 1997 Scandinavian Journal, reported on a ride covering 540 km in a 3-day period. He reported that 22% of 160 men complained of saddle numbness while 13% reported ED. The high prevalence of these complaints may be associated with the significant length of the ride.

Three case studies have been reported in the literature. One reported a case of a 50-year-old physician who developed ED after beginning an indoor exercise bike-training program. After six months of ED, he quit the program and his potency returned.

As avid cyclists, and researchers interested in discovering the truth related to the issue of saddle-induced ED, we don't feel enough science exists to confidently claim you are at risk of ED if you continue to ride the standard saddle. If we don't know there is


truly a problem then we certainly don't know if the answer lies in the "perfect" saddle.

Where do we go from here? First, Olympic Research plans to look further into the prevalence of ED directly after a bicycle ride. We plan to do this by using an Internet questionnaire after the Seattle to Portland (STP) ride this July. We will look at the type of seat each cyclist uses, bike fit, age, and other factors that may contribute to ED. We then plan to look at the long-term effects of bicycling. What about people who haven't experienced the problem, but are concerned that later on in life it may haunt them as Dr. Goldstein claims? Olympic Research will accomplish this challenging task by performing a case-control study looking at men who currently have ED and see how many have bicycled in their life and how much. By controlling for other risk factors, we can effectively determine what is the risk of experiencing ED if you bicycle. If their truly appears to be a sound scientific cause and effect, we plan to embark on another study imaging the pudendal arteries and testing the conduction of the pudendal nerves while cyclists ride on an indoor trainer using different models of saddles, ultimately finding the saddle that is most protective.


Olympic Research is interested in pursuing research in many areas of sports medicine. We feel that many of the beliefs and claims are often anecdotal and go untested. It is our mission to discover the truth about these unknowns to better enhance the athlete and educate the consumer. We would appreciate your questions or input. Please visit our website at www.olywa.net/tpatience/or/. If you are planning on doing the STP this summer and would be interested in volunteering for our study you can get the details and sign up at our website. If you do not have Internet access you can reach us at (360) 481-3528.

Erik Moen PT, CSCS is the Clinic Director at Physiotherapy Associates - Lynnwood. He is a Physical Therapist, Certified Strength and Conditioning Specialist and is an Elite-Level coach with the United States Cycling Federation. You can reach him at olympicresearch@juno.com.





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Bicycle Paper JUNE '99 7

REGIONAL REPORTS

STP '99 Update



BY DAVID DOUGLAS, STP RIDE DIRECTOR

The big question for this year's ride: how many people will be doing the STP? It says no limit on the flyer so there could be 15,000 riders on the road, right?

In true reality we expect about 8,500 people to do the ride — similar to 1998's numbers. The STP committee removed the 10,000 limit to try and take away the false perceptions that the ride was "full" like in years past, thus enabling you to call your friend's bluff when they say "I would do STP but I heard it was full."

This excuse no longer exists: the only valid excuse is that you are just not up to facing the challenge of 200 miles on the bike. In fact, registrations for STP are coming in at a slower than usual pace, which we feel is due to our terribly wet winter. However, it is not too late: there is still plenty of housing and space available for this year's event.

Now that we have seen the sun again it is time to dust off your bike and set your sites on one of the greatest accomplishments you can achieve as a cyclist — finishing STP! No matter your age or ability, finishing STP in either one day or two is something you can



The 1999 "Seattle-to-Portland Bicycle Classic" Organizing Committee.

be proud of. Get some friends together and take on the challenge of one of the country's finest rides.

Highlights for 1999

- New route out of Seattle from the University of Washington down along Lake Washington Blvd. into Renton.
- New finish line festival at Cathedral Park on the grassy shores of the Willamette River under the St. John's Bridge. The finish line festival will include food, music and showers. Bring a towel!

For additional information check out the STP web site and www.cascade.org/stp or call (206)522-BIKE.

Ti Cycles has moved

After being downtown for nine years, the builders of the Best Bicycles on the Planet have set up shop on the Burke Gilman Trail.

The new location is at 2943 NE Blakeley St., just NE of the University Village at the intersection of Blakeley and the Burke Gilman Trail. You can look them up on the web at <http://ticycles.com> or call them at 206-522-7602. See the latest frame models: Hyak (road bike) and Cooley-Ko (hardtail mountain bike), these steel bikes are both made with Ritchey Nitanium tubing

Their beautiful new shop has free parking, water, air and chain lube. And they also have food and cold drinks!

Calendar Correction

In the February issue's calendar, the American Lung Association was credited with a photo actually taken by Seve Strickland. We apologize for the error.

Calendar

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, lectures, etc), **Offroad Racing** (competition featuring single-track, cyclocross and other off-road riding), **Offroad Touring** (rides and spectator events featuring single-track and other off-road riding) **Rides & Tours** (often 15 to 200 mile rides on roads for any type of bicycle), **Series Races** (competition repeated on three or more weekends), **Single Races** (bicycle competition), **Track Races** (competition in the velodrome) and **Multisport** (events that include bicycling as a part of the competition).

If you are an event promoter or organizer and your event is not listed, please write, call, fax or e-mail information to us and we will gladly list it. Please send your event information in the same style and format as seen here. Further, any changes should be handled the same way.

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The Northwest's Richest Race Week

\$27,000 in Prizes!

1999 Redmond Derby Criterium

America's Longest Running Annual Bicycle Race
59th Annual Race! Saturday, July 10
\$8,000 Cash



RACE SCHEDULE: Start Time / Category / Length / Prizes
1:00 pm / 4/5 Men & Juniors / 30 min. + 1 lap / \$150
1:40 pm / Masters Men A / 35 min. + 1 lap / \$150
2:30 pm / Masters Men B / 30 min. + 1 lap / \$150
3:10 pm / PRO 1-2 / 75 min. + 1 lap / \$8,000 cash
4:35 pm / Kids Race (ages 5-7) / 1 block / Ribbons
4:40 pm / Kids Race (ages 8-12) / 1 lap / Ribbons
4:50 pm / Invitational In-line skater vs. cyclist match sprint
5:00 pm / Men Cat 3 / 45 min. + 1 lap / \$250
5:50 pm / Women 1,2,3-Masters 4 / 45 min. + 1 lap / \$250

Fast, eight corner course through the streets of Downtown Redmond, Washington. All entry fees are \$20. Cat PRO 1-2 entry fee is \$30. Send Standard Athlete's Entry and Release Form and Check to Mead Management Group by July 2. \$5 Late Fee for entries received after July 2. All races are run on a points race format. Field limits of 75 apply to all races. Prized 5 deep in each race, 20 deep in PRO 1-2. Prizes are combination of cash and merchandise except PRO 1-2. Held under USCF Race Permit. Our goal is to develop the Redmond Derby Criterium into a national level event for next year. Help make it happen by participating here on July 10! New in 1999! Redmond Health and Fitness Expo and Extreme Scene events adjacent to the Start/Finish Line. In-line skate, skateboard, BMX stunt bike demos plus a variety of food booths!

For Event Info: Mead Management Group at 206-448-5868 or email events@mmginc.com
1932 First Avenue, Suite 1003 Seattle, WA 98101



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1999 Cascade Cycling Classic

20th Annual Race!
July 14-18 in Bend OR
\$19,000 Cash

CATEGORIES: Pro 1-2 Women Pro 1-3 Cat 3/Mas 2-3 combined

SCHEDULE: Pro 1-2: July 14-18, 6 stages, \$15,000 cash + prizes; Women Pro 1-3: July 16-18, 4 stages, \$2,000 cash + prizes; Cat 3/Masters 2-3: 4 stages, \$2,000 cash + prizes

ENTRY FEES: Pro 1-2: \$158 per rider (\$1,100 for 8 rider team); Women Pro 1-3: \$75 per rider; Category 3/Masters 2-3: \$75 per rider; Host housing available for Pro 1-2 and Women only.

Special thanks to the following sponsors for making this race possible:
Volkswagen of America, Carrera Motors, Desert Bone & Joint Specialists, Rebound Physical Therapy, Pacific Power, Deschutes Brewery, Alpine Glass, Linda Leffel MD, Prime Equipment, FOX Television, Cellular One, Athletic Club of Bend, Oregon State Police, Hutch's Bicycles, The Bulletin and Mavic USA, Sunnyside Sports.

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.

STAGES: Pro 1-2: 110 mile RR, 106 mile RR, 10 mile TT, Crit., 77 mile RR, Crit.
Women: 10 mile TT, Crit., 56 mile RR, Crit.
Cat 3/Masters 2-3: 10 mile TT, Crit., 70 mile RR, Crit.

For Event Info

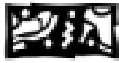
www.cascade-classic.org

Tim at 541-382-5962
or email tcoffey@kmx.com

"Held under US Cycling Federation Race Permit"

CALENDAR

Welcome to the Pacific Northwest's most comprehensive bicycle calendar



Events

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

Jun 20-Jul 21: "Bike-Aid" (Annual Cross-Country Trek for Global Education). CA, OR, WA. Annual cross-country cycling adventure that promotes global education. Learn about important global issues while travelling & meeting with local communities throughout the U.S. 9 weeks of love, sweat & gears. Bike-Aid/JustAct, 800-RITE-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. Trials also. Cliff Miller, 604-898-3519, miller@mountain-inta.net, www.testofmetal.com

Jul 10: Redmond Derby. Redmond, WA. Challenging, flat eight come bike criterium. Kid's bicycle parade, Health and Fitness Expo, Extreme Scene, 5k run race, inline skating and stunt ramp demonstrations, climbing wall and music stage. Mead Management Group, 206-448-5868, events@mead.com

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 location near Eugene. Randy Dreiling, 541-984-1433, oregonairstourapocast.net

Aug 14: Second Annual Schwinn Picnic. Lower Woodland Stove #5, Seattle, WA. Old or new. If it's a Schwinn, you're in. Bring your bike and lunch for an afternoon of fun. This event and parking are free. Lar Malleis, 206-784-9013.

Aug 27-Sep 5: BC Summer Sport Festival. Whistler BC. Mountain Bike event. Claire.



Mountain Bike Racing

Jun 4-6: Mountain Bike Rose Festival Cup. Mt. Hood Ski Bowl, OR. Tri-terrain: Sun-D, Downhill & Dual Slalom Sun-X-Country. This year's snowfall should make this event "a challenge" for all of us. Petr Kakes, 503-272-0146, (fax) 503-272-0240, www.skibowl.com

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

Jun 5-6: Excellent Adventure. Idaho City, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. Ron Dillon, 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.

Jun 5-6: Sunlight BC Cup XC#2, DH#1, DS#1, Cyclophat Triple Threat. Crystal Mountain, BC. Cyclophat Kelenova/Gary Norikum, 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. Round & Round Productions, 509-455-7657, cisco@roundandround.com, www.roundandround.com

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

Jun 13: Dick Blee Memorial Mountain Bike Race #2. Billings, MT. Cross country and kids race Lance Wehner, 406-652-1202.

Jun 13: Granny Gear Grind. Comox Lake, BC. Black's Cycle/Comox Valley Cycling Club/Les Black, 250-339-7011, lblack@comoxisland.net

Jun 13: Mt. MacPherson Challenge. Revelstoke, BC. XC Race and Kids Race Revelstoke Cycling Association, 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. Shelley Toser, 541-382-8018, ShoCros@aol.com, www.sunnysidesports.com

Jun 18-20: State Games of Oregon. Mt. Hood Ski Bowl, 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. Petr Kakes, 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. Ron Dillon, 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.

Jun 19-20: Bear Mountain Challenge. Mission, BC. Street to Peak/Cory Adsit, 604-853-4581.

Jun 19-20: The Capital Forest MTS 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. Rick Klassen, Gerick Sports, 250-426-6171, gerick@erlink.bc.ca

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

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

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

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

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

Jun 23-27: Pacific Sport International Mountain Bike Stage Race. Mt. Washington/Squamish. Pacific Sport Group, 250-744-3583, cycling@pspg.com

Jun 26-27: 1999 UCI/World Cup Downhill Mountain Bike Races. Crystal Mountain, WA. 400 professional athletes competing in downhill & dual events. Round & Round Productions, 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. Trials also. Cliff Miller, 604-898-3519, miller@mountain-inta.net, www.testofmetal.com

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

Jul 3-4: Sunlight BC Cup XC #3 Mile High Cross Country. Silver Star Mountain, BC. Mountain Communications/Tim Milne, 250-545-0229, mountaincom@bc.sympatico.ca

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

Jul 10-11: 24 on the Shore. Grouse Mountain, BC. Velocity/Steve, 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. Round & Round Productions, 509-455-7657, cisco@roundandround.com, www.roundandround.com

Jul 15: Western Canada Games. Prince Albert, Sask. Saskatchewan Cycling Association/Richard Lister, 306-780-9289, cycling@comnet.unibase.com

Jul 17-18: Sunlight BC Cup DH#2, DS #2. Double Dog Downhill & Dual Slalom. Silver Star Mountain, BC. Mountain Communications/Tim Milne, 250-545-0229, mountaincom@bc.sympatico.ca

Jul 18: Miss Gilliland's 8th Annual Okridge Fat Tire Festival. Okridge, OR. 1999 Oregon Off-Road Series #11, cross-country. Miles Strunbaugh, 541-782-3494, mstrunba@efn.org, www.mcgillilandsyoutpost.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. Keith Debus, 406-586-4953, primemedia.net

Jul 24: Canada Cup #6 - Finals. Silver Star Mountain, BC. Mountain Communications/Tim Milne, 250-545-0229, mountaincom@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! Race location moved from Cougar Mountain, New location near Eugene. Randy Dreiling, 541-984-1433, oregonairstourapocast.net

Jul 25: Jim Treviso Memorial. Mt. Hood Ski Bowl, 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. Petr Kakes, 503-272-0146, (fax) 503-272-0240, www.skibowl.com

Jul 31-Aug 2: Apex Vertical. Apex Mountain Resort, BC. Penticon Cycling Club/Ron Hayman, 250-770-1084, ronhayman@tm.net

Jul 31-Aug 1: Bogus Bomber. Boise, ID. Part of the 1999 Wild Rockies "Unplugged" Mountain Bike Series. Cross-country & downhill. Ron Dillon, 208-342-3910, www.wildrockies.com, P.O. Box 7075, Boise, ID 83707.

Jul 31-Aug 1: Jim Treviso Memorial. Mt. Hood Ski Bowl, OR. Sat - Downhill & Dual Slalom Training; Sun - Downhill & Dual Slalom. There will be no X-country race this weekend and DH race will be held on Sunday instead of Saturday like rest of series. Petr Kakes, 503-272-0146, (fax) 503-272-0240, www.skibowl.com

Jul 31-Aug 1: Mt. Washington Coca-Cola Classic & Monster Downhill. Mt. Washington, BC. ForbiddentCycle/Comox Cycle Valley Cycling Club/Rob Sykes, 250-897-1836.

Jul 31-Aug 1: Ride the Route, WIM #6. Lockout Pass, 100 MT border. Downhill & Cross-country for all ages and ability levels. Round & Round Productions, 509-455-7657, www.roundandround.com

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

Jul 7-8: SUNLIGHT BC CUP #4, DH #3, DS #3, 7th Annual Fernie Mud and Madness. Fernie, BC. Fernie Mountain Bike Club/Eric Muncher, 250-423-6464.

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

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

Jul 15: Dustalinger. Bend, OR. 1999 Oregon Off-Road Series #14, cross-country. Mike Mackinn, 541-382-9253.

Jul 15: Point-to-Point. Mt. Washington, BC. Planet Sports, 250-384-3801.

Jul 15: PORC #3 MTB. Haylite Challenge/Bozeman, MT. Intermediate to difficult course, high altitude & steep downhill. Beautiful course in National Forest. \$20. Keith Debus, 406-586-4953.

Jul 21-22: Lone Peak Revenge MTB. Big Sky, MT. Andrew Schreiner, 406-995-2939.

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

Jul 21-22: SUNLIGHT BC CUP CHAMPIONSHIPS XC 5, DS #4, DE #4. Suspeaks Challenge, Kamloops, BC. Inland Raacetech/Henry Pejlil, 250-828-2783, hopejil@hotmail.com

Jul 22: Return on the Jedi. Grants Pass, OR. 1999 Oregon Off-Road Series #15, cross-country. Top-rated course finishes at the level of a road bicycle race ("The Jedi Trail") at Sun Brown Campground. 28 miles for experts, 21 miles for beginners. Richard Arneus, 541-476-4935.

Jul 27-Sep 5: Whistler International Classic Mountain Bike Festival. Whistler, BC. Criterium, time trial and cross-country stages. Team Management Inc./Claire Bonin, Marika Koenig, 604-905-3039, teamevents@direct.ca

Aug 28: BC Summer Sport Festival. Whistler BC. Dirt Cross Clinic.

Aug 28: OREA Downhill Finals. Segawar, OR. 1999 Oregon Off-Road Series downhill finals. Randy Dreiling, 541-984-1433.

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

Aug 29: BC Summer Sport Festival. Whistler BC. X-country. Claire, 250-655-5245.



Mountain Bike Touring

Jun 5: MS Mountain Bike Madness Ride. Fall City, WA. Filled day on the Weyerhaeuser Tree Farm with a 50k route for all abilities and a challenging 70k route with single track. \$25 + \$75 in pledges. Funds benefit people with MS & their families. Kim Oliver, 206-284-4236, 800-800-7047, (fax) 206-284-4972.

Jun 6: Third Annual OCE Woods Line State Trail. Klamath Falls, OR. Art Sevigny, 541-884-3050, sevigny@moit.edu

Jun 12: Tour de Blast. Toule, WA. In its 7th year, the Tour de Blast offers both a 50 & 135k ride. Well staffed by Longview/Ron Rotarians, this ride presents breathtaking views of the Mt. St. Helens blast zone. \$30 cover + shirt, rest stops & end-of-ride pasta feed. Don Deustsch, 360-749-2192, www.tdm.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. Karlo, 208-336-3854.

Jul 10-11: 4th Annual Sea to Sky Mountain Bike Trail Ride. British Columbia. Ride the newly developed 150km mountain bike trail from Devine to Squamish with an overnight at Whistler Resort. 500 riders expected. This event will sell out! Robbin Weisner, 604-688-2827, www.great-explorations.com, 604-730-1247.

Jul 12-28: Zimbabwe: Mashonaland Sojourn. Zimbabwe. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful hiking, 500 miles, hills & moderate elevation. \$1090 plus airfare. International Bicycle Fund, 206-767-0848, info@ibike.org, www.ibike.org

Jul 12-28: Zimbabwe: Matabeleland Sojourn. Zimbabwe. Victoria Falls, Matopos & George National Parks, San rock art, Batonga culture, wildlife, canoe safari & white-water rafting. 382 miles, 810 dirt, rolling terrain. \$1290 plus airfare. International Bicycle Fund, 206-767-0848, info@ibike.org, www.ibike.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. Russ Rickert, 541-492-8704.

Jul 31-Aug 2: Yalokom River MTB Tour. Lillooet, BC. Vancouver Bicycle Club, 604-521-8985, contact prior to July 17.

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

Aug 15: Jimmie Heuga Mtn. Bike Express. Mt. Hood Ski Bowl, OR. This year's ride will be designed as rides for different abilities. Weather & atmosphere should be dynamic. May be moved to 8/22. Melody Johnson, 503-272-3403.

Aug 15-22: Kettle Valley Trail Ride (Stage 1). Nelson - Beaverdell, BC. REM Management, 604-0 730-1247, rob@remstar.ca, www.great-expectations.com

Aug 21-27: Kettle Valley Trail Ride (Stage 2). Beaverdell - Colley Creek, BC. REM Management, 604-0 730-1247, rob@remstar.ca, www.great-expectations.com

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

Aug 26-29: Kettle Valley Trail Ride (Stage 3). Coalmont - Hope, BC. REM Management, 604-730-1247, rob@remstar.ca, www.great-expectations.com

INJURED CYCLING?



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CALENDAR



Road Racing

- Jun 1: Adidas World Tuesday Night Championships.** Victoria, B.C. 604-733-6947, www.escapavelocity.bc.ca.
- Jun 1: Atomic Criterium.** Vancouver, BC. Atomic Racing/Brad Head, 604-220-2105, bradhead@shaw.ca.
- Jun 1: BC CUP #4* Texona Race - Hataic Valley Road Race.** Mission, BC. Soliton Cycling Club/Steve Ferning, 604-597-4301.
- Jun 1: PIR.** Portland, OR. Jim Anderson, 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+. Tracy Jolly, 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. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jun 5-6: Silvertown Road Race and Criterium.** Silverton, OR. Saturday Road Race and Sunday Criterium Steve Yenna, 503-362-0500, yennesa@aol.com.
- Jun 5-6: Trek Barr Challenge SR (Omni).** MT. Geoff Proctor, 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 clubs including juniors. Exit 8 from I-90, 425-825-2360.
- Jun 7: Masters & Women PIR.** Portland, OR. Bi-weekly race series. Jim Anderson, 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. Jim Anderson, 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+. Tracy Jolly, 206-322-0072, tjolly@seattlemortgage.com.
- Jun 9: Hewlett Packard International Women's Challenge.** Boise, ID. Hewlett Packard, 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. Matt Guinn, 503-221-6809, NWvelo@msn.com.
- Jun 10: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jun 12: Leavenworth Road Race.** Leavenworth, WA. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jun 12: Mary's Peak Hillclimb.** Corvallis, OR. Tom Hayden, 503-754-0073, tom.hayden@cmjg.com.
- Jun 12: Montana Criterium Championships.** Helena, MT. Joel Gerhart, 406-442-0677.
- Jun 13: District Road Race.** Hood River, OR. Jeff Lorenzon, 541-478-3365, jlorenzshoodriver.k12.or.us.
- Jun 13: Washington State TT Championships.** Roslyn, WA. WSBA, 206-292-5141.
- Jun 15: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapavelocity.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+. Tracy Jolly, 206-322-0072, tjolly@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. Matt Guinn, 503-221-6809, NWvelo@msn.com.
- Jun 17: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jun 19: Ballard Twilight Criterium.** Ballard, WA. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jun 19: Montana Time Trial Championships.** Great Falls, MT. Bill Woolf, 406-771-8861.
- Jun 19-20: Woodland Bottoms.** Woodland, WA. Jim LaMew, 360-887-4032, JELMEL@aol.com.
- Jun 20: Montana Road Championships.** Great Falls, MT. Bill Woolf, 406-771-8861.
- Jun 20: Seward Park Summer Classic.** Seattle, WA. David Douglas, 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.escapavelocity.bc.ca.
- Jun 22: PIR.** Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@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+. Tracy Jolly, 206-322-0072, tjolly@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. Matt Guinn, 503-221-6809, NWvelo@msn.com.
- Jun 24: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jun 26: Woodinville Circuit Road Race.** Woodinville, WA. Exodus Cycling.
- Jun 27: Bell Classic.** PIR, Portland, OR. Jim Garrett.
- Jun 27: Redmond Town Criterium.** Redmond, WA. WSBA, Exodus Cycling Team, 206-292-4301.
- Jun 28: Masters & Women PIR.** Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com.
- Jun 29: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapavelocity.bc.ca.
- Jun 29: PIR.** Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@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+. Tracy Jolly, 206-322-0072, tjolly@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. Matt Guinn, 503-221-6809, NWvelo@msn.com.
- Jul 1: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jul 2-5: Duet Classic.** Eugene, OR. Russell Merton, 541-687-1644.
- Jul 4: 24th Annual Joe Matava Memorial Classic & WA State Jr. Championships Criterium.** Burien, WA. Promoted by the WheelSport Cycling Team. 6 corner, flat, fast criterium. All categories, masters and juniors. Also free children's races. Dave Bachman, (253) 852-4946, dabachman@libertycontrols.com.
- Jul 5: Masters & Women PIR.** Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com.
- Jul 6: PIR.** Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@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+. Tracy Jolly, 206-322-0072, tjolly@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. Matt Guinn, 503-221-6809, NWvelo@msn.com.
- Jul 8: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jul 9: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapavelocity.bc.ca.
- Jul 10-11: BC CUP #5* Tour de White Rock.** White Rock, BC. White Rock Leisure Services/Diane Drouin, 604-541-2161, recreation@whiteirok.bc.ca.
- Jul 10: Redmond Derby.** Redmond, WA. Challenging, flat eight corner criterium. Categories Pro/1/2/3/4/5/Masters and Women. Also in-line skater versus cyclist inmatch sprint. Mead Management Corp, 206-448-5866, events@mginc.com.
- Jul 10-11: Tour de White Rock.** White Rock, B.C. 7/10 - Criterium Route (2:30pm Men's 60k, 4pm Women's 30k). 7/11 - Road Race (8am Men's 130k, 8:05am Women's 80k). \$10,000 in cash prizes. Rita Jackson, 604-541-2161.
- Jul 11: Marcus Daly Criterium.** Hamilton, MT. Jeff Crouch, 406-728-5790.
- Jul 13: Adidas World Tuesday Night Championships.** Victoria, B.C. Tuesday night races. 604-733-6947, www.escapavelocity.bc.ca.
- Jul 13: PIR.** Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@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+. Tracy Jolly, 206-322-0072, tjolly@seattlemortgage.com.
- Jul 14-18: Cascade Classic.** Bend, OR. 20th annual race. Women's 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. Tim Coffey, 541-382-5962, toffee@kmmnet.com.
- 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. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzovelo.com.
- Jul 15: Western Canada Games.** Prince Albert, Sask. Saskatchewan Cycling Association/Warren Lister, 306-780-9289, Cycling@comcast.net.
- Jul 17-18: Provincial Hill Climbing Championships.** North & West Vancouver, BC. Partone International Ventures Cycling Club/Kelvin Kim, 250-972-2286, kelvin@ic.sympatico.ca.
- Jul 17: Snohomish Mia Via Days Road Race.** Snohomish, WA. David Douglas, 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.escapavelocity.bc.ca.
- Jul 20: PIR.** Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@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+. Tracy Jolly, 206-322-0072, tjolly@seattlemortgage.com.
- Jul 21: Juan de Fuca/Victoria Wheelers Wednesday Night Series.** B.C. Wednesday night races. 250-595-BIKE.



team management inc.
TEAM EVENT AND MARKETING MANAGEMENT INC.

presents

WHISTLER SUMMER SESSION

august 27 - september 6

LOCATION

Whistler, B.C.

MAIN EVENTS

Whistler International Classic
featuring cross country, fat tire criterium, August 27-29
dirt criterium, time trial

Gravity Tour
september 3-5 featuring dual slalom,
chainless downhill, downhill

**Provincial Road Individual
Time Trial Championship** september 4

OTHER ACTIVITIES

Joyride '99 Invitational, In-line Skating and Skateboard Competition,
Camps and Clinics, Kid's Races, Five Peaks Trail Running Race

Over \$20,000 in cash prizes



Contact information:
HOTLINE: 1-604-905-3039
e-mail: cbonin@pacificcoast.net
website: www.canadiancyclist.com/whistler/



CALENDAR

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

Jul 24: Ben Aronson Games. Winnipeg, MB. Manitoba Cycling Association/Sharon Betness, 204-925-5686.

Jul 24-25: Provincial Masters Road Race/Criterium Championships. Shannigan Lake, BC. BC Masters Association/Tony Hoar, 250-743-9915.

Jul 25: District Time Trials. Portland, OR. Robert Burney, 503-775-7535, rburney@comcast.com.

Jul 25: State Criterium Championships. Olympia, WA. Capitol Cycling Club.

Jul 27: Aidas 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+. Tracy Jolly, 206-322-0072, tljolly@att.net.

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

Jul 28: Seward Park Cycling Series. Seattle, WA. Critterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

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

Jul 31: B.C. Road Championships. Cranbrook, B.C. Provincial road Championships/Rick Klassen, Gerik Sports, 250-426-6171, geric@olympiclink.bc.ca.

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

Aug 1: Mt. Washington Hill Climbs. Mt. Washington, BC. Coxs Valley Cycling Club/Dieter Tschannner, 250-339-9758, coxsvales@comcast.com.

Aug 1: Provincial Criterium Championships. Cranbrook, BC. Rick Klassen, Gerik Sports, 250-426-6171.

Aug 1: Renton River Days. Renton, WA. Seattle Velo.

Aug 2: Masters & Women PIR. Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com.

Aug 3: Aidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

Aug 3: PIR. Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com.

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

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

Aug 5: Seward Park Cycling Series. Seattle, WA. Critterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

Aug 6-8: Ecology Center SR. Missoula, MT. Jeff Crouch, 406-728-5790.

Aug 7-8: Bellingham Stage Race. Bellingham, WA. WSBA/Bob Lemay, 206-292-6141.

Aug 10: Aidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

Aug 10: PIR. Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com.

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

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

Aug 12: Seward Park Cycling Series. Seattle, WA. Critterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

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

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

Aug 14: Volunteer Park Summer Classic. Seattle, WA. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

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

Aug 16: Masters & Women PIR. Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com.

Aug 17: Aidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

Aug 17: PIR. Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com.

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

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

Aug 19: Seward Park Cycling Series. Seattle, WA. Critterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

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

Aug 22: Bar Wars Team Time Trial. Portland, OR. Robert Burney, 503-775-7535.

Aug 22: Commencement Bay Criterium. Tacoma, WA. Capitol Bicycle Club.

Aug 24: Aidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races. 604-733-6947, www.escapevelocity.bc.ca.

Aug 24: PIR. Portland, OR. Race series. Jim Anderson, 503-636-6422, sparky@teleport.com.

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

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

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

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

Aug 28: Crystal Mountain Hill Climb. Crystal Mountain, WA. State Championships. WheelSport Cycling Club.

Aug 28: Wash. State Hillclimb Time Trial Championships. Crystal Mountain, WA. Promoted by the WheelSport Cycling Team. Hillclimb Time Trial. 7 miles with approximately 1500 feet of elevation gain. All categories and age groups. Dave Bachman, 253-852-4945.

Aug 29: Seward Park Season End - WSBA Awards. Seattle, WA. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

Aug 30: Masters & Women PIR. Portland, OR. Bi-weekly race series. Jim Anderson, 503-636-6422, sparky@teleport.com.

Jun 12: Tour de Blast. Toulon, 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. Tom Deutsch, 360-749-2192, www.tdn.com/tourdb.

Jun 19-19: Washington Coast. Victoria, BC-Astoria, OR. Great Expectations, 604-730-1247, info@great-explorations.com, www.great-explorations.com.

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

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. Bicycle Adventures, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicycleadventures.com.

Jun 13: Single Rock Century. Vancouver, BC. Vancouver Bicycle Club/Wark, 604-733-3984, vbc@intergate.bc.ca.

Jun 13-19: Tour of the Okanogan. Eastern WA. 500 miles. This is a supported long ride through the Okanogan Country of eastern Washington. We carry your camping gear, food, and dispo you up really neat campsites. \$120.00 per person. Wayne or Sue, (509) 682-3568, www.net.net/~waynesue, waynesue@hotmail.com.

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. Ride benefits the American Lung Association. 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, sea spray, best swimming holes. Ride Scott Valley, Salmon River. Around the mountain wilderness. Group size limited to 20, all included for \$225. 195 miles. Russ Rickett, 541-462-8704.

Jun 19-22: 2nd Annual Oregon Coast Cycle Tour. OR. Ride from Seaside to Cannon Beach. Fully supported \$575. 7 days/7 nights. Group size limited to 12-18. Robbin McKinney, info@great-explorations.com, www.great-explorations.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 farm land. Food stops, sea spray, professional mechanical support and permit. Washington Conservation Voters, 206-374-0760 x101.

Jun 19-26: Oregon Coast Tour. Astoria, OR - Northern CA. Great Expectations, 604-730-1247, info@great-explorations.com, www.great-explorations.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. Sea views, rest stops with snacks & drinks, support, beer swimming holes. Ride Scott Valley, Salmon River. Washington Conservation Voters, 206-374-0760 x101.

Jun 20-21: "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. Bike-Aid/JustAct, 800-RIDE-808, info@justact.org, www.justact.org.

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 fundraising. Ride benefits the American Lung Association of Washington. American Lung Association of Washington, 800-732-9339, www.alaw.org, 2625 Third Ave., Seattle, WA 98121.

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

Jun 26: Mid-Summer 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 private American reservation and two ferry crossings. Limited sea, long sleeve shirt. A complete shirt cut is the 200 miles is out of reach. \$35. Steve Sausser, 509-922-7249, stevesausser@msm.com.

Jun 26-27: North Cascades Epic. Washington State. Vancouver Bicycle Club/Mike, 604-576-8767, 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 Tollege, OR. Wheel Land Wheelers, 509-525-9548, creh@msi.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: Puna 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 trail maintenance. Harvey Potts, (206) 770-0627, wafund_emily@ps.gov.

Jun 27: Flying Wheels. Redmond, WA. Redmond City Hall. 30, 60 & 100 mile options. Official training ride for STP. Fundraising option tied in with STP. Cascade Bicycle Club, 206-522-8192, (fax) 206-522-2407.

Jul 1-4: Sunshine Coast Tour. Sunshine Coast, BC. Vancouver Bicycle Club/Marion, 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. Bicycle Adventures, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicycleadventures.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. Cascade Bicycle Club, 206-522-8192, (fax) 206-522-2407.

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

Jul 10-11: Sea to Sky Trail Ride. Devine - Squamish, BC. RM Management, 604-730-1247, robbins@star.ca, www.great-explorations.com.

Jul 10-15: Tour de Tetons. Grand Tetons/Driggs, ID. All women 6 day tour starting in Redoubt 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. 206-247-1444, info@womantours.com.

Jul 13-14: Willamette Valley Ride. Eugene, OR. 4 day, 184-mile loop. Get valley terrain, 4 winey 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 \$30. Paul Kemp, 800-778-4838, pathfindr@net.org, www.pathfindr.com.

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

Jul 12-28: Zimbabwe: Mashonaland 500 miles. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful hiking, 500 miles, hills, moderate elevation, \$1099 plus airfare. International Bicycle Fund, 206-767-0848, info@ibike.org, www.ibike.org.

Jul 12-28: Zimbabwe: Matabeleland 500 miles. Zimbabwe. Victoria Falls, Matopos & George National Parks, San rock art, batonga culture, wildlife, canoe safari & white water rafting, 382 miles, 810 dirt, rolling terrain, \$1290 plus airfare. International Bicycle Fund, 206-767-0848, info@ibike.org, www.ibike.org.

Jul 17-17: Covered Bridge Tour. Cottage Grove. Choose from a 20 mile family ride with 3 covered bridges or a 50 mile ride with 6 bridges. Event highlight list the Bohemian Mining Festival in Cottage Grove. Sandy Drieling, 541-984-1433, cgs@netnet.usps.gov.net.

Jul 17-23: Tour de Val d'Eugene. OR. 7 day loop start/ends in Eugene. Features the food & entertainment of Corvallis' La Vinci Days, Willamette Valley, Oregon Coast and the Coast Range. Fully supported. Camping with hotel options most nights. Breakfast/dinners included. Heavy snacks every 15-20 miles. SAG, mechanical support, route maps & markings. \$525 or 4-day with shuttle for \$320. Paul Kemp, 800-778-4838, pathfindr@net.org, www.pathfindr.com.

Jul 18-24: Cariboo Thompson Tour. Kamloops, BC. Tour BC/Danelle Laidlaw, 604-737-0043, dplaid@aim.net.

Road Touring

Jun 5: Apple Century Bicycle 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/waves start at Cam; registration is \$30 & includes shirt if received by 5/15. Onward registration accepted at par. Matches Sunrise Rotary, 509-662-9544, (fax) 509-662-8559, P.O. Box 1433, Wenatchee, WA 98807.

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

Jun 6-30: Great Alaska Highway Ride. Alaska-Canada Highway. Ride the entire length of the Al-Can Highway from Delta Junction, AK to milepost 0 in Dawson Creek, B.C. Fully supported. Camping & snacks. Cyclevents, 888-733-9615, biking@cyclevents.com, www.cyclevents.com.

Jun 6: South Sound Tour. Auburn, WA. 30-mile & 60 mile tour of the roads & trails in the valley from Tholwa to Orting. Refreshment stops, mechanics at start/finish. WheelSport Cycling Team, 19003 60th St. E, Borney Lake, WA 98390, lupine@arwin.com.

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CALENDAR



Riding near Mt. Hood on the Summit to Surf bicycle ride. PHOTO BY DANLENE CAIN

July 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. Margaret Hamilton, 206-284-4236, 800-800-7047. (fax) 206-284-4972.

July 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 6,000'. Benefits the American Diabetes Association. American Diabetes Association, 800-342-2383 x24, 503-776-2770 x24, (fax) 206-284-4972.

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

July 24-27: Willamette Valley Tour. Eugene, OR. 4 day, 184-mile loop. Gettleville terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks, SAC, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450, Camping \$300. Paul Kemp, 800-778-4838, paul@kemp.org, www.path-finders.com.

July 26: Watermelon Ride. Chemsuwa 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 vehicle support. Joanne Heilinger, 503-399-9652, jheilinger@telnet.com.

July 29: RANCO 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. Redmond Cycling Club, 425-739-8610, www.bicycler.net/~rcc.

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

Aug 1-7: Bicycle Washington '99. Spokane, WA. Steve Daviss, 206-224-9252.

Aug 1: Blackberry Rambles. Eugene, OR. Century in the hills on beautiful logging roads. Support. Breakfast treat at the end. \$10. Late registration \$15. Mel Huey, 541-345-3181.

Aug 1-6: Tour de Lane. Eugene, OR. 6 day loop showcasing unique system of paved forest roads around Eugene. Fully supported with leaders, SAC, mechanical support, gear transport. Breakfasts/dinners included. Hearty snacks every 10-20 miles. Average 55 miles/day. Camping with some local availability. Intermediate difficulty. \$525 or 4-day with shuttle for \$320. Paul Kemp, 800-778-4838.

Aug 7-14: Gulf Island Explorer. Canada. Starting from Victoria, we'll visit Mayne Island, Saturna, Galiano and Saltspring. Accommodation is in lodges & B&Bs. \$650. 7 days/7 nights. Group size limited to 12-18. Robbin McKinnay, info@sear-explorators.com.

Aug 8-14: Crater Lake Challenge. Eugene, OR. 7 day, 381 mile loop from Eugene to Crater Lake National Park. Low traffic, scenic roads, hot spring, fly fishing & swimming, covered bridges & waterfalls. Full support. Breakfasts/dinners included, with hearty mid-day snacks. Lodging package \$825; Camping package \$255. Limit 50 riders. Intermediate to advanced difficulty. Paul Kemp, 800-778-4838.

Aug 8-21: Malawi: Land and Lake. Malawi. Extraordinary scenery, traditional villages and a lot of contact with local people. 360 miles, 208 dirt, some hills. \$1090 plus airfare. International Bicycle Park, 206-767-0848.

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

Aug 13-14: Ride from Seattle to Vancouver & Party (RSVP). Seattle to Vancouver. 185 miles. From UW to Vancouver. ~900 riders. Cascade Bicycle Club, 206-522-BIKE.

Aug 14-21: Volcanoes of Washington Tour. Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park; Windyridge, Mt. St. Helens; Yakima River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

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

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

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

Aug 21-23: Courage Classic. WA. 3 days & 175 miles of incredible cycling in central WA with great scenery, delicious meals, mountain-top lunches and nightly entertainment. Includes rides through the Snoqualmie, Elwell & Stevens passes. Benefits the Mary Bridge Children's Hospital & the Children's Trust Foundation. Tim Kneeland & Associates, Inc., 800-493-0528.

Aug 21-Sep 3: Malawi: Tambora Land. Malawi. Extraordinary scenery, traditional villages and a lot of contact with local people. 500 miles, 208 dirt, major climbs. \$1090 plus airfare. International Bicycle Park, 206-767-0848.

Aug 21-28: Oregon Crater Lake Tour. Eugene, OR. 8 day tour. Highlights: Aufheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Uppuqa River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.

Aug 22-27: Banff-Jasper. Banff, Alberta, Canada. For women over 50, a 6 day tour of the Icefields Parkway from Banff to Jasper. Trip price of \$1090 includes 5 nights lodging, all dinners, lunches and breakfasts. Full van support. 231 miles. 800-247-1444.

Aug 22-28: Ride Around Washington (RAW) 1. WA. Inaugural week-long ride with initial course traversing Bay, 20 from Puget Sound to Newport on the Washington/Idaho border. Ride will change routes each year. 250-300 riders. Cascade Bicycle Club, 206-522-BIKE.

Aug 22-28: Tour of the Wallows. Wallawa, LaGrande & Blue Mts. & Hell's Canyon. 7-day road tour over the scenic and lightly traveled road of NE OR. 5 nights of camping, one night lodging, showers each night, maps, all dinners & breakfasts, some lunches. \$400. Russ Rickert, 541-482-8704.

Aug 27: BC Summer Sport Festival. Whistler BC. Flat tire clinic in Cairn.

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

Aug 28: Crater Lake Rim Tour. Crater Lake, OR. Ride from Diamond Lake to Crater Lake. Limited pre-registration only. Camping at Diamond Lake included in registration fee. Send \$5K for registration form. Mt. Valley Bicycle Club, P.O. Box 1373, Corvallis, OR 97331-3733.

Aug 29-Sep 6: Canadian Hot Springs-Lakes to Glaciers Tour. Banff, Alberta, Canada. All women 6 day tour of the Icefields Parkway from Banff to Jasper. Trip price of \$1090 includes 5 nights lodging, all dinners, lunches and breakfasts. Full van support. 231 miles. 800-247-1444.

Track Racing Series Races

Mar 2-Sep 7: 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 USCP track license. Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

Apr 3-Sep 30: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@telnet.com, www.ckra.org.

Apr 8-Aug 25: Seward Park Cycling Series. Seattle, WA. Critterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, 206-932-5921, david@seawards.com, www.seawards.com.

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

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

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

Apr 18-Jun 20: Gary Fisher Race For the Trails #1. Broadway Cyclopath Vanier Park Bunko, Vanier Park, BC. Lori Hashimoto, Strme Mountain Bike People, 604-683-7278, lori@shashimoto.com.

May 2-Jun 13: Dick Blue Memorial MTB Series. Billings, MT. Lance Wehner, 406-652-1202.

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

May 4-Sep 7: PIR. Portland, OR. Jim Anderson, 503-636-6422, sparty@telnet.com.

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

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). Ethan Megirnes, 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). Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

Jun 9-Jul 7: Mt. Tabor Series. Beaverton, OR. Five races series. Matt Guinn, 503-221-6809, NWelo@msn.com.

Jun 9-Jul 7: Mt. Tabor Series. Beaverton, OR. Five races series. Matt Guinn, 503-221-6809, NWelo@msn.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 USCP track license. Ethan Megirnes, 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). Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

Jun 3: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@telnet.com, www.ckra.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). Ethan Megirnes, 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 USCP track license. Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

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). Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

Jun 10: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@telnet.com, www.ckra.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). Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

Jun 11-13: Provincial Track Championships. Victoria, BC. Island Track Cycling, 250-474-8687 ext. 2280, www.gva.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 USCP track license. Ethan Megirnes, 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). Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

Jun 17: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@telnet.com, www.ckra.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). Ethan Megirnes, 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 USCP track license. Ethan Megirnes, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.

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CALENDAR

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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jun 24: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jun 26: Points Races. Alpenrose Velodrome, Portland, OR. Darell Provencher, 503-657-0568, darell.provencher@nls.com, www.marymoor-velodrome.org.

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. Ethan Meglins, 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jul 1: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Feb 28-Mar 14: Banana Belt Series '99. Hagg Lake, OR. Chris or Lori, 503-226-4712.

Mar 2-Sep 7: 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. Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Mar 6-20: Mason Lake Road Race Series. Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

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

Mar 7-28: Escape Velocity Speed Road Race Series. Vancouver, B.C. Six race series. 604-733-6947, www.escapevelocity.bc.ca.

Mar 13-27: So. Oregon Time Trials. Medford & Ashland, OR. Three race series: March 13, 20 and 27. Dana Bandy, 541-488-2453.

Mar 13-Apr 10: Missoula Training Series. Missoula, MT. Fred Michini, 406-542-9114.

Apr 1-Sep 30: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Apr 8-26: 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. David Douglas, 206-932-5921, pazzo@accessone.com, www.pazzo вело.com.

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

Apr 11-Sep 5: 1999 Oregon Off-Road Series. Oregon. Cross-country, downhill and dual slalom races. David Beede, 541-349-9210.

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

Apr 18-Jun 20: Gary Fisher Race For The Trails #1. Broadway Cyclepath/Vanier Park Enduro. Vanier Park, BC. Lori Hashimoto, Xtreme Mountain Bike People, 604-683-7278, lori@hashimoto.com.

May 2-Jun 13: Dick Blee Memorial MTS Series. Billings, MT. Lance Helmer, 406-652-1202.

May 3-Sep 13: Masters & Women PIR. Portland, OR. Jim Anderson, 503-636-6422, sparky@teleport.com.

May 4-Sep 7: PIR. Portland, OR. Jim Anderson, 503-636-6422, sparky@teleport.com.

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

May 5-Aug 25: Juan de Puca/Victoria Wheelers Wednesday Night Series. B.C. 250-955-8135.

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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). Ethan Meglins, 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jul 3-5: Regional Track Qualifiers. Portland, OR. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.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. Ethan Meglins, 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jul 8: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jul 10-11: Oregon State Games. Alpenrose Velodrome, Portland, OR. Mark Godfrey, 503-297-5092, mark@pacifictlightworks.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. Ethan Meglins, 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jul 15: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.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). Ethan Meglins, 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. Ethan Meglins, 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jul 22: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Jul 22: Oregon Track Grand Prix. Alpenrose Velodrome, Portland, OR. Oregon State Bicycle Association/Candi Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Jul 24-25: Alpenrose Velodrome Challenge (formerly Big Track Race). Portland, OR. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Jul 26-31: Alpenrose Six Day. Alpenrose Velodrome, Portland, OR. Six day track event. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.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. Ethan Meglins, 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

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Aug 7: Track Time Trial State Championships. Marymoor Park, Redmond, WA. Various individual and team time trial championships for Washington State. Spectators are free. Rain date is August 8. Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 10: 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. Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 11: 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 12: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Aug 13: 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 17: 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. Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 18: 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 19: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Aug 20: 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. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 21: Points Races. Alpenrose Velodrome, Portland, OR. Darell Provencher, 503-657-0568.

Aug 24: 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. Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 25: Wednesday 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 Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 26: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Aug 27: 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). Ethan Meglins, 206-675-1424, ethan@pipeline.com, www.marymoor-velodrome.org.

Aug 28: Alpenrose Weekly Series. Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray, 503-661-5874, mmurray@teleport.com, www.cbxa.org.

Aug 27-29: Oregon Masters Track Championships. Alpenrose Velodrome, Portland, OR. Candi Murray, 503-667-6220.

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Buried Treasure

Miami Beach, Tokeland, Treasure Island, Point No Point, Foul Weather Bluff.

What do these all have in common? First of all, they are all in the State of Washington. Second, I have ridden my bicycle to each of them. And last but far from least, I went there simply because I liked their names. How do you choose where you ride?

I clearly remember the first bike ride I took in the state of Washington. It was December, in one of those beautiful winters when the rain was reasonable.

The first weekend after my boxes were unpacked I grabbed my Washington State Map and began to destroy its creases. My eyes gravitated to the splotches of blue (I had just moved here fresh from land-locked Wisconsin) and I stared at all of the names I could not pronounce. Somehow my eyes gave me the information that I could hop on a ferry from downtown and it looked like a reasonable distance to "Treasure Island." I grabbed my helmet and eye patch and ahoy mates, I was off and gone.

My arrival at my much anticipated destination did indeed produce a chest of gold and jewels. However they were disguised in the form of fruit leather. It turns out that Treasure Island was one of two beautiful islands hooked to the mainland by a bridge.

The other island was called "Stretch" or "Grapeview" Island and that is where a wonderful commercial fruit leather was made. I ate my share and pedaled home as content as any pirate could be.

On the ferry home that evening, I studied my map looking for more buried treasure, and again, as any good pirate would do, I concentrated on the areas around water. Sure enough I spotted Miami Beach. Same deal. It looked like it would be an easy ride from Bremerton. I could hardly contain my curiosity all week as I planned my excursion. Despite its name I doubted I would really need sunscreen. Miami Beach Florida might have the resorts, but let me tell you, Miami Beach Washington has the views!! Situated next to Scenic Beach State Park on the west shore of the Kitsap Peninsula, it has a view of the Olympics that would put an IMAX to shame. I felt like I had the biggest secret in the world. I pedaled home with a new impression of Miami.

I was two for two, so I trusted that map of hidden treasures. I looked at the BIG patch of blue. I had never seen the Pacific Ocean and I thought that after living in Washington for 4 weeks that it was time. I had many options and many had intriguing names. I decided to eliminate the ones I could not pronounce.

Tokeland seemed to jut furthest out into the water and not only could I pronounce it, I could not help but giggle at the name (I was still in my young twenties!!). I had limited time, and I admit, I cheated a bit. I

have this philosophy that just because you go on a bike ride doesn't mean you have to pedal every inch of the way. So I drove to Centralia and started from there. My stay in the Tokeland Hotel could fill a story.

For now, I'll just tell you that it is an old hotel that is inhabited by a ghost. The cook claimed he had previously traveled with the Grateful Dead as their personal cook. The proprietors lived there with their 11 children.

There were 16 cars parked in the guest's lot and only 5 guests. When I awoke to leave and pay at 9 am there was no one to be found. The 5 other guests from the night before were gone, the 2 proprietors and children were absent, and the cook and kitchen staff were no where to be found!! I left a check on the counter, grabbed my eye patch and set sail as fast as I could. My check has never been cashed. I rode around the peninsula where upon I ran into a bunch of crusty old fishermen who insisted on giving me a gift of fresh caught oysters. I searched each one for that elusive pearl and finally left for home with a memory for a treasure instead of precious jewels.



by Estelle Gray

Where to next? You guessed it. Foul Weather Bluff and Point no Point are also near the blue part of the map, only a ferry ride away. I expanded my ferry boat knowledge with a trip out of Edmonds. This time the treasure I came home with was the discovery of Brusseau's Cinnamon Rolls, which is a treasure that still exists 20 years later.

After my blue phase came the green phase. This phase was a little more challenging and the treasures came in the form of a sense of achievement and long descents. The green meant mountains. Paradise (who could resist riding there?), Hurricane Ridge (an intriguing concept), Rainy Pass (maybe I should have thought more about that one), Chinook Pass, etc. For every mountain pass that you can ride your bike over, I hold a memory of its uphill and a treasured memory of its downhill!

Then came the lake phase followed by the search for the best pie, followed by the search for the best cinnamon roll and then the best ice cream and then....

After 20 years of riding in Washington, I continue to find new rides and to enjoy old ones. Treasure Island is no longer on every map but it's still in my memories. The lakes still exist and I watch as more houses are being built around them. The mountain passes are still there and they continue to offer new challenges with plenty of rewards.

If you ever find yourself in a rut as to where to ride just grab a map and pretend it's a guide to hidden treasures. You never know, you just might find one!

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Tour of WhereAmI?

BY MAYNARD HERSHON

Lots of people love Tour of Willamette. Racers love the hard courses around Eugene. They love the unmaintained roads, the uncertainties, the chance that they'll fall or flat and help may not be near.

It's the Paris-Roubaix factor. Only a complete rider can do well there, a lucky, complete rider.

But are hard courses enough? Is challenge all a race has to provide?

It seemed to me the organizers drew lines on unreadable course maps and put race ads in magazines. Done. Details would take care of themselves. Some of those details did take care of themselves. Many did not.

We take for granted in road races that when we come to an intersection, some person or thing will direct us. Thus everyone in the race rides the same course. You couldn't depend on such direction at Willamette.

So when you read Tour of Willamette results, remember that those results were influenced, day after day, by marshaling and signage errors.

For instance, on the first three (of four) road stages, there were precious few course markers tacked to trees. And fewer corner marshals.

The marshals were evidently dropped off in woody nowhere with nearly no briefing. They didn't know how many laps of the circuits riders were doing: when to point THIS way and when to point THAT way.

During each road stage but the last, solo riders and packs rode off-course and got lost on dirt and paved roads in the Oregon woods.

It's easy to get lost out there. There are no landmarks. On one 93-mile road stage, we did not see a single house — not a house, not a country store, not an intersection you could single out from the other two or three intersections.

On the Shimano tech motorcycle, Eric Brandt and I couldn't decide if we were doing circuits or one big lap. We just couldn't tell.

A long breakaway went on the hardest day, a day with three endless climbs so steep that pros zigzagged in the road on their 23s. Mercury had two men in that break but they weren't supposed to win.

A chase group with the Mercury climbers in it was supposed to catch and merge with the break. Then several Mercury riders would work together to control the final miles. Might've worked. Much of what Mercury tried, did work.

But — a clueless corner worker sent the chasers off-course, where they lost so much time that they never caught. So much for strategy.

Evidently no one told the corner workers that there'd be seriously dropped riders on

those brutal courses. The corner workers remained at their posts until the big packs went by. Then they went home.

Tired, dispirited, dropped riders would reach a fork in the road and there'd be no one to tell them which way to go. Frustrating? I guess.

During one stage, the Saturn car and the car with the head official of the Pro-Cat 1 race were on their way from the field to the break. A corner worker sent them up the wrong road.

When the official and the Saturn crew found the right road, they were not only behind their own field, they were behind the Cat 3s too. They had to pass dozens of riders on the narrowest, kinkiest roads imaginable.

No, they're even narrower and kinkier than you can imagine. One-lane tiny roads in BLM forests. Up and down long, steep hills, around corners that would be marked 10 and 15 were they marked at all. Roads grown thick with slippery moss and strewn with pine needles.

It was epic racing, sure enough. Epic as hell and no one saw any of it. Racers and staff were the only witnesses to the Tour of Willamette.

Until a few local cyclists appeared at the crit the next-to-last day, there were no spectators anywhere. So remote are the road courses, one of them starting and finishing 43 miles from the headquarters hotel, no one lives out there. No one drove or pedaled out from town.

No one walked down to the road with a dog on a leash to watch the bicyclers go by. No one sat on a riding mower and watched the show. No local riders appeared on mountaintops in their club jerseys, drinking water and yelling UP, UP.

Even the crit...It wasn't downtown so thousands could have been aware that a bike race was happening. It ran in an industrial complex, perfect for a weekly twilight race, but again a hiding place for what should have been a public spectacle.

Mercury had four beautiful team vehicles, vans and wagons. No locals saw them unless the team drove around in the evening looking for a place to have dinner. No one



saw the Saturn cars or Nutri-Fig van. At restaurants our Shimano crew visited, no one knew the race was happening.

That's a shame. You'd like to think that a big race will be good for local cyclists. Perhaps, in the weeks following that race, some citizen in his car will see a cyclist and think maybe he or she is more than just a pain in the road....

"Maybe she's a legitimate athlete, you know, like the ones in that race downtown last month. Maybe I won't run her over." There was no public effect from all that intense racing in and around Eugene.

Maybe I expected too much from this year's Tour of Willamette. Maybe I had stars in my eyes. Others, no doubt, had more realistic expectations.

Certainly no one went there for prize money. No one went thinking it would provide exposure for their sponsors. No one went expecting TV coverage or a reliable

website or even photos in the local paper. Fluff.

But Saturn, Mercury, Cox Velo, Nutri-Fig, Shaklee, Timex and National Team men and women spent big money to get there. Teams brought stars and trucks and managers and soigneurs and mechanics to Eugene. They paid for hotels and groceries and restaurant food and entries.

They took Tour of Willamette seriously, more seriously than the Tour took them. I'm sure race staff would tell you their event is a racer's race. "It's for the riders." For sure it's not for the dozen or so spectators.

If Tour of Willamette is for the riders — and who else? — why, day after day, did riders get lost on the roads?

No doubt Tour of Willamette features some of the finest, most demanding road courses in the country, maybe in the world. Sadly, the courses are the only sure thing. The rest is a crapshoot.

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All fees are in Canadian dollars

-\$72 Road Race

-\$52 Criterium

-\$35 Criterium

For more information or volunteer opportunities, please check out our

Tour de White Rock website at www.vancouver.net/whiterock

or Phone: 604-541-2161 Fax: 604-541-2176

E-mail: recreation@city.whiterock.bc.ca



THE PEACE ARCH
news



SEATTLE TO PORTLAND 1999 Registration Form

20th Anniversary! New this year - NO 10,000 rider limit. One Rider Per Form. Same size legible photocopies accepted.

Last Name		First Name		M.I.
Address				
City		State	Zip	Email
Home Phone () ()		Work Phone () ()		<input type="checkbox"/> On occasion the Cascade Bicycle Club releases the STP Participant list to other organizations. Please check here if you do not want to receive these mailings.
Age	Sex	I plan to ride STP in <input type="checkbox"/> 1 day (Sat) <input type="checkbox"/> 2 days		I have ridden STP _____ time(s) before.
ENTRY FEE One rider per form (STP souvenir jackets sold separately - U.S. funds)				\$50
LATE REGISTRATION FEE - After June 15th add an additional \$10				\$
STP JACKET & SURPRISE SOUVENIR <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL - \$15				\$
TRANSPORTATION Portland to Seattle by bus. Check one: <input type="checkbox"/> Sunday <input type="checkbox"/> Monday _____ Number of tickets@ \$35 each				\$
Two Day Riders - You must arrange for your own mid-point housing - space is limited so book early. See the STP Ride Guide or call (360) 748-8885 to make arrangements in the Centralia/Chehalis area.				
STP RIDE GUIDE - everything you need to get ready for STP - Mail me one for \$2 (Shipping & Handling Fee) Available FREE at participating retailers and the same information is available on-line at www.cascade.org/stp				\$
VIDEO OF THE 1999 STP _____ Number of videos@ \$13 each				\$
A \$20 fee is charged on all returned checks Sorry, No Refunds. TO TAL ENCL OSED				\$
Send entry to: STP Registration, PO Box 31299, Seattle, WA 98103-1299. <input type="checkbox"/> Check <input type="checkbox"/> Credit Card or <input type="checkbox"/> Money Order (do not send cash) Payable to: STP '99 (checks must be in U.S. funds) incomplete forms will be returned.				
Credit Card Information: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard - Sorry, NO REFUNDS for any reason, medical or otherwise.				
Card holder's name (please print) _____ Expiration Date ____/____				
Credit Card # _____ Signature _____				

A helmet meeting ANSI or Snell certification is REQUIRED to ride STP - it could SAVE YOUR LIFE

1999 STP REGISTRATION IS STILL OPEN!



The 20th Seattle-to-Portland Bicycle Classic, happening July 10 & 11, still has openings for you and your friends. Join participants from across the nation in what *Bicycling Magazine* lists as one of the nation's best events!

To make it easy for you who are still deciding, we are providing this form for your use. Send in your registration fee with this form and we'll mail you a confirmation card within two weeks.

This information is also available on our web site at www.cascade.org/stp