

Bicycle Paper

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SUMMER'99



The Road to Progress

Adventure Cycling in Cuba

WILLIE WEIR

Picture yourself pedaling down the Oregon coast in the peak of summer without the hum and drone of thousands of cars, motor homes and sport utility vehicles. Imagine traveling down that gorgeous stretch of highway and having it all to yourself.

(See "Visit Cuba" on page 5)

The Whole Package

ESTELLE GRAY

Iwent on my first bicycle adventure when I was eighteen years old. My friend (also eighteen) convinced me that she knew all about bike touring. She was convincing enough that ten weeks later we boarded an airplane bound to Nova Scotia with our brand new ten speeds and full camping gear. I had never camped a day in my life, I'd never ridden more than 15 miles, and I'd never even heard the word panniers or derailleurs prior to this experience.

(See "Whole Package" on page 7)

An Evening With Greg Lemond

YUMI PETERSEN

Afew friends snicker and shake their heads at my seemingly adolescent glee over Greg Lemond's visit to Seattle. But I will not be deterred. Armed with my poster of Lemond pedaling furiously down the Champs Elysées toward his dramatic victory over Laurent Fignon in the 1989 Tour de France, I arrive intent on obtaining his autograph. How often do you get to see a three-time Tour de France winner? Rarely, if you live in the U.S.

(See "Lemond Visit" on page 13)

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OPINION

Comforting News

A business designed to end pain

John Gallagher is banking his business on cycling being a pain in the neck. And the shoulders, legs, back, and other parts of the body. Gallagher, a former national cyclo-cross team mechanic, has spent fourteen years understanding the little appreciated science of fitting humans to bicycles. He quit teaching to work first in a Michigan bike shop, where he dived into reading available literature on matching customers to bikes. Since moving to Seattle in 1993, he's worked for a number of companies. In February he decided to go into business for himself as a fitter of humans to bicycles.

There's a good chance that the bike industry and bicycle retailers will keep him in a steady supply of customers, too. Problem is that manufacturers size bikes more on a perception of how bikes should look than on how what makes the most ergonomic sense. "A great example was when John Tomac was using 150mm stems on his mountain bike," explains Gallagher.

"Suddenly, everyone had 150mm stems on their mountain bikes, even though not many people could have been comfortable on them."

Road riders are prone to the same influences from the glossy magazines that review bikes. "Lots of people think a performance bike should have the saddle way higher than the bars, because they've seen lots of catalog photos of bikes looking like that," he adds.

Manufacturers tend to produce bikes that are more intended to match these ideals than they are to match their customers' bodies. Retailers, in turn, then get saddled with bikes which fit well only a small proportion of consumers. Some try hard to get the customer fitted just right, but others do little more than making sure the saddle is at the right height.

Bike-fitting gets regular coverage in the cycling trade press, with articles advising retailers on the importance of ensuring that customers are properly fitted: the good stores will swap handlebar stems, handlebars and maybe even cranks to optimize a customer's fit. But stores are handicapped because the problems of sizing are inherent in the design of many bike frames. "Most road bikes have too long a top tube for the majority of riders," comments

Gallagher. "There seems to be a real macho 'real cyclists ride long top tubes' thing going on." Even the builders of boutique-brand frames are not immune to the long top-tube craze, according to Gallagher. "They're afraid to shorten them because the magazine editors will laugh at them."

Here's a confession: I have reviewed bikes for magazines. And I don't have any engineering or ergonomic qualifications that allow me to comment expertly on the length of a top tube. I write about what feels right, which is hardly scientific. I suspect most other reviewers use the same methodology. And if all reviewers are accustomed to longish top tubes, then becomes the reference point.

Which means that you are probably riding a bike that doesn't fit because some manufacturer wanted to please an editor, who doesn't know anything about bike-fit but who grew up riding bikes modeled on the sizing of the bike ridden by champion racer because the manufacturer wanted to cash in on that "look."

Women's bikes are a whole other issue. Gallagher points out that although several manufacturers offer women's bikes, that alone does not qualify them as being a good fit for all female riders. To create a shorter top tube that's necessary to provide a better fit for smaller women, manufacturers may end up increasing the angle of the head and seat-posts to 75 or 76 degrees. This, says, Gallagher, creates a bike that doesn't fit women very well.

"Most smaller women have a long femur and thus need a seat tube angle somewhere in the 73-degree range," he says.

To get a good bike fit for cyclists Gallagher uses the Fit Kit and The Bicycle Fitting System but also puts a great deal of emphasis on simply observing riders, seeing how they position themselves on the bike. Some cyclists call Gallagher because of particular problems, such as neck pain, but even riders who don't experience pain can usually benefit from a fitting session. Wrongly adjusted clipless pedals might be putting stress on the knees, even if the rider does not have pain, he adds.

To put bike-fitting into perspective: you've just spent \$1400 on a new steed, wouldn't you want to spend \$75 to make your ride as comfortable and efficient as possible?

Outspokin'

BY GORDON BLACK

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NEWS

Ben Spencer

Spencer Technology / Fusetek

BY TINA POTTERF

Ben Spencer vividly remembers a particular experience in junior high school that left an indelible and positive impression on him. It was a specific lecture by a Seattle-area cyclist that would provide an inroad into the world of cycling, and instigate an interest in racing that would culminate years later with a collection of awards and accolades. For Spencer, the passion lit on that day in 1979, would burgeon off the track and competition circuits, and enter into the boardroom.

An educator turned entrepreneur, Spencer parlayed a predilection for cycling (namely, racing and mountain biking) into a business designed to assist others in achieving the most from their cycles whether mounting a backroad scenic excursion, or in the thick of competition.

Spencer, 33, is a founding member of Spencer Technology, a Redmond, Washington-based company that develops and manufactures cycle rims (under the name Fusetek) and other high-performance products made from metal matrix

composite materials. Metal matrix is similar in function, resiliency and weight as aluminum.

Since its inception in 1996, the line of products designed at Spencer Technology has grown to include wheel rims and sets for mountain and BMX bicycles, as well as sport wheelchairs. An advantage to using metal matrix, Spencer says, is its durability. This is an imperative to riders in the Northwest's terrain, which often appreciably wears through rims in a short time.

"The one thing I really like is that (others) have tried metal matrix composite and said, 'It can't be done,'" says Spencer. "... It's not terribly complicated; it's used for fun." Spencer intimately knows the recreation of cycling and the exhilaration it affords an accomplished cyclist.

"I raced on the track for five or six years. In the mid-1980s, I got seriously into mountain biking," he says. "I had a lot more fun (mountain biking)."

Spencer has been bestowed with national cycling and racing awards. In 1983, Spencer

participated in a sports festival in Colorado Springs, Colorado. The event, equitable to an Olympics environment, is a highlight in his professional and personal experiences as a cyclist.

After graduating from Washington State University with a teaching degree, Spencer taught special education before taking an indefinite respite from the classroom to pursue a love of cycling that was lit during his junior high school days.

At a crossroads in his teaching career, Dr. Richard Honour, Spencer's friend and subsequent founding member of Spencer Technology, posed a question that got Spencer ruminating the possibilities of a career shift. "I finished college, got a degree in teaching and I was enjoying it," Spencer says. "But it just didn't pay much. (Richard Honour) asked me, 'How do you make a million dollars in the bike industry...?'"

Spencer came up with an answer. Improving cycle rims and, in turn, the longevity of the bike and the quality of riding. And so, Spencer Technology was created.

In February, John Zaring joined the company as President and CEO. Prior to his position at Spencer Technology, Zaring served as Executive Vice President of Titanium Sports Technologies in Kennewick, Washington. Zaring brings a quarter of a century of experience in business and marketing for entrepreneurial, corporate and

privately-owned businesses to his seat at Spencer Technology.

Spencer has experienced firsthand the changes in the industry in the almost two decades he has been involved. "Bikes have gotten five to six pounds lighter, and gone from six to nine gears," he recalls. "And we've gone from wool shorts to lycra." Spencer adds, "(The bicycle industry) is such a small industry. It's great; everyone seems to know everyone and knows what everyone is doing."

While Spencer continues to race today, he does so in the single-speed class. "Single-speed is, to me, like riding in the '80s."

Within the next five years, Spencer Technology is expanding its line of metal matrix rims to include other bicycle parts, as well as sporting goods products aimed at golf, skiing and boating enthusiasts.

Spencer says he may return to teaching someday, but its not in his immediate plans. His focus remains on the company and the experiences he encounters as both an entrepreneur and a cyclist.

"It's fun to go out and meet people and not be terribly cautious about what people think, to just go out and do it," he says. "I hope (the metal matrix rim) increases the enjoyment of bicycling," he concludes. "It is a sport I've always loved." Spencer Technology can be found on the web at www.spencertek.com.



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FEATURES

"Visit Cuba" from page 1

Not possible? Let's just say you'd have a better chance to see a rainless January in Seattle.

But these were the conditions as we cycled our Rodriguez tandem along the road from Pilon to Santiago in southeastern Cuba. All right. I'll admit there was some traffic—about one or two vehicles per hour at peak congestion. And we passed a few locals on horseback.

We cycled along the pristine coastal road, the rich blue sky melting into turquoise water, contrasted by the rocky, cactus-sprinkled shore. Days of absolute travel bliss, with our only concerns in the world being what we would eat and where we would set-up our tent, to allow for the best possible view of the sunset.

Cuba is a bicycle advocates dream come true. In most cities large bike paths are clearly marked. Entire streets are off limits to cars. Giant bicycle parking lots



Bicycles outnumber autos 20 to 1 in Cuba; even a taxi is pedal powered.

PHOTO BY WILLIE WEIR



Old world charm in Santiago.

PHOTO BY WILLIE WEIR

with attendants are available everywhere. Kids, students, parents and grandparents all ride bicycles. If you stand in the middle of a town square and count the number of vehicles that pass, bikes outnumber autos by more than 20 to 1.

You don't see people dressed up in lycra to go recreate. Bicycles are transportation. It is not uncommon to see a family of four all perched on the same bicycle headed for the park, lovers who have mastered the art of making out while pedaling, or people headed to market with squealing pigs tied to back racks. From ditch diggers to dentists. Everyone rides a bike.

The casual visitor might assume that Cuba's love affair with the bicycle was a long-standing one. But the marriage is less than ten years old. And it was a shotgun wedding at that.

When the Soviet Union collapsed, so did Cuba's gasoline pipeline. Overnight the internal combustion engine was not an option except in the case of emergency.

The transportation solution arrived in the form of single speed bicycles from China. In two years, the number of bikes on the streets of Havana went from approximately thirty thousand to over half a million. Over two million bikes distributed throughout the country.

Our 1997 map of Cuba showed the road from Pilon to Santiago as unpaved. It is now a beautifully asphalt highway. I'd like to believe that the Cuban government built an extra-wide bicycle path along the coast. But this road is preparing for progress. The only reason it is not teeming with cars is due to the poor Cuban economy and the U.S. blockade. Cubans can't afford to travel these days and the blockade is holding back a tidal wave of tourism. It's only a matter of time.

Kat and I enjoyed the sun, the sand and the surf because and our mutual funds are doing just swell, affording us the time to travel to countries whose economies aren't doing just swell.

Our mutual funds are tied to the progress of the U.S. economy. And this progress appears to be directly related to the amount of concrete poured. We pave over a dirt road to give people access. Then those people need hotels and restaurants and places to shop. And they need a place to park their cars and sport utility vehicles...and bicycles. Call in the cement mixers. More asphalt, more concrete. The Dow Jones Average climbs to new heights. Progress.

And I am a cycling dichotomy. I complain about the shrinking forests and expanding concrete jungle, while at the same time cheering on the Dow Jones Average. For when it goes up, so do my mutual funds, affording me the time and opportunity to travel. But if progress is based solely on this consumptive average, how long will it be before concrete covers all of those places I'd like to visit?

But who am I to wish a prolonged poor economy on Cuba, so that we can return years from now and once again have this road to ourselves.

I looked out passed the pounding surf and said to myself, "Just enjoy the view, you're thinking too much"...Then again, maybe I'm not thinking enough.

For the simple fact remains, if you'd like to bicycle along this unspoiled, magical stretch of coastline, you'd better hurry, or progress will beat you to it.

Willie Weir will be giving a presentation of his Cuba trip at Wide World Books in Wallingford (new location west of the Wallingford Center) at 7:30pm on Tuesday, July 20th.



International Bicycle Fund Tours of Cuba

WILLIE WEIR

"Atenas de Cuba" is hosting special people-to-people, study tour in western and central Cuba. The programs highlight the rich cultural heritage, profound history, and the geographical and environmental diversity of the country. Program participants have opportunities to meet rural villagers, skilled craftsmen, educators and officials, learn about the day-to-day life and the changing role of women, visit local markets, wander in historic sites and to enjoy the extraordinary friendliness of the people and inspirational beauty of the island. Rural Cuba is a virtually undiscovered treasure for Northerners. Cubans specializing in bicycle transport and international exchange programs host the program.

International Bicycle Fund sponsors educational programs for those who want to learn more about the various cultures of the world, as well as see beautiful sights. The primary mode of travel is bicycle. The cycling varies from program to program but is generally easy to moderate. Side trips are available for those with extra energy. Accommodations are a mix of western-style hotels and rustic traditional village housing. All participants receive comprehensive pre-departure materials with detailed instructions on setting up their bicycle, packing, training and other information for tour preparation.

The "Pinar del Rio" western Cuban province programs are December 19th 1999, January 23rd 2000, and February 27th 2000. The "El Corazon de Cuba" central Cuban province programs are January 2nd, February 6th and March 12th of 2000. The program is \$990, including air from Cancun, Mexico, accommodations, meals and variety of activities in Cuba. The group is limited to 14 people so early registration is recommended.

International Bicycle Fund (IBF) is a nonprofit organization that assists economic development projects utilizing bicycles. It also sponsors educational bicycle programs to Uganda, Tanzania, Zimbabwe, Malawi, Senegal, Mali, Ghana, Togo, Benin, Ethiopia and elsewhere in Africa. For more details write to: International Bicycle Fund, 4887 Columbia Dr. S., Seattle, WA 98108. Email: ibike@ibike.org. Internet: <http://www.ibike.org>



PHOTO BY WILLIE WEIR

Like the Oregon Coast without the traffic... scenic vistas all to yourself.

Cuba Travel Tips

WILLIE WEIR

It is not illegal as a U.S. citizen to travel to Cuba. It is illegal to spend money in Cuba. Many people get around this by signing up with a Canadian or Mexican bicycle travel group. You pay your entire fee to the touring company and your GUIDE pays for your lodging and food while you are in Cuba—thus skirting the restrictions. Also, you can book a Cuban Hosted Study tour via the International Bicycle Fund. (www.ibike.org)

Tens of thousands of Americans (it is estimated) travel to Cuba every year via a third country (usually Mexico or Canada) and simply ignore the restrictions. Cuban customs will not stamp your US passport when you enter Cuba. To date, I have not heard of anyone being fined by the U.S. government for simply being a tourist in Cuba (although, trying to start up your

own cigar-importing business is not a good idea).

As a touring cyclist, the food issue is a little tricky in Cuba. At tourist locations, you will always find plenty of food. In small towns, you won't starve, but be prepared to go searching and don't expect much variety. Most guide books will tell you that there is no need to exchange money, because you will pay for everything in dollars. This is not true for the cyclist pedaling the back roads. Kat and I paid for most of our food with Cuban pesos.

The current exchange rate is approximately 23 pesos to the dollar. The biggest confusion comes with the habit that Cubans often refer to U.S. dollars as "pesos". When you are in a restaurant or bar or anyplace that has a remote possibility of having tourist traffic, it is important to inquire, "Moneda nacional?" (Is this price in national currency?). Imagine the surprise of many travelers when they buy a round of drinks for the house, thinking they are spending 5 bucks, only to find out the bill is over a hundred.

There are not many budget hotels in Cuba. But families are allowed to purchase a license to rent rooms. They are called "casa particulares" and if you ride into the town square on your bicycle, you are guaranteed to be offered rooms by several people if they are available. (The going rate is \$12-\$20 per night—not per person).

I recommend bringing a tent. There are little to no official campsites in Cuba, but a tent allows you the flexibility to go anywhere. Many Cubans houses are small, with little spare room for travelers, but most families are delighted to have you pitch your tent next to their house.

Remember. Cubans have to pay for most items in U.S. dollars at a state run store. The average worker makes 4-7 pesos (20-35 cents) a day. Leave some money with families who show you hospitality and kindness. In many countries this would possibly be offensive, but with the current economy in Cuba, your contribution will most often be gladly accepted.

FEATURES

"Whole Package" from page 1

We had everything to make us self sufficient. This included a second pair of cutoff jeans for riding in, and my groovy cork platform sandals for when we dressed up in the evenings! We had all the tools we would need; which was a screwdriver, patch kit, inner tube and pump. Needless to say, this was an adventure of misadventures. The bottom line is that 27 years later I am still seeking bicycling adventures on a weekly basis.

Last September, I was alone, riding across the North Cascades. I encountered many other cyclists. I met groups of men and women, groups of men, and solo men. However, I never saw any other solo women or even groups of women. I wondered, "What is it that I have, that enables me to do this alone?" I thought back to my Nova Scotia foolishness and realized that I fearlessly took that journey due to naivete not bravado. Back then, I wasn't aware of how much I didn't know. I didn't know there were questions to ask and I had no idea of what to fear. But now I know better. I travel with confidence rather than naivete.

I pondered this train of thought over Washington and Rainy Passes. I realized what it was that allowed me my solo journeys. I had "the whole package". I had the right gear. I had a bike that fit well and I understood its gears. I had enough basic mechanics to feel secure. I knew how to climb hills efficiently and how to descend with confidence. I knew how to stand out of

the saddle which would give my butt a break and allow me to use other muscles. I knew how not to over-exert myself. I knew what to eat and drink to keep me fueled.

It was on the descent somewhere in the 45mph zone that the light bulb lit up. The thought was as clear as the Eastern Washington sky before me. I was going to teach a cycling camp for women. In an instant I saw the whole scenario before me. It would be in Leavenworth where we could count on nice weather, have quiet roads and have a beautiful setting. I knew three of the most accomplished, charismatic, cycling women on earth. My pace picked up, and for once I wanted to be at my office desk rather than on the road.

I called Julie Johnson, a professional physical therapist, who specializes in cycling. Julie also holds the title of "rookie of the year" for her second place finish in the 1994 Race Across America and is one of the most motivating women I know. I ran my idea by her and her only question was, "Why do we have to wait until June?"

I followed that call with calls to Anna Schwartz and Betsy King. Both are nurse practitioners and hold women's 24 hour cycling records. Betsy is a five time finisher of the Tour de France. Both women have taught professional cycling camps in the past.

Their response to my proposal was somewhat like my dog's response when I pull out the biscuit box.

Two weeks later I had a date picked and a lodge reserved. My only fear was, "What if no one signs up?" In December I wrote a blurb about the camp in a newsletter and suggested it as a Christmas present for your loved one. By New Year's I had ten women signed up, and by Bike Expo in February my thirty five spaces were filled!



by Estelle Gray

The group looked like any thirty-five women you might randomly pull from the Burke Gilman Trail. We had women on titanium racing bikes and women on ten-year-old mountain bikes. There were women who had ridden STP five times and others who's longest ride was eighteen miles. We ranged in age from 31-67. Despite our differences, everyone walked away with better skills and

new knowledge.

My favorite part was... well, I had lots of favorite parts... but one of them was the Godzilla size front derailleurs that I had brought with me. I wanted to explain how derailleurs worked so I had someone make me a huge front derailleur. Every woman who attended that camp now understands the simplicity of derailleurs and knows how to adjust them. They all changed a rear flat tire and created gear charts for their own bikes.

Riding a "flat" road (with lots of wind) and using our cadence computers (which we all had) we experimented with various cadences and gear inches. Parking lot drills taught us to stop on a dime, to corner tightly and to lift our wheels in order to clear a railroad track or pothole. The synchronized bunny hops of Becky and Elyse, two beginners, delighted us all.

Some women spent time on a trainer learning to "go to your middle ring", and "go to your easiest gear" without having to look at the levers. They went from "clueless" to being able to shift as a reflex. Other women went to a gnarly one-and-a-half-mile hill and learned to climb and descend it easily, efficiently and confidently.

Anna delivered some wonderful lectures on using a heart rate monitor, nutrition and writing a training plan. Julie assessed everyone's position and form. She had half the group riding with towels wrapped around their top tubes to emphasize how much we were turning our knees inward when we rode. She taught us stretches and better cycling form. Betsy spoke on techniques to hang with a group and delighted us all with her Tour de France stories.

I think that possibly we miss adventures because we let our "fear" get in the way. Bicycling is easy. It is something even a five year old can do. Let's not let our "what if's", get in the way. There are lots of resources to help you out. Books, friends, classes and experiences. And there is always the cellular phone. Get yourself the "whole package" and we'll wave when we see each other on the road!

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REGIONAL REPORTS

Where are they from?

As the largest bicycle ride in the Pacific Northwest, the Seattle to Portland Bicycle Classic always brings an interesting, vibrant group of people to the road each summer. And many of them are new to bicycling.

We called STP Co-registrar Terry Wirth and found the following statistics based on actual registrations at press time:

- 1) 28% of all riders are women and 72% are men.
- 2) 17% of all riders chose the one-day excursion 83% will finish in two days.
- 3) 60% of all riders reported they have never ridden STP before. Of the veterans only one had reported riding all 19 past rides.
- 4) Riders include 74% Washingtonians, 15% Oregonians, 3% Californians and 3% Canadians. At least 34 other states are represented and at least one other country (Australia).

Follow an Alaskan bike ride

Solo cyclist Arthur Torelli is conducting a solo unsupported ride from Seattle, Washington to Juneau, Alaska this summer. Beginning June 28, he will be posting weekly updates at www.seattletoalaska.pair.com. The goal of the ride is to raise awareness for the National Multiple Sclerosis Society. Donations can be sent to the NMSS, 1819 E. Denny Way #101, Seattle, WA 98122.

Portland Metro Bike Map released

Bike maps of the metro Portland area are now available at participating bike shops throughout the Portland area.

Travellers Tip:

Catch one more ride on the Princess

1999 marks the final season for the luxury car ferry, "Princess Marguerite," according to owners Clipper Navigation, Inc.

Until September 6, cyclists (as well as passengers and cars) can ride between downtowns and countries: Seattle, Washington and Victoria, British Columbia.

For more information on passage as well as tour packages, contact Clipper Navigation, Inc. at 1-800-888-2535.

Mountain Bike Boot Camp

The Backcountry Bicycle Trails Club is offering its popular mountain skills class again in July and August. At the Mountain Bike Boot Camp, students learn about a variety of topics from trail etiquette towards other trail users to bicycle handling skills to better navigate the Northwest's diverse single track. Cost for the course is \$20 for non-members and \$15 for members. For more information contact Stephen Yeager at bootcamp@bbtc.org or call the BBTC hotline at 206-283-2995.

Choose Your Own Adventure

New Guides to Local Mountain Biking Excursions

The Northwest abounds with prime mountain bike country, not to mention its miles of back-country roads that beg to be ridden. The following two bicycle ride-guide books were published within the past year, and they are guaranteed to hook you up with some of the finest cycling in the great Pacific Northwest.

Mountain Bike Washington—A Guide To The Classic Trails (second edition), written by Allen Bennett, Chris Leman, and Laurie Leman, and published by Menasha Ridge Press, is a detailed and comprehensive trail guide book for mountain bikers. Its 394 page body skillfully describes trails all over Washington state; from the northern reaches of the Olympic Peninsula to the far northeastern corner near Sullivan Lake. This guide is actually an updated and expanded version of half of **Mountain Bike! The Pacific Northwest**, its predecessor in the *America*, by *Mountain Bike* series, which included rides in both Washington and Oregon.

Relatively speaking, this guide contains everything you should ever need to know about the trails; from how to get there, to what to expect when you arrive. The introductory part of the guide features some extremely handy

tools: including a map legend, ride location map (shows where rides are located around the state), list of maps (all 87 of them), and maybe handiest of all, the "Ride Recommendations for Special Interests" section which includes categories like "Family Rides," "Novice Rides," and "Intermediate and Advanced (long rides)," as well as "Great Scenery," "Single Track," etc.

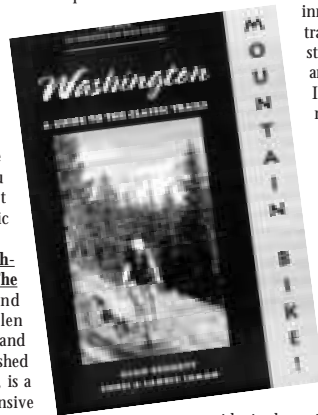
Mountain Bike America Guidebook Series—Oregon, written by Lizan Dunegan and published by Beachway Press (1998) is an

informative and visually innovative mountain bike trail guide that covers the state from the Grants Pass area in the southwest, to Imnaha area in the northeast.

The 230 page guide is divided into 5 chapters by region, the regions being northwest, central, northeast and southeast. Although there are 37 primary ride descriptions, each chapter features a section at its end titled "Honorable Mentions," which includes other great

rides in the region that "didn't make the A-list this time around."

A strong point of this guide is its maps, and it incorporates four different types. Each chapter begins with a regional location map, which directs you to the start of each ride from the nearest sizable town or city. Each individual ride features an area locator map, a thumbnail relief map that shows you where the ride is within the state; a profile map that gives you a cross-sectional look at the ride's ups and downs and includes elevation and mileage labels; and a route map, which is the primary guide for each ride, and shows all accessible roads and trails, points of interest, water, towns, landmarks, and geographical features, just to name the basics.



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Voted #3 in the Nation

Gregg's Cycle was recently voted the 3rd best specialty cycling retailer in the US by Velo Business, a leading cycling industry trade publication. Shops were evaluated based on the following criteria: shop appearance, customer service, philosophy, community outreach, and market share. Votes came from the top US cycling manufacturers and distributors, 2,000 bicycle retailers, and 300 sales representatives.

Shop for Electric Bicycles opens in the Pike Place Market

Recognizing a need for viable transportation options in this congested region of the country, three local electric vehicle pioneers recently opened Electric Vehicles Northwest in the Pike Place Market. Owners Eric Sundin, Victor Munoz and Ray Couture sell a variety of electric bicycles and motors from Germany, Italy, and America that help commuters escape traffic congestion and enjoy pedaling in comfort. Electric Vehicles Northwest is open from 11:00 am to 5:00 pm Tuesday through Saturday and from 12:00 to 4:00 pm on Sunday.

CALENDAR

Welcome to the Pacific Northwest's most comprehensive bicycle calendar

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.

All aspects of this Event Calendar are Copyright 1999 Seattle Publishing. This Calendar may not be transmitted or reproduced by any means, electronic or printed, without written consent of the Publisher.

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: Ride the Runt, WIM #6. Lookout Pass, ID/MT border. Downhill & Cross-country for all ages and ability levels. Round & Round Productions 509-455-7657. www.roundandround.com.

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

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

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

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

Aug 7-8: Sunlight BC Cup #4. DH #3, DS #3, 7th Annual Fernie Mud and Madness. Fernie, BC. Fernie Mountain Bike Club/Eric Mutchter 250-423-6464.

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

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

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

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

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

Aug 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.

Aug 21-22: Sunlight BC Cup Championships XC 5, DS #4, DH #4. Sunpeaks Challenge. Kamloops, BC. Inland Racetech/Henry Pejril 250-828-2783, hopejril@hotmail.com.

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

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

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

Aug 28: ORBA Downhill Finals. Springfield, OR. 1999 Oregon Off-Road Series downhill finals. Event is located at shotgun creek. Randy Drieling 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.

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

Sep 4: BC Summer Sport Festival. Whistler, B.C. Dual Slalom Qualifier Claire.

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

Sep 5: BC Summer Sports Festival. Whistler BC. Dual Slalom Final Claire.

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

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

Sep 17-19: Oregon State Championship. Mt. Hood Skibowl, OR. Fri - Training; Sat - Downhill & Dual Slalom; Sun - X-Country. Petr Kakes 503-272-0146.

Sep 19: Deadman's Gulch Challenge MTB. Montana.

Sep 25: Cheakamus Challenge. Squamish to Whistler. Grant Lamont/Tantalous Bikes 970-871-0038/after August 15th - 604-898-2588.

Mountain Bike Touring

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 McKinney 604-SEA-2SKY, www.great-explorations.com, 604-730-1247.

Jul 12-28: Zimbabwe: Matabeleland Sojourn. Zimbabwe, Africa. Victoria Falls, Matopos & Hwange National Parks, San rock art, Batonga culture, wildlife, canoe safari & white-water rafting. 382 miles, 10% dirt, rolling terrain. \$1290 plus airfare. International Bicycle Fund 206-767-0848, ibike@bike.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 Rickett 541-482-8704.

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

Aug 8-21: Malawai: Land and Lake. Malawai, Africa. 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 15-22: Kettle Valley Trail Ride (Stage 1). Nelson - Beaverdell, BC. REM Management 604-730-1247, robbinsm@istar.ca, www.great-expectations.com.

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

Aug 21-Sep 3: Malawai: Tumbukaland. Malawai, Africa. 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 21-27: Kettle Valley Trail Ride (Stage 2). Beaverdell - Coley Creek, BC. REM Management 604-730-1247, robbinsm@istar.ca, www.great-expectations.com.

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

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

Sep 11-12: Whistler Road/MTB Tour. Whistler, BC. Vancouver, Bicycle Club/David 604-322-1742, contact prior to August 08.

Road Racing

Jul 10-11: Tour de White Rock. White Rock, B.C. 7/10 - Criterion Route (2:30pm Men's 60k, 4pm Women's 30k). 7/11 - Road Race (8am Men's 130k, 8:05am Women's 82k). \$10,000 in cash prizes. Linda Palm 604-541-2175.

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

Jul 10-11: BC Cup #5 Tour de White Rock. White Rock, BC. White Rock Leisure Services/Diane Drouin 604-541-2161, recreation@city.whiterock.bc.ca.

Jul 11: Marcus Daly Criterium. Hamilton, MT. Jeff Crouch 406-728-5790.

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

Jul 13: Adidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

Events

Jul 10: Redmond Derby. Redmond, WA. Challenging, flat eight corner bike criterium. Kid's bicycle parade, Health and Fitness Expo, Extreme Scene, 5k run race, inline skating and slurramp demonstrations, climbing wall and music stage. Mead Management Group 206-448-5868, events@mmginc.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 Drieling 541-984-1433, oregontrails@pacwest.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 14-15: Bellingham Fat Tire Festival. Bellingham, WA. Two day stage race and festival. Hill Climb, Fat Tire Crit, XC, Kids Race, Trials and Fun Rides. Old Town Cycles 360-734-9749.

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

Sep 1-4: Joyride '99 World Championships of Technical Freeriding. Whistler, BC. Joyride Productions International/Patrick Kaye 604-905-4404, P.Kaye@GTE.net.

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

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

Mountain Bike Racing

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

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

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

Jul 17-17: Technically. Klamath Falls, OR. Great downhill course over three miles. Part of the Jamis/OBRA Mountain Bike Series. This is race #3 541-885-6099 Curtis King, mountaincomm@bc.sympatico.ca.

Jul 18: Miss Gillicuddy's 8th Annual Oakridge Fat Tire Festival. Oakridge, OR. 1999 Oregon Off-Road Series #11, cross-country. Miles Stumbaugh 541-782-3494, mstumbaugh@efn.org, www.mcgillicuddyoutpost.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 24-25: Cougar Mountain Bike Festival. Location 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 to Shotgun creek near Springfield. Randy Drieling 541-984-1433, oregontrails@pacwest.net.

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

Jul 25: Jim Treviso Memorial. Mt. Hood Skibowl, OR. Sun - X-Country. As this weekend falls on NCS race in Deer Valley, UT, we will only hold X-Country event on Sunday for those who will return home from that event. Petr Kakes 503-272-0146, (fax) 503-272-0240, www.skibowl.com.

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- Wheeling Hawaii 2001™ March 11-17, 2001
- Coast to Coast Bicycle Classic™ Jun. 2 to July 21, 2001
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- Southern Cross Bicycle Classic™ Apr. 15 to Jun. 1, 2002

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CALENDAR

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

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

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

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 17: Snohomish Klia Ha Ya Days Road Race. Snohomish, WA. David Douglas 206-932-5921, pazzo@accessone.com, www.pazzovelo.com

Jul 17-18: Provincial Hill Climbing Championships. North & West Vancouver, BC. Partone International Ventures Cycling Club/Kelvin Kum 250-972-2286, kelvin@bc.sympatico.ca

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

Jul 20: Addidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

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

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

Jul 24: Pan American Games. Winnipeg, MB. Manitoba Cycling Association/Sharon Betless 204-925-5686

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

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

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

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, tjolly@seattlemortgage.com

Jul 27: Addidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

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

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

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

Jul 31: B.C. Road Championships. Cranbrook, B.C. Provincial road Championships Rick Klassen, Gerick Sports 250-426-6171, gerick@cyberlink.bc.ca

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

Aug 1: Mt. Washington Hill Climbs. Mt. Washington, BC. Comox Valley Cycling Club/Dieter Tschanner 250-339-9758, cvcc@mars.aik.com

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

Aug 3: Addidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

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

Aug 5: 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

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

Aug 7-8: Bellingham Stage Race. Bellingham, WA. Paul Clement 360-734-3865

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

Aug 10: Addidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

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

Aug 12: 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

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

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

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

Aug 15: District Hillclimb. Mt. Hood, OR. Candi 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: 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

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Aug 17: Addidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

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

Aug 19: 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

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

Aug 24: Addidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

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

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

Aug 26: Seward Park Cycling Series. Seattle, WA. Criterium every Thursday night. \$8 per night 8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas 206-932-5921, pazzo@accessone.com, www.pazzovelo.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 253-852-4946

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

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

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

Aug 31: PIR. Portland, OR. Race series. Jim Anderson 503-636-6422, sparky@teleport.com

Aug 31: Addidas World Tuesday Night Championships. Victoria, B.C. Tuesday night races.

Sep 3: Whistler Criterium. Whistler, BC. Team Management/Claire Bonin 250-655-5245, cbonin@pacificcoast.net

Sep 4: BC Cup#7 Provincial Time Trial Championships. Whistler, BC. Team Management/Claire Bonin 250-655-5245, cbonin@pacificcoast.net

Sep 4: Tour of the Flathead SR. Kallispell, MT. Brian Frank 800-336-1977

Sep 5: Pemberton D'Arcy Road Race. Whistler, BC. Whistler Bicycle Club/Optio Kamstra 604-932-3958

Sep 6: Masters & Women PIR. Portland, OR. Bi-weekly race series. Jim Anderson 503-636-6422, sparky@teleport.com

Sep 6: Camas Criterium. Camas, WA. Jim LaMew 360-887-4032

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

Sep 12: Oregon State Criterium. Gresham, OR. Candi Murray 503-661-6220

Sep 13: Masters & Women PIR. Portland, OR. Bi-weekly race series. Jim Anderson 503-636-6422, sparky@teleport.com

Sep 18: Cascade Classic. Bend, OR. Tim Coffey 541-382-5962

Sep 18-19: Eugene Celebration. Eugene, OR. David Beede 541-349-9270

Sep 25: Pear Blossom Road Race. Medford, OR. Ed Garfield 541-772-1393

Sep 26: Jean Chinn Hillclimb. Medford, OR. Dana Bandy 541-488-2453

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
Accommodations call Powder Resort at 1-800-777-0185

Over \$20,000 in cash prizes



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

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CALENDAR

Road Touring

- Jul 10-15: Tour de Tetons.** Grand Tetons/Driggs, ID. All women 6 day tour starting in Rexburg ending in Jackson Hole, WY. Trip price of \$840 includes 5 nights lodging, 4 dinners, and 5 lunches and breakfasts. Full van support. 247 miles.
- Jul 10-13: Willamette Valley Tour.** Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450, Camping \$300. Paul Kemp 800-778-4838, pathindr@efn.org, www.pathfinders.com.
- Jul 10-17: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdeheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.
- Jul 10-11: 20th Annual Seattle to Portland Bicycle Classic.** Seattle to Portland. Begins at UW and ends in Portland. New this year: unlimited registration & new finish area, including fundraising option. THE classic Northwest bike tour. Cascade Bicycle Club 206-522-BIKE, (fax) 206-522-2407.
- Jul 10-11: Sea to Sky Trail Ride.** Devine - Squamish, BC. REM Management 604-730-1247, robbinsm@istar.ca, www.great-expectations.com
- Jul 11: Ice Cream Classic.** Sunriver, OR. 60 miles road ride around Mt. Bachelor followed by ice cream Social. Start at Sunriver Business Park. \$5. Sunnyside Sports 541-382-8018, sunnyside@kxm.com, www.sunnysidesports.com.
- Jul 12-28: Zimbabwe: Mashonaland Sojourn.** Zimbabwe. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful biking. 500 miles, hills & moderate elevation. \$1090 plus airfare. International Bicycle Fund 206-767-0848, lbike@lbike.org, www.lbike.org.
- Jul 12-28: Zimbabwe: Matabeleland Sojourn.** Zimbabwe. Victoria Falls, Matopos & Hwange National Parks. San rock art, Batonga culture, wildlife, canoe safari & white-water rafting. 382 miles, 10% dirt, rolling terrain. \$1290 plus airfare. International Bicycle Fund 206-767-0848, lbike@lbike.org, www.lbike.org.
- Jul 17-23: Tour de Vinci.** Eugene, OR. 7 day loop start/ends in Eugene. Features the food & entertainment of Corvallis' Da Vinci Days, Willamette Valley, Oregon Coast and the Coast Range. Fully supported. Camping with motel options most nights. Breakfasts/dinners included. Hearty snacks every 15-20 miles. SAG, mechanical support, route maps & markings. \$525 or 4-day with shuttle for \$320. Paul Kemp 800-778-4838, pathindr@efn.org, www.pathfinders.com.
- 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 is the Bohemian Mining Festival in Cottage Grove. Randy Oringling 541-984-1433, oregontrailstours@pacwest.net.
- Jul 18-24: Cariboo Thompson Tour.** Kamloops, BC. Tour BC/Danelle Laidlaw 604-737-0043, dplaid@ibm.net.
- Jul 18: Fifth Annual Seattle Rainbow Ride.** Seattle, WA. Part of the Northwest Gay/Lesbian Summer Sports Festival. Noncompetitive ride open to all from beginner to advanced. Benefits the Rails to Trails Conservancy. Routes of 15, 30, 45, and 60 miles available at five paces from easy to strenuous. Random drawing includes round-trip air transportation for two, courtesy of American Airlines. Seattle Rainbow Ride hotline 206-264-5529.
- Jul 24-25: MS 150 Jazz Delight Bike Tour.** Everett, WA. Everett to Port Townsend and back. 150 miles of cycling on the beautiful Olympic Peninsula and Whidbey Island to benefit the MS Society. Overnight in Port Townsend. \$35 + \$200 in pledges. Funds benefit people with MS & their families. Margaret Hamilton 206-284-4236, 800-800-7047, (fax) 206-284-4972.

- Jul 24-27: Willamette Valley Tour.** Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450, Camping \$300. Paul Kemp 800-778-4838, pathindr@efn.org, www.pathfinders.com.
- Jul 24-31: Volcanoes of Washington Tour.** Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park; Windyridge, Mt. St. Helens; Yakima River. Designated: intermediate to advanced cyclist. Free brochure available. Bicycle Adventures P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.
- Jul 24: Summit to Surf.** Mt. Hood to Hood River, OR. The cycling event from Mt. Hood to Hood River. 46, 53 or 66 mile options with elevation gains from 4,400' to 6,600'. Benefits the American Diabetes Association. American Diabetes Association 800-342-2383 x24, 503-736-2770 x24, www.diabetes.org/adaor.
- Jul 26: Watermelon Rides.** Chemewa High School, Salem, OR. Challenging recreational rides of 62, 100, 124 & 200 miles through mid-Willamette Valley. Full-service rest stops with food & energy drinks & toilet facilities will be provided, as well as limited mobile support. Joanne Heilinger 503-399-9652, jheiling@teleport.com.
- Jul 29: RAMROD 1999.** WA. It will be an untimed ride this year (Mt. Rainier National Park will no longer grant a permit for a timed event). The registration limit is still 750; the fee will be \$70. Redmond Cycling Club 425-739-8610, www.blarg.net/~rcc.
- Jul 31-Aug 7: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdeheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.
- Jul 31: Chuck Hudson Memorial Bicycle Ride & Potluck Picnic.** Portland, Oregon. Bicycle ride and potluck picnic organized as a memorial to Chuck Hudson. Planning three types of rides. Call for more information. Tamara Hudson 503-292-8841.
- Aug 1-6: Tour de Lane.** Eugene, OR. 6 day loop showcasing unique system of paved forest roads around Eugene. Fully supported with leaders. SAG, mechanical support, gear transport. Breakfasts/dinners included. Hearty snacks every 15-20 miles. Average 55 miles/day. Camping with some motel availability. Intermediate difficulty. \$525 or 4-day with shuttle for \$320. Paul Kemp 800-778-4838.
- Aug 1-7: Bicycle Washington '99.** Spokane, WA. Steve Davies 206-224-9252.
- Aug 1: Blackberry Bramble.** Eugene, OR. Century in the hills on beautiful logging roads. Support. Blackberry treat at the end. \$10. Late registration \$15. Mel Huey 541-345-3181.
- Aug 7-14: Gulf Island Explorer.** Canada. Starting from Victoria, we'll visit Mayne Island, Saturna, Galiano and Salt Spring. Accommodation is in lodges & B&Bs. \$650. 7 days/7 nights. Group size limited to 12-18. Robbin McKinney info@great-explorations.com.
- Aug 8-14: Crater Lake Challenge.** Eugene, OR. 7 day, 381 mile loop from Eugene to Crater Lake National Park. Low traffic, scenic roads, hot spring, fly fishing & swimming, covered bridges & waterfalls. Full support. Breakfasts/dinners included, with hearty mid-day snacks. Lodging package \$825; Camping package \$525. Limit 50 riders. Intermediate to advanced difficulty. Paul Kemp 800-778-4838.
- Aug 8-21: Malawai: Land and Lake.** Malawai. Extraordinary scenery, traditional villages and a lot of contact with local people. 360 miles, 20% dirt, some hills. \$1090 plus airfare. International Bicycle Fund 206-767-0848.
- Aug 8-14: SPUDS 5 - Cycling Around Idaho.** Boise-Driggs, ID. SPUDS 5 explores the many faces of Idaho from the Sawtooth Mtns. to the high desert to the farmlands at the base of the Grand Tetons. Fully supported, camping. 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.



PHOTO BY ECLIPSE PHOTOGRAPHY

Opportunities for adventure await you locally... splashing through a stream at Tiger Mountain just outside of Seattle.

- 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.
- Aug 15-21: WYCYC - Wyoming Cycling Celebration.** Jackson-Kaycee, WY. 10th annual ride across Wyoming, from Jackson Hole to Kaycee via the Wind River Canyon & Bighorn Mountains. Fully supported & camping. Cyclevents 888-733-9615.
- Aug 21-Sep 3: Malawai: Tumbukaland.** Malawai. Extraordinary scenery, traditional villages and a lot of contact with local people. 500 miles, 20% dirt, major climbs. \$1090 plus airfare. International Bicycle Fund 206-767-0848.
- Aug 21-28: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdeheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.
- 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, Blewett & Stevens passes. Benefits the Mary Bridge Children's Hospital & the Children's Trust Foundation. Tim Kneeland @ Associates, Inc. 800-433-0528.
- Aug 22-28: Ride Around Washington (RAWI).** WA. Inaugural week-long ride with initial course traversing Hwy. 20 from Puget Sound to Newport on the Washington/Idaho border. Ride will change routes each year. 250-300 riders. Cascade Bicycle Club 206-522-BIKE.
- Aug 22-28: Tour of the Wallows.** Wallowa, 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 22-27: Banff-Jasper.** Banff, Alberta, Canada. For woman 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. BC Summer Sport Festival. Whistler BC. Flat tire Criterionaire.
- Aug 27: BC Summer Sport Festival.** Whistler BC. Flat tire Criterionaire.
- Aug 28-Sep 1: Cascade Lakes Tour.** Oakridge, OR. 4 days in the Oregon Cascades. Advanced difficulty. Spectacular high desert & old-growth forest views. Quaint 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 SASE for registration form. Mid-Valley Bicycle Club P.O. Box 1373, Corvallis, OR 97339-1373.
- 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.
- Sep 4: Tour de Kitsap.** Bremerton, WA. Free entry in bicycle drawing (donated by Mt. Constance Bicycle Shoppe) & helmet light for entries before 8/21/99. Start 9am/finish 4pm downtown Bremerton, near ferry. 30 & 50 miles. \$15 adults, \$10 under 18. Food, drinks, map, sag, entertainment. Ted Dupee 360-479-1265.
- Sep 5-11: Crater Lake Challenge.** Eugene, OR. 7 day, 381 mile loop from Eugene to Crater Lake National Park. Low traffic, scenic roads, hot spring, fly fishing & swimming, covered bridges & waterfalls. Full support. Breakfasts/dinners included, with hearty mid-day snacks. Lodging package \$825; Camping package \$525. Limit 50 riders. Intermediate to advanced difficulty. Paul Kemp 800-778-4838.
- Sep 6-7: Bruce's Round-Out Tour.** Gulf Islands, BC. Vancouver Bicycle Club/Bruce 604-873-0320. Contact prior to October 23.
- Sep 11-13: Trek Tri-Island.** Seattle to Victoria. Seattle to Victoria through the San Juans. 3 days, 135 miles. Fully supported. Limited to 700. \$50 registration fee & \$350 in fundraising. Ride benefits the American Lung Association of Washington. American Lung Association of Washington 800-732-9339.
- Sep 11-12: Whistler Road/MTB Tour.** Whistler, BC. Vancouver, Bicycle Club/David 604-322-1742, contact prior to August 08.
- Sep 12: Sunnyside Century.** Bend, OR. 27th annual event. 55 & 100 mile routes around Mt. Bachelor. Start at Sunnyside Sports. \$18. Sunnyside Sports 541-382-8018.
- Sep 12-18: Wheeling Washington.** WA & BC. Seattle, WA to San Juans to Victoria BC to Long Beach, WA. Extremely popular exploration of the Evergreen State. 397 miles. Overnight stop highlights include Orcas Island and Victoria. Finishes with a party on the "World's Longest Beach," just north of the famous Columbia River. Tim Kneeland @ Associates, Inc. 800-433-0528.

CALENDAR



The joy of "summer" riding in the Pacific Northwest.

PHOTO COURTESY OF THE BICYCLE PAPER ARCHIVES

- Sep 18-Oct 3: Canyons of the Southwest** 16 days. Cedar City, Utah. All women 16 day tour of Zion, Grand Canyon, Bryce, Capital Reef National Parks and Grandstaircase/Escalante and Cedar Breaks National Monuments. Trip price of \$1780 includes 16 nights lodging and most meals. Full van support. 659 miles.
- Sep 18-21: Willamette Valley Tour.** Eugene, OR. 4 day, 184-mile loop. Gentle valley terrain, 4 winery visits, covered bridges, historic towns & antique stores. Some challenging optional routes available. Full support, all breakfasts/dinners plus hearty snacks. SAG, mechanical support, maps & route marking, baggage transport, ride leaders. Lodging package \$450, Camping \$300. Paul Kemp 800-778-4838.
- Sep 18-20: Trek Tri-Island.** Seattle to Victoria. Seattle to Victoria through the San Juans. 3 days, 135 miles. Fully supported. Limited to 700. \$50 registration fee & \$350 in fundraising. Ride benefits the American Lung Association of Washington. American Lung Association of Washington 800-732-9339.
- Sep 18-25: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdeheide National Scenic Byway; McKenzie Pass; Crater Lake rim; the Umpqua River. Designated: Intermediate to advanced cyclist. Free brochure available. Bicycle Adventures P.O. Box 11219, Olympia, WA 98508, 360-786-0989 or 800-443-6060, www.bicyclesadventures.com.
- Sep 18: Autumn Cycling Classic.** Marblemount, WA. Formerly known as the Jan Selvig Century, 114 miles & 7,300 climbing. Also 100 & 50 mile loops. \$40, pre-registration only. Aurora Cycling Club 5802 224th Place SW, Mountlake Terrace, WA 98043.
- Sep 19: 20th Annual Autumn Century.** Spokane, WA. 25, 62 & 100 mile scenic rides on rural roads with mechanical & sag support. Maps, shirts, great food & more cookies than you can eat. All routes have some climbing with several challenging hills on 62 & 100 mile courses. Steve Sausser 509-922-7249.
- Sep 25-26: Tour des Lacs.** Spokane to Coeur d'Alene & back. 2 day cycling tour offering a variety of mileage and route options. Boat cruises available. Includes meals, t-shirt and luggage handling. From \$55. Round & Round Productions 509-455-7657.
- Sep 26: Peach of a Century.** Chemeketa Community College, Salem, OR. Choice of Full Century (100 miles) or Metric Century (100km). Checkpoints will have food, water, sports drink and rest rooms. A sag vehicle will sweep both courses at day's end. Mel Lucas 503-364-2068.
- Track Racing
- Jul 10-11: Oregon State Games.** Alpenrose Velodrome, Portland, OR. Mark Godfrey 503-297-5092, mark@pacificlightworks.com.

- Jul 13: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megjines 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 Megjines 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.obra.org.
- Jul 16: Friday Night Racing.** Marymoor Park, Redmond, WA. Marymoor Madison Series. This crowd-pleasing and hectic two-man relay must be seen to be believed. Also, bicycle community night. A card-carrying member of any cycling club receives free admission. And second annual movie night. Slick 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 Megjines 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 Megjines 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 Megjines 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.obra.org.
- Jul 22: Oregon Track Grand Prix.** Alpenrose Velodrome, Portland, OR. Oregon State Bicycle Association/Candi Murray 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 23: Friday Night Racing.** Marymoor Park, Redmond, WA. Pacific Financial Services Grand Prix. This annual event features over \$1,000 in cash for the big winners. Competition features special and unusual races including the fastest human in the Northwest. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome. \$3 (\$10 for family). Ethan Megjines 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.obra.org.
- Jul 26-31: Alpenrose Six Day.** Alpenrose Velodrome, Portland, OR. Six day track event. Mike Murray 503-661-5874, mmurray@teleport.com, www.obra.org.
- Jul 27: Tuesday Night Racing.** Marymoor Park, Redmond, WA. Races every Tuesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver signing. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megjines 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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Jul 30: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome. \$3 (\$10 for family). Ethan Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Aug 3: 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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Aug 4: 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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Aug 5: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray 503-661-5874, mmurray@teleport.com, www.obra.org.
- Aug 6: 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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Aug 6-8: Oregon State Track Championships.** Alpenrose Velodrome, Portland, OR. Candi Murray 503-667-6220.
- 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 Megjines 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 Megjines 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 Megjines 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.obra.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 Megjines 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 Megjines 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 Megjines 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.obra.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 Megjines 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 Megjines 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 Megjines 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.obra.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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Aug 27-29: Oregon Masters Track Championships.** Alpenrose Velodrome, Portland, OR. Candi Murray 503-667-6220.
- Aug 31: 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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- 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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Sep 2: 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 Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Sep 9: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray 503-661-5874, mmurray@teleport.com, www.obra.org.
- Sep 10: Friday Night Racing.** Marymoor Park, Redmond, WA. Novelty night. This is a post-season night of witty, unconventional races. New this year is the costume contest. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome. \$3 (\$10 for family). Ethan Megjines 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org.
- Sep 16: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray 503-661-5874, mmurray@teleport.com, www.obra.org.
- Sep 23: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray 503-661-5874, mmurray@teleport.com, www.obra.org.
- Sep 30: Alpenrose Weekly Series.** Alpenrose Velodrome, Portland, OR. Weekly track series. Mike Murray 503-661-5874, mmurray@teleport.com, www.obra.org.

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RESULTS

"Lemond Visit" from page 1

I wasn't the only one carried away. About 100 attendees fill the normally sedate chapel in the Green Lake area of Seattle, Washington. They too bring photos, magazines, posters, T-shirts and other memorabilia to be signed. We fidget, wait and crane our necks to make sure we see the stage and Lemond when he arrives. Until then, we sit staring at black and white posters and four bikes bearing Lemond's name. It's all marketing - but no one seems to mind. We're not here for the bikes.

In his khakis and golf shirt, he looks like any other man ready to play 18 holes. But he's not an average man. Excitement and passion for cycling are on his face and in his voice, whether he's recounting a stage in the Tour de France or describing a frightening encounter with a gun-toting driver in California. He's straightforward. He speaks with confidence - no false modesty and no arrogance. "I won my first 11 races; I wanted to win the Tour de France."

Longing creeps into his voice as he describes his missed opportunity to win the Tour de France in 1987 and 1988. And it is absolute certainty that replaces it when he speaks of the 1985 Tour. He would have won but for his loyalty to teammate Bernard Hinault; a loyalty that was to be repaid with

betrayal the following year. It is also certain that everyone in the room believes he could have won the coveted yellow jersey at least five times. Aside from the horrific hunting accident that had him on the fringe of professional cycling for two years, the other tragedy of Lemond's career is that he never had a team built around him, one that would work only for him. Like Miguel Indurain's Banesto squad - "those guys would have died for him."

There is laughter when he relives certain moments of various Tours - the crash on L'Alpe d'Huez while riding with no hands through a feed zone (he hit a pothole and crashed into an older woman on the side of the road). Or the time he flattened an inebriated Basque cycling fan that was rushing towards him, yelling obscenities. Lemond straight-armed him and the overzealous individual crumpled. Or how Claudio Chiappucci, wearing the yellow jersey for longer than expected had him worried in the 1990 edition of the Tour - "I didn't think the guy was that good."

He expresses his remorse that cycling is being tarnished when asked about doping in the peloton. He doesn't think the doping will end unless drug companies start adding chemical "markers" to the products that are being misused. Because the chemical components of the "popular" performance

enhancing drugs (EPO, human growth hormone) naturally occur in the body, markers may be the only way to know with certainty whether riders are clean. But he believes cycling and the Tour de France will survive. And you believe him as he describes the spectacle of L'Alpe d'Huez - the switchbacks, the thousands of fans pressing in on the riders, like a human tunnel. So close are they that at certain points the path for the riders is but a few feet across as they climb the most famous of mountain ascents.

He offers training and diet advice for those who seek it. But he is the first to tell you that training and diet can only make up so much - genetics rule the day. He doesn't keep up with who's who in the current peloton other than the major figures, and thinks Marco Pantani and Jan Ullrich are the best of the bunch. Lemond questions how Bjarne Riis managed to win the 1996 Tour, and wonders if Indurain could have won his five Tours if he faced competition the caliber of Ullrich.

It has been a long evening for Lemond and he finally can sit, but his duties aren't quite done. He has a hundred autographs to sign. He cheerfully pens his name and offers apologies for not having time to speak more with the people here to see him. He's charming and gracious. Big smile, bright eyes and a hearty laugh.



PHOTO BY DOUG BAKER

Former Tour de France champion Greg Lemond talks about his experiences in cycling.

The most successful professional American cyclist is in a class by himself. But I see that he has taken his shoes off at the table where he sits. Part of him is just a regular guy.

We file out of the building, wandering back to our bikes, our cars. Chattering away with the excitement of seeing Greg Lemond, of having his autograph on an old Sports Illustrated. As I look back towards the building, someone has locked an older model Lemond to a railing. It's yellow, of course.

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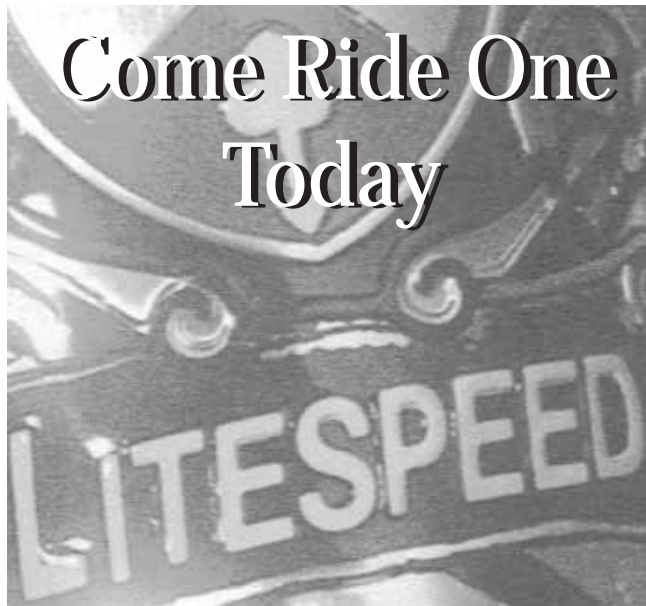
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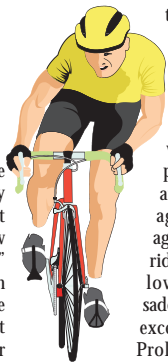
Oh, my aching.....

ERIK MOEN PT, CSCS

Go ahead and fill in the blank. Let's face it, bicycling can be a really demanding sport. The demand of the sport somehow gets equated with pain. How much pain should one bear for the "good" of the sport? That is the three million dollar question. Bicycling has reasonable pains and unreasonable pains. Pains most common to bicycling are related to either exertion beyond one's training level or associated with improper bicycle fit and equipment. A review of your body's common pains may be of use.

Hands: Hands most often experience pain from chaffing and road vibration. Good handlebar padding via gloves or cork tape work well to alleviate vibratory compression or chaffing. Hand pain or numbness may occur from excessive load on the hands. This most often occurs from the nose of a saddle being tipped too low.

Shoulders: Common irritants of shoulder pain are "white knucklin' it" in one handlebar position or by biomechanical issues. One way to prevent shoulder pain is to frequently change hand position. Becoming more comfortable with basic bicycle skills may help to ease hand and shoulder tension. Biomechanical contributions to shoulder pain may be a downward tipped saddle or shortened "cockpit". Shortening of the cockpit may occur through too short a stem, short top



tube of the bicycle or saddle moved too far forward on the seatpost.

Neck: Neck pain is common with people who also have shoulder pain. Pains of the neck and shoulder often share aggravants. A common aggravant of neck pain is riding with the stem too low in comparison to saddle. This position causes excessive neck extension. Prolonged extension will create neck pain for muscular

and joint-related overuse particularly in those with an aging neck. If you have neck pain and you are still using your helmet from the 70's it may be time to purchase a newer, lighter model. Older helmets are usually heavier than newer helmets. Besides, old styrofoam will not protect the head at impact as well as new. This is due to UV damage and compression over time.

Lowback: Lowback pain is fairly common with exerted cycling. Lowback pain is most often related to chronic strain of the back musculature. A lack of hamstring flexibility or poor positioning of handlebars will increase your chances for lowback pain. Frequent on-bike stretching will help delay onset of back discomfort.

Saddle-area: Prolonged numbness is unreasonable and is usually related to either improperly sized saddle, saddle tilt, or excessive saddle height. Chaffing is a frequent contributor to saddle-related

pains. The proper use of a short with chamois will help decrease normal levels of chaffing. You may try using products such as Chamois Butt-R as an occasional lubricant and not using undergarments between chamois and skin. Asymmetrical saddle sores from chaffing sometimes indicate a leg length difference that should be corrected.

Front of knee: Anterior knee pains are linked to saddles that are too low, excessive foot pronation, and improperly adjusted cleats. Anterior knee pains are frequently grinds behind the kneecap or tendinitis-type feelings with the patellar tendon. The patellar tendon connects the kneecap to the tibia or shin-bone.

Back of knee: Posterior knee pain is frequently linked to excessive saddle height or improperly adjusted cleats. Posterior knee pain is most often a tendinitis of the hamstring muscles. Hamstring tendinitis as a result of saddle height or cleat adjustment usually presents on either the inside or outside but rarely on both sides since knee compensation for excessive saddle height or cleat misalignment is via rotation.

Feet: Foot discomfort is common for even the normal foot. Steps to make your feet most comfortable in cycling shoes include; appropriately sized shoe (you'd be surprised), foot support via orthotic or accommodative footbed, proper position of foot over pedal axle, and proper

pedaling technique. Foot dysfunction (such as unchecked pronation,) flat feet, or poor ankle flexibility should be addressed differently for cyclists than for those who walk or run. Issues to decrease foot compression might include using a mild shock-absorbing insole in your shoe. Proper "spin" will help decrease chronic foot compression.

If pain is keeping you from enjoyment of your sport, there are answers.

Bicycling should be fun and fairly painfree. Your painfree status assumes proper bicycle fit, appropriate fitness for the challenge and having appropriately sized and functioning equipment such as helmet, shorts, shoes and gloves. If you should ever have questions regarding the pain you experience with bicycling, please contact a qualified healthcare provider to assist you in interpreting your concerns.



Erik Moen PT is Clinic Director of Physiotherapy Associates-Lynnwood, Outpatient Orthopedic and Sports Physical Therapy. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association as well as bicycling racing coach. He has coached Masters World Champions in Velodrome and Mountain Biking, as well as regional elite cycling athletes. He may be reached at 425-775-0642 or by email at PT479@juno.com

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OPINION

The Lemond Catalog

MAYNARD HERSHON

When I can find the work, I enjoy writing ad and brochure copy for bicycle- and parts-makers. I wrote instructions for mounting Vittoria tubular tires. I wrote the manual for rebuilding Silca floorpumps. I've helped with Time fork ads and TTT stem ads. It's fun.

The most fun was helping write the Lemond Bicycles catalog two years ago. What an assignment! First, I had to fly to Minneapolis and visit the Lemonds, Greg and Kathy, at their home about 20 miles out of town.

We went for a bike ride, Greg and the marketing guys from Lemond and I, all on gleaming new Lemond bicycles. We followed a mini-van with the back doors open so a photographer could take pictures of us from inside.

Always playful on and off the bike, Lemond was frisky on our little ride. He'd attack and make us chase him, or he'd bounce his front tire against the back of the van, leaving little black marks on the white bumper. Please don't try that yourself.

After the ride, I interviewed Greg in his office, asking him about the significance of the names of the various Lemond models. The model names refer to places or objects that were meaningful in his career.

Posing as a worldly cycling journalist, I nevertheless asked the same questions a starstruck Lemond fan might've asked. You don't think Greg saw through me, do you?

A videographer taped the interview. That tape, I believe, went to Lemond dealers everywhere. If you've seen it, that was my voice asking the questions. Let's hope they were the same questions you'd have asked.

Greg participated enthusiastically in the

interview (took two hours at least) and endured long photo sessions on the lawn behind his and Kathy's lovely home. He even made a promotional video about the bikes, reading lines he'd memorized for the camera, not a favorite Lemond leisure-time activity.

As you may have heard, there are no cycling souvenirs on the walls or on the shelves in Greg and Kathy's home. There are no framed jerseys, no gold-colored trophies with cyclist statuettes on top, no blown-up Graham Watson photos.

It's all put away somewhere, out of sight and certainly out of mind.

Someone from Lemond Cycles asked Greg for an old ceremonial jersey or two for catalog photographs. Greg went down to the basement to find some. We watched him carry a cardboard box up from the basement and carry it out to the driveway where the photographer and marketing guys and new Lemond bicycles were.

We watched as he opened the four flaps of the box and turned it over, dumping those jerseys on the concrete driveway.

These were not club jerseys or store-bought jerseys. They were Tour de France yellow jerseys, Tour l'Avenir leaders' jerseys, gen-you-wine world championship jerseys. Jerseys to kill for.

We watched in astonishment as he began to root around in those jerseys for one or two we might deem worth photographing. When you hang around with Greg Lemond, you often watch in astonishment.

Later, I sat with Greg on the patio of his and Kathy's home. We drank Kathy's good cappuccinos, chatting while the photographer clicked away. A shot of us together made the '97 catalog. Perhaps you saw it. Big thrill for me, that photo with Greg Lemond on his patio.

It appears that I'm helping with the catalog this year, but I'm not to visit the Lemonds again. This time, our mission is different. We're not going to tell stories about the great old days of the Greg Lemond era. Enough nostalgia already.

My mission, and I have already accepted

it, is two-fold. First, I have to interview men racers and women racers from teams sponsored by Lemond Cycles: Saturn men and women and Elita women. I know those people and like them. Working with them on this project will be fun.

We'll try to describe the difference between the Reynolds steel Lemond models and the newer aluminum models, so that a prospective owner can make an informed decision. Some of the racers have competed on bikes made from both materials; I'll try especially to record THEIR feelings.

We'll try to clarify why you might buy a steel bike, or why you might opt for an aluminum one.

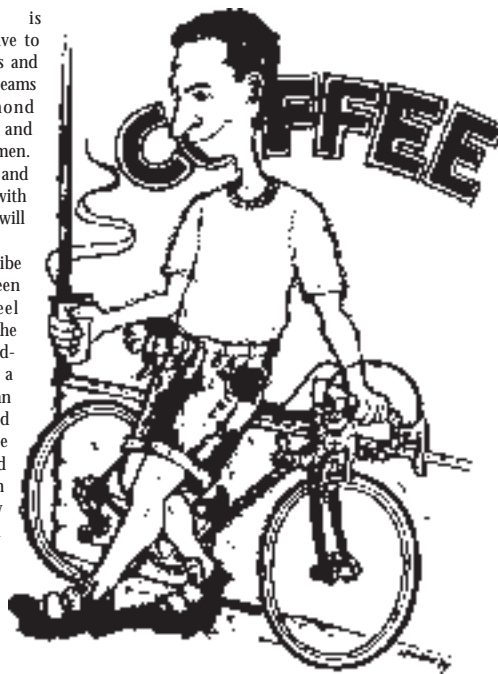
Does that sound easy? It isn't.

Try to describe a preference for one that doesn't make the other sound terrible. Think about it.

If you say that a bike made from fine Reynolds 853 steel tubing rides comfortably, do you mean its aluminum cousin is harsh and unforgiving by contrast? If you say aluminum bikes are light and responsive, do you imply that steel models are slow-steering boat anchors?

As faithful readers will recall, I don't believe frame material choices are all that crucial. Most of us can find happiness on any of the four commonly used materials.

However I personally feel, Lemond Bicycles offers two frame materials. The copywriting job is to describe them, the one and the other, to help the cyclist make an intelligent choice. I'll do my best.



My second task

is to explain bike fit for women, and why Lemonds are as adaptable for them as any bikes sold. I will have help on that front from Elita racer Giana Roberge, who owned a retail store in upstate New York that focused on road bikes for women: road bikes that FIT those women.

The Lemond folks won't be satisfied with a gushing, puffy brochure. They want to produce a sales document that'll be fun to read and helpful beyond mere propaganda, beyond hype.

Next fall, if you're in the market for a new bike or happy with your present one, pick up a '99-2,000 brochure at a Lemond dealer. I hope you find it entertaining and useful. I'm gonna have fun writing it.

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RUNNER					()	I have read the waiver
ROAD BIKER					()	I have read the waiver
CANOE/KAYAKER					()	I have read the waiver