

# Bicycle Paper

www.bicyclepaper.com FEBRUARY '00



## Bike Expos Coming to a city near you

BY RICK PETERSON

Two of the Northwest events that every bicyclist should plan to attend, The Seattle International Bicycle Expo and the Portland Bicycle Show, are creeping up on us, so mark your calendars. Based on past success and the fact that these are two of the three biggest Northwest shows, I wouldn't miss either!

The Seattle International Bicycle Expo, which is produced by Cascade Bicycle Club, is back for its 12<sup>th</sup> consecutive year and is sure to be better than ever. The event will take place on February 18, 19, and 20 in the Mercer Arena at the Seattle Center.

(See Expos on Page 4)

## NW Cycling Calendar Remains Strong

BY NICOLE JAIN

In 1999, entries for *Bicycle Paper's* annual event calendar climbed to an all-time high of 558, nearly 50% higher than in any previous year. With this ambitious scheduling, turnout last year fell a little short. I could spend an entire issue exploring the factors behind the fluctuations in organized and individual cycling participation. In a society where we can maintain all our friendships over e-mail, have our groceries delivered to the front door, and have the gym all to ourselves at 3:00 am, why do any of us choose to leave our homes or cars at all, joining total strangers in an activity which is often miserably cold, hot, painful or exhausting? If you are reading this issue, you probably know why, or would like to find out.

(See Calendar on Page 4)

• INSIDE THIS ISSUE •  
**491** bicycling  
events worth  
attending

# COURAGE CLASSIC 2000



AUGUST 19-21, 2000

Snoqualmie Cle Elum Leavenworth Skykomish

- Spectacular and Unique Route
- 172 Miles of Gentle Cycling at Your Own Pace
- 3 Days, 55-60 Miles/Day
- Hassle-free Bicycle Touring
- Famous Rotary Rider Service Centers
- Great Summit Lunches
- Huge Meals
- Camping Provided—Hotels Available
- Guaranteed Hot Showers
- Gear Transported
- Top-notch Mechanics
- First Aid Support
- Fabulous Entertainment
- Bavarian Hospitality

Presented by



Rotary Clubs of  
Pierce County



Benefiting



Major Bicycle Expo's  
Have been held since 1977  
at the Greater Seattle Bicycle Expo

**Don't be left out!**

For more information, call

**1-800-39CYCLE**

or, visit our web site

**www.courageclassic.com**

Remember when you told yourself,  
"I'll get my dream bike next year?"  
Well guess what, it's next year.

Let us at Wedgwood Cycle help make your dreams  
become a reality. With complete bikes from Marin,  
Giant, Bianchi, and frames from Colnago,  
Litespeed, Santa Cruz and Marinoni,  
we have a great selection to make 2000 your best year.

*Come Ride One Today*



8507 - 35th Ave NE  
(206) 523-5572

wedgwoodcycle.com



**Big City Selection, Neighborhood Service**

- Proud sponsor of Lake Washington Velo  
and Wizrds of the Coast cycling teams •

## SUBSCRIPTION ORDER FORM

Enclosed is my check or money order for a subscription to *Bicycle Paper*

Please check the appropriate boxes:

- ☐ ONE YEAR for \$14  
☐ TWO YEARS for \$26

Canadian Subscribers:  
U.S. funds, please.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

MAIL TO:

*Bicycle Paper*

12420 Gibson Road  
Everett WA 98204

FAX: (425) 438-9031

PHONE: (425) 355-9322

Email: [info@bicyclepaper.com](mailto:info@bicyclepaper.com)

Mail In The Order Form Or Call Us  
Today Toll Free At 1-888-836-5720

Mention the Greater Seattle Bicycle Expo  
and receive \$1 off a one-year subscrip-  
tion or \$2 off a two-year subscription.

**Read. Ride. Subscribe.**  
**Bicycle Paper**  
[www.bicyclepaper.com](http://www.bicyclepaper.com)

- Top-notch journalism by  
people who know the sport...
- Coverage of the people,  
places and products of  
Washington, Oregon, Idaho,  
British Columbia...
- The Northwest's most  
comprehensive rides  
calendar.

# Bicycle Paper

Volume 29 • Number 1  
February, 2000

**PUBLISHERS** Paul Clark  
Jay Stilwell  
**ADVERTISING DIRECTOR** Morgan Coleman  
**EDITOR** Rick Peterson  
**GRAPHIC DESIGN** Paul Clark  
**INTERNS** Nicole Jain  
**WRITERS** Jennifer Colvin  
Estelle Gray  
Maynard Hershon  
Erik Moen  
**PHOTOGRAPHY** Cascade Bicycle Club  
Jennifer Colvin  
Rick Flebbe  
Eclipse Photography  
John Pratt  
**PRINTING** Consolidated Press  
**DISTRIBUTION** Jack Clark  
Grosse Mailing



PHOTO BY

Bicycle Paper is published ten times a year, monthly Feb. through Nov. by Seattle Publishing. Write to 12420 Gibson Road, Everett, WA 98204.

Phone (425) 355-9322 or toll free 1-888-836-5720. Fax (425) 438-9031. E-mail editor@bicyclepaper.com  
Subscription rates: \$12.00 per year; \$20.00 for two years.

## POSTMASTER

Send address changes to:  
Bicycle Paper  
12420 Gibson Road,  
Everett, WA 98204

All articles, photos and artwork appearing in Bicycle Paper are the sole property of Bicycle Paper. No reprinting or any other use is allowed without obtaining the written permission of the publisher or editor.

Unsolicited editorial contributions about personalities, touring, racing, advocacy, equipment, health and events are welcome. All manuscripts should be accompanied by a stamped, self-addressed envelope. Write or call for editorial guidelines and deadlines. All advertising inquiries should be directed to Jay Stilwell.

Bicycle Paper is listed in The Consumer Magazine & Agri Media Source SRDS.

• READ  
• RIDE  
• SUBSCRIBE  
**Bicycle Paper**  
**CALL**  
**1-888-836-5720**  
**TODAY**

## OPINION

# No Expectations, No Disappointment

No expectations, no disappointment... this was my philosophy when I set off for Chile in October. One of the reasons I like to travel to South America is to experience the cultural differences. The adventure and differences began the moment that we disembarked from the "Air Hope You Get There" flight, arriving in Calama, one of Chile's northern most cities.

In the US, in preparing to exit the plane, there is usually a forward surge of passengers jockeying for position to leave the airplane. It caught me by surprise, to find much pushing and shoving coming from the outside of the plane towards the inside. It caught me even more by surprise to discover that the cause of this activity was a pack of dogs trying to board the plane in search of leftover airplane lunches. We gingerly stepped over the pooches, whom were lapping up water and caresses from the flight attendants. As we stepped out onto the tarmac, we were greeted by a blast of the 100 degree heat and another dozen dogs, awaiting the next flight. This unusual greeting was a hint of the unexpected that would occur during our next month of cycling and backpacking.

Equipped with fully loaded mountain bikes, I considered riding as many of the secondary roads as I could. I anticipated that they would be ideal for a quiet tour through the country. However, upon seeing that Chile's major roads were similar to our unimproved roads, I followed the advice of the locals and stayed on the main thoroughfares. We ventured onto the "dotted line" roads on days when we were unloaded and felt prepared to test our bike handling skills.

Day one on our bikes found us starting out at 1:00 p.m., which was to become a common pattern as the mornings became filled with off-the-bike adventures. We were headed to San Pedro de Atacama at 8,000 feet and 60 miles away, across one of the most desolate deserts in the world. There are places in this desert where there has never been rainfall, never ever. Traveling fully loaded like we were, I figured that 10 mph would be a pretty average pace, allowing for stops to sightsee, eat, and enjoy a reasonable riding pace. However, on a first day, 6-7 mph is probably more realistic. The first day is always an "adjustment" day - adjust to your weight, adjust to your packs falling off, find your chapstick, adjust your saddle, etc.

5 hours after starting off, 6:00 p.m. had arrived, we had traveled a whopping 30 miles, 3 cars had passed, and night was closing in. It became a no-brainer to us, that if another car was to pass we would attempt to hitch a ride. We pedaled a mere 30 minutes more and a truck miraculously appeared. It was the typical Chilean vehicle, a small pickup with a double cab and a short bed... loaded. Two friendly people jumped out, greeting us with cheerful "holas", curious stares and eyes nearly popping out of their sockets as they surveyed our rigs. No matter how kind they intended to be, we knew a lift was hopeless due to the load they were already hauling.

However, nothing was stopping them from extending Chilean hospitality. Their load was rearranged, ropes appeared and our bikes and gear were lashed on top. It took us an additional hour and a half with our load and small truck to travel the last 30 miles.

This remote area of Chile, was ideal for discovering by bicycle. One day we rode uphill, (without our gear) for five non-stop hours arriving at a tucked away thermal bath. After extreme heat, washboard and ruts, it was a welcome respite as we contemplated our adventure home; another ride with nightfall approaching. Much to our surprise, the downhill return was splendid - a 2 hour, fast descent into the Valley of the Moon - a dried salt lake that resembled its name. This valley is home to flamingos, incredibly bright stars, guanaco (a llama like animal), and miles and miles of nothing but sand and wind.

Dust covered, sunburned, and pros at washboard riding, we left the desert and flew with our bikes to the moist, temperate climate of central Chile, known as the Lakes Region. This change of regions put us back into our familiar comfort zone. Much to my surprise, the climate was similar to Seattle's, as was the topography. There were lots of lakes, snow covered volcanic mountains, and lush green foliage not to mention endless days of precipitation.

Camping in a park, called Agua Caliente (Spanish for hot water), I renamed it, more appropriately, Agua Fria (cold water). I wasn't talking about the temperature of the lake but rather the temperature of the water in our tent. I woke up in the middle of the night, when I first heard the rain inside the tent. I don't mean "outside the tent", or "from inside the tent," I truly mean, "inside the tent"! I leaned over to my right and found an inch deep river of water running down the inside of the tent. This wasn't so bad compared to the four inches that had pooled at my feet. Fortunately my tent partner, sleeps hard, so I got a head start bailing out the internal lake by the time she woke to tease me endlessly. She kept saying, "why would you bring a tent to Chile that leaks so profusely"? I answered that it was an old tent that I didn't care about. I knew there was something that I didn't like about it, but I couldn't remember what it was. Now I remember.

With our limited Spanish, we thought that we understood that a bus might be passing by our locale at about 8:00 am that same wet morning. Despite the adverse weather conditions, we were packed and standing on the roadside when the bus arrived. No one had told us what kind of bus it was. It turned out to be one of those mini school buses designed to carry about 16 school children. It was obvious however, that the driver wanted to help us, a constant theme from the Chilean people. He was able to find seats for the two of us with our soaking wet gear on our laps, but there was no



by Estelle Gray

room for the bikes. However, with both wheels off and a lot of creativity and determination, he managed to stuff them into the engine compartment. I sure hope that there was a good chiropractor in town, because for a solid hour, every kid sat twisted in their seat, staring at the soaking wet Gringias, sitting in the back of the bus.

Our Agua Caliente/Fria campsite was free, but the laundry bill to wash and dry our wet and muddy gear exceeded \$20. This was one of our largest single expenses. Then, there were the four cans of Scotchguard that we used to seal the dysfunctional tent in preparation for its next exposure. Although I tell a rain story, the Lake Region of central Chile is an area within Chile that I'd highly recommend. It offers a variety of adventure as well as scenic boat rides, vineyards, five star restaurants, excellent produce, and as you can see from the photo, a great playground slide.

Patagonia is more than an outdoor clothing company. It is the southern tip of South America and divided into two parts - Chilean and Argentinean. Both areas are better visited on foot than bicycle. So, with sadness and anticipation, we put our bikes on a Chilean "Greyhound" and sent them ahead to wait for our return to Santiago.

It's a small world. For the previous three weeks, we had not met any other Americans. However, while we were gathering our luggage at the small airport of Punta Arenas, we met and struck up a conversation with another American couple who had also made it past the pack of tarmac dogs. They were adventure guides in the park that we were about to explore. They also happened to be mutual friends, of good friends of ours. They gave us the inside scoop about our destination, Torres Del Paines, the pride and joy of all of the national parks in South America.

We spent a week exploring the area with its stone towers that rival the pinnacles of Yosemite, and its glaciers and fjords that challenge Alaska. We saw wildlife including condors, flamingos, foxes, and penguins. Backpacking in this setting was wonderful and I highly recommend it to anyone considering a South American trip.

By the time our adventure was over and we were ready to return to the United States, our trip felt complete. We had explored the country, the culture, and learned enough native language to navigate and communicate. We had become familiar with the Chilean political scene (they were about to hold a national election), we had eaten some of the best and some of the worst Chilean food, we had figured out how to use the locker rooms in the public swimming pools (they are not like the ones in the USA), and we discovered that we fit perfectly into size 46 Chilean jeans. But most importantly, we felt that we had accomplished what we had set out to do, we had traveled safely, with no expectations and no disappointments.

# Largest cycling race in North America sets Olympic pace

**HP Continues Support of Female Athletes by Sponsoring the HP LaserJet Women's Challenge**

Boise, Idaho – The HP LaserJet Women's Challenge, the toughest and richest road race in North America, is ready for the Olympics. Race organizers have designed a 2000 course to once again attract the world's best female athletes. The race offers the cyclists the opportunity to test themselves against Idaho's rugged terrain and size up the competition in preparation for the 2000 Sydney Olympic Games.

Last year American Mari Holden (age 28) was beaten by World and Olympic Champion Jeanne Longo-Ciprelli (age 41) of France. Last year's international field included the best of women's cycling, previous Olympic competitors included American Alison Dunlap, Canadians Linda Jackson and Clara Hughes, Germany's Petra Rossner, Russian Zulfia Zabirova, and Australians Kathy Watt and Anna Wilson.

The Women's Challenge started in 1984, but was not sanctioned by the Union Cycliste Internationale (UCI), cycling's governing body, until 1995 because the UCI thought the race and altitude too tough for women. This year's race will include one time trial, two closed-circuit races, and eight road races covering 625 miles. For background on the course, favorite riders, or to track the results of the race, visit [www.hplwc.com](http://www.hplwc.com) with 2000 race information premiering March 1, 2000.

About Women's Challenge, Inc. The Women's Challenge, Inc., a non-profit organization, was founded in 1993 to carry on the tradition of the Women's Challenge race, which began in 1984. The organization's mission is to promote world-class racing for women, foster the growth of women's cycling, and provide exemplary role models to young athletes.

HP LaserJet Women's Challenge 2000 Schedule				
Date	Miles	Course	Type	
Thu. 8 June	69.5	Boise to Idaho City	Road Race	
Fri. 9 June	58.5	Lowman to Stanley	Road Race	
Sat. 10 June	28.8	Elkhorn Resort (Sun Valley)	Circuit Race	
Sun. 11 June	56.4	Rupert to Pomerelle Ski Resort	Road Race	
Mon. 12 June	15.0	Burley*	Ind. Time Trial	
Tue. 13 June	84.2	Burley to Buhl	Road Race	
Wed. 14 June	76.7	Twin Falls to Glens Ferry	Road Race	
Fri. 16 June	71.5	Mountain Home to MHAFB	Road Race	
Sat. 17 June	34.7	Statehouse (Boise)	Criterium	
Sun. 18 June	50.6	Middletown to Hyde Park (Boise)	Road Race	

\* Reflects two new courses designed to emulate the conditions at 2000 Sydney Olympic Games

"We attempted to set a course that would emulate the race courses for Sydney," said Race Director and retired Marine, Jim Rabdau. "It's as close as we could get in the high desert and mountains of Idaho."

The 2000 HP LaserJet Women's Challenge, often called America's Tour de France, is in its 17th year attracting elite athletes from 16 countries to compete for the largest prize purse in North American cycling. The female racers will ride throughout southern Idaho during an 11-day period from 8 June to 18 June. The Hewlett-Packard LaserJet organization, based in Boise, Idaho, is the race's title sponsor for the fourth year.

"HP has a history pushing the limits of business and women's achievement," said Doug Johnson, senior vice president of marketing for HP Image and Printing Systems. "We are please to be a part of an event that fuels the dreams of such amazing athletes."

## LETTER TO EDITOR

### Feeling Powerless

Dear editor:

I recently found my first copy of your paper at Valley Cyclery in Auburn and promptly placed your address on my list of favorites.

After having read your article regarding the WA ferry policy changes I feel much agitation. I often feel powerless against the decisions made by reactionary bureaucrats who take the easy way out.

Although I have, in the past, been very complacent; I feel the need for some activism. Have you ever published a list of e-mail addresses by which readers such as myself can access the ears that will hear? If so may I be privy to it? If not, have you any suggestions?

Thank you for all of your time and effort.

Greg Shoe

Greg,

Although we have not published a list, I would recommend contacting Barbara Culp of the Bicycle Alliance of Washington at (206) 224-9252 or [bikeinfo@bicyclealliance.org](mailto:bikeinfo@bicyclealliance.org). I am sure she will be very helpful. They are also accessible on the web at <http://www.bicyclealliance.org>. Oregon residents can contact the Bicycle Transportation Alliance at (503) 226-0676, [info@bta4bikes.org](mailto:info@bta4bikes.org), or on the web at <http://www.bta4bikes.org/>. For those wired up to the internet, there is a list of advocacy groups across the country at <http://www.bikeleague.org/contacts/conadvoc.html>. Hope this helps!

-Editor

### "Calendar" from page 1

At press time, the number of events for this year's annual calendar was still well above average, with 491 entries, and more coming in just past the deadline. Promoters who are still hoping to attract more people to the sport have only to keep true to their original vision. More is better, as long as the standard of quality and organization remains the same. The fact is, there are still enough of us willing to suffer through a little discomfort

for the benefit we know cycling gives to our bodies, minds, environment, and society. While the Northwest boasts such a thriving cycling community, take part in it. If you have ever wanted to try track racing or mountain biking, tour Uganda, or complete the STP, here is your starting point! This calendar is for you; study it, post it, dream about the sunny races in August while it's still raining outside in February. Happy riding!

### "Expos" from page 1

Besides featuring many of your favorite local shops and Northwest's best trips, the expo will also include representatives from around the country and the world. In addition, there will be many local and national experts and speakers on hand to inform, amuse, and answer all your nagging questions. Included in this list of speakers are the Romp Family of five who traveled across the country on a Santana Quad, Joe Kurmaskie and Willie Weir who have peddled more than 100,000 miles throughout the world, and the popular Bicycle Paper columnist Maynard Hershon, just to mention a few. And just in case you still haven't had quite enough, there will be plenty of demonstrations. Just to give

you an idea, there will be demos on Observed Trials and bike cop defense training, searching and handcuffing, dismounts and firearm techniques. For those looking for more interaction, the expo offers one of the more unique features, a test ride area. In this area you can test ride a wide assortment of the weirdest pedal-powered machines you have ever seen! Admission price will be \$7 for adults, \$5 for juniors (6-15) and seniors (65 & over). Children under six are free. Hours are Friday February 18, 4pm – 8pm, Saturday 19, 10am – 7pm, and Sunday 20, 10am – 5pm. For more information call (206) 522-

BIKE or [www.cascade.org/expo](http://www.cascade.org/expo).

The other local event not miss is the annual Portland Bike Show March 18 & 19 at the Portland Rose Quarter. The show will also feature many local shops, organizations and clubs, guest speakers and unique demonstrations. Last year it was a great success and I look forward to this one! The admission price will be \$5 and the hours are Saturday 10am – 7pm and Sunday 10am – 6pm. For additional info call (206) 783-5957. Hope to see you there!



CUSTOM BICYCLES

Our beautiful custom bicycles are hand made with the finest steel and titanium available. To find out how easy it is to get a bike that fits you and rides like no other, call us for our free Buyer's Guide or go to our brand new web site.

phone: (509) 585-9727 web: [www.wittbicycles.com](http://www.wittbicycles.com)

Built one at a time specifically for you.

### INJURED CYCLING?



MEL CRAWFORD  
& D. "MAC" SHELTON

Lawyers for Insurance Claims, Out of Court Settlements, Mediation, and Trial.

Free Telephone Consultations

MacDonald, Hoague, & Bayless  
206-622-1604 • [law@mhb.com](mailto:law@mhb.com)

# Biking the BC Islands

## 10 days of touring Vancouver Island and the Southern Gulf Islands

BY JENNIFER COLVIN

"You've got to try this revolutionary light meditation technique" a dread-locked and tie-dyed young man tells us as we walk by him with our bikes. He is standing in front of a woman with long blonde hair, spinning a wooden cylinder in front of her calm, half-closed eyes.

My boyfriend and I have arrived with our bikes at Saltspring Island, one of the Southern Gulf Islands between Vancouver Island and mainland British Columbia, and although neither of us is into light meditation techniques (revolutionary or not) we instantly like the first island resident we meet. We start riding, following a steeply winding, tree-lined road up from the ferry dock. Each car or truck that passes us slows down first and gives us plenty of room. This is our first taste of bike touring in BC, and I can't think of any way it could possibly be better.

With limited vacation time, but a strong desire to go someplace new with our bikes, we decided on a trip to the nearby BC islands in early September with the hope that the rain shadow would provide us with some much-needed sun, and that the back roads on the islands would provide excellent cycling. As it turns out, we will be right on both counts.

On Saltspring Island, we pass up the opportunity to try the light meditation technique and ride up the steep road from the dock. While the other cyclists we've met on the ferry turn off for the beautifully rugged Ruckle Provincial Park, we head for the campground near the small artist community of Ganges. Once there, we discover the campground has been turned in to a Frisbee golf course.

This will not be the only time we have trouble finding a campground, but both of

us are enjoying biking on the quite, tree-lined roads, so we load up on food in Ganges and cycle to another campground at the north end of the island. Once there, we find a lot deserted except for the cats that meow and hiss menacingly at us from underneath old cars. Our second camping option is instantly ruled out.

The sun is starting to set, and since I'm tired from a day of cycling hills, I resolve to stop at the next farm we see and ask permission to camp in a field. But when we start cycling again, a Jaguar and Mercedes pass us and we notice the farms have been replaced by large, gated estates on this part of the island. As it starts to get dark, we end up back in Ganges and set up our tent in the Frisbee park. I take a shower at the marina. It is three minutes of heaven.

The next day we stock up on organic apples and locally made goat cheese at the farmer's market before catching the ferry to Galliano Island, where we ride up and down more steep hills to Montague Harbor Provincial Park. All the campsites have been reserved for Labor Day weekend, but we set up our tent with fifteen others in an open playing field that is serving as the overflow lot. Our tent becomes the social center as everyone wanders over at one time or another to ask us about our folding bikes.

A bus runs shuttles to the nearest pub on the hour, and we pile in with a large group of kayakers from the campground. When it becomes impossible to cram one more person on the bus, the driver tells us to hold on and the old red bus slowly grinds up the hill. We enjoy good food, beer, and the entertainment, which is a guy playing dirty parodies of Meatloaf and Hootie and the Blowfish on his guitar. Some regulars who always come here for Labor Day tell us he does the same routine every year. That night, far away from city lights, the stars are brilliant.

The next day we bike through morning showers to the lighthouse on northern point on the island. The road winds up and down hill after hill. Finally, when we get a view of the ocean, it makes all the hills worthwhile.

Because we don't have much time left on our trip, we decide to take the ferry to Tsawwassen on the mainland so we can connect with a ferry to Nainamo further north on Vancouver Island. Although we spend a large part of the day on ferries or waiting for ferries, it's worth it.

The ferries have become our community centers. While waiting, we gather with other cyclists and exchange information about other destinations, campsites, traffic, food, gear, and weather, which are now our only concerns while cycling.

That night we take a boat to Newcastle Island near Nainamo. Although it used to be a quarry, coal mine, resort and dance hall, now the entire island is a park inhabited by deer and blonde raccoons. The campsites have spectacular views across the Strait of Georgia. We discover nearby Protection Island is home to the Dingy Dock Pub,



PHOTO BY JENNIFER COLVIN

**Giant evergreens dwarf you while riding British Columbia's Southern Gulf Islands.**

wallpapered in ocean-themed atmosphere, and Gabriola Island, home to a large number of petroglyphs.

Back on Vancouver Island in the morning, we cycle north on Highway 19. Semi-trucks speed past, and I miss the quiet roads on the Southern Gulf Islands even though they were much steeper. That night, we camp at Little Qualicum Falls Provincial Park off Highway 4, which boasts over 90 level camp sites suitable for RV's and chain link fences surrounding the steep falls to protect tourists.

The next day we continue heading west on Highway 4. The road narrows and the logging trucks keep speeding past. We stop at MacMillan Provincial Park to visit Cathedral Grove, home to 600-year-old Douglas firs, and then peddle over "the hump" as the locals call the large hill leading up to Mt. Arrowsmith ski area, and then down to Port Alberni.

Once in town, we have a change of heart, so we fold the bikes and load them on a bus for a ride back to Coombs, skipping the traffic and the hill. From there, we bike north on Highway 19, stopping at the wide, sandy beaches at Parksville, and then turn off to camp at Horne Lake Provincial Park.

After riding on bumpy gravel roads for over an hour, we see a sign saying the park is closed for the season. Consulting our map, we decided to bike to nearby Spider Lake to spend the night, but after more cycling on more gravel roads, we find it, too, is closed. Proving my theory that everything works out when traveling, some local kids come to our rescue. They tell us about the nearby hang-

out spot at Illusion Lake, and load up our gear in the back of their pick-up to take us there. After they leave, we have the place to ourselves.

Our last day on the bikes, we cycle south on Highway 19 back to Nainamo, where we catch a train for the remaining distance back to Victoria. The train turns out to be a single car lumbering slowly down the tracks. I suspect the bus would have been faster, but we arrive in Victoria in time to check in at a bed and breakfast and go out for dinner.

With less than three hours of travel from our home in Seattle, we were able to spend 10 days cycling in sunshine along coastline and through forests on five different islands. It may not be revolutionary, but it was just what I needed after a soggy summer in Washington.



### The Bikes...

We rode Bike Friday folding bikes, made by the Green Gear Cycling Company in Eugene, Oregon. The bikes fold up to fit in a suitcase, and the suitcase converts to a trailer for touring, which we found was ideal for biking and travel on boats, buses and trains. The 20-inch tires, long seat mast and stem riser make the bike look awkward, but I found the New World Tourist model performed better than the mountain bike I had previously used for touring.

The frames are custom made cro-moly with TIG welding and powder coat paint. Three different component groups are offered from basic to top-of-the-line. Base prices range from \$995 to \$1,695. Other models include off-road, racing, recumbent and tandem versions. For more information, contact the Green Gear Cycling Company at [www.bikefriday.com](http://www.bikefriday.com) or phone 800-777-0258.

### Doing it...

From Seattle, take the Victoria Clipper to Victoria's Inner Harbor (phone 206/ 448-5000) and cycle north along the Saanich Peninsula to the ferry dock at Swartz Bay, the gateway to the Southern Gulf Islands. BC Ferries (phone 250/ 386-3431) operates scheduled services among the Southern Gulf Islands. Contact Tourism Vancouver Island in Victoria (phone 250/ 382-3551) for information on the islands. A good resource on British Columbia is the Moon Travel Handbook guide, the British Columbia Handbook, by Jane King and Andrew Hempstead.

## Healthy Bicycling

Bicycling is a lifetime sport. A cyclist will experience many facets to their lifetime adventure. For myself, bicycling started on the back of a bike in the jump seat (no helmet, no belt). It then ran the spectrum through BMX jumping and pulling wood hydros, to racing, some mountain biking, and now hauling the kids' trailer to Great Harvest. Whatever your experience may be there are a few "pearls" that will ensure health and happiness on the bicycle.

### Athletic Medicine

BY ERIK MOEN PT, CSCS

#### Proper Fitting Bicycle

Bicycle fit and comfort will make or break the experience. An improperly fit bicycle will be uncomfortable, and open the door for injuries and a short ride. Points I consider crucial for proper fit include: saddle height, saddle shape and presentation, handlebar height and reach, and cleat alignment. An abnormality at any of these locations can lead to discomfort.

#### Aerobic Time

You have to perform bicycling somewhat regularly in order to be more comfortable on

the bicycle. Time on the bicycle can equate to improved cardiovascular fitness, strength and tolerance of the bicycling posture. You should plan to ride a minimum of two times a week for at least 20 minutes. Intensity should be considered when performing aerobic bicycling. Aerobic efforts will allow you to maintain an understandable conversation with your riding partner (imaginable or real).

#### Proper Clothing

Nothing pains me more than watching people ride in temperatures below 60 deg F in shorts and a warm jacket....and then there are the unacceptable clothing issues; numb feet and improperly sized helmets. Cold, wet weather begs for insulation of not only the upper body but of the legs. Tights and leggings come in all kinds of fabrics. Do not skimp on leg insulation. You should have properly fitting tights that keep the legs warm. It is better to sweat a little than to freeze the knees. My "60-Rule" mandates tights, leg warmer at and below 60 deg F. Numb feet are often related to improper footwear. Improper footwear may include; too short, too soft, too tight, non-in-

sulated, and too unsupportive. Make sure that your bicycling clothes fit you well. The "good deal" sale-piece that compromises fit is not a good deal.

#### Stretch

Flexibility is crucial for life. Muscles of importance are those on the leg/hip (hamstrings, quadriceps&gluts), shoulders (trapezius and latissimus dorsi) and neck.

#### Strength

Preparation for cycling doesn't have to include hardcore time in the gym. You might consider a functional approach to your training. In a book recently published by The Mountaineers, *Conditioning for Outdoor Fitness*, Musnick and Pierce describe the techniques quite well.

#### Eat and Drink

You need lubricant (water) and fuel (food) for happy engine performance. Garbage in, garbage out. There is quite a bit of nutritional information on the market. A more popular scheme at this time is the 40carb/30protein/30fat diet. There is a well-known cyclist who takes the approach of 60carb/30protein/10fat diet.

## USCF names athlete of the month

Colorado Springs, Colorado – The United States Olympic Committee has named cyclist Alison Dunlap of Colorado Springs, Colorado, it's Female Athlete of the Month of December. Dunlap earns her second Female Athlete of the Month award after earning a spot on the World Championship team and winning her third consecutive national cyclo-cross championship. She will be the first U.S. woman to compete in the inaugural Women's World Cyclo-Cross Championships. This marks her third world championship event (mountain bike, road, cyclo-cross) in her career. Dunlap acquired another win at the Super Cup finals in San Francisco, Calif. She also won USOC Athlete of the Month in May 1997.

• READ  
• RIDE  
• SUBSCRIBE  
**Bicycle Paper**  
CALL  
1-888-836-5720  
TODAY

## Summit to Surf

The cycling event from Mt. Hood to Hood River




46, 53, or 66 mile options with elevation gains from 4,400' to 6,600'

**Saturday, July 22, 2000**

Call (503)736-2770, ext. 24

[www.diabetes.org/adaor](http://www.diabetes.org/adaor)

 a cycling event of  
American Diabetes Association



**the seattle international  
BICYCLE  
EXPO**

February 18-20, 2000  
at the Seattle Center

**Explore the World of Bicycling**

**Bicycling Adventure**  
across the country and around the world.

**Over 150 Exhibits**  
of the newest bikes and gear.

**Test Ride Area**  
to try out mountain bikes, folders, recumbents, and trikes.


**SEATTLE CENTER**  
Exhibition Hall

**FEB. 18-20, 2000**

Fri 4 pm - 8 pm  
Sat 10 am - 7 pm,  
Sun 10 am - 5 pm

**Admission \$7**  
Under 16 or over 65, \$5

For more information call 206-522-BIKE  
or visit [www.cascade.org/expo](http://www.cascade.org/expo)

Presented by  **Cascade**

## CALENDAR

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

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

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

All aspects of this Event Calendar are Copyright 2000 Seattle Publishing. This Calendar may not be transmitted or reproduced by any means, electronic or printed, without written consent of the Publisher.

## Events

**Feb 5: Alice B. Toelclips Awards Party.** Portland, OR. Party held to honor businesses, organizations & individuals who help promote cycling in their community. BTA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0676

**Feb 13: State Championship Race - Double Points Event.** Peninsula Indoor BMX, Port Orchard, Washington. Sign up 10-11am Mike Raich, 206-246-2661, bmxmike@ix.netcom.com

**Feb 18-20: Greater Seattle Bike Expo.** Seattle, WA. One of country's largest. Exhibitors, raffles, goodies. STP registration. Donna Seider, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**Feb 18: Bicycle Alliance Annual Bike Bash.** Seattle, WA. Alki Room, Seattle Center, 7pm. Annual award ceremony to recognize the state's best company, project, or person advocating for bicycling. Party, food, fun. Barb Culp, Bicycle Alliance, PO Box 2904, Seattle, WA, 98111. 206-224-9252 or 206-224-9253. www.bicyclealliance.org

**Feb 19: Seattle Bike Swap. Seattle Center Ranier.** Olympic & Lopez Rooms. 80 independent sellers. \$3 for one, \$5 for two, kids free. New and used cycling related equipment and clothing. Blowout prices. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazovelo.com

**Mar 18-19: Portland Bike Show.** Portland Rose Quarter, OR. Annual event showcase & sale. New products, manufacturers & retailers. 50,000 square feet. Tours, clubs & more. Bill Bradley, Westlake Promotion, 6020 Seaview Ave. NW, Seattle, WA, 98107. 206-783-5957

**Mar 26: Old Bike Swap Meet and Show.** Kent, WA. 12th Annual. 8am to 1pm. Antique, Classic Bicycles at the Kent National Guard Armory, 24410 Military Rd. Over 50 vendors and 300 bicycles last year. Ron Summer, 206-364-0922, jerrygee@email.msn.com

**Apr 2: Gold Cup Qualifier - Triple Point Event.** Peninsula Indoor BMX, Port Orchard, Washington. Sign up 10-11am Mike Raich, 206-246-2661, bmxmike@ix.netcom.com

**Apr 16: Ridge to River Relay.** Wenatchee, WA. 19th annual. Starts at top of Mission Ridge, Noriski, Alpine ski area, bike, ends with water leg where participants canoe or kayak to Wenatchee. Teams of 2 to 6 or solo. Susan Frese, Ridge to River Relay, P.O. Box 3961, Wenatchee, WA, 98807. 509-662-8799, www.r2r.org

**May 19: Bike to Work Day.** Puget Sound area. Twenty-five different work stations staffed 6-9 a.m. promoting the eighth annual event. Stop at one of the stations to receive free maps, refreshments and souvenirs. Event t-shirt available for sale. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-523-1952

**Jun 9-11: Women's Cycling Camp.** Leavenworth, WA. Estelle Gray, 206-527-1384

**Jun 25: Gold Cup Qualifier - Triple Point Event.** Port Angeles BMX, Port Angeles, Washington. Mike Thomas, 360-417-8116, williams@tenforward.com

**Aug 17: Introduction to Cyclocross.** Seattle, Washington. Dan Norton, former Masters National Cyclocross Champion, will discuss topics such as cyclocross basics, equipment and how to get started. Space is limited to 25 people. Admission is free. Jeremy McKinley, Gregg's Greenlake Cycle, 7007 Woodawn Ave NE, Seattle, WA, 98115. 206-523-1822

**Aug 18-21: Cascades to the Coast Rally.** Bellingham, WA. At Western WA Univ. Road rides from 15-100 miles and mountain biking (novice to expert), educational workshops, presentations, vendors, ice cream social. Hosted by Mt. Baker & Skagit Bike Clubs Maureen Becker, League of American Bicyclists, 1612 K Street NW Suite 401, Washington D.C., 20006. 202-822-1333, bikeleague@bikeleague.org, www.bikeleague.org

**Sep 13-30: Bike Commute Challenge.** Oregon. Encouraging businesses and individuals to promote commuting by bike or transit ride. Winners awarded at end. State-wide event. Registration for event Karen Frost Macey, Bicycle Transportation Alliance (BTA), Portland, OR, 97207.

**Nov 4: Bicycle Alliance of Washington Annual Auction.** Seattle, WA. Washington State's premier bicycle auction for cycling advocates. Fabulous antique items, support, education and the bicycle alliance's legislative agenda. Barb Culp, Bicycle Alliance, PO Box 2904, Seattle, WA, 98111. 206-224-9252 or 206-224-9253. www.bicyclealliance.org

## Offroad Racing

**Feb 6: Sagebrush Singletrack Series.** Kennewick, WA. Olympia Street course. Kevin Axt, 509-736-1331, mtnwuff@yahoo.com

**Feb 13: GT Valentines Day Challenge** (8th Annual). Belfair, WA. 11am start time, 90% single track, free prize raffle, \$20 pre-entry, \$25 race day Craig Nunes, Kamakaze Mountain Bike Club, 253-857-3002 or 253-858-8040

**Feb 20: Sagebrush Singletrack Series.** Kennewick, WA. Finley Hills course. Kevin Axt, 509-736-1331, mtnwuff@yahoo.com

**Mar 5: Sagebrush Singletrack Series.** Kennewick, WA. Olympia Street course. Kevin Axt, 509-736-1331, mtnwuff@yahoo.com

**Mar 19: Sagebrush Singletrack Series.** Kennewick, WA. Finley Hills course. Kevin Axt, 509-736-1331, mtnwuff@yahoo.com

**Apr 2: Battle in Seattle, WIM #1.** South Seacat Park, Seacat, WA. 400 participants. Cross-country racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com

**Apr 2: Sagebrush Singletrack Series.** Kennewick, WA. Channa Preserve course. Kevin Axt, 509-736-1331, mtnwuff@yahoo.com

**Apr 2: Sagebrush Sundae.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Apr 9: Vanier Park Enduro.** Vancouver, BC. cross country event. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8. 604-713-5207, hsohi@idmail.com

**Apr 9: Muddslinger.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Apr 16: Cascade Chainbreaker.** Bend, OR. 1999 Oregon Off-Road Series #2, cross-country. Sally Russenberger, Russell Resources, 442 NW State St., Bend, OR, 97701. 541-389-3295

**Apr 16: 9th Annual Bearxtr & Beeswax Race.** Tahuya Forest near Belfair, WA. Longest standing classic mountain bike race in WA state with an average of 400 participants. Proceeds go to STMC trail maintenance fund. Michael Curley, Single Track Minds Cycling, 253-566-0359

**Apr 16: Chainbreaker.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Apr 22: Big K Mountain Bike Festival.** Elktion, OR. 1999 Oregon Off-Road Series #3, cross-country. Mitch LaMowe, The Bicycle Shop, 1217 NE Walnut, Roseburg, OR, 97470. 541-957-1020, frameman@msi.net

**Apr 29-30: Chelan Mountain Bike Festival, WIM #2.** Chelan, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com

**Apr 30: 7th Annual Padden Mountain Pedal.** Lake Padden Recreation Area, Bellingham, WA. Classic Pacific Northwest race. Cross-country, trials, kids rodeo & fun race. Lodging information available at Kulshan Cycles 360-733-6440. Old Town Cycles, 360-734-9749, mp@konaworld.com

**Apr 30: Ridge Classic.** Belcarra, BC. cross country event. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8. 604-713-5207, hsohi@idmail.com

**Apr 30: Bear Creek Mt Hood.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**May 5-7: Hammerfest.** Parksville, BC. Cross country and downhill. Brian Lunn, 521 Fourneau Wy., Parksville, BC, V9P 2J7. 250-248-5441

**May 6-7: Bear Creek Mt Hood.** Oregon. Downhill and dual slalom. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**May 7: Spring Thaw.** Lithia Park, Ashland, OR. Russ Rickett, Siskiyou Velo, 164 Alameda, Ashland, OR, 97520. 541-482-8701

**May 14: British Columbia High School Invitational Mountain Bike Championships.** Victoria, BC. Five categories: Petite (grade 6-7), Bantam (grade 8), Juvenile (grade 9), Junior (grade 10) and Senior (grade 11-12). Six kilometer pedal. Awards for top five individuals and for teams. Sam Scorda, Argyle Secondary School, 1131 Fredrick Road, North Vancouver, BC, V7K 1J3. 604-985-3181

**May 14: Race at Reehers.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/



PHOTO COURTESY OF CASCADE BIKE CLUB

**May 20-21: Boneshaker Mountain Bike Bash, WIM #3.** Winthrop, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com

**May 21: Coast Hills Mountain Bike Classic.** Newport, OR. Part of the OBRA series. Awesome singletrack, fast descents & challenging climbs. Fundraiser for high school mountain bike club & honor society. Dave Campbell, c/o Newport High School, 322 NE Eads Street, Newport, OR, 97365. 541-574-0327, dave\_campbell@lincoln.k12.or.us

**May 27-28: Round the Clock- 24 hour Mountain Bike Race.** Riverside State Park, Spokane, WA. Choose from solo or several team classifications. 11 mile course. Racing from noon Saturday to noon Sunday. On site camping. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com

**May 28: Race Around The Bend.** Bend, OR. 1999 Oregon Off-Road Series #8, cross-country. Sally Russenberger, Russell Resources, 442 NW State St., Bend, OR, 97701. 541-389-3295

**May 28: Snowden Slag Slam.** Campbell River, BC. Cross country. Dan Clements, Campbell River Sprocket Rockets, 742 Birch St., Campbell River, BC, V9W 2T4. 250-286-6340, lemmings@island.net, www.slugslam.com

**May 28: Hutch's Hustle.** Bend, Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**May 4: Whidbey Island Mountain Bike Race.** Whidbey Island, WA. One Speed Promotions, 360-579-1967

**Jun 4: Blue Ridge.** Bend, Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 10: Downhill @ the Dump.** Victoria, BC. Downhill event. Jennifer Burton, Oak Bay Bicycles, 1968 Oak Bay Ave., Victoria, BC, V8R 1G2. 250-595-1937, jburton@direct.ca

**Jun 11: Pickett's Chagel.** Bend, OR. Shelley Tozer, 871 NW Federal Street, Bend, OR, 97701. 541-385-9344

**Jun 11: Mount Mac Challenge.** Revelstoke, BC. Cross country. Keith McNab, Revelstoke Cycling Association, 1565 Sheil Rd., Revelstoke, BC, V0E 2S1. 250-837-5910, keith.mcnab@hydro.bc.ca

**Jun 11: Dave Lyman Memorial.** Port Moody, BC. Cross country. Robin Lyman, 2201 St. Johns St., Port Moody, BC, V3H 2A6. 604-937-DAVE

**Jun 17-18: The Beacon Bomber, WIM #4.** Spokane, WA. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com

**Jun 17-18: Klamath Heat.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 18: John Henry Poker Challenge.** North Vancouver, BC. Fun ride. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8. 604-713-5207, hsohi@idmail.com

**Jun 24-25: Port Alberni Plummet.** Port Alberni, BC. Downhill and dual slalom. Tony Christie, Alberni MTB Association, 4740 Roger St., Port Alberni, BC, V9Y 3Z2. 250-724-1613

**Jun 24-25: Oregon State Games.** Mt Hood, Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 25: Vedder Mountain Revival.** Abbotsford, BC. Cross country event. Harp Sohi, EMP, 109-1355 West 4th Ave., Vancouver, BC, V6H 3Y8. 604-713-5207, hsohi@idmail.com

**Jun 25: Rumble Mountain Rage.** Port Alice, BC. Cross country. Jacques Mackenzie, Village of Port Alice, Box 130, Port Alice, BC, V0N 2N0. 250-284-3391, reimer@capescott.net

**Jul 1-2: Squamish Test of Metal.** Squamish, BC. Trials and cross country. Cliff Miller, PO Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-3519, cmiller@mountain-inter.net

**Jul 1-2: BC Cup.** Rossland, BC. Cross country, downhill, dual slalom. Terry Miller, Rossland Mountain Resort, Box 1385, Rossland, BC, V0S 2Y0. 250-362-7384, tmiller@metidea.com

**Jul 2: The Squilchucker, WIM #5.** Squilchuck State Park, Wenatchee, WA. Cross-country and trials' races for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com

**Jul 2: Oskridge.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 8-9: Joyride 2000.** Whistler, BC. Technical Freeriding Patrick Kaye, Box1208, Whistler, BC, V0N 1B0. 604-905-8385, p.kaye@gte.net

**Jul 9: Santiam Pedalfest.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 14-16: Whistler International Classic Mountain Bike Festival.** Whistler, BC. Fat tire criterium, time trials, Dirt criterium, cross-country, downhill, dual slalom, chainless downhill, biker x, trials, BMX, road race, road criterium, and road ITT. Claire Bonin, Team Management, Inc., P.O. Box 457, Whistler, BC, V0N 1B0. 604-938-1194, teamevents@direct.ca, www.summersession.com

**Jul 15-16: BC Cup: Bear Mountain Challenge.** Mission, BC. Cross country and downhill. Copy Adst, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-853-4561

**Jul 15-16: Okridge Weekend.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 22-23: Championships of the Universe.** Apex Mountain, BC. Cross country, downhill, and dual slalom. Ron Hayman, Penticton, BC, V2A 7W5. 250-770-1084, tacara@vip.net

## CALENDAR

**Jul 22-23: Shotgun Creek Fat Tire Festival.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**Jul 28: Double Dog Downhill & Dual Slalom.** Silver Star, BC. Robin Baycroft, Box 3002, Silver Star, BC, V1B 3M1. 250-542-0224, events@junction.net  
**Jul 28-30: BC Summer Games.** Victoria, BC. BC Summer Society, 200-990 Fort St., Victoria, BC, V8V 3K2. 250-387-1375  
**Jul 29-30: Jim Treviso Memorial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**Aug 3-6: NORBA Nationals.** Crystal Mountain, WA. 1800 athletes competing in cross-country, downhill, dual slalom, and short track events. Fun rides and kids' races too! Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com  
**Aug 5-6: Canada Cup #4.** Sunpeaks, BC. Downhill and dual slalom. Henry Pejrl, 297 1st Ave., Kamloops, BC, V2J 3J3. 250-828-2733, hopejrl@direct.ca  
**Aug 12-13: Canada Cup #5 (Finals).** Silver Star, BC. Robin Baycroft, Box 3002, Silver Star, BC, V1B 3M1. 250-542-0224, events@junction.net  
**Aug 13: Euphoria Ridge.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**Aug 19-20: Canada Cup DH #5 (Finals).** Sunpeaks, BC. Henry Pejrl, 297 1st Ave., Kamloops, BC, V2J 3J3. 250-828-2733, hopejrl@direct.ca  
**Aug 19-Sep 6: Tour de BC Stage Race.** Cranbrook-Vancouver, BC. Alan Clapp, 1290 Cartwright St., Vancouver, BC, V6H 3M5. 604-683-1361, joem@direct.ca  
**Aug 20: Return on the Jedi.** Grants Pass, OR. 2000 Oregon Off-Road Series cross-country. Top-rated course finishes on five miles of twisting singletrack ("The Jedi Trail") at Sam Brown Campground. 28 miles for experts, 21 miles for beginners. Mark Lansing, Mark Lansing Law Offices, 242 NW E. St., Grants Pass, OR, 97526. 541-471-9239, brewbike@cdsnet.net  
**Aug 26-27: Schweitzer Dirt and Rock Tour, WIM #4.** Schweitzer Mt. Resort, Sandpoint, ID. Cross-country and downhill racing for all ages and ability levels. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com  
**Aug 26-27: Cottage Grove Fat Tire Festival.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**Sep 2-3: 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 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. Trillife Sports International, 7321 Victoria Park Ave., Unit #8, Markham, Ontario, L3R 2Z8 Canada. 905-944-9436 www.24hours0f adrenalin.com

**Sep 2-3: Masters MTB World Championships.** TBA. CCA, 613-748-5629  
**Sep 2-3: Willamette Pass.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**Sep 9-10: 6th Annual Tahuya Poker Run.** Tahuya Forest near Belfair, WA. Single Track Minds Cycling Club presents the 6th Annual Tahuya Poker Run a favorite tradition for the whole family. Michael Curley, Single Track Minds Cycling, 253-566-0359  
**Sep 9-10: Seymour Festival.** North Vancouver, BC. Cross country, downhill and dual slalom. Lifestyle Media, 206-1316 West 11th Ave., Vancouver, BC, V6H 1K8. 604-731-5617, sfarion@attcanada.net  
**Sep 15-16: The Bike Race.** Hornby Island, BC. Downhill and dual slalom. Tig Cross, General Delivery, Hornby Island, BC, V0R 1Z0. 250-335-0444 or 1-800-367-1744, info@thebikerace.com, www.thebikerace.com  
**Sep 23-24: State MTB Championships.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**Sep 30-Oct 1: Panorama Frosty Fest MTB Party.** Invenmere, BC. Cross country and downhill. Aaron McConnell, Altitude Events Inc., 403-678-1635, alev@telusplanet.net  
**Oct 6-8: 13th Annual Methow Valley Mtn. Bike Festival.** Winthrop, WA. 3 day mountain bike event includes circuit race, catered lunch rides, downhill races (kids and adults), salmon dinner, bike rodeo, cross-country races (kids and adults), MVSTA, P.O. Box 147, Winthrop, WA, 98862. 509-996-3287, mvsta@methow.com, www.mvsta.com



### Offroad Touring

**Feb 5: Tour De Palm Springs.** Palm Springs High School. 5, 20, 50 or 100 miles. Terrain: flat. Time: 7:30 a.m. Randy Ice, SCOR Cardiac Cyclists Club, P.O. Box 9065, Brea, CA, 92822. 562-690-9693  
**Jun 3: MS Mountain Bike Ride.** Fall City, WA. Fun-filled day on the Weyerhaeuser Tree Farm with a 50k route for all abilities and a challenging 70k route with single track. \$25 + \$75 in pledges. Funds benefit people with MS & their families. Angie Santo, National MS Society, 192 Nickerson St #100, Seattle, WA, 98109. 206-284-4236 or 800-800-7047  
**Jun 10: Tour de Blast.** Toutle, WA. In its 7th year, the Tour de Blast offers both a 50 & 135k ride. Well staffed by Longview Noon Rotarians, this ride presents breathtaking views of the Mt. St. Helens blast zone. \$30 covers t-shirt, rest stops & end of ride pasta feed. Tom Deutsch, Longview Noon Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tdn.com/tourdb

**Jul 7-9: Whistler International Classic Gravity Tour.** Whistler, BC. Downhill, dual slalom, biker cross, chainless downhill. Team Management, Box 457, Whistler, BC, V0N 1B0. 604-938-1194, cbonin@pacificcoast.net, www.summersession.com  
**Jul 8-9: 5th 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, R.E.M. Event Management, Inc., 1-1816 McNicoll Ave. Vancouver, BC, v6j 1a4. 604-SEA-2SKY or 604-730-1247, info@great-explorations.com, www.great-explorations.com  
**Aug 13-27: 5th 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, Great Expectations, 1-1816 McNicoll Ave, Vancouver, BC, v6j 1a4. 604-730-1247, info@great-expectations.com or www.great-explorations.com  
**Aug 13: TRYBR.** Tenino, WA. Begins at city park, 7 am. \$17 Bill Hine, Capitol Cycling Club, 360-923-0244  
**Sep 3-17: 5th 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, Great Expectations, 1-1816 McNicoll Ave, Vancouver, BC, v6j 1a4. 604-730-1247, info@great-expectations.com or www.great-explorations.com  
**Sep 24: Prairie-Roubaix.** 60 mile on/off road ride Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com  
**Oct 23-Nov 6: Mali: Sahel Journey.** Africa. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, lbike@bike.org, www.lbike.org  
**Nov 8-22: Guinea: People-to-People.** West Africa. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, lbike@bike.org, www.lbike.org

**Feb 6-Apr 2: Sagebrush Singlettrack Series.** Kennewick, WA. Kevin Axt, 509-736-1331, mtwuff@yahoo.com  
**Mar 4-26: Spring Series Road Races.** Vancouver, B.C., Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca  
**Mar 4-18: Mason Lake Road Race Series.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98106. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com  
**Mar 5-19: Bananna Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**Apr 2-Aug 29: WIM Mountain Bike Racing Series.** Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, cisco@roundandround.com, www.roundandround.com  
**Apr 6-Aug 24: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com  
**Apr 11-Aug 29: Welder Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Welder. Every Tuesday Night (except 7/25 & 8/2) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+, Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com  
**May 1-Aug 28: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org  
**May 2-Aug 29: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca  
**May 4-Sep 28: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/  
**May 9-Sep 5: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglimes, Marymoor Velodrome Association, 206-675-1424  
**May 17-Sep 27: 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 Meglimes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org



### Series Races

**Jan 1-Dec 31: Maple Valley Saturday Road Rides.** Maple Valley, WA. 40 to 70 mile road training ride every Saturday. 8 a.m. start. Varying pace (18-21 mph average). Snow/ice cancels. Meet at Four Corners Shopping Center (behind car wash). Brett Curle, 16524 132nd Pl. SE, Renton, WA, 98058. 425-271-6057

## ADVENTURE AWAITS

Looking for something to stir your soul this year? Join us! Choose from several cycling trips or expand your horizons by climbing Mount Rainier. And, make a difference in your community. Events benefit the American Lung Association of Washington, because:

*"when you can't breathe, nothing else matters."*

### Trek Tri-Island: Sept. 9-11, 16-18 & 23-25

Begin in Seattle and end in historic Victoria, B.C. 135 total miles, full support provided. Teams and individuals wanted. Space is limited.

### Adventure Trek 2000: Last week of June

Start and end in Wenatchee, WA, exploring Grand Coulee and Lake Chelan along the way. The perfect week-long trip for recreational riders. Fully supported.

### The Big Ride Across America: June 19 - Aug. 5

The ultimate adventure - from Seattle to Washington D.C. on the seat of your bicycle. 3,250 miles of scenery and self discovery - you'll never be the same.

### The Climb for Clean Air: Six dates in July

Challenge yourself to the best view in the Northwest - from the top of Mount Rainier. No experience necessary. Hosted by Lou Whittaker. Space is limited.

## YOUR PASSPORT TO ADVENTURE

For information on any of these events,

surf: [www.alaw.org](http://www.alaw.org)

call: 206-441-5100 or 800-732-9339



**AMERICAN  
LUNG  
ASSOCIATION®**  
of Washington

## CYCLING ACCIDENT & INJURY CLAIMS HARVEY GRAD

No charge for an initial consultation

Member, Cascade Bicycle Club  
Former member STP Executive Committee  
13 consecutive STPs

"Serving the cycling community"

(206) 343-4760

Attorney at Law

1335 Puget Sound Plaza,  
Seattle, WA 98101

HGrad@aol.com

# CALENDAR

**May 19-Sep 8: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424



## Road Racing

**Mar 4: Mason Lake Road Race #1.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Mar 4-5: Spring Series Road Races.** Vancouver, B.C., Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Mar 5: Banana Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Mar 11: Mason Lake Road Race #2.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Mar 11-12: Spring Series Road Races.** Vancouver, B.C., Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Mar 12: Banana Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Mar 18-19: Spring Series Road Races.** Vancouver, B.C., Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Mar 18: Mason Lake Road Race #3.** Mason Lake, WA. Road race series at Mason County Park. \$15 per race. Rolling 13 mile loop around Mason Lake. No major climbs. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Mar 18: Southern Oregon Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Mar 19: Banana Belt Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Mar 25: Snohomish Road Race.** Snohomish, WA. Road race at Flowing Lake Park. \$20. Rolling 11 mile loop on country roads with small steep rollers. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Mar 25-26: Spring Series Road Races.** Vancouver, B.C., Club races. Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Mar 25: Southern Oregon Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Mar 26: Estacada Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Mar 27: Jack Frost Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Apr 1: Southern Oregon Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Apr 2: Estacada Time Trial.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Apr 6: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Apr 8: Kings Valley Road Race.** A rolling course perfect for the strong man/woman. 19.5 mile loop on good to excellent roads. Perfect tune-up for the Tour of Willamette. Scott Goldstein, Classic Events, 2290 Corinthian Court, Eugene, OR, 97405. 541-343-4833

**Apr 9: Vashon Island Circuit Race.** Vashon Island, WA. Road race at Reddings Beach Rd. \$20. 3 mile circuit with a 7% 1/2 mile climb each lap. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Apr 11-16: Tour of Willamette.** Eugene, OR. Larry Smith, Tour of the Willamette, 1888 Lincoln Street, Eugene, OR, 97401. 541-293-6505

**Apr 11: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Apr 13: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Apr 18: Seward Park Spring Classic.** Seattle, WA. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Apr 18: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Apr 20: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Apr 22-23: Bobcat Classic Collegiate Race.** Bozeman, MT. Collegiate riders only. Jeremy Martin, jeremym@montana.edu

**Apr 25: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Apr 27: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**May 1: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229. sparky@teleport.com, www.obra.org

**May 2: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**May 2: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**May 4: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**May 7: BC Classic Criterium.** Langley, BC, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**May 7: State Championship Road Race.** Longbranch, WA. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**May 8: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229. sparky@teleport.com, www.obra.org

**May 9: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**May 9: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**May 11: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**May 13: Seward Park Summer Classic.** Seattle, WA. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**May 15: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229. sparky@teleport.com, www.obra.org

**May 16: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**May 16: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**May 18: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**May 21: Beaverton Grand Prix.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**May 22: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229. sparky@teleport.com, www.obra.org

**May 23: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**May 23: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**May 25: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**May 27: Larch Mountain Hillclimb.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**May 30: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**May 30: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jun 1: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jun 3: Leavenworth Road Race.** Leavenworth, WA. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jun 3: Silvertown Road Race.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 4: Silvertown Criterium.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 5: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229. sparky@teleport.com, www.obra.org

**Jun 6: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jun 6: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jun 8-18: Howlett Packard International Women's Challenge.** Boise, ID. Women's stage race. Founded 1984, Nancy Spittle, Women's Challenge, Inc., 208-344-1734 ext. 225. nspittle@boh-zone.com, www.hplwc.com

**Jun 8: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jun 9-11: Columbia Plateau.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 10-11: Race Across Oregon.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 12: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229. sparky@teleport.com, www.obra.org

**Jun 13: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jun 13: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jun 15: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jun 17: Wizards of the Coast Twilight Criterium.** Ballard, WA. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jun 17-18: Woodland Bottoms.** Oregon. Candi Murray, OBRA, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 20: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1) @ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jun 20: Adidas World Tuesday Night Championships .** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jun 22: Seward Park Cycling Series.** Seattle, WA. Criterion every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W. Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jun 24: Cannonball.** Seattle to Spokane, WA. NW's oldest cross-state one-day ultramarathon cycling event. Starts at 190 bike tunnel, follows 190. Pre-reg. at Bike Expo. 425-739-8609 RedmondCyclingClub.org



PHOTO BY JOHN PRATT/PURSUIT PHOTO

## CALENDAR

**Jun 24: White City Circuit Race.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 25: Rehersal Road Race.** Oregon, Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 25: Mac Club Rehersal Time Trial.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jun 27: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jun 27: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jun 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, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 1: Sequim Stage Race.** State Championships. Sequim, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 2: Fort Vancouver Criterium.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 3: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Jul 4: 25th Annual Joe Matava Memorial Classic Criterium and WA state Jr. Championship Criterium.** Burien, WA. Promoters: Wheelsport Cycling Team. Flat, 6 corner course. All categories. Free kid's race. Dave Bachman, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, dbachman@libertycontrols.com

**Jul 4: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 4: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jul 6: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 8: S-2-S. Washington.** Ultramarathon cycling event crosses WA west to east, 9th annual. 285 miles, 12,000 ft. elevation, mostly on Hwy. 2. Pre-reg at Bike Expo. 425-739-8610 RedmondCyclingClub.org

**Jul 9: Cascade Cream Puff.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 9: Vancouver Race.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 10: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Jul 11: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 11: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jul 13: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 15: Snohomish Kia Ha Ya Days Road Race.** Snohomish, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 15: Mt Tabor Criterium.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 16: 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. Mark Grant, Mead Management Group, 80 Vine Street, Suite 308, Seattle, WA, 98121. 206-448-5868, events@mmginc.com

**Jul 16: District Road Race.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 17: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Jul 18: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Jul 18: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jul 20-23: Cascade Cycling Classic.** Bend, OR. Category A Stage Race Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 www.sunnysidesports.com

**Jul 20: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 24: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Jul 25: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Jul 27: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 30: HMC Twilight Criterium.** Bainbridge Island, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Jul 30: Oregon Time Trial Championships.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Jul 31: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Aug 1: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Aug 3: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Aug 7: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Aug 8: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Aug 8: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Aug 10: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Aug 12: Volunteer Park Summer Classic.** Seattle, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Aug 12: Star Chase.** Grants Pass, OR. 20-mile road race for riders of all ages and abilities. Mark Lansing, Mark Lansing Law Office, 242 NW E. St., Grants Pass, OR, 97526. 541-471-9239

**Aug 12: Crawfish Festival.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Aug 14: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Aug 15: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Aug 15: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

**Aug 17: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921. pazzo@accessone.com, www.pazzovelo.com

**Aug 20: Camas Criterium.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Aug 21: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Aug 22: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1)@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072. tjolly@seattlemortgage.com

**Aug 22: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947 www.escapevelocity.bc.ca

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

This year we're offering three separate sessions. Weekend camp will be held **June 9,10,11** and **July 28,29,30** and **August 4,5,6** at Mountain Springs Lodge outside of Leavenworth, Washington. The seminars and instruction will be geared towards women who want to ride their bikes more efficiently. We'll focus on understanding your gears so that you can ride faster and further more easily. We'll concentrate on making the hills feel easier and help you improve your bike handling skills. We'll cover topics such as efficient gear shifting, injury prevention, proper bicycle fitting, training, basic roadside repairs, equipment and clothing. You'll have an opportunity to try clipless pedals and work with a cadence computer.

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

### Instructors will include:

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

### Cost of the camp is \$399 and includes:

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



To sign up: ☐ June ☐ July ☐ August

Name \_\_\_\_\_ Phone(s) \_\_\_\_\_

Address \_\_\_\_\_ City, St. Zip \_\_\_\_\_

Form of Payment: \_\_\_\_\_

Check enclosed Credit Card # \_\_\_\_\_ exp. \_\_\_\_\_

Type of card: ☐ Visa ☐ MC ☐ Discover

We will send follow up confirmation with detailed information

To receive further information e-mail us at rotdandem@aol.com or leave a message at 206-527-8931 ext:911

**June 10**

Mount St. Helens

**Tour De**

**Blast**

50K r / t & 135K r / t

\$30.00 reg. fee  
after 05-10-00 fee is \$40  
fee includes T-shirt, food/drink  
& end of ride pasta feed

Call **360-749-2192**  
www.tourdeblast.com

# CALENDAR

**Aug 24: Seward Park Cycling Series.** Seattle, WA. Criterium every Thursday night. \$8 per night. .8 mile loop inside Seward Park with one 120 degree turn and 100 yard hill. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com

**Aug 26: WA State Hillclimb Time Trial Championships.** Crystal, WA. Promoters: Wheelsport Cycling Team. 6 miles, ~1500 ft. elevation gain. All categories. Dave Bachman, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, dbachman@libertycontrols.com

**Aug 26-27: Masters Track Championships.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Aug 27: Seward Park Season End - WSBA Awards.** Seattle, WA. David Douglas, Event Promoter, 4207 S.W Hill Street, Seattle, WA, 98116. 206-932-5921, pazzo@accessone.com, www.pazzovelo.com

**Aug 28: Monday Night Masters & Women PIR Series.** Portland, OR. Flat, smooth closed course. Registration starts at 5:30 pm and racing starts at 6:30 pm. \$11 registration. Jim Anderson, 503-975-8229, sparky@teleport.com, www.obra.org

**Aug 29: Weider Road Race Series.** Kent, WA. Tuesday night road race series at SIR. Sponsored by Weider. Every Tuesday Night (except 7/25 & 8/1@ 7 p.m. Groups: Cat 1, 2, 3; Cat 4, 5; Masters 35+. Tracy Jolly, 267 E. Newton #A, Seattle, WA, 98102. 206-322-0072, tjolly@seattlemortgage.com

**Aug 29: Adidas World Tuesday Night Championships.** Victoria, B.C., Ted Ritter, Escape Velocity Cycling Club, 2964 West Eighth Ave, Vancouver, BC, V6K 1C1. 604-733-6947, www.escapevelocity.bc.ca

**Sep 3: Oregon Hillclimb Championships.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Sep 16-17: Eugene Celebration Races.** Eugene, OR. 2 road races, 1 time trial in and around Eugene. Mixed terrain. Jim Anderson, 541-349-9270, sparky@teleport.com, www.obra.org

**Sep 24: Jean Chin Hillclimb.** Oregon. Candi Murray, OBRA, , cmurray@teleport.com or obra@teleport.com, www.obra.org/

## Road Touring

**Jan 9-14: Hawaii Tour.** Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**Jan 20-Feb 2: Uganda - Pearl of Africa.** Uganda. Entebbe into Kampala and the Queen Elizabeth National Park and back. 13 days. Accommodations, food and support. Mountain bikes, 12 to 43 miles per day. \$990 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, ibike@ibike.org, www.ibike.org

**Feb 2-17: Tanzania: Surf to Summit.** Tanzania. Starting on Zanzibar and ending with a climb of Mt. Kilimanjaro. Diverse scenery, friendly people, much more. 250 miles, long hills biking, high elevation hike. \$1490 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, www.ibike.org

**Feb 13-18: Hawaii Tour.** Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**Feb 25-Mar 1: Hawaii Tour.** Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**Feb 27: 27th Annual Chilly Hilly.** Bainbridge Island, WA. Open new millennium with 33 mile Tour of Bainbridge Island. Donna Schmidt, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 522-2403

**Mar 11: Chinook Sh-Sh-Shiver.** Yakima, WA. 9am; 100, 75, 50 & 25 km. Mostly flat country backroads, a few gradual inclines. Water, restrooms, snacks, sag, showers. \$15. Barry Schmidt, Sagebrush Cycles, 1406 1/2 Fruitvale Blvd., Yakima, WA, 98902. 509-248-5393

**Mar 11: Solvang Century & Half Century.** Solvang, CA. 50 or 100 miles. Entry fee: \$40 Terrain: both routes are moderately hilly. Randy Lee, SCOR Cardiac Cyclists Club, P.O. Box 9065, Brea, CA, 92822. 562-690-9693

**Mar 12-17: Hawaii Tour.** Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**Mar 18: McClinchy Mile.** Monroe, WA. Start at Monroe middle school, 25-75 miles. \$15 includes maps and snacks. Marked routes. Registration forms available at Expo or Dan Scott, www.bikesclub.org

**Mar 25-Apr 1: Hawaii Tour.** Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**Mar 26: 100K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, randos@island.net/~randos/index.html



PHOTO BY RICK FLEBE

**Mar 31-Apr 12: Tunisia Odyssey: Eden to Oasis.** Tunisia. Diverse culture & beautiful landscapes of coastal and Sahara zones of southern Tunisia. Wondrous array of people, architecture, culture & landscape. 90% paved roads, hills. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, ibike@ibike.org, www.ibike.org

**Apr 1: 200K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, randos@island.net/~randos/index.html

**Apr 7-Jun 29: Trans America Millenium Tour.** Yorktown, VA - Florence, OR. Virginia to the Oregon Coast. All Women 84 day tour, van supported. 3-4 week segments available. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444, www.womantours.com

**Apr 8: Peace Populaire.** Peace River, BC. Wim Kok, BC Randonneurs, 250-785-4589, wkok@nlc.bc.ca, www.island.net/~randos/index.html

**Apr 10-22: Tunisia Odyssey: Historic North.** Tunisia. Extraordinary concentration of archeological, cultural & religious sites. Paved roads, long hills. David Mozer, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, ibike@ibike.org, www.ibike.org

**Apr 16: 25th Annual Daffodil Classic.** Orting, WA. 20, 50, 70, 100 mile routes. Pre-reg: \$12 (person), \$30 (family) until 4/1. \$18 T-shirt. Limit 2,000. Foothills Trail fun ride (pre-reg only). On-site reg: 7am-noon. Orting Elem: \$15, \$35 \$20. Karen or Jan, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-752-0764 or 253-759-6984, daffodil@twbc.org, http://www.twbc.org

**Apr 16: Guacamole Grande.** Fallbrook, CA. 10, 20, or 50 miles. Entry fee: \$10-15. 20 & 50- \$26 Randy Lee, SCOR Cardiac Cyclists Club, P.O. Box 9065, Brea, CA, 92822. 562-690-9693

**Apr 16-23: Hawaii Tour.** Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**Apr 22: 300K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, randos@island.net/~randos/index.html

**Apr 22: 200K Ride.** Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

**Apr 23-28: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**Apr 30: Sunnyside Sports Anniversary & Bike-a-Roo Breakfast Ride.** Bend, OR. A quality pancake breakfast followed by a 25 mile road ride Susan Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

**Apr 30-May 5: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

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

**May 2: Monster Cookie Metric Century Bicycle Ride.** State Capitol Mall, Salem, OR. Recreational ride through backroads to Champoug State Park and back. Entry fee is for map, rider ID# & checkpoint services. Full-service checkpoints including toilet facilities along the route. Snacks, fruit & refreshments will be available. Doug Parrow, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-390-9558, dparrow@teleport.com

**May 5-7: Martha's Vineyard Bike Trek.** Martha's Vineyard, MA. Tour island, two days, two meals per day. Highlights: New England Inns, cliffs, history. Jennifer, American Lung Association of Massachusetts, 1 Abbey Lane, Middleboro, MA, 02346. 508-947-7204, alam@gis.net

**May 5-7: Fleche Pacificque.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

**May 6: Ride Around Clark County- 16th Annual.** Clark County, WA. Starts Clark Community College, 6:30-8:45 am. 18, 34, 65, 100 mile options. Pre-reg. by 4/24: \$14 (plus \$10 for T-shirt). Day-of: \$19 (no shirt). Part of proceeds donated. Scott Martin, 360-834-6737, smartin80@juno.com

**May 6-7: Tour de Vine.** Penticton, BC. Ron Hayman, 329 Lower Bench Rd., Penticton, BC, V2A 8V4.

**May 7: 22nd Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**May 13: 18th Annual Historical Lewis County Bicycle Ride.** Chehalis, WA. 20, 46, 72 & 100 mile courses. Register/start between 7:30-9:30am. Start/finish at Stan Hedwall Park. Food/drink/rest stops, course map, marked course, narrative & sagwagon. Joe Cleary, Lewis County Recreation, 360 NW North St. MS-CSD01, Chehalis, WA, 98532. 360-740-1135

**May 13: Skagit Classic Bicycle Ride.** Burlington, WA. Starts at Bayview Elementary School. 25, 40, 62, 100 mile options. Neal Rothenbuhler, P.O. Box 363, Burlington, WA, 98233. 360-595-2357, neal@pacificrim.net

**May 13: Grants Pass Bike Fair.** Grants Pass, OR. All Sports Park. Competitive & non-competitive rides, safety inspections, product displays and demonstrations. Mark Lansing, Mark Lansing Law Office, 242 NW E. St., Grants Pass, OR, 97526. 541-941-9239

**May 13-14: Scenic Tour of the Kootenai River (STOKR) 2000.** Montana. 6th annual ride. Two-day tour in remote northwest Montana (just 3 hrs northeast of Spokane). Limit: 250 riders. 5/13: 98 or 45 mile options. 5/14: 40 mile loop. \$40, benefits local Habitat for Humanity affiliate. Susie Rice, 1020 Idaho, Libby, MT, 59923. 406-293-2441, gregrice@homer.libby.org

**May 13: The Rhody Tour Metric & Half-Metric Century.** Port Townsend, WA. Haines Place Park & Ride Lot. 32, 45, 55, 62 mile options. Reg. 8:10 am, \$15. Food & water stops, SAG, map. Proceeds to help provide helmets for kids and to the Bicycle Alliance of Washington. David McCulloch, Port Townsend Bicycle Assoc. & Rhododendron Festival, P.O. Box 681, Port Townsend, WA, 98368. 360-385-3912, jdmcc@olympus.net, www.ptgide.com/rhodytour

**May 13: 300K Ride.** Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

**May 13: 400K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, randos@island.net/~randos/index.html

**May 14-21: Hawaii Tour.** Hilo, Hawaii, 6 & 8 day tours available. Cycling highlights: Kilauaea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**May 19: Bike to Work Day.** Puget Sound Area, WA. Join thousands of cyclists on national bicycle commuting day. T-shirts, souvenirs. Scott Campbell, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**May 20: Le Petit Tour.** Peace River, BC. Wim Kok, BC Randonneurs, 250-785-4589, wkok@nlc.bc.ca, www.island.net/~randos/index.html

**May 22-26: California Redwoods Tour.** Garberville, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060, www.bicyclesadventures.com

**May 22: Two County Double Metric Century.** Olympia, WA. Begins at Millersylvania State Park, 7 am. \$17 Margo Munson, Capitol Bicycling Club, 360-273-8020, pmunson1@ocalaccess.com

**May 21-Sep 30: 15th Annual Santa Fe Century.** Santa Fe, NM. 25, 50, 75, 100 mi. routes. 6 food stops, sagwagon. \$15. T-shirts, wind breakers may be ordered in advance. Willard Cullcott, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-862-1282, chlicott1@aol.com, www.santafecentury.com

**May 21: 200-300K Ride.** Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

**May 27: 400K Ride.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

**May 28: No Frills Century.** Redmond, OR. 100 & 65 road ride around Redmond, Prineville and Madras. Susan Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, sunnyside@kmx.com, www.sunnysidesports.com

**Jun 3: Apple Century Bicycle Ride.** Walla Point Park, Wenatchee, WA. 100, 75 & 50 mile road touring ride; full support & monitoring; 4 rest stops for the 100 mile ride; 3 for the 50; sag wagons start at 8am. Canadian registration accepted at par. Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807-1433. 509-886-1837, vandoren@televue.com, www.wenatcheesunrise.org/century

**Jun 3: Le Grand Tour.** Peace River, BC. Wim Kok, BC Randonneurs, 250-785-4589, wkok@nlc.bc.ca, www.island.net/~randos/index.html

**Jun 3: 400K Ride.** Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

**Jun 4: 18th Annual Peninsula Metric Century.** Gig Harbor or Southworth, WA. 50, 70, 100 & 100 mile routes. \$15 (person) & \$35 (two adult family) (\$12 & \$30 before 6/1). \$15 T-shirt, pre-order. Great food, mechanical support & map. Limit 1,000 riders. Roz or Carol, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-857-5396, pnc@twbc.org, www.twbc.org

**Jun 4-27: Great Alaska Highway Ride 4.** Delta Junction, AK to Dawson Creek, B.C. Pedal the entire length of the Alcan Highway, through Alaska, Yukon Territory, and B.C. Fully supported, camping. Tom Sheehan, Cycle Events, PO Box 7491, Jackson Hole, WY, 83002. 888-733-9615, biking@cycleevents.com, http://www.cycleevents.com

**Jun 9-12: Ride around the Marble Mt. Wilderness.** Northern Oregon border into Oregon border. Northern California border into Oregon border. All meals, van support and camping included for \$250. Russ Rickert, Siskiyou Vello, 164 Alameda, Ashland, OR, 97520. 541-482-8704

**Jun 10-11: 600K Ride.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, John.Bates@BCHydro.bc.ca, www.island.net/~randos/index.html

# CALENDAR

**Jun 11-16: California Redwoods Tour.** Garberville, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicycledventures.com](http://www.bicycledventures.com)

**Jun 11-17: Yellowstone and the Grand Tetons.** Jackson, WY. All women 7 day tour of Grand Teton and Yellowstone National Parks. \$1290 includes 6 nights, support, most meals. 253 miles. Gloria Smith, WomanTours, Box 931, Driggs, ID, 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Jun 12-22: "Bike-Aid"** (Annual Cross-Country Trek for Global Education), CA, OR, WA. Annual cross-country cycling adventure that promotes global education. Learn about global issues while traveling & meeting with communities. Bike-Aid/JustAct, 333 Valencia St./101, San Francisco, CA, 94103. 415-431-4480 or 800-RIDE-808, [bikeaid@justact.org](mailto:bikeaid@justact.org), [www.bikeaid.org](http://www.bikeaid.org)

**Jun 17: Trident Triple Bike Classic.** Silverdale, WA. Beautiful, scenic routes through Submarine Base Bangor. 16 & 33 mile routes are easy with a few hills. 50 & 100 mile routes are challenging and offer varied terrain with some big hills. Sag wagons, rest stops with snacks & drinks, mechanics available. T-shirts for sale. Nancy Whitaker, Silverdale Chamber of Commerce, P.O. Box 1218, Silverdale, WA, 98383. 360-692-6800

**Jun 17-18: Y2K Summer Solstice.** Peace River, BC. Wim Kok, BC Randonneurs, 250-785-4589, [wkok@nbc.bc.ca](mailto:wkok@nbc.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jun 17: 600K Ride.** Kamloops, BC. Bob Boonstra, BC Randonneurs, 250-828-2869, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jun 18-19: Super Tour 2000.** Eastern Washington & B.C. Advanced ride: avg. 80 miles per day. Support and meals included. \$480 Wayne Martin, P.O. Box 1527, Chelan, WA, 98816. 509-682-3568, [waynesue85@yahoo.com](mailto:waynesue85@yahoo.com), [www.waynesue.com](http://www.waynesue.com)

**Jun 18: Rando Ride Series.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jun 19-Aug 5: The Big Ride Across America.** Seattle to Washington, D.C. Ride benefits the American Lung Association. Paul Payton, American Lung Association of WA, 2625 Third Ave., Seattle, WA, 98121-1213. 206-441-5100 or 877-THIRDE WWW.alaw.org

**Jun 23-25: 1000K Ride.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jun 24: Washington's National Park Ride 2000.** North Cascades National Park, WA. Ride along Highway 20 through North Cascades National Park. Benefits Washington State's three national parks. Includes long-sleeve t-shirt and fundraising prizes. Harvey Potts, Washington's National Park, 1221 Third Avenue, Suite 501, Seattle, WA, 98121. 206-770-0627, [comrel@a.net](mailto:comrel@a.net), <http://www.wnnp.org>

**Jun 25: Flying Wheels Summer Century.** Washington, 3 route options. 100 mi loop tougher than STP. Great training. Donna Schmidt, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**Jul 1: 9th Annual Midsummer Nightmare Double Century.** Spokane, WA. Scenic tour over two passes. Includes map, food, shirt, sag support, two ferry rides. Steve Sausser, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-922-7249, [stevesausser@msn.com](mailto:stevesausser@msn.com)

**Jul 1: 133 Populaire.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jul 2-7: California Redwoods Tour.** Garberville, CA. 6 day tour. Cycling highlights: Avenue of the Giants; The "Lost Coast," a secluded road along the coast. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicycledventures.com](http://www.bicycledventures.com)

**Jul 4-18: Zimbabwe: Mashonaland Sojourn.** Zimbabwe. Visits to Great Zimbabwe, San rock art & national parks and breathtakingly beautiful biking, hills & moderate elevation. David Moez, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, [ibike@ibike.org](mailto:ibike@ibike.org), [www.ibike.org](http://www.ibike.org)

**Jul 8-15: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdehnde 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.bicycledventures.com](http://www.bicycledventures.com)

**Jul 8-9: 21st Annual Seattle to Portland Bike Classic.** Seattle, WA. Largest and best cycling event in nation. 200 miles in 1 or 2 days, 8000 rider limit. Donna Schmidt, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**Jul 8: S-2S. Washington.** Ultramarathon cycling event crosses WA west to east. 9th annual. 285 miles, 12,000 ft. elevation, mostly on Hwy. 2. Pre-reg at Bike Expo. 425-739-8610 [RedmondCyclingClub.org](mailto:RedmondCyclingClub.org)

**Jul 9-14: Tour de Tetons.** Grand Tetons/Driggs, ID. All women 6 days tour from Rexburg Idaho to Grand Teton National Park. Trip price of \$1180 includes 5 nights lodging, most meals and van support. 240 miles. Woman Tours, Box 931, Driggs, ID, 83422. 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Jul 9: Rando Ride Series.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jul 15-20: Tour of Waterfalls and Bridges.** Eugene, OR. 6 day, 350 mile loop to Silver Falls State Park. Corvallis, covered bridges, Brownsville, Harrisburg. Fully supported, breakfast, dinner, snacks, \$585 with camping. Motels available, add'l cost. Intermediate. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, [patfnrd@efn.org](mailto:patfnrd@efn.org), [www.pathfinders.com](http://www.pathfinders.com)

**Jul 16: Ice Cream Classic.** Sunniver, OR. 56 miles road ride around Mt. Bachelor followed by Ice cream Social Susan Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 [www.sunnysidesports.com](http://www.sunnysidesports.com)

**Jul 18-19: 1: Zimbabwe: Matabeleland Sojourn.** Zimbabwe. Victoria Falls, Matobo & Hwange National Parks, San rock art, Batonga culture, wildlife, canoe safari & white-water rafting. \$10 dirt, rolling terrain. David Moez, International Bicycle Fund, 4887 Columbia Drive South, Seattle, WA, 98108-1919. 206-767-0848, [ibike@ibike.org](mailto:ibike@ibike.org), [www.ibike.org](http://www.ibike.org)

**Jul 20-23: Five Tribe Bike Tour.** Washington State. 210 mile ride from Nisqually to Chehalis, Shalwater Bay, Squaxin Island and Skokomish Tribes in four days. Pledges and sponsorship support Native youth programs. Support including a t-shirt, breakfasts, dinners and lunch will be provided. Cost is \$200 in pledges. Patricia Provo, South Puget Intertribal Planning Agency, SE 2750 Old Olympic Highway, Shelton, WA, 98582. 360-426-3990

**Jul 21-24: Ride Around the Marble Mt. Wilderness.** Northern California near Oregon border. Northern California near Oregon border. All meals, van support and camping included for \$250. Russ Rickert, Siskiyou Velo, 164 Alameda, Ashland, OR, 97520. 541-482-8704

**Jul 22-29: Volcanoes of Washington Tour.** Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park Windridge; Mt. St. Helens; Mt. Hood. 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.bicycledventures.com](http://www.bicycledventures.com)

**Jul 22-23: MS 150 Bike Tour.** Seattle, WA. 150 mile tour from West Seattle through Kitsap Peninsula. Reg. 6:30 am, start 7:15 am. Angie Santo, National MS Society, 192 Nickerson St #100, Seattle, WA, 98109. 206-284-4236 or 800-800-7047

**Jul 22: 300K Ride.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jul 24-30: Gulf Island Explorer.** Canada. Victoria to Mayne Island, Galiano, Galiano and Salt Spring. Harbor House Inn, Galiano Lodge, Ocean Wood Country Inn. 7 days/7 nights. Group size limited to 12-18. \$1250 Robbin McKinney, Great Expectations, 1-1816 McNicoll Ave, Vancouver, BC, v6j 1a4. 604-730-1247, [info@great-explorations.com](mailto:info@great-explorations.com) or [www.great-explorations.com](http://www.great-explorations.com)

**Jul 26: Watermelon Rides.** Chemewa High School, Salem, OR. Challenging recreational rides of 62, 100, 124 & 200 miles through mid-Willamette Valley. Full-service rest stops with food & energy drinks & toilet facilities will be provided, as well as limited mobile support. Joanne Hellingner, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-399-9652 [mccabe@open.org](mailto:mccabe@open.org)

**Jul 27: RAMROD 2000.** Enunclaw, WA. 17th Annual Ride Around Mt. Rainier in One Day. 154 miles, 10,000 ft. elevation. 700 rider limit. Pre-reg at Bike Expo. Redmond Cycling Club hosts. 425-739-8610 [RedmondCyclingClub.org](mailto:RedmondCyclingClub.org)

**Jul 27-30: Rocky Mountain 1200.** BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Jul 29-Aug 1: Willamette Valley Tour.** Eugene, OR. 4 day, 184-mile loop. 3 winery visits. Challenging optional routes. Full support, all breakfasts, dinners, snacks. Camping \$375, motels available, add'l cost. Limit 25. Beginner/Intermediate Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, [patfnrd@efn.org](mailto:patfnrd@efn.org), [www.pathfinders.com](http://www.pathfinders.com)

**Jul 29-Aug 5: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdehnde 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.bicycledventures.com](http://www.bicycledventures.com)

**Aug 2: 400K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, [randos@island.net](mailto:randos@island.net), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Aug 5-9: Cascade Lakes Tour.** Oakridge, OR. 4 days, 278 miles in Oregon Cascades. Desert, old-growth views. Full support. Breakfast, dinner, snacks, \$475 camping, motels available add'l cost. Limit 25. Intermediate/Advanced Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, [patfnrd@efn.org](mailto:patfnrd@efn.org), [www.pathfinders.com](http://www.pathfinders.com)

**Aug 6: South Sound Tour.** Auburn, WA. 30+ mile & 60 mile tour of the roads & trails in the valley from Tukwila to Orting. Refreshment stops, mechanics at start/finish. WheelSport Cycling Team, 19003 68th St. E., Bonney Lake, WA, 98390. , [lupine2@nwrain.com](mailto:lupine2@nwrain.com)

**Aug 6-12: SPUDS 6 - Cycling Around Idaho.** Emmet to Island Park, ID. SPUDS 6 explores the many faces of Idaho from the Sawtooth Mtns. to the high desert to the farmlands below the Tetons. Fully supported, camping, Cycle Events, PO Box 7491, Jackson Hole, WY, 83022-7491. 888-733-9616, [biking@cyclevents.com](mailto:biking@cyclevents.com), <http://www.cyclevents.com>

**Aug 6: Blackberry Bramble.** Eugene, OR. Century in the hills on beautiful logging roads. Support. Blackberry treat at the end. \$12. Mel Huey, Gear Cycling Club, P.O. Box 10244, Eugene, OR, 97440. 541-345-3181, [gearride@aol.com](mailto:gearride@aol.com)

**Aug 7-13: Gulf Island Explorer.** Canada. Victoria to Mayne Island, Galiano, Galiano and Salt Spring. Harbor House Inn, Galiano Lodge, Ocean Wood Country Inn. 7 days/7 nights. Group size limited to 12-18. \$1250 Robbin McKinney, Great Expectations, 1-1816 McNicoll Ave, Vancouver, BC, v6j 1a4. 604-730-1247, [info@great-explorations.com](mailto:info@great-explorations.com) or [www.great-explorations.com](http://www.great-explorations.com)

**Aug 12-14: Ride From Seattle to Vancouver & (RSVP).** Seattle, WA. 185 miles, 2 days. Sea-to-land. Party at finish line. Larry Sepulveda, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**Aug 12-19: Volcanoes of Washington Tour.** Seattle, WA. Eight-day tour. Cycling highlights: Cayuse Pass; Mt. Rainier National Park Windridge; Mt. St. Helens; Mt. Hood. 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.bicycledventures.com](http://www.bicycledventures.com)

**Aug 12: 400K Ride.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Aug 13-18: Tour de Lane.** Eugene, OR. 6 day loop on paved forest roads around Eugene. 6 days, 323-384 miles, or 4 days, 188-250 miles. Full support, breakfast, dinner, snacks. \$575 camping (4 day \$400), motels available, add'l cost. Limit 25. Intermediate Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, [patfnrd@efn.org](mailto:patfnrd@efn.org), [www.pathfinders.com](http://www.pathfinders.com)

**Aug 13: Providence Bridge Pedal.** Portland, OR. BTA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0676

**Aug 13-21: Courage Classic.** WA. 3 days & 175 miles in central WA. Meals, entertainment. Includes rides through the Snoqualmie, Blevett & Stevens passes. Benefits the Mary Bridge Children's Hospital & the Children's Trust Foundation. Tim Kneeland, 27 Associates, Inc., 200 Lake Washington Blvd #101, Seattle, WA, 98122-6540. 800-433-0528 [www.odyssey2000.com](http://www.odyssey2000.com)

**Aug 13-26: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdehnde 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.bicycledventures.com](http://www.bicycledventures.com)

**Aug 19: 200K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, [randos@island.net](mailto:randos@island.net), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Aug 20-26: Crater Lake Challenge.** Eugene, OR. 7 day, 385 mile loop, Eugene to Crater Lake National Park. Low traffic, hot spring, fly fishing, swimming, covered bridges, waterfalls. Full support. Breakfast, dinner, snacks, \$675 camping. Motels available, add'l cost. Limit 25 riders. Intermediate to advanced. Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, [patfnrd@efn.org](mailto:patfnrd@efn.org) or [www.pathfinders.com](http://www.pathfinders.com)

**Aug 20-26: WYCYCX - Wyoming Cycling Celebration.** Pinedale to Buffalo, WY. 11th annual ride across Wyoming. Highlights: high alpine scenery, river gorges, mountain towns. Fully supported, camping. Tom Sheehan, Cycle Events, PO Box 7491, Jackson Hole, WY, 83002-7491. 888-733-9615, [biking@cyclevents.com](mailto:biking@cyclevents.com), <http://www.cyclevents.com>

**Aug 20: Ride Around Washington (RAW).** Washington. Mouth of Columbia R. to Walla Walla. 6 days, supported, meals, showers, camping. 300 rider limit. Marshall Brown, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**Aug 20: 300K Ride.** Vancouver Island, BC. Stephen Hinde, BC Randonneurs, 250-245-4751, [randos@island.net](mailto:randos@island.net), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Aug 21-27: Canadian Rockies 7 Days.** Banff, Alberta. All women tour of the Icefields Parkway from Banff to Jasper, including Lake Louise and Miette Hot Springs. \$1290 includes 6 nights, support, most meals. 245 miles. Gloria Smith, WomanTours, Box 931, Driggs, ID, 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Aug 26: 2600K Ride.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Sep 1-8: Escalante/Grand Staircase.** Cedar City, UT. All women 8 day tour of Cedar Breaks, Bryce, Escalante/Grand Staircase, Capitol Reef, Nat'l Parks and Monuments in SW Utah. \$1450 includes 7 nights, support, most meals. 245 miles. Gloria Smith, WomanTours, Box 931, Driggs, ID, 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Sep 2: Tour de Kitsap.** Bremerton, WA. Free entry in bicycle drawing for entries before 8/19/00. Start 9am/finish 4pm downtown Bremerton, near ferry. 30 & 60 miles. \$15 adults, \$10 under 18. Food, drinks, map, sag, entertainment. 30 & 60 miles. Ted Dupe, 1154 Bertha Ave. NW, Bremerton, WA, 98312. 360-479-1265, [www.bigweb.net](http://www.bigweb.net), [www.ActiveUSA.com](http://www.ActiveUSA.com) Active ID

**Sep 3-11: Trek Tri-Island.** Seattle, WA to Victoria, B.C.. Ride 3 days, 135 miles, from Seattle to Victoria through the San Juanis, fully supported. Limited to 350. \$50 registration fee & \$350 in fundraising. Caroline Hughes, American Lung Association of WA, 2625 Third Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339 [www.alaw.org](http://www.alaw.org)

**Sep 9-16: Oregon Crater Lake Tour.** Eugene, OR. 8 day tour. Highlights: Aufdehnde 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.bicycledventures.com](http://www.bicycledventures.com)

**Sep 9: 200K On/Off Road Ride.** 100 Mile House. Bob Boonstra, BC Randonneurs, 250-828-2869, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

**Sep 10: Sunnyside Century.** Bend, OR. 28th annual event. 55 & 100 mile routes around Mt. Bachelor. Susan Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 [www.sunnysidesports.com](http://www.sunnysidesports.com)

**Sep 10-16: Washington Coast Cycle Tour.** B.C. to OR. Ride from Victoria, B.C. to Oregon border. Supported, camping, Robbin McKinney, Great Expectations, 1-1816 McNicoll Ave, Vancouver, BC, v6j 1a4. 604-730-1247, [info@great-explorations.com](mailto:info@great-explorations.com), [www.great-explorations.com](http://www.great-explorations.com)

**Sep 25-25: Canyons of the Southwest.** Cedar City, UT. All women 16 day tour of Zion, Grand Canyon, Bryce and Capitol Reef Nat'l Parks, Cedar Breaks and Escalante/Grand Staircase Nat'l Monument. \$2195 includes 15 nights, support, most meals. 659 miles. Gloria Smith, WomanTours, Box 931, Driggs, ID, 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Sep 10: 1st Headwaters Century.** Enunclaw, WA. 40, 100K, 100 mile finish line. Larry Sepulveda, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**Sep 10-30: 11th Annual Santa Fe Trail Bicycle Trek.** Santa Fe, NM. Ride all or part of Santa Fe Trail (1100). \$27 per day; camping, support, meals. Willard Chilcott, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282, [chilcott1@aol.com](mailto:chilcott1@aol.com)

**Sep 15-17: Autumn Escape Bike Trek.** Plymouth to Provincetown, MA. Tour Cape Cod at your own pace. 3 days, 160 miles, includes meals and lodging. Jennifer, American Lung Association of Massachusetts, 3 Abby Lane, Middleboro, MA, 02346. 508-947-7204, [alan@jgis.net](mailto:alan@jgis.net)

**Sep 16-18: Trek Tri-Island.** Seattle, WA to Victoria, B.C.. Ride 3 days, 135 miles, from Seattle to Victoria through the San Juanis, fully supported. Limited to 350. \$50 registration fee & \$350 in fundraising. Caroline Hughes, American Lung Association of WA, 2625 Third Ave., Seattle, WA, 98121-1213. 206-441-5100 or 800-732-9339 [www.alaw.org](http://www.alaw.org)

**Sep 19-21: Willamette Valley Tour.** Eugene, OR. 4 day, 184-mile loop. 4 winery visits. Challenging optional routes. Full support, all breakfasts, dinners, snacks. Camping \$375, motels available, add'l cost. Limit 25. Beginner/Intermediate Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838, [patfnrd@efn.org](mailto:patfnrd@efn.org), [www.pathfinders.com](http://www.pathfinders.com)

**Sep 21-21st Annual Autumn Century.** Spokane, WA. 25, 62 & 100 mile scenic rides on rural roads with full support. Maps, shirts, food. Some hills on all routes, significant climbs on 100 mi. Jim Erlanger, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 208-762-7446, [jerlanger@dm.net](mailto:jerlanger@dm.net)

**Sep 17: Fall Flatliner.** Lower Mainland, BC. John Bates, BC Randonneurs, 604-856-0448, [John.Bates@BCHydro.bc.ca](mailto:John.Bates@BCHydro.bc.ca), [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)


**Sep 18-24: Oregon Coast Cycle Tour.** OR. Ride from Astoria to California border. Camping & fully supported \$575. 7 days/7 nights. Group size limited to 12-18. Robbin McKinney, Great Expectations, 1-1816 McNicoll Ave, Vancouver, BC, v6j 1a4. 604-730-1247 or 604-878-8800, [info@great-explorations.com](mailto:info@great-explorations.com) or [www.great-explorations.com](http://www.great-explorations.com)

**Sep 23-24: Tour des Lacs.** Washington. Spokane to Coeur d'Alene and back. Two day cycling tour, mileage and route options. Boat cruises available. Includes meals, t-shirt, and luggage handling. From \$55. Gino Lisiecki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, [cisco@roundandround.com](mailto:cisco@roundandround.com), [www.roundandround.com](http://www.roundandround.com)

**Sep 24: Prairie-Roubaix.** 60 mile on/off road ride Susan Bonnacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018 [www.sunnysidesports.com](http://www.sunnysidesports.com)

**Sep 25-Oct 16: California Coast Cycle Tour.** California. Ride from Oregon border to Mexico along California coastal route. Robbin McKinney, Great Expectations, 1-1816 McNicoll Ave, Vancouver, BC, v6j 1a4. 604-730-1247, [info@great-explorations.com](mailto:info@great-explorations.com) or [www.great-explorations.com](http://www.great-explorations.com)

**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. Joanne Hellingner, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. 503-399-9652, [mccabe@open.org](mailto:mccabe@open.org)

Presents

## ROLL ALONG THE MIGHTY COLUMBIA RIVER

### Ft. CANBY (ILWACO) TO WALLA WALLA

## August 20-25, 2000

Only 200 Cyclists • FULLY SUPPORTED • JUST RIDE  
HOT MEALS! • HOT SHOWERS! • ARRANGED CAMPS

# CALENDAR

**Sep 30: Salmon Cycle.** Issaquah. Three scenic routes through Issaquah, Pine Lake, North Bend, Snoqualmie Falls, Fall City, and Carnation. Families welcome. \$15 single, \$22 tandem, \$10 (18 & under). Sponsored by Bank of America. Issaquah Salmon Days Festival, Issaquah Salmon Days Festival, 155 NW Gilman Blvd., Issaquah, WA, 98027. 425-392-0661

**Oct 1: Kitsap Color Classic.** Seattle, WA. 16-65 mile options. From Edmonds or Kingston through Kitsap Peninsula. Fall colors close the season. Donna Schmidt, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE or 206-522-2403

**Oct 4-10: Provence, France.** Paris/Avignon. All women 8 day tour through wine country of Southern France. \$1375 includes 7 nights, support, most meals Gloria Smith, WomanTours, Box 931, Driggs, ID, 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Oct 7: Manastash Metric Fall Colors Tour.** Ellensburg, WA. Public Safety Building, 2nd & Pearl. 7:30-9am. 32 or 62 mile loops — flat to rolling hills along Yakima River Valley. Sag & food provided. \$10 pre-registration & \$12 day of ride (\$15/\$17 for tandems). Jean Lofy, Ellensburg X-C Ski Club, 701 N. Willow Street, Ellensburg, WA, 98926-3258. 509-962-8040

**Oct 22-27: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Oct 22-27: Hawaii Tour.** Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Oct 29-Nov 3: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Oct 30-Nov 4: California Vineyards.** Healdsburg, CA. All women 6 day tour from Sonoma and Napa Valley vineyards to Bodega Bay. \$1375 includes 5 nights, 3 dinners, lunches, 5 breakfasts, support. Gloria Smith, WomanTours, Box 931, Driggs, ID, 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Nov 5-10: Golden California Tour.** Santa Barbara, CA. 6 day tour. Cycling highlights: Vineyards of the Santa Ynez Valley, Montana De Oro State Park, Big Sur. Designated: All levels. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Nov 11-18: Hawaii- The Big Island.** Hawaii. All women 8 day tour circumnavigating island, Kona Coast to Volcano Nat'l Park to Hapuna Beach. \$1375 includes 7 nights, support, most meals. 290 miles Gloria Smith, WomanTours, Box 931, Driggs, ID, 800-247-1444 [www.womantours.com](http://www.womantours.com)

**Nov 12-25: Hawaii Tour.** Hilo, Hawaii. 6 & 8 day tours available. Cycling highlights: Kilauea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Dec 3-8: Hawaii Tour.** Hilo, Hawaii. Six and Eight day tours. Cycling highlights: Kilauea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Dec 27-Jan 3: Hawaii Tour.** Hilo, Hawaii. Six and Eight day tours. Cycling highlights: Kilauea Crater rim ride; 30 mile descent down Mauna Loa Volcano; Kona Coast; Ironman bicycle route. Designated: Beginner to advanced. Free brochure available. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 360-786-0989 or 800-443-6060 [www.bicyleadventures.com](http://www.bicyleadventures.com)



## Track

**Mar 7-May 9: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Rain cancels. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424 [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**May 4: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**May 9: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**May 11: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**May 16: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**May 17: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**May 18: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

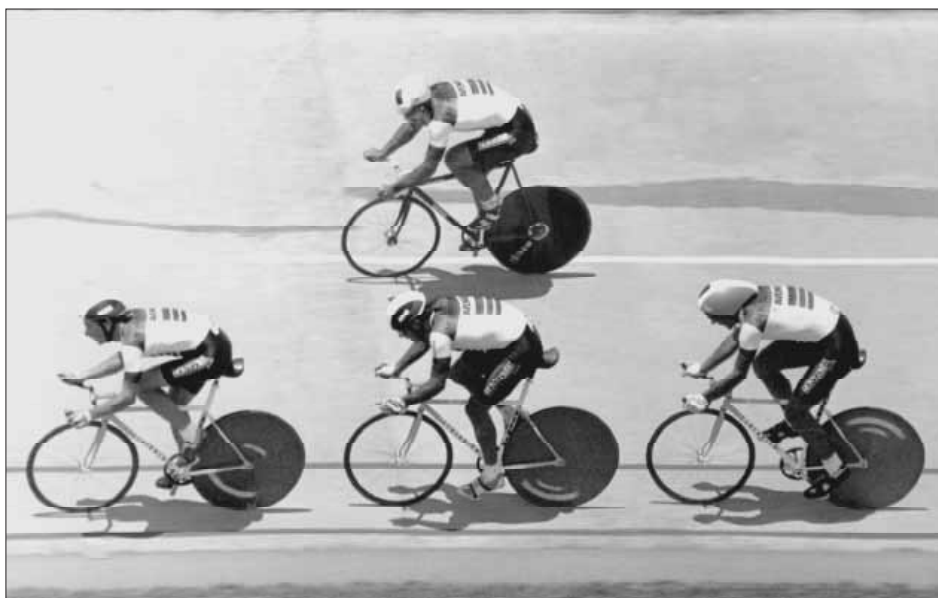


PHOTO COURTESY OF BICYCLE PAPER ARCHIVES

**May 19: 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).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**May 23: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**May 24: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**May 25: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**May 26: 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).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**May 30: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**May 31: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**Jun 1: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jun 2: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 6: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 7: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**Jun 8: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jun 9: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 13: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 14: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**Jun 15: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jun 16: 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).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 20: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 21: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**Jun 22: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jun 23: 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).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 27: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jun 28: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**Jun 29: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jun 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).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jul 4: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jul 5: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Meglins, Marymoor Velodrome Association, 206-675-1424, [ethan@pipeline.com](mailto:ethan@pipeline.com), [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org)

**Jul 6: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jul 7: 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).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jul 8: USCF Regional Track Qualifier.** Marymoor Park, Redmond, WA. Time trial qualifying rounds for national championships. Rain date is 7/9. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jul 11: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

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

**Jul 13: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jul 14: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jul 18: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

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

**Jul 20: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jul 21: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

**Jul 22-23: State Track Race.** Oregon. Candi Murray, OBRA, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jul 25: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

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

**Jul 27: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, [cmurray@teleport.com](mailto:cmurray@teleport.com) or [obra@teleport.com](http://obra@teleport.com)

**Jul 28: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family).except 6/30 9/1 Ethan Meglins, Marymoor Velodrome Association, 206-675-1424

## Grande and Rutledge hold on to yellow jersey in Portland race

Supercup Round 6, Portland, Oregon – Their domination of the Supercup series continued. Coming in to the next-to-last Supercup, Team Redline entered with two of their riders donning the yellow leader jersey. And as anyone who has worn one will attest to; once you put that color on, you never want to take it off.

Ann Grande's dominance continued, as she took her fifth win out of six Supercups; stretching her points to an uncatchable lead. Although she didn't holed out from the get-go, Grande grabbed the lead on the second lap, and 45 minutes later, held a 40-second lead second place. The other half of Team Redline's dynamic duo, Katie Blincoc remained consistent and rode her way to a 11th finish. Katie's consistency throughout the series keeps her in the No. 5 spot in points.

Wearing his yellow jersey for the first time, following his big 50 second win in Seattle, Tim Rutledge was bound and determined to hold on to his favorite color, and did just that. However, he wasn't able to run away with it from the start this time; and had to battle bar-to-bar the entire time. On the final lap, after the last hurdle, the Redline team manager charged hard and sprinted out with a 5 second win. Meanwhile, Redline's past national champion, Dan Norton, put in a strong run, powering in for a 6th place score.

Norton currently sits ranked No. 4 in Supercup standings.

In the Junior division, rookie Redline'er Dameion Donias continued to demonstrate his potential with a very strong third place finish. Double-D has podiumed at every Supercup this year and shows all signs of being a future star on the Cyclocross circuit. Dameion has a stranglehold on the No. 2 position in points.

The 7-race Supercup series concludes this weekend in San Francisco, California. Redline's Jonny Sundt is back from Europe and will be making Round 7 his first Supercup race.

If you're there, be sure to stop by the Redline boxtruck, which will be making its Cyclocross debut.

Redline's cyclocross team sponsors are: Jogmate nutritional Supplements, Kenda tires, Potenza helmets, KMC chains, Velo saddles, Cane Creek wheels & headset, Shimano drivetrain, pedals & shoes, Volver race clothing, Finishline lubricants, Park Tools, Rudy Projectsunglasses.

For more information in SBS, Redline and their Cyclocross effort, or any of our sponsored riders, feel free to contact Tim Rutledge, or Craig "gOrk" Barrette, at 425-251-1516.



**cannondale**  
HANDMADE IN USA

**OR, YOU COULD GO  
THE EXTRA \$28,885  
AND GET YOURSELF  
A JEEP.**

Cannondale's full and front suspension mountain bikes, with In-the-headtube Headshok™ technology

**Milton Cyclery**  
1322 E Meridian  
Milton, WA 98354  
253-952-6763

## More Bike For The Buck



For the adventure seeker who hates to walk home, here is a dependable ride that won't leave you stranded.

Test ride today at:

**Milton Cyclery**  
1322 E. Meridian  
Milton, WA 98354  
(253) 952-6763



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

Rover 300



**Milton Cyclery**  
1322 E Meridian  
Milton, WA 98354  
(253) 952-6763



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

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

**Aug 3: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Aug 4: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 5: Tuesday Night Track Training.** 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 6: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 7: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women, Junior and Master racers. Spectators are welcome (free). Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 8: Tuesday Night Track Training.** 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 9: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 10: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Aug 11: Friday Night Racing.** Marymoor Park, Redmond, WA. Races every Friday by the Marymoor Velodrome Association. \$12 for Cat 1/2/3 and Women. Spectators are welcome: \$3 (\$10 for family), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 12: 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 20. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

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

**Aug 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 15: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Aug 16: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 17: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 18: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 19: 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 20. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

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

**Aug 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 22: Alpenrose Weekly Series.** Portland, OR. Candi Murray, OBRA, 503-661-5874, cmurray@teleport.com or obra@teleport.com, www.obra.org/

**Aug 23: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 24: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 25: 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 26: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

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

**Aug 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 29: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

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

**Aug 31: 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 32: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 33: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 34: 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 35: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 36: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 37: 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 38: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 39: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 40: 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 Megginnes, Marymoor Velodrome Association, 206-675-1424, ethan@pipeline.com, www.marymoor.velodrome.org

**Aug 41: 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), except 6/30 9/1 Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

**Aug 42: Tuesday Night Track Training.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Puget Sound Cycling Club. Training is free with waiver. Must have taken an MVA track class or have at least a Cat 4 USCF track license. Ethan Megginnes, Marymoor Velodrome Association, 206-675-1424

# So Much to Learn...

There is a lot to know about road cycling. Even old-timers are still learning; Beginners may feel overwhelmed. Why?

Well, first, cycling is pretty mechanical. If we want to feel confident and self-sufficient out on our bikes, we need to know basic stuff. For ourselves, and so we can help others. We should know what to take with us on rides, how to change a tire or put a chain back on, stuff like that.

By the way, I never carry a chainbreaker. Never needed one on a ride. Other people won't back their Lexus out of the garage without one. Spoke wrenches, too. I don't carry one, and it's a good thing: I'm dangerous with a spoke wrench in my hand. But enough about me.

Cyclists need to know what to wear, especially if we ride in four seasons and don't live in San Diego. We should know about synthetic fabrics and dressing in layers, about wind shells and cleats and shoe covers. We should know how to take care of our cycling clothing.

We need to learn about group riding. Pushing a bicycle through the air is work, so we ride close together; We take turns shielding one another from the wind. We ride close together out on the road, near traffic, where riding close together could be unsafe, done carelessly.

That's a lot to learn, and I'm sure I've forgotten a bunch. How do cyclists learn it all?

We learn some of it in good bike shops from friendly salespeople - if we're fortunate

enough to encounter friendly people in our shop.

We lost two shops in my town in '99. The remaining stores seem busy and prosperous. I hope they're prosperous enough to hire good help and train them in customer service. Cyclists need lots of qualified assistance but historically have not gotten it.



Instead we got young bike racers paying off their parts bills by working in shops. Some of those racers are my friends. I spend wonderful hours with them, but they are not necessarily good retail help. Some of them aren't, if truth be told.

They're focused on their own cycling, and so talented that they may not identify with you if

you need gears lower than 39-21. That doesn't mean they're bad people, but they may be bad customer service providers.

If your shop does provide good service, if you trust their work and their word, please support that shop. Resist the temptation to buy items mail-order you could buy from them. One chainlube-stained hand washes the other. Imagine life without bike shops. Couldn't, could you?

Cyclists have traditionally learned by reading magazines, too, reading *Bicycle Paper* or *Bicycling Magazine*. You're probably not going to be misled in *Bicycle Paper*.

I'm no longer sure of *Bicycling* as a source, though. The last year has not been good for that magazine. See for yourself.

*VeloNews* is valuable if you're a racing-minded rider. *Bike* is fine, too, if you're young

enough to read text superimposed on graphics or photos, and you like lots of attitude sprinkled on your off-road information.

Bike.com is brand new and looks strong, covering a broad spectrum of cycling areas. Was that clear? Are all spectrums broad? What's a cycling area? Is it cycletouring, or is it Durango, Colorado? Whichever it is, bike.com promises to be on top of it.

We cyclists learn some of what we have to know from strangers. Perhaps we're flat on a lonely road. Either we don't have what we need to fix the flat, or we don't know how. We wait, embarrassed and nervous, until someone on a bike or in a car, stops to help.

We watch intently as that person fixes the flat. We want desperately to be able to do it ourselves the next time. That's an intense learning experience.

Cyclists, and here's the focus of this article, learn most of what we need to know from our riding friends. Maybe. Ideally, we do. Out there in training ride reality, we may learn very little.

You wouldn't learn much here in my town, on our rides. You might learn the names of your cycling "friends," eventually. No hurry.

A strange sense of democracy pervades our rides: Everyone is equally cool. Everyone knows everything he or she needs to know about all the subjects mentioned above — and more.

Somehow, without reading *Bicycle Paper*, without the kindness of strangers, without much bike shop help, they've absorbed all they need to know about cycling. Got it in their formula as babies, maybe.

On our rides, kind attempts to teach folks anything or to suggest other ways to do things are misinterpreted, regarded as insults and/or the "wrong approach."

The right approach is from about 100 yards minimum. Out of earshot.

If you buy a nice bike here and nerve yourself up to do the Saturday ride with the guys, you will learn nothing. Except, perhaps, for your conspicuous lack of promise as a cyclist.

No one wants to help you. Dropping you is all the good deed they need on a brisk weekend morning.

If your local ride is like ours, please find another ride. There's so much to learn, and learning it in good company is great fun. Learning nothing and getting dropped weekend after weekend is no fun at all.

Find another ride.

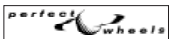
Let's say you do that: You find another ride.

You persevere on that ride, and as time passes, you become a better, smarter, faster cyclist. I hope that's exactly what happens. When it does happen, remember how you felt when no one wanted to help you.



## CLASSIFIEDS

**Perfect Wheels**  
(206) 522-1933  
7009 Roosevelt Way NE  
Seattle, WA



- **Scientific Bicycle Repair**
- Mechanic Owned, Shop
- Handbuilt Wheels with extended warranty
- Quality Tune-ups & intelligent upgrades

**Gregg's Greenlake Cycle**  
7007 Woodlawn Ave NE  
Seattle WA 98115



- Help Wanted, Sales and Service
- A great place to shop, and a great place to work
- Three great quality bike shops in the Seattle area

**Courage Classic**  
800-39-Cycle  
www.kneeland.com  
• 3 days, 60 miles a day  
• Famous Rotary Rider Service Centers  
• Ride benefits Mary Bridge Childrens Hospital



**Thinking Mountain Biking this spring and summer?** Think, "The Kootenays" in Canada, north of Spokane, WA, great cross-country single track, very easy to epic climbs. Send for an information packet. The Cycle Inn B&B, Box 401, Kaslo, BC, VOG 1M0, Canada, phone: (250) 353-2600.

"the toughest U.S.  
cross-state bike tour"

**The WOW Tour**

'Wheelin' Over Washington'  
www.allaboutadventures.com

## Bicycles and Components on Line

Click on [www.ZLC.com](http://www.ZLC.com)

(home of SUPER GEAR)  
Ziegler-Lam Cycling, Inc./Mfg.  
24437 Russell Rd.#106  
Kent, WA 98032  
ph:(253)813-6881 fax:(253)813-3969



- Our Factory Direct Outlet offers wholesale prices to all riders!
- e.g. complete SRAM 9.0...\$171.28; 7.0...\$118.00; 5.0 \$86.60
- Lifetime Warranty on all our frames starting from \$120.00 T-6 Alloy

## Classified Advertisement Order Form

.45	.90	1.35	1.80	2.25	2.70
3.15	3.60	4.05	4.50	4.95	5.40
5.85	6.30	6.75	7.20	7.65	8.10
8.55	9.00(min)	9.45	9.90	10.35	10.80

Please publish the above classified ad in the \_\_\_\_\_ issue of *Bicycle Paper*. I have enclosed a check or money order for the total amount due.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

**Bicycle Paper**

www.bicyclepaper.com

12420 Gibson Road  
Everett WA 98204

Fax: (425) 438-9031

Email: [editor@bicyclepaper.com](mailto:editor@bicyclepaper.com)  
Phone: (425) 355-9392

Bicycle related messages only. 45 cents per word. \$9.00 minimum. Ads must be received in written form (no ads will be taken by phone) and pre-paid in full. Phone number counts as one word, street number as one. Ads must be signed and include a return address (need not be published in ad.) Please use the order form above, one word per space. If more space is needed, use a blank sheet of paper, but continue to count words as 45 cents per word. Please type or print legibly. DEADLINE: the 10th of the month preceding the next issue date.

## RECYCLED CYCLES

Seattle's largest selection of pre-owned bikes, parts and accessories. Plus a full service repair shop.

**WE BUY-SELL-CONSIGN**

**547-4491**

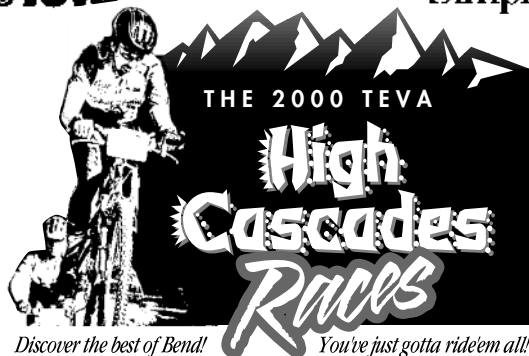
1011 N.E. HOAT ST.  
SEATTLE - U-DISTRICT

RECYCLED &  
PROFESSIONALLY  
TUNED  
**USED  
BIKES**





Simple



Discover the best of Bend!

You've just gotta ride'em all!

Hey! Ride  
in all 3  
races and  
you can win:

- Teva packages: Shoes and clothes.
- Weekend in Bend Package: Lodging, meals, and guided tour.
- Free entries for 2001.

**April 16 • Bend**  
**Chainbreaker**

**May 28 • Bend** (formerly Hutch's Hustle)

**Race Around The Bend**

**June 11 • Bend**

**Pickett's Charge!**

For more information contact [salbend@kmx.com](mailto:salbend@kmx.com)

AN OBRA LICENSE IS REQUIRED TO RACE THIS SERIES

**Visit us on the Web!**  
**[www.bicyclepaper.com](http://www.bicyclepaper.com)**



- Most Comprehensive Cycling Calendar
- Weekly updates
- Hot Cycling Links
- Email the Editor

**Bicycle Paper**

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

**SUBSCRIPTION ORDER FORM**

Enclosed is my check or money order for a subscription to *Bicycle Paper*

Please check the appropriate boxes:

Canadian Subscribers:  
U.S. funds, please.

- ☐ ONE YEAR for \$14  
☐ TWO YEARS for \$26

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

MAIL TO:

*Bicycle Paper*

12420 Gibson Road  
Everett WA 98204

FAX: (425) 438-9031

PHONE: (425) 355-9322

Email: [info@bicyclepaper.com](mailto:info@bicyclepaper.com)

Mail In The Order Form Or Call Us  
Today Toll Free At 1-888-836-5720

Mention the Greater Seattle Bicycle Expo  
and receive \$1 off a one-year subscrip-  
tion or \$2 off a two-year subscription.

**Read. Ride. Subscribe.**  
**Bicycle Paper**  
**[www.bicyclepaper.com](http://www.bicyclepaper.com)**

- Top-notch journalism by people who know the sport...
- Coverage of the people, places and products of Washington, Oregon, Idaho, British Columbia...
- The Northwest's most comprehensive rides calendar.