

# Bicycle Paper

www.bicyclepaper.com

MAY 2001

## SPECIAL TRACK ISSUE



## Anniversary Celebration Continues

BY CLAIRE BONIN

Last month, to commemorate our 30th Anniversary we dedicated the issue to cycling history. We reviewed 30 years of Advocacy, Events and Rides, Racing, Retail Support and Club. This month we are featuring 30 years of Commuting. With the Bike to Work / School week fast approaching, we could not have planned it better. Enjoy!

*See "30 Years of Commuting" on Page 8*

## Velodrome Passion

BY CLAIRE BONIN

Track racing has been around forever. In Europe – it is a big thing! In Japan, you can bet on riders just as you would at the horse track. Track racing is fast and exciting for the competitors and is certainly one of the most spectator friendly disciplines that cycling has to offer...you never lose sight of the action.

Have you ever tried riding the velodrome? Maybe, now is the time to start. Perhaps you used to ride the track, and have thoughts about going back. This season offers something for everyone's riding abilities.

Thanks to the many volunteers in BC, Washington and Oregon, many programs, clinics and events are easily accessible to the Northwest riders. In this issue, all four velodrome organizations have been given the opportunity to talk about their programs and activities for the upcoming season.

*See "Velodrome" on Page 6*

## On Track for Strength

BY MICHAEL PETTY

May announces the local track racing season in the Pacific Northwest so I thought I'd start with a gee whiz fact. I suspect that most of you saw Marty Nothstein win the Olympic gold medal in the match sprint, but probably few figured out exactly how fast he was going. In creating seedings for the event, the cyclists cover 200 meters with a flying

*See "Strength" on Page 5*

## By women for women - the Spokeswomen program

BY SPOKESWOMEN

The most common question asked at a Spokeswomen Mountain Bike Camp is "how did such a cool program get started?"

Inspired by a leadership course in 1996, Angela Meharg set out to create a program to encourage women to overcome the fears that are typically associated with the sport of mountain biking, especially the fear that Angela had experienced following a memorable trip over her handle bars the previous year. Since then, Spokeswomen Mountain Bike Camps has inspired over 450 women...and Angela has picked up some great tips!

Directed by former professional racer and instructor Sally Carmichael, Spokeswomen camps ensure top-notch, personalized instruction for beginner to advanced intermediate rider and boasts a very low student to instructor ratio of six riders to one instructor.

"The atmosphere at a Spokeswomen Camps is relaxed and fun. It's great to watch participants soar up the learning curve. Many admit that they are amazed with their progress. Some are especially thrilled with the fact that they avoided that sinking feeling of

defeat that can creep up in the presence of keen male friends with great intentions to introduce their favorite terrain to their not so prepared female companions!" states Carmichael!

Spokeswomen camps include a Friday evening seminar focusing on bike fitting and on-trail maintenance.

Achievement questionnaires determine riders' expectations and assist in the development of riding groups of similar ability and goals. "Our low rider to instructor ratio is perfect for grouping riders of similar ability together. The fact that we have 3 to 5 groups per weekend, allows riders to assess their progress and let us know if they would like to move into a more advanced group for greater challenge or perhaps to a less aggressive group for a more relaxed approach. It's very flexible", adds Carmichael.

Spokeswomen participants range in age and come from all types of professional and recreational backgrounds. A moderate level of fitness is required, as well as a basic level of comfort on your bike. "We are on our bikes all weekend. In the mornings we are in a central area practicing skills and drills, and in the afternoon we are riding, with frequent stops, for about 2 to 3 hours. Some time in the saddle before a Spokeswomen weekend



The 2001 Spokeswomen Camps are set for May 25-27, June 15-17, June 29-July 1, July 20-22, and August 17-19

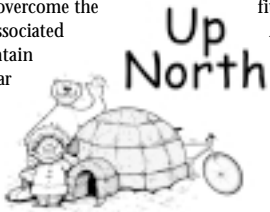
will make a huge difference and enhance the enjoyment level tremendously", recommends Carmichael!

Spokeswomen instructors, all women, are certified through the Canadian National Coaching Certification. As has Carmichael, many of the Spokeswomen instructors, have been working with the program since its inception, adding to consistency of instruction, as well as quality.

As of last season, Spokeswomen become an integral part of the Whistler Mountain Bike Terrain Park instructional programs. This partnership is a great fit providing an

introduction of Whistler Mountain's lift accessed terrain park to the camp participants. Following the spring melt, participants of the Spokeswomen and other Whistler Mountain instructional programs ride the gondola to miles of gravity-assisted, single-track terrain during July and August.

Spokeswomen's high-quality program delivery combined with Whistler, British Columbia's incredible terrain and scenery makes the Spokeswomen experience a unique and memorable one. For more details and information see [www.spokeswomen.com](http://www.spokeswomen.com)



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# Bicycle Paper

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## REGIONAL REPORTS

### The Flow ruled Expo

BY CLAIRE BONIN

The new site for the Subaru Seattle International Bicycle Expo proved to be a good choice. The new floor plan made it easy for the 8000 visitors to move around the 125 exhibits. The testing area was well frequented, the demonstration area near the regular Expo exhibits and the various forum areas easily accessible and just far enough to provide a quiet environment for each presentation. "We are delighted with the space" commented Dave Shaw, the Expo organizer.

The organizers did an excellent job lining up quality presenters for a wide range of forums; there was something for everyone from the experienced to the beginners.

The large turnout to Chris Carmichael's presentation forced the organizer to make quick modifications to the room set up in order to allow everyone that came to hear and interact with the famous Lance Armstrong's coach. Pam Fernandes related her personal life experience and shared with the attendance the ups and downs of her



Cool flow action at the Subaru Seattle International Bicycle

tandem cycling career and Para-Olympic adventures. Her determination, will power and commitment to the sport and her tandem partner made for a very inspiring presentation.

Shaw's coup was certainly to bring in the North Vancouver Flowriders. "Dangerous Dan" and his Flowriders "The Magic Man" Jeromy Vanschoonhoven, "Super T" Tyler Klassen, "The Stack Master" Erik Burgen, fast became the "must see attraction" of the Expo. With their impressive 15ft drop "Giant Snake", the Discombobulating Snake", the "Sine Wave" and "Mr. Skinny", they drew the largest crowd featuring unbelievable skills display. Fearless spectators became part of the Flow stunts as they laid on the ground while "The Magic Man" flew over them.

Other events included *Bicycle Paper* awarding exhibitors prizes for the best booths. The Advocacy arm of the Cascade Bicycle Club received the "People Choice Award" as the favorite exhibit voted by the public. Buonpane Collection received the "Best of Show" award for her booth display of unique Tour de France pictures and collectable images.

Although slightly impacted by the change of date, location and the Mariners' ball game, the 2001 Expo was a success. Already, it has been decided that the 2002 Seattle International Bicycle Expo will remain at the Exhibition Center, but will return the earlier date of March 1st to 3rd to claim back its title as the "official" bike season opening event.



"People's Choice Award" winner was the advocacy arm of the Cascade Bicycle Club.



"Best of Show Award" winner was Buonpane Collection.

### Vancouverite named as top British Coach

BRITISH CYCLING FEDERATION

The British Cycling Federation's World Class Performance Program is proud to announce the appointment of Canadian, Peg Hill as British National Women's Endurance Coach. Hill was selected from a global search for this newly created position, which begins this April and continues through the next Olympics in Athens, Greece, 2004.

US born Peg Hill, coach, author and nutritionist, began her own athletic career with the US National Cycling Team in the '80's. While racing under her maiden name, Peg Maass, she won two US National Titles, a World Championships Bronze Medal and set a World Record in 1989 for women's 24-hour endurance, riding 490.5 miles. Peg represented the US at the World Champi-

onships in 1985, 1988 and 1989 in a variety of events including the road race, pursuit, points race and team time trial.

Hill retired from full-time racing at the end of 1989 to pursue a 9-year coaching career in Canada as British Columbia Provincial Cycling and Coaching Director before going into private coaching.

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## "Battle in Seattle" Mountain Bike Race

BY MICK ROUSSEAU

"A giant mud bog" is a term normally saved for the high octane fueled tractor pulls. However on April 1, 2001 this applied to a different high octane sport as 450 mountain bikers kicked off the WIM Mountain Bike series with the Battle in Seattle. Held in South Sea-Tac Park under the roar of over-passing jets, beginners to pro riders from throughout the Northwest fought the cold, rain and mud to compete for points and pride in the first of this eight-race-series.



The course was a fast 5-mile featuring extensive single track mixed with occasional road sections. Toby Swanson's time of 1:59:18 blew away the open class finishing nearly four minutes ahead of second place Jonathon Sundt. The open class, new to the WIM series, combines the Pro, Semi-pro or Expert riders who want to test their metal against the best riders in the Northwest.

Whether you want to call them cool, retro or just crazy the Battle in Seattle saw the largest contingent of Single Speed riders the WIM Series has had to date. This cult category of the past has gone Mainstream with Don Carbaugh of Sumner Washington completed the 3 laps in 1:31:44 beating the other 15 riders entered in this category. Robert Salantino should receive a special award. After finishing 9th on his single speed, he hoped on his 45 pound Downhill bike to compete in the DH/XC event. In that event, riders race the cross-country course on a DH bike with a minimum 42-tooth front chain ring.

Several of the Northwest's best women riders showed up to play in the mud as well. The Expert women were paced by the 1:59:00 of Seattle's own Jeanette Nussbaum, who beat the competition by almost thirteen minutes. In the pro race Seattle's Ann Grande took the honors finishing in 1:58.

For those not familiar with the WIM (Washington Idaho Montana) race series, it features 8 cross country races and 7 downhill races. In addition to gathering points for the WIM series, the riders are also accumulating points to be crowned Washington State Champion. The racer with the highest point total from four of the series cross-country races, will be the reigning champ.

For more information, contact [www.roundandround.com](http://www.roundandround.com)

## Recycled Cycles Boat Street Criterium

Broadmark Capital completely dominated the Senior Pro 1-2 Boat Street Criterium. Rad Cunningham would start the show of force by lapping the field solo early in the race.



Soon after Cunningham rejoined the field, teammates Russell Stevenson, Jonny Sundt, Geoffrey Burndred and former National Criterium Champion Kenny Williams of Saturn Bellevue team lapped the pack. With five laps to go, Stevenson attacked to take the win, 20 seconds ahead of Rad Cunningham who held off Kenny Williams in the battle for second place.

## 33rd Annual Volunteer Park Criterium

Canadian Sven Turf, racing from Broadmark Capital Cycling Team, went on a solo breakaway just eight laps into the fifty-lap event of the Pro 1-2 Men category. With the assistance of his teammates, Turf's lead never went under 12 seconds. He finished the race 50 seconds ahead of Rob Campbell (Broadmark Capital) and Tyler Farrar (Mercury) in an impressive display of pure bicycle racing talent.

## NW Juniors Attend Houston Track Supercamp

BY RENEE DUPREL

Twelve local riders between the ages of 11 and 18, participated in a nationwide "Supercamp" at Alkek Velodrome in Houston during their spring break. USA Cycling coordinated the camp, which was headed up by Olympic Team coaches, Craig Griffen and Gil Hatton, and Junior National Team coach, Danny Van Haute.

The kids spent two full days at the track, learning the finer points of sprinting, pursuing, time trialing, and mass-start racing from some of the top coaches in the U.S. They attended seminars in the evenings concerning training programs, pedaling technique, nutrition, and race preparation. It was a unique opportunity for young riders to train in a similar format to that of the U.S. National Team.

Riders participating in the 15-18 camp were; Alynda Boursaw, Micki Buckley, Sung Choi, Trevor Dixon, Tommy Petramalo, and Adam Southerland. The 10-14 year old age group included: Taylor Boglioli, Amara Boursaw, Grant Boursaw, Noah Buckley, Fletcher Farrar, and Bobby Seidensticker.

Supercamp concluded with two days of intense competition with a full range of events including Italian pursuits, 500 meters time trials, matched sprints, and miss and outs. The camp was so well received that plans for 2002 Supercamps at velodromes around the U.S. are now moving forward. Marymoor plans to be one of them!

## Planning a new trip?

### Western Express Route completed

Maps for the new Western Express Bicycle Route are now ready for riders. The new route begins in San Francisco and crosses California, Nevada, Utah, and southwestern Colorado before linking up with the TransAmerica Bicycle Trail in Pueblo, Colorado. Traversing some of the West's least visited and most magnificent areas, the route travels 1,575 miles with numerous national parks and monuments lying along or in close proximity to the route. For more information on this route, or any section of the 25,000-mile National Bicycle Route Network, contact Adventure Cycling 800-755-2453 or [www.adventurecycling.org](http://www.adventurecycling.org)

## Sydor finishes third at Napa Valley World Cup

Alison Sydor from Victoria, BC, racing for Trek/Volkswagon finished 3rd in the UCI Napa World Cup race. Fellow Victoria resident Ryder Hesjedal (Subaru/Fisher) started the season strongly with a 10th place overall finish and was the first "Under 23" to cross the line.

## WRQ's Bike to Work and School Day scheduled for May 18

BY DAVID MCLEAN

6 to 9am - WRQ Commuter Stations Open  
7:30am - Celebration ride starts at Seattle Center

Once again it is time to celebrate what many people in the great Northwest do on a daily basis - Bike to Work and School. Cascade Bicycle Club is producing this event with sponsorship from WRQ to create the first ever WRQ Bike to Work and School Day. There will be 33 WRQ commuter stations located from Everett to Puyallup and Seattle to Issaquah.

Bike Commuters can stop and get food, water, mechanical help, event merchandise (an event T-shirt or a

cool looking jersey). Commuters can sign up for a raffle for a prize to be given away at each of the stations. Commuter stations will be open from 6am to 9pm.

This year many of local colleges and universities are joining the event so it is now Bike to Work and School. UW, UW Bothell, Seattle University, Bellevue Community College, Cascadia Community College, North Seattle Community College and Seattle Central Community College are the ones that will be participating in the event for the first time this year.

In the spirit of the day, bike commuters can join some of the event organizers for the Celebration Ride which will start at the Seattle Center International Fountain. This ride is a quick ride under the monorail down to Westlake Plaza where local celebrities will be on hand to thank bicycle commuters for their efforts to make the environment healthier by curbing congestion and pollution.

For more information contact Jennifer Quesinberry at Cascade Bicycle Club at [cbcbiketowork@cascade.org](mailto:cbcbiketowork@cascade.org) or (206) 522-2453 or go to the official bike to work and school day web site at [www.biketoworkday.org](http://www.biketoworkday.org)

## Roland Green impressive at Redlands Classic

Victoria's Roland Green, making his first appearance as neo-pro for US Postal surprised many, including his temporary teammates, when he claimed a victory in the opening 5-km time trial stage at the Redlands Classic. Winning this stage, he put on the yellow jersey. More impressive is that he won the third stage, a 19.9km time trial and kept the leader's jersey for 3 days. Green and US Postal Cycling team lost the yellow jersey after the 4th stage, although Green managed to finish 4th in that leg of the race. Overall, Green ended up in 3rd place, 2:28 minutes behind the winner Saturn's Trent Klasna.

Other excellent Northwest performances include; Ryder Hesjedal (Victoria, BC) 15th place overall and Russell Stevenson (Broadmark Capital) 25th position. The best women racer showing at Redlands Classic was Sandy Espeseth (Victoria, BC) with a 9th place on final GC.

## Pedal for a Purpose

BY ELLIS H. CORETS

Pedal for a Purpose is an opportunity for you to ride the Seattle to Portland Bicycle Classic (STP) and raise needed funds for the charities of your choice. Fourteen organizations have already joined the program.

It is a great way to support the community while having fun. Should a rider raise over \$350 for a charity, the rider's STP registration fee will be returned by the organization that rider is supporting. Riders can also win additional prizes for higher levels of fundraising.

Registration is simple and easy. Sign up for STP with Cascade Bicycle Club (888-334-2453), then register with your charity by contacting them directly. They will send you an information packet that includes pledge sheets.

- American Diabetes Association - 206-282-4616
- Boys & Girls Clubs of the Olympic Peninsula - 360-417-2831
- Brain Injury Association of Washington - 800-523-5438
- Community Partners for Affordable Housing - 503-986-2724
- Dress for Success Seattle - 206-325-3453 (press 5, then 1)
- Eastside Domestic Violence Program - 425-562-8840
- Hutchinson Cancer Research Center Foundation - 206-667-4149
- Kindering Center - 425-747-4004 ext. 223
- MADD - Mother Against Drunk Driving - 888-364-6233
- Natural Multiple Sclerosis Society - 206-284-4236 ext. 245
- New Beginnings for Battered Women & their Children - 206-783-4520
- Northwest Lions Foundation for Sight & Hearing - 425-746-5556
- Wilderness Society - 206-624-6430 ext. 225

For additional information about Pedal for a Purpose or to register as a new charity contact Ellis Corets at 425-746-9464 or Email [ehcorets@juno.com](mailto:ehcorets@juno.com)



## "Strength" from page 1

start. The worlds best on the fastest tracks do this in about 10 seconds which translates to just under 45 miles per hour. Wow. To get the requisite strength and power their lifting regimens include quite a bit of heavy weight and also explosive, rapid lifting. (Some of these guys look like linebackers on bikes, ready to rip the handlebars from the bike frame.)

Certainly, their programs are not appropriate for most folks but the benefits of resistance training cannot be overstated. Resistance training includes weight lifting, using your body weight as resistance (climbing stairs and lunges), using rubber cords, using hay bales. You can use almost anything to create resistance. In fact, my

### Athletic Medicine

EDITED BY MICHAEL PETTY, MA, MSPT

4-month old daughter provides extra resistance for sit-ups, lifting baby over head, one arm baby curl, and the list goes on. I'm sure that in her case, the resistance will take different forms as she ages, but that story is yet to be written. Getting back to more traditional resistance training, the benefits for cyclists can include less upper body and neck fatigue, more power on climbs and flats, and perhaps a better-balanced body from a muscular standpoint. Many studies have shown benefits of increased bone mass, better overall long-term function, fewer falls, better controlled hypertension, and more lean body mass.

Last month, I described four qualities of a cycling program including adequate rest,

a gently graduated workload, a continual progression of workload, and a specifically oriented workload. These same qualities should apply to a resistance program, regardless of where and how it is done. Lifting sessions should be separated by at least one day to allow for recovery and adaptation and to avoid injury. Resistance should be gradually increased to allow adaptation and progress. To increase the resistance is important if you expect to get benefits like those listed above. Specificity is important to the extent that you have definite goals in mind, but a program including all major muscle groups and joints is probably best.

Creating a plan for yourself can be done with the aid of a variety of books or you can consult a fitness professional to assist you. The time and money spent getting the proper information will be a significant hedge against

injury and will increase the probability of success. While creating or having one created, your plan should contain at least 3 different routines so that you can change your workout on a regular basis, every 3 or 4 months. Varying the routine will keep your body adapting and your mind fresh and interested in the program and results.

Here's to regularly pumping up your body as well as your tires. Take care.



Michael Petty is a regular contributor to *Bicycle Paper* and a licensed physical therapist. He is a nationally certified in therapeutic massage and bodywork and a nationally certified fitness consultant. You can contact him at Lone Star Fitness by calling 206-355-7827 or writing pettmichael@hotmail.com

## A Bicycle Built for Two

### A fresh perspective on tandem riding

BY JESSICA BLAIR

If you ask any tandem rider – two riders are better than one. Beginners should get acquainted with the bicycle before riding tandem, to avoid mishaps or a frustrating first-time experience. Here some helpful insights for the beginner from several cyclists, who believe that riding a tandem can broaden your cycling experience.

"One of the biggest misconceptions about tandeming is that it is hard, when actually, not knowing what you are doing is what makes it difficult," Estelle Gray of R + E Cycles explained. For instance, most beginners try to start with both captain's and stoker's feet in the pedals. According to Gray, "it is much simpler if the captain straddles the bike with both feet on the ground, supporting it, while the stoker

climbs on and places his or her feet in the pedal straps."

Beginners beware when choosing a tandem partner. "Whatever trajectory your relationship is on, tandeming will accelerate it," The Evergreen Tandem Club President Sheila Hoffman said. "I've had people say to me, I can't believe you tandem, we'd break up."

According to Hoffman, "The captain is responsible for steering, breaking and shifting gears. The captain is the eyes and ears of the stoker, obligated to communicate the next move. The stoker's function is much less demanding, though they must work directly with the captain to maintain fluid motion. It is imperative that the stoker trusts the captain."

Evergreen Tandem Club treasurers' Don and Carol Hayes began tandeming



PHOTO BY BICYCLE PAPER

#### You'll never be left behind on a tandem.

in 1998. The first ride on their tandem left them rubber-legged and dehydrated, but it was more gratifying than it sounds. "We bought our tandem and took it out to La Conner – forgot to eat, forgot to drink," Don mentioned. "When we got back Carol had to lean up against the wall because she couldn't stand up. We got so engrossed in it, we forgot the world existed."

Some rides, on the other hand, are not so amusing. Hoffman and Spencer Beard's first ride was on a used tandem they picked up at a garage sale that did not fit them properly. The front tire dipped over the edge of the road and Beard tried to pull up on the handlebars to get the bike back on the roadway. Instead, he looked back and saw Hoffman pedaling on her side. After that ride, Hoffman calls their subsequent passion for tandeming a "miracle". "Crashing on a tandem is bad news – you don't want to do it", Beard said.

Nevertheless, in the learning curve beginning tandem riders should expect to

#### The writer becomes the rider

As a beginner myself, I took my first tandem ride in March, thanks to Estelle Gray from R+E, I found the speed, fluidity and camaraderie exhilarating. Even for a beginner, it is simple with instruction and a knowledgeable captain.

– Jessica Blair

crash at least once, Hoffman explained. One cause of crashes on tandems is interference with the wheel, which is why asking before drafting on a tandem is important, Hoffman pointed out.

The Evergreen Tandem Club is a new club that was started in January of this year. The club promotes the "joy of tandeming," offering insight, experience and education to those who may be new to the sport:

For more information about Evergreen Tandem Club visit [www.evergreentandemclub.org](http://www.evergreentandemclub.org)



PHOTO BY BICYCLE PAPER

The Evergreen Tandem Club rides are for anyone interested in tandem riding.



# Marymoor Velodrome Offers Something for Everyone

BY RENEE DUPREL

There's something for everyone at the Marymoor Velodrome in 2001. This year, Marymoor is hosting several national caliber cycling events. From July 13th through the 18th, the best riders aged 30 and over, from around the U.S. will converge on Marymoor for the Master's National Championships.

We are also proud to be a part of the inaugural American Velodrome Challenge (AVC). This nationwide track series

**"We offer classes to kids from five to 18 years old."**

will feature intense racing in World Championship and Olympic events at velodromes around the country. The action takes place at Marymoor, August 3rd and August 5th. Look for National Team members, Olympians and top local riders to be competing in this event.

Take advantage of our Junior Developmental Cycling Program. Born from a late 1999 Board members' decision, which made junior development a top priority at Marymoor, the program saw 85 kids going through the classes during its inaugural season. The mission is to expose as many kids as possible to the sport of track racing,

through free classes and special events.

We offer classes to kids from five to 18 years old. All are instructed by licensed coaches and international level racers. The Pee-wee Pedaler classes, for 5-8 years old, focus mostly on safety skills. Our 9-12 year olds learn how to handle track bikes and very basic racing skills. The 13-15 year olds concentrate more on track racing tactics and

strategy. Upon completion of the three-week courses, graduates receive a free T-shirt and are

eligible to compete in our Monday Night Junior Racing Series, which averaged 20 kids per night last year.

Of course, nothing beats Friday Night Racing on a beautiful, northwest summer night. Top local riders will be competing and we have at least one junior race on the schedule every Friday night this season. Friday Night Racing starts May 25th.

May your summer be full of cycling and we'll see you out at the velodrome.

For more details on any of the above items, go to our web site: [marymoor.velodrome.org](http://marymoor.velodrome.org)



PHOTO BY MARYMOOR VELODROME  
Twelve local riders, ages 11-18, participated in the nationwide Supercamp in Houston, Texas.

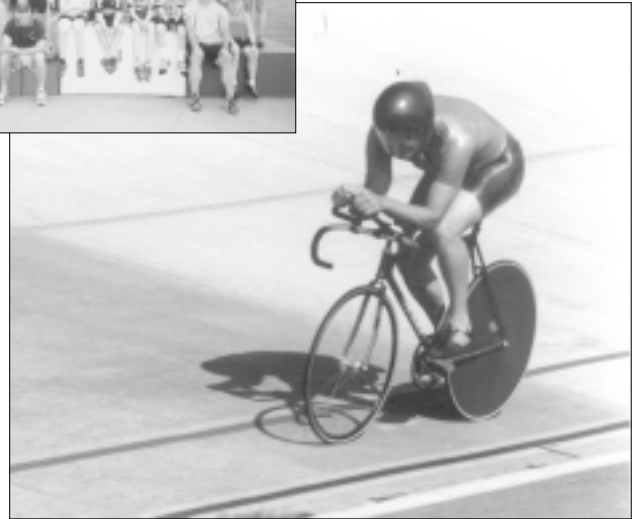


PHOTO BY BICYCLE PAPER  
Time Trial event on the velodrome.

# Alpenrose Velodrome Offers Action-Packed Summer

BY JAMIE MIKAMI & MIKE MURRAY

This looks to be another exciting year of racing and events at the Alpenrose Velodrome. While the highlight of the year will be the Alpenrose Challenge (July 27-29), there are many additional reasons to come out to the track. Of course everyone who gets a chance to race at the velodrome should thank the Alpenrose Dairy and the Cadonau family for all the great support they have given us over the years.



For those of you new to the track, there is the Wednesday night training series, which runs from mid-April to the end of August. While this is designed to make new riders feel safe on the track, it is also a great opportunity for experienced riders to share their knowledge. Private practice sessions at the track are scheduled on Monday evenings and Saturday mornings.

The long-standing Thursday night race series is once again book-ended with Madison racing in April and September, May features time trial events and you can compete in mass start events from June through August. During that period, points races are featured on the first Thursday of each month, your typical track races fill up the middle of the month, while the sprint events are scheduled on the last Thursday.

Races start at 6:20pm with the Kiddie-kilo followed by category 1-5 at 6:30pm.

Alpenrose is starting a new tradition with Friday night racing for masters, juniors and novice women from May through August. A large variety of events are offered, however the paced-points race is a consistent one. If you have an idea for an event let us know and we will try it. Racing starts at 6:00pm for juniors and then 6:30pm for masters and novice women.

This year's weekend program includes: the Middle of May Track Races on May 20th, the State Championships on June 22nd to 24th, the State Junior Championships July 7th, the State Games of Oregon July 7th and 8th, and the Masters Championships September 8th and 9th. Since these events are on the weekends you will get to stretch your legs with some longer races than the typical weekday stuff.

The highlight event of the year is the Alpenrose Challenge, and is now part of the American Velodrome Challenge, which will be used to select athletes for the national team. We are expecting many of last year's athletes to return to the Alpenrose Challenge as well as stars such as current Olympic gold medalist, Marty Nothstein. Mark July 27th, 28th and 29th on your calendar, because it will be full of racing, competition and excitement.

Finally there is "The 6-days", one of the most grueling events on any velodrome, and the only one in the country. Riders compete through 6 straight days of Madison racing, the most demanding and spectacular track event there is. To add to the difficulty, racers are required to compete not only in the Madisons, but in other events as well. Come watch your favorite rider suffer from August 20th to 25th.

For more information on Alpenrose Velodrome programs and activities visit [www.obra.org/track](http://www.obra.org/track) or email us at [Alpenrose@AmericanTrackRacing.com](mailto:Alpenrose@AmericanTrackRacing.com)



### Editor's note

If you don't have a track bike but would like to try track cycling, contact your nearest velodrome, they can usually rent you one.



PHOTO BY ALPENROSE VELODROME  
Racing action at the Alpenrose Velodrome.



PHOTO BY ALPENROSE VELODROME  
High-bank turns are one of the features of Alpenrose.

## Juan de Fuca Velodrome

BY MARK SHEPARD

The Juan de Fuca Velodrome, located in Victoria, British Columbia, is one of the most exciting Velodromes to ride in the Northwest. The world class 333.3 meter concrete track boasts a 28 degree banking at the ends and a 10 degree banking in the straights, making it extremely fun to ride. Built for the 1994 Commonwealth Games, it has been host to World Cup Events, National and Provincial Championships. Due to the outdoor nature of the track, the track is closed from October through mid-April. The Velodrome is run entirely by a volunteer organization, the Greater Victoria Velodrome Association (GVVA).

2001 promises to be one of the best years yet for riders, with two race nights per week, three major events, and a number track clinics hosted by Pacific Sport. Houshang Amiri, Pacific Sport National Training Center Regional Coach has worked hard over the winter to secure track time and loaner bikes, making it easier than ever to experience the ultimate rush of riding the velodrome. Four level of clinics are offered from new comers to specialties levels.

The Monday Sprint Night is great for people new to the track, focusing on timed events with only one to three people on the track at a time. A typical night will see such

events as the Flying 200, 500m and Kilo timed events, with Olympic Sprints, and Team Pursuits thrown in for good measure. The night often ends with a BBQ that keeps the focus on fun, fostering a friendly competitive spirit. Although open to all riders, the average age is 40+. Riders results are posted on the GVVA's web site making it a great tool to "track" a rider's progress over the season.

Thursday Night Racing has been the main focus for the GVVA for a number of years. With mostly group events, this night caters to riders with some track experience. The night usually starts with a Scratch Race, and may include Keirin Racing, Madisons, Miss and Outs and Point Races. Racers are divided into A and B categories, allowing a good level of competition for both novice cyclists and the seasoned pros. Who knows, you may even catch a glimpse of one of Canada's Olympic hopefuls!

For this season, three one-day weekend events are planned; Saturday Night TrackFest will be presented on May 26th in conjunction with the Bastion Square Cycling



PHOTO FROM BICYCLE PAPER

Juan de Fuca Velodrome - a World Class 333.3 meters concrete track with 28 degree banking.

Festival. Madison, Kerin, Miss and Out, Points Race and Olympic Sprint are on the program. With over \$1000 in cash and prizes, a good turn out is expected. Two other Saturday events are scheduled for June 16th, and July 21st. Finally, we are working on a three-day event to be scheduled later in the

season, the date still need to be confirmed. For more information on the Juan de Fuca Velodrome, call Mark Shepard at (250) 885-8610 or check out the web site at [www.gvva.bc.ca](http://www.gvva.bc.ca)



## Burnaby - the only indoor velodrome in the Northwest

BY STEPHANIE HANNOS

The Burnaby Velodrome Club (BVC) was founded in 1996 and is located off the Barnett Hwy in Burnaby, British Columbia. This facility is a World Class 200-meter, 47 degree banking indoor wooden cycling track, the only indoor velodrome in

North America. Currently we have many Canadian National Champions, World Class, Canadian National Blind, as well as many Olympian riders.

Winter racing consisted of Wednesday night racing series. The schedule included races such as the points race, miss and out, scratch race, snowball race, and even the Madison. BVC also hosted an annual race in February, where top Canadian National team as well as the top American National Sprinter were in attendance. Throughout the year, the Canadian National team trains out

of this velodrome in preparation for the 2001 World Championships.

One of BVC's goals is to develop a program for juniors in 2002. The program will provide coaching assistance from some British Columbia's best coaches and will

**"One of BVC's goals is to develop a program for juniors in 2002."**

include funding for new track bicycles and travelling expenses. Also BVC will be implementing beginners race clinics in September, to help new riders learn race tactics, rules, and techniques for competing in track events.

BVC will be hosting the end of the year Bash Race, August 17-19 2001, which will include a bicycle swap event open to everyone.

The velodrome is open from Monday through Saturday, with various hours each day. For more information contact BVC President, Ray Decenzo at 604-599-9978 or Stephanie Hannos 604-263-5019.



PHOTO BY MICHAEL ADAMSON

Burnaby is the only Pacific Northwest velodrome with a dome.

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**Bicycle Paper**

[www.bicyclepape.com](http://www.bicyclepape.com)

# Commuting/Bike to Work Day

Bicycle commuters have not gone untold despite an ever-increasing flow of vehicles on roadways.

The face of bicycle commuting has not changed much in the past 30 years; it is still the ecologically friendly and exhilarating alternative to creeping along our Interstates by automobile. What has changed, is our condition on this planet. It is continually

worsening. Freeways are jammed. Air quality is low. Ozone is depleting. Bicyclists minimize the impacts on the environment, no matter what their personal reasons for commuting may be. Bicycle Commuting Week was a way for bicycle enthusiasts to promote the bicycle as more than just a recreational toy, and get people peddling for fun as well as practicality.

## July 1973. Bicycle Commuting Week Huge Success

The Seattle Times carried a series of major articles on bicycle commuting. Parking lots on campus (University of Washington) were practically empty, (and) housewives could be seen pedaling to the local grocery store.

## June 1983. Bike to Work Day brings out the media; 1,000 gather at noon rally

By all estimates, Seattle's "Bike to Work Day," on May 11 was a rousing success - at least in the media department. And according to local chairman Janet Sturholm, that's exactly what organizers were looking for.

"We succeeded in getting the information out," she said. "People were definitely aware there was something special going on that day. We succeeded in convincing the media that people are interested in hearing and reading about cycling."

How did Sturholm succeed in turning the Seattle media onto the two-wheeled sport? "With hundreds of hours of hard work, meticulous attention to detail, and lots of mailings and phone calls," she said. "I sent 15 copies of some of our releases to the big papers. I figured that if 15 different reporters received our press information, two or three would actually write stories. And that's exactly the way it worked."

"Of course good weather helped us a lot." That it did, and the appearance of Rebecca Twigg further fueled the media's interest. In fact, she was the star of the day. Seattle's world champion cyclist flew home from the racing was long enough to act as official representative for her sponsor 7-Eleven, also the primary sponsor of Bike to Work Day. Twigg led a group of commuters from a Ballard 7-Eleven store to the city center.

Several television stations filmed footage as drowsy riders quaffed coffee in the store's parking lot while waiting for Twigg to appear. When she did, they quickly moved in for close-up shots of Seattle's celebrity pedaler.

Glen Lambertz of KOMO radio-broadcast several line feeds from the parking lot and again from his bike, as the procession moved toward downtown. Paul Andrews of the Seattle Times pedaled along too - he's a regular bicycle commuter anyway - and later wrote a front page article that included a large photo of Rebecca and her group crossing the Fremont Bridge.

Other coverage came from the Seattle Times' Bill Dietrich, who joined Carla Black on one of the day's longer commuting routes - from 175th and Aurora into downtown.

# the great bicycle conspiracy

Volume 1, Number 2

May, 1972

Introductory Copy, 20c

## The bicycle commuter - the only way to travel

The boom in bicycling has unfolded a variety of pleasant developments for Northwest cyclists including some (certainly not enough!) money for bike paths, roadside cycling lanes, and other facilities in some cities. Just where all this is going is a subject discussed among cyclists, legislators and a whole bunch of other people involved in planning and developing municipal and private facilities. Perhaps the most interested group of all are the bicycle commuters: that hard riding, practical composite of people trying to get to work or school the most reasonable and enjoyable way.

Bicycle commuters find cycling an inexpensive, healthful, and enjoyable means of transportation.

Daily distances traveled vary between a true "commuter" length of several miles or more to a short down-the-block jaunt. Attitudes also reflect a varying degree of commitment with some hardy individuals sticking to their chosen mode of transport regardless of weather conditions, and over traffic routes which would curdle the imagination of even the toughest touring rider. The doctor who commutes daily from Mercer Island to Seattle on the exhaust-harassed bridge lane is a prime example of persistent commuter determination.

College students are among the most committed of the bicyclist-for-transportation group. Ease of parking and ability to ride directly

to classroom destinations, are influencing factors for the bike in this friendly environment. The bicycle is also the most financially reasonable transportation for many students. Bicycle transportationites in the "outside" world are every bit as devoted to the method, though probably less numerous.

Happy as they are with bicycle transportation, many city commuters would like to see improvements in traffic patterns for safety and convenience such as came about in Madison, Wisconsin this past year where an \$80,000 system of bike paths was unveiled in conjunction with Bikeology Day. The 28½ mile network brought comment from one developer on the importance that "people see bike paths not as a frivolous expendi-

ture of funds for a few 'eccentrics,' but as an alternative to automobile," transportation.

Developments in parking facilities are also needed to protect the cyclist's rig while he is working. Carrying the bike up the elevator and into the office isn't all that convenient in many instances and attended parking lots may provide the only realistic alternative. The first such facility opened in downtown Chicago during 1971 to accommodate those who switched to pedals from automobiles, buses, subways, or trains. Rates there are steep by Northwest standards: 60 cents daily, \$2.50 weekly, and \$9.50 by the month, but much less expensive than downtown Chicago auto parking rates.

*continued in lower right corner*



A lone commuter in Seattle's U. District.

photo by Gordon Coale

### "Bicycle Commuter" from left, above

The bicyclist's mind can easily run wild pondering the beauty of a society where a majority of commuters ride bikes, waving to each other with a happy start to a new day rather than reluctantly marooned in a confusion of exhausted and ill-tempered motorists. Some European cities, notably Amsterdam, have long held this pleasant advantage. The Northwest, with its perfect cities for bike use, may be the most quickly awakening centers in this country!

## 30 YEARS OF COMMUTING

Dietrich's personal account of the ride made the front page of some Times editions.

A sun blessed noontime rally at Freeway Park attracted over 1,000 bicycle commuters, cycling enthusiasts, and curiosity seekers.

### July 1990. The evolution of a fearful bicycle commuter

BY MICHAEL ABRAHAM

November, 1989, Seattle, Washington. Last Tuesday morning stands out in my mind most vividly. That was the morning when someone ran a stop sign not more than 100 yards from my door and almost nailed me. I thought, if I can't even get out of my own neighborhood, how will I survive?

The situation that brought about this incident is this: I've just started a new job, and I've finally gotten to commute by bicycle. Over the course of many years, I've sat in my motorized prison (aka, automobile), in crawling traffic over ever-crowded freeways, listening to traffic reports, avoiding the busiest times. Finally I was off to work in a different venue, freewheeling the six miles to downtown in the morning's darkness.

Commuting by bike had been an attractive concept for me for many years. The bicycle – the most efficient means of getting from place to place that's ever been invented. No busses to catch, no traffic jams, no guilt feelings from robbing future generations of their share of scarce natural energy resources.

There I was, facing the first week. Nothing could have prepared me for what was ahead. Oh, sure I'd read all the guidebooks. How to secure the bike at the office, how to deal with clothes and showers. But the most captivating emotion of the endeavor had not yet dawned on me.

Terror quickly made its way to the forefront of my psyche as the basic ingredient of the experience. Pure, simple fear. Each morning's commute featured the terror of busy streets, cars passing too closely, half-asleep drivers. Add to that, headwinds, driving rains and water-slickened roads.

What mental energy I should have been devoting to my new job, I was busily directing towards just getting to and from it. I took four different routes in five days. I had visions before falling asleep at night of being some motorist's bumper pizza, another's road kill. What would it feel like being hit head-on? It was mental terror vision, with new episodes each night.

Not that the fears were unfounded, either. Mind you, this is bicycle-friendly Seattle, which *Bicycling Magazine* rates as the top city in the country. Still, I was hit myself just a few months ago. I made a full stop at a 4-way stop intersection. A driver to my right stopped just after. I started off. He started too, jumping too quickly and clipping my back wheel. I was sent sprawling. He said he never saw me. What's scary is that I believe him. From the horror in his eyes, I could tell he was sincere enough. Yet I'd just ridden directly across his path and he hit me anyway.

The reality this awareness forced was that in spite of my \$60 halogen lighting system, two rear flashers, 6 reflective tapes and a reflective sash, I was close to invisible. This realization caused an anxiety attack of major proportions. Feeding the fire of fear is the fact that a bike has perhaps 3 square inches of contact surface with the road at any given instance, all bikes are inherently unstable (when they quit moving, they fall over), and our local roads are wet and slippery more often than not.

Then, consider that there's some sampling of motorists who don't want bicycles out there anyway. We're too slow, we don't belong, we don't pay enough road taxes. (I suppose these drivers would be happier if we were in our cars, taking up all the more space?) And while the percentages are probably minute, there's some additional portion who are drunk, stoned, or otherwise impaired. Maybe it's the very next guy who'll be approaching me? Anyway, the visions alone can get you crazy.

But regardless of the problems, I will persevere. I like being a little different from everyone else out there; I like having my freedom. And I'll admit, there were better days, too. Just this morning, in the gray chowder fog, the Episcopal Church's gothic steeple daggered into the morning mist like a scene from a Poe mystery. A cool cloud rolled in from the Sound under the Aurora Bridge. Yesterday afternoon was even better. That time I rode over the Aurora Bridge, a 50 year-old structure, 75 feet above the water. A dramatic and powerful rainstorm had swept through just minutes before, and a dazzling rainbow shone over Lake Union, the University District, and Eastlake. I actually took the opportunity to stop and appreciate it.

As with anything else done regularly, I suppose there will be better and worse days to come. My bike commute will become routine (soon, I hope) and my fitness will continue to improve. And some day I'll look around and see lots of other pioneers with me. And the world will be a better place.

### September 1993. Commuting by Bicycle is "Easier than people think"

BY J. HOKANSON

Most people see bicycle commuting as hard work, a mental challenge, inconvenient and dangerous. People who hold these views



PHOTO BY MICHAEL ADAMSON

(September, 1993) Another form of transportation such as walking, riding a bus or even driving can make commuting by bicycle more feasible. Here, a commuter takes advantage of a path in Portland.

have probably never tried commuting by bike.

Bicycles are recreational vehicles as well as means of transportation. They are a great way to get some exercise. Commuting by bike doesn't take much longer than by car. It demands very little change in the daily routine. Even in bad weather, bicycles are an easy way to get around.

#### Pre-planning

Commuting by bicycles is easy, with a little pre-planning. Erin Laine, of the Cascade Bicycle Club's B.A.T.S. program (Bicycles Are Transportation Systems) suggests trying your ride on a day off. That way, you'll be more confident about your ride and sure of the time it takes to complete the commute. You'll also be aware of the road conditions and traffic congestion along the route, as well as the physical requirements for the ride.

Also think about what to do with your office work clothes. Kathy Becker, Program Officer with the Bullitt Foundation's Oil Smart Campaign, suggests storing clothes at work, rather than trying to bring them every day.

#### Starting Up

"Don't tell yourself you have to do it every day" says Kathy Becker. Charlie Tiebout agrees. When he first started commuting, he made it a New Year's Resolution.

#### Overcoming Excuses

"Weather is not an excuse!" says Becker. With the Pacific Northwest's rainy weather, most people considering commuting by bikes

probably reject the idea fairly quickly when facing the usually grey Northwest skyline. Tiebout agrees, saying that most people whine a bit about the weather at first, but then learn it's really not much of a factor in riding.

#### Having Fun

Commuters have many different reasons why they ride their bikes to work. Not only are they aware of environmental factors which makes bicycle an attractive form of transportation, they also enjoy the commutes.

#### May 2000.

**Bike to Work Day is Friday, May 19: Follow the Lead Set in Seattle: Get Out and Ride!**

You can have a direct impact on the quality of our environment by getting involved in CarLESS Commute 2000! Pierce County Parks and Recreation has sponsored the CarLESS Commute program for the last eight years. The program encourages participants to keep carpool, ride the bus, bicycle, walk or telecommute to their destinations from June 12th to the 25th. Over the last eight years 6,727 individuals have participated in the CarLESS Commute Program.



#### Note:

Most articles selected for the 30th anniversary issue of *Bicycle Paper* do not appear in full; however, the sections used have been reproduced as originally printed.

## FEATURE

# BMX - Go to the Track.

BY CLAIRE BONIN

In March we talked about the start of BMX racing and what you would need to do to participate in the sport. This month, we are looking at putting you on the track. Almost all outdoor tracks have started their summer programs, so now is a good time for you to think about going out to the track.

The first thing to do after you get to the track is to go to the registration area. There all new riders will be issued a temporary membership, which will provide them with secondary insurance and allow them to go out on the track. Pay your entry fee and you are set to go. If you are interested in a full membership, track officials can give you more information.

Your next step should be to check out the track. Before taking your first lap, it is suggested that you first watch the experienced riders go around the track. Things to watch for would be; where they are pedaling and where they are coasting, how they are using their arms and legs to absorb the shock as they go over the jumps. Remember that a beginners (regardless of your age), should take it slowly on the

first couple laps. Take the time to learn how to ride the track and its obstacles smoothly. With practice you will soon be able to increase your speed.

Your next step is to learn how to start. Since BMX is a "short sprint" sport (35 to 45 seconds race), the start is very important. The "one-footed" start, which consists of having one foot on the pedal and the other on the ground to keep the balance, is the simplest way to go. Most racers will start with the right foot on the pedal, fewer with the left, find which one is the most comfortable for you.

You will see experienced riders do a "two-footed" start, meaning that the rider has both feet on the pedal, it may take some time to master this technique. Expert riders can give you tips on how to learn this way of starting.

The more you ride and race, the better you will get. Go to practice nights, camps and clinics if available in your area. Talk to experienced riders, check what they do and how they do it, and than practice, practice, practice, there is no other way to learn.

Note: some information provided by American BMX Association.



# ESTELLE'S BIKE CAMP FOR WOMEN



**ESTELLE GRAY AND RODRIGUEZ BICYCLES ARE CONDUCTING WOMEN'S CYCLING CAMPS!**

The basic camp will be offered at 2 different times, Dates: June 8, 9, 10 and July 27, 28, 29. The first camp is designed for 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, cadence, injury prevention, proper bicycle fitting and technique, and learn how to fix a flat. You'll have an opportunity to try clipless pedals if you'd like and you'll learn how to work with a cadence computer.

We welcome riders of all ages, abilities, fitness levels, and bike types. The material is designed for the woman who wants to gain a better understanding of her bike, as well as for those who are going to ride STP and other such rides. You don't have to be in shape to do this camp!!!!!!!

July 27, 28, 29 will be a 'two level' camp. A more advanced level will be co-taught by author, triathlete, Sally Edwards. In this session we will assume that the riders already know how to shift their gears and we will focus on riding in the proper gear according to your heart rate. In the advanced level, you'll learn the ins and outs of training and riding with a heart rate monitor, as well as how to design an effective training program for yourself. We'll work on bike handling skills by learning to ride on "rollers" and then we'll go out and practice drafting. We'll also teach drills that will get you stronger and faster.

All of the camps are held at the scenic Mountain Springs Lodge, outside of Leavenworth, WA. The food is gourmet and abundant, the setting is magnificent and the camaraderie can not be defined!

**Cost of the camp is \$469 and includes: 2 nights lodging (single beds, 4 to a room) • 6 meals (Fri dinner thru Sun lunch) • Snacks and soft drinks • Instruction and all materials • Use of a cycling computer with cadence function or heart rate monitor.**

## INSTRUCTORS



**Estelle Gray** - Owner of R+E Cycles and tandem world record holder  
**Julie Johnson** - Physical Therapist  
**Miki Douglas** - Professional Mountain Bike Racer  
**Sally Edwards** - Professional Triathlete and author of several training books



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We will send follow up confirmation with detailed information  
 To receive further information e-mail us at [Estelle@RodCycle.com](mailto:Estelle@RodCycle.com) or leave a message at 206-527-8931 ext:911

# RESULTS

## Mason Lake Road Race Series Race #1 March 3, 2001

Category 1 & 2 Men, 67 miles, 74 racers

1. Geoff Brundred,	Broadmark
2. Rich McClung,	Broadmark
3. Brian Ecker,	Recycled Cycles
4. Zac Houghton,	Presto Velo
5. Evan Elken,	
6. Robert Campbell,	Broadmark
7. Tyler Farrar,	Mercury
8. David Johnson,	Netzero.com
9. Tom Nelson,	Broadmark
10. Mike Nelson,	Ashmead

Category 3 Men, 67 Miles, 54 racers

1. Clint Chase,	TiCycles
2. David Krick,	Presto Velo
3. Paul Mernaugh,	Old Town Bicycle
4. Scott Petermeier,	Ashmead
5. Jeff Larsson,	Armondo's
6. Don Slimson,	Armondo's
7. Brian Decker,	Aurora Cycles
8. David Mazzarella,	Aurora Cycles
9. Larry Doll,	Excel Sports
10. Ken Dammand,	TiCycles

Category 1-3 Women, 38 Miles, 8 riders

1. Emily Westbrook,	Recycled Cycles
2. Susan Pappalardo,	Excel Sports
3. Wanda Howlett,	Torrefazione
4. Martha Walsh,	Excel Sports
5. Micki Buckley,	Valley
6. Robin Blais,	Excel Sports
7. Jeanette Nussbaum,	Recycled Cycles

Category 4 & 5 Men, 38 miles, 87 racers

1. Toby Swanson,	Bianchi
2. Tony Ogden,	Broadmark
3. Joel Hansen	
4. Jared Isaacs,	Ashmead
5. Jordan Itaya,	Armondo's

Category 4 women, 27 miles, 28 riders

1. Heather Mefford,	Aurora Cycles
2. Kim Wilson,	Aurora Cycles
3. Meredith Malocsay	
4. Kerri Duke,	Valley
5. Anne Hobson	

Juniors, 28 miles, 8 racers

1. David Fleischhauer,	Rad Racing
2. Lang Reynolds,	Aurora
3. Cameron Colpitts,	Aurora
4. Ryan Fisher	
5. Ryan Iddings,	Rad Racing

Masters Men, 48 miles, 26 racers

1. Tim Marcotte	
2. Greg Klein,	Valley
3. Robert Millar,	Jel City
4. Ted Mittelstaedt,	Saturn of Bellevue
5. Dan Sweeney	

## Mason Lake Road Race Series Race # 2 March 10, 2001

Category 1 & 2 Men, 76 miles, 65 riders

1. Rad Cunningham,	Broadmark
2. Russell Stevenson,	Broadmark
3. Rich McClung,	Broadmark
4. Ian Tubbs,	Torrefazione
5. Steve Higgins,	Saturn of Bellevue
6. Robert Campbell,	Broadmark
7. Brian Ecker,	Recycled Cycles
8. Mick Walsh,	Saturn of Bellevue
9. Chad Nichols,	Ashmead College
10. Ronnie Schmeer,	NutraFig

Category 3 Men, 67 miles, 52 riders

1. Laurence Merling,	Borders Racing
2. David Somers,	Pettit Oil
3. Gary Brown,	Tacoma Bicycle
4. Scott Petermeier,	Ashmead College
5. Jason Dougherty,	Broadmark
6. Ken Dammand,	TiCycles
7. Jim Teague,	Armondo's
8. Larry Kemp,	Bryne
9. Jeff Larsson,	Armondo's
10. Andrew Martin,	Ashmead College

Cat 1 - 3 Women, 38 miles, 9 riders

1. Martha Walsh,	Excel Sports
2. Susan Pappalardo,	Excel Sports
3. Robin Blais,	Excel Sports
4. Emily Westbrook,	Recycled Cycles
5. Jennifer Felton,	Pettit Oil
6. Michele Conrad,	Borders Racing
7. Annette Hanson,	Saturn of Bellevue
8. Marnie Tyler,	Valley

Category 4/5 Men, 38 miles, 75 riders

1. Mike Henry	
2. Tyler Thompson,	Recycled Cycles
3. Joel Hansen	
4. Jason Edens	
5. Sean Maynard	

Category 4 Women, 28 miles, 32 riders

1. Tracy Lee	
2. Tamara Timmons,	Bicycle Center
3. Amy Houtukkes	
4. Meredith Malocsay	
5. Denette Wood,	WSU

Juniors, 28 miles, 13 riders

1. David Fleischhauer,	Rad Racing
2. Adrian Hegyvary,	Armondo's
3. Steve Henry,	Markee's
4. Collin Carbaugh,	
5. Mike Wentz,	Rad Racing
6. Ian Gallaher,	Aurora Cycles
7. Tucker Thomas	
8. Devin Anderson	
9. Colin Thoreen,	Aurora Cycles
10. Josh Jenkins	

Masters Men, 48 miles, 24 riders

1. Pat Burke,	Greggs Cycles
2. Brian Cole,	Jel City
3. Michael Guthrie,	Tacoma Bicycle
4. Jim Washburn,	TiCycles
5. James Hattori,	Borders Racing

## Mason Lake Road Race Series Race # 3 - March 17, 2001

Category 1 & 2 Men, 85 miles, 45 riders

1. Mick Walsh,	Saturn of Bellevue,	11
2. Tyler Farrar,	Mercury	7
3. Rob Campbell,	Broadmark,	8
4. David Richter,	Recycled Cycles	5
5. Ian Tubbs,	Titalia	3
6. Steve Higgins,	Saturn of Bellevue,	2
7. Zac Houghton,	Presto Velo	
8. Evan Elken,	Presto Velo	
9. Joe Baratto,	Ashmead	
10. Dale Knapp,	Kona	

Franz Hammer, Saturn of Bellevue, 3 lap points  
Note: At the final race each lap was worth one series point.

Category 3 Men, 76 miles, 52 riders

1. David Mazzarella,	Aurora Cycles	10
2. Tyler Hurst,	RPM	7
3. Gary Brown,	Tacoma Bicycle,	5
4. Laurence Merling,	Borders Racing,	4
5. Peter Fraiman,	Saturn of Bellevue,	3
6. Scott Petermeier,	Ashmead,	2
7. Clint Chase,	TiCycles	
8. Jim Berres,	Old Town	
9. Trevor Kosa,	Old Town	
10. Jason Bethel,	Aurora	

Cat 1 - 3 Women, 47 miles, 8 riders

1. Susan Pappalardo,	Excel Sports,	10
2. Robin Blais,	Excel Sports,	7
3. Emily Westbrook,	Recycled Cycles,	5
4. Nicole November,	Borders Racing,	4
5. Michele Conrad,	Recycled Cycles,	3
6. Mindy Ziffren,	Borders Racing,	2
7. Martha Walsh,	Excel Sports	
8. Jennifer Felton,	Pettit Oil	

Category 4/5 Men, 47 miles, 37 riders

1. Tyler Thompson,	Recycled Cycles,	10
2. David Alvarez,	Broadmark,	7
3. Adam Southerland,	Wheelsport,	5
4. Kris Stanton,		4
5. David Atik,	Ashmead,	3

Category 4 Women, 37 miles, 28 rides

1. Kerri Duke,	Valley	10
2. Kim Wilson,	Aurora	7
3. Leslie Mittendorf,	Ashmead	5
4. Lisa Lund,	Aurora	4
5. Janice Sheufelt		3

Juniors, 38 miles, 8 riders

1. Cameron Colpitts,	Aurora	10
2. Mike Wentz,	Rad Racing,	7
3. Lang Reynolds,	Aurora	5
4. Adrian Hegyvary,	Armondo's,	4
5. David Fleischhauer,	Rad Racing,	3

Masters Men, 57 miles, 19 riders

1. Pat Burke,	Greggs Cycles,	10
2. Ted Mittelstaedt,	Saturn of Bellevue	7
3. James Hattori,	Borders Racing,	5
4. Jim Washburn,	TiCycles	4
5. Paul Rimm,	Wenatchee Velo,	3

## Seward Park Spring Classic April 14, 2001

Cat 1 & 2 men, 35 laps, 55 riders

1. Rob Campbell,	Broadmark
2. Tyler Farrar,	Mercury
3. Joe Baratto,	Ashmead
4. Scott Laliberte,	British Columbia
5. Paul Thompson,	Saturn of Bellevue
6. Steve Higgins,	Saturn of Bellevue
7. Bob Dewing,	Saturn of Bellevue
8. Dakin Bell,	Titalia
9. Rich McClung,	Broadmark
10. Brad Lewis,	Recycled Cycles

Cat 3 Men, 30 laps, 68 riders

1. R.J. Remund,	Tacoma Bicycle
2. John Maestas,	Aurora Cycles
3. Ben Leung,	Broadmark
4. Travis Kuehn,	Tacoma Bicycle
5. Scott Petermeier,	Ashmead
6. Craig Heatherington,	Titalia
7. Erik Olson,	Armondo's
8. Jim Berres,	Old Town Bicycle
9. Mike Hart,	Old Town Bicycle
10. Tyler Thompson,	Recycled Cycles

Cat 4 & 5 Men, 20 laps, 57 riders

1. Anton Jackson,	Husky Racing
2. Peter Brevick,	Broadmark
3. Chuck Claire,	Canada
4. Chuck Coontz,	Borders Books
5. Joel Hansen	

Cat 1 - 3 Women, 20 laps, 8 riders

1. Ayumu Otsuka,	Saturn of Bellevue
2. Gina Kavesch,	Armondo's
3. Ingrid Spies,	Recycled Cycles
4. Mindy Ziffren,	Borders Books
5. Susan Pappalardo,	Borders Books
6. Wendy Wahl,	Saturn of Bellevue
7. Cheryl Gleason,	Armondo's

Cat 4 Women, 15 laps, 17 riders

1. Leslie Mittendorf,	Ashmead
2. Clarissa Dirks,	Husky Racing
3. Mary Roberts,	Valley
4. Jill Ramsey,	Armondo's
5. Meredith Malocsay	

Juniors, 15 laps, 7 riders

1. David Fleischhauer,	Rad Racing
2. Sean Graham	
3. Jordan Itaya,	Armondo's
4. Mike Wentz,	Rad Racing
5. Alban Mora,	Rad Racing

Masters A Men, 20 laps, 33 riders

1. Harley Sheffield,	Greggs Cycles
2. Beau Whitehead,	Saturn of Bellevue
3. Mike Baughman,	Jel City Velo
4. Paul Johnson,	Excel Sports
5. Brian Babbitt,	Old Town Cycles

Masters B Men, 20 laps, 34 riders

1. Bob Bundy,	Aurora Cycles
2. Peter Hales,	Old Town Bicycle
3. David Hobson,	TiCycles
4. Jerry Shafer,	Wheelsport
5. Tom Holmes	



Suffering up Mt. Tolmie in Victoria, BC.

PHOTO BY SYLVIE RAIMOND

## Tour of Willamette April 10-15, 2001

Senior Men 1-2-Pro (140 starters, 78 finishers)  
Final General Classification

Pl.	Rider's Name	State Team/Club	Time/Down
1	Wohlberg, Eric	CA Saturn	18:10:15
2	*Pate, Danny	CO Prime All	1:30
3	DeCanio, Matt	AZ Saturn	1:44
4	Kluck, Damon	CA Jelly Belly	2:12
5	Tuft, Svein	BC Broadmark	2:29
6	Petersen, S.	DEN Saturn	3:14
7	Stevenson, R.	WA Broadmark	4:27
8	Moniger, Scott	CO Mercury/Via	5:48
9	*Killeen, Liam	GBR GB- Spok	9:15
10	Johnston, Tim	MA Saturn	11:39
21	Decore, M.	BC Victoria E.	28:45
23	*Burnrod, G.	WA Broadmark	30:25
29	Tonkin, Erik	OR Team S&M	42:56
30	Olson, Aaron	OR Prime All	43:16
32	Sean, Dawsson	BC Solilton	44:53
34	Keeler, Jesse	BC Broadmark	51:19
36	Van Velzen, M.	BC Trek/Volks	51:42
37	Williams, K.	WA PV/Saturn	51:48
38	Leonard, John	OR Team S&M	53:53
40	Minichielo, R.	BC Hammer	55:19
43	Osgulthorpe, J.	ID NutraFig	61:39
45	Hopley, D.	CA Cien/LLG	66:26
46	Elken, Evan	OR BikenHike	67:31
47	Sundt, Jonny	WA Broadmark	68:37
48	*Miller, Ryan	WA Prime All	68:42
49	DeVore, Peter	ID Lombardi	69:48
53	Walsh, Mick	WA PV/Saturn	75:09
56	Hovey, Carter	BC Bolla Wine	83:54
57	MacDonald, D.	BC Bike Cellar	84:12
58	Wiebe, Heinrich	ID Boise Stars	84:38
61	Mitchell, Sean	ID NutraFig	88:10
63	Rinckerberger,	WA Recycled C	89:15
65	Gardner, Alex	ID Boise Stars	97:22
70	Buttita, Pietro	OR BikenHike	108:39
71	Ellis, Tim	WA Recycled C	119:34
72	Whittingham, S	BC Pacific Sp	119:41
77	Zarsadiaz, Tony	BC Victoria E.	147:58

Senior Women 1-2-3 Pro (47 starters, 37 finishers)  
Final General Classification

Pl.	Rider's Name	State Team/Club	Time/Down
1	Dunlap, Alison	CO Team GT	14:08:21
2	Smith, Kim	CO AutoTrader.com	0:20
3	Espested, Sandy	BC Intersports	2:19
4	Berger, Katrina	CA 800.com	4:13
5	Young, Julie	CA AutoTrader.com	9:16
6	Alexander, C.	GBR Intersport	9:51
7	Peters, Stacey	OR 800.com	12:33

Senior Women 1-2-3 Pro (Continued)

8	Wilhelmi, Lysle	WA 800.com	12:40
9	Schuster, Pam	CA AutoTrader.com	12:45
10	DeMars, Nicole	OR 800.com	15:29
12	Phillips, Jessica	CAN Intersports	18:26
13	Hannos, Andrea	BC VeriZon	20:07
15	*Hall-Patch, C.	BC	21:27
19	Samplinson, A.	ON Intersports	29:09
20	Moore, Darnelle	CAN VeriZon	32:07
22	Carter, Erin	BC Intersports	34:48
28	Hannos, Steph.	BC VeriZon	38:37
27	*Westbrook, E.	WA Recycled Cycles	56:35
28	Hannos, Steph.	BC VeriZon	57:57
30	Marik, Marjon	OR AutoTrader.com	62:25
31	Erlon, Melissa	OR Saturn Dev	64:01
34	*Walsh, Larssyn	OR Saturn Dev	77:55
35	Walsh, Martha	WA Excelsports.com	91:41
36	Macht, Suzanne	BC Escape Velocity	99:19

Senior Men 3-4-5 (102 starters, 85 finishers)  
Final General Classification

Pl.	Rider's Name	State Team	Time/Down
1	Ruckman, Greg	WA Hancock	6:56:17
2	Sheagley, Eric	OR Collins BS	0:15
3	Bethel, Jason	WA Aurora CC	1:25
4	Beardsley, Colin	CA Hancock	1:46
5	Van Stickle, Judd	CA Davis BC	1:53
6	Thomas, Bruce	CA Alta Alpina	2:00
7	Kilun, Roman	CA Davis BC	2:14
8	Merling, L.	WA	2:17
9	Demoe, Luke	WA Hutch's	2:48
10	Poisson, Paul	CO	3:03

Master 35+ (22 starters, 19 finishers)  
Final General Classification

Pl.	Rider's Name	State	Time/Down
1	Smedberg, Eric	ID	07:08:50
2	Cramer, Rich	OR	1:03
3	Cole, Thomas	WA	1:19
4	Holland, Steve	WA	3:39
5	King, Michael	OR	3:41

(Results continue on page 14)

To see your results posted, send them to editor@bicyclepaper.com

**Bicycle Paper**  
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Welcome to the Pacific Northwest's most comprehensive bicycle calendar

All events are listed chronologically within their respective sections: Events (clinics, expositions, lectures, etc), Off-road Racing (competition featuring single-track, cyclocross and other off-road riding), Off-road 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).

To conserve space, we've chosen to run web sites only on events where both web sites and e-mail are available. If you are an event promoter or organizer and your event is not listed, please write, call, fax or e-mail to format to us and we will gladly list it. Please send your event information in the same style and format as seen here. Further, any changes should be handled the same way.

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BMX

Jun 1: Race for Life: Leukemia & Lymphoma Society Fund-raiser. South Kitsap BMX, Port Orchard, WA. Double Points event - Friday evening. Sign up 6-30 p.m., non-members welcome. Mike Raich, 206-246-2661, bmmike@ix.netcom.com

Jun 2: Race for Life: Leukemia & Lymphoma Society Fund-raiser. Mason County BMX, Shelton, WA. Double Points event - Saturday afternoon. Sign up 2-4 p.m. Non-members welcome. Shawn Kinney, 360-426-9891, bmmike@ix.netcom.com

Jun 2: State Championship Race. South Kitsap BMX, Port Orchard, WA. Double Points event. Sign up 10-11 a.m. Saturday morning. Must be full member of ABA to participate. Mike Raich, 206-246-2661 bmmike@ix.netcom.com

Jun 3: State Championship Race. Mason County BMX, Shelton, WA. Double Points event. Sign up 10-11 a.m. Sunday morning. Must be full member of ABA to participate. Shawn Kinney, 360-426-9891

Jun 4: Aug 24: McColium Park BMX Midweek Racing. McColium Park, WA. Race every Monday, Tuesday and Friday. Sign up between 6-30p.m. Membership \$45. Entry fee - Monday & Tuesday \$5, Friday \$10. Memberships and Snohomish County release form required to be on the track. Pick them up at McColium Park BMX, Char Ayres, Snohomish County Parks & Recreation, 600 128th St. S. E., Everett, WA, 98204. 425 485-3461, mccoliumpark.bmx@gte.net

Jun 4: Aug 24: McColium Park BMX Midweek Racing. McColium Park, WA. Race every Monday, Tuesday and Friday. Sign up between 6-30 p.m. Membership \$45. Entry fee - Monday & Tuesday \$5, Friday \$10. Memberships and Snohomish County release form required to be on the track. Pick them up at McColium Park BMX, Char Ayres, Snohomish County Parks & Recreation, 600 128th St. S. E., Everett, WA, 98204. 425 485-3461, mccoliumpark.bmx@gte.net

Jun 9: Double Point Race. McColium Park, WA. Entry fee \$15. Char Ayres, Snohomish County Parks & Recreation, 600 128th St. S. E., Everett, WA, 98204. 425 485-3461, mccoliumpark.bmx@gte.net

Jun 10: Race for Life. McColium Park, WA. Entry fee \$5 + \$5 donation to leukemia. Char Ayres, Snohomish County Parks & Recreation, 600 128th St. S. E., Everett, WA, 98204. 425 485-3461, mccoliumpark.bmx@gte.net

Events

May 12: The Fifth Annual Kids Bike Swap. Seattle, WA. 9 a.m. to 4 p.m. Free event is at Genesee Playfield, 43rd Avenue S. and S. Genesee. In South Seattle. Parents can bring an outgrown kids bike (24" wheels and smaller) and swap it for a better-fitting one. Also donate unused kids bikes that will go to Bike Works' programs. Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206-725-9408. www.scn.org/bikeworks

May 18: WR0's Bike to Work Day. Puget Sound area. Join thousands of cyclists on the national bicycle commuting day. T-shirts, souvenirs and more! See Web site for commuter station locations. Begin 6 a.m. Check-in locations all over Puget Sound. Free! Jennifer Quisenberry, Cascade Bicycle Club, P. O. Box 15165, Seattle, WA, 981150165. 206-522-BIKE, www.cascade.org

May 19: 12th Annual Portland General Electric Reach the Beach. Portland, OR. Clean Air Bicycle Challenge. All proceeds benefit the American Lung Association of Oregon. American Lung Association of Oregon, 9320 S. W. Barbur Blvd. Ste 140, Portland, OR, 97219. 503-246-1997 X16. www.lungoregion.org

Jun 3: 5th Annual National Trails Day Event. OC&E Woods Line State Trail, Klamath Falls, Oregon. Join us in celebrating National Trails Day on the Switchback section of the trail: 7 & 10 mile (mtb, equestrian or horse & carriage routes), 10 km run and 3.5 mile guided nature hike. Entry fee: \$3. There are extra charges for T-shirts, BBQ and a mountain bike raffle. All profits will be used for trail development. Registrations starts at 7 a.m. Art Sevigny, 541-884-3050

Jun 3: Run Forest Run. Capitol Forest, Olympia, WA. Off-road running race through the woods of the scenic Capitol Forest. Rec. class 2 miles, s. b. class 4 miles, advanced class 6 miles. cash prizes for advanced class! Sign up 8 to 10:30 a.m. Race begins 11 a.m. \$20 entry fee for rec. and s. b. classes and \$25 for advanced. \$5 late entry fee if not postmarked 7 days prior to race. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Rd. S. W., Olympia, WA, 98512. 360-704-3315, www.ridethepeak.com

Jun 7: Summer Cycle Challenge. Seattle, WA. The Summer Cycling Challenge is your chance to compete for prizes while raising money for Bike Works. Earn a Bike and rides programs for youth. See how many miles you can ride along Lake Washington in Seattle during Bicycle Saturday! Minimum pledge to ride is \$20. Bike Swap is nonprofit. Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206 725 9408, www.scn.org/bikeworks

Off-Road

May 5-6: 24 Hours of Adrenalin. Monterey, CA. 24 Hours of Adrenalin MTB team relay at Laguna Seca Recreation Area. Teams can range from 2-10 people and solos so riders of all levels can participate. come out for a weekend you will never forget. On-line registration available. Tirilife Sports International, 7321 Victoria Park Ave., Unit #9, Markham, ON, L3R 2Z8 Canada, 905-944-9436. www.24hoursofadrenalin.com

May 5: Bear Springs Downhill. Mt. Hood, OR. Oregon MTB Racing Series. Downhill. Petr Kakes, OR, 503-272-0146, jlogan@skibowl.com

May 5-6: Chelan MTB Festival, WIM #3. Chelan, WA. Cross-country and downhill racing for all ages and ability levels. Gino Liseicki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 5: Fat Tire Farm Spring Fling. Dog River Trail. Downhill Enduro on Dog River Trail. The course is over 4 mile long and takes 12 minutes + to finish. Uphill transportation provided. Park your rigs safely along HWY 35 near the finish. Single run format. Training 8:30-10:30am. Entry fee \$30 - junior \$5 discount. Ski Bowl Mtn. Bike Racing, Box 320, Bouvernement Camp, OR, 97028-0320. 503-272-0240. www.oregon-adventures.com

May 5-6: Hammerfest 8. Parksville, BC. BC Cup. Cross-country May 5/ Downhill May 6. Brian Lunn, 521 Fourmeau Way, BC, V9P 2J7. 250-248-4020.

May 6: Spring Thaw. Ashland, OR. Oregon MTB Racing Series Cross-country - 25 miles. Post ride meal included Russ Rickley, Siskiyou Velo, 164 Alameda, Ashland, OR, 97520. 541-482-8704, dbandy@minds.net

May 12: Race at Reehers. Portland, OR. Oregon MTB Racing Series. Cross-country. Jon Meyers, 503-234-9273, www.obra.org/

May 13: Enduro-Salty Dog 6 Hour. Salmon Arm, BC. Warren Ellis, Salmon Arm Cycling Assoc., 604-832-7368, greenmtn@bcnet.ca

May 13: The Iron Lung. Calgary, AB. Cross-country COP, AB, 403-247-5475, www.coda.ab.ca

May 19-21: Action Quest. Pentlitch, BC. BC Cup. Cross-country #3, dual-slam #1 Non-BC Cup downhill. Bob Leslie, Pentlitch Cycling Club, 329 Lower Bench Rd., Pentlitch, BC, (250) 494-0341, RL\_Leslie@yahoo.com

May 19: May Track. Jones Creek, Vancouver. Ron Magnus, 503-244-4866, ronm@hevanet.com

May 19: SPOKE Invitational. Buntzen Lake, BC. Jeff Tvergyak, SPOKE, BC, www.spoke.bc.ca

May 19-20: Winthrop Boneshaker, WIM #4. Winthrop, WA. Cross-country and downhill racing for all ages and ability levels. Gino Liseicki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 20: 1st Annual 'Coal Town Classic'. Cumberland, ND. Sykes, Cornox Valley Cycle Club, 250-334-2946, RJSYKES@home.com

May 20: Beaverton Grand Prix. Bend, OR. Stan Gardner, 313-6125, g2spark@coho.net

May 20: Coast Hills MTB Classic. Newport, OR. Part of the OBRA Series: Awesome single-track, fast descents & challenging climbs. Fund-raiser for high school MTB club & honor society. All classes including kids. Dave Campbell, c/o Newport High School, 322 N. E. Eads St., Newport, OR, 97365. 541-574-0327, www.lincoln.k12.or.us/newports/activity/clubs/mclub/mclub.htm

May 26: BC High School Invitational MTB Championships. Vancouver, BC. Four categories: #4, Junior (grades 9), Junior (grade 10) and Senior (grade 11-12). 6K Jap. Awards for top 5 individuals and teams. Sam Skorda, Argyle Secondary School, 1131 Fredrick Road, North Vancouver, BC, V7K 1J3. 604-903-3300, samskorda@hotmail.com

May 26-27: Bear Mountain Challenge - BC Cup. Mission, BC. BC Cup. Cross-country #4, downhill #2. Cory Adst, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-853-4581

May 26: MTB Championships. North Vancouver, BC. BC High School Sam Skorda, 604-903-3300, samskorda@hotmail.com

May 27: OBRA Around The Bend. Bend, OR. 2001 OBRA Off-Road Series. Cross-country. Sally & Marcel Russenberger, 442 N. W. State St., Bend, OR, 97701. 541-389-3295 or 541 389 4224, salbend@bendcab.com

Jun 23: Cyclopeath Triple Threat. Kelowna, BC. BC Cup cross-country #5, downhill #3, dual slalom #2. Gary Norikum, Cyclopeath Kelowna, 250-868-0122, cyclopeath@silik.net

Jun 23: 24 Hours Around the Clock MTB 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 Liseicki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Jun 2: Over the Top. Capitol Forest, Olympia, WA. Cross-country MTB race will start at approx. 350 ft. elevation and traverse up to the 2659 ft. peak and continue over the top into a semi-technical single-track descent back to the starting point. \$300 FIRST PRIZE! Sign up from 10 to 10:30. Race begins at 11 a.m. \$20 entry fee for rec. and s. b. classes and \$25 for advanced class. \$5 late entry fee if not postmarked 7 days prior to race. Eric Kackley, The Peak Bike Shop & Race Center, 11639 Waddell Creek Rd. S. W., Olympia, WA, 98512. (360) 704-3315, www.ridethepeak.com

Jun 3: Downhill 5. Calgary, AB. Downhill. Dual COP, AB, 403-247-5475, www.coda.ca

Jun 9: Hammer Down Haymaker. Klamath Falls, OR. Brand Shaw, 541-883-3038, BS63122@aol.com

Jun 9-10: Mount Mac Challenge. Revelstoke, BC. 6/9 - Downhill & Fat Tire Critérium. 6/10 - Cross-country. Keith McNab, Revelstoke Cycling Association, 1565 Shell Rd., Revelstoke, BC, V0E 2S1. 250-814-0090 keith.mcnab@bchydro.bc.ca

Jun 10: 9th Annual Padden Mountain Pedal. Lake Padden Recreation Area, Bellingham, WA. Classic Bicycle Northwest race. Cross-country, trials, kids rodeo & fun race organized in collaboration with the WHIMPS MTB Club. Mark Peterson, Jack's Bicycle Center, 1907 Iowa St., Bellingham, WA, 98226. 360-733-1955, www.bitzone.com

Jun 10: Pickett's Charged. Bend, OR. Oregon MTB Race. OBRA sanctioned MTB race. Toby Bayard, Bend, OR, 541 382 8018 or 541-382-8018, www.sunmysideports.com

Jun 10: Rumble Mountain Rage. Port Alice, BC. Cross-country. Jacquie Mackenzie, Village of Port Alice, P. O. Box 130, Port Alice, BC, V0N 2N0. 250-284-3391, www.village.port-alice.bc.ca

Jun 16-17: 24 Hours of Caffeine. Kamloops, BC. 24 hour MTB endurance race. Henry Pejrlj, Java Cycle, 7-1380 Summit Dr., Kamloops, BC, V2 C 1T8. 250-314-5282, javacycling@home.com

Jun 16-17: Mudduppy. Edmonton, AB. Cross-country, dual Kelly Smith, Boat Anchor, AB, 780-474-2421

Jun 16: White City Circuit Race. Oregon. Ed Garfield, 541-772-1393

Jun 17: Norm Lowe Memorial Road Race. Hatciz Valley, BC. BC Cup #3 Steve Fenning, Soilton Cycling Club, BC, 604-293-8648, sfenning@bcgas.com

Jun 17: Snowden Slug Slam. Campbell River, BC. Cross-country. Clayton Annis, Campbell River Sprocket Rockets, 250-923-6023, www.slugslam.com

Jun 17: Whitby Island Mudder. Langley, WA. Robert Frey, 360 321 5884, www.onespeed.tridpod.com

Jun 22-24: State Games of Oregon. Mt. Hood, Oregon. Training starts at 12:00 on Friday for Downhill and Dual. Cross-country on Sunday. Downhill 2 run format for Pro/Exp. 1 run format for Sport/Begin. Dual starts at 2:00pm on Saturday. Petr Kakes, 503-272-0146, jlogan@skibowl.com

Jun 23: State Mountain Championships. Ski Bowl, OR. Peter Kakes, 503-272-0146, jlogan@skibowl.com

Jun 23-24: Test of Metal. Squamish, BC. 6/23 - 60K point-to-point cross-country, 6/24 trial. Limited to 800 riders. Cliff Miller, P. O. Box 793, Garibaldi Highlands, BC, V0N 1T0. 604-898-3519, www.testofmetal.com

Jun 23-24: The Squilchucker, WIM #5. Squilchuck State Park, Wenatchee, WA. Cross-country and downhill as well as kid's races for all ages and ability levels: Gino Liseicki, Round and Round Productions, 418 E. Pacific, Ste 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Jun 24: State Games MTB. Ski Bowl, OR. Peter Kakes, 503-272-0146, jlogan@skibowl.com

Jun 30: 1st Annual Grand Coulee Dam 10 Race. Coulee Dam, WA. Adult course is 10 miles, junior course 1 mile. Stats at 11 a.m. Entry fee \$15 for adults includes a t-shirt, junior \$3 - shirt extra. Tom Skordas, 603 Aspen, Coulee Dam, WA, 99116. 509 633 0775

Jun 30-Jul 1: Red's Revenge. Rossland, BC. BC Cup #4, 4th Annual #4, dual slalom #3. Darrel May, P. O. Box 1840, Rossland, BC, V0G 1Y0. 250-362-3398, www.blackbearbns.com

Jun 30-Jul 1: Shotgun Cross Fat Tire Festival. Eugene/Springfield, OR. Oregon MTB Series. Cross-country and downhill. Randi Dreiling, OBRA, 541-984-1433, www.oregon-adventures.com

May 5: 300K. Lower Mainland. Start 6 a.m. Burnaby Lake. Tour Chilliwack Hatchery/Harrison Deirdre Arscott, 604-222-3587

May 19-21: Wine Country Weekender. Northern California. Spend 3 days, 2 nights. Meet in Healdsburg, CA at 10 a.m. Trip ends 2 p.m. on May 21. Nearest airport-San Francisco, CA. Single room cost: \$195. Trip Cost \$499. Luna Tours, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

May 21: Inland Empire Century. Richland, WA. Sponsored by the Tri-City Bicycle Club. Visit the eastside for fun in the sun on this century ride (shorter routes available) from the Columbia River up through the scenic Yakima Valley. For further information visit our Web site. Terry Mast, 509-588-4746, http://users.owt.com/jlewis/tcbc.html

May 26-29: Orcas Island Memorial Weekend. Orcas Island, WA. 3 or 4 day non-structured event. Just bring bike and sleeping bag. 4.7 mile ride to camp. Activities at camp include biking, hiking, boating, canoeing, and more. Limited to 130 people. Cost: \$89 for adults (\$104 - 4 days), \$50 for children under 12 (\$65 - 4 days). Price includes round trip ferry, cabins, and food for 3 days. \$1 per rider will be donated to Bicycle Alliance. 425-235-7774

Jun 2: 400K. Burnaby Lake. Start 6 a.m. Tour La Conner, Camano Island, Sedro Woolley Sean Williams, 604-253-6966

Jun 9: 600K. Vancouver Island, BC. Start 3 a.m. from Colwood. Tour Pofino, Colwood. Stephen Hinde, 250-245-4751, www.island.net/-rands/index.html

Jun 9: 600K. Vancouver Island, BC. Start 5:30 from Nanaimo. Tour Pofino, Lake Cowichan, Mill Bay. Stephen Hinde, 250-245-4751, www.island.net/-rands/index.html

Jun 9-10: A Ride Around the Pond. Sandpoint, ID. A 2-day, 115-mile, fully supported & catered MTB tour circumnavigating Lake Pend Oreille in northern Idaho. Sandpoint's City Beach will be the start/finish and you'll climb/descend from the famous, virtually uninhabited east side "High Drive." Each day offers one incredible, 3000 ft. + single-track descent. \$150. Tour includes: sag, luggage transport, all meals and camp fees. Ken Reppert, All About Adventures, P. O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-9810 x2288, www.allaboutadventures.com

Jun 16-17: 600K. Pitt Meadows. Start 7 a.m. Tour Fraser Canyon and Cache Creek. Ted Milner, 604-291-3499

Jun 16-23: Paradise Sampler. Southwest Montana & Yellowstone. Spend 8 days, 7 nights. Meet in Livingston, MT at 7 p.m. Tour ends noon on June 23. Nearest airport-Bozeman, MT. Single room cost: \$490. Trip cost: \$1, 345. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Jun 16: Tour de Blast. Toutle, WA. In its 8th year, the Tour de Blast offers both a 50 & 135K ride. Well staffed by Longview Non 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, 19000318610 x2389, P. O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tdn.com/tourdb

Jun 23: 1000K. Vancouver Island, BC. Start 3 a.m. from Victoria. Tour Victoria, Port Hardy, Stephen Hinde, 250-245-4751, www.island.net/-rands/index.html

Jun 24: 300K. Beginner's Paradise Sampler. Southwest Montana & Yellowstone. Meet in Livingston, MT at 7 p.m. Spend 7 days, 6 nights. Tour ends noon on June 30th. Nearest airport is Bozeman, MT. Single room cost: \$450. Trip cost: \$1, 295. Luna Tours: Outdoor Adventures for Women, 200 Mountain Brook Rd., Livingston, MT, 59047. 1-877-404-6476, www.lunatours.com

Jun 30: The Green Owl Rendezvous. Schweitzer Village, 23-mile 4200 ft. downhill MTB ride from the top of Schweitzer Ski Resort to the Priest River. MTB experience is not necessary. \$25. Ken Barrett, All About Adventures, P. O. Box 1321, Sandpoint, ID, 83864. 208-263-6959 or 1-800-831-9810 x2389, www.allaboutadventures.com

Jun 23-24: Xterra America Tour #A#1. Richmond, WA. Off-road triathlon. Individual and team entry. Kids races. Dave Nicholas, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Race Series

May 1-Aug 28: Aidias World Tuesday Night Championships. Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, www.escapevelocity.bc.ca

May 2-Jun 6: Ravendale Time Trial Series. Ravendale Park, WA. Wednesday night time trial Series. Registration from 5-6 p.m. on Friday. Race at Kent Kangley & 272nd. First rider off at 6:30 p.m. Rolling 10 mile course on rural roads in King County. Cost \$10/race. Tim Sherill, 425-233-9235, www.wheelsportcycling.com

May 3-Sep 13: Southern Oregon Thursday Night Road Race. Medford, OR. Glen Garn, 541-779-6986, gaganni@aol.com

May 7-Sep 10: Lakeside Bicycles 2001 Monday Night Masters & Women Prix Series. Portland, OR. Portland International Raceway - Flat 1. 9-mile loop, wide road with excellent pavement, closed to traffic. Norba single-day or annual membership required and available on line. Reg. starts 5 p.m. and ends 5 minutes prior to your start time. 6-30-6:35 staggered starts. \$13 reg. (\$5 for junior members). Distances vary. Junior, Master & Women Cat. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., www.obra.org

May 25-Aug 24: Friday Night Racing. Marymoor Park, Redmond, WA. Race every Friday by the Marymoor Velodrome Association. \$12 for Cat 1, 2, 3 and Women. Kiddie Kilo every 1st and 3rd Friday. Citizens Race every 2nd and 4th Friday. Spectators are welcome. No racing July 27. Ethan Meglimes, Marymoor Velodrome Association, 206-675-1424, www.marymoorvelodrome.org

Jun 23-Oct 14: Xterra America Tour. Off-road triathlon. Individual and team entry. Dave Nicholas, 1001 Bishop St. #880, Honolulu, HI, 96813. 808 521 4322

Jun 25-Aug 27: Monday Night Junior Racing. Marymoor Park, Redmond, WA. Races every Monday by the Marymoor Velodrome Association & Greg's Cycle. Spectators are welcome (free). Ethan Meglimes, Marymoor Velodrome Association, 206-675-1424, www.marymoorvelodrome.org

May 1: AIDA World Tuesday Night Championships. Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, www.escapevelocity.bc.ca

May 1: PIR. Portland, OR. Circuit Jeff Mitchem, 233-3636, jffdigwest.com

Road Racing

# CALENDAR



PHOTO BY SYLVIE RAMON

## Bastion Cycling Festival riders coming over the hills.

- May 1: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- May 2: Ravensdale Time Trial Series.** Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425 235 8235, [www.wheelsportcycling.com](http://www.wheelsportcycling.com)
- May 3: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- May 3: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- May 4-6: Tour de Vine.** Penitton, BC. Racing and Cycling Wine Touring Barb Sheppard, 888 Westminster Ave., Penitton, BC, V2A 8S2. 250-770-1084, [www.tourdrevine.bc.ca](http://www.tourdrevine.bc.ca)
- May 6: Circuit for Chocolate.** Hillsboro, OR. Beth Whitaker, 503-261-9560, [bethwh@schetlynw.com](mailto:bethwh@schetlynw.com)
- May 6: Pigeon Lake.** Pigeon Lake, AB. Jeff Davis, ERTC, AB, 780-483-1880, [www.ertc.org](http://www.ertc.org)
- May 6: Washington State Road Race Championship.** Longbranch, WA. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- May 7: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.** Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., [www.obra.org](http://www.obra.org)
- May 8: Adidas World Tuesday Night Championships Vancouver.** BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- May 8: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- May 8: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- May 9: Ravensdale Time Trial Series.** Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425 235 8235, [www.wheelsportcycling.com](http://www.wheelsportcycling.com)
- May 10: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- May 12-13: Ardrossan.** Edmonton, AB. Road Race, Individual Time Trial, Critrium Rob Sterling, Velocity, AB, 780-424-8200, [chesscake@connect.ab.ca](mailto:chesscake@connect.ab.ca)
- May 13: Gary Lund Classic.** Skokie, BC. Marc Burgess, Jennifer Burton, 250-384-8840, [marconbike@aol.com](mailto:marconbike@aol.com)
- May 13: Rehersal Road Race.** Oregon. David Beede, 541-772-1393
- May 14: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.** Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., [www.obra.org](http://www.obra.org)
- May 15: Adidas World Tuesday Night Championships.** Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- May 15: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- May 15: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- May 16: Ravensdale Time Trial Series.** Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425 235 8235, [www.wheelsportcycling.com](http://www.wheelsportcycling.com)
- May 17: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- May 17: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- May 19: Oregon Team Time Trial.** Tangent, OR. Craig Massie, 541-753-7622, [cmassie@ch2m.com](mailto:cmassie@ch2m.com)
- May 20: Coast Hills Mountain.** Corbet, OR. Time Trial Dave Campbell, 521-0210, [dave\\_campbell@incom.k12](mailto:dave_campbell@incom.k12)
- May 21: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.** Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., [www.obra.org](http://www.obra.org)
- May 22: Adidas World Tuesday Night Championships.** Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- May 22: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- May 22: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- May 23: Ravensdale Time Trial Series.** Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425 235 8235, [www.wheelsportcycling.com](http://www.wheelsportcycling.com)
- May 24: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- May 24: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- May 26-27: Bastion Square Cycling Festival.** Victoria, BC. Road Race BC Cup #1, Critrium, Track races and Touring. Sharon White, VIBRS, BC, 250-360-BIKE, [www.dave.sharon@telus.net](http://www.dave.sharon@telus.net)
- May 26-28: The Ecology Center Classic Stage Race.** Missoula, MT. 3 day, 4 stage race with \$10,000 in prize money. Street Sprints, TT, Critrium, and a truly road race. This year's additions include a separate men's cat 3 race and a tandem category. Jeff Crouch, [www.wildrockies.org/bikeclassic](http://www.wildrockies.org/bikeclassic)
- May 28: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.** Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., [www.obra.org](http://www.obra.org)
- May 29: Adidas World Tuesday Night Championships.** Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- May 29: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- May 29: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- May 30: Ravensdale Time Trial Series.** Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425 235 8235, [www.wheelsportcycling.com](http://www.wheelsportcycling.com)
- May 31: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- May 31: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- Jun 2: Bike for Your Life.** Salmon Arm, BC. Charles Nash, Bike for Your Life Society, BC, 250-832-2729, [nashplan@jststream.net](mailto:nashplan@jststream.net)
- Jun 2: Race Across Oregon.** Oregon. George Cavet, [gacavet@aol.com](mailto:gacavet@aol.com)
- Jun 2: Silvertown Festival.** Portland, OR. Circuit Steve Yenne, 503-364-3846, [yennes@aol.com](mailto:yennes@aol.com)
- Jun 3: Atomic Road Race.** Lower Mainland, BC. BC Cup #2 Owen Scott, Atomic Racing Club, BC, 604-318-3942, [oscott8510@aol.com](mailto:oscott8510@aol.com)
- Jun 3: Leavenworth Road Race.** Leavenworth, WA. Start at Cascade High School - \$20. 13-mile loop with relatively flat roads. Highway 209 over Beaver Pass, down a 16-mile rolling loop. One major climb back to the finishing stretch. Counts for NWC series. Women's coaching clinic following the race. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 3: Silvertown Festival.** Silvertown, OR. Steve Yenne, 503-364-3846, [yennes@aol.com](mailto:yennes@aol.com)
- Jun 4: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.** Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., [www.obra.org](http://www.obra.org)
- Jun 5: Adidas World Tuesday Night Championships.** Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- Jun 5: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- Jun 5: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- Jun 6: Ravensdale Time Trial Series.** Ravensdale Park, WA. Registration from 5-6 p.m. at Ravensdale Park Kent Kangley & 272nd. Start at 6:30 p.m. Cost \$10 Tim Sherrill, 425 235 8235, [www.wheelsportcycling.com](http://www.wheelsportcycling.com)
- Jun 7: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 7: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- Jun 9: Canada Games Selection.** DeWinton, AB. Individual Time Trial Andy Holmwood, ABA, AB, 403-297-2720, [www.albertabicycles.com/team](http://www.albertabicycles.com/team)
- Jun 9-10: Columbia Plateau.** Eastern Oregon. Stage Race Mark Schwyhart, 231-0236, [michelle@hevanet.com](mailto:michelle@hevanet.com)
- Jun 9-10: Washington State Stage Race.** Sequim, WA. Critrium, Road Race & Time Trial. \$45. Saturday race includes a 20-mile circuit race and a 12-mile time trial. Sunday includes a 42-mile road race. Three challenging courses located in beautiful Sequim, WA. Counts for NWC series. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 10: Ronde van DeWinton.** DeWinton, AB. Jason Yanota, Bow/CMC, AB, [www.bowcycling.com/team](http://www.bowcycling.com/team)
- Jun 11: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.** Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., [www.obra.org](http://www.obra.org)
- Jun 12: Adidas World Tuesday Night Championships Vancouver.** BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- Jun 12: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- Jun 12: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- Jun 13: Mount Taber Circuit.** Beaverlton, OR. Stan Gardner, 503-641-1422, [stangardner@email.msn.com](mailto:stangardner@email.msn.com)

- Jun 14: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 14: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- Jun 16: Olympic Athletic Club Twilight Critrium.** Ballard, WA. Flat criterium - \$20, 6 of 4-come flat course in old Ballard. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 16: Woodland Omnium.** Eugene, OR. Jim Lamew, 360-887-4032, [JELMEL@aol.com](mailto:JELMEL@aol.com)
- Jun 17: Mayors Cup Critrium.** White City, OR. Ed Garfield, 541-772-1393, [ed@daningbeads.com](mailto:ed@daningbeads.com)
- Jun 17: Seward Park Summer Classic.** Seattle, WA. Critrium - \$15. 8-mile loop inside Seward Park with one 120-degree turn and 100-yard hill. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 17: Woodland Omnium.** Woodland, WA. Jim Lamew, 360-887-4032, [JELMEL@aol.com](mailto:JELMEL@aol.com)
- Jun 19: Adidas World Tuesday Night Championships.** Vancouver, BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- Jun 19: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- Jun 19: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- Jun 20: Mount Taber Circuit.** Portland, OR. Stan Gardner, 503-641-1422, [stangardner@email.msn.com](mailto:stangardner@email.msn.com)
- Jun 21: Kreb's Cycle Time Trial #1.** Vancouver, BC. Dave Carlyle, Kreb's Cycle Club, BC, 604 688 8646 [malkox3.krebscycleclub@hotmail.com](mailto:malkox3.krebscycleclub@hotmail.com)
- Jun 21: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 21: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- Jun 23: Aurora Cycles Road Race.** Mount Vernon, WA. Counts for NWC series., [www.bkrides.com](http://www.bkrides.com)
- Jun 23-24: Headwinds Stage Race.** Lethbridge, AB. AB, [www.headwinds.ab.ca](http://www.headwinds.ab.ca)
- Jun 24: Oregon Road Championships.** Eugene, OR. David Beede, 541-772-1393
- Jun 25: Lakeside Bicycles 2001 Monday Night Masters & Women PIR Series.** Portland, OR. See series info. Jim Anderson, 503-975-8229 from 10 a.m. - 6 p.m., [www.obra.org](http://www.obra.org)
- Jun 26: Adidas World Tuesday Night Championships Vancouver.** BC. Escape Velocity Cycling Club, 2964 W. 8th Ave., Vancouver, BC, V6K 1C1. 604-888-5779, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)
- Jun 26: PIR.** Portland, OR. Circuit Jeff Mitchem, 233-3636, [jeff@digwest.com](mailto:jeff@digwest.com)
- Jun 26: Tuesday Night Road Race Series at SIR.** Kent, WA. See series info. Tracy Jolly, 206-322-0072, [tjolly@seattlemortgage.com](mailto:tjolly@seattlemortgage.com)
- Jun 27: Mount Taber Circuit.** Portland, OR. Stan Gardner, 503-641-1422, [stangardner@email.msn.com](mailto:stangardner@email.msn.com)
- Jun 28: Seward Park Cycling Series.** Seattle, WA. Critrium. See series info. David Douglas, Event Promoter, 4207 S. W. Hill St., Seattle, WA, 98116. 206-932-5921, [www.pazzovelo.com](http://www.pazzovelo.com)
- Jun 28: Southern Oregon Thursday Night Road Race.** Medford, OR. Glen Gann, 541-779-6986, [gagann1@aol.com](mailto:gagann1@aol.com)
- Jun 29: Kreb's Cycle Time Trial #2.** Vancouver, BC. Dave Carlyle, Kreb's Cycle Club, BC, 604 688 8646 [malkox3.krebscycleclub@hotmail.com](mailto:malkox3.krebscycleclub@hotmail.com)
- Jun 30: Mount Taber Critrium.** Portland, OR. Bruce Harmon, 503-520-1146, [harmon@atway.net](mailto:harmon@atway.net)
- Jun 30: The D-Line Dash.** Capitol Hill, Olympia, WA. Eric Kackley, The Peak Bike Shop and Race Center, 11639 Wadswell Creek Rd. S., Olympia, WA, 98512. (360) 704-3315, [www.ridethepeak.com](http://www.ridethepeak.com)

## Rides & Tours

- May 6: Camano Climb.** Stanwood, WA. 50-mile ride of scenic bicycling around the perimeter of Camano Island with an escape route of about 35 miles for those who wish a shorter ride. Spectacular views of the Cascade and Olympic Mountain, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island. No ferry ride required. Start time is between 8 & 10 a.m. at Heritage Park. Sponsored by Stanwood Camano Island Kiwanis Don, P. O. Box 1305, Stanwood, WA, 98292. 360 629 6415, [velo@whidbey.net](mailto:velo@whidbey.net)
- May 6: Erikson's tandem ride.** Lake Washington, WA. Meet at 9:30am at Leschi - fast paced around Lake Washington Spencer Beard, Evergreen Tandem Club.
- May 6: Monster Cookie Metric Century Bicycle Ride.** State Capitol Mall, Salem, OR. Recreational ride through backroads to Champog 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. 503-990-9558, [www.salemibicycleclub.org](http://www.salemibicycleclub.org)
- May 12-19: Hawaii—8 Day.** Hilo, Hawaii. Highlights: Kilauea Crater, Mauna Loa Volcano, Kona Coast. Designated: Beginner to advanced. Daily mileage: 45 average. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)
- May 12: Lake Washington ride.** Lake Washington, WA. 40 mile ride around the north end of Lake Washington. Start at Cascade Bicycle Club - Cancel if rain. Rita Jensen, Evergreen Tandem Club.
- May 12-19: San Juan Islands—Victoria.** Victoria, BC. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)
- May 12-13: Scenic Tour of the Kootenai River (STOKR) 2001.** Montana. 7th annual ride in the best of the last best place! Two-day tour in remote northwest Montana (just three hrs. northeast of Spokane). Limit: 250 riders. 5/12: 98-mile loop into the Yaak or 45-mile option up Lake Crk. 5/13: 40-mile loop along the river to Lake Kocanusa. \$50. benefits local Habitat for Humanity affiliate (will ply you with homemade goodies, soup and pie along the way!) Plus great T-shirt vests! Susie Rice, 1020 Idaho, Libby, MT, 59923. 406-293-2441, [www.libby.org/~gregrice/STOKR/](http://www.libby.org/~gregrice/STOKR/)
- May 12: Skagit Spring Classic Bicycle Ride.** Burlington, WA. Starts at Bayview Elementary School. To get there, 15 exit #231, Chuckanut Drive, then 3. 7 miles west on Josh Wilson Road. 25, 40, 62, 100-mile options. Jean LaBossier, P. O. Box 363, Burlington, WA, 98233. 360-652-0653, [www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)
- May 12: The Rhody Tour Metric & Half-Metric Century.** Port Townsend, WA. Reg. 8-10 a.m. at Haines Place Park & Ride Lot. Reg. fee: \$15-32, 45, 55, and 62 miles. The new ride route follows the varied terrain of east Jefferson County's rural roads. Few hills on the Half Metric Century. The Full Metric Century is a fast, rolling ride with a few good hills. Fully supported, food/water stops, grocery/convenience stores & sag route marked with pavement markings plus route map. Presented by the Port Townsend Bicycle Association. Proceed provide helmets for kids, Bicycle Alliance and Rhododendron Festival. Jon Mueller, Port Townsend Bicycle Assoc. & Rhododendron Festival, P. O. Box 681, Port Townsend, WA, 98368. 360-385-7567, [www.ptguide.com/rhodytour/](http://www.ptguide.com/rhodytour/)
- May 13-18: San Juan Islands—6 Day Tour.** San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)
- May 14-19: California Wine Country—4 Day.** California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)
- May 18-20: Fleche Pacifique.** Lower Mainland, BC. Entry deadline is Friday, April 28, 2001. Routes vary, Cheryl Lynch, Keith Nichol, 604-733-5697
- May 19: Skookumchuck Challenge.** Tenino, WA. Two routes to come from 21 and 50 miles. Starts and ends in Tenino. Loop around Northcat Mountain Tenino Skookumchuck Rainer. 50 mile ride also include East Olympia back via Chehalis Western trail. Pre-reg. \$15 single / \$30 family. Spaghetti dinner and t-shirts available at finish line. Proceeds go to the NW Lions Sight and Hearing Foundation. Leon Wayt, 360 446 1332
- May 20: 16th Annual Santa Fe Century.** Santa Fe, NM. 25, 50, 75, 100-mile routes. Terrain - flat/rolling, moderately hilly. \$15 includes Century water bottle, Cliff Bar, number, maps, 6 food stops, sag-wagon. T-shirts & wind-breakers may be ordered in advance. Not available on day of event. Willard Chilcote, Santa Fe Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282, [www.santafecentury.com](http://www.santafecentury.com)
- May 20: 200K: Signs of Spring.** Fort St. John, BC. Start 7 a.m. Route: Fort St. John, Charlie Lake, Taylor, Farmington to Ted's Service Pouce Coupe, Dawson Creek and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, [wkok@bc.bc.ca](mailto:wkok@bc.bc.ca)
- May 20-25: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)
- May 20: No Frills Century.** Redmond, OR. 100 and 65-mile road rides around Redmond, Prineville and Madras. \$10 fee covers sag and food stops. Trip begins at 8 a.m. Susan Bonnacker, Sunnyside Sports, 930 N. W. Newport Ave., Bend, OR, 97701. 541-382-8018, [www.sunnysidesports.com](http://www.sunnysidesports.com)
- May 20-25: San Juan Islands—6 Day Tour.** San Juan Islands, WA. Levels: All. Daily mileage on Standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)
- May 20: Two County Double Metric Century.** Olympia, WA. Begins at Millersylvania State Park, 7 a.m. \$17 Margo Munson, Capitol Bicycling Club, 360-273-8020, [pmunson1@localaccess.com](mailto:pmunson1@localaccess.com)
- May 26-27: 400K Brevet.** Mark Thomas, 13543 160th Ave. N. E., Redmond, WA, 98052. 206-612-4700, [www.seattlerandonneur.org](http://www.seattlerandonneur.org)
- May 26: 400K Ride.** Vancouver Island, BC. Loop from Victoria to Union Bay. Start at 3 a.m. Stephen Hinde, BC Randonneurs, 250-245-4751, [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)
- May 26: 400K Ride.** Vancouver Island, BC. Loops from Nanaimo to Duncan, Campbell River and back. Start 5:30 a.m. Stephen Hinde, BC Randonneurs, 250-245-4751, [www.island.net/~randos/index.html](http://www.island.net/~randos/index.html)

# CALENDAR

**May 26-27: Bike the Bull River.** Sandpoint, ID. 145-mile, fully supported & catered tour of the rivers around the Panhandle of Idaho and Western Montana. \$225. Tour includes: sag, luggage transport, all meals and camp fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, P. O. Box 1321, Sandpoint, ID. 83864. 208 263 6959 or 800 831 8810 x2288, www.allaboutadventures.com

**May 26-Jun 2: San Juan Islands—Victoria.** San Juan Islands, WA. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**May 27-Jun 1: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**May 27-Jun 1: San Juan Islands—6 Day.** San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 2: 300K Le Petit Tour de Peace.** Fort St. John, BC. Start 6 a.m. Route: Fort St. John, Charlie Lake, Hudson's Hope, Chetwynd, Tumbler Ridge to Ted's service and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

**Jun 2: Apple Century Bicycle Ride.** Wenatchee Convention Center, 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 8 a.m. Canadian reg. accepted at par. Bret Pitsinger, Wenatchee Sunrise Rotary, P. O. Box 1433, Wenatchee, WA, 98807-1433. 509-886-1837, www.wenatcheesunrise.org/century

**Jun 3: 19th Annual Peninsula Metric Century.** Southworth Ferry Terminal or Gig Harbor Fire Station, WA. From Southworth Ferry Terminal (50K, 100K, or 100-mile) or from Gig Harbor Fire Station on Kimball Drive (100K or 100-mile). Route: miles of waterfront & roller coaster hills. Rest stops. Great mechanical & sag support. Prizes raffled upon return to registration points. Fundraiser for Tacoma Wheelmen's Bicycle Club helmet's program, advocacy efforts, rides and more. Limit: 1,000 riders. Reg. 7 a.m. to noon. Pre-reg. before May 23 \$15 individual, \$35 family, \$12 shirt. Day of Ride: \$18 individual, \$40 family, \$15 shirt. Dianne Koch, Tacoma Wheelmen's Bicycle Club, P. O. Box 112078, Tacoma, WA, 98411. 253-564-3271, www.tbwc.org

**Jun 3-8: San Juan Islands—6 Day.** San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 4-9: California Wine Country—4 Day.** California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 4-27: Great Alaska Highway Ride 5.** Delta Junction, AK to Dawson Creek, B. C. Pedal the entire length of the Al-Can Highway, through Alaska, Yukon Territory, and BC. Fully supported, camping. Tom Sheehan, Cycle Events, P. O. Box 925, Hilo, HI. 95721-0725. 888 733 9615, www.cylevents.com

**Jun 9: 50K, 100K, 150K.** Fort Langley. Start 9 a.m. Tour South Surrey and Fraser Valley. Bob Marsh, 604-467-7065

**Jun 9-16: San Juan Islands—Victoria.** Victoria, BC. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 10-13: Oregon Wine Country.** Oregon. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Portland, OR. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 10-15: San Juan Islands—6 Day.** San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 16: 400K Le Grand Tour de Peace.** Fort St. John, BC. Start 6 a.m. Route: Fort St. John, Charlie Lake, Hudson's Hope, Chetwynd, Tumbler Ridge to Ted's service and back to Fort St. John. Part of the BC Peace Region Randonneurs Series. Wim Kok, 250 785 4589, wkok@nlc.bc.ca

**Jun 16-24: Sandpoint-Glacier-Sandpoint.** Sandpoint, ID. A 9-day, 475-mile, inclusive, fully supported & catered tour from Sandpoint, ID to the west entrance of Glacier National Park, MT and back. \$1050. Tour includes: Ground transportation from/to Spokane International Airport, sag, luggage transport, all meals and camp fees. Showers and full facilities available at each campground. Ken Barrett, All About Adventures, P. O. Box 1321, Sandpoint, ID, 83864. 208 263 6959 or 800 831 8810 x2288, www.allaboutadventures.com

**Jun 17-22: California Wine Country—6 Day.** California. Levels: All. Daily mileage on standard route: 40 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 17-22: Canadian Gulf Islands.** Canada. Levels: Energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Victoria, BC. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 17-22: San Juan Islands—6 Day.** San Juan Islands, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 19-22: San Juan Islands—4 Day.** San Juan Islands, WA. Levels: All. Daily mileage on standard route: 25 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 22-24: 1000K.** Lower Mainland, BC. Various starting points, times and routes. This year's recommended route is the South Okanagan and North Cascades. John Bates, 604-528-2081, John.Bates@Hydro.bc.ca

**Jun 22-25: 10th Annual Ride Around the Marble Mt. Wilderness.** Northern California near Oregon border. Northern California near Oregon border. All meals, van support and camping included for \$275 Russ Rickert, 164 Alameda, Ashland, OR, 97520. 541-482-8704

**Jun 22-30: Ecuador Exploration: Andes to Amazon (Southern Circuit).** Ecuador, South America Southern circuit. Extraordinary history, culture, & religious sites. Lifestyles ranging from traditional to ultra modern. Magnificent countryside. 400K, 250 miles, paved roads, long hills, high elevation. Cost: \$790 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206-767-0848, www.tbike.org

**Jun 23-24: 600K Brevet.** Mark Thomas, 13543 160th Ave. N. E., Redmond, WA, 98052. 206-612-4700, www.seattletrandonneur.org

**Jun 23-30: San Juan Islands—Victoria.** Victoria, BC. Levels: energetic beginner to advanced. Daily mileage on standard route: 35 average. Meet/depart: Seattle, WA Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 23: Trident Triple Bike Classic.** Silverdale, WA. Beautiful, scenic routes through Submarine Beach/Bangor. 16 & 3-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 & drink. T-shirts for sale. \$18 registration. Pre-register by 6/10/01 to get a free T-shirt. Nancy Whitaker, Silverdale Chamber of Commerce, P. O. Box 1218, Silverdale, WA, 98383. 360-692-6800, www.silverdalechamber.com

**Jun 24: Flying Wheels Summer Century.** Redmond, Washington. 4 loops through scenic Snohomish county range from family fun (with kids fair) to grueling hills. 100-mile loop is tougher than STP—makes a great training ride! Three routes: 30, 60, 100 miles. Begin 6:30 a.m. Cost: \$20. Jen Smith, Cascade Bicycle Club, P. O. Box 15165, Seattle, WA, 98115-0165. 206-522-BIKE, www.cascade.org

**Jun 24-29: San Juan Islands—6 Day.** San Juan Islands, WA. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Anacortes, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 25-28: California Wine Country—4 Day.** California. Levels: All. Daily mileage on standard route: 30 average. Meet/depart: Santa Rosa, CA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 25-29: San Juan Islands—Camping.** San Juan Islands, WA. Bicycle Adventures, P. O. Box 11219, Olympia, WA, 98508. 1-800-443-6060, www.bicycleadventures.com

**Jun 29-Jul 7: Ecuador Exploration: Pichincha to Imbabura (Northern Circuit).** Ecuador, South America Northern circuit. Extraordinary history, culture, & religious sites. Lifestyles ranging from traditional to ultra modern. Magnificent countryside. 400K, 250 miles, paved roads, long hills, high elevation. Cost: \$790 plus airfare. David Mozer, International Bicycle Fund, 4887 Columbia Dr. South, Seattle, WA, 98108-1919. 206 767 0848, www.tbike.org



## Track Races

**May 1-Aug 1: Junior Track Classes.** Marymoor Park, Redmond, WA. Beginning track classes for all juniors under 18. Renee Duprel, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**May 2-23: Wednesday Night Preseason Series.** Marymoor Velodrome, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for all track racers. Spectators are welcome (free). Ethan Megjines, Marymoor Velodrome Association, 206 675 1424, www.marymoor.velodrome.org

**May 3: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 5: Women's Only Track Classes.** Marymoor Park, Redmond, WA. Women's only beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**May 7: Co-ed Track Classes.** Marymoor Park, Redmond, WA. Beginning classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**May 10: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 10: Co-ed Track Classes.** Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**May 17: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 23-Aug 29: Wednesday Night Racing.** Marymoor Park, Redmond, WA. Races every Wednesday by the Marymoor Velodrome Association & Lake Washington Velo. \$12 for Cat 4, Women and Master racers. Spectators are welcome (free). No race on July 14th. Ethan Megjines, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**May 24: Alpenrose 6-Day.** Portland, OR. Mike Murray, 503-661-5874, mmurray@teleport.com

**May 24: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**May 26: Saturday Night TrackFest.** Victoria, BC. 4-9 p.m. in conjunction with the Bastion Square Cycling Festival, Mark Sheppard, GVVA, 1767 Island Hwy., Victoria, BC, V9B 1J1. 250-885-8610, www.gvva.bc.ca/~marcm/

**May 27: Co-ed Track Classes.** Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**May 31: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 7: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 8: Columbia Plateau.** Portland, OR. Mark Schwyhart, 231-0236michelle@thevnet.com

**Jun 14: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 18: Co-ed Track Classes.** Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**Jun 21: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/

**Jun 21: Co-ed Track Classes.** Marymoor Park, Redmond, WA. Beginning track classes for all abilities. Renee Duprel, Marymoor Velodrome Association, 206-675-1424, www.marymoor.velodrome.org

**Jun 28: Alpenrose Weekly Series.** Portland, OR. See series info. Mike Murray, OBRA, 503-661-5874, www.obra.org/



# RESULTS CONTINUED

## Barf Bash 5 - BC Cup Cross-Country #1

April 14, 2001 - Nanaimo

Senior Elite/Pro Men (35 starters)			
Pl. Name	Sponsor	Time/Down	
1	HESJEDAL, Ryder	Gary Fisher/Subaru	2:26.45
2	KABUSH, Geoff	Kona Ford Focus	1:24
3	HESTLER, Andreas	Rocky Mountain	6:34
4	KYLE, Andrew	OGC-Fisher	7:58
5	MILES, Chad	Roach/Shimano	8:25
6	FEDERAU, Ricky		11:50
7	LEGA, Roddi		12:43
8	SWANSON, Toby	Bolla-Bianchi	16:44
9	SCHNYDER, Ruedi	Norco	17:12
10	COUSINEAU, Marc		17:44

Senior Elite/Pro Women (16 starters)			
Pl. Name	Sponsor	Time/Down	
1	SYDOR, Alison	Trek	2:09.25
2	BISARO, Kiara	Trek / Forbidden	2:44
3	TOMLINSON, L.	Rocky Mountain	11:59
4	CHORNEY, Eron	Rocky Mountain	13:43
5	TOWNSEND, Claire	Rocky Mountain	15:22
6	CHORNEY, Amber	Rocky Mtn / Dizzy	16:36
7	ROBICHAUD, Linda	Basic Sport Nutrition	17:35
8	SINCLAIR, Trish	Ford/Devinci	22:45
9	DREW, Erica		29:05
10	PICCONI, Cristina	Bike Cellar	30:54

Senior Expert Women (6 starters)			
Pl. Name	Sponsor	Time/Down	
1	SAWRENKO, J.	Sleed Cycles	1:46.49
2	LISTER, Rhonda		2:08
3	GRAHAM, Cynthia		4:31
4	BERGEN, Andrea	Java Cycle	10:38
5	SCHULZ, Jennifer	Fresh Air	16:13

Senior Beg/Sport Men (25 starters)			
Pl. Name	Sponsor	Time/Down	
1	COUPER, Stuart		1:26.36
2	FONTAINE, Dhama		2:37
3	CANNON, Alastair		7:17
4	MAURICE, Freitag	Tantalus Bike Shop	8:22
5	WIELEN, Mark	Bike Warehouse	8:51

Senior Beg/Sport Women (11 starters)			
Pl. Name	Sponsor	Time/Down	
1	TENG, Angela		52:43
2	BANKS, Tanis		0:08
3	TIMMER, Kristal		2:32
4	BENNETT, Marcy		3:18
5	DECK, Penny	Cyclepath Vancouver	3:58

Junior Expert Women (3 starters)			
Pl. Name	Sponsor	Time/Down	
1	TESTROETE, Alison	Harbour Air	1:44.34
2	HENRY, Katarina	DO/Green Mtn	17:34
3	BELFRY, Lindsay		25:22

Junior Beginner/Sport Men (4 starters)			
Pl. Name	Sponsor	Time/Down	
1	BEVIS, Matt		1:28.01
2	ORR, Andy		15:36
3	LAWLEY, Matt		25:17
4	PATTERSON, Alex	Sooke Hills Cycling	27:24

Junior & Beg/Sport Women (6 starters)			
Pl. Name	Sponsor	Time/Down	
1	SANDWITZ, Emily		1:01.05
2	ANDERSON, Jessica		9:20
3	BRYCE, Heather	Sprockids	10:09
4	PASSMORE, Amy		10:29
5	WESNES, Emily		15:38

Master Beg/Sport Men 30-39 (31 starters)			
Pl. Name	Sponsor	Time/Down	
1	SHIERS, Derek		1:35.26
2	ANDERSON, Bart		0:21
3	BEAUDOIN, Pierre		2:33
4	EVOY, Johnny	Proworks/Polair Exp.	6:12
5	GARRISON, Graham		6:49

Master Expert Men 40+ (15 starters)			
Pl. Name	Sponsor	Time/Down	
1	ROUTLEY, Tony	Basic Sports	1:29.01
2	DAGNEAU, Rod	Rocky Mountain	0:43
3	BERARD, Dan	Coffee on the Moon	3:15
4	NAKANO, Bart		4:48
5	BRADLEY, Mark	Schwable CC	7:54

Master Beg/Sport Men 40+ (24 starters)			
Pl. Name	Sponsor	Time/Down	
1	MONTFORD, Ian		52:04
2	DAVENPORT, Bruce		1:09
3	BAUM, Terry		1:25
4	CROWLEY, Steve		2:15
5	GILCHRIST, Tom		3:14

Under 15 Men (20 starters)			
Pl. Name	Sponsor	Time	
1	CHAN, Steven		0:05
2	KASPRICK, Ryder		51.34
3	ADAMS, Lee		3:38
4	TURNER, Ben		4:52
5	BATES, Christopher		5:39

Singlespeed Open Men (6 starters)			
Pl. Name	Sponsor	Time	
1	DIFIORE, Lazarus	Team Single Speed	1:33:30
2	KOEL, Derek		0:01
3	SPENCER, Rod	Team Single Speed	19:17
4	KOEL, Blair	The Bike Shed	19:26
5	STEWART, Jeremy	Rip Alert Cycle	52:46

Free Ride Open Men - 35+ Pounds bike (4 starters)			
Pl. Name	Sponsor	Time	
1	LACHANCE, Ray	West Coast Mtb Club	1:49:59
2	LESLIE, Adam		3:21
3	FLETCHER, Hugh	Hammerfest	3:24
4	MEIER, Jeff		19:34



# Paceline 101, part three

BY MAYNARD HERSHON

Let's say you and your pals are riding in side-by-side lines, as groups and clubs often do. If the faces at the front stay the same mile after mile, you're not in a paceline. You're playing pedal-powered Follow-the-Leader.

A paceline rotates. The lead changes. On a bicycle track, a velodrome, it may change every 10 or 15 seconds. On a training ride, it may change every so many pedal strokes, every few minutes or every couple miles. Whatever the frequency, the lead certainly changes.

Are there exceptions? Well, if 15 of you from your club are riding with Lance Armstrong and Jan Ulrich, maybe you'll sit behind them and let them ride at the front and chat. That's not a typical scenario though; mostly we ride with friends and club-mates, roughly our cycling equals.

Too often on our rides, a couple of guys (Bud and Dud) will start at the front and just stay there. Why? Got me. Maybe they don't know any better.

Or maybe they're cautious. They want to set a pace they're sure they can sustain. If they go to the back, new leaders might set a faster pace. Bud and Dud COULD get dropped.

Maybe they feel that the other cyclists in the group (squirrels) are incapable of setting a steady pace. Or they feel that if they let them lead, the squirrels wouldn't see holes

or rocks in the road and point them out. Damn squirrels!

Maybe Bud and Dud feel that they alone know today's route. Others would lead the group astray, perhaps into an awful midnight duke-out with Bronx gang bangers.

We can't know why they hog the front mile after mile. But how 'bout us? What do we do? We fail to put up a fight back behind them. Instead, we sit passively on their wheels as the miles pass. We're just lazy. Because we're lazy, we let clueless Bud and Dud rob us of our chance to learn.

What do we learn sitting there behind them? Nothing. We already know how to draft, to sit on wheels. When DO we learn? We learn as we move up and down in the line, as the line rotates.

In a rotating line, we learn how to come through, to move to the front, stay there a while, and get off again. We learn to do those things so we don't disturb the progress of the group. With practice, it's seamless and becomes second nature.

Different groups rotate in slightly different ways. No matter what way your group does it, sitting behind unchanging leaders won't teach you any way at all. And following eternal-leaders won't get you to the front.

If the lead rotates, eventually you will come to the front. When you're there you learn about pace: how to keep the group moving steadily as it rolls over the road. While you're there, the group's pace is up to you. You learn how to keep the perceived effort constant – up hill, down dale.

You learn to keep pedaling over the top of a hill so riders won't run into your back as they gather momentum. You learn to accelerate gently out of corners so as not to string out the group behind you. If it does

string out, riders have to chase to get back in the draft. Weaker riders will suffer.

Then, if the goal is to finish with the group intact, everyone will have to slow for those weaker ones. Had the effort remained constant, steady, they could've hung on. By jumping out of corners or accelerating when they came to the front, their friends have beat up the weaker riders – without even looking back to assess the damage.

If your line rotates and you come to the front, while you're there you can be aware of all that. You can be vigilant. You can sense the rhythm of the group. You learn how to look back or just sense what's going on back there – how Bob's doing after a month or so off the bike, or how strong Carol is, coming back from her injury. You learn responsibility for your friends.

I'm not talking about your responsibility to point out glass or holes, to call out turns or tell your friends that cars are around. That's common courtesy.

I'm talking about taking care of your riding friends so they have a good, safe, enjoyable bike ride – so they want to do it again.

You take care of your friends from the front. You set a livable pace and keep that pace steady. Your steady pace helps promote the secure, luxurious feeling that you're all on an E-Ticket Ride.

No doubt each leader or pair of leaders will change the rhythm a little. That's good; it teaches the cyclists in the group to adapt a bit.

If you get a chance to ride with pros, the Postals or Mercuries or any of the good teams, you'll know in a mile what I'm talking about



here. No one yells Glass or Hole or Rock. A tiny finger-flick is enough. No one rides away, showing everyone how strong he is. Unthinkable.

Everyone stays together, two lines, steady, safe as seats in church. The lead changes every few minutes, depending on the time of the season and the rhythm of the particular ride. There's no nervousness, no drama, just silky speed.

You and I are not (duh) going to ride as fast on our rides as pros do on theirs. We can learn from them though. We can try to be like them beyond just buying pro clothing and riding pro bikes. We can try to ride in the smooth, share-the-work pro style.

Sharing the work means making sure the paceline rotates and leaders change. It means that sometimes YOU get to lead. You may have to speak up if your group tends to silently tolerate that hog-the-front boneheadedness. It's a group after all, not two mommy ducks and all you cute ducklings.



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