

BICYCLEPAPER

WWW.BICYCLEPAPER.COM

MARCH 2004 • FREE

▶ [Huge 1166 Event Calendar](#)

- See page 6

▶ [Bike Lane](#)

- See page 5



Phot by Joe Launier

The number of riders in women's racing as show here during the 2003 Cascade Classic.

Women, Women and More Women

By JEN DOOLITTLE

If you've seen or better yet entered a Northwest race in 2003, you may have noticed something different. Women. Scads of them.

And they aren't messing around. They've got a goal. They've got focus and a competitive drive. They've got coaches and mentors. They've got miles of training behind them and months of preparation rippling beneath blazing team jerseys. And, oh yeah, they've got motivation.

They've got Northwest Women's Cycling.

In its inception in 1999, Northwest Women's Cycling (NWWC) set out to increase the number of women to the sport. The result? An inundation of women cyclists to the Northwest racing scene.

The History

In 1996, when Heather Johnston, a long-time bike commuter, decided to start racing, she had nowhere to go.

She had no knowledge of the sport and she knew no women racers. She would find out later that the number of women turning out to Northwest races was so low that organizers lumped all women, beginners and experienced, into a single race. This kept the

numbers of women racers down as newcomers were too intimidated by the level of racing, and when they did compete, were dropped from the pack and denied a true race experience.

Knowing none of this, Johnston wandered into a Seattle bicycle shop for help.

"My first question was probably, 'do women race too?'" she says, laughing at the memory-and the irony.

One year later Johnston would organize the Monday Night Ride, a laid back ride offering women an opportunity to "pack ride" which they were missing during organized races. The ride provided a much-needed introduction, an invitation, to the bicycling community. It also sparked the conversations that would lead to NWWC.

On one fateful Monday night, rider Wendy Wahl suggested to Johnston and the group that they establish a Northwest version of something that had started in New Hampshire.

It was called a points series; it used already established races from the current event schedule, and linked them together through a points system thus creating a series for beginner women only.

The formula required 10-14 races, all of which

See "Women" on page 4

▶ [Feature](#)

My Other Vehicle is a Flash-back to the Summer of '71

By JOE KURMASKIE
AKA THE METAL COWBOY

(Author's Notes: Every rider has the story of their first bicycle and can recall those virgin pedal strokes like it happened yesterday. But what of the moment when it became clear that two wheels could take you beyond childhood? That riding a bicycle too far too often was going to be a lifelong part of the game plan. Where were you when that bicycle rolled around the corner, over the rise and into view, making you acknowledge one beautiful little truth with utter clarity... "Well what do you know, my ride's here." This is how it happened for me...)

You never know where or when your future will make a guest appearance.

It felt as though my father had been navigating the family car, a 1965 navy blue Mustang, with too many

coffee stains across its dash and more than a few deferred dreams in its driver's seat, for untold eons and through distant galaxies. In point of fact, the Harveys' farm couldn't have been more than a breezy hour's drive outside of Pittsburgh.

I suspect my window seat view of Pennsylvania's rolling hill country was only adding to my pain. Clearly life was greener on the other side of the glass. I could see it for myself. Summer's distinct look and feel-the hum of insects and the mystery patchwork of lush woods.

As we came to a stop the gravel made a satisfying crunch under the weight of the Mustang's racing tires. I could taste freedom, but it was a ruse. Dad stopping for ice, Pabst and directions. I strained to see beyond my prison, and though I didn't have

See "Metal Cowboy" on page 5

▶ [Health](#)

A Review of Tendonitis

ERIK MOEN PT, CSCS

Tendonitis is a common malady for the endurance athlete, and is usually a result of chronic, irregular tensioning or abrasion of a tendon. Micro-trauma (tears and grinds) associated with chronic, irregular loading of a tendon will result in inflammation. The hallmark signs of inflammation are pain, swelling, redness and heat that is specific to a tendinous structure. Common related injury areas for the bicyclist include the hamstrings, the tendons associated with the quadriceps (quadriceps and patellar), and the ilio-tibial band (ITB). All of these structures are close to the skin and thus very easy to appreciate with palpation.

The onset of tendonitis is frequently slow to build in intensity, and therefore can be somewhat confusing to target. Pain will slowly start to build in a specific area. There won't be any discoloration or gross swelling. Often times the pain will disappear once you start your exercise. However,

athletes will try to train or push through it, further worsening the symptoms. A bad case of tendonitis can ruin a season. The Stannish classification for the effect of pain on performance is an effective scale to estimate your relative tendonitis dysfunction. The farther down you are on the scale, the more difficult it will be and the longer it will take to recover from your injury.

- 1=No pain, normal play
- 2=Pain with exertion, normal play
- 3=Pain with exertion and 1-2 hours after activity, normal or mild decrease in play
- 4=Pain during and after vigorous play, somewhat decreased play
- 5=Pain during activity forcing termination of play, marked decrease in play
- 6=Pain at rest, no play

Your first intervention strategy for tendonitis should be the definition of the injury origins. How did it happen? There is usually a story behind

See "Health" on page 2

Dear Editor:

In the winter issue of Bicycle Paper, reporter Jen Doolittle did a great job of writing about Northwest custom framebuilders. However, she overlooks mentioning the guy who actually built the two bikes pictured in your front-page photo: Seattle native Matt Houle.

Matt custom designed, built and painted both of those bikes during the five years he spent as a contract builder for Rodriguez. He has built racing bikes, touring bikes, tandems, travel bikes and even a custom frame designed to help a disabled Oregon woman stay mobile. Folks who want to check out

Matt's Micro City Cycles can give him a call at 360-708-8177, or visit his web site at www.bicyclespecialtiesonline.com

I'd like to thank Bicycle Paper for running a nice cover article about some of the talented and passionate craftspeople who build dream machines for people who love bikes. Perhaps

in the future you can write about some of the other well-known and respected frame builders who were overlooked this time around, including not only Matt Houle but also Doug Curtis, Dennis Bushnell and Bill Stevenson.

Sincerely,
Kasia Pierzga, Olympia WA

NEWS

Grant Awarded to two Northwest Organizations to Improve Health

On February 11, Congressman Earl Blumenauer (D-Ore.), co-chair of the Congressional Livable Communities Task Force, welcomed on Capital Hill twenty-five grant recipients of The Robert Wood Johnson Foundation's "Active Living By Design" program. The grants were awarded to programs that foster environments that encourage more active living - a lifestyle that easily integrates physical activity into daily routines.

One of the grant recipients, "Active Living By Design - Portland", is a collaborative project

between the American Heart Association and the Oregon Coalition for Promoting Physical Activity. The partnership received a \$200,000 grant and will use the funds to help improve community design, land use, transportation, architecture, trails and parks in three Portland Metro neighborhoods: Damascus, the Interstate Corridor in North Portland, and Lents in Southeast Portland.

Feet First, leader of the two dozen partner organizations, presented the Seattle project. They will work to create an operating system

for community transformation, educating citizens, developers and institutions about the connection between urban design and health, in order to make the neighborhoods more walkable.

"Livable communities promote a healthy lifestyle by giving people transportation choices," says Blumenauer. "I commend these advocates and The Robert Wood Johnson Foundation for working to make it easier and safer for people to walk or bike to work, school and other destinations."

More than 25 percent of American adults are not physically active and many others do not participate in enough regular activity to benefit their health. Physical inactivity is a major cause of the American obesity epidemic. While there

are many reasons for this high level of inactivity, health experts

are increasingly pointing to our environment, such as neighborhood design and a lack of transportation options, as a strong influence.

Active Living By Design is a \$16.5 million initiative directed by the University of North Carolina, School of Public Health at Chapel Hill. The program, aimed at increasing regular physical activity among all Americans, represents the leading edge of a growing national movement to address the problems associated with lack of physical activity, such as obesity, cardiovascular disease and diabetes. Additional information is available at www.activelivingbydesign.org.



Angle Lake - 50 years in the biz.

JESSICA GILROY

The start of the year, January through March, is the "dead season" explains Dale Clark, owner of Angle Lake Cyclery. It may be downtime for this Federal Way bike shop, but that doesn't mean that there is nothing to write about. January 1st marked the celebration of 50 years in business for Clark and his whole family.

"No, No, No." Dale Clark says as I stand in his jam-packed shop full of bikes of varying sizes and styles, asking him if he always knew he wanted to go into the bicycle business. "My education is in art and design. I never thought I'd be where I am now."

Rex Clark, Dale's father, had an informal "bike shop" when he was a kid, in the house he grew up in. It seemed inevitable that he would go on to own a bike shop. As members of the Pacific Northwest Cycle Association (PNCA), which pre-dates the Cascade Bicycle Club (CBC), Rex and his wife led European tours during the 40s. This was not only before cycling tours were commonplace, but also during the aftermath of World War II when many countries were still on rations. But nothing, not even a

war could deter Rex from biking. In 1954, Rex settled down and opened Angle Lake Cyclery, just a few miles from its current location, where it has been since 1958.

When Rex finally decided he was ready for a break in the 1970s—not from cycling, but from work—he retired, passing the shop on to his two sons, Dale and Kelvin. Together, they ran the shop until about seven years ago, when Kelvin moved to Colorado, where the centralized location allows him to sell across the country via mail order. Aptly named Angle Tech, the shop sells recumbent bikes almost exclusively.

Dale, now the main owner of the original shop, actually did not make the decision to stay in the bike business until 1983. That year marked the reintroduction of the Alex Moulton bike.

"I just love [that] bike," Clark says. Around since the early 60s, Moulton bikes are unique because of their especially small wheel size. When they were brought back, Clark wanted to do all he could to support these bikes and help sales climb. In fact, at Expo '86 in British Columbia, the world speed record was set on an Alex Moulton bike from Angle Lake.

Today, 17 years later, Clark is in front of the shop, running alongside a bright red recumbent bike—one of the specialties of Angle Lake—pedaled by an elderly man who quickly steadies himself and rides off behind the building. During the course of my conversation with Clark the man comes in a few times to switch bikes and see what feels the best for him. "It's more about how you feel on the bike than what anyone tells you about the machine," I overheard Clark mention to the gray-haired man. The truth of the matter is that he wants his customers to be comfortable, and that is the primary reason he is still in the business.

Clark loves the diversity of his customers, "You never know what is going to roll through the door," he says. One thing that Angle Lake can always be sure of is that their customers keep returning year after year. "See that tandem over there?" he asks, pointing to a shiny bright blue cycle leaning against a rack. "We sold that bike 26 years ago. Every year the owner brings it in for a tune up, and we get it all ready to go for the year. They're the best!" Repeat customers appreciate the friendship, hard work and consistently good job provided at Angle Lake.

"We treat them with respect and we know what we're doing," Clark says simply when

asked what has kept customers coming back all these

years. At the same time, while much of Angle Lake's business comes from repeat customers, new ones are always welcome. In response to what he hopes the future will bring Clark answers, smiling broadly with a chuckle in his voice, "Massive Sales!" No huge celebrations are planned, and the only way you would know how long they have been around is from their newly printed business cards proudly declaring "Celebrating 50 Years."

"I just plan to keep providing service for my customers," Clark explains. With his humble personality, it seems that it is exactly what he will continue to do. Who knows what the next 50 years will bring. "I have a dog," he answers when I inquire about possible children to take over the shop. "But all he is really interested in is balls and food," he notes. At this point Clark is just enjoying life, bikes and his customers, waiting to see what is around the next bend.

To visit Dale at his shop, swing by: 20804 Pacific Hwy. S, Seattle, WA or check out the web site at www.anglelake.com.



Vancouver Island - Did you know?

Bikes by numbers

The highways and byways of Vancouver Island crawled with bicycles last summer. BC Ferries reports almost 10% more bicycles boarded between Tswassen and Swartz Bay in 2003. No figures were available on how many more meals they ate on board. BC Ferries carries bicycles on 25 routes tying together coastal British Columbia. The other popular routes for cyclists bring visitors to the island's hub at Nanaimo and link mainlanders to the southern Gulf Islands. Explore ferry routes at: www.bcferries.com.

No end of dirt

80,000 rides happened at the Hartland Mountain Bike Park north of Victoria last year. Saanich plans to polish up an off-road route from Interurban Road to Hartland and beyond. Vancouver Island is home to hundreds of trails. The South Island Mountain Bike Society is your gateway to mountain biking the island: www.simbs.com.

Bicycle tourism taking off

Visitors to Victoria ride like the locals. About 5% of travelers to Victoria include cycling in their daily itineraries. That compares favorably to the same number of capital region residents

who cycle regularly, more than twice the national rate. According to a recent exit survey, 17.5% of air travelers to Victoria include cycling in their itineraries. Victoria's airport authority is studying proposals for sprucing up the welcome. Watch for numbers to increase when 700 Pro Walk/Pro Bike delegates land on the Island next September.

Bikes Burn

Mountain biking burns 600 calories an hour according to last September's Homemakers magazine. Recreational cyclists riding below 16 km an hour consume 280 calories hourly; but touring cyclists at 19 to 23 km/hr are eating up 560 calories an hour. (Your mileage may vary). Find recipes at homemakers: www.homemakers.com.

Pro Walk/Pro Bike 2004 "Creating Active Communities"

An estimated half a million dollars in economic activity will spin off from the conference at Victoria's Conference Centre September 7th to 10th. Stakeholders in cycling and walking gather to share strategies and best practices, and see good things happening here. To find out more: www.bikewalk.org.

Vancouver Island: It's Worth the Ride

Let our free map picture the island for you. Find your routes and get the flavors of the Islands. Need more details? For a complete list of maps and ordering information: www.cyclevancouverisland.ca.

Publishers **Paul Clark**
Jay Stilwell
Associate Publisher/Editor **Claire Bonin**
Layout/Graphic Design **Rick Peterson**
Graphic Intern **Eric Knapstein**
Copy Editing **Valerie Carter**
Editorial Intern **Jessica Gilroy**
Writers **Claire Bonin**
Valerie Carter
Jen Doolittle
Jessica Gilroy
Maynard Hershon
Joe Kurmaskie
Erik Moen
Joe Zauner
Photography **Jeremy Bekken**
Bicycle Paper
Steve Brown
Erik Moen
Joe Zauner
Printing **Consolidated Press**
Distribution **Valerie Carter**
Melanie Torvi
Jack Clark



Bicycle Paper is published 8 times a year, March to November by Bicycle Paper. Write to 68 South Washington St., Seattle, WA 98104.

Phone 206.903.1333 or toll free 1.888.836.5720, fax 206.903.8565, email editor@bicyclepaper.com.

Subscription is \$14 per year; \$26 for two years.

POSTMASTER

Send address changes to:
Bicycle Paper
68 South Washington St.
Seattle, WA 98104

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

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

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

From the Editor

Welcome to the first issue of our 33rd season. This year again you will be able to rely on our writers and collaborators to bring you the Northwest news and great features that should be of interest to you. Opinion writers Kurmaskie and, Maynard have much to say, health column specialist Erik Moen is in fine form, and Up North's Alison Markin as well as Joe Zauner and his racing pages, are back and ready to roll.

This March issue - the annual calendar - is filled with one thousand one hundred sixty-six events for you to choose from, enough events to provide you with all the cycling you can handle over the course of this 2004 season.

One Book, Many Joys:

A Review of Lars Clausen's One Wheel - Many Spokes: USA by Unicycle

JESSICA GILROY

"Lars Clausen has done what many people would like to have done, but no one else has ever tried," former senator Bob Kerrey writes in the foreword to *One Wheel - Many Spokes: USA by Unicycle*. Clausen has propelled himself through all fifty states in the span of six months—while atop a unicycle. What would possess him to do such a thing? Love, of course. This retelling of Clausen's amazing cross-country experience is truly a story of the depth of his caring for the people and history of our country, as well as the beauty of the human spirit at its most vulnerable state.

Clausen, an ordained pastor with the Evangelical Lutheran Church of America, spends a few years as an interim pastor in Nome, Alaska, where he becomes well acquainted with and intensely touched by the Inupait Eskimos. His experiences there lead him to a decision to ride cross-country—on a unicycle, no less—in hopes of breaking a World Record in order to raise funds for these native people.

Starting out with a four-month goal of riding through the summer of 2002, Clausen and his

family buy "Harvey," a 1978 motor home, plan their route, stock the car and pile in making sure they have friends to meet along the way and churches to visit, ready to share sermons explaining the purpose for their ride.

With hopes of breaking the world record for unicycle distance riding, Clausen pedals through numerous experiences, both good and bad. In the end, he succeeds in gaining not just one, but two Guinness World Records on his ride that spanned half a year and 9,136 miles. He broke the record for farthest distance traveled by unicycle in a 24-hour period (202.78 miles), as well as the record for long-distance unicycling by completing his 9,136 miles in 205 days within all 50 states.

However, riding proves to offer much more than publicity for the endowment, money from intrigued passers by and lots of press in local and national papers. The book chronicles the journey in such a way that the reader is pulled into the happenings, and feels the pain of each straining, steep-grade climb as Clausen lets you into his life and the lives of the people he encounters.

He shares, with character and charm, many surprising encounters of generosity and

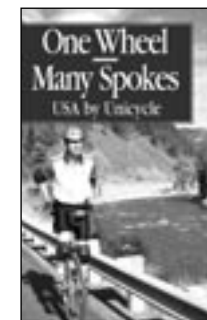
humanity that many would wager no longer exists in the 21st century. With a huge heart for the native people of America, Clausen writes about the history of the places he travels through, allowing readers to visit Native American reservations and meet a variety of people who live all across the US.

With each chapter headed by a quote from Mark Twain, whom Clausen, this unconventional pastor, reads with vigor and loves almost as much as his bible, he leaves the reader with hordes of thoughts and questions: political, social, economic and spiritual. *One Wheel - Many Spokes* reaches into your mind and soul, causing you to ponder taking the ride yourself.

Following in the Race Guide's footsteps comes the Tour Guide. Many non-racing oriented cyclists asked us to come up with a Tour equivalent of the Race Guide - you asked, we complied. This new Tour Guide features road and mountain bike calendars, and provides mechanic and training tips, as well as showcasing some of the great tours organized in the Pacific Northwest. Bicycle Paper's team has worked hard to produce it and we hope it meets your expectations.

In closing I would encourage you to communicate with us and let us know what is going on in your neck of the woods, so we can help spread the word.

Have a great cycling season.



One Wheel - Many Spokes: USA By Unicycle

By Lars Clausen
Foreword by Bob Kerrey
Publisher: Soulscape, P.O. Box 152, Greenbank, WA 98253
Date: April 22, 2004
Format: Paperback, 278 pages
Dimensions: 6" x 9"
ISBN: 0-9719415-9-9
Price: \$14.95

► "Health" from page 1



By Erik Moen
PT, CSCS

an injury. Chronic injuries are frequently due to a combination of events. Categories of possible irritants may include improper training progression, poor flexibility, poor strength balance, bony asymmetry, poor coordination and improper fit of the bicycle, with the most common of these pathomechanics being improper fit, flexibility and training. Your ability to discern the root cause of the injury will better equip you to treat and overcome your injury.

Once the root cause of the injury is defined, your next step is to treat the inflammation. An easy method of self-treating inflammation is using ice. Be careful as it can cause frostbite if used improperly. A great way to effectively ice a tendonitis is to do an ice massage, which consists of taking a piece of ice and rubbing it directly over the painful structure. They are commonly performed for 5-7 minutes, or roughly until the skin is numb to the touch.

Relative rest is required for tendonitis. A grossly inflamed structure will remain inflamed

if a pathological stimulus is maintained. This does not mean that you must be resigned to the couch; it means be active, but don't irritate your painful tendon.

Visit a Physical Therapist. They can help you establish an exercise program to address your individual flexibility and strength imbalances. A Physical Therapist or Massage Therapist can provide soft tissue work to address possible myofascial restrictions associated with tendonitis. A Physical Therapist can also provide modalities work, such as ultrasound and electrical stimulation to help encourage the healing process.

I would suggest that you always be critical of your bicycle fit if you develop a bicycling-related overuse injury. Small changes or irregularities can have a large effect on how well your body works on the bicycle. Overuse injuries often are a result of the incorporation of new equipment or poorly aligned equipment. Common equipment-related injuries come from saddle position, reach to the bars, and the cleat/pedal interface. It is sometimes very dif-

icult to self-diagnose these subtle, sometimes small pathomechanics. Seek help with your biomechanical analysis.

You may resume training as the reactivity or pain of the tendon subsides. Your immediate training goals should be only as much as can be handled with no increase in pain or dysfunction. As the pain decreases, your volume and intensity may slowly progress. The area should be iced immediately following every training session.

Muscle and tendon injuries are a risk factor of endurance sports. Proper training and attention to stretching, bike fit, technique and strength balance will limit your exposure to tendonitis. Remember, the key to effective treatment is the discovery of the source of injury and taking the steps to removing the pathomechanics. Once you have had a bad case of tendonitis, you will most likely not get it again. Smart athletes will pick up on the signs of tendonitis and do the right thing to remedy its root cause so as to minimize relative recovery time.



Photo courtesy of Erik Moen

Attention to proper stretching will limit your exposure to tendonitis.

Erik is the director of PRO Sports Club Physical Therapy-Seattle. He can be reached at 206-292-3826 or emoen@proclub.com

RAPSody: The Start of a Tradition?

BY JESSICA GILROY

Mark this ride on your 2004 calendar: The RAPSody—Ride Around Puget Sound—on August 28-29. A first for the northwest, RAPSody is a remarkable group effort, bringing together multiple clubs in the organization of this event, the aim of which is to benefit the Bicycle Alliance of Washington.

For the past several years a joint club ride called the Four Sisters Ride—interestingly including five different clubs—has been helping to strengthen friendship between clubs and allowing cyclists in the area to get to know one another. This past year, members from B.I.K.E.S. of Everett, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club and the West Sound Cycling Club realized the Bicycle Alliance of Washington's (BAW) need for additional funds. All of these clubs wanted to help get things moving in the right direction; thus the RAPSody ride was born.

"BAW is the statewide organization for bicyclists and is important to the bike clubs," organizer Ralph Wessels says. RAPSody was created to help support the efforts and activities of BAW, which spearheads the cycling advocacy, education and growth efforts in Washington.

"Our number one goal is to make a profit," says ride director and Seattle Bike Club

Founder Jim Eanes. "We know the need is there at the [Bicycle] Alliance." Along with that goal, coordinators hope to promote camaraderie among local groups and provide a safe and challenging route for cyclists of all ages.

The details for the one- or two-day ride came together with remarkable speed. The idea was conceived within two days and a rough route and other plans were thrown tightly together within two weeks.

Spanning 150 miles and climbing approximately 9,600 feet, riders will have the opportunity to do the ride either at a fast pace, finishing on the first day, or in a leisurely manner stretching their ride over two days. Overnight camping will be located at the mid-point of the route in Shelton, WA. The first sponsor for the race, celebrating their 100th year of business, is Tacoma's indoor marketplace, Freight House Square.

While there are currently no plans to continue this ride in the future, ride captain Terry Zander, of Capital Bicycle Club admits, "I do hope it [the ride] will become a premier ride in the northwest for many years to come."

The entry fee, which includes luggage transportation, survivor socks (for early registrants), ferry tickets to Vashon Island, mechanical and rest stop support is \$75 through July 23, and then \$85 until August 13, when registration closes unless the 1500 rider limit is reached earlier. Members of the BAW will receive a \$10

discount upon registering, and those who join BAW when they sign up will receive \$25 off.

The ride will begin at the Tacoma Dome—where organizers have negotiated the rare privilege of overnight parking—and will travel from the Dome to University Place, Steilacoom, Dupont, the Nisqually Delta, Olympia and Shelton—here riders have the choice to camp overnight—then continue to Belfair, Hood Canal, Port Orchard, Southworth, Vashon Island and Point Defiance. Each club will be hosting a segment of the route, complete with rest stops, and word is competition is already brewing about who will have the best rest area.

"Riders can expect food, good weather, food, a classic route, food, souvenirs, food, surprises along the way; oh, and did I mention food?" Zander asks.

T-shirts will be available for \$15 at the event and packet pick up for local riders is scheduled at designated bike shops in Olympia, Tacoma, Silverdale, Seattle and Everett on August 20, from 5:00 p.m. to shop close as well as August 21 from 10:00 a.m. until 2:00 p.m. Riders who are from out of the area can pick up their packets on Friday in Tacoma at the Freighthouse Square between 5:00 p.m. and 8:00 p.m.

"We think that RAPSody will attract a lot of riders," Wessels comments, "due to the fabulous route and scenery great logistics for the start/finish point, the ride being hosted by five bike clubs and the proceeds going to BAW." RAPSody is the marquee event for Bike Summer 2004.



Photo by Steve Brown / TWBC

Register early to avoid the last minute crowds at the Peninsula Metric Century.

For more information: www.rapsodyride.org or e-mail info@rapsodyride.org.

Bike Summer first started in 1999 in San Francisco, and has since taken place in Chicago, Vancouver, BC, Portland, New York and now Seattle. Coordinated by the Bicycle Alliance of Washington, this year's event runs from June 11 to September 21. The goal is to have 100 days of 1000 events with 100,000 participants riding 1 million miles. Activities on the calendar include rides, races, ride-in movies, clinics, advocacy sessions, speed trap events for kids, night rides, guided rides and much more. To register for an event or to find out more about Bike Summer, visit www.bikesummer.org.

► "Women" from page 1

separated beginner, or Category 4, women into their own race, with an independent start and own scoring.

Seeing the potential of a Northwest points series, the Monday Night Riders began e-mailing prospective women racers, posting flyers, mailing information, writing proposals, creating a web site and convincing race directors that enough women would show to justify a Category 4 race. NWWC was officially launched.

The first points series took place in 1999 and pulled over 100 participants. And, says Johnston, "that's been consistent ever since."

The Points Series and More

"The goal is to keep it easy," Johnston says of the series that opened the door for women cyclists in the Northwest.

And it is. Any Category 4 woman who completes a designated NWWC points series race is automatically entered into the series, earning 25 points for finishing. The top 15 finishers receive more points, as the allotted amount increases the higher one places. First place is worth 100 coveted points.

At the end of the season, the 25 riders with the highest total receive prizes and the winner takes home a new Fuji bike frame.

Mindy Ziffren, one of those first NWWC organizers, notes the intensity with which women greet the series.

"People really want to win," she says, adding that the guidelines have become increasingly strict over the years and that there is serious pressure to get the points correctly distributed and posted.

The points series provides the motivation, but the women of NWWC did not stop there in sweeping obstacles from the paths of beginner cyclists.

They also created Seattle's "Meet the Team" rides, off-season rides that link cyclists to teams. Riders of any age, gender or skill level are invited to casually loop the south end of Lake Washington and meet teams in need of cyclists. NWWC organized the ride because they understood the importance of linking women with teams; those who join a team get involved in off-season training and arrive at races confident and prepared.

In addition, NWWC presents two yearly clinics, one in the spring and one in the fall, instructing women on pack riding and racing drills. Pro racers and coaches attend the clinics to answer questions and provide guidance on everything from nutrition and stretching, to bike fitting.

Additional assistance is provided throughout the season, as two to three of the races in each year's points series are attended by coaches who watch the entire event, take notes and offer a post-race clinic. This is a special opportunity for women to learn from their mistakes and to receive acknowledgement of improvements made.

"Seeing new women succeed in an environment that provides them with comfort and encouragement is well worth the effort," says Johnston.

"The thing that motivates me to keep doing this, is watching people discover what they can do."

The Result

NWWC and the points series revolutionized the racing experience for Category 4 racers and hundreds of Northwest riders have benefited.

The organization has not only improved the racing experience of new women riders, but has improved the racing caliber. Thanks to the coaching, training and mentoring efforts

of NWWC, women enter the racing season both mentally and physically prepared to race.

In addition to improving Northwest racing, NWWC is part of an organized national effort to spread the points series to regions across the United States. The program—called Cycling Made Real—was started shortly after the inception of NWWC. Gerri Moriarty, founder of the New Hampshire points series that inspired the NWWC series, started the "umbrella" organization to help generate sponsorship for all six existing series and future ones and to assist regions in developing similar Category 4 races.

The Future

One of the most important aspects of NWWC—beyond the organized clinics, rides and the series—is the mentorship that the experienced riders provide for the beginners.

Those first women of NWWC encouraged the new women that they recruited, leading them through the inevitable bumps and mishaps of learning to race. They inspired, coached, answered questions and provided the positive atmosphere necessary for success.

And then they passed the torch to those new racers.

When Johnston decided it was time to let a new rider take the lead, Skye Brothers took over as project director of NWWC.

Brothers, who upgraded from a Category 4 racer to a Category 3, is grateful for the encouragement she received from the NWWC folks when she began racing in 2001. "They accepted me like a family member," she comments.



Photo by Joe Zauner

Cat. 4 women are on the chase during the 2003 King Valley road race.

The 2003 season marked Brothers' first as NWWC project director. And the alacritous new leader faces new challenges.

With the popularity of the NWWC points series, Category 4 women's races are growing. However, the Category 1, 2 and 3 races were still combined, meaning that those Category 4 riders, who are ready to move on to the next level, hesitate to upgrade because of the aggressive and more experienced competition.

"It was just like starting at the bottom of the food chain again," says Brothers. "One of Brother's many goals is to have a separate Category 3 race as well as the individual Category 4."

So she spent a lot of time over the year motivating women to upgrade and sharing with them her own experiences in stepping up to the next level. The result is now there are enough women who upgraded to introduce a Category 3 series based on the same format as the Category 4 circuit.

And while her challenges are different than that of the founders of NWWC, Brothers remains focused on the initial goal of recruiting women to the sport of cycling.

"We still struggle to get women to come out," she explains. "It's a matter of them not knowing

► "Metal Cowboy" from page 1

the slightest inkling of its importance, I caught a glimpse of my future.

Blinding lycra fashion was still years away. His wardrobe consisted of Converse Chucks and wide, white tube socks with a band of green stripes circling the top, cut off jeans and a t-shirt advertising some dirigible company named Led Zeppelin. She was bent over his bicycle, an awkwardly loaded contraption, adeptly working a menagerie of gear into place. Her gypsy-style dress seemed incredibly exotic at the time. Who were these people?

Having learned the float and glide of two-wheeled travel only the summer before, cycling already had a fierce hold on me. And now this. All those gears, lines and angles—the thin spokes devoid of playing cards. These were bikes, not toys to tool around the neighborhood. With their narrow, sleek saddles and tight, drop handlebars these machines could eat up miles and take you from Amish country to points... well, points I hadn't even names for yet.

She hiked the gypsy dress high, exposing acres of leg as she climbed onto her rig. At six or seven, I did not connect this directly to anything sexual, but certainly it indicated the end of civilization...and it couldn't have come soon enough for my restless heart. Now, to stage a prison break, or get word to them somehow. I felt like I was coming out of sleepy dreaming into a stuffy room with too many people and not enough air.

"Damn it," my father whispered from the front seat. I though he'd spilled his beverage again. Mom looked concerned but it turned out to be a declaration ending some internal discussion he'd been having.

Dad took quick, deliberate steps to cut off the pair. Not a small man, it could end in violence. But why? Had they so upset his New England sense of tradition and what people did and did not do with their time and energy that he felt compelled to confront them with it? Fear and a giddy excitement bumrushed my veins. Maybe I was to witness the end of an exotic species, but at least something was going to happen.

I couldn't hear what they were talking about, but if Dad planned to rough them up he was using a disarming level of friendliness to lull them into the ambush. We waited. Dad brought out his fist but it contained a six of Pabst. They stood together drinking and talking...and laughing. Then Dad got out a pen and wrote something down.

I was confused. He'd been decorated in the coast guard, choosing from there to make his living working for a multinational corporation. On more than one occasion he'd muttered to my Mom that the neighbor's kids, who exhibited more than a passing resemblance to that pair on the bikes, had parked their damn hippy van in

front of our house again. Dad was moving into enigma territory-cozying up with people his worldview demanded he fantasize turning a hose on.

Years later I'd unearth a collection of photographs Dad had taken on a relatively tame walkabout. Shots of old gas stations at dusk, a homeless guy holding a door open for a mother and her kids, grapes ripening in the shadow of a power plant. While not the scandalous images of say a Mapplethorpe, it went some distance in explaining why he invited those cyclists back to the Harveys' farm.

At the height of my own bike odysseys word reached me that Dad told anyone who would listen that he had nothing to do with my interest in bikes nor my wanderlust. Had I not been on the other side of the world, I'd have argued him on both points. My defense short and sweet. Exhibit A wore a Zeppelin shirt; Exhibit B, a gypsy dress and legs that went on forever.

After dinner the couple regaled us with road tales that succeeded in making North Dakota sound like a heartland poem and the Canadian border a stargate to another realm. My eyes ping ponging from them to the bikes while their stories unfurled. At some point my head caved in, becoming a road map as far as the synapses could fire. All I needed to excavate was a strong pair of legs and the

Literary Rides With



The Metal Cowboy

memory of them.

Maybe they're still out there pedaling roads they drank in together years before; maybe they went their separate ways before those wheels even touched the salt water of Jersey shores. It doesn't matter, Gypsy and Zeppelin take to the road every time I settle into the saddle. And when I'm trapped in traffic, resembling my Dad but for the Pabst Blue Ribbon and the chances not taken, I hold onto this knowledge—my other vehicle is a flashback to the summer of 1971 and it never fails to hold me over until my next long ride.

FEATURE

Bike Lanes



By Jessica Gilroy
Bicycle Paper
Editorial Intern

Sean and Beth Sheldrake, who live in Ballard, posed a question to Bicycle Paper readers about bike lanes in the city of Seattle: "Should neighborhoods be able to 'opt out' of having a bike lane put through them?" They are avid cyclists and have many friends who are regular "weekend riders." However, most of the people they know do not commute. When asked, their friends reply with such familiar responses as "I don't feel safe riding to work," or "Everyone I know that bike commutes has gotten into an accident." But that doesn't mean that something couldn't be done to help cyclists feel more comfortable, safer and more welcome on city roadways.

The Sheldrakes wrote to the WSDOT over a year ago inquiring about specific areas around the city that they believed could be better equipped for cyclists. The response to their letters proved to be long in coming and discouraging upon its arrival. The mayor's office never responded and when Seattle Department of Transportation Bicycle Representative Pauh Wang did reply via e-mail it stated, "I am unable to give you a definitive response at this time regarding your suggestions," which included 1) Posting of an additional merge warning sign on Dexter Ave. N; 2) Adding a bike lane on 7th Ave between Denny Way and the Convention Center; 3) Improving the safety of the intersection of N 34th St and Evanston; and finally 4) Adding bike lanes between NW Market St. and Leary way NW.

Wang did agree that while these ideas were all worth serious evaluation they were presently not in the works and suggestion #4 while technically feasible, has not been pursued because of lack of neighborhood support. The interesting thing

is the neighborhood in that area is mostly industrial. This led to a bit of an investigation in hopes of finding out just what it is that makes it possible for a bike lane to be put in on main streets.

According to the Seattle Department of Transportation (SDOT), it is tough, if not impossible to add onto already existing roads that run through neighborhoods and parts of the city. "Seattle itself is a built environment," says Pete Lagerwey of the SDOT, meaning that the curb-to-curb width is already set. "Bike lane construction is more option-driven, and less of a planning function," Lagerwey says.

In some areas there may be extra space, but most of the city has set standards already in place. In that case the only option is to convert a seldom-used lane of traffic into bicycle lanes, as was done on Dexter Ave. Unfortunately this leaves some drivers disgruntled, as well as rules out some high priority areas—just what the Sheldrakes and others are requesting—because there simply is no room. "34th is a high priority area," Lagerwey says, "but there is just no west space."

Interestingly, Wang is the only full-time person in the city who deals with bike lane transportation issues; so as he says, while he would love to be able to be responsive to every request a cyclist makes, it is simply feasibly impossible.

The city does take into consideration the opinions and requests of cyclists in the area. The Seattle Bicycle Advisory Board, facilitated by Wang, meets at city hall the first

Wednesday of every month from 6:00 p.m. to 8:00 p.m. This board, which has been in existence for the past 20 years, is made up of 12 volunteers—one specific to youth involvement—who are appointed by the mayor of Seattle and confirmed by city council. The basic function of this group, whose members each serve a two-year term, is to discuss what the city should be doing with regards to bicycle lane refinement and city improvements for cyclists. All meetings are open to the public and everyone is encouraged to sit in and participate.

But this doesn't mean that there are not some places that simply will not get bike lanes. "In some cases, while technically feasible on a particular street," Wang explains, "they

are not politically feasible. Meaning that parking or a lane of motor vehicle traffic would need to be removed." And when parking and driving conditions are brought up in the city, political controversy rises. "We have to choose our battles wisely," Wang says.

The Bicycle Transportation Alliance in Portland feels similarly and had to make a tough decision regarding this same issue. Kasandra Griffin's opinion is "I can't say that this was an "official" decision, but the city staffers decided to focus more on getting more people into the bike lanes for a few years, rather than on trying to do major new striping projects. That way, we will have increased political support for the addition of new lanes, when the time comes."

Procedures and politics aside, most cyclists agree they wish more lanes were available throughout the city and surrounding areas.



Justin Moe on 2nd Avenue in Seattle.

Photo Courtesy of Bicycle Paper

Terry Zander, Road Ride Captain of the Capital Bicycle Club, of admits, "I am not in any position to comment on Seattle bike lanes, other than to say I hope to see more of them in every city in every state...soon."

Barbara Culp, Executive Director of the Bicycle Alliance of Washington (BAW), adds, "[While] Seattle has done a good job in connecting and working on the trails network, it could go a long way to improve the network of bike lanes." Some examples she cites are the lack of bike lanes on east-west connectors, like Boyer Ave., which would join the North Lake Union and Montlake areas.

The need is out there, and the city is not ignoring it; unfortunately like most things it just takes time, patience and support in order to make things happen on a city level.

To increase your chances of results, Culp recommends a three-pronged strategy for the Seattle area: contact the Seattle Bicycle Advisory Board, BAW and Cascade Bicycle Club. "Then," she recommends, "take a proactive approach; create a coalition of support, [whether it be] on a neighborhood or city level, and work to tie it into a bigger network."

Meanwhile, if you would like to start commuting by bicycle, don't let the lack of lanes in some places deter you. The BAW offers a Bike Buddy program, which pairs inexperienced commuters with experienced riders who map out a route and help you figure out how best to navigate your way to work.

Bicycle Advisory Board

www.cityofseattle.net/sbab/
Pauh.Wang@Seattle.gov

Bicycle Alliance of Washington

www.bicyclealliance.org
(206) 224-9252

Bicycle Transportation Alliance

www.bta4bikes.org
(503) 226-0676

Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, lectures, etc), **Camps**, **Multisport** (events that include cycling as part of the competition), **Series** (competitions where cumulative point standings are awarded), **BMX**, **Cyclo-cross**, **Mountain Bike Racing** (competition featuring single-track and other off-road riding), **Mountain Bike Touring** (rides featuring single-track and off-road riding), **Road Racing** (bicycle competition), **Road Touring** (road rides of various distances and for any type of bicycles), **Track** (velodrome type event).

To conserve space, we've chosen to run web sites only on events where both web site and email are available. If you are an organizer and your event is not listed, or if the information listed changes, contact us and we will gladly update the calendar. Please send your event information in the same style and format as seen here.

All aspects of this event calendar are copyright 2004 Bicycle Paper. This calendar may not be transmitted or reproduced by any means, electronically or printed, without written consent of the publisher.

EVENTS

MARCH

Mar 4-7: Boise Area Bicycle Swap

Boise, ID. Ustick and N Cole Shopping Center. New and used bike accessory sale. Boise Developmental Cycling (BODE), www.georgescycles.com

Mar 5-7: Seattle International Bicycle Expo

Seattle, WA. Seahawks Exhibition Center - next to Safeco Field. 3rd largest bicycle show in the nation. 150 exhibitors. Hours: Friday 4:00 p.m. - 9:00 p.m., Sat. 10:00 a.m. - 7:00 p.m., Sun. 10:00 a.m. - 5:00 p.m. Ernie Grillo, Cascade Bicycle Club, 85 S Washington St. #304, Seattle, WA, 98104. 888-334-2453, www.cascade.org

Mar 6: Alice B. Toeclips Awards Party

Portland, OR. It's the gala bicycling event of the year! 6:00 p.m. to 10:00 p.m. Find out more online. Karen Frost, BTA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0498, www.bta4bikes.org

Mar 17: Bike Clinic at BTA

Portland, OR. 6:00 p.m. to 7:00 p.m. at the Bicycle Transportation Alliance. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, www.bta4bikes.org

Mar 21: Bike Works 2nd Annual Dinner & Auction

Seattle, WA. This year's auction theme, Explore Your Horizons, celebrates the freedoms that come with biking. Plans include a live auction, live music, dinner and drinks. Auction items will feature local arts and adventures. At the MOHAI, 6:00 p.m. to 9:00 p.m. David Strong, Bike Works, 206-725-9408, www.bikeworks.org

Mar 28: 16th Annual Seattle Old Bike Swap and Show

Kent, WA. Old/Antique Bicycle Swap Meet and Show. Kent National Guard Armory. Additional information available online. Jerry Germeau, Bicycle Hobbyist, 312 NE 76th St., Seattle, WA, Seattle. 206-524-4878, www.geocities.com/seattleoldbikeswap

MAY

May 1-31: Bicycle Commuter Contest

Thurston County, WA. Hundreds of commuters and errand cyclists keep track of miles and days cycled in friendly competition for prizes and the glory of going the most miles or being the most consistent in a variety of age categories. Chris Hawkins, Climate Solutions, www.climatesolutions.org

May 22-23: Super Skills Clinic

Bend, OR. Road bike handling skills clinic taught by former professional cyclists. Learn the tricks of the pros for riding straight lines, removing a jacket (while riding), picking up a water bottle from the ground, etc. Saturday for women only, Sunday for men only. Location TBD. Hutch's Bicycles, 820 NE 3rd St., Bend, OR, 541-382-6248, www.hutchsbicycles.com

JUNE

Jun 5: 8th Annual OC&E National Trails Day

Klamath Falls, OR. 7- or 10-mile mountain bike and equestrian routes or a 4-mile guided hike. Arthur Sevigny, Klamath Rails-to-Trails Group, Box 2102, Klamath Falls, OR, 97601. 541-884-3050, www.klamath-trails.org

June 11-Sep 21: Bike Summer

www.bikesummer.org

Jun 12: Stanley Park Bike Festival

Vancouver, BC. Festival showcasing the bike in all its forms and uses. Criterium races, kids races, education, demos. Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe Street, Vancouver, BC, V6C 1Z7. 604-681-0419, www.stanleyparkbikefest.ca

Jun 26: Surrey Bike Festival

Surrey, BC. A celebration of Off-Road Cycling. Features Dirt Jump Jam, Demo Bikes, Bike Park Tours, BikeSwap and more. Jim Richardson, SORCE, 12666 21A Ave., Surrey, BC, V4A 7P6. 604-538-5716, www.sorcebikeclub.org

JULY

Jul 17-18: Seattle Night & Day Navigation Challenge

Seattle, WA. Seattle Night & Day is a team foot or bike race that brings you to nooks and crannies of Seattle you've never seen before. Fifty-seven checkpoints are placed throughout Seattle and Vashon Island, each with a point value. Visit them in any order you choose for 3, 7, or 16 hours. Teams returning with the most points are the winners! Running, walking, or biking, everyone experiences their own unique tour of Seattle. See web site for details and registration. Cascade Orienteering Club, 650-697-6359, www.seattlenightandday.com

AUGUST

Aug 14-22: North Shore World MTB Conference

North Shore, BC. Features discussions on a variety of themes in the mountain biking community, including environmental, social and economic. Richard Juryn, www.nsmfbc.com

SEPTEMBER

Sep 7-10: Pro Walk/Pro Bike 2004

Victoria, BC. The conference brings together engineers, planners, health care communities and bicycle and walking activists. This year's theme is "Creating Active Communities." National Center for Bicycling and Walking, Capital Bike and Walk Society, www.capitalbikeandwalk.org

NOVEMBER

Nov 13: Bicycle Alliance Annual Auction

Seattle, WA. Join 300 bicycling enthusiasts at the 12th Annual Bicycle Alliance Auction. Scottish Rite Temple. It's a ton of fun. Supports Bicycle Alliance of WA. Barbara Culp, Bicycle Alliance, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, www.bicyclealliance.org

CAMPS

MARCH

Mar 11-21: Mallorca, Spain Training Camp

Mallorca, Spain. Spring road mileage and intensity training camp on the island of Mallorca, Spain. Kendra Wenzel, Wenzel Coaching, 57111 North Bank Rd, McKenzie Bridge, OR, 97413. 541-822-3737, www.wenzelcoaching.com

MAY

May 7: Race Across Oregon Training Camp #1

Welches, OR. Whispering Woods Resort. 541-760-1024, www.raceacrossoregon.com

May 12: Race Across Oregon Training Camp #2

Portland, OR. Portland Airport Holiday Inn. 541-760-1024, www.raceacrossoregon.com

AUGUST

Aug 1-5: BC Women's Mountain Bike Skills Camp

Fernie, BC. 5-day skills camp for women. Mike Brcic, Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 888-423-7849, www.ferniefattire.com

RACE SERIES

Jan 1-Apr 4: Peninsula Indoor BMX Series

Port Orchard, WA. American Bicycle Association, www.gobmx.com

Jan 31-Feb 15: Winter Cup Series

OR & WA. 6-race indoor BMX series. Riders must race in all 6 races to be eligible for the Winter Cup, one of which will be awarded for each age group. Scoring will be based on a rider's five best finishes. www.gobmx.com

Feb 4-Mar 31: BVC Wednesday Night Racing

Burnaby, BC. Track racing at the Burnaby Velodrome. Begins at 7:00 p.m. Burnaby Velodrome, www.burnabyvelodrome.ca

Feb 22-29: Limited Gear Ratio Road Race

Boise, ID. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Feb 29-Mar 14: Banana Belt Road Race Series

Hagg Lake, OR. Road race event. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

Feb 29-Mar 28: March Mayhem Spring Series

Langley & Abbotsford, BC. 10-race extravaganza - the best way to jump start your season. Great courses, friendly atmosphere and basic amenities. See web site for map of course locations and details. Jeremy Storie, dEVo, 604-888-5779, www.escapevelocity.bc.ca

Mar 6-20: Mason Lake Road Race Series

Mason Lake, WA. On the Olympic Peninsula. Every Saturday. 12-mile loop around Mason Lake. Rolling hills, no major climbs. \$20 per race. Register day of race only. UCSF one-day license \$5. David Douglas, Pazzo Velo, www.pazzovelo.com

Mar 6-20: Southern Oregon Time Trials Series

Medford, OR. Racing three successive weeks over different distances and terrain is a great test of early-season fitness. Riders' times will be accumulated for the three races and the rider with the overall lowest time in each category will be the winner of that category. OBRA points are awarded for all categories. Tim Turk, 910 Park St. S, Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

Mar 7-Aug 28: Gregg's Greenlake Cycle NWWC Cat 4 Race Series

Various, WA. Points series where the person with the most points in the end wins the series, and prizes are awarded to the top 25 women. You can also accumulate points for completing any USCF race during the season. The Series is open to Cat 3 and Cat 4 women racers of all ages. When categories are combined, the results for the different categories will be separated. Kirsten Sandaas, NWWC, www.nwwc.org/race_series.html

Mar 13-Aug 14: Built For Speed Time Trial Series

Corvallis, OR. A 6-month series of 40km time trials with awesome prizes to make you faster! One race per month. Three race groups A: Cat 1, 2, 3; B: Cat 4, 5 and C: Women. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

Mar 14-May 2: BCC Spring Series

Boise, ID. Boise Cycling Club, www.georgescycles.com

Mar 20-Aug 1: 2004 Group Health WIM Series

WA & ID. For all ages and ability levels. We'll take you across the state of Washington with race sites at some of the premier mountain bike trail systems in the Northwest. The series consists of 8 cross country races, and 6 downhill races as well as the Shimano youth series - free kids cross country races at every WIM event. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Mar 21-Sep 18: Comox Valley Cycle Club Road Series

Comox, BC. Road series raced on a variety of courses. Roger Thomas, Comox Valley Cycle Club, P.O. Box 3632, Courtenay, BC, V9N 7PL. <http://mars.ark.com/~cvcc>

Mar 21-27: Time Trial Training Series

Boise, ID. Treasure Valley Cycling Club, www.georgescycles.com

Apr 3-Sep 11: BC Masters Association Race Series

BC. Events take place throughout BC, from Vancouver Island to New Denver. Participants must be 30+ years in age. Events include TT, RR, Criterium. BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 250-743-9915, www.bcmasterscycling.net

Apr 3-Aug 28: Gregg's Greenlake Cycle NWWC Cat 3 Race Series

Various, WA. Points series where the person with the most points in the end wins the series, and prizes are awarded to the top 25 women. You can also accumulate points for completing any USCF race during the season. The Series is open to Cat 3 and Cat 4 women racers of all ages. When categories are combined, the results for the different categories will be separated. Kirsten Sandaas, NWWC, www.nwwc.org/race_series.html

Apr 4-Aug 29: Cascade Bicycle Club Education Foundation - NW Juniors Racing Series

Seattle, WA. Eleven-event series for junior riders. All events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. David Schilling, 8231 4th Ave. NE, Seattle, WA, 98115. 206-619-1355, www.wsbajr.org

Apr 6-Aug 24: 16th Annual Baddlands Twilight Series

Spokane/Cheney, WA. Tuesday Evening Race Series- Roads, criteriums and time trials. Alex Renner, 418 E. Pacific, Ste. 2, Spokane, WA, 99202-1456. 509-456-0432, www.baddlands.org

Apr 6-27: Eugene Time Trial Series

Eugene, OR. Eugene time trial series every Tuesday at 6:00 p.m., single and team classes, short and long course. OBRA, 541-334-6449, www.obra.org

Apr 6-Jul 13: Tuesday Nighter Series

Boise, ID. www.lacticacidcycling.org

Apr 7-Aug 25: Wednesday Night MTB Series

Seattle, WA. South Sea Tac Park. Beginners start 6:00 p.m., advanced racers start 7:00 p.m. Every 2nd and 4th Wednesday is ladies' night (half-price for women). Wick, Stiff Wick Productions, 206-824-7666

Apr 8-Aug 26: First Rate Mortgage Cycling Series

Seattle, WA. Seward Park. Every Thursday night. Short 0.8-mile loop in the park shaped like a raindrop. Very good pavement, 200-meter hill each lap. \$10 per night. Juniors and women only \$5. Registration on race day only. Opens at 4:30 p.m. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 8-Aug 29: SISU BC Cup MTB Series

Various, BC. Series of five events, XC, DH, 4X. Overall standing on points. www.bc.cycling.ca

Apr 10-May 30: Oregon MTB Series

OR. Dates TBC. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Apr 11-Jul 25: SISU BC Cup Road Series

Various, BC. Series of six road events. Overall standing on points. www.bc.cycling.ca

Apr 13-Aug 31: Pacific Raceways Junior Road Race Series

Kent, WA. A 14 and under junior category has been added to the series. 2.25-mile closed course. Registration opens at 5:30 p.m., closes at 6:50 p.m. Race starts at 7:00 p.m. Points will be awarded to the first 5 finishers. Points tallied at the end of the season and winner awarded. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 13-Aug 31: Pacific Raceways Road Race Series

Kent, WA. 2.25-mile closed course. Registration opens at 5:30 p.m., closes at 6:50 p.m. Race starts at 7:00 p.m. Points will be awarded to the first 5 finishers. Points tallied at the end of the season and winner awarded. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 13-Aug 31: Tuesday Night Road Race Series

Redmond, WA. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 13-Sep 21: Tuesday PIR Series

Portland, OR. Portland International Raceway. Summer race series for categories 1-5, women and juniors. First-time racers to pros. Registration opens at 5:30 p.m. First race at 6:05 p.m. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jmitchem@herrerainc.com

Apr 14-Sep 8: Cove Bikercross Series

Grouse Mountain, BC. Exclusive access to Grouse's World Cup track. Races will cater to riders of all levels, so everyone can learn to jump and ride in a safe and secure environment. Beginners and advanced in all categories, U15 to masters. Starts 6:30 p.m. every Wednesday. Cycling BC & Cove Bikes, www.covebikercross.com

Apr 15-Aug 26: Pacific Raceways Duathlon

Kent, WA. The course is relatively flat, with one fast descent and a 0.5-mile, 4% climb. The distances are approximately: run 2 miles, ride 4.5 miles, run 2 miles, ride 4.5 miles and final run 2 miles. As daylight permits, runs and rides will increase. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 15-May 6: Snake River Criterium Series

Nampa, ID. Snake River Cyclist, www.lacticacidcycling.org

Apr 18-May 16: Estacada Time Trial Racing Series

Estacada, OR. 20 miles for Adult Cats, 10 miles for younger juniors. Geri Bossen, The Bossen Junior Racers Family, P.O. Box 92041, Portland, OR, 97292. 503-254-7563

Apr 21-May 5: MVA Pre-Season Race Series

Redmond, WA. This short series is a great way to check out your fitness and ease your way into the track season. All experienced track racers are welcome to race this series. Spectator admission is free. Racing starts at 7:30 p.m. Entry fee is \$15, Juniors \$5. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Apr 24-Jun 13: 2004 NW Cross Country MTB Cup

WA & OR. Four-race series that allows you to try new courses and test your skills against other racers from all over the Northwest. Includes 2 WIM Series events and 2 Oregon MTB Series events. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Apr 25-Jun 6: North Shore Challenge Series

N Vancouver, BC. James Wilson, Dizzy Cycles, 94 Lonsdale Ave., N Vancouver, BC, V7M 2E6. 640-985-2213

May 3-Aug 23: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. Races for all categories masters (30+), including a novice group and all ages/categories women. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

May 4-25: Eugene Hillclimb Time Trial Series

Eugene, OR. Richard Sweet, 541-334-6449, www.obra.com

May 4-Sep 28: World Tuesday Night Championships

Vancouver, BC. Road racing every dry Tuesday (rain = no race) from 6:30 p.m. to 8:30 p.m. See web site for details. Escape Velocity, www.escapevelocity.bc.ca

May 6-Sep 30: Alpenrose Weekly Series

Portland, OR. Alpenrose Velodrome, Thursday evenings track racing. Registration starts at 5:30 p.m. - race at 6:30 p.m. and continues until dusk. Rental bike \$5. Prizes for Cat 1/2 field omnium winners June through August. Madison will be added to omnium and used for Cat 1/2 season award calculation. Event canceled if raining. Field may be combined at the discretion of the organizer. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

May 7-Aug 30: Friday Night Track Races

Portland, OR. Alpenrose Velodrome. Adult and Junior track races. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 503-254-7563, www.obra.org

May 10-Aug 30: MVA Monday Night Racing

Redmond, WA. Continuing with the focus on juniors and new racers, all class participants will be required to race at least two Monday Night programs before moving up to Wednesday Night Racing. Racing begins at 7:00 p.m. Entry fee is \$15, Juniors \$5. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 11-Jul 27: Summer Night at the Track Series

Boise, ID. Chapporal Speedway, Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

May 13-Aug 26: Lindsay's Thursday Night Time Trial Series

Boise, ID. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

May 19-Aug 25: MVA Wednesday Night Racing

Redmond, WA. Wednesday night is a great night to be at the Velodrome for racers and spectators alike. Spectator admission is free and the racing fields are large. Racing begins at 7:30 p.m. Entry fee \$15 for 1 category, \$25 for 2 categories, \$5 for Juniors. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 21-Aug 27: MVA Friday Night Track Races

Redmond, WA. The 2004 racing program is designed with the spectators in mind. Races will be fast and exciting with lots of opportunities for the crowds to get involved. As has become a tradition, the first and third Fridays of every month will also feature the Kiddie Kilo. Spectator admission rates are \$4 per person - kids under 16 free! Racing begins at 7:30 p.m. Marymoor Velodrome, <http://marymoor.velodrome.org>

May 23-Sep 12: Mt. Hood Series

OR. Cross country. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

May 27-Aug 19: Southern Oregon Thursday Nighters

Medford, OR. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jun 1-Aug 31: Eugene Twilight Criterium Series

Eugene, OR. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jun 9-Jul 14: 2004 Mt. Tabor Series

Portland, OR. 6 race series around Mt Tabor Park in SE Portland. 1.3-mile course. Women, men, master and fixed gear categories. Over \$2000 in cash and merchandise prizes. Clark Ritchie, 1314 NE 59th Ave., Portland, OR, 97213. 503-936-2575, <http://tinyurl.com/spwww>

Jun 9-Jul 3: 3rd Annual Wood River Cup Series

Sun Valley, ID. Bill Olson, bike_camp@msn.com

Jun 10-Jul 22: Fat Tire Thursdays

Spokane, WA. Thursday evening mountain bike races. \$10 per race. No pre-registration, no license required. Mike Aho, Spokane Parks and Recreation, 808 W Spokane Falls Blvd, Spokane, WA, 99201. 509-625-6246

Jun 24-Aug 26: TNT Series

Mount Vernon, WA. Located in Bakerview Park. Thursday series. Sign up from 5:00 p.m. to 6:00 p.m. Bakerview BMX, www.bakerviewbmx.net

Jul 12-28: Junior & Women Track Class - Session 2

Portland, OR. Mondays and Wednesdays. Class A - 10:00 a.m. to 11:30 a.m. Class B - 12:00 p.m. to 1:30 p.m. At the discretion of the coaches, students will be invited to race at Friday Night Track Races. Arrive 15 minutes early to allow time for bike fit. Cancelled if raining. Geri Bossen, 503-254-7563, GeriBossen@hotmail.com

Jul 24-Aug 21: Lake Washington Velo Circuit Race Series

Silvana, WA. Broadcast Capital Cycling Team, www.broadcastmarkcycling.com

Aug 2-18: Junior & Women Track Class - Session 3

Portland, OR. Mondays and Wednesdays. Class A - 10:00 a.m. to 11:30 a.m. Class B - 12:00 p.m. to 1:30 p.m. At the discretion of the coaches, students will be invited to race at Friday Night Track Races. Arrive 15 minutes early to allow time for bike fit. Cancelled if raining. Geri Bossen, 503-254-7563, GeriBossen@hotmail.com

Aug 22-Sep 11: Triple Crown Race Series

Boise, ID. Mike, Georges Cycles, 208-343-3782, www.georgescycles.com

Oct 2-Nov 27: Cross Crusade

Portland, OR. 9-event series race on various courses. Brad Ross, 503-806-6943

BMX

FEBRUARY

Feb 28: Abbotsford Indoor BMX

Abbotsford, BC. Sign-up time 5:00 p.m. to 6:00 p.m. Race ASAP. Spectators free! Worried about being late? Try 604-302-3639 on race day. 604-580-8864, bgharder@shaw.ca or jckbb@shaw.ca

Feb 28-29: Canada Cup #1 & #2

Abbotsford, BC. Gary Harder, Cycling BC, 32470 Haida Dr., Abbotsford, BC, 604-737-3140, www.abbotsfordbmx.com

Feb 28-29: Peninsula Indoor BMX

Port Orchard, WA. Sign up 3:30 p.m. to 4:30 p.m. on Saturday, 10:00 a.m. to 11:00 a.m. on Sunday. Single Points. Points classes \$15. Points class & Open \$18. Pro \$25. American Bicycle Association, www.gobmx.com

Feb 29: Abbotsford Indoor BMX

Abbotsford, BC. Sign-up time 9:30 a.m. to 10:30 a.m. Race ASAP. Spectators free! Worried about being late? Try 604-302-3639 on race day. 604-580-8864, bgharder@shaw.ca or jckbb@shaw.ca

MARCH

Mar 2: Abbotsford Indoor BMX

Abbotsford, BC. Sign-up time 6:00 p.m. to 6:45 p.m. Race ASAP. Spectators free! Worried about being late? Try 604-302-3639 on race day. 604-580-8864, bgharder@shaw.ca or jckbb@shaw.ca

Mar 3: Abbotsford Indoor BMX

Abbotsford, BC. Sign-up time 6:00 p.m. to 6:45 p.m. Race ASAP. Spectators free! Worried about being late? Try 604-302-3639 on race day. 604-580-8864, bgharder@shaw.ca or jckbb@shaw.ca

Mar 6-7: Peninsula Indoor BMX

Port Orchard, WA. Saturday - sign up 3:30 p.m. to 4:30 p.m. Single Points. Points classes \$15. Points class & Open \$18. Pro \$25. Sunday - sign up 10:00 a.m. to 11:00 a.m. Single Points. American Bicycle Association, www.gobmx.com

Mar 19-21: ABA Great Northwest BMX Nationals

Pasco, WA. Indoor track.

Mar 20-21: Peninsula Indoor BMX

Port Orchard, WA. Sign up 3:30 p.m. to 4:30 p.m. Saturday, 10:00 a.m. to 11:00 a.m. Sunday. Single Points. Points classes \$15. Points class & Open \$18. Pro \$25. American Bicycle Association, www.gobmx.com

APRIL

Apr 3-4: Chehalem Valley BMX

Newberg, OR. Registration 1:00 p.m. to 2:00 p.m. Racing ASAP, weather permitting. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

Apr 3-4: Peninsula Indoor BMX

Port Orchard, WA. Sign up 3:30 p.m. to 4:30 p.m. Saturday, 10:00 a.m. to 11:00 a.m. Sunday. Single Points. Points classes \$15. Points class & Open \$18. Pro \$25. American Bicycle Association, www.gobmx.com

Apr 10-11: Chehalem Valley BMX

Newberg, OR. Registration 1:00 p.m. to 2:00 p.m. Racing ASAP, weather permitting. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

Apr 10-11: Columbia Basin BMX

Richland, WA. Tuesday BMX Carnival - ramps, bike rodeo, food - 9:00 a.m. Race registration 12:00 p.m. to 1:00 p.m. Wednesday registration 12:00 p.m. to 1:00 p.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

Apr 17-18: Chehalem Valley BMX

Newberg, OR. Registration 1:00 p.m. to 2:00 p.m. Racing ASAP, weather permitting. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

Apr 17-18: Walla Walla BMX

Walla Walla, WA. Saturday registration 2:00 p.m. to 3:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Apr 18: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

Apr 24-25: Chehalem Valley BMX

Newberg, OR. Registration 1:00 p.m. to 2:00 p.m. Racing ASAP, weather permitting. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

Apr 24-25: Columbia Basin BMX

Richland, WA. Registration 12:00 p.m. to 1:00 p.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

Apr 25: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

MAY

May 1-2: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 1-2: Walla Walla BMX

Walla Walla, WA. Saturday registration 2:00 p.m. to 3:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

May 2: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

May 5: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 8-9: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 8: Pipeline Classic

Coquitlam, BC. 4-cross BC Cup #1 and BMX event. Kevin O'Brien, Pipeline Bike Park Society, 604-872-7287, www.bmxfiles.com

May 9: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

May 12: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 15-16: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 15-16: Columbia Basin BMX

Richland, WA. Saturday RFL-Double Points. Registration 12:00 p.m. to 1:00 p.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

May 16: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

May 19: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 21-23: Walla Walla BMX

Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday and Sunday registration 4:00 p.m. to 5:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

May 22-23: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 23: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

May 26: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 29-30: Chehalem Valley BMX

Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

May 30: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

JUNE

Jun 5-6: Canada Cup #3 & #4

Ridge Meadows, BC. Jim Stewart, Cycling BC, 17310 Barnes Rd., Pitt Meadows, BC, 604-737-3140, www.ridgemedowsbmx.com

Jun 5-6: Columbia Basin BMX

Richland, WA. Saturday RFL-Double Points. Registration 12:00 p.m. to 1:00 p.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

Jun 6: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

Jun 8: Walla Walla BMX

Walla Walla, WA. Tuesday registration 5:30 p.m. to 6:30 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jun 11-13: Walla Walla BMX

Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday registration 3:00 p.m. to 4:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jun 13: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

Jun 17-19: Columbia Basin BMX

Richland, WA. Friday registration 5:30 p.m. to 6:00 p.m. Saturday registration 5:30 p.m. to 6:00 p.m. Sunday registration 9:00 a.m. to 10:00 a.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

Jun 18-20: Walla Walla BMX

Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday registration 2:00 p.m. to 4:00 p.m. Sunday registration 9:00 p.m. to 11:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jun 20: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

Jun 26: Alpenrose BMX - RFL Pre Race

Portland, OR. Double points. Registration from 3:00 p.m. to 4:00 p.m. Anybody on any bike can participate. No membership required. Donation \$10+ welcome. Mark & Lori Phelps, 503-244-9492, www.alpenrose.com/schedule.htm

Jun 27: Alpenrose BMX - RFL

Portland, OR. Double points. Registration from 3:00 p.m. to 4:00 p.m. Anybody on any bike can participate. No membership required. Donation \$10+ welcome. Fundraiser for Leukemia & Lymphoma. Mark & Lori Phelps, 503-244-9492, www.alpenrose.com/schedule.htm

Jun 27: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

JULY

Jul 1-3: Columbia Basin BMX

Richland, WA. Thursday registration 5:30 p.m. to 6:00 p.m. Friday registration 5:30 p.m. to 6:00 p.m. Saturday registration 3:00 p.m. to 4:00 p.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

Jul 4: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

Jul 6: Walla Walla BMX

Walla Walla, WA. Registration 5:30 p.m. to 6:30 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jul 8: Columbia Basin BMX

Richland, WA. Registration 5:30 p.m. to 6:00 p.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

Jul 9-11: Walla Walla BMX

Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday registration 3:00 p.m. to 4:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jul 10: Bakerview SCR

Mount Vernon, WA. Located in Bakerview Park. Sign up from 9:00 a.m. to 10:00 a.m. Bakerview BMX, www.bakerviewbmx.net

Jul 11: Klamath Falls BMX

Aug 31: Walla Walla BMX

Walla Walla, WA. Registration 5:30 p.m. to 6:30 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

SEPTEMBER

Sep 5: Klamath Falls BMX

Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. Trophies or saver stamps are awarded to 1st, 2nd and 3rd place riders. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

Sep 10-12: Walla Walla BMX

Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday registration 2:00 p.m. to 3:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Sep 12: King of Bikes

Coquitlam, BC. 4-cross and BMX event. Kevin O'Brien, KOB Production, 604-872-7287, www.bmxfiles.com

Sep 18: Provincial Supercup #3

Ridge Meadows, BC. Jim Stewart, Cycling BC, 126th St. and 76th Ave., Surrey, BC, 604-309-6421 or 604-737-3140, www.ridgemeanowsbmx.com

Sep 19: Provincial Supercup Grands

Surrey, BC. Cycling BC, 126th St. and 76th Ave., Surrey, BC, 604-737-3140, www.actionbmx.com

OCTOBER

Oct 1-3: Walla Walla BMX

Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday registration 2:00 p.m. to 3:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Oct 23-24: Walla Walla BMX

Walla Walla, WA. Saturday registration 2:00 p.m. to 3:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

CYCLO-CROSS

SEPTEMBER

Sep 26: George's Ironman Mountain Cross
Boise, ID. Mike, 208-343-3782

Sep 26: Hood River Cyclocross

Hood River, OR. Jeff Lorenzon, www.discoverbicycles.com

OCTOBER

Oct 2: Cross Crusade #1

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

Oct 3: Bayside Cyclo-cross #1

South Surrey, BC. Challenging 2.4km euro-style course, 2nd year of the event, close to both Vancouver and US border. Jason Fluckiger, 16113 8A Ave., Surrey, BC, V4B 3Y9. 604-535-8257, www.geocities.com/baysidecycling/

Oct 9: Clif Bar GP

Seattle, WA. UCI Cat 1.

Oct 9: Cross Crusade #2

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

Oct 16: Cross Crusade #3

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

Oct 17: Bayside Cyclocross - Race # 2

South Surrey, BC. Challenging 2.4km euro-style course, 2nd year of the event, close to both Vancouver and US border. Jason Fluckiger, 16113 8A Ave., Surrey, BC, V4B 3Y9. 604-535-8257, www.geocities.com/baysidecycling

Oct 23: Cross Crusade #4

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

Oct 30: Cross Crusade #5

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

NOVEMBER

Nov 6: Cross Crusade #6

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

Nov 7: Jericho Cyclocross Classic

Vancouver, BC. Dave Cressman, 604-730-1998, www.teamsoliton.com

Nov 13: Cross Crusade #7

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

Nov 20: Cross Crusade #8

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

Nov 27: Cross Crusade #9

Portland, OR. See Race Series for further information. Specific location TBA. Brad Ross, 503-806-6943

MOUNTAIN BIKE RACING

FEBRUARY

Feb 29: Blazing Saddles Chili Ride

Spokane, WA. Fun mountain bike race for non-competitive and competitive enthusiasts. Free chili and beverages. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

MARCH

Mar 6: Dirty Duo

N Vancouver, BC. Michael Wardas, 987 Old Lillooet Rd., N Vancouver, BC, V7J 3A6. 604-924-0008, info@dirtyduo.com

Mar 20: McMud Fest

Spokane, WA. WIM Series XC Race #1 for all ages and ability levels, beginner to Pro. Free Shimano kids race. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Mar 27: Junkyard Dog XC

Surrey, BC. Technical cross-country mountain bike race. Jim Richardson, SORCE, 12666 21A Ave, Surrey, BC, V4A 7P6. 604-538-5716, www.sorcebikeclub.org

Mar 27: My First Mountain Bike Race

Surrey, BC. Novice cross-country mountain bike race. Jim Richardson, SORCE, 12666 21A Ave., Surrey, BC, V4A 7P6. 604-538-5716, www.sorcebikeclub.org

Mar 28: Beacon Blastoff

Spokane, WA. WIM Series Downhill Race #1 for all ages and ability levels. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

APRIL

Apr 4: Peak Sports Mudslinger

Blodgett, OR. Classic mountain bike race. Great course. Mike Ripley, 91231 Shane Ct., Coburg, Or, 97408. 541-342-1493, www.obra.org

Apr 7: Wednesday Night MTB Series #1

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Apr 10: Battle in Seattle

Seattle, WA. WIM Series Cross Country Race #2. For all ages and ability levels, beginner to Pro. Free kids race. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Apr 10: Big K Mountain Bike Festival

Elkton, OR. Course is single-track with some double-track. Awesome descents and absolutely gorgeous views. Oregon MTB Series Race. Mitch LaMoure, 1217 NE Walnut, Roseburg, OR, 97470. 541-957-1020, frameman@msci.net

Apr 14: Wednesday Night MTB Series #2

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Apr 14: Cove Bikercross #1

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Apr 17-18: Race the Ridge

Maple Ridge, BC. Cross country, time trial and town criterium. Barry Lyster, Cross Trails Adventures, 604-467-8577, www.crosstrailsadventures.com

Apr 21: Cove Bikercross #2

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Apr 21: Wednesday Night MTB Series #3

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Apr 24-25: Beacon Bomber

Spokane, WA. WIM Series Cross Country #3, DH #2 for all ages & ability levels. Free kids race. NW Cross Country BTB Cup Race #1. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Apr 25: Barking Spider Bash

Nampa, ID. Our classic, spring opener features a fun and easy, 9-mile loop with rolling terrain, gentle climbs, terrific spectator viewing and the infamous "Skateboard Park" descent, a twisting, turning tunnel of fun. Wild Rockies, rondaron@earthlink.net, www.wildrockies.com

Apr 25: North Shore Challenge #1

N Vancouver, BC. James Wilson, Dizzy Cycles, 94 Lonsdale Ave., N Vancouver, BC, V7M 2E6. 640-985-2213

Apr 28: Cove Bikercross #3

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Apr 28: Wednesday Night MTB Series #4

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

MAY

May 1: Du-bike-athlon

Spokane, WA. Cycling event much like a duathlon except that the only running is a Le Mans start and the three legs consist of 1st a mountain bike leg, 2nd a road bike leg and 3rd a final mountain bike leg. Online registration available. Round and Round, www.roundandround.com

May 1-2: Spring Thaw MTB Festival

Ashland, OR. Oregon MTB Racing Series. Cross-country and downhill. Thom Kneeland, 541-488-7784, springthaw@somba.org

May 1-2: The Rat Race

Roberts Creek, BC. Cross country, downhill, fat tire criterium. Rod Composano, SCUMB, RR 6 1611 Grady Rd., Gibsons, BC, V0N 1V6. 604-886-1525, www.theratrace.alcanadiansport.ca

May 2: 10th Annual Oregon Trail Classic

Baker, OR. A 10.5-mile loop with rolling climbs and descents and lots of twisty singletrack make this another good springtime event. Wild Rockies, www.wildrockies.com

May 2: Salty Dog 6 Hour Enduro

Salmon Arm, BC. Jim Maybee, Skookum Cycle & Ski, 1870 Okanagan Ave., Salmon Arm, BC, V1G 1H4. 250-832-7368, www.skookumcycle.com/saltydog

May 5: Cove Bikercross #4

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

May 5: Wednesday Night MTB Series #5

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

May 8: Pipeline Classic SISU BC Cup

Coquitlam, BC. 4-cross BC Cup #1 and BMX event. Kevin O'Brien, Pipeline Bike Park Society, 604-872-7287, www.bmxfiles.com

May 9: Cascade Chainbreaker Mountain Bike Race

Bend, OR. 7th Annual - Mountain bike competition for all skill levels. Oregon MTB Series Race. NW Cross Country BTB Cup Race #2. Kevin Gorman, Marcel Russenberger, 550 SW Industrial Way, Bend, OR, 97702. 541-318-6188, www.webcycling.com

May 12: Cove Bikercross #5

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

May 12: Wednesday Night MTB Series #6

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

May 15-16: Boneshaker

Winthrop, WA. WIM Series XC #4 (new course), DH #3 for all ages & ability levels, beginner to Pro. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 15: Fat Tire Farm Spring Fling

Mt Hood, OR. Downhill enduro on Mt. Hood. Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

May 15-16: Mountain Bike & Orienteering Challenge

Maple Ridge, BC. Jackie Slavenova, Orienteering Association of BC, Burnaby, BC, V5J 5G9. 640-671-2931

May 16: North Shore Challenge #2

N Vancouver, BC. James Wilson, Dizzy Cycles, 94 Lonsdale Ave., N Vancouver, BC, V7M 2E6. 640-985-2213

May 19: Cove Bikercross #6

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

May 19: Wednesday Night MTB Series #7

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

May 22-24: Action Quest SISU BC Cup

Sumnerland / Penticton, BC. Cross-country & downhill BC Cup #1, 4-cross BC Cup #2. Bob Leslie, Pentiction Cycling Club, P.O. Box 208, Sumnerland, BC, V0H1Z0. 250-494-4050, www.rideactionquest.com

May 23: Bear Springs Trap

Ski Bowl, OR. Cross country at McCubbins Gulch. Mt. Hood Series Race. Peter Kakes, OR, 503-272-0240, skibowlbikerace@aol.com

May 23: Whidbey Island Mudder

Langley, WA. Join us for the 5th mudder on a new course and location. Robert Frey, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

May 26: Cove Bikercross #7

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

May 26: Wednesday Night MTB Series #8

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

May 29-30: 24 Hours Round the Clock

Spokane, WA. NORBA National Championship race, teams & solos, camp, ride, eat, sleep, do it again! Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 29-30: Pickett's Charge Mountain Bike Stage Race

Bend, OR. Mountain bike race event. Oregon MTB Series Race. Damian Schmitt, 541-350-3327, www.obra.org

May 30: Merritt Cow Trail Classic

Merritt, BC. Cross-country and kids events. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

JUNE

Jun 2: Cove Bikercross #8

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Jun 2: Wednesday Night MTB Series #9

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Jun 5: 12th Annual Revenge of the Singletrack

Twin Falls, ID. Always a classic, Revenge enters its 13th year, more fun than ever. The race starts and finishes at the Magic Mountain ski resort, located 23 miles south of Hansen, Idaho, (about 26 miles south of I-84). Wild Rockies, rondaron@earthlink.net, www.wildrockies.com

Jun 5: Bavarian Bike and Brews Festival

Leavenworth, WA. Cross country bike race followed by beer festival, live music, food and fun! Christine or James Munly, Leavenworth Fat Tire Club, 1207 Front St., Leavenworth, WA, 98826. 509-548-5615, www.dasaradhaus.com

Jun 5: Flying Horseshoe Festival

Cle Elum, WA. WIM Series Cross Country race #6 for all ages & ability levels, beginner to Pro. Free kids race. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Jun 6: North Shore Challenge #3

N Vancouver, BC. James Wilson, Dizzy Cycles, 94 Lonsdale Ave., N Vancouver, BC, V7M 2E6. 640-985-2213

Jun 6: Race at Reehers

Forest Grove, OR. Oregon MTB Racing Series. Cross-country. Jon Meyers, 503-234-9273, www.obra.org

Jun 9: Cove Bikercross #9

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Jun 9: Wednesday Night MTB Series #10

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Jun 12-13: Bear Mountain Challenge SISU BC Cup

Mission, BC. Cross-country, downhill BC Cup #2 Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-850-4603, www.bearmountainchallenge.com

Jun 12-13: Oakridge Fat Tire Festival

Oakridge, OR. NW Cross Country BTB Cup Race #4. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Jun 13: 16th Annual Idaho City Excellent Adventure

Idaho City, ID. Like last year, everyone, from pro to beginner is going to start at the same time, LeMans style (run to your bike). Everyone will also ride the same course, a hybrid route of 17 miles that ties sections of the beginner and sport courses together. At last, this is your big chance to see what old-time mountain bike racing was like, and test yourself, heads-up and one-on-one, against the best. Held in conjunction with the famous Idaho City Arts & Crafts Festival. Wild Rockies, www.wildrockies.com

Jun 16: Cove Bikercross #10

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Jun 16: Wednesday Night MTB Series #11

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Jun 18-20: T&E Mountain Bike Challenge

Mt. Hood, OR. Downhill and cross country events at Mt. Hood Ski Bowl. Mt. Hood Series Race. Peter Kakes, 503-272-0240, skibowlbikerace@aol.com

Jun 19-20: Chelan Mt Bike Festival



Jul 25: Falls City Firecracker

Falls City, OR. Series Finals. Kevin Thompson, 7945 SW Fanno Cr. Dr. #1, Tigard, OR, 97224. thompso@loswego.k12.or.us

Jul 25: Larch Mountain Hillclimb

Corbett, OR. Ernie Conway, www.obra.org

Jul 26-27: 12th Annual Padden MTN Pedal

Bellingham, WA. Granddaddy of them all - this is the oldest and most respected race in the Pacific Northwest. Extensive prize list. Great course in the heart of Bellingham. Speed Trials new this year. Mark Peterson, Jack's Bicycle Center, 1907 Iowa St., Bellingham, WA, 98226. 360-366-0951, www.whimpsmtb.com

Jul 28: Cove Bikercross #16

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Jul 28: Wednesday Night MTB Series #17

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Jul 29-Aug 1: NORBA National Mountain Bike Series

Sandpoint, ID. All ages & ability levels, beginner to Pro. XC, DH, Mt. X, Short Track, Super D, Marathon. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

AUGUST

Aug 1: Hemlock MTB Festival SISU BC Cup

Hemlock, BC. Downhill, 4-cross, cross-country BC Cup #4 Cory Adsit, Bear Mountain, 2253 Mountain Dr., BC, 604-850-4603, corvadsit@hotmail.com

Aug 4: Cove Bikercross #17

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Aug 4: Wednesday Night MTB Series #18

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Aug 7-8: 20th Annual Intermountain Orthopaedics White Knob Challenge

Mackay, ID. Two days, three stages, in the beautiful Lost River Valley of Eastern Idaho. NORBA classic and on stage in Idaho's Knobby Tire Series. See web site for details. Kurt Holzer, Lost River Cycling, 2234 N 9th Street, Boise, ID, 83702. 208-890-3118, www.lostrivercycling.org

Aug 7-8: Canada Cup

Calgary, AB. XC #4, DH #3. Aimee Rowles, Canada Olympic Park, 88 Canada Olympic Park Rd. SW, Calgary, AB, T3B 5R5. 403-247-5457, www.canadaolympicpark.ca

Aug 11: Cove Bikercross #18

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Aug 11: Wednesday Night MTB Series #19

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Aug 14-15: 6th Annual Pomerelle Peaks

Albion, ID. Once again, this event returns to the popular ski resort located about 10 miles up the road from Albion, Idaho, (over the hill from Burley). This is our shortest loop of the year at 5.5 miles, but it's a spectator's and racer's dream alike. Features tight, twisty trails through dark groves of trees and open areas, fun descents and challenging climbs. Downhill Sunday. Wild Rockies, www.wildrockies.com

Aug 14-15: Canada Cup

Fernie, BC. XC #5, DH #4. Karen Pepper, Fernie Alpine Resort, 5339 Ski Area Rd., Fernie, BC, V0B 1M6. 250-423-2401, www.skifermie.com

Aug 14-15: Fat Tire Frenzy

Red Lodge, MT. State Championships for: Downhill (Sat), Cross Country and Observed Trials (Sun). Criterion (Sat) Tera Reynolds, Box 1880, Red Lodge, MT, 59068. 406-446-2433, www.redlodge.com/frenzy

Aug 14-22: North Shore World MTB Festival

North Shore, BC. August 14 - Downhill Challenge. August 15 - Enduro & Corporate Team Challenge. August 21 - BC Junior MTB Festival, Trials Competition. August 22 - Kids Bike Race, Fat Tire Crit, Trials Competition. Richard Juryn, www.nsbmfc.com

Aug 18: Cove Bikercross #19

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Aug 18: Wednesday Night MTB Series #20

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Aug 21: 12-Hour Mountain Bike Race

Eugene, OR. 10-mile loop course at the Willamette Pass Ski and Summer Resort. Solo, 2- and 4-person teams. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Aug 21-22: Canada Cup

Sun Peaks, BC. XC #6 Final, DH #5 Final. Henry Pejril, c/o Sun Peaks Resort, Events Dept., 1280 Alpine Rd., Sun Peaks, BC, V0E 1Z1. 250-578-5411, www.sunpeaksresort.com

Aug 25: Cove Bikercross #20

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Aug 25: Wednesday Night MTB Series #21

Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

Aug 28-29: Island Triple Throwdown

Mount Washington, BC. Cross-country, downhill, dual. Jonathan Bonk, P.O. Box 3069, Mount Washington, BC, 250-334-5710, www.mountwashington.ca

Aug 28-29: SISU BC Cup Finals Mt. Washington

Courtenay, BC. Cross-country, downhill, 4-cross BC Cup #6. www.mountwashington.ca

SEPTEMBER

Sep 1: Cove Bikercross #21

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Sep 4-5: 24 Hours of Adrenalin - Whistler

Whistler, BC. At Whistler Resort. Aaron Soroka, Twenty4 Sports, Inc., www.twenty4sports.com

Sep 4-5: World Solo 24 Hours of Adrenalin™ Championship

Whistler, BC. At Whistler Resort. 24 Hours of Adrenalin, www.twenty4sports.com

Sep 8: Cove Bikercross #22

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

Sep 10-12: Blue River MTB Festival

Blue River, BC. Michael Nesterski, Blue River Community Association, Box 159, Blue River, BC, V0E 1J0. 250-673-8464

Sep 10-12: Scotty Graham Memorial Series Finals

Mt. Hood. Downhill and cross country events at Mt. Hood Skibowl. Peter Kakes, 503-272-0146

Sep 12: Mt. Hood Series Finals

OR. Cross country. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Sep 18-19: 10th Annual Lava Rama

Lava Hot Springs, ID. Finish your mountain biking season at one of the prettiest and friendliest little towns in the West. Starts and finishes in town at the park. Features rolling climbs, deep woods, singletrack and exciting racing in town on the pavement; you'll finish up with a jump in the hot springs at the finish line (free swim pass included). Sunday will be an in-town criterium (yes, there will be a class for mountain bikes), along with our legendary Devil's Staircase Downhill. Wild Rockies, rondaron@earthlink.net, www.wildrockies.com

Sep 19: Gears for Gal

Burnaby Mountain, BC. Ana Fistic, Ovarian Cancer Canada, 600 W 10th Ave., Vancouver, BC, V5Z 4W6. 604-291-9557, afistic@bccancer.bc.ca

OCTOBER

Oct 1-3: Methow Valley Mountain Bike Festival

Winthrop, WA. 3 days of rides, and/or races for the entire family. Jan Erickson, Methow Valley Sport Trails Association, P.O. Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

MOUNTAIN BIKE TOURING

MARCH

Mar 21: Pump the Polder

Mission, BC. This 40km ride will take us deep into the heartland of the Pitt Polder, via its extensive dyke system and rural, country roads. Wildlife sanctuaries, rural farms and some local tales and legends will add to this great day of riding. Bike rentals available. Includes guiding and day's end snacks and refreshments. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

APRIL

Apr 4: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

MAY

May 2: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

May 30: Kettle Valley Railway

Brookmere, BC. Cycle through the brilliant Coldwater Valley from historic Brookmere towards Merritt. Following the historic Kettle Valley Railway for some 30km, we will take in the beautiful valleys as spring arrives. Bike rentals available. Includes van transportation, guiding and day's end snacks & refreshments. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

JUNE

Jun 5: MS Mountain Bike Challenge

Fall City, WA. Mountain Bike Event to fundraise for Multiple Sclerosis. Sarah Loepker, Sarah Loepker, 192 Nickerson St., Ste. 100, Seattle, WA, 98109. 800-800-7047, www.nationalmssociety.org/was

Jun 24: Pedal the Pinchot

Gifford Pinchot National Forest, OR. Road and mountain bike rides in the national forest, south of Mt. St. Helens.

Jun 26: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Jun 27: Coquihalla Plunge

Hope, BC. From the summit of the Coquihalla we will swiftly navigate our bikes down towards Hope via back roads and the Kettle Valley trail. This 30km ride will give you a whole new perspective of the highway corridor. A short walk through the Othello tunnels rounds out this day. Bike rental available. Includes van transportation, guiding and day's end snacks & refreshments. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

JULY

Jul 3-4: Sea to Sky Trail Ride

Squamish to Whistler, BC. 150km of off-road trail ride on the spectacular Sea to Sky Trail. Plenty of food and secure camping at Riverside Campground in Whistler. Robbin McKinney, Great Explorations, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 4: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Jul 5-9: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 5-11: Kettle Valley Trail Cycle Tour

Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700km through the interior of BC, viewing some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 5-9: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 5-9: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 5-9: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 10-17: Kettle Valley Trail Cycle Tour

Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 10: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Jul 12-16: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 12-16: Mt. Hood Singletrack

Portland, OR. On this trip we travel through the Mt. Hood National Forest to the east of the giant peak itself. The singletrack in this forest is famous for a reason. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. While there are a few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 12-16: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 12-16: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 12-16: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 15-18: Kettle Valley Trail Cycle Tour

Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700km through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 15-23: The Supernatural

Whistler, BC. This epic session takes Big Mountain riders to some of BC's greatest and most diverse mountain biking locales, all in one trip. Experience BC riding at its best. Chris Winter, Big Mountain Freeride Bike Adventures, 1729 Pinewood Dr, Pemberton, BC, V0N 2L3. 604.894.0220, www.ridebig.com

Jul 18-23: Women's Mountain Bike Tour in BC

Canadian Rockies, BC & AB. 6-day 'Best-of-the-West' women's singletrack tour featuring the best trails in western Canada. Mike Bric, Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 888-423-7849, www.ferniefattire.com

Jul 19-23: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 19-23: Lewis and Clark Lolo Trail

Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now Montana and Idaho. Our trip takes us through this remote country. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 19-23: Mt. Hood Singletrack

Portland, OR. On this trip we travel through the Mt. Hood National Forest to the east of the giant peak itself. The singletrack in this forest is famous for a reason. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. While there are a few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 19-23: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 19-23: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 19-23: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 24: Discover Mt. Hood Tour

Mt. Hood, OR. Jim Treviso Memorial. Peter Kakes, 503-272-0146, www.obra.org

Jul 24: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Jul 26-30: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 26-30: Lewis and Clark Lolo Trail

Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now Montana and Idaho. Our trip takes us through this remote country. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532.

Jul 26-30: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 26-30: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 26-30: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 31: Discover Mt. Hood Tour

Mt. Hood, OR. Peter Kakes, 503-272-0146, www.obra.org

AUGUST
Aug 1: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Aug 2-6: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 2-6: Cascade Lakes Singletrack

Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 2-6: Flying Beaver

Whistler, BC. This 5-day trip is based in the heart of the remote and rugged Southern Chilcotins. Your gear is flown to an isolated lake where we'll ride and camp for 2 days and nights. Final ride on the infamous Mount McLean descent, into dusty Lillooet. Chris Winter, Big Mountain Freeride Bike Adventures, 1729 Pinewood Dr, Pemberton, BC, V0N 2L3. 604.894.0220, www.ridebig.com

Aug 2-6: Lewis and Clark Lolo Trail

Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now Montana and Idaho. Our trip takes us through this remote country. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 2-6: Mt. Hood Singletrack

Portland, OR. On this trip we travel through the Mt. Hood National Forest to the east of the giant peak itself. The singletrack in this forest is famous for a reason. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. While there are a few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 2-6: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 2-6: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 2-6: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 7: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Aug 7-8: Sunshine Coast Trail Ride

Halfmoon Bay to Langdale, BC. Off-road trail ride with novice to intermediate single-track and outstanding scenery. Robbin McKinney, R.E.M. Event Management Inc., Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Aug 9-6: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: Cascade Lakes Singletrack

Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp, and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: Lewis and Clark Lolo Trail

Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now Montana and Idaho. Our trip takes us through this remote country. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: Mt. Hood Singletrack

Portland, OR. On this trip we travel through the Mt. Hood National Forest to the east of the giant peak itself. The singletrack in this forest is famous for a reason. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. While there are a few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 15: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Aug 15-23: The Supernatural

Whistler, BC. This epic session takes Big Mountain bikers to some of BC's greatest and most diverse mountain biking locales, all in one trip. Experience BC riding at its best. Chris Winter, Big Mountain Freeride Bike Adventures, 1729 Pinewood Dr, Pemberton, BC, V0N 2L3. 604.894.0220, www.ridebig.com

Aug 16-20: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 16-20: Cascade Lakes Singletrack

Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp, and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 16-20: Lewis and Clark Lolo Trail

Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now Montana and Idaho. Our trip takes us through this remote country. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 16-20: Mt. Hood Singletrack

Portland, OR. On this trip we travel through the Mt. Hood National Forest to the east of the giant peak itself. The singletrack in this forest is famous for a reason. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. While there are a few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 16-20: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 16-20: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 16-20: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 19-22: Okanagan Cycle & Wine

Okanagan, BC. The Okanagan is famous for its hot summer days, world class wines and the Kettle Valley Railway. On this 4-day, 3-night tour we will cycle sections of this scenic railway, tour vineyards, take in wine tastings and cool off in refreshing lakes. We will be staying in a stunning resort, high above Skaha Lake at God's Mountain Crest Chalet. Includes Lower Mainland transportation, lodge accommodation, guiding, mechanical support, most meals and vineyard tour. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Aug 23-27: Backcountry Hot Springs

Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 23-27: Cascade Lakes Singletrack

Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp, and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 23-27: Lewis and Clark Lolo Trail

Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now Montana and Idaho. Our trip takes us through this remote country. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 23-27: Mt. Hood Singletrack

Portland, OR. On this trip we travel through the Mt. Hood National Forest to the east of the giant peak itself. The singletrack in this forest is famous for a reason. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. While there are a few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 23-27: Sawtooth Singletrack

Ketchum, ID. We consider this trip our private stash of Idaho singletrack. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 23-27: Sun Valley Singletrack

Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. We average about 25 miles per day, but we have to climb to get the views, and singletrack experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 23-27: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 28: Pitt Lake

Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Aug 30-Sep 3: Cascade Lakes Singletrack

Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp, and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 30-Sep 3: Mt. Hood Singletrack

Portland, OR. On this trip we travel through the Mt. Hood National Forest to the east of the giant peak itself. The singletrack in this forest is famous for a reason. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. While there are a few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 30-Sep 3: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

SEPTEMBER
Sep 2-5: Umpqua River Trail

Medford, OR. Our Umpqua River trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Sep 4-8: Flying Beaver

Whistler, BC. This 5-day trip is based in the heart of the remote and rugged Southern Chilcotins. Your gear is flown to an isolated lake where we'll ride and camp for 2 days and nights. Final ride on the infamous Mount McLean descent, into dusty Lillooet. Chris Winter, Big Mountain Freeride Bike Adventures, 1729 Pinewood Dr, Pemberton, BC, V0N 2L3. 604.894.0220, www.ridebig.com

Sep 6-10: Cascade Lakes Singletrack

Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp, and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Sep 6-12: Kettle Valley Trail Cycle Tour

Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700km through the interior of BC, viewing some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Sep 11-12: Gelena MTB & Tour

Sun Valley, ID. www.lacticacidcycling.org

Sep 11-17: Kettle Valley Trail Cycle Tour

Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700km through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Sep 13-17: Cascade Lakes Singletrack

Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp, and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Sep 16-19: Kettle Valley Trail Cycle Tour

Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Bicycle Magazine calls this trail "one of the top 50 rides on our planet." Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Sep 26: Olympic Discovery Bike Adventure

Port Angeles, WA. Ride 40 mile from Port Angeles to Sequim along the Olympic Discovery Trail. Winds through valleys and along the shore of some of the most beautiful coastal scenery. 360-417-4550, www.olympicdiscoverybike.com

OCTOBER

Oct 1-3: Methow Valley Mountain Bike Festival

Winthrop, WA. 3 days of rides, and/or races for the entire family. Jan Erickson, Methow Valley Sport Trails Association, P.O. Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

ROAD RACING

FEBRUARY

Feb 28: Bainbridge Island Circuit Race

Bainbridge Island, WA. Rhoades Cycling

Feb 29: 1st Annual Boston Harbor Tea Party Road Race

Olympia, WA. 13-mile circuit. Several short hills punctuate this rural course, with a straight and flat finish. Rob Cambell, 360-754-5883

Feb 29: Banana Belt Road Race #1

Hagg Lake, OR. Road race event. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

Feb 29: Limited Gear Ratio Road Race #2

Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Feb 29: March Mayhem Spring Series #1

Langley, BC. River Road - flat, square circuit beside the Fraser River in Langley. See Racer Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

MARCH

Mar 6: March Mayhem Spring Series #2

Langley, BC. Zero Ave. - rolling circuit with small hills beside the US border. See Racer Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 6: Mason Lake Road Race Series

Mason Lake, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Mar 6: Southern Oregon Time Trials #1

Medford, OR. See Race Series for further information. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

Mar 7: Banana Belt Road Race #2

Hagg Lake, OR. Road race event. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

Mar 7: Ice Breaker TT

Auburn, WA. This is the same 10-mile course of years past, on Green Valley Rd., near Flaming Geyser State Park. The first rider will start at 9:00 a.m.; your number will indicate your start time. New Juniors and Masters categories this year. Registration day of race only. \$15, Juniors \$10. Erik Olson, Seattle Velo, 425.644.7216, www.seattlevelo.com

Mar 7: March Mayhem Spring Series #3

Langley, BC. Climbers' delight - the infamous Armstrong hill. See Race Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 7: Windy 2-person TT

Boise, ID. Time Trial event. Jeff Gasser, Boise Cycling Club, 208-867-2488, www.georgescycles.com

Mar 13: Built For Speed Time Trial Series

Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

Mar 13: March Mayhem Spring Series #4

Langley, BC. River Road - flat, square circuit beside the Fraser River in Langley. See Racer Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 13: Mason Lake Road Race Series

Mason Lake, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Mar 13: Southern Oregon Time Trials #2

Medford, OR. See Race Series for further information. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

Mar 14: Banana Belt Road Race #3

Hagg Lake, OR. Road race event. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

Mar 14: March Mayhem Spring Series #5

Langley, BC. Bradner - challenging road race course, used for annual Masters RR in Bradner. See Race Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 14: Slammer Road Race

Boise, ID. Race #1 in BCC Spring Series. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Mar 20: March Mayhem Spring Series #6

Langley, BC. Atomic - We borrowed the Atomic BC Cup Abbotsford course for your enjoyment. See Race Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 20: Mason Lake Road Race Series

Mason Lake, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Mar 20-21: OSU Race Weekend

Corvallis, OR. www.obra.org

Mar 20: Southern Oregon Time Trials #3

Medford, OR. See Race Series for further information. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-482-2130, www.oregonrunner.com

Mar 21: Comox Valley Cycle Club Road Race #1

Comox, BC. Raced on the Tsolum course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, http://mars.ark.com/~cvcc

Mar 21: March Mayhem Spring Series #7

Abbotsford, BC. Aldergrove Border Crossing - a new Zero Ave. circuit, east of the border crossing. See Race Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 21: Time Trial Training Series #1

Boise, ID. See Race Series for further information. Treasure Valley Cycling Club, www.georgescycles.com

Mar 27: March Mayhem Spring Series #8

Langley, BC. Zero Ave. - rolling circuit with small hills beside the US border. See Race Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 27: Team GroupHealth Snohomish Road Race

Snohomish, WA. 33 miles - 3 times around an 11-mile loop, rolling with a couple short climbs and one longer climb. NWWC Cat 4 Series Race. David Douglas, PazzoVelo, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Mar 27: Time Trial Training Series #2

Boise, ID. See Race Series for further information. Treasure Valley Cycling Club, www.georgescycles.com

Mar 28: March Mayhem Spring Series #10

Langley, BC. River Road TT - 12km out and back near the Fraser. See Race Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 28: March Mayhem Spring Series #9

Langley, BC. Mini Gloucester - shortened Gloucester circuit. See Race Series for further information. Jeremy Storie, dEvo, 604-888-5779, www.escapevelocity.bc.ca

Mar 28: Ola Valley Road Race

Boise, ID. Race #2 in BCC Spring Series. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Mar 28: Piece of Cake Road Race

Shedd, OR. Taking place on the traditional course, in the heart of grass seed country in Linn County, near the community of Halsey. The course winds over a flat, windswept 7.9-mile loop. Surface conditions range from rough to excellent pavement, with a flat, safe finish area. Rich Cramer, 503-356-5509, www.obra.org

APRIL

Apr 3-4: 15th Annual Cooper Jones Memorial Frozen Flatlands

Cheney, WA & SRP. Saturday - 1.5-mile circuit race on a flat course at Spokane Raceway Park. Sunday - Road race on a mostly flat course with small risers and an uphill finish. Registration day of race only. Alex Renner, 418 E. Pacific, Suite 2, Spokane, WA, 99202-1456. 509-456-0432, www.baddlands.org

Apr 3: BC Masters Association Race #1

Lake Cowichan, BC. 70km road race. Joe Gard, BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 250-743-9915, www.bcmasterscycling.net

Apr 3: Snohomish Circuit Race

Snohomish, WA. Relatively flat course with a couple of short hills...a great intro to Cat 4 Women's racing! NWWC Cat 3 Series Race. UW Cycling Team, www.pazzovelo.com

Apr 4: Ice Breaker Criterium

Eugene, OR. We have moved to the traditional flat Twilight Crit Series course. 4-corner, wide open, 1km, fast with a huge finish straight. OBRA, www.obra.org

Apr 4: Monument Ridge Circuit Race

Boise, ID. Treasure Valley Cycling Club, www.georgescycling.com

Apr 4: Recycled Cycles Boat Street Criterium

Seattle, WA. This exciting 3-corner course requires the handling, nerve and finesse of a seasoned racer in order to be in contention for the podium. Part of CBC Education Foundation NW Juniors Racing Series. Robert Trombley, Recycled Cycles, Seattle, WA, 206-528-2242, www.nwccyclingevents.com

Apr 6: Eugene Time Trial Series

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, www.obra.org

Apr 6: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Apr 6: Tuesday Nighter Series #1

Boise, ID. Pleasant Valley/Ten Mile Creek Road. Starts at 7:00 p.m. www.lacticacidcycling.org

Apr 8: First Rate Mortgage Cycling Series #1

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 10: Built For Speed Time Trial Series

Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

Apr 10: Kings Valley Road Race

Kings Valley, OR. La Doyenne of Oregon Road Racing. Scott Goldstein, Classic Events, 2290 Corinthian Ct., Eugene, OR, 97405. 541-343-4833, sgoldstein@bit-by-bit.com

Apr 10: Vance Creek Road Race

Elma, WA. Northwest Women's Race Series Event #4. Rolling hills combined with flats, one short climb. Jack Broadhead, www.pazzovelo.com

Apr 11: Comox Valley Cycle Club Road Race #2

Comox, BC. Raced on the Cumberland/Minto course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, http://mars.ark.com/~cvcc

Apr 11: Harris Roubaix Classic - SISU BC Cup #1

Pitt Meadows, BC. Near Vancouver BC, fast flat 5km with 1.3 km gravel. A European classic with BC flavor. First start at 8:00 am. Categories and distance: Men's Cat 4/5 - 50 km; Women's Cat 1/2/3/4 and Junior - 60km; Junior Men - 70km; Men's Cat 3 - 70km; Men's Pro & Cat 1/2 - 100km. Steve Engh, 3988 W 32 nd Ave., Vancouver, BC, V6S 1Z3. 604-328-7370, www.trekvracing.com

Apr 13: Eugene Time Trial Series

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, www.obra.org

Apr 13: Pacific Raceways Road Race Series #1

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 13: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Apr 13: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 13: Tuesday Nighter Series #2

Boise, ID. Bogus Basin Road. www.lacticacidcycling.org

Apr 13: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Apr 15: First Rate Mortgage Cycling Series #2

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 15: Snake River Criterium Series #1

Nampa, ID. See Race Series for further information. Snake River Cyclist, www.lacticacidcycling.org

Apr 17-18: Race the Ridge

Maple Ridge, BC. Cross country, time trial and town criterium. Barry Lyster, Cross Trails Adventures, 604-467-8577, www.crosstrailsadventures.com

Apr 17: Tahuya-Seabeck-Tahuya Road Race

Tahuya, WA. Voted #1 Road Race in Washington. NWWC Cat 3 Series Race. Lake Washington Velo, www.broadmarkcycling.com

Apr 17: Time Trial Training Series #3

Boise, ID. See Race Series for further information. Treasure Valley Cycling Club, www.georgescycles.com

Apr 17-18: U of O Race Weekend

Eugene, OR. Brad Ritter, 541-686-0108, briter8@hotmail.com

Apr 18: BC Masters Association Race #2

Cedar, BC. 63km road race. Mike Sevcov, Nanaimo Bicycle, 250-748-6457, www.bcmasterscycling.net

Apr 18: Blacks Creek Road Race

Boise, ID. Race #3 in BCC Spring Series. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Apr 18: Estacada Time Trial #1

Estacada, OR. See Race Series for further information. Geri Bossen, The Bossen Junior Racers Family, P.O. Box 92041, Portland, OR, 97292. 503-254-7563

Apr 18: First Rate Mortgage Cycling Series #3

Seattle, WA. Seward Park Spring Classic. NWWC Cat 4 Series Race. Part of CBC Education Foundation NW Juniors Racing Series. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 20: Eugene Time Trial Series

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, www.obra.org

Apr 20: Pacific Raceways Road Race Series #2

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 20: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Apr 20: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 20: Tuesday Nighter Series #3

Boise, ID. Chapporal Speedway. www.lacticacidcycling.org

Apr 20: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Apr 22: First Rate Mortgage Cycling Series #4

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 22: Snake River Criterium Series #2

Nampa, ID. See Race Series for further information. Snake River Cyclist, www.lacticacidcycling.org

Apr 24-25: Tour of Walla Walla Stage Race

Walla Walla, WA. Excellent event to learn all about stage racing! Consists of a TT, Road Race and Criterium. NWWC Cat 4 Series Race. Juniors category - omnium instead of stage race. Steve Rapp, 701 Boyer Ave., Walla Walla, WA, 99362. 509-527-8724, www.tourofwallawalla.org

Apr 25: BC Masters Association Race #3

Abbotsford, BC. 63km road race. Alistar Barrett, Escape Velocity, 604-254-5460, www.bcmasterscycling.net

Apr 25: Warps Speed TT

Abbotsford, BC. Road Time Trial Doug Preston, Apt. 205 15210 Guildford Dr., Surrey, BC, V3R 0X7. 604-803-7735, www.teamsoliton.com

Apr 27: Eugene Time Trial Series

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, www.obra.org

Apr 27: Pacific Raceways Road Race Series #3

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 27: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Apr 27: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 27: Tuesday Nighter Series #4

Boise, ID. Bogus Basin Road. www.lacticacidcycling.org

Apr 27: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Apr 29: First Rate Mortgage Cycling Series #5

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 29: Snake River Criterium Series #3

Nampa, ID. See Race Series for further information. Snake River Cyclist, www.lacticacidcycling.org

MAY

May 1: Built For Speed Time Trial Series

Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com



Photo by Joe Zuner

Attending an action packed criterium such as Volunteer Park should be on you 2004 agenda!

May 1: Du-bike-athlon

Spokane, WA. Mountain bike for 8 miles, hop on your road bike for 17 miles and back to mountain bike for 4 more. Teams/solos. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 1: Earth 20 Cove Classic Road Race

Culver, OR. Features a 55-mile course laid out around the surrounding farmland, with a little jaunt down into and around Lake Billy Chinook. Loads of fun for the climbers and very scenic for everyone else. Cat P1/2/3 and Master's Men 35+ 1/2/3. Brad Cockman, brad21@bigfoot.com

May 1-2: Scheduling Eagle Race Weekend - SISU BC Cup #2

May 6: Snake River Criterium Series #4

Nampa, ID. See Race Series for further information. Snake River Cyclist, www.lactacidcycling.org

May 7-9: Columbia Plateau Stage Race

Heppner, OR. 3 point-to-point road stages, 1 short time trial. Mark Schwyhart, Mark Schwyhart & Michelle McElligott, 4425 SE Woodward St., Portland, OR, 97206. 503-231-0236, www.obra.org/columbiaplateau/race.htm

May 8: Kent Bicycle Festival

Kent, WA. Part of CBC Education Foundation NW Juniors Racing Series. Aaron Renner, www.pazzovelo.com

May 10: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

May 11: Eugene Hillclimb Time Trial Series

Eugene, OR. See Race Series for further information. Richard Sweet, 541-334-6449, www.obra.org

May 12: Pacific Raceways Road Race Series #5

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

May 11: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

May 11: Summer Night at the Track #1

Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

May 11: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

May 11: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

May 11: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

May 13: First Rate Mortgage Cycling Series #7

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

May 13: Lindsay's Thursday Night Time Trial #1

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

May 15: BC Masters Association Race #5

Maple Bay, BC. 30-minute criterium. Geoff Rice, Trek VW, 604-739-45989, www.bcmasterscycling.net

May 15: Birds of Prey Road Race

Kuna, ID. Dobbiano, www.lactacidcycling.org

May 15: Galena Hill Climb

Sun Valley, ID. Durance Cycleworks, www.durance.com

May 15-16: Mutual of Enumclaw Stage Race

Enumclaw, WA. Road race event. NWWC Cat 3 Series Race. Juniors category. Tricia Lawrence, www.ticycles.com

May 16: Comox Valley Cycle Club Road Race #3

Comox, BC. Raced on the Dove Creek course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, http://mars.ark.com/~cvcc

May 16: Eagle Hills Circuit Race

Eagle, ID. Road race event. Lactic Acid Cycling and World Cycles, 180 N 8th Street, Boise, ID, 208-343-9130, www.lactacidcycling.org

May 16: Estacada Time Trial #3

Estacada OR. See Race Series for further information. Geri Bossen, The Bossen Junior Racers Family, P.O. Box 92041, Portland, OR, 97292. 503-254-7563

May 17: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

May 18: Eugene Hillclimb Time Trial Series

Eugene, OR. See Race Series for further information. Richard Sweet, 541-334-6449, www.obra.org

May 18: Pacific Raceways Road Race Series #6

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

May 18: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

May 18: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

May 18: Tuesday Nighter Series #6

Boise, ID. Bogus Basin Road. www.lactacidcycling.org

May 18: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

May 18: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

May 20: First Rate Mortgage Cycling Series #8

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

May 20: Lindsay's Thursday Night Time Trial #2

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

May 22: BC Masters Association Race #6

Langley, BC. 40km Time Trial. Overall points only. Kevin Cunningham, Symmetrics, 604-891-5577, www.bcmasterscycling.net

May 22: Nooksack Road Race

Bellingham, WA. Senior Road Race State Championships. NWWC Cat 3 & 4 Series Race. Robert Trombley, 206-528-2242, www.nwyclingevents.com

May 22: Team Time Trial

Corvallis, OR. Craig Massie, Craig Massie@cmug.com, thayden@cmug.com

May 23: BC Masters Association Race #7

West Vancouver, BC. 40km Time Trial. Overall points only. Bill Yearwood, BC Masters Cycling Association, 604-267-7338, www.bcmasterscycling.net

May 23: Norm Lowe Memorial - SISU BC Cup #3

Mission, BC. A road race in beautiful Hatzic Valley near Mission, BC. The course is a rolling 15-km circuit that is punctuated by a long climb on each lap. The finish is located part way up this climb. Team Soliton, 604-916-7735, www.teamsoliton.com

May 23: Silver Lake Time Trial

Maple Falls, WA. Paul Clement, www.pazzovelo.com

May 23: Swan Island Criterium

Portland, OR. Criterium race featuring all categories & kids' event. All proceeds donated to Bicycle Transportation. Registration opens at 8:00 a.m. Kathleen Moore, 16249 SE Morrison St., Portland, OR, 97233. 503-503-781-3236, www.obra.org

May 24: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

May 25: Eugene Hillclimb Time Trial Series

Eugene, OR. See Race Series for further information. Richard Sweet, 541-334-6449, www.obra.org

May 25: Pacific Raceways Road Race Series #7

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

May 25: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

May 25: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

May 25: Tuesday Nighter Series #7

Boise, ID. Pleasant Valley/Ten Mile Creek Road. Starts at 7:00 p.m. www.lactacidcycling.org

May 25: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

May 25: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

May 27: First Rate Mortgage Cycling Series #9

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

May 27: Lindsay's Thursday Night Time Trial #3

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

May 27: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

May 28-31: The Ecology Center Classic Stage Race

Missoula, MT. Three- and four-day stage race. Total cash purse \$25,000, with \$20,000 allotted for the Elite Mens and Womens races. Categories: women cat 1-2, women 3-4, men cat 1-2, men 3, men 4-5 and masters. Jeff Crouch, Team Stampede / Five Valley Velo, P.O. Box 7492, Missoula, MT, 59807. 406-544-9614, www.wildrockies.org/bikeclassic

May 29-30: Snake River Omnium

Nampa, ID. Snake River Cyclist/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

May 30: BC Masters Association Race #8

Sidney, BC. 65km Road Race. Helen Martindale, Sidney Velo, 250-658-1673, www.bcmasterscycling.net

May 30: Oregon Rehearsal Road Race

Oregon City, OR. Brian Witty, 504-750-7688, www.obra.org

May 30: Steam It Up!

Burnaby, BC. Hill climb. 604-822-9528, www.krebscycleclub.com

May 31: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

JUNE

Jun 1: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jun 1: Pacific Raceways Road Race Series #8

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 1: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jun 1: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 1: Tuesday Nighter Series #8

Boise, ID. Pleasant Valley/Ten Mile Creek Road. Starts at 7:00 p.m. www.lactacidcycling.org

Jun 1: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jun 1: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jun 3: First Rate Mortgage Cycling Series #10

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jun 3: Lindsay's Thursday Night Time Trial #4

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

Jun 3-6: Mt. Hood Cycling Classic

Hood River, OR. This four-day race features rides located in the picturesque Hood River Valley at the base of Mt. Hood. 18,000 feet of climbing, 200 miles of racing, 5 stages, 4 days, 1 big post-race celebration! Chad Sperry, Mt. Hood Cycling Classic, P.O. Box 1432, Hood River, OR, 97031. 541-296-3779, www.mthoodcyclingclassic.com

Jun 3: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jun 4-6: Times Colonist Cycling Festival - SISU BC Cup #4

Victoria, BC. Road race, criterium and track events as well as Tour de Garden City community ride (20K, 50K, 80K). Road Race using the Gary Lunn course, criterium on Bastion Square. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

Jun 4-6: Tour of Eagle Stage Race

Eagle, ID. Criterium on Friday, Time Trial on Saturday, Road Race Sunday. www.teamorbeausa.com

Jun 5-6: Race Across Oregon

Portland, OR. Challenging 538-mile route through the Cascades. RAAM qualifier. Solo, tandem, masters, 2- & 4-person relay teams. George Thomas & Terri Gooch, 541-753-0549, www.raceacrossoregon.com

Jun 5-6: Washington State Omnium Stage Race Championships

Wenatchee, WA. Time Trial course - Rolling, 9 miles out and back course. Criterium - 1km, 4 corners, small hill. Road Course - Two loops: short loop at 12 miles with 1,400 ft of climbing, or big loop at 27 miles with 2,000 ft of climbing. NWWC Cat 4 Series Race. David Douglas, Pazzo Velo, www.pazzovelo.com

Jun 6: BC Masters Association Race #9

Aldergrove, BC. 16km Time Trial. Conny Strub, Vancouver Torrent, 604-788-9300, www.bcmasterscycling.net

Jun 7: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jun 8: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jun 8: Pacific Raceways Road Race Series #9

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 8: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jun 8: Summer Night at the Track #2

Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Jun 8: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 8: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jun 8: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jun 9: 2004 Mt. Tabor Series

Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spww

Jun 9: 3rd Annual Wood River Cup #1

Sun Valley, ID. Bill Olson, bike_camp@msn.com

Jun 10: Lindsay's Thursday Night Time Trial #5

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

Jun 10: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jun 11: Fremont Criterium

Fremont, WA. NWWC Cat 3 Series Race. Robert Trombley, www.pazzovelo.com

Jun 12-13: BC Masters Association Race #10

Penticton, BC. 10km Hill Climb, 80km Road Race. Des Snider, Penticton Cycling Club, 250-493-3363, www.bcmasterscycling.net

Jun 12: Built For Speed Time Trial Series

Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

Jun 12: Olympic Athletic Club Twilight Criterium

Ballard, WA. 1-kilometer, almost flat, 4-corner criterium course on city streets. Registration at start/finish area. Part of CBC Education Foundation NW Juniors Racing Series. David Douglas, Pazzo Velo, www.pazzovelo.com

Jun 12: Stanley Park Bike Festival

Vancouver, BC. Festival showcasing the bike in all its forms and uses. Criterium races, kids races, education, demos. Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe Street, Vancouver, BC, V6C 1Z7. 604-681-0419, www.stanleyparkbikefest.ca

Jun 13: Atomic Road Race - SISU BC Cup #5

Langley, BC. Atomic Racing Club, 604-540-0943, www.atomicracing.com

Jun 13: Oregon Road Race Championship

Oregon City, OR. Brian Witty, www.obra.org

Jun 13: Victoria Populaire

Victoria, BC. 50, 100 and 150 km. Start at Oak Bay Beach Hotel, 1175 Beach Dr., at 9:00 a.m. Michael Poplawski, BC Randonneurs Cycling Club, 250-882-1239, www.randonneurs.bc.ca

Jun 14: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jun 15: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jun 15: Pacific Raceways Road Race Series #10

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001

Jun 20: Mt. Tabor Festival

Portland, OR. An annual 1.3-mile loop circuit race at a beautiful venue since 1952. Race will be held at Mt. Tabor Park. Open to recumbent cyclists; race between noon and 1:00. Bruce Harmon, Team Rose City, 4060 Summerlinn Drive, West Linn, OR, 97068-5109. 503-742-9037, www.teamrosecity.org

Jun 21: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jun 22: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jun 22: Pacific Raceways Road Race Series #11

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Jun 22: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jun 22: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 22: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jun 22: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jun 23: 2004 Mt. Tabor Series

Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spww

Jun 23: 3rd Annual Wood River Cup #3

Sun Valley, ID. Bill Olson, bike_camp@msn.com

Jun 23: Yaletown Brewing Grand Prix

Pitt Meadows, BC. Trek VW Broadway Dental Centre Racing Team, 604-328-7370, www.trekvracing.com

Jun 24: First Rate Mortgage Cycling Series #14

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jun 24: Lindsay's Thursday Night Time Trial #7

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jun 24: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jun 24-27: Tim Horton's Road National Championships

Kamloops, BC. National championship for road, time trial and criterium. All categories and handicapping. Open to US riders Henry Perijl, Kamloops, BC, 250-828-2453, www.roadnationals.com

Jun 25-27: Elkhorn Classic Stage Race

Baker City, OR. A three-day, four-event, timed stage race. Long challenging courses. Categories offered: Men - Pro 1/2, Men 3, Men 4/5, Men masters 40+, Women Pro 1/2, Women 3/4 (combined but scored separately). Nathan Hobson, 4004 SE Licycnra Lane, Milwaukie, OR, 97222. 503-652-3763, www.elkhornclassic.com

Jun 26: Idaho State TT championships

Sun Valley, ID. Durance Cycles, www.durance.com

Jun 26-27: Ketchum Circuit Race

Sun Valley, ID. Sun Summit, www.ketchumcriterium.com

Jun 27: Aurora Criterium

Bothell, WA. For 2004, Aurora Cycling Club is proud to be promoting our first criterium. Part of CBC Education Foundation NW Juniors Racing Series. See web site for further information. John Bove, Aurora Cycling Club, http://auroracyclingclub.org

Jun 27: River City Bicycles Barlow Trail Century

Portland, OR. We're going to put on our own Century ride, with several gourmet rest stops and distance options! River City Bicycles, www.rivercitybicycles.com

Jun 28: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jun 29: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jun 29: Pacific Raceways Road Race Series #12

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 29: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jun 29: Summer Night at the Track #3

Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Jun 29: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 29: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jun 29: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jun 30: 2004 Mt. Tabor Series

Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spww

Jun 30: 3rd Annual Wood River Cup #4

Sun Valley, ID. Bill Olson, bike_camp@msn.com

JULY**Jul 1: First Rate Mortgage Cycling Series #15**

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 1: Lindsay's Thursday Night Time Trial #8

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 1: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 3: 3rd Annual Wood River Cup Finals

Sun Valley, ID. Bill Olson, bike_camp@msn.com

Jul 3-4: BC Masters Association Race #13

Vernon, BC. Road Race & Hill Climb. BCMCA & BC Championships. July 4 - Double points. Bruce Stevens, COBRA/Olympia Cycle, 250-491-0314, www.bcmasterscycling.net

Jul 3: Comox Valley Cycle Club Road Race #4

Comox, BC. Raced on the Tsolum course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, http://mars.ark.com/~cvcc

Jul 3: Ken Meyer Memorial Criterium

Bellingham, WA. Senior State Championships. NWWC Cat 3 & 4 Series Race. Paul Clement, www.meyermemorial.org

Jul 4: 29th Annual Joe Matava Memorial Classic Criterium

Burien, WA. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com

Jul 5: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 6: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jul 6: Pacific Raceways Road Race Series #13

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 6: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jul 6: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Jul 6: Tuesday Nighter Series #11

Boise, ID. Bogus Basin/Crane Creek Road. Starts 6:15 p.m. www.lacticacidcycling.org

Jul 6: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jul 6: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jul 7: 2004 Mt. Tabor Series

Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spww

Jul 7-11: Cascade Cycling Classic - 25th Anniversary Edition

Bend, OR. Come join us this year in beautiful Central Oregon and be part of the history. Race on some of the most challenging and scenic courses Oregon has to offer. Brad Ross, www.cascade-classic.org

Jul 8: First Rate Mortgage Cycling Series #16

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 8: Lindsay's Thursday Night Time Trial #9

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 8: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 10: 64th Annual Derby Days Bicycle Criterium

Redmond, WA. America's longest-running bicycle race. Brian Oster, Promotion Events, P.O. Box 31789, Seattle, WA, 98103. 206-729-9972, http://promotionevents.com

Jul 10: Built For Speed Time Trial Series

Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedt.com

Jul 10-11: Gate City Grind Stage Race

Pocatello, ID. Idaho Cycling Enthusiasts, www.idahocycling.com

Jul 11: BC Masters Association Race #14

Langley, BC. 65km Road Race. Peter Reichman, Vancouver Velo Vets, 604-924-3671, www.bcmasterscycling.net

Jul 11: Cascade Cycling Classic "Kid's Race"

Bend, OR. Free, kids-only race prior to the final stage of the Cascade Cycling Classic in the Old Mill District. Four age groups for boys and girls starting with the trike/training wheel group. Ribbons for all participants, medals for top three in each group. Hutch's Bicycles, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Jul 11: The Capital Criterium

Olympia, WA. www.cbcracing.org

Jul 12: Brockton Criterium

Vancouver, BC. Euro Crit style race on a winding (2.6km)course through Vancouver's beautiful Stanley Park in the heart of downtown. All categories offered, except novice men. Entry fee \$30(CDN). Start times TBA, but all races take place between 8:00 a.m. and noon. Points race format. Part of Stanley Park Bike Festival. Stanley Park Bike Festival Society, 604-681-0419, www.stanleyparkbikefest.ca

Jul 12: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 12: Mt. Tabor Circuit Race

Portland, OR. 51st Annual Phil Holstein Memorial Classic. A day of racing in Mt. Tabor Park that entails a tough, 1.3-mile hilly and curvy circuit that encircles the upper reservoir and passes the neck of the ancient volcano that formed Mt. Tabor. Each lap has 136.6 ft of climb. Categories include Juniors, Men 5/Novice, Masters 50+, Masters 35-49, Women 4/35+, Tandems, Women 1/2/3 and Men 1/2/3. Terry Crawford or Lars Anderson, 503-244-0050 or 503-685-1552

Jul 13: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jul 13: Pacific Raceways Road Race Series #14

Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 13: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jul 13: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Jul 13: Tuesday Nighter Series #12

Boise, ID. Bogus Basin/Crane Creek Road. Starts 6:15 p.m. www.lacticacidcycling.org

Jul 13: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jul 13: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jul 14: 2004 Mt. Tabor Series

Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spww

Jul 15: First Rate Mortgage Cycling Series #17

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 15: Lindsay's Thursday Night Time Trial #10

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 15: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 16-18: Tour de Delta - SISU BC Cup #6

Delta, BC. Start of BC Superweek. Road race, hill climb and twilight criterium events. \$10,000 in cash purse. Municipality of Delta, 4500 Clarence Taylor Crescent, Delta, BC, V4K 3E2. 604-952-3545, www.tourdedelta.bc.ca

Jul 17: BC Masters Association Race #15

Mill Bay, BC. 30-minute Criterium. BCMCA & BC Championships. Double Points. Joe Gard, Brentwood College, 250-370-2689, www.bcmasterscycling.net

Jul 17: Tukwila Criterium

Tukwila, WA. Part of CBC Education Foundation NW Juniors Racing Series. Rory Muller, www.pazzovelo.com

Jul 18: BC Masters Association Race #16

Shawinigan Lake, BC. 44-95km. BCMCA & BC Championships Double Points. Tony Hoar, BC Masters Cycling Association, 250-743-9915, www.bcmasterscycling.net

Jul 18: State Time Trial Championships

Belfair, WA. Riders will start near the entrance of Belfair State Park and follow North Shore Road on an out-and-back course. Some small rollers. Registration opens at 7:30 a.m., closes at 8:45 a.m. Race starts at 9:00 a.m. NWWC Cat 3 & 4 Series Race. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 18: Woodland Criterium

Woodland, WA. Dave Ripp, 360-833-0738, www.obra.org

Jul 19: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 20: BC Masters Association Race #12

Dove Creek, BC. 16km Time Trial. Roger Thomas, Comox Valley Cycling Club, 250-339-9667, www.bcmasterscycling.net

Jul 20: Eugene Twilight Criterium Series

Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jul 20: Spokane Twilight Series

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jul 20: Summer Night at the Track #4

Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Jul 20: Tuesday Night Road Race Series

Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 20: Tuesday PIR Series

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jul 20: World Tuesday Night Championships

Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jul 22: First Rate Mortgage Cycling Series #18

Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 22: Lindsay's Thursday Night Time Trial #11

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 22: Southern Oregon Thursday Nighters

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 23-25: Tour de White Rock - SISU BC Cup Finale

White Rock, BC. Friday - Hill Climb; Saturday - Criterium; Sunday - Road Race. Final weekend of the BC Superweek. White Rock Leisure Services, 15322 Buena Vista Avenue, White Rock, BC, V4B 1Y6. 604-541-2161, www.city.whiterock.bc.ca

Jul 24: BC Masters Association Race #17

Cherry Point, BC. 45-minute Criterium. Joe Gard, BC Masters Cycling Association, 250-370-2689, www.bcmasterscycling.net

Jul 24-25: GSC Silverton Weekend

Silverton, OR. Saturday criterium and Sunday road race. Juniors, men and women categories. The course is a 17.5-mile loop with a few flat sections, consistent rollers and a couple of extended climbs. Registration at Victor Point School. Mathew Braun, 2017 NE Rodney St., Portland, OR, 97212. 503-481-4686, www.gscamerati.org

Jul 24: Lake Washington Velo Circuit Race Series

Silvana, WA. See Race Series for further information. Broadmark Capital Cycling Team, www.broadmarkcycling.com

Jul 24: Wells Fargo Twilight Criterium

Boise, ID. National-class night criterium. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Jul 25: BC Masters Association Race #18

Port Alberni, BC. 65km Road Race. Double Points. Ian Hay, Alberni Flyers, 250-724-0591, www.bcmasterscycling.net

Jul 25: Morning After Criterium

Boise, ID. Lactic Acid Cycling, www.lacticacidcycling.org

Jul 25: State Team Time Trial

Masters & Juniors Championships. Spoke & Sprocket Racing

Jul 26: Lakeside Bicycles Monday Night Masters and Women PIR Series

Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 31: Comox Valley Cycle Club Road Race #5
Comox, BC. Raced on the Dove Creek course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, <http://mars.ark.com/~cvcc>

Jul 31: Denny Creek Hill Climb Time Trial
Issaquah, WA. Byrne Gas Cycling Team, [www.pazzovelo.com](http://pazzovelo.com)

Jul 31: Mt. Harrison Hill Climb
Pomerelle, ID. Treasure Valley Cycling Club (George's Meridian), www.georgescycles.com

AUGUST

Aug 1: BC Masters Association Race #19
Sleeveston, BC. 30-minute Criterium. Todd Hansen, Team Coastal, 604-788-1873, www.bcmasterscycling.net

Aug 1: Camas Criterium
Camas, WA. L-shaped course with one hill. David Kerchinsky, North River Racing, 8619 Mt Olympus Ave., Vancouver, WA, 98664. 360-936-6598, www.northriverracing.org

Aug 1: Stanley Challenge
Boise, ID. Road race event. Jeff Gasser, 208-867-2488

Aug 1: Volunteer Park Fall Classic: Masters State Criterium Championships
Seattle, WA. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 2: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Aug 3: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Aug 3: Pacific Raceways Road Race Series #15
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 3: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Aug 3: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Aug 3: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 3: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Aug 5: First Rate Mortgage Cycling Series #20
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 5: Lindsay's Thursday Night Time Trial #13
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Aug 5: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Aug 6: Rose Pedal Criterium
Portland, OR. Criterium event. Brad Ross, 503-246-7338, www.obra.org

Aug 7-8: BC Masters Association Race #20
Salmon Arm, BC. Road Race & Time Trial. August 8 - Double Points. Bruce Stevens, Skookum Cycle/COBRA, 250-491-0314, www.bcmasterscycling.net

Aug 7: University Place Festival Criterium & JR State Championships
University Place, WA (Tacoma). Technical criterium course. USCF categories. State Criterium Championship for all Junior categories. Pete Brunner, Spoke & Sprocket Racing, 2621 70th Ave. W Ste. D, Tacoma, WA, 98466. 253-564-1422, www.spokeandsprocket.com

Aug 8: Lake Washington Velo Circuit Race Series
Silvana, WA. See Race Series for further information. Broadmark Capital Cycling Team, www.broadmarkcycling.com

Aug 8: Monaco Grand Prix
Eugene, OR. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. <http://hometown.aol.com/comotionclassic/my-homepage/monaco.html>

Aug 8: Oregon Time Trial Championships
Peoria, OR. Steve Holland, www.obra.org

Aug 8: Summer Day at the Track #6 (Final)
Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Aug 9: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Aug 10: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Aug 10: Pacific Raceways Road Race Series #16
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 10: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Aug 10: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Aug 10: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 10: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Aug 12: First Rate Mortgage Cycling Series #21
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 12-22: Junior and Masters Nationals
Park City, UT. USA Cycling

Aug 12: Lindsay's Thursday Night Time Trial #14
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Aug 12: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Aug 14-15: BC Masters Association Race #21
New Denver, BC. 30-minute Criterium, 75km Road Race. Double Points. Daniel Hellyer, Slocan Cycle Club, 250-358-2612, www.bcmasterscycling.net

Aug 14: Built For Speed Time Trial Series
Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

Aug 14: Provincial Time Trial Championships
Squamish, BC. Brian Story or Gavin Forsyth, Escape Velocity, 604-222-4644 or 604-325-1959, www.escapevelocity.bc.ca/ttchamps.html

Aug 15: Oregon Criterium Championships
Gresham, OR. Jay Martineau, www.obra.org

Aug 16: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Aug 17: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Aug 17: Pacific Raceways Road Race Series #17
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 17: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Aug 17: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Aug 17: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 17: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Aug 19: First Rate Mortgage Cycling Series #22
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 19: Lindsay's Thursday Night Time Trial #15
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Aug 19: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Aug 21: Lake Washington Velo Circuit Race Series
Silvana, WA. See Race Series for further information. Broadmark Capital Cycling Team, www.broadmarkcycling.com

Aug 22: BC Masters Association Race #22
Cherry Point, BC. 65km Road Race. Joe Gard, BC Masters Cycling Association, 250-370-2689, www.bcmasterscycling.net

Aug 22: Comox Valley Cycle Club Road Race #6
Comox, BC. Raced on the Hill Climb Mount Washington course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, <http://mars.ark.com/~cvcc>

Aug 22: Gear Push Time Trial
Auburn, WA. Registration begins at 7:15 a.m., race starts at 9:00 a.m. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 22: Provincial Criterium Championships
N Vancouver, BC. Criterium event only. Barb Zimich, 604-983-2765, www.zimichcoaching.com

Aug 22: Tablerock Hillclimb - Triple Crown #1
Boise, ID. See Race Series for further information. Mike, Georges Cycles, 208-343-3782, www.georgescycles.com

Aug 23: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Aug 24: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Aug 24: Pacific Raceways Road Race Series #18
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 24: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Aug 24: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Aug 24: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 24: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Aug 26: First Rate Mortgage Cycling Series #23
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 26: Lindsay's Thursday Night Time Trial #16 (Final)
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Aug 28: 9th Annual WA State Hillclimb Time Trial Championships
Crystal Mountain, WA. 6 miles, 1,500-foot elevation gain. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com

Aug 28: Crystal Mountain Hill Climb TT Championships
Crystal Mountain, WA. NWWC Cat 3 & 4 Series Race. Juniors category. Dave Bachman, Wheelsport Cycling Team, www.wheelsportcycling.com

Aug 28: High Desert Road Race
Bend, OR. Road race event. Damian Schmitt, 541-350-3327

Aug 28-29: Idaho State Championship
Boise, ID. www.lostrivercycling.org

Aug 29: BC Masters Association Race #23
Cowichan, BC. 80km Time Trial. BC Championship. Ian Birch, Sidney Velo, 250-477-6475, www.bcmasterscycling.net

Aug 29: BC Masters Time Trial Championships
N Cowichan, BC. Tony Hoar, BC Master Cycling Association, 250-743-1153, www.bcmasterscycling.net

Aug 29: First Rate Mortgage Cycling Series Final
Seattle, WA. Seward Park Season End Classic. NWWC Cat 4 Series Race. Part of CBC Education Foundation NW Juniors Racing Series. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 29: High Desert Criterium
Bend, OR. Road race event. Brad Cockman, www.orbra.org

Aug 31: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

Aug 31: Pacific Raceways Road Race Series #19
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 31: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Aug 31: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 31: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 31: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

SEPTEMBER

Sep 1-4: BC Senior Games
Penticton, BC. Must be 30+ to participate. BC Games Society, 250-387-1375, www.bcgames.org

Sep 4: Seattle Street Sprint
Seattle, WA.

Sep 5: BC Masters Association Race #24
Abbotsford, BC. 80km Time Trial. Overall points only. David Kosub, BC Masters Cycling Association, 604-531-8103, www.bcmasterscycling.net

Sep 5: Quail Hollow Hillclimb - Triple Crown #2
Boise, ID. See Race Series for further information. Mike, Georges Cycles, 208-343-3782, www.georgescycles.com

Sep 6: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Sep 7: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Sep 7: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Sep 11: 40K Time Trial Series
Corvallis, OR. George Thomas, 541-760-1024

Sep 11: BC Masters Association Race #25
Mill Bay, BC. 0.6km Hill Climb. No points. Tony Hoar, BC Masters Cycling Association, 250-743-9915, www.bcmasterscycling.net

Sep 11: Bogus Basin Hillclimb - Triple Crown #3
Boise, ID. See Race Series for further information. Mike, Georges Cycles, 208-343-3782, www.georgescycles.com

Sep 11: Mt. Baker Hill Climb
Bellingham, WA. Paul Clement, www.meyermemorial.org

Sep 12: Oregon Hillclimb Championships
Mt. Hood, OR. Road race event. John Lombard, OBRA, 503-737-1727, www.obra.org

Sep 14: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Sep 14: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Sep 17-18: Comox Valley Cycle Club Road Race #7
Comox, BC. Time trial on Friday and road race on Saturday. Raced on the Dove Creek course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, <http://mars.ark.com/~cvcc>

Sep 18-19: Eugene Celebration Cycling Classic
Eugene, OR. Part of Eugene Celebration Festival! Jim Anderson, 503-975-8229, www.eugenecelebration.com

Sep 19: Galloping Goose Populaire
Victoria, BC. 75km, off-road event. 100km option as well. Starts at Thetis Lake Park at 9:00 a.m. Follows the Galloping Goose Trail. Michael Poplawski, BC Randonneurs Cycling Club, 250-882-1239, www.randonneurs.bc.ca

Sep 21: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Sep 21: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Sep 28: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

ROAD TOURING

FEBRUARY

Feb 29: 31st Annual Chilly Hilly Bicycle Classic
Bainbridge Island, WA. Opening day of NW cycling season. 2,500 participants, 33-mile route around Bainbridge Island. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

MARCH

Mar 6: SIR 100km Populaire
Redmond, WA. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Mar 13: Solvang Century & Half Century
Solvang, CA. Recreational ride around the Santa Ynez Valley featuring Bike Expo, BBQ lunch and live DJ. Randy Ice, Randy Ice P.T., C.C.S., P.O. Box 9065, Brea, CA, 92028. 562-690-9693, www.BikeSCOR.com

Mar 20: 200km Brevet
Seattle, WA. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

Mar 20: 200km Brevet
WA. Road race event. Seattle International Randonneurs, www.seattlerandonneur.org

Mar 20: McClinchy Mile
Monroe, LA. 25, 47, 72 or 102 miles. Enjoy a fully supported ride with great food stops and fun folks. Starts at Monroe HS between 8:00 a.m. and 11:00 a.m. Supports Bicycle Alliance of WA. B.I.K.E.S., 425-478-9594, www.bikesclub.org

Mar 21: Pre-Season Century
Bend, OR. 100-mile road ride from Bend to Prineville and back. No major climbs, two food stops. Meet at Hutch's Eastside at 9 a.m. Hutch's Bicycles, 820 NE 3rd St., Bend, OR, 503-382-6248, www.hutchsbicycles.com

Mar 28: Nanaimo Populaire
Vancouver Island, BC. 50 and 100km. Start at Tim Horton's at Tenth and Lawlor at 10:00 a.m. Route goes through Lantzville and Yellow Point. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

Mar 31-Apr 13: Tunisia: Eden to Oasis
Southern Tunisia. Traverse the diverse cultures & lifestyles & beautiful landscapes of the coastal & Sahara zones. Ibike Cultural Tours, 4887 Columbia Dr. S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

APRIL

Apr 4: 50km Brevet
Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

Apr 4: Pacific Populaire
Vancouver, BC. One-day fun ride with 25, 50, 100km options. Part of BC Randonneurs cycling club events. Danelle Laidlaw, dpl CONSULTING, 7068 Mawhinney Ct, Vancouver, BC, V5B 4W2. 604-737-0043, www.randonneurs.bc.ca

Apr 10: 100km Brevet
Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, [www.randonne](http://www.randonneurs.bc.ca)

Apr 10: 200, 150, 100, 50km Brevet

Vancouver Island, BC. 200km: "Tour of the Cowichan Valley." BC Randonneur event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

Apr 10: 24th Annual Tulip Pedal Ride

Rexville Grange, WA. Part of the Skagit Valley Tulip Festival. This year will feature a second, longer course in addition to the standard offering. Cyclists can ride a 20-mile or 40-mile course, or both, taking them by Skagit County's famous tulip fields while in bloom. Fund-raising event for Skagit County SAFE KIDS and Skagit County Medic One. Skagit County Medic One, 2911 E College Way, Ste. C, Mount Vernon, WA, 98273. 360-428-3236, www.skagititems.com

Apr 10: 300km Brevet

Redmond, WA. Tahuya Hills Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Apr 12-24: Tunisia: Historic North

Northern Tunisia. Fascinatingly traditional to ultra modern lifestyles, and magnificently scenic countryside. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Apr 17: 150km Brevet

Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

Apr 17: 200km Brevet

Lower Mainland, BC. Starts 7:00 a.m. BC Randonneur event. Manfred Kuchenmuller, BC Randonneurs Cycling Club, 604-448-8892, www.randonneurs.bc.ca

Apr 18: Daffodil Classic

Orting, WA. Five well marked routes to choose from: 20, 50, 70, and 100 miles. Before/After April 9 - \$15/\$18 ind., \$35/\$40 family, \$8/\$8socks. Supports Bicycle Alliance of WA. Joyce Clifford, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-759-2393, www.twbc.org

Apr 18: Wet-N-Windy 50

Bend, OR. 50-mile road from Bend to Powell Butte and back. As the name implies, the weather can be a mixed bag. Come prepared for anything. Entry fee includes maps, mechanical support and one food stop. Leaves from the 3rd Street store. Info at either store. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Apr 23-25: SIR Fleche Northwest

Seattle, WA. 24-hour team event covering a minimum of 360km. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Apr 24: 200km Brevet

Southern Interior, BC. BC Randonneur event. Bob Boonstra, BC Randonneurs Cycling Club, 250-828-2869, www.randonneurs.bc.ca

Apr 24: 300km Brevet

Duncan or Victoria, BC. BC Randonneur event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

Apr 24: International Discovery Walk Festival Rides

Vancouver, WA. 25km or 50km trail around western Vancouver. Start 9:00 a.m. to 1:00 p.m. Some rental bikes available. International Walk Fest, P.O. Box 2009, Vancouver, WA, 98668. www.discoverywalk.org

Apr 25: Lilac Century Surprise Ride

Spokane, WA. 15, 50, 100 miles. \$25 to \$35 includes T-shirt, snacks, mechanical support, potato feed. Jim Schindler, Aurora Northwest Rotary Club, 1926 E. Forest Lane, Colbert, WA, 99005. 509-467-8079, www.northdivision.com

Apr 25: Monster Cookie Ride

Salem, OR. State Capitol Plaza Mall. Covers 62 miles of countryside north of Salem. Lunch stop is at Champoeg State Park on the Willamette River. Check point include cookies, fruit, other snacks, water and toilet facilities. John Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. www.salembicycleclub.org

MAY

May 1: 200km Brevet - Sings of Spring

Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

May 1: 300km Brevet

Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur event. Dairdre Arscott or Gord Cook, BC Randonneurs Cycling Club, 604-222-3587, www.randonneurs.bc.ca

May 1: Ride Around Clark County

Vancouver, WA. Four (18-, 34-, 67- & 100-mile options) beautiful and challenging rides through scenic Clark County. Supports Bicycle Alliance of WA. Scott Martin, Vancouver Bicycle Club, P.O. Box 1456, Vancouver, WA, 98668. 360-834-6737, www.vancouverbicycleclub.com

May 2-7: Bryce-Zion Bike

St. George, UT. Ride and hike in Cedar Breaks National Monument, Bryce Canyon National Park and Zion National Park. Great roads slice through a panorama of sparkling sunny skies, red-rock sculptures, immense canyons and aspen forests. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 2: Camano Climb

Camano Island, WA. 43- or 25-mile scenic ride around the perimeter of Camano Island. Spectacular views of Cascade and Olympic Mountains. No ferry ride required. Registration 7:30 a.m. - 10:00 a.m., start from 8:00 a.m. to 10 a.m. Support and spaghetti dinner included. Don Jovag, Stanwood-Camano Kiwanis, 268 Grandview Ave., Camano Island, WA, 98292. 360-387-4209, www.stanwoodvelosport.com

May 8: 22nd Annual Lewis County Historic Bike Ride

Chehalis, WA. Four routes (20, 46, 72 or 100 miles) around scenic Lewis County. Five food/rest stops. Marked route maps. Supports Bicycle Alliance of WA. Bill Schlickeiser, Chehalis/Centralia Optimist Club, P.O. Box 183, Chehalis, WA, 98532. 360-262-9647

May 8: 300km Brevet

Southern Interior, BC. BC Randonneur event. Richard Blair, BC Randonneurs Cycling Club, 250-372-1873, www.randonneurs.bc.ca

May 8-9: 400km Brevet

Redmond, WA. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

May 8: 400km Brevet

Vancouver Island, BC. BC Randonneur event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

May 8: Inland Empire Century

Richland, WA. Century ride through the beautiful lower Yakima River Valley and Horse Heaven Hills. Options of 25, 55, 75 and 100 miles. Registration forms available in Tri-Cities bike shops and online. Ride start is open from 6:30 a.m. to 9:00 a.m. Tri-City Bicycle Club, P.O. Box 465, Richland, WA, 99352. 509-375-0594 or 509-375-1977, http://users.owt.com/jlewis/tcbc/iec/

May 8: Port Townsend Rhododendron Tour (Rhody Tour)

Port Townsend, WA. 32, 45, 55 and 62 miles. Route follows the varied terrain of east Jefferson County's rural roads. The few hills on the Half Metric Century make for a pleasantly challenging ride. The full Metric Century is a fast rolling ride with a few good hills. Supports Bicycle Alliance of WA. Jon Mueller, Port Townsend Bicycling Association, 535 Benton St., Port Townsend, WA, 98368. 360-385-7567, www.ptguide.com/rhodytour/

May 8-15: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 8: Skagit Spring Classic

Burlington, WA. Bicycle through rural Skagit and Whatcom Counties. Four mileage options: 25, 45, 62 or 100 miles. Rose Ploeg, Skagit Bicycle Club, P.O. Box 363, Burlington, WA, 98233. 360-755-2206, http://skagitbicycleclub.org

May 8-9: STOKR (Scenic Tour of the Kootenai River)

Libby, MT. 10th annual 2-day ride in NW Montana. Scenic routes, little traffic, incredible food, fun volunteers. Susie Rice, 1020 Idaho Ave., Libby, MT, 59923. 406-293-2441, www.libbymt.com/events/

May 15: 300km Brevet - Le petit tour de Peace

Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

May 15: 400km Brevet

Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur event. Michel Richard or Karen Smith, BC Randonneurs Cycling Club, 604-732-0212, www.randonneurs.bc.ca

May 15: Reach the Beach

Portland, OR. Enjoy one of six bicycle routes through Oregon's wine country, forests and little-known towns to a breathtaking finish point at Pacific City. Live music, activities for families, a water sport exhibition and massages for those tired legs at the finish. American Lung Association of Oregon, 7420 SW Bridgeport Road, Ste. 200, Tigard, OR, 97224-7790. 503-924-4094, ext. 30, www.reachthebeach.org

May 16-21: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 16: Santa Fe Century

Santa Fe, NM. One hundred miles of history pass under your wheels as you cycle down the ancient Turquoise Trail. Willard Chilcott, Santa Fe Century Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282, www.santafecentury.com

May 21-23: Fleche Pacifique

Harrison Hot Springs, BC. Patterned after the Fleche Velocio in France. Teams compete for one of three trophies based on distance covered and points accumulated. BC Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 22: 100km Unpaved Populaire

Redmond, WA. 100km brevet on roads, fire roads and trails (non-RUSA event). A good day's ride, most of it unpaved. 28 mm tires minimum, but you'll be happier on 35 mm. No technical terrain, no mountain bikes required. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

May 22-29: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 22-23: TOSRV - West (Tour of the Swan River Valley)

Missoula, MT. Challenging Double Century Tour in Scenic River Valley. Lech Szumera, Missoulians On Bicycles, P.O. Box 8903, Missoula, MT, 59807. 406-543-4889, www.missoulalabike.org/

May 22: Tour de Wellness

Yakima, WA. Century and Half Century tour through upper Yakima County. Stephanie Pratt, Comprehensive Mental Health Foundation, P.O. Box 959, Yakima, WA, 98907. 509-573-3656, www.cmhfoundation.org

May 23-28: Bryce-Zion Bike

St. George, UT. Ride and hike in Cedar Breaks National Monument, Bryce Canyon National Park and Zion National Park. Great roads slice through a panorama of sparkling sunny skies, red-rock sculptures, immense canyons and aspen forests. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 23: Two County Double Metric Century

Olympia, WA. Five different loops (20,36,65,80,126mi.) starting from Millersylvania St. Park. Support BAW Terry Zander, Capital Bicycling Club, 423 Frederick St. SE, Olympia, WA, 98501. 360-480-7356, www.capitalbicycleclub.org

May 28-31: Northwest Tandem Rally

Lacey, WA. The 19th Annual NW Tandem Rally, Pedalin' Round Puget Sound. Supports Bicycle Alliance of WA. Sheila Hoffman, Evergreen Tandem Club, P.O. Box 23105, Seattle, WA, 98102. 206-781-3858, www.nwtr.org/2004

May 28-31: Okanagan British Columbia Wine Tour

Okanagan, BC. Full supported bike tour through the wine region of the Okanagan. Memorial Day Weekend. Mike Aho, Spokane Parks and Recreation, W. 808 Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246

May 29: 400km Brevet

Southern Interior, BC. BC Randonneur event. Bob Boonstra, BC Randonneurs Cycling Club, 250-828-2869, www.randonneurs.bc.ca

May 29-30: 600km Brevet

Vancouver Island, BC. BC Randonneur event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

May 29-31: Century Ride of the Centuries

Pendleton, OR. Kicks off with a Main Street concert. Saturday ride to a guest ranch - picnic lunch, Wild West show and evening BBQ. Sunday's ride features beautiful century farms in the area. Monday's ride includes a tough alternative from Pendleton into the Blue Mountains, rising 3,700 feet. Leslie Carnes, Pendleton Chamber of Commerce, 1-800-547-8911, www.pendleton-oregon.org

May 29: Halfmoon Populaire

Langdale, BC. Starts point Langdale, Halfmoon Bay at 9:00 a.m. Distances: 100 & 150km on the Sunshine Coast routes. Part of BC Randonneurs Cycling Club events. Robert Irvine, 604-885-1044, www.randonneurs.bc.ca

May 29-Jun 4: Hawaii

Hilo, HI. You'll explore on foot, bike and in the water the very best parts of the Big Island of Hawaii, including many hidden spots most travelers miss. Experience balmy island evenings, amber sunsets, palm-fringed white and black sand beaches, red-hot lava pouring into the ocean and spectacular vistas of mountains and the crashing surf. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 30-Jun 4: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 31: 7 Hills of Kirkland

Kirkland, WA. Enjoy Kirkland's hills, beauty and hospitality. Chris Fox, KITH-Kirkland Interfaith Transitions In Housing, 125 State Street, Ste. B, Kirkland, WA, 98033. 425-576-9531, www.7hillskirkland.com

JUNE

Jun 5: 400km Brevet - Le grand tour de Peace

Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

Jun 5: 600km Brevet

Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur event. Bob or Patty Marsh, BC Randonneurs Cycling Club, 604-467-7065, www.randonneurs.bc.ca

Jun 5-6: 600km Brevet

Redmond, WA. Over N Cascades Hwy. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Jun 5-12: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 5: Spring Century

Canby, OR. 50K, 100K or 100 miles. Starts in Canby and heads south through the rural Willamette Valley. Portland Wheelmen Touring Club (PWTC), P.O. Box 2972, Portland, OR, 97208-2972. 503-257-PWTC, www.pwtc.com

Jun 6: Peninsula Metric Century

Southworth Ferry and Gig Harbor, WA. Three routes to choose from 50km, 100km or 100 miles. The 50km loop brings you along Puget Sound on rural roads with rolling terrain. The 100km loop features rural roads with rolling hills. The challenging 100-mile loop offers 7,000 feet of elevation gain. Before/After May 28 - \$15/\$18 ind., \$35/\$40 family, \$12/\$15 T-shirt. Supports Bicycle Alliance of WA. Dianne Koch, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-564-3271, www.twbc.org

Jun 6-11: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 7-Jul 1: Great Alaska Highway Ride 6

Dawson Creek, BC. 6th annual ride along the Alaska Highway. Traverses through BC, the Yukon Territory and into Alaska. Tom Sheeham, Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, www.cyclevents.com/alaska

Jun 8-Jul 24: Cycling in the Alps 2004

Austria and Switzerland. Bicycle tour in four 12-day sections. Starts in Innsbruck. Camping & sag support. See web site for additional information. Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 98816. 815-301-8262, www.waynesue.com

Jun 12: 17th Apple Century Bike Ride

Wenatchee, WA. The event includes 50- and 100-mile tours of scenic and sunny north central Washington via the Columbia River and Lake Chelan, past dramatic cliffs and verdant orchards. Fully supported by Rotary volunteers. Joanne Rosenthal, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807. 509-665-8294, www.wenatcheesunrise.org/century

Jun 12-13: 600km Brevet

Southern Interior, BC. BC Randonneur event. Richard Blair, BC Randonneurs Cycling Club, 250-372-1873, www.randonneurs.bc.ca

Jun 12-26: Guyana: Many Peoples, Many Waters

Guyana, South America. Bike and boat tour to indigenous villages, rainforests and beaches. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jun 12: Strawberry Century

TBC. Santaim Slow Spokes, www.santaimslowspokes.org

Jun 13-18: California Wine Country 6-Day

Santa Rosa, CA. The Napa and Sonoma valleys, with their quiet country roads and beautiful vineyards, are one of the world's most popular places to bicycle. Our tour explores the area's best routes and enjoys its outstanding lodging and dining. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 13-18: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 13-18: Santa Fe - Taos

Albuquerque, NM. The famous artist Georgia O'Keeffe lived here, in the land around Santa Fe and Taos, New Mexico, and was fascinated by the landscape and its echoes of the past. Ancient adobe pueblos. Haunting music. Fiery cuisine. And all around, sweeping vistas of mountains, forests and the red earth. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 14-18: San Juan Islands 5-Day

LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 18-21: Cascade Refuge Tour

Ashland, OR. Lightly traveled roads, magnificent vistas, the Klamath and Tulelake Wild Life Refuge await you! Join us as we ride from Ashland east into the Cascades. 260 miles over mountainous, gentle and moderate terrain. Includes camping, sag support, maps, breakfasts and dinners. Russell or Renee Rickett, Mt. Velo, 164 Alameda Dr., Ashland, OR, 541-482-8704, russreneeetours@hotmail.com

Jun 19-21: 1000km Brevet

Lower Mainland, BC. Starts 8:00 a.m. BC Randonneur event. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca

Jun 19-21: 1000km Brevet

Nanaimo or Victoria, BC. Route is Victoria to Port Hardy. BC Randonneur event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

Jun 19-21: 1000km Brevet

Southern Interior, BC. Saturday to Monday. BC Randonneur event. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca



Jun 19: 10th Annual Tour de Blast

Toutle, WA. Tour de Blast offers 80km and 135km rides with breathtaking views of Mt. St. Helens' blast zone. Well staffed by Longview Noon Rotarians. \$35 covers T-shirt, rest stops and end-of-ride pasta feed. Limit 1,200 riders Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tourdeblast.com

Jun 19: 2nd Annual Tri-County Tour

Boise, ID. 35, 50, 75 or 100 miles. Benefits The United Way of Treasure Valley. www.unitedway.org/tct/

Jun 19-20: 600km Brevet - Foothills Randonnee

Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

Jun 19: Oregon Ultimate Road Ride

Bend, OR. 210-mile road ride from Sisters to Bend...the long way! Three major climbs with lots of rollers in between will make this one of the toughest road rides in Oregon. Entry fee includes maps, food, sag (if necessary) and t-shirt. Special rewards for finishers. Limited to 100 riders. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Jun 19-12: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 19: Yakima Ridges Bicycle Ride

Yakima, WA. Ride through the sunny upper Yakima Valley in this debut ride with 25-, 45-, and 100-mile options. Apple Valley Kiwanis Club, 7301 W Pierce St, Yakima, WA, 98908. 509-966-4475, www.desertvalley.com/rides

Jun 20-Aug 9: Across America North

Astoria, OR. A scenic and challenging fully supported 50-day bicycle tour from Astoria, OR to Portsmouth, NH. Bill, America by Bicycle, P.O. Box 805, Atkinson, NH, 03811. 888-797-7057, www.abbike.com

Jun 20-25: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 21-25: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 24: Pedal the Pinchot

Gifford Pinchot National Forest, OR. Road and mountain bike rides in the national forest, south of Mt. St. Helens.

Jun 25-27: 1000km Brevet

Redmond, WA. Mt. St. Helens, Columbia Gorge, Wenatchee and Stevens Pass. Mark Thomas, Seattle International Randonneurs, 425-702-888, www.seattlerandonneur.org

Jun 26: Cannonball

Seattle, WA. 275-mile, one-day ride to Spokane. Duane Wright, Redmond Cycling Club, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondcyclingclub.org/

Jun 26: Flying Wheels Summer Century

Redmond, WA. Ranges from family fun to grueling hills. Official STP Training Ride - 25, 50, 75, 100 miles. Jen Smith, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

Jun 26: Mountain Lakes Challenge

Ashland, Oregon. Formerly the Ashland Triple Challenge. New route, but the same great scenery and epic climbs. New rest stop on the shore of Howard Prairie Lake and no pre- and post-ride parking hassles. Two century rides on one 27-mile loop available. Robert Korfhage, Siskiyou Velo Bicycling Club, P.O. Box 974, Ashland, OR, 97520. 541-488-2305, www.siskiyouvelo.org

Jun 26-12: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 27-Jul 11: Ecuador Exploration

Ecuador, South America. Ride the Andes: great people to meet and scenic beauty to die for. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jun 27-30: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMinnamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group will experience the beauty of the Northwest. Affordable all-inclusive packages are available for two-, three- and four-day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

Jun 27-Jul 2: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jun 27: Tour de Pierce

Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Pierce County Parks, 9112 Lakewood Drive SW, Ste. 121, Lakewood, WA, 98499. 253-798-4177, www.piercecountywa.org/parks

Jun 28-Jul 2: San Juan Islands 5-Day

LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

JULY

Jul 1-3: 1000km Brevet

Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

Jul 3: Midsummer Nightmare

Spokane, WA. 200 hilly miles in one day. Scenic backroads. Sally Phillips, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210. 509-448-6271, www.spokanebicycleclub.org

Jul 3-10: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 4: 200km Brevet

Lower Mainland, BC. Starts 7:00 a.m. BC Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 4-9: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 7-11: RedSpoke

Redmond, WA. 16th annual bike tour across beautiful Washington state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Supports Bicycle Alliance of WA. Connie Carruth, Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org

Jul 10: 100km Populaire

Olympia, WA. Mark Thomas, Seattle International Randonneurs. 425-702-8880, www.seattlerandonneur.org

Jul 10: S2S

Seattle, WA. One-day, 283-mile ride to Spokane on SR-2. Duane Wright, Redmond Cycling Club, 3033 NE 103rd, Seattle, WA, 98125-7716. 206-523-7404, www.redmondcyclingclub.org

Jul 10-17: Volcanoes of Washington

WA & OR. This trip visits four spectacular volcanic mountains - Mt. Rainier, Mt. St. Helens and Mt. Adams in Washington, and Mt. Hood in Oregon. This trip is ideal for intermediate to advanced cyclists who want to take in some of the most dramatic natural beauty of the Pacific Northwest. Begins in Seattle, WA with a shuttle to the Cascade Mountains. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 11-17: Habitat 500

Hutchinson, MN. 7-day, 500-mile, fully supported bike ride. Fundraising event for Habitat for Humanity. Heather Arneson, Habitat for Humanity of Minnesota, 113 - 27th Ave. NE, Suite T, Minneapolis, MN, 55418. 877-804-3466, www.habitat500.org

Jul 11-16: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 11-17: Tour BC

Kamloops, BC. 7-day supported road tour in central BC. Camping with motel options. Join us for seven days of unforgettable cycling in British Columbia, famous world-wide for its scenery. Danelle Laidlaw, dpi CONSULTING, 7068 Mawhinney Ct, Burnaby, BC, V5B 4W2. 877-606-2453, www.tour-bc.net

Jul 12-16: San Juan Islands 5-Day

LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 12: Victoria 200km

Victoria, BC. Start at Tim Hortons, Gateway Village at 8:00 a.m. "Tour of Greater Victoria." BC Randonneur event. Michael Poplawski, BC Randonneurs Cycling Club, 250-882-1239, www.randonneurs.bc.ca

Jul 17: 200km Brevet

Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur event. Barry Chase, BC Randonneurs Cycling Club, 604-266-4214, www.randonneurs.bc.ca

Jul 17-24: Cascade Refuge Tour

Ashland, OR. Experience the beauty and serenity of Oregon's high desert with us! Starting and finishing in Ashland, we will go on a loop in the Cascades, taking in Hyatt and Howard Prairie Lakes, for a total of 454 to 502 miles (depending on you mileage options). Includes camping, sag support, maps, breakfasts, dinners and one night's lodging. Russell or Renee Rickert, Mt. Velo, 164 Alameda Dr., Ashland, OR, 541-482-8704, russreneeetours@hotmail.com

Jul 17-18: Group Health Seattle-to-Portland Bicycle Classic (STP)

Seattle, WA. 25th Annual. One of the largest and best cycling events in the nation. 7,000 riders cover the 200 miles in 1 or 2 days. A NW tradition. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-2453, cbcstp@cascade.org

Jul 17-31: Rolling the Islands of the Salish Sea

Seattle to Victoria. Learn about the cultural heritage, history and economical and environmental diversity. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jul 17-24: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 17-18: Seattle Night & Day Navigation Challenge

Seattle, WA. Team foot or bike race that brings you to nooks and crannies of Seattle you've never seen before. Fifty-seven checkpoints are placed throughout Seattle and Vashon Island, each with a point value. Visit them in any order you choose for 3, 7, or 16 hours. Teams returning with the most points are the winners! See web site for details and registration. Cascade Orienteering Club, 650-697-6359, www.seattlenightandday.com

Jul 18-23: Glacier - Going to the Sun

Glacier National Park, AB. Our ride will take us past virgin forests, glaciated, snow-capped peaks, deep valleys, waterfalls, lakes and meadows filled with wildflowers. The only women's bicycle adventure company. LunaTours, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jul 18-23: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 21-25: Rocky Mountain 1200

Kamloops, BC. 1200km brevet in the tradition of Paris-Brest-Paris. Riders must complete the course in less than 90 hours including all stops. Starts and finishes in Kamloops. Doug Latornell, BC Randonneurs Cycling Club, 604-734-2504, www.randonneurs.bc.ca

Jul 24: 200km Brevet

Olympia, WA. Out and back brevet. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Jul 25-31: Bicycle Idaho

Pocatello, ID. Bicycle Idaho will cover three states: Idaho, Wyoming, and Utah. Highlights include the Snake River, Rocky Mountains, Teton Pass, Teton Park, Jackson, WY, Bear Lake, and Logan Canyon. Sandy Green, Bicycle Idaho Committee, P.O. Box 9363, Bend, OR, 97708. 800-413-8432, www.oregonbicycleride.org

Jul 25-30: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 25: Tour de Kitsap

Silverdale, WA. Supported ride through Kitsap County with routes of 10, 28, 62 and 100 miles, ending at Whaling Days. Supports Bicycle Alliance of WA. Franklin Lane, West Sound Cycling Club, P.O. Box 1579, Silverdale, WA, 98383. 360-779-1819, www.westsoundcycling.com

Jul 26-29: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMinnamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group will experience the beauty of the Northwest. Affordable all-inclusive packages are available for two-, three- and four-day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

Jul 26-30: San Juan Islands 5-Day

LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 26-30: San Juan Islands 5-Day

LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 27: Ice Cream Classic

Bend, OR. 65-mile Century ride. Starts 9:00 a.m. Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Jul 27-Aug 1: The Canadian Rockies - Banff to Jasper

Banff, AB. The only women's bicycle adventure company. Trips designed specifically for beginning cyclists. See web site for details. LunaTours, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jul 29: RAMROD 2004 - Ride Around Mount Rainier in One Day

Enumclaw, WA. 154 miles, 10,000 feet of climbing, incomparable scenery and support. Registration is limited and will be by lottery. Supports Bicycle Alliance of WA. Don Harkleroad, Redmond Cycling Club, P.O. Box 8141, Bothell, WA, 98041. 206-781-3903, www.RedmondCyclingClub.org/RAMROD

Jul 31-Aug 2: 1000km Brevet

Lower Mainland, BC. Starts 8:00 a.m. BC Randonneur event. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca

Jul 31-Aug 2: 1000km Brevet

Southern Interior, BC. Prince Rupert route. BC Randonneur event. Deirdre Arcott, BC Randonneurs Cycling Club, 604-222-3587, www.randonneurs.bc.ca

Jul 31-3: 200km - The Dam Brevet

Peace Region, BC. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

Jul 31-Aug 7: Oregon Crater Lake

Oakridge, OR. Explore a spectacular area of tall timbers, clear rivers and snow-clad peaks. For intermediate to advanced cyclists who want to ride on low-traffic roads through incredible scenery. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Have you seen me?
Leanna Marie Warner
 OL Case #4448

OPERATION LOOKOUT National Center for Missing Youth
 www.operationlookout.org
1-800-LOOKOUT 1-800-566-5688
 For sightings or to contribute, call us.

Paradise awaits you...

 Bike, hike and snorkel on the beautiful Big Island of Hawaii
 Since 1984 **BICYCLE ADVENTURES**
 800-443-6060
 www.bicycleadventures.com

17th Annual Sunrise Rotary Apple Century Bike Ride!
 Saturday, June 12, 2004
 Wenatchee, WA
Great Ride!
Great Fun!
Great Cause!
 For registration information go to
 century@wenatcheesunrise.org
 or phone: 1-509-884-8585
 Toll free: 1-866-206-7050

Jul 31-Aug 7: San Juan Islands - Victoria
Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 31: Summit To Surf IX
Hood River, OR. Ride routes from 10 to 100 miles from Welches to Hood River. Rebecca Hicks, American Diabetes Association, 380 SE Spokane Street, Ste. 110, Portland, OR, 97202. 503-736-2770, www.SummitToSurf.org

AUGUST

Aug 1-6: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 4-7: Rolling Pub Crawl
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route through McMenamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group will experience the beauty of the Northwest. Affordable all-inclusive packages are available for two-, three- and four-day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

Aug 6-7: Ride Seattle to Vancouver & Party (RSVP)
Seattle, WA. 185-mile ride on scenic Washington backroads. Post-event party w/ live band and no-host cash bar. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org/rsvp

Aug 7: 400km Brevet
Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 7-13: Cycle the Columbia Gorge
Portland, OR. The route showcases the Pacific Northwest's varied and spectacular landscapes. Follow the path of explorers Meriwether Lewis and William Clark, along the spectacular Columbia River Gorge and to Astoria on the Pacific Ocean. Adventure Cycling Tours, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/tours

Aug 7: Torture 10,000
Gresham, OR. 30, 72 or 100 miles of incredibly beautiful terrain: Columbia Gorge, streams, climbs, mountain views. Iris Mushkin or Dan Allie, Portland Wheelmen Touring Club (PWTC), P.O. Box 2972, Portland, OR, 97208-2972. 503-257-PWTC, www.pwtc.com

Aug 7-14: Volcanoes of Washington
WA & OR. This trip visits four spectacular volcanic mountains - Mt. Rainier, Mt. St. Helens and Mt. Adams in Washington, and Mt. Hood in Oregon. Intermediate to advanced cyclists. Begins in Seattle, WA with a shuttle to the Cascade Mountains. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 8: Bridge Pedal 2004
Portland, OR. Ride across nine of Portland's bridges without all of those annoying cars in your way. Providence Rose Pedal, 1631 NE Klickitat St, Portland, OR, 97212. 503-281-9198, www.providence.org/oregon

Aug 8: Dougle Dawg Tandem Ride
Bend, OR. 65-mile road ride for tandems and singles from Bend to Smith Rock State Park and back. Great views along the route, no brutally long climbs, but a couple of short, steep ones just to keep it fun. Entry fee includes maps, mechanical support & deluxe snacks at the rest stop. Hutch's Bicycles, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Aug 8-14: Oregon Bicycle Ride
Roseburg, OR. Seven-day, 475-mile, fully-supported ride. Campsites, showers, breakfast, dinner, road and mechanical support and ground transportation available. Sandy Green, OBR Committee, PO Box 9363, Bend, OR, 97708. 800-413-8432, www.oregonbicycleride.org

Aug 8-13: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 9-12: Cascade to the Coast (C2C)
Oakridge, OR. Each day is a specialty tour within the overall tour. Features lakes, ocean, vineyards, covered bridges, water falls, rivers, wildlife and lots of trees and mountain views. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Aug 9-13: Crater Lake National Park
Crater Lake, OR. Our road bike trip is a great way to explore the unique geology of the area. Elevations on this trip range from 2,800 to 7,100 feet, so get ready to climb. Lodging includes a great bed and breakfast at the Crater Lake Lodge. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 9-13: San Juan Islands 5-Day
LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 14: 300km Brevet
Redmond, WA. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Aug 14: 50, 100, 150, 200, 300km Brevet
Vancouver Island, BC. BC Randonneur event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

Aug 14-16: Courage Classic Bicycle Tour
Snoqualmie, WA. A 3-day, 172-mile, fully supported, fundraising bicycle tour. Ride over Snoqualmie, Blewett and Stevens passes. Great supports and food stops. Jeff Randall, Mary Bridge Children's Hospital, P.O. 5296, Tacoma, WA, 98415. 800-392-9253, www.courageclassic.com

Aug 14: Covered Bridge Bicycle Tour
Timber Linn Park, Albany, OR. Relaxing country "century" ride event with lengths of 40, 68, 85 & 101 miles. Great food too! Mid-Valley Bicycle Club, P.O. Box 1373, Corvallis, OR, 97339-1373. www.coveredbridgetour.com.

Aug 14-28: Lewis & Clark Pacific
Portland, OR. The Lewis & Clark Pacific follows the route of the Corps of Discovery. The tour starts in Portland, Oregon and heads east through the Columbia River Gorge. Adventure Cycling Tours, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org

Aug 14-21: Oregon Crater Lake
Oakridge, OR. Explore a spectacular area of tall timbers, clear rivers and snow-clad peaks. For intermediate to advanced cyclists who want to ride on low-traffic roads through incredible scenery. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 14-15: Oregon MS Bike Tour
Salem, OR. Two days of cycling fun, based at Willamette University in Salem. Great beer garden and entertainment in the evenings! Fundraiser for the MS Society of Oregon. National Multiple Sclerosis Society - Oregon Chapter, 1650 NW Naito Parkway, Ste. 190, Portland, OR, 97209. 800-FIGHTMS, www.orcnms.org/MS150/msbiketour.asp

Aug 14-21: San Juan Islands - Victoria
Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 15: Blue Cruise Wheels for Wellness
Meridian, ID. 100, 50, 30 and 15 miles. Each route heads south and loops back. Fully supported. Picnic at the finish. Blue Cross of Idaho Foundation for Health, P.O. Box 8419, Boise, ID, 83707-2419. 866-482-2252, www.bcidahofoundation.org

Aug 15-21: Ride Around Washington (RAW)
Seattle, WA. RAW turns 5 by reversing its original route with a few chages (via mostly SR20). 6-day ride from Davenport, WA, over the North Cascades. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.cascade.org/raw

Aug 15-20: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 15: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)
Tenino, WA. Revel in the quiet countryside of Thurston & Lewis Counties. Great view of Mt. Rainier. Supports Bicycle Alliance of WA. Terry Zander, Capital Cycling Club, 423 Frederick St. SE, Olympia, WA, 98501. 360-480-7356, www.capitalbicycleclub.org

Aug 16-20: Crater Lake National Park
Crater Lake, OR. Explore the unique geology of the area. Elevations range from 2,800 to 7,100 feet. Lodging includes a great bed and breakfast at the Crater Lake Lodge. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 16-27: Rocky Mountain Bicycle Tour
Nelson, BC. 1000km. Jorg Becker, 250-358-7966

Aug 21: 200, 300, 400, 600km Brevet
Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 21: Head to the Bay
Newport, OR. Lighthouse to Lighthouse Fun Ride(s). Jane Maines, Yaquina Lights, Inc., P.O. Box 410, Newport, OR, 97365. 541-574-3129, http://yaquinallights.org

Aug 21: The Vine Ride
Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 50, 65 and 100 miles. Karl White, Wheel Help Rides, 6415 SW 153rd Ave., Beaverton, OR, 97007. 800-390-6189, www.vineride.com

Aug 22-27: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 23-27: San Juan Islands 5-Day
LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 28-Sep 4: Oregon Crater Lake
Oakridge, OR. Explore a spectacular area of tall timbers, clear rivers and snow-clad peaks. For intermediate to advanced cyclists who want to ride on low-traffic roads through incredible scenery. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 28-29: RAPSody 2004
Tacoma, WA. 2-day ride with a 1-day option. 150 miles and 9,400 feet of elevation gain. The route starts in Tacoma and goes through University Place, Steilacoom, the Nisqually Delta, Olympia, Shelton, Hood Canal, Belfair, Pt. Orchard, Vashon Island and back to Tacoma. Marquee event of Bike Summer 2004. Limit 1,500 riders. Proceeds donated to Bicycle Alliance of WA. Capital Cycling Club, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, Seattle Bicycle Club and B.I.K.E.S. of Everett, info@rapsodyride.org, www.rapsodyride.org

Aug 28-Sep 4: San Juan Islands - Victoria
Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 29-Sep 3: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 30-Sep 3: Crater Lake National Park
Crater Lake, OR. Explore the unique geology of the area. Elevations range from 2,800 to 7,100 feet, so get ready to climb. Lodging includes a great bed and breakfast at the Crater Lake Lodge. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 30-Sep 3: SPUDS - Cycling Around Idaho
Ketchum, ID. 10th annual ride around Idaho. Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, http://spuds.cyclevents.com

SEPTEMBER

Sep 4-7: 1000km Brevet
Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur event. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca

Sep 4-6: 1000km Brevet
Nanaimo or Victoria, BC. Route is Victoria to Port Hardy. BC Randonneur event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

Sep 4: 200km Brevet
Penticon, BC. BC Randonneur event. Tina Hoeben, BC Randonneurs Cycling Club, 250-770-3133, www.randonneurs.bc.ca

Sep 4-Jul 3: 200km - Quiche Brevet
Peace Region, BC. 75km and 150km available. BC Randonneur event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

Sep 4-5: 400km Brevet
Redmond, WA. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Sep 5: Hutch's 100km
Bend, OR. Metric century (62 miles) road ride begins and ends at Tumalo State Park. The route is mostly small rollers, and has some of the best views of the Cascades you'll see in Central Oregon. Entry includes maps, mechanical support, energy food and drink. Hutch's Bicycles, Bend, OR, 530-382-6248, www.hutchsbicycles.com

Sep 5-10: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Sep 6-10: San Juan Islands 5-Day
LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Sep 6-10: WYCYC - Wyoming Cycling Celebration
Jackson, WY. 15th annual ride around Wyoming. Tom Sheeham, Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, http://wycyc.cyclevents.com

Sep 11: America's Wild Rivers Coast Century Plus One
Cape Blanco, OR. Ride from Cape Blanco to Crescent City, CA. Chip Weinert, 541-247-3272, www.wave.net/upg/cweinert/awrc_century_main.html

Sep 11-12: Bicycle Trek for Life & Breath
Vancouver, BC. Fully supported, scenic 200km ride through the Fraser Valley. Katie Gove, BC Lung Association, 2675 Oak Street, Vancouver, BC, V6H 2K2. 604-731-5864, www.bc.lung.ca/trek

Sep 11-18: Cycle Oregon
Various regions, OR. Six days of fully supported cycling nirvana. Cycle Oregon, 5253 NE Sandy Blvd., Portland, OR, 97213. 800-292-5367, www.cycleoregon.com

Sep 11-12: MS 150 Bike Tour
LaConner, WA. Two-day, 150-mile road bike ride touring the most beautiful scenery of WA. Rachael Nuwash, National Multiple Sclerosis Society, 192 Nickerson Street, Seattle, WA, 98109. 800-800-7047, www.nationalmssociety.org/was

Sep 11: Oregon Coast Cycling Festival
Gold Beach, OR. Three routes along the Oregon Coast and party benefit American Heart Association and Curry Health. Chip Weinert, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

Sep 11-18: San Juan Islands - Victoria
Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Sep 12: Fall Flatlander 200K
Lower Mainland, BC. Start 7:00 a.m. from Maple Ridge. Tour Mission, Rosedale, Ft. Langley. (also available: 50km, 100km, 150km. Routes vary.) BC Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Sep 12: Great Northwest Fall Tour
Newport, WA. Enjoy a beautiful ride in the country on paved county roads. Choose either a 15- or 50-mile route. Melody Geddes, Rotary Club, 1282 South Shore Road, Newport, WA, 99156. 509-447-4085

Sep 12: Headwaters Century
Enumclaw, WA. Routes of 45, 65, and 100 miles, very scenic, little traffic. Supports Bicycle Alliance of Washington. Robert Deehan, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-272-9682, www.twbc.org

Sep 12-17: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Sep 12: The 25th Annual Autumn Century Ride
Spokane, WA. Full Century -100 miles, Metric Century - 62-miles, Family or Individual Ride- 20 miles. Beautiful north Spokane countryside. Fully supported. Frank Perry, Spokane Bicycle Club, PO Box 62, Spokane, WA, 99210. 509-624-9731, www.spokanebicycleclub.org/

Sep 14: Sunnyside Century
Bend, OR. Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Sep 18: 200km Brevet
Penticon, BC. Starts at 100 Mile House. On-road/Off-road brevet - bring your ATB (All Terrain Bicycle). BC Randonneur event. Tina Hoeben, BC Randonneurs Cycling Club, 250-770-3133, www.randonneurs.bc.ca

Sep 18-Oct 2: Big Ride Pacific Coast
WA & CA. Two-week ride from Seattle to San Francisco to raise funds and awareness for the American Lung Association of Washington. Ride limited to 40 participants. Jeff Schlieper, American Lung Association of Washington, Big Ride HQ, 10323 SW 117th Pl., Vashon, WA, 98070. 206-567-5710 or 877-287-6471, www.bigride.org

Sep 18: Lorane Valley Vineyard Tour
Cottage Grove, OR. Great route - mostly flat with some rolling hills; little or no traffic on paved backroads. Tour two to three vineyards and see views of rivers, wildlife, trees and mountains. Then enjoy food and a get-together beautiful Village Green resort. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Sep 18-19: Tour des Lacs
Spokane, WA to Coeur d'Alene, ID. 2-day cycling tour, multiple route & mileage options, boat cruise on Lk Cda. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Sep 18-20: Trek Tri-Island
Seattle/San Juan Islands, WA. Fully supported fundraising ride from Seattle through the San Juan Islands. Meredith Gibson, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98122. 206-441-5100, www.alaw.org

Sep 19: 100km Brevet
Redmond, WA. 100km of climbing, a mountain goat's dream come true. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Sep 19: Cottage Grove Six Covered Bridge Tour
Cottage Grove, OR. Start in Cottage Grove at 8:00 a.m. and includes 6 covered bridges. 90 percent of the tour on paved Rails to Trails paths. Choice of 33-, 50- and 85-mile rides. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Sep 19-Oct 2: Korea: T'amhomhada Tongjokul
Eastern Korea. Absorbing the lifestyles, history, and cultural diversity of the people of eastern Korea. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Sep 19-22: Rolling Pub Crawl
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route through McMenamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group. Affordable all-inclusive packages are available for two-, three- and four-day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

Sep 19-24: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Sep 20-24: San Juan Islands 5-Day
LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Sep 21-28: Cycling the Cascade Loop
Chelan, WA. Camping tour of the famous Cascade loop of eastern and wester Washington. Includes sag. Wayne Martin, 246 W Manson Hwy. #197, Chelan, WA, 98816. 815-301-8262

Sep 25-26: 600km Brevet
Redmond, WA. Mark Thomas, Seattle International Randonneurs, 425-702-8880, www.seattlerandonneur.org

Sep 25: Dam 2 Dam Thumbs Up Bike Tour
WA. Tour the beautiful Columbia River in Easter Washington. 25, 50 or 100 miles. Mike Utley Foundation, www.mikeutley.org/biketour.html

Sep 25-26: Kiwanis Wine Country Trek
Yakima, WA. Ride 120 miles through vineyards in the fertile Yakima Valley to Prosser, WA to see the annual Hot Air Balloon Festival. Apple Valley Kiwanis/Prosser Kiwanis, 7301 W. Pierce St, Yakima, WA, 98908. 509-966-4475, www.desertvalley.com/rides

Sep 25-Oct 2: San Juan Islands - Victoria
Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Sep 25-27: Trek Tri-Island

Seattle, WA. Fully supported fundraising ride from Seattle through the San Juan Islands to Victoria, BC. Meredith Gibson, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98122. 206-441-5100, www.alaw.org

Sep 26-Oct 2: CANYONS - A Ride Across Southern Utah

Springdale, UT. Tom Sheeham, Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, <http://canyons.cyclevents.com>

Sep 26: Peach of a Century

Salem, OR. 100-mile route and 100km (62-mile) route. The 100-mile goes through Jefferson, Roaring River, Mehama and Stayton. The 100km is generally flat and goes through Jefferson and Stayton. Route map and elevation profiles available online. Tom Tilque, Salem Bicycle Club, titlque@operamail.com, www.salembicycleclub.org

Sep 26-Oct 1: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

OCTOBER

Oct 2: Ellensburg Manastash Century/Half-Century Bicycle Tour

Ellensburg, WA. Scenic ride to Cle Elum and back along the Yakima River. 104km and 50km loop rides. Snacks and sag wagon are provided. Supports Bicycle Alliance of WA. Jean Lofy, Ellensburg Cross Country Ski Club, 701 N. Willow St., Ellensburg, WA, 98926. 509-962-8040, www.elltel.net/XCski/

Oct 3-16: Korea: Naduri Namhae

Southern Korea. Absorbing the lifestyles, history, and cultural diversity of the people of southern Korea. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Oct 3-8: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

Oct 10-15: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

Oct 16: Harvest Century

OR. Beautiful end-of-season ride in the north Willamette Valley. Supports Bicycle Transportation Alliance. Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, www.bta4bikes.org

NOVEMBER

Nov 6: Solvang Prelude

Solvang, CA. 25-, 50-mile or Metric Century ride around Santa Ynez Valley. Features BBQ lunch, live DJ and Expo. Randy Ice, Randy Ice P.T., C.C.S., P.O. Box 9065, Brea, CA, 92028. 562-690-9693, www.BikeSCOR.com

TRACK

MARCH

Mar 3: BVC Wednesday Night Racing

Burnaby, BC. See Race Series for further information. Burnaby Velodrome, www.burnabyvelodrome.ca

Mar 10: BVC Wednesday Night Racing

Burnaby, BC. See Race Series for further information. Burnaby Velodrome, www.burnabyvelodrome.ca

Mar 17: BVC Wednesday Night Racing

Burnaby, BC. See Race Series for further information. Burnaby Velodrome, www.burnabyvelodrome.ca

Mar 24: BVC Wednesday Night Racing

Burnaby, BC. See Race Series for further information. Burnaby Velodrome, www.burnabyvelodrome.ca

Mar 31: BVC Wednesday Night Racing

Burnaby, BC. See Race Series for further information. Burnaby Velodrome, www.burnabyvelodrome.ca

APRIL

Apr 21: MVA Pre-Season Race Series

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Apr 28: MVA Pre-Season Race Series

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Apr 30-May 2: Burnaby Race Series #3

Burnaby, BC. Indoor track in Canada. Jeremy Story, Burnaby Velodrome Club, 7564 Barnet Highway, Burnaby, BC, V5A 1E7. 604-888-5779, www.burnabyvelodrome.ca

MAY

May 5: MVA Pre-Season Race Series

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 6: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

May 7: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

May 10: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 13: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

May 14: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

May 17: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 19: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 20: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

May 21-Aug 27: Friday Night Racing at the Marymoor Velodrome

Redmond, WA. Categories A,B,C & Women's track racing. 7:30 pm start Harley Sheffield, Marymoor Velodrome Association, 4910 - 166th Ct NE, Redmond, WA, 98052. 425-503-6563, www.marymoorvelodrome.org

May 21: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

May 21: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

May 24: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 26: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

May 27: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

May 28: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

May 28: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

May 31: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

JUNE

Jun 2: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 3: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jun 4: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jun 4: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

Jun 7: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 9: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 10: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jun 11: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jun 11: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

Jun 14-19: Alpenrose Six-Day

Portland, OR. The only 6-day race in North America. Mike Murray, 503-661-5874, www.obra.org/track

Jun 14: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 16: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 18-20: BC Provincial Track Championships

Burnaby, BC. Track event at the Burnaby Velodrome. www.burnabyvelodrome.ca

Jun 18: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

Jun 21-Jul 7: Junior & Women Track Class - Session 1

Portland, OR. Mondays and Wednesdays. Class A - 10:00 a.m. to 11:30 a.m. Class B - 12:00 p.m. to 1:30 p.m. At the discretion of the coaches, students will be invited to race at Friday Night Track Races. Arrive 15 minutes early to allow time for bike fit. Cancelled if raining. Geri Bossen, 503-254-7563, GeriBossen@hotmail.com

Jun 21: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 23: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 24: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jun 25: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jun 25: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

Jun 28: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jun 30: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

JULY

Jul 1: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 2: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jul 5: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 7: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 8: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 9: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jul 9: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

Jul 9-11: Victoria AVC

Victoria, BC. Greater Victoria Velodrome Association, www.gvva.bc.ca

Jul 12: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 14: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 15: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 16: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

Jul 16-18: Portland AVC

Portland, OR. Track event. Mike Murray, 503-661-5874, www.obra.org

Jul 19: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 21: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 22: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 23: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jul 23: MVA Friday Night Track Races

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, <http://marymoor.velodrome.org>

Jul 23-25: Seattle AVC

Redmond, WA. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 26: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 28-Aug 1: Junior World Championships

Los Angeles, CA. www.uci.ch

Jul 28: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, <http://marymoor.velodrome.org>

Jul 29: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 30: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jul 30: MVA Friday Night Track Races

Everyone's a Fan

BY MAYNARD HERSHON

I'm reading Pablo Munoz's "Miguel Indurain, A Life on Wheels" (Mousehold Press, 1998), a biography of the quiet man from Spain who won five straight Tours de France.

Translated from Spanish, Munoz's telling of Indurain's years in cycling makes great reading. A quote in "A Life on Wheels" stayed with me; I thought I'd share it with you.

Munoz quotes Pepe Barrusco, who ran a club school for young cyclists in the village of Villava in northern Spain, where farm-boy Indurain was born and raised.

Barrusco is proud of his (mid-'70s) role in the club's school, biographer Munoz writes, and of the outstanding pupil (Indurain) who came out of it. Still, in talking about the era, Barrusco cannot conceal a certain amount of disapproval:

"In those days all of us connected with cycling knew Indurain; now, of course, everyone is a fan," Barrusco noted. "But the real fans are those who went to watch those youngsters race in the juvenile events.

"I respect those who follow the Tour nowadays, but few are true fans," Barrusco said. "I

realized that years ago. We put up a poster at races and passed a hat so spectators could contribute to the club's finances.

"Many of those who now call themselves fans," Barrusco went on, "used to stand back when the hat came around."

Barrusco was talking about life in a tiny Spanish village years ago. What he said still rings true though, doesn't it?

When he talks about people who "call themselves fans," he means us, doesn't he?

We're rabid fans. Some of us even race. We know we're not going to set the world on fire, not going to turn pro. We're going to local races and then going home.

We nevertheless act as if we're about to turn some corner into sudden stardom. We may not realize we act that way, but we do. We're as focused on cycling as if l'Equipe splashed our names across the front page.

We train, we eat carefully, we go to bed early. We're real athletes, we think. Why should we pay for bikes or shoes? Why should we help at races? Why should we think about the other guy? Let him do for himself.

Many of us, even if we don't race, spend thousands every year on cycling, on ourselves. We watch the Tour, Giro and classics on TV, plus buy the videos, but we never travel to see major US races.

We know what Laurent Jalabert eats for breakfast but we can't pick HealthNet's Gord Fraser out of a lineup of skinny guys. Few of us can identify T-Mobile star Dede Demet-Barry or Canadian prodigy Genevieve Jeanson (Rona).

Hey, we never even go to local races unless we're racing. We don't go there to help or to cheer for our clubmates. We go for a training ride instead. We join a bike club because of what the club can do for us. We never think to ask what we have to offer the club.

If there are kids in the club or new riders of any age, do we try to help them?

Do we make our old bikes, no longer worth selling, available to the club as loaners for new riders? Why keep old saddles, eight-speed wheels and old-tech aluminum handlebars? Let someone have that stuff who'll use it. Hey, the next Lance Armstrong may ride your castoff gear.

How about offering a new rider a lift to an event? Or buying him or her a bagel after a ride? How about making sure that a new rider feels welcome and safe on your rides, making sure he or she knows how things work in your group?

If your club is like most clubs, one or two or a few people do the work. No doubt those people enjoy their roles, but why just sit back? Why not help?



There's an old movie about European pro road-racing called Stars and Water Carriers. Back then, all the teams functioned as the Postal Service team does now. There was a clear leader like Lance. The other guys (all great riders) understood that they were pros—but not stars.

They were paid to support the star, to bring him water bottles or tow him to the starts of climbs, whatever. Only the star expected to be catered to in that way.

Few of us are stars. We're fans, one-person fan clubs devoted to ourselves and a few heroes we'll never meet.

How much could it hurt to carry a little water?

CLASSIFIEDS

7009 Roosevelt Way NE
Seattle, WA 98115
(206) 522-1933

- Conscientious Bicycle Repair
- Handbuilt Wheels
- Intelligent Component Upgrades
- Appointments For Fast Turn-around



Cycle Oregon
September 11- 18,
2004

www.cycleoregon.com

800-CYCLEOR (292-5367)

- Pedal your way through the most magnificent scenery in the West.
- A fully-supported, seven-day bicycle adventure you will never forget.



NEWS

R+E Cycles Newest Addition

Dan Towle and the crew at R+E are bring you two things that seem, according to many in the cycling

world, to fit well together - that is, bicycles and coffee. With the arrival of "Pedal-a-Lattee", Seattle's first bicycle-themed coffee shop is born. Espresso, Chai tea, drip coffee and



pastries (everyone needs to replenish the calories burned or to be burn) can now be found just north of

56th and University Way. Avid cyclists Rebecca Grant and Scotty Enderle are your barristas. Go smell for yourself what's brewing!

STRAWBERRY

Hand-brazed Reynolds steel lugged framesets in Portland, Oregon since 1971
Marchetti USA Agent www.marchettispa.it
www.strawberrybicycle.com

Cultural Bike Tours

Special places, small groups, for ordinary active people. Korea, Vietnam, Guyana, Ecuador, Tunisia, Senegal, Mali, Tanzania, Washington State & more.

Bike Tours, 4887 Columbia Dr S, Seattle WA 98108
206.787.0848 ~ bike@bike.org ~ www.bike.org/bike

come along for the ride... subscribe!

BICYCLEPAPER

top notch journalism by people who know the sport

coverage of the people, places and products of Washington, Oregon, Idaho, British Columbia...

the Northwest's most comprehensive rides calendar

subscription order form

BICYCLEPAPER

ordering information

name

address

city/state/zip

please check the appropriate box:

- one year for \$14
- two years for \$26

send check or money order to:

Bicycle Paper
68 S. Washington St.
Seattle, WA 98104

Canadian subscribers:
US funds, please.

phone:
(206) 903.1333
fax:
(206) 903.8565
e-mail:
sales@bicyclepaper.com



Want to buy, sell, or get the word out?

Classified Advertising Information and Rates

Bicycle related messages only. Your ad will appear in both the print and the web site version of the Bicycle Paper. Classifieds are open to individuals only (you don't need to be a subscriber). The ad must be paid in full before appearing in *Bicycle Paper*.

1. Type or legibly print your ad.
2. Email, mail, fax or deliver it to our office.
3. Include a check or money order, made out to *Bicycle Paper*, or call us to give your credit card information.

Cost is \$0.45 per word with a minimum of \$9. Phone numbers count as one word, street numbers as one. Ads sent by US mail must include a phone number or an email address (need not be published) in case we need to contact you. *Commercial classified ads also available, please contact us for details.*

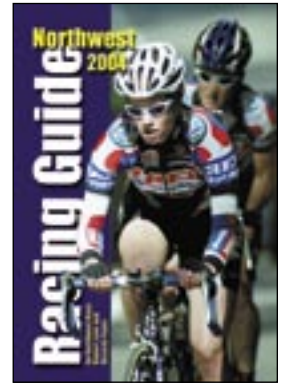
For additional questions, comments or concerns, contact:

BICYCLEPAPER

68 South Washington St.,
Seattle, WA, 98104

Phone: 206-903-1333
Toll Free: 1-888-836-5720
Fax: 206-903-8565
sales@bicyclepaper.com

2004 Northwest Racing and Tour Guides



Get your copies today

Indispensable companions to your cycling season.

The Race Guide - is design to assist riders traveling the Northwest racing circuit, providing valuable calendar information and details about the courses, the competition and how to race them. It covers the main spectrum of cycling disciplines -road, mountain bike, track and cyclo-cross.

The Tour Guide - is designed for the non-competitive cyclists. Inside you will find training and mechanic tips, additional details on feature events and the complete Northwest calendar.

Available in bike shops and other Bicycle Paper newsstands starting March 1.

Presented by:

BICYCLEPAPER

THE RACEREPORT



**The Right Rack
For Your Car!**

**YAKIMA
THULE**

**SPORTSRACK®
VEHICLE OUTFITTERS**

www.sportsrack.com
1.800.RACK USA

Redmond to Spokane, Washington



**Redmond Rotary's
Recreational Bicycle Tour
July 7-11, 2004**

Enjoy the splendors of the Cascade Mountains, river canyons and rolling wheat fields on this premier, fully supported, 300-mile ride across beautiful Washington State. Go at your own pace. Stop when you like to see the attractions.

Can't get any better? Consider this: Your adventures aid the many charities supported by Redmond Rotary.

**(206) 298-9288 or info@redspoke.org
www.redspoke.com**

**Capital One®
COURAGE
CLASSIC**

1992 13th Annual 2004
Bicycle Tour

AUGUST 14-16, 2004

Snoqualmie Cle Elum Leavenworth Skykomish

Spectacular and Unique
Route
172 Miles of Gentle Cycling
at Your Own Pace
3 Days, 55-60 Miles/Day
Hassle-free Bicycle Touring

Famous Rotary Rider
Service Centers
Great Summit Lunches
Huge Meals
Camping Provided—Hotels
Available

Guaranteed Hot Showers
Gear Transported
Top-notch Mechanics
First Aid Support
Fabulous Entertainment
Bavarian Hospitality

Don't be left out!

For more information, call

1-800-39CYCLE

or, visit our web site

www.courageclassic.com



Presented by

Benefiting