

# BICYCLEPAPER

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Photo courtesy of SKIFORALL

SKIFORALL participant Matt Vaught of Spokane uses a hand crank three-wheel cycle.

## Nothing to Stop You

The ever expanding world of cycling can open many doors

By JESSICA GILROY

The breeze on your chest, the sun on your face and the sound of whizzing as air rushes past your ears — the joys of cycling. Everyone and anyone can enjoy cycling, especially now! Adaptive cycling, paracycling, handcycling and tandem cycling are all names that can refer to cycling for those who have disabilities in some way, shape or form. Thanks to new technology, modified cycles and specialized organizations, adaptive cycling is becoming a widely respected and practiced sport.

Whether you or someone you know has multiple sclerosis, limited mobility, has had a limb amputated, or is blind, paralyzed or balanced impaired, there is no reason not to participate in one of the most enjoyable sports around. Adaptive cycling allows people who are physically challenged to continue, or start participating in this age-old activity.

### What are my choices?

Available options can be separated into three basic categories: handcycles, tandems and multi-wheeled cycles. Those who have limited leg mobility, are amputees, or have cerebral palsy often take up handcycling. Bicycles are modified to look much like wheelchairs with a third wheel in the front, which has a hand crankset linked to it. While most people are familiar with tandem cycling as a fun activity for couples and families, it is also popular with those who have either lost their eyesight, or were born with

limited vision, as it can enable them to safely ride a bike. The visually challenged rider sits in the back (stoker) position, while a trusted friend serves as the pilot. For children and adults with cerebral palsy or other balance-impairing disabilities, three- and four-wheeled cycles provide increased stability, while still allowing them to pedal with their legs. Much like a bike with training wheels, these are adapted to have either one or two extra wheels, enabling a sturdy, unwavering ride.

Today, there is absolutely no reason why everyone can't enjoy the benefits of cycling.

And benefits there are. Dr. Jonathan Knight, an orthopedic surgeon with Group Health in Seattle, encourages his patients to ride, helping to reintroduce many patients to physical activity after surgeries. He believes that cycling is a Godsend for people as it is a wonderful form of exercise, and can be done at varying levels. "It is very helpful for people with arthritis or injuries," he says. Stationary bikes are where Knight starts his patients off, as he explains "in terms of therapy, cycling helps with establishing a range of motion." He encourages all his patients, including those who have had complete knee and hip replacements to ride at last 30 minutes at 65% of their maximum capability, so that they can get endorphins working for them.

Endorphins are a great energy boost that comes from exercising for at least 30 minutes at a time. The

See "Adaptive" on page 7

▶ Health

## Those Darn Muscle Cramps

ERIK MOEN PT, CSCS

Leg muscle cramps can really foil a sprint to the city limit sign. Muscle cramping is a common early season occurrence. Often times it is painful, downright inconvenient and can serve as a source of embarrassment (wringing on the ground, uttering vulgarities). The occurrence and frequency of muscle cramping can be affected by attention to a few training details.

### What are muscle cramps?

Muscle cramps are classified as a forceful and involuntary muscle contraction that leaves you with a hard, non-functional muscle. Muscle cramps can range from innocuous twitches or twitches to very painful events that renders you useless. Muscles that cross two joints, such as the quadriceps, gastrocnemius (calf) and hamstrings are the most common recipients of a cramping event. The duration of a cramp may last from a second or two, to a few minutes.

### Why do they happen?

Muscle cramping is usually a

See "Health" on page 5

function of poor training decisions.

Risk factors for muscle cramping include dehydration, electrolyte imbalance, poor flexibility, overstrain of a muscle, and overexertion beyond your level of training. Cramps are most common towards the end of an intense or prolonged exercise session and later into the evening (after a period of rest). Exercising in the heat speeds the process of dehydration and electrolyte (i.e., potassium, magnesium and calcium) depletion. This is not a common worry for the typical northwest bicyclist in the middle of April and May. A more common cause of cramping for the northwest bicyclist will be poor physical conditioning relative to a desired workout, ride or race. When your body is poorly conditioned you are more likely to experience muscle fatigue, which can alter spinal neural reflex activity. Overexertion depletes a muscle's oxygen supply, leading to build up of waste product and spasm. When a cramp begins, the spinal cord

▶ Feature

## Traveling Music

By JOE KURMASKIE

AKA THE METAL COWBOY

Funny how some paths lend themselves to certain mental play lists; country roads meander from John Denver to The Dixie Chicks, quaint penny lanes coast from The Beatles to Van Morrison, desert vistas spread The Gypsy King's twelve string mantras across a feverish wavering horizon, while coastal drives swerve from the thump thump of The Ramones to the purr of The Beach Boys. For urban thoroughfares the road is paved with the fierce posturing of Public Enemies and Eminems. And Hendrix will always be the "go-to" guy when the pavement ends.

So many roads rolling into the distance until the words of favorite artists falter and all that's left is too many melodies melding together inside the brainpan. Old tunes, new jingles, riffs, hooks, top forty bubble-gum and lowbrow sitcom openers, at some point it all loops, careens, skips and sprawls into a jumbling

cacophony that not even Excedrin PM could ease and untangle. Worse yet, one popcorn kernel of music often lodges in the dental work of white line boredom, that single errant lyric forms a vapor lock around the cranium until not even the Zen meditations of headlamp cooking and assembling a tent in the campground darkness will foster some release.

Pedaling out the door on my first bike tour for distance, I did so with the piousness and purity of a monk in search of nirvana. There would be no headphones for this humble druid. I would tell anyone who'd listen that I was systemically washing myself clean of our commercial society. Left back on the nightstand were all those cassettes, mixed tapes so painstakingly blended together to capture a mood, the layers of sound, chord changes and song title themes, all that variety and subtle connections known only to me, staccatos and

See "Metal Cowboy" on page 5

## Obituary

Larry Kemp, 51, was tragically killed on the morning of March 16 while riding his bike on the island of Mallorca in Spain, where he was on a bike vacation with friends and Byrne Specialty Gases teammates.

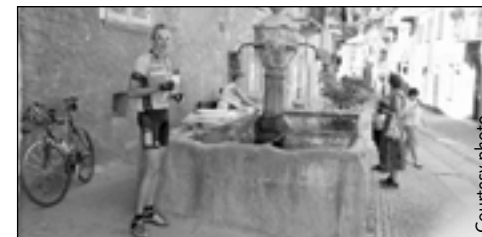
Mr. Kemp was struck from behind on a nar-

row road by a car coming around a blind corner and traveling at high speeds. He was the last rider of a small group riding single file. No one else was injured.

Mr. Kemp was thrown from his bike and knocked unconscious instantly, dying shortly thereafter from internal injuries. Even with the efforts of trained paramedics that were on the ride and the fast ambulance response, Larry's

injuries were too severe and it was impossible to save his life.

A memorial service was held in Mallorca on Friday, March 19, while over 300 cyclists wearing black armbands rode around the south end of Lake Washington to honor his memory on Sunday, March 21. The cycling community will miss him. Keep his family and loved ones in your prayers.



Kemp on a recent cycling vacation

## 2004 Alice B. Toeclips Awards

For the past nine years, the Bicycle Transportation Alliance (BTA) in Portland, OR has hosted the Alice B. Toeclips awards, honoring the organizations, businesses and individuals who make an extra effort to support cycling use and education throughout their communities in Oregon and southwest Washington.

A sell-out crowd gathered on Saturday, March 6 to drink wine, snack on hors d'oeuvres, share dinner, bid at Alice's silent auction and top the night off with a roaring live auction and celebration of this year's Toeclips winners.

With the list of nominees totaling 36, judges had their hands full making the decision to narrow the field down to the six recipients. U.S. Congressman and bike proponent Earl Blumenauer stood in as guest host and announced the Bud Clark Award for lifetime achievement

and the coveted Alice B. Toeclips Awards for outstanding bike advocacy.

This year's Bud Clark Award went to enthusiastic bike-commuter Karen Frost.

The Alice B. Toeclips Awards went to:

- The 40-Mile Loop Land Trust, Portland metro area
- Lenny Anderson, Portland
- Anissa and Angel Cobb, Portland
- Gerding/Edlen Development Company LLC, Portland
- Muffy Roy, Bend

All proceeds from the auction go to the BTA's advocacy and education efforts. In 2003 the auction, made up of various types of entertainment, spa treatments, artwork and trips, brought in \$10,000. Total figures for this year's event have not yet been released, but the hope is to double that amount.

## Open House at Sand Point

Cascade Bicycle Club, along with Marymoor Velodrome Association and the Backcountry Bicycle Trails Club, is inviting the cycling community to attend an open house on Thursday, April 13 from 6:30 to 9:30 p.m. The three organizations are now housed together in Seattle at

7400 Sand Point Way NE, building 138, in what they call the Northwest Center for Cycling. For more information about the event visit [www.cascade.com](http://www.cascade.com).



## Sammamish Trail: Both Ends Open

By JESSICA GILROY

Celebration for the opening of part of the East Lake Sammamish Trail is in order, and none too soon. In 1998 King County, Cascade Land Conservancy and the Friends of the East Lake Sammamish Trail combined efforts to purchase 10.6 miles of space along the old Burlington Northern Rail Corridor. For 27 years before the \$2.8 million check was written, hopes of turning the rail-banked land into a recreational trail was on the minds of King County leaders. In 2001 King County received permission from the City of Sammamish to build the interim trail along the track bed.

On October 14, 2003 the ground was broken as plans were set in place to restore the trail, creating an interim path for pedestrians, cyclists and other recreational users. Then, on March 4 of this year, King County Executive Ron Sims along with members of the council, Mayor Ava Frisinger of Issaquah and the Mayor of Redmond, Rosemarie Ives, joined together to clip the symbolic yellow ribbon, opening the two end sections for use.

The two sections of the East Lake Sammamish Trail currently open are in Issaquah and in Redmond. These two ends are interim parts of the proposed 11-mile trail that is planned to continue through Sammamish.

In Issaquah the trail runs from Gilman Bou-

levard to 212th Avenue SE. The trail can also be accessed from 56th Street, SE 51st Street, the foot of SE 43rd, 206th SE and at the State Park, with parking available at the King County District Court and at the Sammamish State Park main parking lot.

Stretching from 18th Avenue NE to NE 70th Street in Redmond, the trail provides a gateway to Marymoor Park at NE 70th Street and NE 65th Street—where parking is available.

The trail is made of crushed rock, suitable for walkers, joggers and cyclists, although it is not good for road bikes or roller blades. So far, so good. Dedication for the two completed areas of the trail went well, as Barbara Culp, Director of the Bicycle Alliance of Washington says, "We participated in the opening dedication ceremonies and those two pieces are beautiful."

However, Culp and others admit, "We still have to work on the middle" to finish the remaining six or so miles through Sammamish. City permits in Sammamish still need to be completed. Once they have been signed, construction for this missing link will commence, completing the entire trail and bringing the 1971 dream to reality. But, you don't have to wait to set foot or tire on the trail. Head to either Issaquah or Redmond and see the beauty for yourself.

come along for the ride... subscribe!

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## BBTC Helping Tiger Mountain

By JUSTIN VANDER POL

Backcountry Bicycle Trails Club (BBTC) is a volunteer-powered, nonprofit organization dedicated to preserving and enhancing mountain biking and the trails that we enjoy. The club focuses on education, advocacy and recreation, in addition to believing in a philosophy and practice of building common ground and fostering a club culture that "gives back."

In line with that philosophy, BBTC has been working hard to maintain and improve the mountain bike trails at Tiger Mountain, so that sometime in the not-so-distant future they can remain open for bicycle use year round.

This year the trails were hit hard by winter storms. Word on the street was that one could not walk into the NW Timber trail more than a few feet without coming to a complete halt due to the downed trees. So it appears that the club's efforts to improve the trails have been hampered, and extra work is needed to get them opened up this spring.

BBTC members Brian Jones, his new pooch, and Mark Klinke met in early March for a top-to-bottom walk-through of the Preston RR Trail. It was threatening to snow - but then that is what 4WD is for. They counted 32 downed trees, including 13 at the first switchback alone; some were huge and had binds on them.

Further pursuing the assessment task, Mark then headed out to the NW Timber trail to see if the rumors were true — and yes they were. As he walked in 50 yards, he could not find the

trail even though he'd swear it should go this way, then that way. What blight: 60 downed trees in all from start to finish, with the worst section being that first mile of trail where he counted about 40 downed trees.

Many had super complex binds and diameters pushing three feet. Also, three sections of trail had been decimated due to root ball upheaval in the middle of the trail. It seems that the recent logging there from the last year has allowed the wind to do more damage, with fewer trees to slow it down than in the past. The high bridge has a monstrous leaner against it and is currently impassable.

The Iverson trail was next on Mark's agenda. It wasn't bad initially, but right below the re-route section (new bridge), all heck apparently broke loose. Remember that game you played with the sticks as a kid (Mikado?) where you would hold them together and let them fall only to have to remove them from the heap uninterrupted? Well, the downhill side from the new bridge looked like that. One tree after another piled on top of the other. Sort of a Rubik's cube for loggers. Let's see Hans Rey clean that section! There are about 30 downed trees on the Iverson.

During the second week of March, the resource managers from the Department of Natural Resources (DNR) did a massive clearing of the trails. They removed a good number of the downed trees that BBTC was expecting to have to clear this spring. There are still trees



BBTC member John Loomis working hard to clear trees from a trail.

down on the trails, but the workload will focus more on repairing the damaged trail tread, and continuing the efforts that will allow Tiger to open year round.

You can help BBTC with Tiger Mountain by volunteering for a work party, or by joining our club. For more information visit <http://bbtc.org> or call our offices at 206-524-2900.

*Justin Vander Pol is the Executive Director of Backcountry Bicycle Trails Club. He can be reached at 206-524-2900.*

## King County and Group Health Partner to Benefit Cyclists

Washington state's only bicycle velodrome will soon be called the Group Health Velodrome in the biggest, multi-year naming rights agreement to benefit King County Parks. This is the first agreement for the Partnership for



Parks Initiative, designed to generate new revenue to help fund the county's regional parks system. The agreement calls for a three-year contract with the option to extend to five years.

Recently, Group Health Cooperative has begun focusing resources on cycling in the region. "Exercise is key to creating healthier lifestyles—something that Group Health embodies," explains Hugh Straley, MD, medical director of Group Health. In addition to this partnership with King County, the Cooperative "will be active in cycling events all over the state, from Seattle to Spokane," says Straley. This year, Group Health has dedicated most of its community relations efforts and dollars to cycling — a sport that involves one out of three residents throughout Washington State.

Group Health is also the title sponsor of two major Northwest events: the Seattle International Bike Expo, which was presented in early March and the Seattle to Portland Bicycle Classic, scheduled for July 17-18.

"Group Health's work to encourage healthy living in this area fits perfectly with our mission to provide places for people to enjoy recreation," says King County Executive Ron Sims. "With Group Health's focus on cycling and the health benefits of recreation, the true benefi-

ciaries of the partnership will be the many bicyclists throughout the region."

The Partnership for Parks initiative was designed to secure valuable naming rights and sponsorship agreements with prominent area organizations as part of the county's effort to stabilize parks financially. A blueprint was created two years ago calling for entrepreneurial initiatives to generate new revenue, cut costs, establish new partnerships and provide a new focus on regional parks, pools and trails. Since implementation began, Parks has created successful new ventures, like the Marymoor Concert Series. The King County-Group Health partnership is the latest success of these efforts.

Under the partnership agreement, Group Health will have exclusive naming rights for the velodrome and title sponsorship of the popular Friday Night Race Series. The King County Bicycle Map will also be reprinted and widely circulated to area cyclists.

Founded in 1947, Group Health is a consumer-governed, nonprofit health care system that coordinates care and coverage. Based in Seattle, Group Health and Group Health Options, Inc., serve nearly 560,000 members in Washington and Idaho. Group



Velodrome riders just got a new allied in Group Health Corporation.

Health encompasses medical and specialty centers, hospitals (including a full-service community hospital), a nationally recognized research center, and a charitable foundation.

The Marymoor Velodrome Association is a 501(c)(3) non-profit, volunteer-based organization that manages educational programs and competitions at the velodrome in Redmond, WA. Riding and racing skills courses and programs teach bicycle handling and safety to hundreds of adults and kids every year. The organization promotes track and cyclo-cross competitions. For more details visit [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org).

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# Entry Fees: Where Does Your Money Go?



By Jen Doolittle  
Bicycle Paper  
Editorial Intern

Ok, so maybe you should have registered earlier for the event, but you're busy, right? So what if you're just a teensy bit late to register; it can't cost that much to let you climb up all those behemoth hills. I mean, you're doing all of the work, right?

SEVENTY DOLLARS? MORE? Well, at least you get a t-shirt.

Why do you pay so much to enter an event? Where does that money go? The truth is that event organization involves much more than distributing t-shirts, and while profit may be a goal, it is rarely the reality.

"We have never made a profit," says Angela Belsham, organizer of the 2003 Tour de White Rock and Tour de Delta. "The goal is to raise our profile within the community and build community spirit," she says of the two events that, combined with the Steamworks Tour de Gastown, make up the BC Superweek.

BC Superweek draws elite cyclists from across Canada, the US and Europe and thousands of excited fans to British Columbia communities; but this means a lot of work for Belsham and other race organizers. Fences, barricades, sound systems, stages, signs, cones and portable toilets must be purchased, rented and properly placed. Announcers and race officials must be paid, volunteers recruited, insurance purchased and print advertising produced and distributed.

And then there is the minor detail of closing roads to traffic, rerouting buses and obtaining police officers.

"There are huge expenses with shutting down the road," says Belsham.

Just how expensive are road closures? Jim Anderson, organizer of the Eugene Celebration Cycling Classic (ECCC), explains that roads are either rented by the square foot or extra police officers are hired to keep the road safely closed. The ECCC used three officers for a total of 21 hours bringing police security costs to over \$1,300. Another \$450 paid for three state certified flagmen to help mark the course and keep traffic out of the downtown area.

Prize money is another important expenditure, as large races draw big numbers with big dollars. The BC Superweek, for example, distributes a tantalizing \$30,000 Canadian among the top finishers of the three events.

Hosting cities fund BC Superweek, along with community sponsorship, donations and, you guessed it, entry fees. Most races, however,

are not paid for with city dollars and it is then that entry fees, and those pesky late fees, are most important.

Anderson patiently explains that late fees are necessary because organizers must estimate the number of late-registering riders and reserve additional equipment based on that estimate. The guessing is difficult and costly. For example, 100 riders registered the day of the 2002 ECCC, but only 11 riders registered late for the 2003 event.

"That hurt our budget a little bit," sighs Anderson as he recalls ordering extra bathrooms, water and supplies in anticipation of larger numbers.

The race did not make a profit that year. The entry fee for the 2003 ECCC was \$65 for an



Photo courtesy Vine Ride

The hidden cost of producing an event, it all starts with pins and numbers provided at registration.

individual rider and \$55 per rider if registering with a team. The cost was \$75 for those registering the day of the race. 181 riders participated in the event, but 230 riders were needed to break even.

However, the point of the race is not to profit. "It is to promote awareness of cycling in Eugene," says Anderson, "and to sell Lane County as a place to come down and ride."

Downtown Events Management Inc. (DEMI), a non-profit organization in Eugene, provides a \$16,000 budget to organize the entire event, which includes a road race, time trial, criterium and a non-competitive bike event for kids.

The money disappears quickly when one considers the numerous costs of a race. The ECCC required six race officials at \$40 per day. Food, gas and hotel stay for officials are covered from the race budget as well.

Insurance costs are \$1.40 per rider each day through Oregon Bicycle Racing Association (OBRA). In addition OBRA requires a \$1 surcharge per rider for use of an equipment truck. The dollar goes directly back into equipment funding for the truck, which is outfitted with PA systems, speakers, cones, safety vests, radios, flashers and a video camera.

ECCC prizes included \$2,600 in cash and \$150 in ribbons and flowers. Advertising, web sites, flyers, t-shirts for volunteers, race signage and fees for race organizers round out some of the other costs.

Not all races involve massive road closures or weekend long commitments. Anderson also organizes the Monday Night Masters and Women race series at Portland International

Raceway, an event that costs only \$12 a race. A \$15 OBRA annual membership fee or a \$5 day pass is also required, but "almost every cent goes back into making bicycle racing better for Oregon," explains Anderson. "You can't join many groups for 15 bucks."

The return of profit to the sport of cycling is a theme that echoes from race organizers. Mike Ripley, organizer of Oregon's Deschutes

Brewery Dusklinger, is no different.

"I reinvest most of the money in new equipment and/or stuff to put on other events," he explains. After making a course and organizing a race he makes between minimum wage and \$10 an hour.

"After putting on the Mudslinger," he says, "I have \$750 left after the race, which I used to promote the Dusklinger."

The events that wheel in larger profits are rides that benefit an organization or cause. Because the earnings are usually donated to high-profile charity groups or foundations within the community, sponsorship is easier to find and maintain.

Karl White, organizer of the Vine Ride in Oregon, explains that he finds willing sponsors because the ride is a benefit for Northwest Medical Teams. The non-profit humanitarian

aid organization is well known throughout the world and, says White, "It's right here in the Northwest."

Sponsors are eager to contribute to a good cause while uniting their name with a well-respected Northwest-based organization.

But, warns White, finding sponsorship isn't exactly a ride in the park.

"We're working on it right now for next year," he says, not two months after the last rider crossed the 2003 Vine Ride finish line. "It's a lot of work; people don't realize how much work it is."

The cost of hosting the 2003 Vine Ride was about \$15,000 with sponsors contributing about half that. After 600 riders paid \$42 to cruise around the beautiful vineyards and wineries of Oregon's Willamette Valley, White and other organizers were able to donate \$10,000 to Northwest Medical Teams.

The goal of the Vine Ride is to raise money for a good cause while providing cyclists with a late season Century ride. But it is not just any Century ride.

Because all of the organizers have participated in almost every Northwest cycling event, they understand the expectations of a rider who paid \$42 to spend a quality day with their bike

"We figure out how many restrooms we need and double it," says White.

Whether riding the entire 100 miles or choosing one of the well marked shorter loops, Vine Ride participants need never worry about running out of food, water or ride support. They can also count on a full-course catered meal at the finish line and a drawing for a \$2,000 bike provided by Lakeside Bicycles.

White is proud of the fact that cyclists leave the Vine Ride impressed with their experience. "That," he says, "is the payoff."

Events are organized because somebody loves the sport of cycling enough to dedicate a lot of time to providing a safe and enjoyable experience for others who love the sport. The vast majority of the organizers do not work for profit, but for the promotion of cycling, for the benefit of communities and for the future of the sport.

So where does your entry fee go? It is in the finish line that spreads across the closed street of the next race, the food and rest stops in a tour. It is in the safety pins that hold your race number to your shirt or the vehicle that rescues you when in difficulty. It is in the prize money of the next big winner and in the finish line souvenirs handed to you at the end of the event. It is in the smiles of those young spectators who will soon cross finish lines of their own.

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By Erik Moen  
PT, CSCS

stimulates the muscle to keep contracting.

Athletes are more likely to get cramps in the preseason when the body is not conditioned and therefore more subject to fatigue.

Muscle cramping that occurs later in the evening may be set off by a small movement that shortens a muscle. Irregular stimulants of muscle cramping that are not related to overexertion or heat are inadequate blood supply, nerve compression and excessive use of diuretics. Inadequate blood supply can be a function of the narrowing of the arteries that deliver blood to your legs. A common degenerative narrowing process is arteriosclerosis. Arteriosclerosis can produce cramps in your legs and feet while you're exercising. These cramps will typically go away within a few minutes after you stop. Compression of nerves in your spine can produce

pain and cramping in your legs. The symptoms are usually worse with exertion and/or positional changes. They may also have concurrent sensory changes. The excessive use of diuretics, such as some medications (usually for high blood pressure), caffeine and alcohol will cause a loss of potassium. Potassium is necessary for proper nerve function and muscle contraction.

**What can you do about cramps?**

Overexertion cramps usually go away on their own but there are a few things that may be done to better manage their occurrence and resulting discomfort. Attention to the proper planning of training to better mirror your estimated participation level, proper nutrition/hydration, and recovery efforts will lessen the chance for muscle cramping.

**Acute care**

- Stop doing whatever activity triggered the cramp
- Gently stretch and massage the cramping muscle, holding it in stretched position until the cramp stops.
- Apply heat to tense/tight muscles, or cold to sore/tender muscles.

**Long term planning**

- Improve fitness to better match level of play
- Assess your flexibility and make appropriate adjustments
- Always warm up before an activity (stretching and simulated activity)
- Hydrate appropriately
- Make a nutrition plan to meet your activity requirements
- Drink water at regular intervals, before you get thirsty
- Drink a sports beverage if you are working

- in heat or sweating for more than an hour
  - Avoid excessive dehydrators, such as caffeine, alcohol, sodas, etc
  - Always cool down after a hard activity
  - Proper fit of the bicycle will minimize overexertion of a muscle group
  - Utilize massage for better recovery
- The occurrence of muscle cramping can tell you a lot about your current state of training. Cramps are more avoidable as long as you understand them. Understanding the origins of muscle cramps and their avoidance will make you a better athlete and make your participation more comfortable. Avoidance of cramping will mean that you have good habits of hydration/nutrition, flexibility training, proper training progression and attention to recovery.

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

O P I N I O N

► "Metal Cowboy" from page 1

crescendos and the sweet, potent guitar licks that would turn even the most tone deaf's marrow. True or not, I believed my music collection to be the equivalent of a tasty Cajun gumbo and it took Herculean strength to abandon the spiciest samples.

If nothing else a long bike ride forces all but the most lost souls to pedal up against harsh truths in their personal lives - face down demons and wrestle them into something more manageable. The first hundred miles of Maine's coast I hardly noticed the loss of music. At the 200 mile mark I was chirping out tunes, an American Bandstand broadcast for one. Imagine a big, gangly white boy singing loud, proud and off key on a New England workday. Scandalous. Note to self: Caucasians should not attempt Bob Marley tunes in public. I managed to avoid arrest thanks in part to the fact that Stephen King's stories set the bar for acceptably strange behavior in that part of the world. By the time Bangor was on the horizon though I was a wreck. My master plan called for me to give up TV, combustible engine transportation, work in all but those professions that healed the body, mind and earth. And the ugly truth was that I'd lost a fair amount of interest in myself at that point. Without music to fill in those awkward, expanding silences I felt in my own company, things were about to get messy.

A blind man could see that these headphones were the size of a small Russian satellite, with so much padding around the ears as to make them easily confused with winter muffs, something Anastasia might have sported, but I didn't care.

They worked; I could hear the Neville Brothers falsetto calling out of the right speaker and Linda Ronshadt answering from the left. The thriftstore was having a red tag sale so I pounced on that 1970s technology like it was protein drifting by the life raft. As it turned out, my speed and agility were not necessary; they had been sitting in their bin for months.

But I had other things to worry about. Like fashioning the phones to fit safely under my helmet. Surgery was touch and go, a bit of nip and tuck, but in the steady hands of the aging and portly brothers John and Stan I was awash with confidence. Things came together on a wood (operating) table in the local hardware store's backroom. Stan severed the plastic loop in two places while John's expertise was extensions, soldering and hot glue work. My thrift store phones were now an intimate part of the helmet while in no way interfering with its safety device duties. We waited on the porch as the Frankenstein-like helmaphones set up in the recovery room (bathroom with the heater on full blast to speed up the healing process).

I rode off looking similar to that little Martian who floated around Fred Flintstone in some of the later episodes, a helmet with an antenna sticking out the top. Ridiculous? Clearly, but I was no longer musically deprived. By New Hampshire it was clear that the helmaphone had its limitations. The new setup was keeping me from engaging

people as much and sometimes all I could tune in were country stations. Worst of all, those muffs-disguised-as-speakers created a hermetically sealed environment. Perfect for stereo entertainment, and talk about earlobe warmth, but it put me at a disadvantage if I wanted to hear anything in the real world. Turning off the music only managed to capture a state of absolute tranquility. The sort sought after by holy men and earnest yuppies retreating to motivational seminars, which featured a turn in the sensory deprivation tank. Even at my college prime, I did not fancy myself such an uber-athlete that I could handicap any of my senses at speeds reaching 50 miles per hour on wicked descents through the White Mountains.

It was time for a bit of roadside surgery. The speaker muffs now bent out in strange angles, reminding me of a dog's ears twist and fly when stuck out the window of a fast moving car. John and Stan would not have been pleased.

I misplaced the helmaphone for good on a ferry between Connecticut and Long Island. Pacing the dock as I waited for the boat to return, I had mixed feelings about the recovery mission. My need for music was not going to wane, but the helmaphone had offered an object lesson in less is more. My brother swore he'd sent my Walkman and mixed tapes to a general post in Virginia. If I could hold out until then, use this imposed stretch of silence to make peace with being

Literary Rides With



The Metal Cowboy

in my own accompany - if I could find temperance, return to the prime directive of attempting a life less ordinary, then maybe this bike touring insanity might amount to something. The crowds poured off the ferry but I didn't bother fighting my way through. Standing on the platform as the ferry blew it's horn and backed into the channel, I felt a calming closure settle over until my thoughts fell upon one little detail...

Did they even sell bike helmets in the Hamptons?

*Joe Kurmaskie is the author of the Random House bestseller "Metal Cowboy: Tales From The Road Less Pedaled" and "Riding Outside The Lines; International Incidents And Other Misadventures With the Metal Cowboy". For more info: www.metalcowboy.com*

N E W S

**Lynnwood's Atoc Adds Draftmaster Racks**

In early March, Atoc's president, Charlie Buchalter, announced the addition of the Draftmaster line of receiver hitch mount bicycle racks to their product list.

Atoc, Inc., an independent specialty manufacturer located in Lynnwood, WA, has been a force in the specialty bike rooftop racks market since 1994 and is widely considered to be the top

manufacturer of specialty carriers for cars. Atoc's primary products are the "Tandem Topper" pivoting rooftop carriers for tandems and LWB recumbents, and the non-pivoting "Bike Topper" for all sizes of bicycles.

The Draftmaster line of receiver hitch mounted racks is an exciting addition to Atoc's family of Topper Racks. The combina-

tion of Draftmaster and Topper Racks enables Atoc to fully serve the bicycle transportation market.

Atoc's Draftmaster and Topper Racks are available through your local bike shops. To locate a dealer, or for more information, call 800-ATOC-021 or visit their web site at www.atoc.com.



Atoc recently added Draftmaster to its line up.

Photos by Bicycle Paper (left) and ATOC (right)

## 2004 Expo a great Success

By ERNIE GRILLO

DIRECTOR, CASCADE BICYCLE CLUB

A record 145 exhibitors brought their wares to the Group Health Seattle International Bicycle Expo and to their delight, 9000 visitors kept all 145 of them busy for 3 days selling and demonstrating their products. Rides, tours, clothes and the newest products were all on display. You could get a free massage, first-aid kit, maps, cookies, socks, apples, carabineers, water bottles, t-shirts and perhaps the most valuable free item, advice. Phil's South Side Cyclery booth won the People's Choice Award, Hampsten Cycles the Class Act award and The Bicycle Alliance received Best of Show award, all three presented by Bicycle Paper.

On hand to complement the record number of exhibitors was one of Expo's best ever line-up of featured speakers. Aah, Willie Weir, you are a joy to listen to. His presentation was "The Bad Road: Traveling Turkey," but he really talked about life and how to live it. He had us laughing one minute and shedding a tear the next. His emotional one-hour program had more ups and downs than you'd encounter on Chilly Hilly, and at the end you just felt great. Erden Eruc brought us along with him as he bicycled to Denali, climbed Mt. McKinley and cycled back. We anxiously await hearing about his next totally human-powered effort, South America's Aconcagua. Brett Wolfe's photos and tales of the TransRockies challenge through British Columbia and Alberta reminded us that some of the most beautiful scenery in the world is in our own back yard, and that we have no excuse for not getting out and experiencing it. Our "Popular Culture" panel was a hit, and no wonder. It included author and columnist Maynard Hershey, Grammy nominated guitarist and composer Dave Derderer, professional racer Andy Hampsten, and award-winning syndicated "Frazz" cartoonist Jef Mallett. They were as entertaining, educational funny, insightful, helpful and regular a bunch of guys as you'll ever meet. And man, am I ever glad I got the chance to listen and talk with them. They are proof that you can be a kind, warm, wonderful human being and still reach the top of your profession.

Attending Expo was a stroke of luck for at least two people.

Don Wahlquist won a K2 mountain bike, compliments of Alki Bike and Board, and grand prize-winner Mike Leaman is going on a Tour of Tuscany, Italy, courtesy of Stark Tours. Meanwhile, Alan Larsen from Cle Elum, WA — the defending Race Across America Champion — and Suz Weldon from Brier, WA — the 2003 USCF National TT Champion in her age class — established the fastest time in the 10 km indoor time trial competition sponsored by CompuTrainer.

Our thanks to all our sponsors who do so much to help with Expo: Group Health Cooperative, Newsradio 710 KIRO, Clif Bar, Verity Credit Union, Sports Rack Vehicle Outfitters, Stark Tours and Bicycle Paper.

The 2005 show is moving to Sand Point Magnuson Park, Hanger 27, next to Cascade's offices. Activities such as a Saturday night exhibitor/visitor party, organized bike rides, indoor and outdoor test ride areas, cyclo-cross events, free CPR/First Aid and bike education classes, and a community blood drive are on the proposed schedule. If you would like to help with the planning and presentation of Bike Expo, e-mail [cbcxpo@cascade.org](mailto:cbcxpo@cascade.org) with your thoughts and comments.



A hit at Expo - riders taking on the CompuTrainer 10 km challenge.

## Bicycle Paper Award Winners



Photo by Bicycle Paper



Photo by Bicycle Paper



Photo by Bicycle Paper

1. Hampsten Cycles (top) 2. Phil's South Side 3. Bicycle Alliance of Washington.

## Off-Road in BC, 2004 Edition

By ALLISON MARKIN

Last year, the 2003 off-road race season in British Columbia was hot — too hot, in some cases, as forest fires threatened races and venues. This year, however, the race season is back with a vengeance, offering a variety of events for just about any rider.

This is the second season with BMX racing under the wing of Cycling British Columbia (CBC), the sport governing body that sanctions races in the province. Last year, several riders went to the Canadian Championships, including Ridge-Meadows rider Paige Zarazun, who won the National title. This year, the sport has already hosted an indoor event in Abbotsford in February: BC Cup numbers one and two. Coming up on June 5 and 6, BC Cup numbers three and four take place in Ridge-Meadows (the local name for Maple Ridge - Pitt Meadows, about a half-hour outside of Vancouver), and include a chance to earn UCI (Union Cycliste International) Continental Points.

In addition, the second BMX Supercup series, which got underway in February, continues July 17 in Surrey and concludes September 19 in Maple Ridge and Surrey. Information on the BMX season can be found on Cycling BC's web site, as well as at [www.ridgemeadowsbmx.com](http://www.ridgemeadowsbmx.com). All of the Supercups are open to both pros and amateurs.

Returning to the CBC calendar this year is the Island Cup, a mountain bike series held at a number of venues on Vancouver Island. The first event in the series, a cross-country, will

be held in the picturesque provincial capital of Victoria on April 18, followed by Island Cup Parksville on May 1 and 2, with both a cross-country and a downhill. The Parksville race has been around for more than a decade, and more info can be found at [www.arrowsmithmtbclub.com](http://www.arrowsmithmtbclub.com). Nanaimo, Port Alice, Cowichan and Cumberland will also be presenting events as part of that series. See the calendar for more details.

New this year is the marathon series. If you are tired of racing multiple laps or shorter distances, this series is for you. With 60km and greater in length, and a point-to-point or single loop format, these events promise tons of single track and challenging course to fill your appetite for adventure. The action starts with the "On the Edge Rat Race" on May 1 and 2 on the Sunshine Coast, and is followed by Action Quest on May 22-24 and the Squamish Test of Metal on June 19. The series wraps up in July with the presentation of the Squamish Gear Jammer on July 24.

And speaking of Cups, once again the SISU BC Cup Off-Road series will feature great venues for daredevils looking for speed, and excellent cross-country races for the less daring. CBC's flagship off-road series begins May 8 with the Pipeline 4X. On May 22-24 the ever-popular Action Quest returns to Summerland in the sunny Okanagan cross-country, downhill and 4X. This is a long weekend up in Canada, so you may want to take advantage of the many festivals going on around the Okanagan,

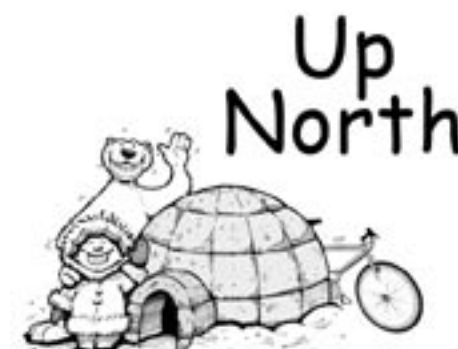
or hop on your bikes for a leisurely back-roads tour of some of the area's wineries. Visit [www.rideactionquest.com](http://www.rideactionquest.com) for more info on the race.

June 12 and 13 the series comes to the Lower Mainland with a cross-country and downhill event in Mission, located across from Sumas in Washington State, at the Bear Mountain Challenge ([www.bearmtchallenge.com](http://www.bearmtchallenge.com)). On June 26 and 27, The Mad Trapper, with cross-country, downhill and dual events, returns to Panorama Mountain Village ([www.panoramaresort.com](http://www.panoramaresort.com)), a year-round destination on the BC side of the Canadian Rockies. A SISU BC Cup will be held July 10 and 11, venue yet to be determined, followed by the Hemlock Mountain Bike Festival in the Fraser Valley east of Vancouver on July 31 and August 1 (visit [www.bearmtchallenge.com](http://www.bearmtchallenge.com) for info). The BC Cup finals at Mount Washington on Vancouver Island are scheduled for August 28 and 29: [www.mountwashington.ca](http://www.mountwashington.ca).

If you're looking for a great escape for Independence Day, head to Calgary, Alberta, for a World Cup event July 4 and 5. If that's too far or if you are chasing UCI points, stick around BC on August 14-15 for the Fernie Canada Cup or on August 21 and 22 for the Canada Cup Finals at Sun Peaks Resort near Kamloops, thankfully spared from the region's forest fires last summer.

Whistler will host CrankWorX, a downhill extravaganza on July 22-25, as well as the BC Provincial downhill championships, while the cross-country championships will be raced in Squamish, the day before at the Gear Jammer.

The off-road season is rounded out in September with the world famous 24 Hours of Adrenalin on Labour Day weekend, Septem-



ber 4 and 5 in Whistler, and the Cheakamus Challenge Fall Classic on September 25 ([www.cheakamuschallenge.ca](http://www.cheakamuschallenge.ca)).

Many favorite races are returning, but perhaps the prize for the best event name this year should go to Beyond the Valleycliff of the Dolls, pegged as an "epic mountain bike ride featuring five peaks, silly stunts and vertical granite slopes [with] no time limit but trials style judging." The judging gets underway in Valleycliff, a suburb of Squamish, on May 29. More info can be found at [www.cynicalsunshine.com](http://www.cynicalsunshine.com).

Whatever your discipline, be sure to check with race organizers prior to your trip to BC to make sure you have the right paperwork to ride. Cycling BC recognizes a number of international licenses, usually making registration at BC events a breeze. If you don't have a licence, you can purchase a one-day event permit on site.

For more information about racing in BC and for complete event calendars, visit [www.cycling.bc.ca](http://www.cycling.bc.ca).

► "Adaptive" from page 1



Photo courtesy of SKIFORALL

Ryland McGill and SKIFORALL volunteer Dennis Flynn pedal a JustTwo Bikes/JTB side-by-side tandem cycle. Independently geared (21 speeds). Both cyclists can pedal and brake, but only one can steer.

increase in these endorphins not only help a person feel good, but they also minimize pain, leaving you with "less pain overall, if [you] are more active."

### How do I get started?

The first step is to figure out which type of bike will be most suitable. Once the equipment has been decided on, the possibilities are endless. SKIFORALL, a non-profit organization, has been helping Puget Sound and Spokane area residents enjoy year-round athletic activities since 1979. They began by helping people overcome their physical impairments to ski and now offer hiking, mountain climbing, overnight camping, and all-sport day camps in addition to cycling, which has become one of their most popular options. Schools, companies and organizations can hire SKIFORALL to bring their growing fleet of over 50 adaptive cycles to events, and individuals can register for organized SKIFORALL rides.

#### SKIFORALL

Free adaptive cycling Demo Days:

- Saturday, April 10, 10:00 a.m. to 2:00 p.m. at Marymoor Park in Redmond
- Sunday, May 2, 9:30 a.m. to 2:30 p.m. at Seward Park in Seattle
- Saturday, June 12, 9:30 a.m. to 2:30 p.m. at Marymoor Park in Redmond

For \$25 or \$36, disabled riders and their families can enjoy a half-day or a full day on a bicycle perfectly suited to their physical capabilities. Executive director of SKIFORALL Ed Bronsdon and Program Director Randee Young advise newcomers to take advantage of Demo Days, periodic free demonstrations for the public of adaptive bicycles and sports equipment before

starting out. Young says, "Let us get a chance to meet you and figure out which activity or which sport is going to be appropriate."

Bronsdon recommends only registering for a half-day at first to get used to the machines and, for some, to physical activity. "Many times an individual struggling with a disability hasn't had time to learn to ride a bicycle. This is, for a lot of them, their first time on a bike, and it's really amazing to get to see these people experiencing that freedom [of riding a bicycle] for the first time."

Organizations like SKIFORALL are a great cornerstone for introducing newcomers to the appropriate bike. Although they do not sell the bikes in their fleet, they do provide links on their web site to a list of their bike suppliers, and often connect their customers with a manufacturer that can provide them with their own bike. Bronsdon says "We really want to see ourselves as a resource to get people [into] the adaptive cycling world."

One of those suppliers, Montana-based Lightfoot Cycles, offers a wide variety of special needs bikes. Not only do they have adapted tandems-both front to rear, and side to side-but they also have three and four wheels, hand crank bikes, asymmetric crank lengths, single-sided controls (for those who have mobility on only one side of their body), wheelchair-carrying tandems, and the adaptability of adding seatbelts or motorized options to any cycle.

Other resources tend to be more specialized than SKIFORALL, focusing on a specific type of adaptive cycling. Ultimate Vision, a non-profit organization founded by Clark Roberts, who has been blind since age 24, promotes cycling, along with other sports tailored to visually impaired athletes. Fifteen years ago, Roberts, who rides a donated, custom-built Rodriguez tandem, was introduced to the activity by a children's pastor, and he hasn't stopped since.

"I try to ride as much as possible," he notes. "I have ridden the Seattle to Portland Bicycle Classic (STP) six times. I have also ridden the Face of America tribute ride from Ground Zero to Washington, D.C. twice."

Handcyclists can enjoy the same options through groups like Adaptive Adventures in Colorado, which sponsored a handcycling camp for cyclists of all levels in May 2003. The 1st Annual High Altitude Hand Cycle Camp held in Breckenridge, CO was designed to help both newcomer and veteran racers improve their skills, learn bike maintenance, ensure proper cycle fit, and learn more about the equipment.

In addition to their recreational offerings, Adaptive Adventures hosts and participates in a variety of handcycling races throughout much of the cycling season. This year's lineup includes the National Adaptive Cycling Festival, held in Park City, UT June 2-5, and an Adaptive Cycling Tour of Colorado the last week in June to the first part of July.

**More than recreation?**

Beyond camps and recreational weekend rides, many cyclists choose to look for a more intense challenge. One such is Seattle resident Gerard Ah-Fook who lost the use of his lower body as an on-duty Naval officer when a boat backed into him, severely damaging his legs and his torso. Things changed dramatically in his life. "After the accident, I could no longer be in the Navy," he says. "I could no longer play volleyball, which was my passion. All of my goals have changed," he explains. "The only thing that didn't change is who I am inside."

However, Ah-Fook has such determination, drive and athletic ability that it only took a suggestion from the Recreational Therapists at the Seattle Veterans Association to get him stoked to ride STP in 2001. For the last three years, he can't seem to get enough. "I train maybe 3-4 times a week at least, at best 5-6 days." He has ridden STP, the Seattle Marathon and the Ironman NZ. He currently is getting involved with the Northwest Handcycle Club, whose focus is to help others enter the world of handcycling.

With similar sentiments, Victoria, B.C. resident Ryan Arbuckle trains in a variety of sports, including cycling. Originally introduced to racing when he was 15, Arbuckle explains, "My old physiotherapist, Janet Dunn,...contacted me about a possible training camp for the Canadian Paralympic National Cycling Team." That was all the encouragement Arbuckle needed. "I jumped at the chance," he says proudly. Now he races throughout the year, traveling all over the world. "I was an eager young man with a lot of ambition to just ride a bike, let alone travel while doing so."

This September, Arbuckle hopes to compete in the Paralympics, held in Athens, Greece, September 17-28. The culmination of many athletes' efforts, the games will feature road and track

competitions for "athletes with cerebral palsy, amputees or other physical disability, as well as blind athletes and [those] with vision impairment," according to the Athens 2004 web site. And, new this year is a handcycling category.

When asked what kind of support they would like from the general public and other cyclists, the answer was clear: more availability, sponsorship and encouragement. Arbuckle muses, "What I'd love to see from the public is to stop looking at physically challenged people differently and let us race with able-bodied people if we'd like to," while Ah-Fook insists, "Let me draft you. And don't be afraid to accommodate hand [cyclists] into your event, it's not that much bigger of a deal." While there are challenges to face, Arbuckle reminds, "Don't let us be treated any differently at a race or anywhere else just because we do not have the same movement capabilities; we've learned to live and adjust to our life styles and are perfectly happy the way we are!" So whether you're looking for a recreational or competitive sport, take a closer look at cycling-it has a lot to offer.

For more information on a group in your area contact:

#### Washington

- SKIFORALL: [www.skiforall.org](http://www.skiforall.org)
- Northwest Handcycle Club: [www.northwesthandcycleclub.org](http://www.northwesthandcycleclub.org)

#### Idaho

- Cooperative Wilderness Handicapped Outdoor Group: [www.isu.edu/departments/cwhog/](http://www.isu.edu/departments/cwhog/)

#### British Columbia

- BC Disability Sports: [www.disabilitysport.org](http://www.disabilitysport.org)
- BC Blind Sports: [www.bcblindsports.bc.ca](http://www.bcblindsports.bc.ca)
- Sport Ability: [www.cpsports.com](http://www.cpsports.com)

#### Oregon

- Oregon Disability Sports: [www.oregondisabilitysports.org](http://www.oregondisabilitysports.org)

#### Colorado

- Adaptive Adventures: [www.adaptiveadventures.org](http://www.adaptiveadventures.org)
- Hand Cycling: [www.handcycling.com](http://www.handcycling.com)



Photo courtesy of SKIFORALL

Various three-wheel cycles being used by SKIFORALL participants and volunteers during demo days last year. More than 1,500 children and adults benefit from the efforts of the 500 volunteers that support the non-profit organization each year.



Jim Brown (above) of Rad Racing NW and others like him are spearheading a drive to make the Northwest a hotbed of junior bicycle racing

## Steps to Success

### Building junior team takes time, effort, planning

By MATT KITE

Rad Racing's Jim Brown has seen junior racing programs come and go. The 36-year-old fire fighter from Olympia, WA, who has helped produce one of the best junior racing programs in the nation, knows what it takes to succeed in an endeavor ripe with pitfalls.

"It takes a total commitment," Brown says. "I see a lot of adult teams who try to do the junior thing on the side, and it doesn't seem to work out."

What does it take to get a junior cycling program off the ground? If you're thinking of launching your own, it pays to listen to Brown and those like him who've gone before. They've made all the mistakes. Learned all the painful lessons. Now you can benefit from their experiences — without having to relive them.

#### Establish an identity

Before doing anything else, the first priority should be to determine the precise goals for your program. Whether your primary focus is providing racing opportunities for talented juniors or simply offering a social and recreational network for youngsters, it's crucial to establish the program's *raison d'être* up front. From there, everything else will fall into place.

"Rad Racing was founded on a dream of Dale Knapp and Pat Bentson," explains Susan Torgerson, a 35-year-old software designer from Tacoma who does much of the organizational work for the Puget Sound Rad Racing NW. "After a few seasons of attending local races, we noticed that if juniors showed up to race — and few if any in the early 90s did — there were no categories for them to race.



Jerry Cutright leads the next generation of adults forming successful junior racing programs.

Without juniors involved in racing, it seemed that the sport could die. After discussing this, Dale and Pat decided, "What the heck — let's see if we can build a place where kids who like to ride can build camaraderie with other riders their age."

That was back in 1997. Since then, Rad has blossomed into one of the country's most promising junior programs. It has placed 11 riders on U.S. World Championship teams in cyclo-cross, mountain bike, track and road racing. Last summer, Rad racer Karen Amundson claimed three titles at the National Junior Road Championships.

Brown, Rad's promoter and road and

cyclo-cross coach, maintains that his program's success begins with its mission statement. As noted on Rad's web site, the program transcends biking and involves "life lessons" and teaching "life skills."

Often, a program can fill a particular niche. When Jerry Cutright volunteered to help organize YS3 (Youth Super Squadra) in 2000, the program focused on kids 12-and-under because Rad, at the time, was working largely with juniors 13-and-over (Rad has since expanded, and its 32-strong 2004 roster includes a 9-year-old).

"We saw a gap there and tried to fill a void," explains Cutright, a 40-year-old regional business manager for the Oberto Sausage Company and a former motocross racer. "At one time, Jim Brown and I discussed the possibility of my younger group merging with Rad's older group, but I decided it would be better to expand the ages we supported and try to compete with them and offer another choice for juniors. To this day, we really enjoy competing against Rad and I believe the increased number of juniors participating is a direct result of more than one program to choose from."

YS3 eventually broke away from its proxy senior team in the fall of 2002 and formed the

ASC (Action Sport Cycling) Junior Development Association so that its focus and identity remained junior oriented. By the following year, the program had several state titles to its credit. And one of its athletes, Tyler Given, competed on a national level, taking seventh at the junior track championship and 19th in the road time trial event.

"Our number one goal for our juniors is for them to enjoy what they are doing," says Cutright. "Without the fun factor, they will never stick with cycling."

#### Be realistic

Once you've established your organization's identity, it's important to be realistic about what comes next. Planning, though crucial, is the easy part.

Renee Duprel, the 37-year-old head track coach for Rad Racing and a silver medalist at the 1990 world track cycling championships, hammers the point home, saying, "Junior teams are high maintenance, but certainly worth the effort. Kids require time more than anything else. They need organized workouts, preferably with other kids. The social aspect is very important. Any team wanting to take on juniors needs to be prepared to dedicate plenty of hours on the bike with the kids."

Along with time and hard work, money, as always, is a factor.

"Cycling is expensive," Cutright explains, "and there are those who want to be involved but just cannot afford it. We have team bikes that we loan juniors for a season [for those who] do not have the means to buy their own. Our goal is to have a stockpile of bikes for juniors to race on that the team owns. We currently have a few but could use many more."

Cutright, though, has a few suggestions to help ameliorate the costs. "You can start a program by simply recruiting juniors who want to race and have their own equipment. Spend time setting up sponsors just like a senior team. Being connected to a shop can also help since they can send new recruits your way. One of the biggest hurdles you will run into is clothing. Clothing is not cheap, and if your [clothing] sponsor requires a 25-piece minimum, it can be tough. Some programs start under a senior team's club like we did, and then you run their jerseys and don't have to worry about minimums. The downside to this is you don't have much say-so when it comes to design or support."

"I think every team out there should be supporting a junior program of some kind. I believe there has to be someone within each organization willing and able to run it for the team" adds Cutright.

#### Get organized

Although a heady challenge, running a juniors program isn't nearly as intimidating once you get organized. Plan, delegate and organize your way to success. As Duprel points out, although Rad Racing began as a dream, it became a reality thanks to the organizational skills of Torgerson who helped found and still manages the team. Rad's humble beginnings — passing out business cards generated from a home computer — morphed into the current organization, which boasts four staff coaches and six volunteer assistants.

"We've learned different things from season to season," Torgerson explains. "The first two seasons we were living in the moment. We had little to no funding, few sponsors and even bought things on a credit card for the kids to

pay us back with. I don't recommend that! I don't know the magic dollar amount or sponsorship level, but before you start a team, plan a year in advance. Get together a core group of adults to help manage the team. We have an interesting mix of administrators for Rad Racing. It takes someone with a coaching specialty, organizational/business specialty and marketing specialty. And I don't know if this is a part of our success, but the people who are running Rad Racing don't have any kids on the team."

Torgerson adds, "Another thing to think about is choosing kids who are the right fit. Our petition process has really proven to be an effective way to let kids know that this is a commitment they make and we don't take it lightly. Find out their parental involvement. Do they support his or her riding? Are they willing to help out and maybe load up their car full of muddy mountain bikers after a race? It's next-to-impossible to support kids on this

team without some parental involvement. Cycling is not a cheap sport, and the races aren't usually in your neighborhood. So travel is very common."

While Rad Racing receives inquiries from all over the country, Brown says the program has made a point of staying local and "growing our own." The logic stems from a basic policy of "knowing your limitations" and not "getting too big too fast."

"Sponsors are critical to success," Brown adds. "For many of these kids, being a sponsored rider is like their first job. We teach them how to professionally represent the program and sponsors, always bringing credit to both. Hopefully, these things will give them skills that will help them be suc-

cessful members of society, not just fast bike racers."

Cutright, too, has had to build an organization from the ground up. He advises new programs to cultivate three things: time, sponsorship and funds. ASC currently boasts 23 riders, six management members, 20-plus support personal, and a main coach in Barry Roiblat.

"Having the time to run the program can be a challenge," Cutright claims, "but in the end, it's worth it. Choose sponsors that fit juniors and will be there long term. As for funds, we could always use more, and convincing others to support your efforts through funds is difficult. A lot of people think what you are doing is great, but getting them to open their pocketbooks can be a challenge."

He also maintains a link with a senior program. "I partner with the Spoke & Sprocket Senior Cycling Team," he says. "They offer support and mentoring for the juniors. When a junior reaches the stage where they can race senior categories, they ride with them. This provides the juniors experienced

racers to learn from. Something I wish all successful cyclists would do is to take a junior racer under their wing and mentor them."

Cutright tries to keep the rules of the team simple. "We take any junior who applies and has parental support," he says. His Kent-based program includes riders from all over Puget Sound, including Tacoma, Mount Vernon and Woodinville. "We have no limitations to the number of individuals on our team. The only requirements I have are to have fun, to participate, to help when asked and to represent the team and sponsors in a positive manner."

### Learn from your mistakes

Once you've got goals and a plan to take you there, be prepared for one thing: making mistakes. No matter how organized or well funded your program, you will make mistakes along the way. So long as you take them in stride — and learn a valuable lesson from each one — none are fatal.

Cutright doesn't mind sharing a few tips of the road, so to speak. "Watch your funds," he advises, "and get your clothing money in advance, if possible. Avoid over pressuring. Avoid over committing. Avoid having too little fun."

His final tip; don't waste your time and effort on those unable to return it. "When we first started," Cutright explains, "we took on a couple kids whose parents would not provide support. We ended up baby-sitting, and it was exhausting work. We now require full parental support and commitment before any young person can sign on."

### Relax and have fun

Once your organization is in place and you've set the proverbial wheels in motion, it's time to relax and enjoy the fruits of your hard work.

"Keep it fun," Cutright insists. "It doesn't matter what place a junior gets as long as they are having fun. The goal is to make cyclists for life! Get all the parents involved and create a good support network."

Cutright adds, "The kids make it a special program. They have so much fun racing and riding together. It's a blast to sit back and watch them form friendships and compete against each other. The parents make our team special too. Every one of them gives their own time to get their child to team events and then volunteer to help at races."

"I don't know if ASC has changed me, but rather brought to the surface what I already had inside. My passion has always been there. Now I do something that allows me to help share the passion of cycling that I have with the future of cycling. I get more gratification when one of my juniors accomplishes something that makes them happy. Their successes are my successes."

Rad Racing, too, relishes that success. "Not all the people who help run Rad Racing are elite-level cyclists," Torgerson says. "Many just enjoy the sport of cycling and love the fact that we can share this joy with kids."

Duprel explains, "The kids themselves are pushing us to higher levels as far as serving greater number of kids, but also at the levels they're now competing at. We're trying to make ourselves better coaches and leaders all the time because they need that from us. They're driving this. We're just riding on their coattails. But the ride is fantastic."

In the end, all the hard work and energy needed to create a thriving juniors program pays off in surprising ways. And nobody enjoys the payoff more than those responsible for the program. "There are days where you ask, 'Why am I doing this?'" Torgerson muses. "Then you look at the kids and the fun they are having just riding across the state in a rickety 15-passenger van. The hum of the conversation and laughing is all you hear. It fuels the soul."

## Race Notes

### Sugoi Dirt Series gets Dirtier

The Sugoi Dirt Series, British Columbia's premiere women's mountain bike technical skills program is expanding south of the border to Washington and Idaho and increasing the total number of camps to twelve this season.

"We have had so many requests from riders in the US, that doing camps there seemed like the natural next step," explains Dirt Series Director Candace Shadley. "The Series is also offering several feature camps, including co-ed and a special adventure racing themed camp in Sun Valley."

The Sugoi Dirt Series provides expert instruction in a supportive environment for riders of all abilities. Riders who are just starting out in the world of mountain biking will be able to lay a groundwork of sound technical fundamentals, while experienced bikers can add new skills and polish to their off-road arsenal.

The Series' elite coaching staff features multiple champions, including Canadian Downhill Champion Sylvie Allen, Japanese Downhill Champion Karey Watanabe, and Pro XC Racer and multi-time X-Games Gold Medalist Aleisha Cline. Guest instructors include former World Downhill Champion Cindy Devine and Adventure Racing superstar Rebecca Rusch.

"There's a world of difference between being told and being taught," says Paul Done, the Voice of Sugoi. "One of the unique things about the Dirt Series is that the instructor group really knows how to teach — they offer a uniquely personal, flexible and responsive approach to learning. That's why, of all the instructional camps out there, this is the one we choose to sponsor."

Throughout the camps, emphasis is placed on building confidence and community, so that the riders leave the weekend energized, ready to test their own skills and preach the gospel of mountain biking fun.

For Dirt Series information and registration, visit [www.dirtseries.com](http://www.dirtseries.com). For schedule and location, refer to the camp section of the Bicycle Paper calendar.

### Northwest Riders in the Spotlight

Waco, Texas was the site of the opening Norba race of the season, and it was good to many Northwest riders.

North Vancouver's Alison Sydor (Rocky-Business Objects) won the time trial and the short circuit event before finishing second (she did not contest the sprint) to Colorado's Alison Dunlap in the extremely technical and slippery cross-country event.

The cross-country event saw the Alisons quickly leave the rest of the field behind. The duo worked well together as Sydor sought to protect her overall lead while Dunlap was after the valuable UCI points necessary for her bid to the only U.S. women's spot available for this summer's Olympics. In the end, Sydor won the overall and Dunlap got her points.

On the men's side, Victoria's Geoff Kabush (Maxxis) finished in second place in the cross-country race to claim the overall title. Jeremiah Bishop (Trek-VW) won the cross-country breaking the three-year-long running strike of Canadian victories on the Norba cross country circuit.

#### General Classification

1. Geoff Kabush - Victoria (Maxxis)
2. Ryder Hesjedal - Victoria (Subaru-Gary Fisher)
3. Jeremiah Bishop - USA (Trek/VW)
5. Max Plaxton - Victoria (Rocky-Business Objects)
9. Andreas Hestler - Vancouver (Rocky / Business)
10. Roland Green - Victoria (Trek/Volkswagen)
11. Chris Sheppard - Kamloops (Haro)

#### Women

1. Alison Sydor - N. Vancouver, (Rocky-Business Objects)
2. Alison Dunlap - USA (Luna Women)
6. Kiara Bisaro - Courtenay (Gears racing)
10. Trish Sinclair - Victoria (Gears Racing.com)
11. Sarah Noble - Penticton (Rocky Mtn Business)

### Washington Race Reminders

By Washington State Bicycle Association President David Douglas

1. License: If you need to renew or buy a USCF license do it online - it takes about 4 days and you can print a receipt which allows you to race the next day. If you do it at the race it takes a minimum of 3 weeks before you will see a license. [www.usacycling.org](http://www.usacycling.org)
2. Radios: They can only be used in Cat 1-2 Men and Cat 1-3 Women and higher races. Cat 3's and below cannot wear race radios. Since in Washington we run Masters A's (Cat 1-2 over the age of 30) they also can use radios. If the race is Cat 1-3 men or Masters A/B then all riders in that race can use radios. At no time may a rider in any category race with an MP3 player, Walkman or CD player.
3. Keep it Clean: Don't litter at the races — put all wrappers back in the pocket you got it out from. Do not toss your bottle off for the sprint. When you make it to the Tour you can do that.

#### At A Glance

##### Rad Racing NW

- Formed in 1997 by Dale Knapp and Pat Benson.
- A racing program for mostly elite-level, junior and U23 athletes.
- 32-athlete roster ranging in ages from 9-years-old to 23.
- For track, road, mtb and cyclo-cross
- For more information go to [www.radracingnw.org](http://www.radracingnw.org)

##### YS3

- Organized in 2000
- A racing program for athletes mostly 12-and-under
- Any junior rider interested in cycling can join
- For track, road, mtb and cyclo-cross
- For more information e-mail Jerry. Cutwright@oberto.com

# 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.

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## EVENTS

### APRIL

#### Apr 3: Tour de Dick's

Seattle, WA. Meet at noon at Wallingford Dick's restaurant for an informal tour of all five Dick's Restaurants (Wallingford, Crown Hill, Lake City, Capitol Hill, Queen Anne). Bring a kid-sized helmet for charity if you can. Helmets beneficiary - Brain Injury Association of WA. [www.zype.com](http://www.zype.com)

#### Apr 7: Northwest Women's Cycling Race Presentation

Lynnwood, WA. Presentation on how to get involved with women's road racing in the NW. Discussion-format presentation held at REI Lynnwood at 7:00 p.m. No registration required. Free. Liz Winter, Northwest Women's Cycling, 7400 Sandpoint Way NE, Seattle, WA, 98115. 206-781-6249, [www.nwmc.org](http://www.nwmc.org)

### 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](http://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/event.htm](http://www.hutchsbicycles.com/event.htm)

## CAMPS

#### May 1-2: Sugoi Dirt Series

Victoria, BC. Mountain bike camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. Sharpen your technique, build confidence, and enjoy mtbiking more than you had ever thought possible. Hosted by Russ Hay's Bike Shop Candace Shadley, Whistler, BC, 604-938-3303, [www.dirtseries.com](http://www.dirtseries.com)

#### May 7: Race Across Oregon Training Camp #1

Welches, OR. Whispering Woods Resort. 541-760-1024, [www.raceacrossoregon.com](http://www.raceacrossoregon.com)

#### May 12: Race Across Oregon Training Camp #2

Portland, OR. Portland Airport Holiday Inn. 541-760-1024, [www.raceacrossoregon.com](http://www.raceacrossoregon.com)

#### May 15-16: Sugoi Dirt Series

North Vancouver, BC. Mountain bike camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. Sharpen your technique, build confidence, and enjoy mtbiking more than you had ever thought possible. Hosted by Steed Cycles Candace Shadley, Whistler, BC, 604-938-3303, [www.dirtseries.com](http://www.dirtseries.com)

#### May 29-30: Sugoi Dirt Series

Sun Valley, ID. Mountain bike camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. Sharpen your technique, build confidence, and enjoy mtbiking more than you had ever thought possible. Candace Shadley, Whistler, BC, 604-938-3303, [www.dirtseries.com](http://www.dirtseries.com)

## RACE SERIES

#### Jan 1-Apr 4: Peninsula Indoor BMX Series

Port Orchard, WA. American Bicycle Association, [www.gobmx.com](http://www.gobmx.com)

#### Mar 7-Aug 28: Gregg's Greenlake Cycle

##### NWNC 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, NWNC, [www.nwnc.org/race\\_series.html](http://www.nwnc.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](http://www.builtforspeedtt.com)

#### Mar 14-May 2: BCC Spring Series

Boise, ID. Boise Cycling Club, [www.georgescycles.com](http://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](http://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>

#### Apr 3-Sep 11: BC Masters Association Race Series

Various, BC. Events take place throughout BC, from Vancouver Island to New Denver. Participants must be 30+ years in age. Events include TT, RR, Criterium. Age group categories: 30-34 and all subsequent in 5-year increments. Relax and fun atmosphere. BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 250-743-9915, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

#### Apr 3-Aug 28: Gregg's Greenlake Cycle

##### NWNC 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, NWNC, [www.nwnc.org/race\\_series.html](http://www.nwnc.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.auroracyclingclub.org](http://www.auroracyclingclub.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](http://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](http://www.obra.org)

#### Apr 6-Aug 24: Spokane Twilight Series

Spokane, WA. Weekly events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, [www.baddlands.org](http://www.baddlands.org)

#### Apr 6-Jul 13: Tuesday Nighter Series

Boise, ID. [www.lacticacidcycling.org](http://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 7: Wednesday Training Races

Mission, BC. Bruce Wenting, Phoenix Velo Training Group, 604-826-1411.

#### Apr 8-Aug 29: 2004 SISU BC Cup MTB Series

Various, BC. The series includes five events in five various locations. Overall standings and prizes based on points. Recognized cross-country, downhill and 4-cross disciplines from U15 categories to Master 40+. Gary Jackson, Cycling BC, 332-1367 West Broadway, Vancouver, BC, [www.bc.cycling.ca](http://www.bc.cycling.ca)

#### 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](http://www.pazzovelo.com)

#### 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](http://www.oregon-adventures.com)

#### Apr 11-Jul 25: 2004 SISU BC Cup Road Series

Various, BC. The series includes six road race events in six various locations. Overall standings and prizes based on points. Categories: cat 1-3 men, cat 1-3 women Allan Praszky, Cycling BC, 332-1367 West Broadway, Vancouver, BC, 604-737-3137, [www.cycling.bc.ca](http://www.cycling.bc.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](http://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](http://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](http://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](mailto: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](http://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](http://www.buduracing.com)

#### Apr 15-May 6: Snake River Criterium Series

Nampa, ID. Snake River Cyclist, [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

#### Apr 18-May 16: Estacada Time Trial

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](http://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](http://www.obra.org)

#### May 4-25: Eugene Hillclimb Time Trial Series

Eugene, OR. Richard Sweet, 541-334-6449, [www.obra.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.oregon-adventures.com)

#### May 27-Aug 19: Southern Oregon Thursday Nighters

Medford, OR. Ed Garfield, 541-664-7793, [ed.garfield@obra.org](mailto:ed.garfield@obra.org)

## MULTISPORT

### APRIL

#### Apr 15: Pacific Raceways Duathlon #1

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Apr 22: Pacific Raceways Duathlon #2

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Apr 25: Mt. Rainier Duathlon

Enumclaw, WA. Short course (3k run, 25k bike, 6k run). Long course (8.5k run, 50k bike, 6k run). Regional qualifiers. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Apr 29: Pacific Raceways Duathlon #3

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

### MAY

#### May 6: Pacific Raceways Duathlon #4

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### May 13: Pacific Raceways Duathlon #5

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### May 20: Pacific Raceways Duathlon #6

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### May 27: Pacific Raceways Duathlon #7

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

### JUNE

#### Jun 3: Pacific Raceways Duathlon #8

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Jun 5: Gap2Gap 2004

Yakima, WA. Multi-sport race comprised of five legs: field run, mountain bike, kayak/canoe, road bike and 10K run. The Sport Gap2Gap features an in-line skate leg in place of the water leg, shorter mountain bike leg and a 5K run. The race takes place on and around the Yakima Greenway, along the scenic Yakima River. Junior Gap2Gap for kids 8-14. Includes run, bike, rollerblade, paddle and an obstacle course. Yakima Greenway Foundation, 111 S 18th St., Yakima, WA, 98901. 509-453-8280, [www.yakimagreenway.org/g2g](http://www.yakimagreenway.org/g2g)

#### Jun 6: Island Lake Offroad Triathlon

Silverdale, WA. 600m swim, 12-mile mountain bike, and 3.5-mile run. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Jun 10: Pacific Raceways Duathlon #9

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)



Photo by Sylvie Raymond

The Test of Metal Trials Competition, scheduled for June 20 this year, has always been known for its biggest and scariest sections. With big rocks, big logs and big tires you will need big moves to get through the event.

**Jun 13: Baker's Breakfast Cookie Triathlon**  
Bellingham, WA. This race serves as the 2004 Regional Championships for Pacific Northwest residents, and the age-group athletes of the Northwest will be able to participate in this historical event with an Olympic Distance event of their own on the same weekend. Bill Burke and Premier Event Management, [www.trithecookie.com](http://www.trithecookie.com)

**Jun 17: Pacific Raceways Duathlon #10**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jun 19: 5 Mile Lake Triathlon (Junior Regional)**  
Federal Way, WA. Junior Regional and age group categories. Courses will vary in length according to the agegroup. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jun 24: Pacific Raceways Duathlon #11**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**JULY**

**Jul 1: Pacific Raceways Duathlon #12**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jul 8: Pacific Raceways Duathlon #13**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jul 10: TrailsFest 2004**  
A jam-packed sampling of the best of Washington's great outdoors. All the action at Rattlesnake Lake. Lauren Braden, Washington Trails Association, 1305 4th Ave., Ste. 512, Seattle, WA, 98101. 206-625-1367, [www.wta.org](http://www.wta.org)

**Jul 11: Vashon Island Offroad Triathlon**  
Dockton, WA. 600m swim, 12-mile mountain bike, and 3.5-mile run Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jul 15: Pacific Raceways Duathlon #14**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**AUGUST**

**Aug 5: Pacific Raceways Duathlon #15**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Aug 7-8: XTERRA Canada - Canmore Off-road Triathlon**  
Canmore, AB. Sport (750m swim, 14km mtn bike, 6km trail run) & Full (1500m swim, 28km mtn bike, 12km trail run) Teri Taylor, Cove Communications, 4248 Cambridge Street, Burnaby, BC, V5C 1H2. 604-788-4645, [www.xterracanada.com](http://www.xterracanada.com)

**Aug 12: Pacific Raceways Duathlon #16**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Aug 19: Pacific Raceways Duathlon #17**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Aug 21: Emmett's Most Excellent Triathlon**  
Emmett, ID. Boise Aeros, [www.boiseaeros.com](http://www.boiseaeros.com)

**Aug 22: Heels & Wheels Duathlon**  
Mt. Hood, OR. Run-Bike-Run. Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, [www.skibowl.com](http://www.skibowl.com)

**Aug 26: Pacific Raceways Duathlon #18**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Aug 28: Magic Valley Senior Games**  
Twin Falls, ID. Bill Hart, 208-543-4451.

**SEPTEMBER**

**Sep 11-12: Big Hurt**  
Port Angeles, WA. Quad race: Mountain and Road bike race, Kayak and 10K Run. Sole participant iron and team divisions Curtis Schuck, Hurricane Ridge Public Development Authority, 115 East Railroad Ave., Ste. 308, Port Angeles, WA, 98362. 360-457-4519, [www.bighurt.org](http://www.bighurt.org)

**Sep 11-12: XTERRA Canada Off-Road Triathlon Championships**  
Vancouver, BC. Sport (750m swim, 16km mtn bike, 5km trail run) & Full (1500m swim, 26km mtn bike, 10km trail run) Teri Taylor, Cove Communications, 4248 Cambridge Street, Burnaby, BC, V5C 1H2. 604-788-4645, [www.xterracanada.com](http://www.xterracanada.com)

**BMX**

**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, 1201 S Blaine St., Newberg, OR, 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](http://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, 1201 S Blaine St., Newberg, OR, 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](http://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, 1201 S Blaine St., Newberg, OR, 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](http://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, 3868 Anderson Ave., Klamath Falls, OR, 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, 1201 S Blaine St., Newberg, OR, 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](http://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, 3868 Anderson Ave., Klamath Falls, OR, 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, 1201 S Blaine St., Newberg, OR, 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](http://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, 3868 Anderson Ave., Klamath Falls, OR, 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, 1201 S Blaine St., Newberg, OR, 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, 1201 S Blaine St., Newberg, OR, 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](http://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, 3868 Anderson Ave., Klamath Falls, OR, 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, 1201 S Blaine St., Newberg, OR, 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, 1201 S Blaine St., Newberg, OR, 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](http://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, 3868 Anderson Ave., Klamath Falls, OR, 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, 1201 S Blaine St., Newberg, OR, 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](http://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, 1201 S Blaine St., Newberg, OR, 503-554-5916.

**MAY 22: North SeaTac BMX**

SeaTac, WA. RFL - Double points. Registration 10-11 a.m. Scott Matual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206.937.3436, [www.seatacbmx.com](http://www.seatacbmx.com)

**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, 3868 Anderson Ave., Klamath Falls, OR, 541-884-5765 or 541-885-4937.

**MAY 23: River Valley - RFL**

Sumner, WA. Double points fundraiser. \$5 donation to Leukemia Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, [www.gobmx.com](http://www.gobmx.com)

**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, 1201 S Blaine St., Newberg, OR, 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, 1201 S Blaine St., Newberg, OR, 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, 3868 Anderson Ave., Klamath Falls, OR, 541-884-5765 or 541-885-4937.

**MOUNTAIN BIKE RACING**

**APRIL**

**Apr 4: Peak Sports Mudslinger**  
Blodgett, OR. Classic mountain bike race. Great course. Part of High School Series and Cliff Series. Mike Ripley, 91231 Shane Ct., Coburg, OR, 97408. 541-342-1493, [www.obra.org](http://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.roundaround.com](http://www.roundaround.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. Part of High School Series. Mitch LaMoure, 1217 NE Walnut, Roseburg, OR, 97470. 541-957-1020, [frameman@mcsi.net](mailto:frameman@mcsi.net)

**Apr 14: Cove Bikercross #1**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, [www.covebikercross.com](http://www.covebikercross.com)

**Apr 14: Wednesday Night MTB Series #2**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666.

**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](http://www.crosstrailsadventures.com)

**Apr 21: Cove Bikercross #2**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, [www.covebikercross.com](http://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.roundaround.com](http://www.roundaround.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](mailto:rondaron@earthlink.net), [www.wildrockies.com](http://www.wildrockies.com)

**Apr 25: North Shore Challenge #1**  
N Vancouver, BC. James Wilson, Dizzy Cycles, 94 Lansdale 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](http://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.

*bicycle club*  
**Cascade** education foundation

**NORTHWEST JUNIORS RACING SERIES**

A Lance Armstrong Junior Olympics Criterium Race Series

April/May Race Calendar

April 4 - Recycled Cycles Boat St. Criterium, Seattle  
April 18 - First Rate Mortgage Seward Park Spring Criterium, Seattle  
May 8 - Kent Bicycle Festival, Kent

Race info: [www.pazzaveilo.com/events](http://www.pazzaveilo.com/events) Series info: [www.auroracyclingclub.org](http://www.auroracyclingclub.org)

PRESENTED BY:  
WASHINGTON STATE BICYCLE ASSOCIATION

SPONSORED BY:  
Cil, YMCA's Camp Orkila, Schwalbe Tires, USA Cycling, WSBaj, Schilling Cycling Club, Go Cycling Maui

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](http://www.roundandround.com)

**May 1-2: On the Edge Rat Race**

Roberts Creek, BC. 1st race in the BC XC marathon series 60Km of fun on beautiful single tracks. There's also an Under 15 friendly DH course. (Sunshine Coast) Rod Camposano, SCUMB, 2738 Robinson Rd., Gibsons, BC, V0N 2W4. 604-886-1525, [www.user.dccnet.com/rtcamosano](mailto:www.user.dccnet.com/rtcamosano)

**May 1-2: Spring Thaw MTB Festival**

Ashland, OR. Oregon MTB Racing Series. Cross-country and downhill. Part of High School Series Thom Kneeland, 541-488-7784, [springthaw@somba.org](mailto:springthaw@somba.org)

**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](http://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](http://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](http://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](http://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. High School Series. Kevin Gorman, Marcel Rusenberger, 550 SW Industrial Way, Bend, OR, 97702. 541-318-6188, [www.webcyclery.com](http://www.webcyclery.com)

**May 12: Cove Bikercross #5**

Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, [www.covebikercross.com](http://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. NW Cup DH #2/XC#3 Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, [www.roundandround.com](http://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](http://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](http://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**

Summerland / Penticton, BC. Cross-country & downhill BC Cup #1, 4-cross BC Cup #2. Bob Leslie, Penticton Cycling Club, P.O. Box 208, Summerland, BC, V0H1Z0. 250-494-4050, [www.rideactionquest.com](http://www.rideactionquest.com)

**May 23: Bear Springs Trap**

Ski Bowl, OR. Cross country at McCubbins Gulch. Mt. Hood Series Race. Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, [www.skibowl.com](http://www.skibowl.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, [onespeed.tripod.com](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](http://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](http://www.roundandround.com)

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

Bend, OR. Mountain bike race event. Oregon MTB Series Race. High School Series Finals Damian Schmitt, 541-350-3327, [www.obra.org](http://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](http://www.merrittmountainbiking.com)

**MOUNTAIN BIKE TOURING**

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, [crosstrailsadventures.com](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, [crosstrailsadventures.com](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, [crosstrailsadventures.com](http://crosstrailsadventures.com)

**ROAD RACING**

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](http://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](http://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! UW Cycling Team.

**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](http://www.obra.org)

**Apr 4: Monument Ridge Circuit Race**

Boise, ID. Treasure Valley Cycling Club, [www.georgescycling.com](http://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.nwcyclingevents.com](http://www.nwcyclingevents.com)

**Apr 6: Eugene Time Trial Series**

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, [www.obra.org](http://www.obra.org)

**Apr 6: Spokane Twilight Series**

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://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](http://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](http://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](http://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](mailto:sgoldstein@bit-by-bit.com)

**Apr 10: Rocky Mountain Roubaix**

Missoula, MT. 23rd annual event. 35-60 miles road race with significant section of unpaved roads, 9.3 mile lap, two sections of gravel/dirt. Race the Bitterroot Valley - start at Lone Rock School. Montana Cup points Series event. USCF sanctioned. Jim Couch, Team Stampede / Five Valley Velo, 155 N. Easy St., Missoula, MT, 59802. 406-721-6380,

**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](http://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, P.O. Box 3632, Courtenay, BC, V9N 7PL. [mars.ark.com/~cvcc](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 a 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](http://www.trekvracing.com)

**Apr 13: Eugene Time Trial Series**

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, [www.obra.org](http://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, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Apr 13: Spokane Twilight Series**

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**Apr 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](http://www.buduracing.com)

**Apr 13: Tuesday Nighter Series #2**

Boise, ID. Bogus Basin Road. [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**Apr 13: Tuesday PIR Series**

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, [jmitchem@herrerainc.com](mailto: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](http://www.pazzovelo.com)

**Apr 15: Snake River Criterium Series #1**

Nampa, ID. See Race Series for further information. Snake River Cyclist, [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**Apr 17: BC Masters Association Race #2**

Nanaimo, BC. 63km road race flat and some rolling hills. Start at Cedar School. Mike Sevcev, BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 250-748-6457, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

**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](http://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](http://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](http://www.georgescycles.com)

**Apr 17-18: U of O Race Weekend**

Eugene, OR. Brad Ritter, 541-686-0108, [britter8@hotmail.com](mailto:britter8@hotmail.com)

**Apr 18: Blacks Creek Road Race**

Boise, ID. Race #3 in BCC Spring Series. Mike, Boise Cycling Club, 208-343-3782, [www.georgescycles.com](http://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](http://www.pazzovelo.com)

**Apr 20: Eugene Time Trial Series**

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, [www.obra.org](http://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, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Apr 20: Spokane Twilight Series**

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**Apr 20: 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](http://www.buduracing.com)

**Apr 20: Tuesday Nighter Series #3**

Boise, ID. Chapparral Speedway. [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**Apr 20: Tuesday PIR Series**

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, [jmitchem@herrerainc.com](mailto: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](http://www.pazzovelo.com)

**Apr 22: Snake River Criterium Series #2**

Nampa, ID. See Race Series for further information. Snake River Cyclist, [www.lacticacidcycling.org](http://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](http://www.tourofwallawalla.org)

**Apr 25: BC Masters Association Race #3**

Abbotford, BC. 63 km road race rolling terrain. Sign in at Jubilee Hall. Alister Barrett, BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 604-254-5460, [www.bcmasterscycling.net](http://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](http://www.teamsoliton.com)

**Apr 27: Eugene Time Trial Series**

Eugene, OR. See Race Series for further information. OBRA, 541-334-6449, [www.obra.org](http://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](http://www.buduracing.com)

**Apr 27: Spokane Twilight Series**

Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**Apr 27: 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](http://www.buduracing.com)

**Apr 27: Tuesday Nighter Series #4**

Boise, ID. Bogus Basin Road. [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**Apr 27: Tuesday PIR Series**

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles,

**May 4: Eugene Hillclimb Time Trial Series**

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

**May 4: Pacific Raceways Road Race Series #4**

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 4: Spokane Twilight Series**

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

**May 4: 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

**May 4: Tuesday Nighter Series #5**

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

**May 4: Tuesday PIR Series**

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jmitchem@herrerainc.com

**May 4: World Tuesday Night Championships**

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

**May 6: First Rate Mortgage Cycling Series #6**

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

**May 6: Snake River Criterium Series #4**

Nampa, ID. See Race Series for further information. Snake River Cyclist, www.lacticacidcycling.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: BC Masters Association Race #5**

Vancouver, BC. 30 km criterium. Start at 4:00 p.m. at UBS Goeff Rice, BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 604-739-2689, www.bcmasterscycling.net

**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, 1467 Greentree Circle, Lake Oswego, OR, 97034. 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.com

**May 11: Pacific Raceways Road Race Series #5**

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 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, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

**May 11: Tuesday PIR Series**

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 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.lacticacidcycling.com

**May 15: BC Masters Association Race #6**

Aldergrove, BC. 16 km individual time trial - flat. Start at BCMCA at 1:00 p.m. David Kosub, BC Masters Cycling Association, 604-879-8272, www.bcmasterscycling.net

**May 15: Birds of Prey Road Race**

Kuna, ID. Dobbiano, www.lacticacidcycling.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, P.O. Box 3632, Courtenay, BC, V9N 7P1. 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.lacticacidcycling.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, 1467 Greentree Circle, Lake Oswego, OR, 97034. 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.com

**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, 4017 S 291st St., Auburn, WA, 98001. 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, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

**May 18: Tuesday Nighter Series #6**

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

**May 18: Tuesday PIR Series**

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 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.lacticacidcycling.com

**May 22: Nooksack Road Race**

Bellingham, WA. Senior Road Race State Championships. NWWC Cat 3 & 4 Series Race. Robert Trombley, 206-528-2242, www.nwcyclingevents.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. 5km Hill climb time trial 5-10% grade. Start at the bottom of Cypress. 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, 1467 Greentree Circle, Lake Oswego, OR, 97034. 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.com

**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, 4017 S 291st St., Auburn, WA, 98001. 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.lacticacidcycling.org

**May 25: Tuesday PIR Series**

Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 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.lacticacidcycling.com

**May 27: Southern Oregon Thursday Nighters**

Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, http://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.lacticacidcycling.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 Wittly, 504-750-7688, www.obra.org

**May 30: Steam It Up!**

Burnaby, BC. Hill climb on Garibaldi Way. Racing start at 9:45 a.m. Krebs Cycling Club, 604-822-9528, www.krebscyclingclub.com

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

Portland, OR. See Race Series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

**ROAD TOURING**

**APRIL**

**Apr 3: Tour de Dick's**

Seattle, WA. Meet at noon at Wallingford Dick's restaurant for an informal tour of all five Dick's Restaurants (Wallingford, Crown Hill, Lake City, Capitol Hill, Queen Anne). Bring a kid-sized helmet for charity if you can. Helmets beneficiary - Brain Injury Association of WA. www.zype.com

**Apr 4: 50km Brevet**

Peace Region, BC. BC Randonneur club 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 Cl, Vancouver, BC, V5B 4W2. 604-737-0043, www.randonneurs.bc.ca

**Apr 10: 100km Brevet**

Peace Region, BC. BC Randonneur club event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

**Apr 10: 200, 150, 100, 50km Brevet**

Vancouver Island, BC. 200km: "Tour of the Cowichan Valley." BC Randonneur club 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.skagitfems.com

**Apr 10: 300km Brevet**

Redmond, WA. Tahuya Hills Mark Thomas, Seattle International Randonneurs, 13543 160th Ave. NE, Redmond, WA, 98052. 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 club 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 club 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/\$8souples. 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, 13543 160th Ave NE, Redmond, WA, 98053. 425-702-8880, www.seattlerandonneur.org

**Apr 24: 200km Brevet**

Southern Interior, BC. BC Randonneur club event. Bob Boonstra, BC Randonneurs Cycling Club, 250-828-2869, www.randonneurs.bc.ca

**Apr 24: 300km Brevet**

Duncan or Victoria, BC. BC Randonneur club event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

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**Apr 24: International Discovery Walk**

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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 services include cookies, fruit, other snacks, water and toilet facilities. John Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. www.salemclub.org

**MAY**

**May 1: 200km Brevet - Sings of Spring**

Peace Region, BC. BC Randonneur club 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 club event. Deirdre 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 2: May Day Metric**

Federal Way, WA. Challenging recreational ride. Hard 100km route including 2500 ft of climbing (and descent) or harder 100 mile route with 5000ft of climbing. The routes will guide you through the lesser traveled backroads, byway, and bike trails of the South Sound region. Start at Phil's South Side Cyclery. Registration from 6:30-10:30 a.m., courses open at 6:30 a.m. Supports Bicycle Alliance of WA. Phil Meyer, Phil's South Side Cyclery, 2310 SW 336th St., Federal Way, WA, 98023. 253-661-3903, http://philthe mechanic@aol.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 club 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, 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**May 8: 400km Brevet**

Vancouver Island, BC. BC Randonneur club 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/tccb/iecl

**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 Muellner, 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. Tour begins in Seattle with a van ride to LaConner. 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 club 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 club 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, dinner hosted by the Pelican Pub, 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 through the old mining towns of Madrid and Golden, across the scenic Ortiz and San Pedro Mountains, across the Estancia Valley, and through the homestead villages of Cedar Grove, Stanley, and the very old village of Galisteo. And 100 miles after your start, wheel back into Old Santa Fe. 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 club 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, 13543 160th Ave NE, Redmond, WA, 98052. 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. Tour begins in Seattle with a van ride to LaConner. 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.missoulabike.org/TOSRVIndex.htm

**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, 126 mi.) starting from Millersylvania St. Park. Support Bicycle Alliance of WA 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 club event. Bob Boonstra, BC Randonneurs Cycling Club, 250-828-2869, www.randonneurs.bc.ca

**May 29-30: 600km Brevet**

Vancouver Island, BC. BC Randonneur club 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

**TRACK**

**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



Photo: Cycle Oregon

**Cycle Oregon 2003 had you riding through Baker County. The 17th edition, scheduled for September 12-18, will feature great cycling in the southwest corner of the state.**

**May 6: Alpenrose Weekly Series**

Portland, OR. See Race Series for further information. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

**May 7: Friday Night Track Races**

Portland, OR. See Race Series for further information. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 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, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

**May 14: Friday Night Track Races**

Portland, OR. See Race Series for further information. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 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, 4318 SE 8th Ct., Gresham, OR, 97080. 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, http://www.marymoorvelodrome.org

**May 21: Friday Night Track Races**

Portland, OR. See Race Series for further information. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 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, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

**May 28: Friday Night Track Races**

Portland, OR. See Race Series for further information. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 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

\* Support Bicycle Alliance of Washington

For information on future events or to add a calendar listing, go to:  
**www.bicyclepaper.com**

# A Dork on Your Bike

By MAYNARD HERSHON

In February '02, Michael Sylvester came to our bike shop in Tucson to teach us his program for fitting people to bicycles. Sylvester, 45, a veteran bike rider and racer and a yoga instructor, knows the body and how it works on a bike.

He rides everywhere in Portland, OR, where he works for the four Bike Gallery stores. He has never owned an automobile. He's lean and super-flexible and an example of what we should be as athletes, though few of us are.

All he does at the Gallery is bike fits, six a day, four days a week, \$100 per fit. He's booked three weeks ahead - year 'round. He fits racers and freds, fat people and thin, every kind of rider. He's done 1000s of shop fits and traveled the nation for Serotta Cycles teaching dealers how to do Size-Cycle fits.

You look at him and listen to him and you can't sustain your skepticism. Even when he tells you that you have to put a jive, high-rise Technomic stem on your custom bike, a stem so tall you're gonna look like a dork on your bike forever and take big heat from your buddies, you cannot doubt him.

Our mornings with Mike Sylvester began with short yoga classes. We did poses or stretches that made us aware (often painfully) of how limited are our own ranges of motion, so that we'd recognize similar restriction in others.

He believes that we have to be comfortable to ride well, that comfort on the bike is more important (in non-track cyclists) than aerodynamics or a so-called power position. He works with nearly no formulas and seldom uses a tape measure.

He is fanatical about level, though, using an expensive spirit level that rests on identical

discs screwed onto the quick-release skewer ends, front and rear. He sets you up on your bike on a raised platform so you're eye-level. He stands a specific distance away.

He does everything consistently, so results are consistent from client to client and from this year's fitting to next year's.

Before you climb on your bike or a Size-Cycle articulated trainer, he asks you maybe 20 questions about your riding today and in years past, your crash-and-broken-bones history, your medical past as it might relate to your pedaling or sitting on a bike, your intensity as a rider, on and on.

Then he has you lie down on the floor. He asks you to do certain stretches and notes your flexibility and alignment in several areas, especially your relative ability to tilt your pelvis.

If your hamstrings are tight, as mine are, you are unable to tilt your pelvis so that you can reach for your bars with a properly flat back. Alas.

Unless your pelvis tilts and your back is flat, you curl your spine as you reach forward. Spinal considerations aside, you shorten the distance between your navel and throat, compressing your lungs, restricting your breathing.

You adopt the shoulders-forward "cyclist's slump," further compressing your upper lungs. You need a higher handlebar position than most of us ride.

Sylvester chose me for his first demonstration. I was older and less flexible than anyone else there. Because I am so damn imperfect, I was the perfect model: So many elements to consider in the fitting process.

I did not realize how limited my flexibility was. I knew I could barely tilt my pelvis, that I was rounding my back as I reached for my bars. Michael Sylvester saw all that and raised my already highish Nitto Pearl stem above the minimum-insertion line, until my bars were

nearly level with my saddle top.

Not high enough, he said, and spoke the awful word, Technomic.

One of my fellow students asked: "Are you really suggesting that Maynard put a Technomic stem on his beautiful custom?"

"Without a second's hesitation," said Michael Sylvester, the handlebar raiser.

Sylvester set up two of us shop staffers and one woman road rider during the clinic. He raised all three sets of bars. Tight hamstrings: It's epidemic.

I took my bar-raising hard. I felt as if I was finally coming face-to-face with being old, inflexible and hopelessly unathletic. I imagined myself showing up for rides in front of Café Paraiso with my bars above saddle level.

I imagined paying a hundred dollars to someone so they could tell me yes, that's just what you have to do to be comfortable and fully effective on your bike. I'd have paid a hundred dollars, plus the cost of a Technomic, plus installation, for the privilege of serving as the laughingstock of the Saturday ride.

"Maynard's gonna move to Portland," Sylvester said, "and join my yoga class. In a year or so, you won't recognize him. He'll be another cyclist entirely."

I'd be the cyclist I imagine I am, I guess, the cyclist I now know that I am not. I love how my bikes have always looked -- like racing bicycles. Are those days gone, lost forever on Mike Sylvester's setup stand?

In the days following his visit, I told friends about the things I'd learned. Most were only vaguely interested, knowing, it seemed, all they wanted to know about bike fit. Guys in the business wanted to know what the Bike Gallery did with all the parts Sylvester took off of his clients' bikes.

Few empathized with my distress. After all, THEIR stems weren't going up three inches.



I was sure Sylvester was right, but not nearly so sure I could follow his advice. I didn't feel uncomfortable on my bike as it was. But I'd been set up by the best bike-fitter in the country; could I ignore his recommendations?

While he had me on the stand, Sylvester raised my stem and pushed my saddle forward half an inch. I lowered the stem right away. Later, I pushed my seat back to where it had been. Shoved forward, it felt weird and looked awful.

I did, though, order steerer extensions for my two bikes so I can use threadless-style stems with front openings. I'm going to try a 90-degree, 11cm stem instead of the horizontal, 13cm one I have now. I shudder as I type that statement.

I'm doing yoga classes two mornings a week, and plan to expand to three. In yoga, I have a new, time-consuming, expensive hobby that will, I hope, keep me flexible enough to stay at my primary hobby, riding my bike.

If I only had time for one hobby, and I asked Michael Sylvester what I should do, quit cycling or quit yoga, what would he say? Maybe he'd suggest I quit coddling my illusions.

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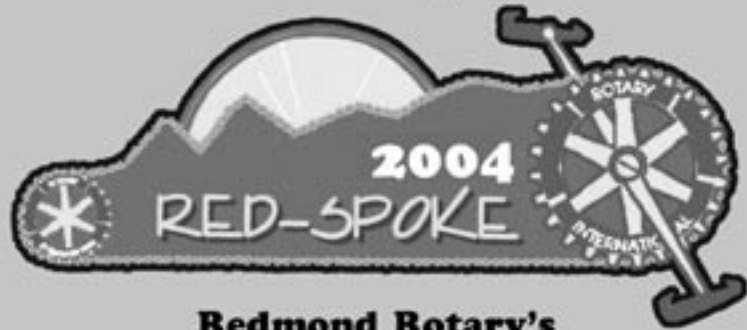
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