

# BICYCLEPAPER

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Photo by Joe Zauner

*Bicycle Paper* graphic designer Rick Peterson bikes to work — rain or shine, and even over rough pavement.

## Bike to Work

No More Excuses: Nice Weather, Tons of Support Make it Easy

By DANIEL FLYNN

During May and June, bicycle clubs across the nation will stage or participate in events designed to encourage people to bike to work or school instead of driving. Bike clubs in Washington are joining this celebration in varied ways.

In Seattle, the Cascade Bicycle Club is presenting the WRQ Bike to Work Month. The event begins on Friday, May 21 with Bike to Work Day. On that day the club will have commuter stations set up where bicyclists can gather, all at no charge, commuting information including city and county maps, a water bottle and snacks, and have a bike technician do a safety check-up on their bike. Thirty-seven commuter

stations will be located around the Seattle metropolitan area as well as 14 high school stations.

From May 21 through June 19, bicyclists can compete in the third annual Group Health Commute Challenge. Cyclists who, within those thirty days, complete five or more roundtrips to work or school qualify to win prizes, awarded in several categories to both team and individual participants.

The month-long event concludes on June 19 with the Bike Shop Poker Ride and Bike To Work Month Closing Party. The idea is for cyclists to take a self-guided tour of the area while collecting a playing card from each of the participating bike shops. Riders arriv-

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► Feature

## Group Health Betting on Cycling's Marketability

By DANIEL FLYNN

In an effort to attract younger customers, Group Health Cooperative is contributing major financial support to the state of Washington's cycling community through sponsorship of biking events, a cycling team and the velodrome at Marymoor Park in Redmond, Washington.

"Our market research showed that Group Health is not perceived by young people as being for them so we want to change our image to show that we are," explains Jay Gusick, Executive Director of Communications and Community Relations for Group Health Cooperative.

The Cooperative wants to reach people between the ages of 18 and 44 who lead an active lifestyle and make decisions on an annual basis as to where to obtain their healthcare.

"Our current demographic of members is slightly older than the current population so we are already well

represented in that age group," Gusick says.

He states the Cooperative has chosen to market itself through cycling because it showcases their commitment to a healthy lifestyle and allows them to reach a large number of young adults. He notes that one third of Washington state residents ride bikes.

Their official affiliation with cycling began last year when they took title sponsorship of the Seattle to Portland Bicycle Classic (STP), an annual bike

### At A Glance

To attract younger customers, Group Health committed sponsorship to numerous events and venues including:

- Seattle to Portland Bicycle Classic
- Marymoor Velodrome
- WIM series
- 24 Hours Around the Clock
- Sound Velo cycling team

See "Group Health" on page 4

► Feature

## Panniers Make Packing Simple

By JESSICA GILROY AND DANIEL FLYNN

Ahhhhh.... springtime. The sun is out — supposedly — flowers are blooming, and there is a nice breeze as you bike. On these excursions you need something to carry all your essentials — pump, spare tubes, snacks, rain gear, etc. You need a pannier.

But how do you go about picking the right pannier? "Riders today have so many options," Bike Expert Scott Trout of REI in Seattle says. "It really depends on what you will be doing." Here are a few specifics to look for when picking up your new pannier.

First, choose from three sizes of panniers. Which one is right for you depends on how much you want to bring along on your ride.

The handlebar bag attaches to your handlebars and has a capacity of 300 to 700 cubic inches, enough room to fit a few items such as your camera and a sack lunch. This size is perfect for a short outing. Many have a pocket on top with a clear plastic

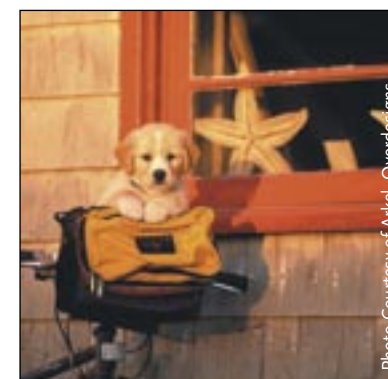


Photo Courtesy of Arkel Overdesigns

With a pannier or a handlebar bag, like the one pictured above, you can take your best friend along for the ride.

window so you can view your map without having to remove it from the bag. Prices range from \$45 to \$125. But, try not to massively overload this bag, as this will make the steering capricious.

The trunk style bag attaches to the top of your bike rack. With a larger capacity of 500 to 900 cubic inches you can carry your coat in addition

See "Panniers" on page 6



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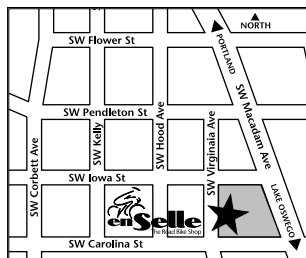
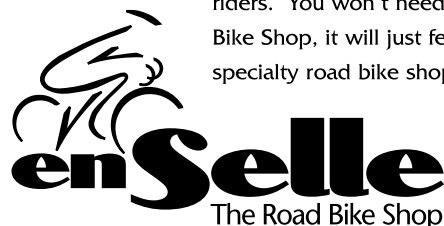
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And speaking of looks, outfit yourself with the latest **European cycling clothes**, also seen on the Pro Peleton

riders. You won't need your passport at **enSelle**, The Road Bike Shop, it will just feel like you've been transported to a specialty road bike shop in Europe.



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Photo Courtesy: Sugoi Dirt Series

The best way to avoid endos is by practicing the skills required to clear your bike over fallen logs and other obstacles on the trail.

## A Little Practice Gets You Over the log

By KIRA CAILES

It has happened to all of us. Out of nowhere a log jumps out and stops the front wheel, careening us through the air only to land with a thud and wonder, "Where did that come from?" Well, I have good news for you; there are ways to win the battle of getting over logs. Since it is the beginning of the season, this will be a great skill to practice on any trail, or even on the street getting up the curb.

You can learn to confidently ride over a log or other small obstacle after practicing a few simple skills. First - a basic front wheel lift. This is typically a slow speed move used to navigate a technical trail or get over obstacles up to approximately 12 inches in height. Second - proper timing. You may be able to lift the front wheel, but can you do it at the right moment?

Front wheel lift. Find a nice flat piece of ground to practice such as a yard, a playing field, or a parking lot (although pavement isn't as friendly to fall on). Get enough speed coasting on your bike that you can roll slowly forward in the neutral position. The neutral position is described as standing on your pedals with your feet parallel to the ground, your hips tall and above your saddle. This should be a comfortable position and not difficult to hold.

Shift your weight forward (still standing on the pedals) so that your shoulders are over the handlebars, arms extended. Using your shoulders and back as the main sources of power, compress the front forks quickly and strongly. Picture this as what you do when looking at a friend's new bike — bounce the forks! This "popping" motion will lift the front wheel off the ground all by itself.

You will notice, however, that the wheel may only come off the ground a few inches. Not usually enough for the logs we encounter on the trail. To help it along, immediately after compressing the forks and feeling the rebound as they start to lift the front wheel, pull the

handlebars up and towards your chest as fast as you can. Don't forget, this is a "popping" motion — back to the bouncing idea.

Use your back and shoulders when pulling the bars up to your chest. As you pull with your arms, stand up taller, lifting with your back as well as your arms. If you are still crouched over, pulling madly with your arms (which are screaming in agony to stop) you aren't using your back strength.

Think of your body as a big lever. You can use it to help you move the bike underneath you. So if you start moving your lever, I mean body, backwards over the bike instead of up, you won't get the effect you are looking for. You want the wheel to go up! Think UP!

Proper timing. Now that you can dance your front wheel around in the air, you need to be able to do it at exactly the right moment to get it over that log. As a general rule (that may not make sense as you read, but will as you practice) the faster you approach the obstacle, the sooner you have to "pop" your front wheel.

Begin by drawing a line on the ground and try to clear it with your front wheel. This way, fear is not an obstacle...there is nothing to hit! Practice your front wheel lift over that line, approaching it very slowly, and then increasing the speed gradually. Keep in mind that this move is not meant for very high speeds, so an easy coasting speed is as fast as you need to go.

Step up the challenge by changing the line to a small stick. Then a 2x4 plank, then a small log. Continue to increase the height until it is too high to do with the basic front wheel lift.

"How high do I need to lift the wheel?" you ask. The bare minimum is just high enough to clear the log, or land on top of it. If your wheel lands on the log, you can make a smooth transition by pushing the front wheel forward down the other side. Lifting the front wheel excessively high for the obstacle is just a waste of energy! If your back is sore the next day, that's to be expected — you did too much...but are getting stronger!

"Am I timing my wheel lift right? If not, how do I correct it?" If you pop your wheel too soon or too late, your front wheel will hit the log. If you find yourself getting hung up on the log without getting the rear wheel over, there's a good chance you approached the log too slowly.

Of course, the front wheel lift is just the beginning. The next steps will get you over bigger logs by incorporating a pedal stroke into your front wheel lift. That maneuver generates more height, so you can clear roots on a steep climb, and bunny hop ... but it all starts here!

One piece of advice, when learning any new skill you have to do it over and over again! Try it at any given opportunity on the trail or while riding around the neighborhood, even when it's not particularly necessary. This will help make the move second nature, a tool you can use on command, whether calculated or in emergency situations. This basic move will smooth out your ride, and hopefully keep you on your bike and off the ground. Until next time, happy trails!

*Kira Cailes is a full time ski and mountain bike patroller, an accomplished North Shore rider. She is a featured coach with the Sugoi Dirt Series - the Pacific Northwest's leading mountain bike instructional program. For more information, and a complete list of 2004 camp locations, check out: [www.dirtseries.com](http://www.dirtseries.com).*

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► "Bike to Work" from page 1

At A Glance

- 20% of Washingtonians rode a bicycle in 2001 [WA State Assessment of Outdoor Recreation, March 2002]
- 60 million Americans bicycle at least once per year [Bikes Belong]
- 25% of the U.S. population bicycles [Omnibus Transportation Survey by Bureau of Transportation Statistics, July 2001]
- While in Japan 15% of commuters bicycle to work, in the Netherlands 50% of commuters bicycle and in China 77% commute by bike; only 1.6% of U.S. commuters bicycle to work [Washington State Energy Office Extension Services]

ing at the finish line by 3:00 p.m. with the best poker hands win a prize. Afterward, they can attend the closing party featuring food, drink, contests and live music. More information including a complete list of activities can be found at [www.cascade.org](http://www.cascade.org).

The Squeaky Wheels Bicycle Club on Bainbridge Island has been preparing for their Bike to Work & School Day, to be held on May 21, for several months. "In January, we went to meetings at various schools to inform the parents and school staff about the event," explains Dana Berg, president of the organization. "The Treehouse Cafe donated free ice cream to all bicyclists who showed up on March 31. We had volunteers ride with them for about one hour and teach them some safe riding skills."

The club is also hosting a Free Bike Check-Up every Saturday from April 17 through May 22 between 11:00 a.m. and 2:00 p.m. The activity booth is set up adjacent to the baseball field in Rotary Park located at 969 Weaver Road.

On May 21, students riding to school will be eligible for a free breakfast and entry into a prize raffle. Adult mentors are available to ride with the children to and from school. For adult commuters, free water

bottles, area bike maps, snacks, and coupon books with discounts at island shops and restaurants will be available to all bicyclists on the morning ferries from Bainbridge to Seattle.

BIKES of Everett is participating in the cycling celebration through some of its members acting as volunteers at the Everett-area commuter stations in the WRQ Bike to Work Month. In addition, Kristin Kinnamon, president of BIKES and an employee of Community Transit, Snohomish County's transit agency, says her organization will present two clinics of interest to riders.

"Fixing a Flat & Other Minor Annoyances" will be held from 12:00 p.m. to 1:00 p.m. on Monday, May 10 at the Community Transit Board Room located at 7100 Hardeson Road in Everett. Kristi Knodell, a BIKES member, will be the instructor. On May 12, cyclists can learn how to load their bike onto a bus bike rack thanks to the "Bike on Buses" clinic. The event will take place at the Lynnwood Transit Center (corner of 202nd Street SW and 46th Avenue West) anytime between 3:00 p.m. and 6:00 p.m.

In Olympia, Thurston County bike commuters can sign up for the Bicycle Commute Contest 2004, which runs May 1 through May 31. Riders

keep track of their mileage and turn in their logs at the end of the contest to win various prizes. Additional information is available at [www.climatesolutions.org](http://www.climatesolutions.org)

In Tacoma and Pierce County, the Carless Commute will take place June 7 through June 20. Commuters record the miles traveled to work by any means other than driving a single occupancy vehicle, such as biking, walking, carpooling, and busing. At the end of the program, participants then turn in the total number of miles covered to win prizes. For more information go to [www.co.pierce.wa.us/PC/Abtus/ourorg/parks/carless.htm](http://www.co.pierce.wa.us/PC/Abtus/ourorg/parks/carless.htm).

Bike to Work Month provides the perfect opportunity to start commuting wherever you live. To assist the new and "want-to-be" bicycle commuters, the League of American Bicyclists, Rodale Press and the Shimano American Corporation have prepared a simple 16-page booklet. The "commuter guide" explains how to pick out the right gear, some simple mechanical tips, and provides information on bicycle safety, body care and clothing. The guide is free and available at several bicycle stores in the country or you can download a copy, in pdf format, from the [www.bike-to-work.com](http://www.bike-to-work.com) web site.

## Bike Month: How it started

National Bike Month, now in its 48th year, was created by the League of American Bicyclists.

"We started National Bike Month in 1956 to promote cycling in general because it's a fun activity and you can get fitness from it," says Ryan Morris, Program & Communications Manager for the League of American Bicyclists, which was founded in 1880. "The league was about paving roads back then. Our motivations and missions have changed over the last 124 years." The focus is now on education, teaching cyclists to ride safely, and advocacy, encouraging the government to pass laws that make it safer to ride bikes.

The league currently counts about 300,000 members, which includes approximately 40,000 individuals and 600 organizations.

The National Bike to Work Week began about 15 or 20 years ago and always runs during the third week of May.

— DF

► "Group Health" from page 1

ride staged by the Cascade Bicycle Club (CBC) in Seattle.

"When we decided to commit to STP last year, we made cycling a feature in our consumer magazine, *Northwest Health*. We promoted it on our web site, and we had our physicians going to REI to do the "doc talks" portion of the trainings they do there," Gusick says, adding that Group Health will continue with these activities again this year.

The feedback they received from their involvement with STP told Group Health they were making a positive impact on the community. According to Gusick, Group Health employees felt good about the sponsorship, the event participants appreciated it, response from the cycling community was good, and the Cooperative received a lot of visibility due to media coverage of the event.

After the success of the STP sponsorship, the Cooperative, through its advertising agency, Foote, Cone & Belding, began looking for additional Washington organizations through which Group Health could expand its cycling involvement. The agency recommendations for 2004 included additional cycling events, as well as sponsorship of a racing team and involvement with the velodrome at Marymoor Park.

The original contract with CBC was for a three-year commitment toward STP. The agreement was expanded to include title sponsorships of the Commute Challenge (held during the WRQ Bike to Work Month event) and the Seattle International Bike Expo. Group Health banners would also be displayed at other CBC events. In addition, Group Health signed a multi-year agreement to become the title sponsor of the Round and Round Productions' WIM Mountain Bike Series and their 24

Hours Round the Clock off-road race. Gusick would not disclose how much the Cooperative is spending on the events. However, Scott Marlow, the marketing director for Cascade, confirms that a company must contribute a minimum of \$30,000 to receive the STP title sponsorship rights while the Expo's title goes for a minimum of \$25,000. However, he also states that if a firm sponsors both events, these figures may change.

Group Health has also embarked on a multi-year sponsorship of a 60-member women's cycling team. Originally called Sound Velo, they have been renamed Team Group Health. "The team will participate in more than 100 events in 2004 which equals more than 600 individual race entries," Gusick states. The team's goals are to support a successful women's program, to develop new riders, and to keep their winning reputation. Gusick explains this is in alignment with Group Health's goals. "We want to use cycling to build a winning reputation for Group Health."

An article in the *Seattle Times* stated that the Cooperative agreed to pay King County \$340,000 over the next three years for the naming rights of the cycling track in Marymoor Park. The velodrome sponsorship became available due to a new program called Partnership for Parks in which the county is attempting to attract large organizations in order to generate more money for the county parks as a whole. The *Times* said \$15,000 of the money is to be given each year to the Friday Night Race Series.

According to a March, 2004, King County news release, the county will spend about \$20,000 of the money on trail maps, two track logos, four track-side panels and two wind screens; all will bear the Group Health name.

"People using the park and who drive by on 520 will see the wind screen and know Group Health is sponsoring the place," Gusick explains. The remainder of the money will help fund the county park system. The contract with King County allows the Cooperative to extend the agreement an additional two years for a contribution of \$240,000.

The phrase "printing of this bicycle map is made possible by Group Health Cooperative as part of its commitment to promoting a healthy lifestyle" will be added to the King County trail map, which will be reprinted and distributed to area cyclists. According to Gusick, within the next two years the Cooperative plans to print biking safety tips provided by Group Health clinicians, on a fold of the map. He says this will allow the Cooperative to showcase some of its clinical expertise that is relevant to cyclists.

Gusick emphasizes that Group Health is committed to cycling for years to come. "It's a popular activity, particularly among the young, healthy people we are trying to attract to our organization," he adds. "Cycling is a long season so there are lots of events, organizations, venues



A Group Health rider tests her strength at a recent cycling road race in Snohomish, WA.

and participants. We think we can start to create a meaningful, impactful outreach."

All of the Cooperative's agreements within the cycling community have the option to be extended when the contracts expire. "This is a long term journey we are on," confirms Gusick.

# The Truth about Tunnels and Bridges

By JOE KURMASKIE  
AKA THE METAL COWBOY

Forget potholes, road rage and right of ways. Ask any saddle jockey what big city obstacles send bursts of adrenaline and pangs of fear through the old central nervous system and it's always bridges and tunnels that top the list.

With bridges it's no shoulders, that big drop off to the right and grillwork surfaces that make one clench down on the handlebars and tighten up the sphincter. Tunnels are a different beast altogether - dark, claustrophobic wormholes where sounds roar about like a class five rapid, then ricochets and Doppler's off the walls until synapse, jamming noise is all one knows.

Be it pedaling into Copper Canyon Mexico, out of Auckland, New Zealand or through Pittsburgh, PA, there's always a dicey bridge to cross or deep, dank tunnel to gear down and burrow through.

Pittsburgh, my childhood home, has been called one of the most livable big cities in the country, but all those bridges and tunnels make entry to the Steel City tricky work for a cyclist.

Rolling in for a homecoming, I resembled a spawning fish traveling on instinct. Fort Pitt Tunnel swept me in without time to consider the consequences.

It went dark in a hurry and a pair of Oakley sunglasses didn't help matters. Allowing them to slip down the bridge of my nose was a mistake, but I just had to hold onto the handlebars and hope for the best. Moments later, as I picked

up speed, they dropped away like booster rockets. I think the sign instructed, "No lane changing," but a guy on a cell phone behind the wheel of a BMW swerving inches from my frame obstructed part my view of it. He motored ahead without a nod or second thought... nice.

Fort Pitt Tunnel cuts right through Mount Washington, and some genius decided ceramic tiles were the way to decorate its interior. These square little merchants of death sporadically fall from the ceiling. I tried not to think about that as I took the lane and clicked into my highest gear. A quarter of the way through I had to make peace with the wartime level noise, the eerie space mountain-style orange lighting and thick, choking traffic. That's when the carbon monoxide hit me like a bag of wet dirt. I felt good in a really bad way - warm, spotty and loose right down to my toes - it gives new meaning to the expression light at the end of the tunnel. I sprinted and squinted and searched for a patch of precious light, and just like that I was back out in the world... on a regal bridge with three rivers below and an awesome panoramic of a city I once knew and still loved.

It would be so easy to forget those moments of terror in the hole. Before amnesia could set in, I vowed to find a better route out of town.

Another ride, another bridge and I still

hadn't learned much. Adhering to the Boy Scout code, I pride myself on being prepared. Failing that, and I often do, I drop back on the illusion of resourcefulness and an evolutionarily misguided lack of fear. Humility rarely enters the picture. What can I say? I'm a cyclist and a journalist on top of that. A pompous combination that hammered the coffin shut on modesty years ago. I'll say this, once Lycra is donned, humility can roar back to life at the first glimpse in a mirror. I try to avoid mirrors.

I did manage to come face to face with plenty of humility during a windy day on the fringes of Copper Canyon, Mexico. It was a sag supported bike tour - a writing junket I'd fallen ass backwards into and was just happy to be aboard. The van checked on me before the lunch stop. I waved them by, thinking I was only a few miles from a quick bite and sit down. Who needs a stinkin' van, anyway? Made it damn near round the world without back up, so why start going soft now?

There'd been a tail wind all morning, leaving me with strong legs and that stupid smile on my face. The one cyclists get when everything is rolling along. I had yet to notice the wooden suspension bridge. It appeared to be a thousand foot drop to the valley floor.

What was I waiting for? Cars drove over it, but every time I rolled my wheels onto the wood I could see too much daylight between the slats. A decent wind didn't help matters. The supreme insult arrived in the form of two elderly women and a child navigating their way towards me... a casual stroll over the gorge. The only thing worse would have been

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a gentleman sporting a walker shuffling over the wooden slats of doom. I waited, weak as a kitten. I could almost feel the testosterone leaving my body, but there was no way I was going to ride those slats. Eventually, the van circled back. As I racked the bike and slid into the backseat, I comforted myself with the notion that I'm a 21st Century Man, ambushed on occasion by the achievements of the 19th.

Arkel's sponsored author and adventure writer Joe Kurmaskie penned the story collections "Metal Cowboy" and "Riding Outside The Lines." He's currently working on his next book, "Momentum Is Your Friend." [www.metalcowboy.com](http://www.metalcowboy.com)

## FEATURE

# Preparation Key to Safe Commute

By SHANE BIRLEY

Riding a bicycle in Vancouver, BC is the best way to commute. Being out in the elements is invigorating and with spring and summer offering great cycling weather, riders couldn't ask for more. However, nice weather also beckons to automobile lovers, and cyclists must pay extra attention.

On the main streets and central thoroughfares of the Lower Mainland, it can be like riding through an obstacle course. SUVs, car doors, potholes, and warning grooves on the side of minor highways make the commute to and from work hazardous. Throw in bridges, less attentive drivers and dirty gridlock the average commute becomes an adventure most would rather do without.

As the popularity of SUV vehicles grows (March 2004 sales for General Motors Canada and Ford Motor Company saw increases over March 2003 sales for the third year in a row) there are more reasons for cyclists to take a moment and preplan their daily route.

Lucky for Lower Mainland residents and visitors, the cities of Burnaby, Vancouver, Richmond and New Westminster provide cyclists with information detailing the safest route like the Vancouver Bikeway system. Each of these routes follow park trails or less congested residential roads. The highly accessible routes allow for quick trips and reasonably hazard-free riding. The routes run throughout the Lower Mainland.

For example, The Ontario and Cypress Bikeways run north-south through the heart of Vancouver. Each are approximately seven kilometers (4 miles) long and intersect with multiple east-

west routes like the 17 kilometer (10 mile) Midtown route. The Midtown route runs from the University of British Columbia, located on the western most point of Greater Vancouver, to the City of Burnaby and the Deer Lake Parkway, 60 to 70 minutes to the east. Each city has taken the time to interconnect their cycling routes making for easy travel for long distance commutes or adventurous rides.

Most routes are quick and offer unique stops along the way. Each city has provided their bicycle route maps online for easy planning.

If there are riders who wish to combine their cycling trip with public transit, Translink, the Greater Vancouver Transportation Authority, has stepped up service on bus and Skytrain routes to offer cyclists with several options. Major buses in the Lower Mainland have front mounted dual bicycle racks for convenient rack and ride service. A cyclist may rack their bike and then ride the bus to their destination. Skytrain has also installed bike lockers at several Skytrain stations and, for an additional fee, riders may lock up their bikes and then continue on public transit.

For those living or staying on Vancouver's North Shore and may wish to avoid the busy Lions Gate or Second Narrows bridges, a wonderful alternative is the Seabus. The Seabus allows bicycles on board and is a public transit link from the North Shore directly into the heart of downtown Vancouver. Public transit in Vancouver has launched a new Skytrain bicycle pilot program. The program has been designed to allow bicycles on board the trains from Monday to Friday, 9:30 a.m. to 3:00 p.m., and 6:30 p.m. to closing.

Saturdays, Sundays and statutory holidays allow bicycles all day. These, of course, are subject to safe boarding conditions and some stations do not allow for bicycles because they do not have elevator access to the lower platforms.

This new project is a direct result of the long-lasting bus strike which devastated Vancouver's public transit system in 2001. Without any staff to oppose the cyclists, many began to bring their bikes on board. The mix seemed agreeable to passenger resulting in the program. So far, all indicators point to a project success. Updated information regarding bus, Skytrain and Seabus cyclist options may be found on Translink's website.

With these resources at most cyclists' fingertips, planning their commute should be safer and more enjoyable. Planning out your visit be-

### At A Glance

■ Transportation & Cycling in Greater Vancouver

<http://city.vancouver.bc.ca/engsvcs/transport/cycling/routes.htm>

■ City of Burnaby Bike Map

[www.city.burnaby.bc.ca/visitors/getting-around/cycling\\_burnaby.html](http://www.city.burnaby.bc.ca/visitors/getting-around/cycling_burnaby.html)

■ City of New Westminster Bike Map: [www.city.new-westminster.bc.ca/residents/living-in.htm#parks](http://www.city.new-westminster.bc.ca/residents/living-in.htm#parks)

■ City of Richmond Cycling [www.city.richmond.bc.ca/transportation/cycling/cycling\\_local.htm](http://www.city.richmond.bc.ca/transportation/cycling/cycling_local.htm)

■ Translink's Bike Services [www.translink.bc.ca/Programs\\_and\\_Services/Bikes.asp](http://www.translink.bc.ca/Programs_and_Services/Bikes.asp)

## Up North



fore hand will offer fewer surprises for even the most prepared rider. Cycling around Vancouver will show residents and visitors the hidden treasures of the Lower Mainland.

There are many fascinating places in the city, which can be found off familiar commuter trails. Also, take some extra time and plan out several routes. Don't stick with a single one. The bikeways provide choices to those who wish to explore. For commuters, using a different route each day will keep your ride stimulating and interesting.

With public transit doing what it can to accommodate cyclists, the future is looking brighter and Vancouver's commute may be getting better. Translink is expanding the Skytrain service. By 2009, Translink expects to be operating the light rapid transit into Richmond, putting areas outside of Greater Vancouver within a cyclist's reach. With the improving weather and more sunny days on the horizon, get out the bicycle and find out what your local area is like. For those outside of the Lower Mainland, get on your bike because getting to work will never be as much fun.

► "Panniers" from page 1

to that camera and lunch. Need a little more room? Some styles are expandable. Jandd and others offer a trunk bag that expands from 750 to 900 cubic inches simply by unzipping a zipper at the bag's midsection. Trunk bags cost between \$40 and \$70.

To carry even more items there are panniers that come in pairs and attach to a rack. A medium size pannier offers between 2,000 and 2,800 cubic inches of total space and costs \$100 to \$190 while large panniers have 2800+ cubic inches (Arkel Overdesigns) and Jandd have models well upward of 5000) and cost \$160 up to \$500. These panniers allow you to carry more gear than a handlebar bag or a trunk bag and therefore, are great for longer rides, overnight excursions or even long vacations. "You can pack your jacket, food, and a stove," says Brent Sumner, Parts Salesperson at Gregg's Greenlake Cycle in Seattle. Panniers can also be carried on a front wheel rack when necessary, if more space is required.

Panniers attach, depending on the model and manufacturer, in different ways. Some use Velcro, some use buckles, and some use spring-loaded clips. Be sure to properly attach your pannier based on the manufacturer's instructions.

Second, select a fabric: The best fabrics are those where the thread count per square inch varies throughout the fabric allowing for the highest quality. Rain is always an issue in the Northwest, so you want a bag that is waterproof - as much as it can be.

Topeak and Bushwhacker are made of Asian-sourced cordura, stiffer than the Dupont trademarked fabric known for its durability. On the other hand, Arkel builds its pannier with the American 1000 deniers CORDURA(r) nylon from DuPont.

In addition to strength, waterproofing is also necessary. Carradice, a product from England claims to be made of 100% waterproof cotton duck cloth. Other companies treat their material with coatings. Ortlieb uses polyurethane to create a watertight finish, while it is recommended if you buy a Jandd bag that you also purchase a rain cover. One advantage of the nylon-type material (like Cordura) over the rubber-coated material is if you do rip your bag, you can use a sewing kit to repair it.

Along with waterproofing comes the importance of zippers. A good pannier will have the zippers covered with an additional edge of fabric and receded. A durable zipper is hard to quantify, but a reputable brand is a good sign. In case of doubt, the bigger the teeth, the stronger the zipper.

Check the seams of the pannier. Most packs will have some stitching on them although Arkel's Samurai and Ortlieb bags are stitch free. The seam allowance should be 1/4 to 1/2 inch from the edge. Many companies are guaranteeing the seams for life. Look for that guaranty.

Third in importance is your choice of style. Many current bags have multiple pockets, going for the military or cargo look. This can seem

like a great feature when comparing two brands, but will you use them?

"The Jandd are popular with the touring crowd because they have a lot of different compartments," Sumner explains. This allows them to divide up their belongings, keeping wet gears separated from dry ones. He says many commuters prefer the Ortlieb bags because they are not compartmentalized, but instead have one big pouch in which to toss your belongings.

Fourth is bag convertibility. With new technology many panniers can be converted. Arkel makes a bag that is easily convertible to a backpack, while Ortlieb offers an add-on accessory (a harness) that allows you to attach the pannier onto it. Others such as REI have smaller fanny-pack pouches that can hold wallets and keys and slide easily off when you stop for a drink or a bite to eat. "Get it for a particular application," Trout explains, that way you will have everything you need for your commute, day tour or cross-country adventure.

Last but not least, consider safety. Along with those cute little pockets and easily removable packs, reflective material is something that



Traveling by bike is more comfortable with panniers... and a beer.

shouldn't be negotiable. Scotchlite strips or 3M reflective materials are commonly used. Reflective strips are just as necessary on your pannier as they are on your bike or jacket as they help motorists and everyone else see you at night. Color may also help keep you visible while on the road. Some companies offer bags that come in a variety of vibrant colors.

Overwhelmed? Visit your favorite bicycle store and check out the brands and styles of panniers. There are many manufacturers, more than those listed in this article, and one of them is sure to offer a bag for you. Sumner suggests you bring your bicycle with you to the store. You can fasten a pannier to your bike and take it for a test ride to see if it is the right fit for both you and your bike.

HEALTH

## Strength comes from the core

By ERIK MOEN, PT, CSCS

It's all about the magic middle. Core strength continues to be a hot topic. We've all heard that core strength is the secret to having a pain free back as well as many other things. What is the core? The core refers to the trunk musculature. These muscles control many patterns of motion, including side bending, forward and backward bending and rotation. The primary muscles that control forward bending or trunk flexion are the rectus abdominus. Backward bending muscles include multifidi, iliocostalis (thoracis and lumborum) and (semi) spinalis. The obliques and multifidi are active during rotation, while side bending is controlled by the quadratus lumborum. There are many more trunk muscles than this simple list. Good development of core muscles will allow you the ability to stabilize your trunk in any direction. Good trunk stability is crucial for good tolerance of bicycling.

Which of these muscles are necessary for bicycling? Bicyclists don't have to perform three million crunchers to be great. A research study performed on professional bicyclists looked at muscular function of the back and stomach muscles while riding. It found that stomach muscles are important, but not as much as the back extensors. Stomach muscles are crucial for breathing, thus your ability to contract and relax these muscles on a regular basis are key. On the other hand, the back muscles work increased as a function of how hard one

pedaled. Good back strength creates a stable base from which you can efficiently push down through the pedals.

A Theraball is a great tool for core strength training. Why a Theraball? This over-grown beach ball is used for balance and strength training. It can be used for a variety of excellent exercises. The ball strongly challenge your balance systems thus trunk.

Theraballs come in many sizes. The most common are 55cm, 65cm and 75cm. The rule of thumb is to sit on the ball and observe your hips and knees. They should both be bent to 90 degrees on the most appropriately sized ball. If you don't have the luxury of trying one out for size, a general guideline would be less than 5'6" = 55cm, 5'6" - 5'10" = 65cm, and greater than 5'10" would be 75cm ball.

Examples of Theraball exercises for bike specific core strength include Superman (or -woman), bridged rolls, and seated arm/leg lift.



(Figure 1)

### Superman (or -woman)

Start on all 4's over the ball. Tighten your stomach and back before pushing your right

arm straightforward to ear level and then your left leg straight backwards until your toes are approximately three inches above the ground. Your back should remain straight (no shifting or arching) and you should remain balanced over the ball. Hold this position for 3-10 seconds (see figure 1). Repeat the movement for the other arm/leg combination. This one exercise may be repeated 10-30 times per side. To increase the difficulty, add hand and ankle weights (3-10 lbs).



(Figure 2)

### Bridged Rolls

Start from a supine position with your feet up on the ball. Tighten your stomach and back before pushing your heels down into the ball. Pushing down into the ball will raise your trunk off the ground without rolling the pelvis up (unlike a yoga bridge). Raise your trunk high enough to fit your fist under your bottom. Proceed to slowly roll the ball back and forth (see figure 2).

Start with two sets of ten rolls back and forth. Work upwards as a function of maintaining good trunk position.

### Seated arm/leg lift

Sit on the ball and tighten your stomach and back. Slowly lift one arm upwards to the ear while slowly lifting the opposite leg three inches

off the ground. Hold this position 3-5 seconds (see figure 3).

You should not arch your back or shift on the ball. Perform each arm/leg combination up to thirty times each. Adding hand and ankle weights (3-10lbs) to increase the difficulty level.

As with any exercise, these should not cause undo discomfort. Consult a physical therapist if you do not tolerate these exercises. Adding specific core exercises to your training plan will improve your ability to generate force to the pedals as well as have better postural tolerance on the bicycle. The most effective bicycle related core exercises should concentrate on the back extensors, rotators and lower flexors. Core strength is one of the keys to eliminating back pain on the bicycle in addition to flexibility and good bike fit. A Theraball is a great addition to an exercise plan for life. Have a ball!



(Figure 3)

*Erik is the director of PRO Sports Club Physical Therapy - Seattle. He is a member of the American Physical Therapy Assoc., USCF, and National Strength and Conditioning Assoc. He is certified as an elite cycling coach, strength and conditioning specialist. His clinical expertise is bicycling biomechanics and treatment of bicycling-related injuries. Erik may be reached at 206-292-3826 or emoen@proclub.com.*

# A Few Words from BAW

By **BARB CULP**  
BAW EXECUTIVE DIRECTOR

It's been a whirlwind of a spring. March blew in like a lion with rumors that there was a million dollars in the House version of the supplemental transportation budget. Then the email wind blew in an evil rumor that there was "NO" chance that the Senate would add money for Safe Routes, but that we should plan for it "just in case." Well, the just-in-case scenario played out and I spent the rest of March and part of April helping to create guidelines for Safe Routes grants. (Special thanks to Representative Ed Murray and Senator Jim Horn.)

April showered the Alliance with a great opportunity for advocacy outreach to co-host with the Spokane Chamber of Commerce a regional roundtable on trails issues in Spokane County with trails groups and bicycle clubs from all over the Inland Empire.

In June, I'll be back on the road with past president, Cynthia Putnam. Cynthia and I will be traveling to Walla Walla on June 3 and Yakima on June 15 to talk with cyclists in those two communities. (We plan to sample wine as well!) If you would like to attend either of these two meetings, please call the Bicycle Alliance. I'd like to hear from you and what's happening in your community. Send me an email at [barbc@bicyclealliance.org](mailto:barbc@bicyclealliance.org) or call 206-224-9252.

## Support the Washington Transportation Plan

Washington's Transportation Plan (WTP) is the state's blueprint for transportation programs and spending. The plan covers all modes of transportation and the process to update the plan is underway. Bicycle Alliance urges you to take a minute now to send your comments and offer guidance for the investment choices in a world of limited funding.

I plan to write that the state bicycle map should show *all* the roads of Washington i.e. state routes, county roads, etc. I want a chart that illustrates where the 3/10 of 1% for paths and trails is spent.

Be sure to indicate where in your community the state routes create a barrier to bicycling. There might be a right of way that could be turned into a trail along a state route. Review the plan online at [www.wsdot.wa.gov/planning/wtp](http://www.wsdot.wa.gov/planning/wtp) and send your comments directly to the State Bicycle and Pedestrian coordinator at [reevesp@wsdot.wa.gov](mailto:reevesp@wsdot.wa.gov).

## Learn about Local Sprawl, Energy, Population and Pollution

Join Bicycle Alliance Board at its May 21st meeting as they host Alan Durning, Executive Director of the Northwest Environment Watch to talk about the newly released Cascadia Scorecard. The Scorecard is a gauge of regional progress that monitors seven key trends including health, economy, population, energy, sprawl, forests, and pollution that profoundly shape the region's future.

The Scorecard puts a spotlight on the long view and the questions that matter most: Are we living longer, healthier lives? Are we building strong human communities? Are we handing to our children a place whose ecosystems are regenerating?

This Board meeting is open to the public. Durning's presentation begins at 7:00 p.m. at REI Seattle located at 222 Yale North.

## Great News for Future Cyclists

In the last days of the session, the Washington State legislature included \$1,000,000 in the 2004 supplemental transportation budget to support Safe Routes to School grants.

The Bicycle Alliance worked in collaboration with the Departments of Health and Transportation, the Traffic Safety Commission, and various bicycle club advocates. Together, we asked legislators to grant funds so safer routes for walking and biking to school could be created.

Safe Routes to Schools provides kids with a safe, healthy alternative to being driven by parents or riding the bus to school.

Any local school district is eligible to apply and should include two or more of the following solutions:

1. Engineering fixes like sidewalks, pathways, street safety, and design improvements.
2. Safety education curriculums and programs that encourage more children to become physically active with hands-on programs and incentives.
3. Enforcement programs by local law enforcement agencies to improve traffic safety around schools, and safety enforcement programs.
4. Community health and encouragement initiatives that link the long term, broad-scale community health benefits like reduced congestion around schools, a safer roadway and sidewalk network, and the benefits of healthy activities on learning.

To apply, a school district should already have an approved and published walk route plan. Roadway improvements must be immediately adjacent to the school and improve the safety of students walking or biking to school. The project should include experts in engineering, enforcement and safety education.

The application proposal must describe the project improvements and discuss the health and safety elements, with ways to measure the success of the project. Proposals are due May 31 and projects will be selected in June 2004.

For a copy of the application, go to [www.wsdot.wa.gov/bike/](http://www.wsdot.wa.gov/bike/). For additional information, contact Paula Reeves at 360-705-7258 or [Reevesp@wsdot.wa.gov](mailto:Reevesp@wsdot.wa.gov). Dave Janis or Linda Schwartz at the BAW 206-224-9252 are also available for assistance.

## Share the Road License Plate - A Golden Opportunity

By **KAT MARRINER**

The grassroots effort to get the Washington State legislature to pass a *Share the Road* specialty license plate has been around for about three years now. Maybe you've read about it, maybe you've signed a petition, maybe you even purchased a Cooper Jones license plate emblem (a bright,



yellow sticker for your license plate), but there's still no plate.

Don Martin, citizen activist, avid cyclist and Bicycle Alliance (BAW) life member, saw the potential of the plate in Washington long before anyone else. He began his own quest for a *Share the Road* plate in 2001, seeking signatures and lobbying legislators. His initial legislative bill to establish a *Share the Road* license plate was turned into an emblem.



Photo Courtesy of Barb Culp

Barb Culp, BAW Executive Director, takes a break from her advocacy work with husband Andy.

Don decided it still wasn't enough visibility for cyclists on the road. He donated special funding for BAW to research the efforts of other states that have *Share the Road* plates, assess the interest throughout the state, and develop a marketing plan. If and when the state legislature approves the specialty plate, BAW will promote sales and administer the proceeds, which will support bicycle and vehicle safety.

Through research, BAW found that the plate is a potential fundraising gold mine, that if well cultivated could significantly increase the visibility and safety of bicycles and vehicles sharing the roadways.

For example, Florida was the first state to get a *Share the Road* license plate, and the revenue from plate sales since June 1999 is \$339,360. By law, the proceeds from the sales benefit: 1) education and awareness programs for bicycle safety and motorist safety, with emphasis on sharing the roadway by all users; 2) training, workshops, educational materials, and media events; 3) the promotion of safe bicycling.

Texas, South Carolina and Ohio also have passed legislation to enact *Share the Road* license plates with the program sponsored by their respective statewide bicycle advocacy organizations.

Research has also shown that specialty license plates do not sell themselves. Like all fundraising efforts, it's the dedication and determination of a few that can galvanize the energy and interest of the many. BAW staff alone cannot sponsor this legislation; signatures are needed on the state-provided petition form.

Beginning in 2004 BAW has new petition forms, so if you signed an earlier version, you need to resign the petition. Copies of the form, along with an interest survey, have been sent to all bike clubs, touring companies, bicycle-related

events, and bike shops across the state. Seek out one of those forms, or download it from [www.bicyclealliance.org](http://www.bicyclealliance.org) and share it among your friends and fellow cyclists.

Bike commuters, weekend riders, parents teaching their kids to ride, all could benefit from greater safety on the roadways.

BAW also needs volunteers from across the state to assist in getting the word out.

To get involved, contact Linda Schwartz at [LindaS@bicyclealliance.com](mailto:LindaS@bicyclealliance.com) or call 206-224-9252. Thank you for your support, and safe riding.

## Redmond to Spokane, Washington



## Redmond Rotary's Recreational Bicycle Tour July 7-11, 2004

Enjoy the splendors of the Cascade Mountains, river canyons and rolling wheat fields on this premier, fully supported, 300-mile ride across beautiful Washington State. Go at your own pace. Stop when you like to see the attractions.

Can't get any better? Consider this: Your adventures aid the many charities supported by Redmond Rotary.

(206) 298-9288 or [info@redspoke.org](mailto:info@redspoke.org)  
[www.redspoke.com](http://www.redspoke.com)



For Mike Burdo, working and racing go hand-in-hand. When he's not working as a project-concept manager for downtown residential buildings, he's mostly either training or racing.

Story by Jim Hattori  
Photos by Joe Zauner

With the growing number of riders, Douglas is adding a Masters D category for riders over 50 in this year's state championships.

Of course, given the aging of American society, perhaps such results shouldn't be surprising. The Baby Boom that changed so many facets of life in America - from schools to shopping - is just making itself felt in yet another area.

But such macro explanations are always a bit empty: they don't give a sense of where these growing numbers come from or why these Baby Boomers and now Generation X'ers are racing bikes rather than playing golf or going fishing.

#### How They Became Masters Riders

The masters field is populated by three types of riders: those who came to the sport later in life, those who raced earlier as a senior and then returned as a masters rider and those who raced as a senior but then transitioned to masters racing.

Todd Schilperoot (Bryne Specialty Gases) is an example of a masters racer who only recently started competitive cycling. Schilperoot, 41, brings an extensive athletic background to bike racing. He went to Seattle University on a soccer scholarship and played professionally with the Seattle Sounders.

He went on to coach soccer at the collegiate level and later served as athletic director at Seattle University. Schilperoot came to bike racing in an indirect manner. "A person at work who lived near me commuted by bike. I decided to give it a try," he explains. After awhile his competitive instincts kicked in and "if I saw someone ahead, I'd try to catch them," he adds.

His commuting partner suggested that he might try racing. "The first race I did was the Snohomish road race as a Cat. 5. There I was in my soccer sweatpants lined up with the guys in their race gear. The pace was so fast. I got dropped early. I finished although I was caught by the women's pack at the end. They told me I couldn't sprint with them. There was no way I was going to sprint with anyone. I was happy to finish," he says.

Schilperoot knew he needed to find a team to learn more about racing. He hooked up with Bryne Gases and learned about race tactics. Though he's mainly entered Masters B races, and with some success, he's had the most fun in the few Masters A races he's done.

He says, "It was so much fun to ride as part of a team. My teammates would tell me what to do. I helped lead out one of them at the Redmond Derby Days. It was a great feeling. If it was just about my own results, I don't know if I would be very motivated."

One of last year's top masters riders, David Zimbelman (Excel Sports), was an elite racer in the 1980's before returning to the sport a few years ago. Zimbelman won the Cascade Classic in 1985 as a senior and briefly rode professionally with the Killian's Red cycling team.

He took a break of 15 years between racing as a senior and as a master. "I didn't think I'd race again. I saw a lot of people hanging around the sport. I wanted to raise my kids and get on with life," he explains.

The fifty-year-old Zimbelman got back into racing as part of a team for a 24-hour mountain bike race at the Gorge Games. "I like to work out and I had time. I also wanted to show my kids what bike racing was about." Though he lives in White Salmon, WA, Zimbelman, who works as a vulcanologist, does most of his racing in Oregon. "I like Candi Murray and OBRA. They are such a great organization," he continues.

After the pressure of racing professionally and on elite amateur teams, masters racing for Zimbelman has become about having fun and being with friends. He says, "The Pro 1-2 life was cutthroat. When you're a pro, there's a lot of obligation to do well. In the Masters, I don't think anyone really cares how you do. There's no reason to get upset over results. I just enjoy being out there."

Over the past two years, Brian Lewis (First Rate Mortgage) has transitioned from competing in Pro 1-2 events to racing Masters. Lewis didn't begin riding competitively until he was in his early 30's. "I was studying for the bar exam after law school and thought I was having a heart attack," he explains and thus decided he needed to exercise. He rode STP and then a friend got him into racing.

Lewis, 41, worked his way up through the USCF race categories. The switch to Masters has been good for him. As he points out "In the Pro 1-2 races, I felt I had to prove I belonged there. It was stressful and I almost left the sport. Masters racing is more pleasurable."

But he still finds racing in the older category to be challenging. "I don't think the speed is that much slower than the Pro 1-2 races, but there are just more guys at the top level than in the Masters."

Lewis, who is an attorney specializing in new ventures, continues to race for the health benefits and the personal challenge. "With my personal makeup, I need to release a lot of energy to stay balanced. I like time trials and do well in them because I'm going against myself, not trying to prove I'm better than the guy next to me," he explains.

Ten years ago, Mike Burdo was part of the powerhouse Olympic Sports Cycling Team. Though he was in his early forties at the time, he raced competitively as a Cat. 1. "Actually, I started racing with the intention of racing Masters but at the time it was thin on competition and events," he mentions.

All that has changed now. Burdo, who rides for Excel Sports, says, "Before, guys who could have raced Masters would ride the senior events for the distances and quality of competition. Now a lot of the courses encompass the same distances and difficulty." As for the level of competition, Burdo remarks, "If you look at time trial results, the top Masters fit into the top 10 of the 1-2's at almost any event around here."

At 52, Burdo is serious when it comes to training, but less so when it comes to racing. In his words "I take training seriously, but I have never taken racing very seriously. Winning and losing can be subjective. The strongest guy doesn't always win. If you take it personally, you'll crack up."

Burdo, who works in project concept and management for downtown residential buildings, the payoff from training and racing comes when he achieves his peak fitness. "It's always about testing yourself and your limits. Most

There's no better time than now to be a masters rider in the Northwest. The fields are large and competitive and the calendar is filled with challenging, well-organized races. In fact, one can make the case that with the quality and quantity of events, the Northwest is the place to be for masters racing. And if the events and competition aren't enough, riders can easily travel to British Columbia or Northern California for even more races. It simply doesn't get much better than this.

#### Masters Riders: The Majority of the Sport

Way back when, in the days of downtube shifters and toe clips, masters racing was almost an afterthought to race promoters. In those days, the focus was on senior racing, especially the Pro 1-2 races. When there were Masters races, the courses were often shorter distances with less terrain. The basic attitude seemed to be, "We don't want the old guys to get a coronary out there."

Now, at least in some measures, masters racers are the heart of competitive cycling in the area. Consider this: according to Candi Murray of the Oregon Bicycle Racing Organiza-

tion (OBRA), as of early March 2004, OBRA had 1,048 members. Of these, 832 were over 30-years-old, which, according to the United States Cycling Federation (USCF) rules, is considered a masters rider.

Not all would agree that anyone over 30 should be classified as a masters, since Lance Armstrong would qualify under this definition. Murray adds that the mean age of the OBRA membership is approximately 37-years-old.

She also points out that at the recent Jack Frost Time Trial, the 50-plus age category was the largest of any group with its 44 competitors.

The growth in masters riders has meant adding more events and categories. Murray says, "At the Tuesday night PIR race, we used to do a handicap event with the goal that the race would come together with a field sprint of 100 riders or so. We had so many riders that the field sprint was 200. So we added a Monday night race for masters and women and we're getting 100 riders that night."

While he didn't have specific statistics, Dave Douglas, race promoter at Pazzo Velo and president of the Washington State Bicycle Association thought there were similar trends in Washington State bike racing.

people who like this sport relish the times when their condition and training are right. It may be a window of three or four weeks when everything is just right. When you hit it you don't care if you win or lose."

Last season, Burdo especially enjoyed the stage races at Mt. Hood and Elkhorn. As he puts it, "I like to do the longer races for the scenery and competition. Those courses are gorgeous and it was fun just being in the pack. Those races were also nice venues and there was time to socialize."

### Stage Races for Masters

There's no doubt that the quality and quantity of events have helped spur growth in masters riders in the Northwest. These participants are particularly fortunate to have a large number of stage races to ride each season and the list seems to grow each year.

A decade ago, the main stage race in the Northwest for Masters was Mutual of Enumclaw. Since then, Columbia Plateau, Mt. Hood, Tour of Walla Walla, Ecology Center Classic and Elkhorn have been added to the list. Changes to the 2004 calendar are a separate Masters category for the Cascade Classic and a challenging new venue (Wenatchee) for the Washington State Omnium Stage Race Championships.

An especially attractive feature of the Oregon stage races is the long, challenging road courses. In many cases, the masters (and other categories for that matter) ride the exact same courses as the Pro 1-2's. The race organizers seem to take particular delight in subjecting racers to epic, and for some, tortuous final stages. For example, Columbia Plateau finishes with an 85-mile stage with nearly 4,000 feet of climbing. Mt. Hood concludes with a 75-mile ride that features lung-searing climbs followed by white-knuckled twisting and technical descents on roads that are poorly paved for stretches. Elkhorn's final stage is over 100 miles capped by a 2,500-foot mountaintop finish.

These Oregon stage races are made more difficult by the quality of the competition. They are attracting not only the best masters riders from the Northwest but also several top teams from California. Team Clif Bar, based in Berkeley, CA, made the long trip up to Oregon last year for both the Mt. Hood and Elkhorn stage races. Phil Woosley, captain of the team, says, "We came up to Oregon last year because the races are awesome."

Besides the quality and challenge of the courses, Woosley gives high praise to OBRA and the promoters. "OBRA is a really great organization. Having race officials and promoters who are really into it makes a huge difference."

### Masters Races in Northern California and British Columbia

Still, even with such great racing in Washington and Oregon, a rider may want a little more variety in terms of courses and competition. For such a rider, racing in Northern California can be a welcome alternative.

According to Woosley, some of the marquee races in Northern California include the McClane Pacific and Sea Otter road races, the San Rafael and San Francisco Grand Prix, Nevada City and de Tour de Nez (Reno, Nev.) criteriums.

But beware, the competition at these races can be stiff. As Woosley explains, "Gavin Chil-

cott is racing again. He was a Pro 20 years ago and is a top quality rider. Scott McKinley who rode the Tour de France is there, too. With guys like these, it makes racing super exciting and raises the level a whole notch."

Racing in British Columbia is also a possibility, but as Allan Prazsky of Cycling BC notes in an e-mail exchange, "Our Masters scene isn't as developed as the races stateside. It is still developing, spearheaded by Tony Hoar and the BC Masters Cycling Association. The Masters Association races are very demanding, run in an Australian pursuit format, with handicaps based on age. Often you will find a 50-year-old atop the podium." Prazsky further explains that many Masters riders in British Columbia continue to compete in senior categories rather than the older age groups.

### What Does It Mean for the Sport?

If the future of competitive cycling is junior racers, isn't the sport going backwards with the growth in masters racing? Dave Douglas doesn't think so. He says, "There's no focus on masters racing. We focus and emphasize junior racing, but from a financial standpoint race promoters don't make money on juniors. Masters riders are the ones who support racing."

Without a doubt, masters riders are a major market for the bike shops and the general cycling industry. As Candi Murray of OBRA notes, "They're the only ones who can afford the unobtainium frames."

Besides, since cycling is still something of a fringe sport in the U.S., maybe the offspring of the current masters field will be the next generation of elite riders. That's one reason why the national masters and junior championships will be held during consecutive weeks in August this year in Park City, Utah. The Zimbelman family expects to take advantage of this scheduling as David Zimbelman plans to compete in the Masters championship races while his daughter races in the junior events.

And the son of a former Northwest masters rider has gone on to be a top domestic cyclist. Ryan Miller won several national championships as a junior and U-23 before riding professionally with Prime Alliance. As his biography for the 2003 Prime Alliance cycling team states, "He became interested in competitive racing at age 10, after supporting his dad at local masters races." A decade ago, his father, Mike Miller, was a regular competitor in Northwest events.

### The Final Frontier

How long will this current crop of Baby Boomer masters riders continue to compete? Will the 50-plus age category be supplemented by 60-plus and 70-plus in the future? Perhaps the future is now, as suggests this message posted in the OBRA chat group: "I'm a 66-year-old newbie myself with the competitive fires still burning. Back injuries forced me off the senior tennis circuit so I took up bike riding." But in a few years even the 60-plus and 70-plus age categories won't be enough. Candi Murray adds, "I'm planning to hang around until we have a 100-plus category."

## RACE NOTES

### Horner and Ollerenshaw Shine at Tour de Georgia

Oregon residents Chris Horner (Webcor) and Doug Ollerenshaw (Jelly Belly) lined up alongside Lance Armstrong (US Postal) and Mario Cipollini (Domina Vacanze) as well as a highly competitive field for the Tour de Georgia. Both riders registered remark-



Ollerenshaw

able performances during the May 20-25, seven-stage event.

Horner had a fabulous ride taking 3rd overall, only a minute slower than winner Armstrong. The Bend resident registered five top 10 finishes during the week, including a 4th in the 29.9 km time trial and the grueling stage 6.

Ollerenshaw surprised more than one with his 31st place on general classification. He lost most of the 12 minutes separating him from Armstrong in the

time trial and the second to last stage, a fast and extremely difficult 206 km affair with hills over 20% grade in some sections.

Eugene's Aaron Olson, racing for Colavita-Bolla, was the third Northwest rider registered in the event. He finished 72nd.

### Pratzski, Sebel Take TST

Symmetric's Dylan Sebel and Marni Pratzski won the Tahuya-Seaback-Tahuya Road Race on April 21.

Sebel rolled clear of a three-man break with 25 miles to race on the second big climb of the day. He beat the next rider across the line, second-place finisher Jonny Sundt (Jittery Joe's), by five minutes. TST is regarded as one of the biggest springtime, single-day events in the Northwest.

Pratzski managed to stay with top Northwest climber Suz Weldon (Wines of Washington) and dropped her on the tricky descent about 800 meters from the finishing line.

In the Cat. 3 race, G.S. Cameratti's Dan Torrey earned his first-ever win in a bicycle race, taking the bunch sprint by five bike lengths.

# 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

### MAY

#### May 1-31: Bicycle Commuter Contest

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

#### May 22-23: Super Skills Clinic

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

### JUNE

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

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

#### Jun 5-6: Olympic Sports Mountain Bike Demo

Seattle, WA. Free Mountain Bike demo. Event is limited to 125 per day. Must pre-register at Olympic Sports. Jeff or Tom, Olympic Sports, 10700 5th Ave NE, Seattle, WA, 98125. 206-363-3007

#### Jun 11-Sep 21: Bike Summer

Various, WA. 100 days, 1000 events, 100,000 participants, 1,000,000 miles. To find out more or register an event go to the website. Bicycle Alliance of Washington, 206-442-9252, www.bikesummer.org

#### Jun 12: Stanley Park Bike Festival

Vancouver, BC. Festival. Criterium races, kids races, education, demos. Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe Street, Vancouver, BC, V6C 1Z7. 604-681-0419, www.stanleyparkbikefest.ca

#### Jun 12: World Naked Bike Ride (WNBR)

Seattle, WA. Protest oil dependency and celebrate the power and individuality of our bodies! Naked Bicycle People Power! Go as Bare as you Dare! Everybody is invited to this unabashed Bike Summer kickoff event! Bodypainting & other forms of creativity are strongly encouraged! Check website for time and location. www.WorldNakedRide.org

#### Jun 12: World Naked Bike Ride (WNBR)

Vancouver, BC. Start Location: WISE hall 1688 E 4th. Just off commercial. Body painting and party begins at 3pm, ride departs 8:30pm www.WorldNakedRide.org

#### Jun 12: World Naked Bike Ride (WNBR)

Victoria, BC. The Victoria Naked bike ride will meet outside the offices of the British Columbia legislative assembly. Meeting time is 2pm. The ride leaves at 3pm. www.WorldNakedRide.org

#### Jun 26: Surrey Bike Festival

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

## CAMPS

### MAY

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

Victoria, BC. Mountain bike camps for women. Offers two days of to-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

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

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

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

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

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

North Vancouver, BC. Mountain bike camps for women. Candace Shadley, Whistler, BC, 604-938-3303, www.dirtseries.com

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

Sun Valley, ID. Mountain bike camps for women. Candace Shadley, Whistler, BC, 604-938-3303, www.dirtseries.com

### JUNE

#### Jun 12-13: Sugoi Dirt Series

Whistler, BC. Mountain bike camps for men and women (co-ed format). Offers two days of to-notch small group instruction and hours of practice on the trails to reinforce new skills. Hosted by Essentially Blackcomb Candace Shadley, Whistler, BC, 604-938-3303, www.dirtseries.com

#### Jun 26-27: Sugoi Dirt Series

Canmore, AB. Mountain bike camps for women. Hosted by Rebound Cycles Candace Shadley, Whistler, BC, 604-938-3303, www.dirtseries.com

## RACE SERIES

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

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

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

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

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

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

#### Mar 20-Aug 1: 2004 Group Health WIM Series

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

#### May 21-Aug 27: Group Health Friday Night Racing

Redmond, WA. Categories A,B,C & Women's track racing. 7:30 pm start Harley Sheffield, Marymoor Velodrome Association, 4910 - 166th Ct NE, Redmond, WA, 98052. 425-503-6563, www.marymoorvelodrome.org

#### 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 years increment. Relax and fun atmosphere. BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 250-743-9915, www.bcmasterscycling.net

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

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

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

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

#### 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

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

Boise, ID. www.lactacidcycling.org

#### Apr 7-Aug 25: Wednesday Night MTB Series

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

#### Apr 8-Aug 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

#### 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.pazzo velo.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

#### 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

#### 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, 206-625-8333, www.buduracing.com

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

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

#### Apr 13-Aug 31: Tuesday Night RR Series

Redmond, WA. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

#### Apr 13-Sep 21: Tuesday PIR Series

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

#### Apr 14-Sep 8: Cove Bikercross Series

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

#### Apr 15-Aug 26: Pacific Raceways Duathlon

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

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

Nampa, ID. Snake River Cyclist, www.lactacidcycling.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

#### 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, 503-975-8229, www.obra.org

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

Eugene, OR. 3.7 mile climb, 800 ft elevation gain. Start 3/4 mile flat before pitching up to mid-section and pitch up again to finish. Staging at Spencer Creek Garage on Lorane Hwy, only 3 miles from Eugene. Richard Sweet, Paul's Bicycle Way of Life Cycling Team, 541-334-6449, www.obra.com

#### May 4-Sep 28: World Tuesday Night Championships

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

#### May 6-Sep 30: Alpenrose Weekly Series

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

#### May 7-Aug 30: Friday Night Track Races

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

#### May 10-Aug 30: MVA Monday Night Racing

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

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

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

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

Boise, ID. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.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: Group Health Friday Night Track Races

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

#### May 23-Sep 12: Mt. Hood Series

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

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

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

### JUNE

#### Jun 1-Aug 31: Eugene Twilight Criterium Series

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

#### Jun 9-Jul 14: 2004 Mt. Tabor Series

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

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

Sun Valley, ID. Bill Olson, bike\_camp@msn.com

#### Jun 10-Jul 22: Fat Tire Thursdays

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

#### Jun 21-Jul 7: Junior & Women Track Class - Session 1

Portland, OR. Mondays and Wednesdays. Class A - 10:00 a.m. to 11:30 a.m. Class B - 12:00 p.m. to 1:30 p.m. At the discretion of the coaches, students will be invited to race at Friday Night Track Races. Arrive 15 minutes early to allow time for bike fit. Cancelled if raining. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 503-254-7563, GeriBossen@hotmail.com

#### Jun 24-Aug 26: TNT Series

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

## MULTISPORT

### 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

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

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

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

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

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

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

### JUNE

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

Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, 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

#### Jun 5-6: Trioba 24 hour Adventure Racing

Wenatchee, WA. Trekking, mountain biking, paddling, ropes 253-709-8232, www.trioba.com

#### Jun 6: Island Lake Offroad Triathlon

Silverdale, WA. 600m swim, 12-mile mountain bike, and 3.5-mile run. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com</



**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, Bill Burke and Premier Event Management, www.trithecookie.com

**Jun 17: Pacific Raceways Duathlon #10**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 19: 5 Mile Lake Triathlon (Junior Regional)**  
Federal Way, WA. Junior Regional and and age group categories. Courses will vary in length according to the agegroup. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 24: Pacific Raceways Duathlon #11**  
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**BMX**

**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

**May 2: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. 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, 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**  
Coquiltam, BC. 4-cross BC Cup #1 and BMX event. Kevin O'Brien, Pipeline Bike Park Society, 604-872-7287, www.bmxfiles.com

**May 9: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

**May 12: Chehalem Valley BMX**  
Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 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, 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

**May 16: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937,

**May 19: Chehalem Valley BMX**  
Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916,

**May 21-23: Walla Walla BMX**  
Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday and Sunday registration 4:00 p.m. to 5:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

**May 22-23: Chehalem Valley BMX**  
Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

**May 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

**May 23: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

**May 23: River Valley - RFL**  
Sumner, WA. Double points fundraiser. \$5 donation to Leukimea Mike Raich, 5867 Dogwood Rd, Port Orchard, WA, 98366. 206-246-2661, 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, 503-554-5916

**May 29-30: Chehalem Valley BMX**  
Newberg, OR. Registration 5:00 p.m. to 6:00 p.m. Racing at 6:15 p.m. Roger & Barb Linder, Chehalem Valley BMX, 503-554-5916

**May 30: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

**JUNE**

**Jun 5-6: Canada Cup #3 & #4**  
Ridge Meadows, BC. Jim Stewart, Cycling BC, 17310 Barnes Rd., Pitt Meadows, BC, 604-737-3140, www.ridgemeadowsbmx.com

**Jun 5-6: Columbia Basin BMX**  
Richland, WA. Saturday RFL-Double Points. Registration 12:00 p.m. to 1:00 p.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

**Jun 6: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

**Jun 8: Walla Walla BMX**  
Walla Walla, WA. Tuesday registration 5:30 p.m. to 6:30 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

**Jun 11-13: Walla Walla BMX**  
Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday registration 3:00 p.m. to 4:00 p.m. Sunday registration 12:00 p.m. to 1:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

**Jun 13: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

**Jun 17-19: Columbia Basin BMX**  
Richland, WA. Friday registration 5:30 p.m. to 6:00 p.m. Saturday registration 5:30 p.m. to 6:00 p.m. Sunday registration 9:00 a.m. to 10:00 a.m. John & Cally Higbee, Columbia Basin BMX, 509-546-8113, www.wallawallabmx.org

**Jun 18-20: Walla Walla BMX**  
Walla Walla, WA. Friday registration 5:30 p.m. to 6:30 p.m. Saturday registration 2:00 p.m. to 4:00 p.m. Sunday registration 9:00 p.m. to 11:00 p.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

**Jun 20: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937,

**Jun 26: Alpenrose BMX - BMX Reunion**  
Portland, OR. RFL pre race. Double points. Registration from 3:00 p.m. to 4:00 p.m. Anybody on any bike can participate. No membership required. Donation \$10+ welcome. BMX reunion Oregon-Washington class of 1976-2004 - 10:00 a.m. - 4:30 p.m., potluck, old school bike display, awards, Hall of fame inductions. Mark & Lori Phelps, 6149 SW Shattuck Rd, 503-244-9492, www.alpenrose.com/schedule.htm

**Jun 27: Alpenrose BMX - RFL**  
Portland, OR. Double points. Registration from 3:00 p.m. to 4:00 p.m. Anybody on any bike can participate. No membership required. Donation \$10+ welcome. Fundraiser for Leukemia & Lymphoma. Mark & Lori Phelps, 503-244-9492, www.alpenrose.com/schedule.htm

**Jun 27: Klamath Falls BMX**  
Klamath Falls, OR. Registration 12:00 p.m. to 1:00 p.m. Racing starts ASAP, weather permitting. John Lehto or Tim Clemens, 541-884-5765 or 541-885-4937

**MOUNTAIN BIKE RACING**

**MAY**

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

**May 1-2: 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 Composano, SCUMB, 2738 Robinson Rd., Gibsons, BC, V0N 2W4. 604-886-1525, www.user.dccnet.com/rtcacomposano

**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

**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, rondaron@earthlink.net, www.wildrockies.com

**May 2: Salty Dog 6 Hour Enduro**  
Salmon Arm, BC. Jim Maybee, Skookum Cycle & Ski, 1870 Okanagan Ave., Salmon Arm, BC, V1G 1H4. 250-832-7368, www.skookumcycle.com/saltydog

**May 5: Cove Bikercross #4**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**May 5: Wednesday Night MTB Series #5**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

**May 8: Pipeline Classic SISU BC Cup**  
Coquitlam, BC. 4-cross BC Cup #1 and BMX event. Kevin O'Brien, Pipeline Bike Park Society, 604-872-7287, www.bmxfiles.com

**May 9: Cascade Chainbreaker Mountain Bike Race**  
Bend, OR. 7th Annual - Mountain bike competition for all skill levels. Oregon MTB Series Race. NW Cross Country BTB Cup Race #2. High School Series. Kevin Gorman, Marcel Rusenberger, 550 SW Industrial Way, Bend, OR, 97702. 541-318-6188, www.webcyclery.com

**May 12: Cove Bikercross #5**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**May 12: Wednesday Night MTB Series #6**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

**May 15-16: Boneshaker**  
Winthrop, WA. WIM Series XC #4 (new course), DH #3 for all ages & ability levels, beginner to Pro. NW Cup DH #2/XC#3 Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**May 15: Fat Tire Farm Spring Fling**  
Mt Hood, OR. Downhill enduro on Mt. Hood. Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

**May 15-16: Mountain Bike & Orienteering Challenge**  
Maple Ridge, BC. Jackie Slavenova, Orienteering Association of BC, Burnaby, BC, V5J 5G9. 640-671-2931,

**May 16: North Shore Challenge #2**  
N Vancouver, BC. James Wilson, Dizzy Cycles, 94 Lonsdale Ave., N Vancouver, BC, V7M 2E6. 640-985-2213,

**May 19: Cove Bikercross #6**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**May 19: Wednesday Night MTB Series #7**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666.

**May 22-24: Action Quest SISU BC Cup**  
Summerland / Penitction, BC. Cross-country & downhill BC Cup #1, 4-cross BC Cup #2. Bob Leslie, Penitction Cycling Club, P.O. Box 208, Summerland, BC, V0H1Z0. 250-494-4050, www.rideactionquest.com

**May 23: Bear Springs Trap**  
Ski Bowl, OR. Cross country at McCubbins Gulch. Mt. Hood Series Race. Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, 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, http://onespeed.tripod.com

**May 26: Cove Bikercross #7**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**May 26: Wednesday Night MTB Series #8**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

**May 29-30: 24 Hours Round the Clock**  
Spokane, WA. NORBA National Championship race, teams & solos, camp, ride, eat, sleep, do it again! Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**May 29-30: Pickett's Charge Mountain Bike Stage Race**  
Bend, OR. Mountain bike race event. Oregon MTB Series Race. High School Series Finals Damian Schmitt, 541-350-3327, www.obra.org

**May 30: Merritt Cow Trail Classic**  
Merritt, BC. Cross-country and kids events. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

**JUNE**

**Jun 2: Cove Bikercross #8**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**Jun 2: Wednesday Night MTB Series #9**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

**Jun 5: 12th Annual Revenge of the Singletrack**  
Twin Falls, ID. Always a classic, Revenge enters its 13th year, more fun than ever. The race starts and finishes at the Magic Mountain ski resort, located 23 miles south of Hansen, Idaho, (about 26 miles south of I-84). Wild Rockies, rondaron@earthlink.net, www.wildrockies.com

**Jun 5: Bavarian Bike and Brews Festival**  
Leavenworth, WA. Cross country bike race followed by beer festival, live music, food and fun! Christine or James Munly, Leavenworth Fat Tire Club, 1207 Front St., Leavenworth, WA, 98826. 509-548-5615, www.dasradhaus.com click on events

**Jun 5: Flying Horseshoe Festival**  
Cle Elum, WA. WIM Series Cross Country race #6 for all ages & ability levels, beginner to Pro. Free kids race. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jun 6: North Shore Challenge #3**  
N Vancouver, BC. James Wilson, Dizzy Cycles, 94 Lonsdale Ave., N Vancouver, BC, V7M 2E6. 640-985-2213

**Jun 6: Race at Reehers**  
Forest Grove, OR. Oregon MTB Racing Series. Cross-country. Jon Meyers, 503-234-9273, www.obra.org

**Jun 9: Cove Bikercross #9**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**Jun 9: Wednesday Night MTB Series #10**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666

**Jun 12-13: Bear Mountain Challenge SISU BC Cup**  
Mission, BC. Cross-country, downhill BC Cup #2 Cory Adsit, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-850-4603, www.bearmountainchallenge.com

**Jun 12-13: Oakridge Fat Tire Festival**  
Oakridge, OR. NW Cross Country BTB Cup Race Finals. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Jun 13: 16th Annual Idaho City Excellent Adventure**  
Idaho City, ID. LeMans style (run to your bike). Everyone will also ride the same course, a hybrid route of 17 miles that ties sections of the beginner and sport courses together. At last, this is your big chance to see what old-time mountain bike racing was like, and test yourself, heads-up and one-on-one, against the best. Held in conjunction with the famous Idaho City Arts & Crafts Festival. Wild Rockies, www.wildrockies.com

**Jun 16: Cove Bikercross #10**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**Jun 16: Wednesday Night MTB Series #11**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

**Jun 18-20: T&E Mountain Bike Challenge**  
Mt. Hood, OR. Downhill and cross country events at Mt. Hood Ski Bowl. Mt. Hood Series Race. Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

**Jun 19-20: Chelan Mt Bike Festival**  
Chelan, WA. WIM Series XC #7, DH #5 for all ages & ability levels. Live music, BBQ, beer garden, free kids race. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Jun 19: Squamish Test of Metal**  
Squamish, BC. Brennan Park Leisure Centre. Very demanding course with over 1,200 meters of climbing and 35 kilometers of singletrack. Part of the Squamish MTB Festival. UCI E event. Cliff Miller, Box 793, Gabrialdi Highlands, Squamish, BC, V0G 1T0. www.testofmetal.com

**Jun 23: Cove Bikercross #11**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**Jun 23: Wednesday Night MTB Series #12**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

**Jun 26-27: Willamette Pass**  
OR. NW Cup DH #3. Exciting fast pace technical down hill races. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Jun 26-27: 12th Annual Padden MTN Pedal**  
Bellingham, WA. Grandaddy of them all - this is the oldest and most respected race in the Pacific Northwest. Extensive prize list. Great course in the heart of Bellingham. Speed Trials new this year. Mark Peterson, Jack's Bicycle Center, 1907 Iowa St., Bellingham, WA, 98226. 360-366-0951, www.whipmsmtb.com

**Jun 26-27: The Mad Trapper SISU BC Cup**  
Panorama, BC. Cross-country, downhill, 4-cross BC Cup #3 Keith Simmonds, Box 7000, Panorama, BC, V0A 1T0. 250-341-3019, ksimmonds@intrawest.com

**Jun 28: Cascade Cream Puff**  
Oakridge/Westfir, OR. America's toughest 100-mile MTB race. 50% single-track and 18,000 ft of climbing. 110-rider limit. Don Person, 25828 Parker Lane, Veneta, OR, 97487. 541-935-8566, www.puff100.com

**Jun 30: Cove Bikercross #12**  
Grouse Mountain, BC. See Race Series for further information. Cycling BC & Cove Bikes, www.covebikercross.com

**Jun 30: Wednesday Night MTB Series #13**  
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

**MOUNTAIN BIKE TOURING**

**MAY**

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

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

**JUNE**

**Jun 5: MS Mountain Bike Challenge**  
Fall City, WA. Mountain Bike Event to fundraise for Multiple Sclerosis. Sarah Leopker, Sarah Leopker, 192 Nickerson St., Ste. 100, Seattle, WA, 98109. 800-800-7047, www.nationalmssociety.org/was

*Cascade bicycle club education foundation*

**NORTHWEST JUNIORS RACING SERIES**

A Lance Armstrong Junior Olympics Criterium Race Series

May/June Race Calendar

May 8 - Kent Bicycle Festival, Kent  
June 12 - Olympic Athletic Club Twilight Criterium, Seattle  
June 13 - Gregg's Cycles Volunteer Park Criterium, Seattle  
June 20 - First Rate Mortgage Seward Park Criterium, Seattle  
June 27 - Aurora Cycle Criterium, Bothell

Race info: www.pazzovelo.com/events Series info: www.auroracyclingclub.org

PRESENTED BY: WASHINGTON STATE BICYCLE ASSOCIATION

SPONSORED BY: BICYCLEPAPER

Clif, YMCA's Camp Okla, Schwabe Tires, USA Cycling, WSBA, Schilling Cycling Club, Go Cycling Maui

**Jun 24: Pedal the Pinchot**  
Gifford Pinchot National Forest, OR. Road and mountain bike rides in the national forest, south of Mt. St. Helens.

**Jun 26: Pitt Lake**  
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, <http://crosstrailsadventures.com>

**Jun 27: Coquihalla Plunge**  
Hope, BC. From the summit of the Coquihalla navigate our bikes down towards Hope via back roads and the Kettle Valley trail. Bike rental available. Includes van transportation, guiding and day's end snacks & refreshments. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, <http://crosstrailsadventures.com>

## ROAD RACING

### MAY

**May 1: Built For Speed Time Trial Series**  
Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, [www.builtforspeedtt.com](http://www.builtforspeedtt.com)

**May 1: Du-bike-athlon**  
Spokane, WA. Mountain bike for 8 miles, hop on your road bike for 17 miles and back to mountain bike for 4 more. Teams/solos. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, [www.roundandround.com](http://www.roundandround.com)

**May 1: Earth 20 Cove Classic Road Race**  
Culver, OR. CANCELLED

**May 1-2: Screaming Eagle Race Weekend - SISU BC Cup #2**  
Salmon Arm, BC. 250-832-0947, [info@eaglehomes.ca](mailto:info@eaglehomes.ca)

**May 1: Time Trial Training Series #4**  
Boise, ID. See Race Series for further information. Treasure Valley Cycling Club, [www.georgescycles.com](http://www.georgescycles.com)

**May 1: Wasco Wild West 75 Recumbent Road Race**

The Dalles, OR. Race 4 laps for 75 miles of open two lane backtop country road. Uphill and downhills. HPRA rules. Recumbent race class: stock men and women, superstock men and women, superstreet men and women, streamliner. Cash prize. RANS recumbents offers \$100 for any racers who wins a class in this race riding a RANS bike. Clay Smith, 541-296-1314

**May 1: Washington State Team Time Trial**  
Granite Falls, WA. NWWC Cat 3 & 4 Series Race. [www.broadmarkcycling.com](http://www.broadmarkcycling.com)

**May 2: BC Masters Association Race #4**  
Maple Bay, BC. 65km road race rolling. Start at 1:00 p.m. at Moose Hall. Joe Gard, BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 250-743-9915, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

**May 2: Emmett-Robaix Road Race**  
Boise, ID. Race #4 in BCC Spring Series. Mike, Boise Cycling Club, 208-343-3782, [www.georgescycles.com](http://www.georgescycles.com)

**May 2: Estacada Time Trial #2**  
Estacada, OR. See Race Series for further information. Geri Bossen, The Bossen Junior Racers Family, 503-254-7563,

**May 2: Masters and Juniors State RR**  
Longbranch, WA. Old Town Bicycle Team

**May 3: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 97034. 503-975-8229, [www.obra.org](http://www.obra.org)

**May 4: Eugene Hillclimb Time Trial Series**  
Eugene, OR. See Race Series for further information. Richard Sweet, Paul's Bicycle Way of Life Cycling Team, 541-334-6449, [www.obra.com](http://www.obra.com)

**May 4: Pacific Raceways RR Series #4**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**May 4: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**May 4: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://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](http://www.lacticacidcycling.org)

**May 4: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, [jmitchem@herrerainc.com](mailto: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](http://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](http://www.pazzovelo.com)

**May 6: Snake River Criterium Series #4**  
Nampa, ID. See Race Series for further information. Snake River Cyclist, [www.lacticacidcycling.org](http://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](http://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, 604-739-2689, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

**May 8: Kent Bicycle Festival**  
Kent, WA. Part of CBC Education Foundation NW Juniors Racing Series. Aaron Renner, [www.pazzovelo.com](http://www.pazzovelo.com)

**May 10: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, [www.obra.org](http://www.obra.org)

**May 11: Eugene Hillclimb Time Trial Series**  
Eugene, OR. See Race Series for further information. Richard Sweet, Paul's Bicycle Way of Life Cycling Team, 541-334-6449, [www.obra.com](http://www.obra.com)

**May 11: Pacific Raceways RR Series #5**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 98001. 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**May 11: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://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](http://www.georgescycles.com)

**May 11: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**May 11: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, [jmitchem@herrerainc.com](mailto: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](http://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](http://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](http://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](http://www.bcmasterscycling.net)

**May 15: Birds of Prey Road Race**  
Kuna, ID. Dobbiano, [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**May 15: Galena Hill Climb**  
Sun Valley, ID. Durance Cycleworks, [www.durance.com](http://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](http://www.ticycles.com)

**May 16: Comox Valley CC Road Race #3**  
Comox, BC. Raced on the Dove Creek course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, <http://mars.ark.com/~cvcc>

**May 16: Eagle Hills Circuit Race**  
Eagle, ID. Road race event. Lactic Acid Cycling and World Cycles, 180 N 8th Street, Boise, ID, 208-343-9130, [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**May 16: Estacada Time Trial #3**  
Estacada OR. See Race Series for further information. Geri Bossen, The Bossen Junior Racers Family, 503-254-7563,

**May 17: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 97034. 503-975-8229, [www.obra.org](http://www.obra.org)

**May 18: Eugene Hillclimb Time Trial Series**  
Eugene, OR. See Race Series for further information. Richard Sweet, Paul's Bicycle Way of Life Cycling Team, 541-334-6449, [www.obra.com](http://www.obra.com)

**May 18: Pacific Raceways RR Series #6**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**May 18: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**May 18: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**May 18: Tuesday Nighter Series #6**  
Boise, ID. Bogus Basin Road. [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**May 18: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, [jmitchem@herrerainc.com](mailto: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](http://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](http://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](http://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.nwcycleevents.com](http://www.nwcycleevents.com)

**May 22: Team Time Trial**  
Corvallis, OR. Craig Massie, Craig, [Massie@cmug.com](mailto:Massie@cmug.com), [thayden@cmug.com](mailto: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](http://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](http://www.teamsoliton.com)

**May 23: Silver Lake Time Trial**  
Maple Falls, WA. Paul Clement, [www.pazzovelo.com](http://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](http://www.obra.org)

**May 24: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, [www.obra.org](http://www.obra.org)

**May 25: Eugene Hillclimb Time Trial Series**  
Eugene, OR. Awards - See Race Series for further information. Richard Sweet, Paul's Bicycle Way of Life Cycling Team, 541-334-6449, [www.obra.com](http://www.obra.com)

**May 25: Pacific Raceways RR Series #7**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**May 25: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**May 25: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://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](http://www.lacticacidcycling.org)

**May 25: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, [jmitchem@herrerainc.com](mailto: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](http://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](http://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](http://www.lacticacidcycling.com)

**May 27: Southern Oregon Thursday Nighters**  
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, [ed.garfield@obra.org](mailto: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](http://www.wildrockies.org/bikeclassic)

**May 29-30: Snake River Omnium**  
Nampa, ID. Snake River Cyclist/Lindsay Cyclery, 208-465-6491, [www.lacticacidcycling.com](http://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](http://www.bcmasterscycling.net)

**May 30: Kent Bike Festival**  
Kent, WA. Criterium, Bike Rodeo, BMX Demonstration Aaron Renner, Aaron Renner, 27700 130th AVE SE, Kent, WA, 98030-8866. 253-630-0489, [www.kentbikefestival.com](http://www.kentbikefestival.com)

**May 30: Oregon Rehearsal Road Race**  
Oregon City, OR. Brian Witty, 504-750-7688, [www.obra.org](http://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.krebscycleclub.com](http://www.krebscycleclub.com)

**May 31: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, [www.obra.org](http://www.obra.org)

### JUNE

**Jun 1: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, [www.obra.com](http://www.obra.com)

**Jun 1: Pacific Raceways RR Series #8**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jun 1: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**Jun 1: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jun 1: Tuesday Nighter Series #8**  
Boise, ID. Pleasant Valley/Ten Mile Creek Road. Starts at 7:00 p.m. [www.lacticacidcycling.org](http://www.lacticacidcycling.org)

**Jun 1: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, [jmitchem@herrerainc.com](mailto:jmitchem@herrerainc.com)

**Jun 1: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)

**Jun 3: First Rate Mortgage Cycling Series #10**  
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, [www.pazzovelo.com](http://www.pazzovelo.com)

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

Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, [www.lacticacidcycling.com](http://www.lacticacidcycling.com)

**Jun 3-6: Mt. Hood Cycling Classic**  
Hood River, OR. This four-day race features rides located in the picturesque Hood River Valley at the base of Mt. Hood. 18,000 feet of climbing, 200 miles of racing, 5 stages, 4 days, 1 big post-race celebration! Chad Sperry, Mt. Hood Cycling Classic, P.O. Box 1432, Hood River, OR, 97031. 541-296-3779, [www.mthoodcyclingclassic.com](http://www.mthoodcyclingclassic.com)

**Jun 3: Southern Oregon Thursday Nighters**  
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, [ed.garfield@obra.org](mailto:ed.garfield@obra.org)

**Jun 4-6: Times Colonist Cycling Festival - SISU BC Cup #4**  
Victoria, BC. Road race, criterium and track events as well as Tour de Garden City community ride (20K, 50K, 80K). Road Race using the Gary Lunn course, criterium on Bastion Square. Jon Watkin, c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, [www.pacificsport.com](http://www.pacificsport.com)

**Jun 4-6: Tour of Eagle Stage Race**  
Eagle, ID. Criterium on Friday, Time Trial on Saturday, Road Race Sunday. [www.teamorbeausa.com](http://www.teamorbeausa.com)

**Jun 5-6: Race Across Oregon**  
Portland, OR. Challenging 538-mile route through the Cascades. RAAO qualifier. Solo, tandem, masters, 2- & 4-person relay teams. George Thomas & Terri Gooch, 541-753-0549, [www.raceacrossoregon.com](http://www.raceacrossoregon.com)

**Jun 5-6: Washington State Omnium Stage Race Championships**  
Wenatchee, WA. Time Trial course - Rolling, 9 miles out and back course. Criterium - 1km, 4 corners, small hill. Road Course - Two loops: short loop at 12 miles with 1,400 ft of climbing, or big loop at 27 miles with 2,000 ft of climbing. NWWC Cat 4 Series Race. David Douglas, Pazzo Velo, [www.pazzovelo.com](http://www.pazzovelo.com)

**Jun 6: BC Masters Association Race #9**  
Aldergrove, BC. 16km Time Trial. Conny Strub, Vancouver Torrent, 604-788-9300, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

**Jun 7: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, [www.obra.org](http://www.obra.org)

**Jun 8: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, [www.obra.com](http://www.obra.com)

**Jun 8: Pacific Raceways RR Series #9**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jun 8: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**Jun 8: Summer Night at the Track #2**  
Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, [www.georgescycles.com](http://www.georgescycles.com)

**Jun 8: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

**Jun 8: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, [jmitchem@herrerainc.com](mailto:jmitchem@herrerainc.com)

**Jun 8: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, [www.escapevelocity.bc.ca](http://www.escapevelocity.bc.ca)

**Jun 9: 2004 Mt. Tabor Series**  
Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, <http://tinyurl.com/spww>

**Jun 9: 3rd Annual Wood River Cup #1**  
Sun Valley, ID. Bill Olson, [bike\\_camp@msn.com](mailto:bike_camp@msn.com)

**Jun 10: First Rate Mortgage Cycling Series #11**  
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, [www.pazzovelo.com](http://www.pazzovelo.com)

**Jun 10: Lindsay's Thursday Night Time Trial #5**  
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, [www.lacticacidcycling.com](http://www.lacticacidcycling.com)

**Jun 10: Southern Oregon Thursday Nighters**  
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, [ed.garfield@obra.org](mailto:ed.garfield@obra.org)

**Jun 11: Fremont Criterium**  
Fremont, WA. NWWC Cat 3 Series Race. Robert Trombley, [www.pazzovelo.com](http://www.pazzovelo.com)

**Jun 12-13: BC Masters Association Race #10/11**  
Penticton, BC. 10km Hill Climb - 10-12% grade

**Jun 15: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

**Jun 15: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 15: Tuesday Nighter Series #9**  
Boise, ID. Bogus Basin/Crane Creek Road. Starts 6:15 p.m. www.lacticacidcycling.org

**Jun 15: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

**Jun 15: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

**Jun 16: 2004 Mt. Tabor Series**  
Portland, OR. See Race Series for further information. Clark Ritchie, 1314 NE 59th Ave, Portland, OR, 97213. 503-936-2575, http://tinyurl.com/spwww

**Jun 16: 3rd Annual Wood River Cup #2**  
Sun Valley, ID. Bill Olson, bike\_camp@msn.com

**Jun 16: USCF Elite Road Nationals**  
Redlands, CA.

**Jun 17: First Rate Mortgage Cycling Series #12**  
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

**Jun 17: Lindsay's Thursday Night Time Trial #6**  
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

**Jun 17: Southern Oregon Thursday Nighters**  
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

**Jun 19-20: BC Masters Assoc. Race #12/13**  
Mt. Washington, BC. 75km Road Race/Hill Climb and 16 km time trial on flat and rolling terrain. Roger Thomas, Comox Valley Cycling Club, 250-339-9667, www.bcmastrscycling.net

**Jun 19-20: Comox Valley CC Road Race - Masters Weekend**  
Comox, BC. Saturday raced at Dove Creek/Mount Washington courses. Sunday raced at 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/~cvcct

**Jun 19: Great Northern Aurora Road Race**  
Conway, WA. Beautiful 4.3-mile roll out to the course, which is an 18-mile loop around Lake McMurray. NWWC Cat 4 Series Race. John Bove, Aurora Cycling Club, http://auroracyclingclub.org

**Jun 20: 5-Person Team Time Trial**  
Boise, ID. Lost River Cycling, www.lostrivercycling.org

**Jun 20: First Rate Mortgage Cycling Series #13**  
Seattle, WA. Seward Park Summer 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

**Jun 20: Mt. Tabor Festival**  
Portland, OR. An annual 1.3-mile loop circuit race at a beautiful venue since 1952. Race will be held at Mt. Tabor Park. Open to recumbent cyclists; race between noon and 1:00. Bruce Harmon, Team Rose City, 4060 Summerlinn Drive, West Linn, OR, 97068-5109. 503-742-9037, www.teamrosecity.org

**Jun 21: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

**Jun 22: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

**Jun 22: Pacific Raceways RR Series #11**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 22: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

**Jun 22: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 22: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

**Jun 22: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

**Jun 23: 2004 Mt. Tabor Series**  
Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spwww

**Jun 23: 3rd Annual Wood River Cup #3**  
Sun Valley, ID. Bill Olson, bike\_camp@msn.com

**Jun 23: Yaletown Brewing Grand Prix**  
Pitt Meadows, BC. Trek VW Broadway Dental Centre Racing Team, 604-328-7370, www.trekvwrracing.com

**Jun 24: First Rate Mortgage Cycling Series #14**  
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

**Jun 24: Lindsay's Thursday Night Time Trial #7**  
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

**Jun 24: Southern Oregon Thursday Nighters**  
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

**Jun 24-27: Tim Horton's Road National Championships**  
Kamloops, BC. National championship for road, time trial and criterium. All categories and handi-cycling. Henry Perji, Kamloops, BC, 250-828-2453, www.roadnationals.com

**Jun 25-27: Elkhorn Classic Stage Race**  
Baker City, OR. A three-day, four-event, timed stage race. Long challenging courses. Categories offered: Men - Pro 1/2, Men 3, Men 4/5, Men masters 40+, Women Pro 1/2, Women 3/4 (combined but scored separately). Nathan Hobson, 4004 SE Lycyntra Lane, Milwaukie, OR, 97222. 503-652-3763, www.elkhornclassic.com

**Jun 26: Idaho State TT championships**  
Sun Valley, ID. Durance Cycles, www.durance.com

**Jun 26-27: Ketchum Circuit Race**  
Sun Valley, ID. Sun Summit, www.ketchumcriterium.com

**Jun 27: Aurora Criterium**  
Bothell, WA. For 2004, Aurora Cycling Club is proud to be promoting our first criterium. Part of CBC Education Foundation NW Juniors Racing Series. See web site for further information. John Bove, Aurora Cycling Club, http://auroracyclingclub.org

**Jun 27: River City Bicycles Barlow Trail Century**  
Portland, OR. We're going to put on our own Century ride, with several gourmet rest stops and distance options! River City Bicycles, www.rivercitybicycles.com

**Jun 28: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

**Jun 29: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

**Jun 29: Pacific Raceways RR Series #12**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 29: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

**Jun 29: Summer Night at the Track #3**  
Boise, ID. See Race Series for further information. Mike , Boise Cycling Club, 208-343-3782, www.georgescycles.com

**Jun 29: Tuesday Night RR Series**  
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 29: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

**Jun 29: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

**Jun 30: 2004 Mt. Tabor Series**  
Portland, OR. See Race Series for further information. Clark Ritchie, 1314 NE 59th Ave., Portland, OR, 97213. 503-936-2575, http://tinyurl.com/spwww

**Jun 30: 3rd Annual Wood River Cup #4**  
Sun Valley, ID. Bill Olson, bike\_camp@msn.com

**ROAD TOURING**

**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. 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

**\* Events that Support the Bicycle Alliance of Washington**

**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, 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/tcbc/iec/

**May 8: Port Townsend Rhododendron Tour (Rhody Tour)\***  
Port Townsend, WA. 32, 45, 55 and 62 miles. Route follows the varied terrain of east Jefferson County's rural roads. The few hills on the Half Metric Century make for a pleasantly challenging ride. The full Metric Century is a fast rolling ride with a few good hills. Supports Bicycle Alliance of WA. Jon Mueller, Port Townsend Bicycling Association, 535 Benton St., Port Townsend, WA, 98368. 360-385-7567, www.ptguide.com/rhodytour/

**May 8-15: San Juan Islands - Victoria**  
Seattle, WA. A great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. 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. 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. 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. A great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. 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/TOSRV/index.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. 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

**17th Annual Sunrise Rotary Apple Century Bike Ride!**  
Saturday, June 12, 2004  
Wenatchee, WA

**Great Ride! Great Fun! Great Cause!**

For registration information go to [century@wenatcheesunrise.org](mailto:century@wenatcheesunrise.org) or phone: 1-509-884-8585  
Toll free: 1-866-206-7050

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800-443-6060  
[www.bicycleadventures.com](http://www.bicycleadventures.com)

**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. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**May 29: North Aurora Street Scramble**  
 Seattle, WA. Visit as many neighborhood checkpoints as you can in 3 hours Eric Bone, Meridian Geographics, 120 NE 53rd St, Seattle, WA, 98105. 206-634-2279, www.streetscramble.com

**May 30-Jun 4: San Juan Islands 6-Day**  
 Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**May 31: 7 Hills of Kirkland**  
 Kirkland, WA. Enjoy Kirkland's hills, beauty and hospitality. Chris Fox, KITH-Kirkland Interfaith Transitions In Housing, 125 State Street, Ste. B, Kirkland, WA, 98033. 425-576-9531, www.7hillskirkland.com

**JUNE**

**Jun 5: 400km Brevet - Le grand tour de Peace**  
 Peace Region, BC. BC Randonneur club event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

**Jun 5: 600km Brevet**  
 Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur club event. Bob or Patty Marsh, BC Randonneurs Cycling Club, 604-467-7065, www.randonneurs.bc.ca

**Jun 5-6: 600km Brevet**  
 Redmond, WA. Over N Cascades Hwy. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Jun 5: Chelan Century Challenge**  
 Lake Chelan, WA. 30, 60 and 100 mil loops. Fully supported. Rider check in 7:00-8:30 a.m. Ride along Lake Chelan, through the Coulees, orchards, the hills of Manson, mountainous terrain, along the Columbia River and the McNeil Canyon. Lake Chelan Rotary Club, 10912 S Lakeshore Rd, Chelan, WA, 98816, www.centuryride.com

**Jun 5-12: San Juan Islands - Victoria**  
 Seattle, WA. A great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. 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

**Jun 5: Spring Century**  
 Canby, OR. 50K, 100K or 100 miles. Starts in Canby and heads south through the rural Willamette Valley. Portland Wheelmen Touring Club (PWTC), P.O. Box 2972, Portland, OR, 97208-2972. 503-257-PWTC, www.pwtc.com

**Jun 6: Peninsula Metric Century\***  
 Southworth Ferry and Gig Harbor, WA. Three routes to choose from 50km, 100km or 100 miles. The 50km loop brings you along Puget Sound on rural roads with rolling terrain. The 100km loop through South Kitsap County and the Gig Harbor Peninsula feature rural roads with rolling hills. Or try the challenging 100-mile loop with more than 7,000 feet of elevation gain. Before/After May 28 - \$15/\$18 ind., \$35/\$40 family, \$12/\$15 T-shirt. Supports Bicycle Alliance of WA. Dianne Koch, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-564-3271, www.twbc.org

**Jun 6-11: San Juan Islands 6-Day**  
 Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 7-Jul 1: Great Alaska Highway Ride 6**  
 Dawson Creek, BC. 6th annual ride along the Alaska Highway. Traverses through BC, the Yukon Territory and into Alaska. Tom Sheeham, Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, www.cyclevents.com/alaska

**Jun 8-Jul 24: Cycling in the Alps 2004**  
 Austria and Switzerland. Bicycle tour in four 12-day sections. Starts in Innsbruck. Camping & sag support. See web site for additional information Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 98816. 815-301-8262, www.waynesue.com/page2.html

**Jun 12: 17th Apple Century Bike Ride**  
 Wenatchee, WA. The event includes 50- and 100-mile tours of scenic and sunny north central Washington via the Columbia River and Lake Chelan, past dramatic cliffs and verdant orchards. Fully supported by friendly Rotary volunteers and features well-stocked pit stops, support vehicles and clearly marked routes. Joanne Rosenthal, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807. 509-665-8294, www.wenatcheesunrise.org/century

**Jun 12-13: 600km Brevet**  
 Southern Interior, BC. BC Randonneur club event. Richard Blair, BC Randonneurs Cycling Club, 250-372-1873, www.randonneurs.bc.ca

**Jun 12-26: Guyana: Many Peoples, Many Waters**  
 Guyana, South America. Bike and boat tour to indigenous villages, rainforests and beaches. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

**Jun 12: Strawberry Century**  
 TBC. Santiam Slow Spokes, www.santiamslowspokes.org

**Jun 13-18: California Wine Country 6-Day**  
 Santa Rosa, CA. The Napa and Sonoma valleys, with their quiet country roads and beautiful vineyards, are one of the world's most popular places to bicycle. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 13-18: San Juan Islands 6-Day**  
 Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 13-18: Santa Fe - Taos**  
 Albuquerque, NM. The famous artist Georgia O'Keeffe lived here and was fascinated by the landscape and its echoes of the past. Sweeping vistas of mountains, forests and the red earth. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 14-18: San Juan Islands - 5 Day**  
 LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 18-21: Cascade Refuge Tour**  
 Ashland, OR. Lightly traveled roads, magnificent vistas, the Klamath and Tulelake Wild Life Refuge await you! From Ashland east into the Cascades. 260 miles over mountainous, gentle and moderate terrain. Includes camping, sag support, maps, breakfasts and dinners. Russell or Renee Rickert, Mt. Velo, 164 Alameda Dr., Ashland, OR, 541-482-8704, russreneeetours@hotmail.com

**Jun 19-21: 1000km Brevet**  
 Lower Mainland, BC. Starts 8:00 a.m. BC Randonneur club event. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca

**Jun 19-21: 1000km Brevet**  
 Nanaimo or Victoria, BC. Route is Victoria to Port Hardy. BC Randonneur club event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

**Jun 19-21: 1000km Brevet**  
 Southern Interior, BC. Saturday to Monday. BC Randonneur club event. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca

**Jun 19: 10th Annual Tour de Blast**  
 Toutle, WA. Tour de Blast offers 80km and 135km rides with breathtaking views of Mt. St. Helens' blast zone. Well staffed by Longview Noon Rotarians. \$35 covers T-shirt, rest stops and end-of-ride pasta feed. Limit 1,200 riders Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tourdeblast.com

**Jun 19: 2nd Annual Tri-County Tour**  
 Boise, ID. 35, 50, 75 or 100 miles. Benefits The United Way of Treasure Valley. www.unitedway.ort/tct/

**Jun 19-20: 600km Brevet - Foothills Randonnee**  
 Peace Region, BC. BC Randonneur club event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

**Jun 19: Oregon Ultimate Road Ride**  
 Bend, OR. 210-mile road ride from Sisters to Bend...the long way! Three major climbs with lots of rollers in between will make this one of the toughest road rides in Oregon. Entry fee includes maps, food, sag and t-shirt. Special rewards for finishers. Limited to 100 riders. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

**Jun 19-12: San Juan Islands - Victoria**  
 Seattle, WA. A great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. 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

**Jun 19: Yakima Ridges Bicycle Ride**  
 Yakima, WA. Ride through the sunny upper Yakima Valley in this debut ride with 25-, 45-, and 100-mile options. Apple Valley Kiwanis Club, 7301 W Pierce St, Yakima, WA, 98908. 509-966-4475, www.desertvalley.com/rides

**Jun 20-Aug 9: Across America North**  
 Astoria, OR. A scenic and challenging fully supported 50-day bicycle tour from Astoria, OR to Portsmouth, NH. Bill, America by Bicycle, P.O. Box 805, Atkinson, NH, 03811. 888-797-7057, www.abbike.com

**Jun 20-25: San Juan Islands 6-Day**  
 Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 21-25: San Juan Islands 6-Day**  
 Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 24: Pedal the Pinchot**  
 Gifford Pinchot National Forest, OR. Road and mountain bike rides in the national forest, south of Mt. St. Helens.

**Jun 25-27: 1000km Brevet**  
 Redmond, WA. Mt. St. Helens, Columbia Gorge, Wenatchee and Stevens Pass. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 425-702-888, www.seattlerandonneur.org

**Jun 26: Cannonball**  
 Seattle, WA. 275-mile, one-day ride to Spokane. Duane Wright, Redmond Cycling Club, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondyclingclub.org/

**Jun 26: Flying Wheels Summer Century**  
 Redmond, WA. Ranges from family fun to gruelling hills. Official STP Training Ride - 25, 50, 75, 100 miles. Jen Smith, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-BIKE, www.cascade.org

**Jun 26: Mountain Lakes Challenge**  
 Ashland, OR. Formerly the Ashland Triple Challenge. New route, but the same great scenery and epic climbs. We've found a new rest stop on the shore of Howard Prairie Lake and solved the pre- and post-ride parking hassles. Two century rides and one 27-mile loop available. Robert Korfhage, Siskiyou Velo Bicycling Club, P.O. Box 974, Ashland, OR, 97520. 541-535-5276, www.siskiyouvelo.org

**Jun 26-12: San Juan Islands - Victoria**  
 Seattle, WA. A great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. 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

**Jun 27: Central District Street Scramble**  
 Seattle, WA. Visit as many neighborhood checkpoints as you can in 3 hours Eric Bone, Meridian Geographics, 120 NE 53rd St, Seattle, WA, 98105. 206-634-2279, www.streetscramble.com

**Jun 27-Jul 11: Ecuador Exploration**  
 Ecuador, South America. Ride the Andes: great people to meet and scenic beauty to die for. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

**Jun 27-30: Rolling Pub Crawl**  
 Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel. Affordable all-inclusive packages are available for two-, three- and four-day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

**Jun 27-Jul 2: San Juan Islands 6-Day**  
 Anacortes, WA. This 6-day tour for all levels. Bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jun 27: Tour de Pierce**  
 Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Pierce County Parks, 9112 Lakewood Drive SW, Ste. 121, Lakewood, WA, 98499. 253-798-4177, www.piercecountywa.org/parks

**Jun 28-Jul 2: San Juan Islands - 5 Day**  
 LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**TRACK**

**MAY**

**May 5: MVA Pre-Season Race Series**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**May 6: Alpenrose Weekly Series**  
 Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

**May 7: Friday Night Track Races**  
 Portland, OR. See Race Series for further information. Geri Bossen, 97292. 503-254-7563, www.obra.org

**May 10: MVA Monday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**May 13: Alpenrose Weekly Series**  
 Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

**May 14: Friday Night Track Races**  
 Portland, OR. See Race Series for further information. Geri Bossen, 97292. 503-254-7563, www.obra.org

**May 17: MVA Monday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**May 19: MVA Wednesday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**May 20: Alpenrose Weekly Series**  
 Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

**May 21: Friday Night Track Races**  
 Portland, OR. See Race Series for further information. Geri Bossen, 97292. 503-254-7563, www.obra.org

**May 21: Group Health 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. http://marymoor.velodrome.org

**May 26: MVA Wednesday Night Racing**  
 Redmond, WA. See Race Series for further information. 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, 97292. 503-254-7563, www.obra.org

**May 28: Group Health Friday Night 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. http://marymoor.velodrome.org

**JUNE**

**Jun 2: MVA Wednesday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 3: Alpenrose Weekly Series**  
 Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

**Jun 4: Friday Night Track Races**  
 Portland, OR. See Race Series for further information. 97292. 503-254-7563, www.obra.org

**Jun 4: Group Health Friday Night Races**  
 Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, http://marymoor.velodrome.org

**Jun 7: MVA Monday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 9: MVA Wednesday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 10: Alpenrose Weekly Series**  
 Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

**Jun 11: Friday Night Track Races**  
 Portland, OR. See Race Series for further information. Geri Bossen, 97292. 503-254-7563, www.obra.org

**Jun 11: Group Health Friday Night Races**  
 Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, http://marymoor.velodrome.org

**Jun 14-19: Alpenrose Six-Day**  
 Portland, OR. The only 6-day race in North America. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org/track

**Jun 14: MVA Monday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 16: MVA Wednesday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 18-20: BC Provincial Track Championships**  
 Burnaby, BC. Track event at the Burnaby Velodrome. www.burnabyvelodrome.ca

**Jun 18: Group Health Friday Night Races**  
 Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, http://marymoor.velodrome.org

**Jun 21: MVA Monday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 23: MVA Wednesday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 24: Alpenrose Weekly Series**  
 Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

**Jun 25: Friday Night Track Races**  
 Portland, OR. See Race Series for further information. 97292. 503-254-7563, www.obra.org

**Jun 25: Group Health Friday Night Races**  
 Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, http://marymoor.velodrome.org

**Jun 28: MVA Monday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

**Jun 30: MVA Wednesday Night Racing**  
 Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org




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# Paceline Mr. Manners

By MAYNARD HERSHON

A woman on the San Francisco Peninsula wrote me in response to my two group-ride pieces. She hasn't been riding long, she wrote, but loves the sport. She's searching for just the right group near home.

She asked about a book that might explain paceline etiquette. For instance: How do you read the signals riders you're drafting use to point out glass, potholes or U-turning school zone minivans? I don't believe there is such a guidebook, no Paceline Ms. Manners. Nor is there much consistency from person to person or group to group in the style of signaling hazards. Some folks do one thing, others another.

The classier the rider, in my experience, the less noise he or she makes when warning others. Pros won't yell "hole" or "glass". They point stuff out just as we mortals do, but minimally, subtly. A pro might flick a finger at the hole without removing his hand from the bar. Or he might point at glass shards and snap his fingers, as Canadian star Alex Stieda does. It might be just a tilt of the head. Everyone's so tuned-in, so aware of every nuance, that's all it takes.

However you do it, loud or subtle, please do give your friends those warning signals. You could prevent a crash, a flat tire or a trashed wheel or two. Your riding friends trust you to do it. Individuals in pacelines and packs have agreed to trust one another tacitly: without

saying a word. That agreement is a wonderful, civilized aspect of the cycling experience. You should honor it.

When you're at the front, you have a responsibility to those behind you, to ride aware of them all the time. That sounds like too much work to be fun, but after a few rides in good company it gets easier. Then it gets to be second nature.

Because you're considerate of your riding partners, you ride in a straight line. You keep your speed steady. You try not to drop back a foot or 18 inches when you get out of the saddle on a climb. Because you're considerate, you don't start across the intersection when the gap in traffic isn't big enough for everyone behind you to cross. If you're going to lead the group through a turn, you announce it early so no one is surprised, you're all "on the same page" and no one crashes.

Out on the road, when you go to the front, you remember that the person just coming off is tired from his or her turn there. It'll take her a few seconds to get behind you or to the back of the line. During that time she'll be out of the draft, getting more tired yet. So when you move to the front, ease into your pull. Don't jump ahead like a greyhound after a rabbit. It's not just you out there.

Glance down at your cyclometer often, or better, keep your head up and try to develop a sense of pace. You want to make sure your

speed is steady, that it doesn't get higher as you ride at the front. If you're strong, monitor the strength of your riding partners. Remember, it's a ride, not a race. Everybody works together. If you drop everyone, you'll have no one to draft. Or talk to. You will get VERY few Christmas cards from your riding friends.

Again: Look out for other riders' safety. Don't waste their energy by making them chase you each time you go to the front. Or wear them out because you're feeling like Lance Armstrong that Sunday.

Don't just think about your responsibilities to others. You have to take care of yourself. You want to do the whole ride in the group, meaning ride group-speed as long as you possibly can.

Remember, when you're tired you make decisions you won't later be able to explain or understand. You make mistakes in bike handling and judgment. Don't ride until you're so exhausted you can't think straight.

If you get tired and fear that one more pull like your last one will hammer you, don't take that next pull. No rule says you have to. When you're tired, sit at the back of the line or pack. Rest. Let other riders, stronger at the moment, rotate in front of you. Let them work. Rest in their draft. Take care of yourself. If they wonder why you're not coming through to the front, tell them you're fried. They've been fried themselves; they'll understand.

If you sit in, resting in the draft, you'll eventually recover. Maybe then you'll be able to



go to the front. Or you won't. Meanwhile you'll be moving with the pack, at pack speed, NOT slowing the group. If (instead) you take that pull and exhaust yourself, you will not be able even to sit at the back and rest. You'll be off the back, no longer participating in the ride. You didn't take care of yourself.

If the group is considerate, they'll wait for you, causing the entire group to slow to YOUR speed. You're setting the pace from the back. If they are not so considerate, you'll be riding by yourself, tired and beaten and out in the wind: Not a pretty sight.

So listen to Paceline Mr. Manners. Point out holes and broken glass. Lead the group safely across the expressway. Ride a straight line. Take care of your friends and take care of yourself. Take care of your friends BY taking care of yourself.

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# Therapeutic Associates DON'T JUST SURVIVE . . . THRIVE!

## Bike Riding Flexibility

By Todd Cruz PT, Director of Therapeutic Associates  
NW Portland Physical Therapy

Bicycling is a great activity to promote cardiovascular health and muscular endurance, but is not as good for flexibility. The tendency is to stay relatively in one position with your legs following the same limited arc of motion, which leads to short, tight muscles. Here are some stretches you can do while riding to keep your muscles loose and to relieve stiffness. Be careful to perform these on a safe section of road, and if riding one-handed, hold the handlebar in closer to the stem for stability.



**Back Arching** - Gently lift your chin, pull your shoulder blades back and let your low back sag.



**Back Rounding** - Tuck your chin toward your chest, round your shoulder blades forward and pull your abdominal muscles in.



**Calf Stretch** - Move toward the front of the saddle and straighten the rear leg. Drop the heel of the straight leg below the ball of the foot.



**Hamstring Stretch** - Stand with your pedals about 9 and 3 o'clock, keep the back knee straight and bring your chest down toward the handlebars.



**Neck Rotation Stretch** - Move your chin toward one shoulder. Keep your eyes looking in the direction you are traveling.

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