

BICYCLEPAPER

WWW.BICYCLEPAPER.COM

JUNE 2004 • FREE

► Health: Eat your spinach

- See page 7

► Feature: Recumbents

- See page 2



Courtesy photo (left)/Photo by Joe Zauner

In 1984 Cheryl Marek (right) and Estelle Gray raced their tandem across the United States. They finished in a record 10 days, 22 hours and 48 minutes. They rode 22 hours a day, changing places on the tandem every 100 miles. The picture left is from 1984. The picture right is from 2004. They're still riding.

Their Record Still Stands

Gray and Marek's Trans-American Mark is 20 Years Old

By DANIEL FLYNN

On July 2, 1984, Cheryl Marek and Estelle Gray became the first women to ride a tandem across America. But two decades later it's still like it was just yesterday.

"The sleeplessness, the pain from sitting on the saddle, numb feet and hands," Marek recalls. "The awesome support by the crew and the feeling of accomplishment and that we survived."

Beginning at the Santa Monica Pier in California on June 21, their trek ended 10 days, 22 hours and 48 minutes later at New York City Hall. Twenty years have passed and their record still has not been broken.

It all started in 1983 when the two friends attended a slideshow of the Great American Bike Race presented by race participants Michael Sherman and John Marino. "When it was over we found that everyone but us had left the auditorium," Gray explains. "We sat there mesmerized for quite a few minutes until one of us posed the question, 'Want to set a women's record?'"

The 30-year-old Gray and 28-year-old Marek began their rigorous training, which included monthly

long distance rides, a year prior to the cross-country trek. Seattle companies Sportsmind, Inc. and Peak Performance helped them deal with the physical and psychological aspects of sports conditioning. During the actual event, they rode about 22 hours each day, changing places on the tandem every 100 miles.

They pedaled the same route used the previous year by the mixed tandem team of Lon Haldeman and Susan Notorangelo, whose record time of 10 days, 20 hours and 23 minutes became their goal.

No Computers, Email 20 years ago

Marek and Gray had a support crew of eight women who followed them the entire way. They also received encouragement through letters.

"We didn't have computers, laptops and emails 20 years ago," Marek says. "The crew asked all of our family and friends to write notes beforehand and they read them to us when times were rough or they thought we would want to hear from someone. Sometimes the person writing the note told when the note should be read, i.e., at the halfway point, during the night, on an uphill climb, etc."

See "Record" on page 3

► Feature

Thinking about Buying a Bike Rack? Read this First

By DANIEL FLYNN

When deciding to purchase a bike rack your best options are a rooftop carrier or a hitch mount, according to Tom Mollerus, Vice President of Stores for Sports Rack. Which one is best for you depends on a number of factors. Do you drive a car, SUV or truck? Do you ride a road, mountain, recumbent or tandem bike? How important to you is ease of loading and unloading the bike? Are you a multi-sport enthusiast? Rooftop carriers and hitch mounts can be adapted to support skis, kayaks, camping gear or just about anything else you desire to bring with you.

Of perhaps equal importance are the costs associated with the purchase of a bike rack. If you choose a rooftop carrier you will need to purchase a rack system, which consists of towers and load bars. On the other hand, hitch mounts will, of course, require you to have a hitch installed on your car. Whatever your preference, there is sure to be a rack that can suit your needs.

Rooftop Racks

Rooftop racks are less expensive than hitch mounts. However, not everyone can lift a bicycle onto their roof. They are less aerodynamic than hitch mounts and therefore less fuel-efficient. And, if you forget your bike is on top of your roof and drive under an object with low clearance, you could damage your bike. To prevent theft, most rooftop models have lock housings that allow you to lock the bike to the mount and the mount to the rack, although lock cores (the portion of the lock containing the locking mechanism and the keyhole) are an additional cost. For racks without

Rooftop vs Hitch Mount

- Rooftops are often less expensive
- Hitch mounts offer easier bike access
- With rooftops, low-clearance objects could damage your bicycle
- Some hitch mounts require removal to gain access to the vehicle trunk

See "Racks" on page 4

► Racing

Sebel Sends NW a Message

By JOE ZAUNER

For the past two years Dylan Sebel has been regarded as one of the best road cyclists in the Northwest, but his regional victories always came with an asterisk.

Sure, he won the 2003 Hood Cycling Classic, but the knock against the Symmetrics rider was, the competition at that first-year event was good, but not the best in the Northwest. And at his recent romp at Tahuya-Seaback-Tahuya Road Race in April, the word on the street was, "Well, he won alone by five minutes, but the tactics were screwed up."

On Sunday, Sebel put the doubters to rest, winning the overall title at the Mutual of Enumclaw against a stacked field that included arguably the best regional peloton ever assemble on Northwest soil. And he did it — again — alone, winning the final

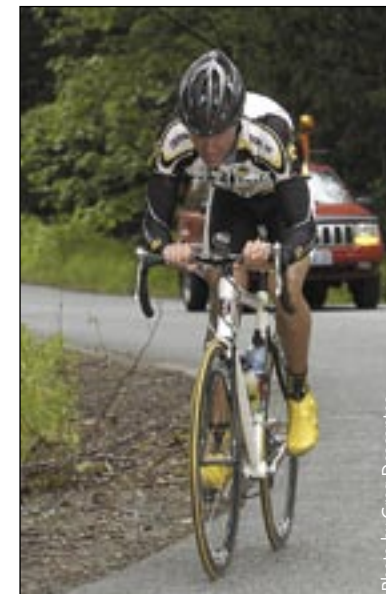


Photo by Greg Descantes

British Columbia's Dylan Sebel showed that he's likely the best stage racer in the Northwest when he won at Enumclaw, defeating one of the best fields assembled in the region.

See "Enumclaw" on page 8

The Dalles Recumbent Race 'Beautiful'

Experts believe events like it signal a resurgence of recumbent racing

By RODGER NICHOLS

They came from as far away as Kansas, Colorado and California, bearing spidery contraptions of carbon fiber and titanium, aluminum, teflon and precision-machined gears. They came on May Day to the Petersburg School in order to challenge themselves and have a good time.

The event was the first Wasco Wild West 75-Mile Recumbent Bike Race in The Dalles, OR. What the riders found was a twisty, curvy course through the rolling hills of Fifteenmile Road, including an eight percent uphill grade and a two-mile downhill run, crossing back to Eightmile and the school again. Four times around gave them 75 miles of leg-burning exhilaration.

'...an honest course.'

"It's beautiful," says John Schlitter of Hayes, Kansas, who crossed the finish line in three hours and 41 minutes, averaging 19.87 miles per hour. "It's an honest course," he adds. "It makes you earn it."

That's high praise coming from a rider of his stature. The week before, he and his Bacchetta Aero were winning the 167-mile Cross Florida race. Later he would tell race organizer Clay

Smith that it was the finest road course he had ever raced, and that he would work to make it the national championship site for next year.

"That would be fantastic," says Smith, who was the tireless organizer and promoter of the event. Though only 13 riders showed up for this first go-around, their enthusiasm was unanimous.

A new sport?

"The course was great," says John Cunningham of Peyton, Colorado, who was contending for third place until he blew a tire and lost valuable time. "We had very little traffic, and what traffic we did have was friendly. They would go wide around us and wave."

Smith, who organized crews of volunteers to flag traffic, staff the checkpoints and time the racers, said he was pleased with the final outcome. He has plenty of experience in staging such events and believes The Dalles has a serious chance of becoming a regular part of the recumbent bike racing circuit, since the sport is so young.

Though the sport is new, the recumbent design itself is old, dating back to the late 1800s. Peugeot, one of the world's oldest and leading manufacturers, designed and sold thousands of them after its entry into the field in 1905. Advocates for the style claim it would likely be the dominant design today if not for a decision made in 1934 by Union Cycliste Internationale, the bike racing sanctioning body. After a sec-

ond-rate rider named Francois Faure set a new world record for the hour, covering 45.056 kilometers (27.9 miles), the UCI banned recumbents from sanctioned races.

That decision effectively killed the design for nearly five decades. It wasn't until 1979 that the first modern-era recumbents (or 'bents, as current riders often call them) were produced. Their efforts were spurred by chemical giant DuPont's announcement of a \$15,000 prize for the first human-powered vehicle to reach 65 miles per hour. A rider affectionately known as "Fast Freddie" Markham captured the prize in 1986.

Don't knock it 'til you try it

Those who have tried the modern recumbents tend to be adherents. "They can be ridden for hours and miles without ailments such as the sore butt, stiff neck, aching shoulders or numb hands that afflict the conventional bicycle rider," writes Martin Krieg who had made crossings of the United States on both uprights and recumbents. "The recumbent rider experiences far greater comfort, a better view of the world, a toning and strengthening of the abdomen, even a better sun tanning position.

"And no, they are not dangerous. In fact the lower center of gravity and greater proximity to the ground mean that if you should crash on



John Cunningham (left) of Peyton, CO, and John Williams of Philomath, OR, (4th overall) relax after the 75-mile race.

Photo: Rodger Nichols

one, your feet will absorb most of the shock instead of your head. Because more of your weight is over the rear wheel, recumbents also stop faster. Cars see you better, too, because the biggest part of your body is in the car driver's field of vision and you do not blend in with pedestrians, joggers or conventional bicyclists."

The design is still banned from racing in the upright bike circuit, which has led to the formation of various sanctioning bodies. The Oregon Human Powered Vehicle club sanctioned Saturday's race.

Smith said that the success of Saturday's race would not have been possible without the help of many local volunteers, most of them cycle enthusiasts. He was also grateful to area farmers and residents for their cooperation and patience.

Hmmm!





BIKEBOX BICYCLE TRAILERS
simple • light • strong

- disassembles & assembles in minutes • removeable wheels
- stores easily in your closet or garage • efficient hitch fits any bike
- welded aluminum frame • weighs 12 to 18 lbs* • carries up to 100 lbs*



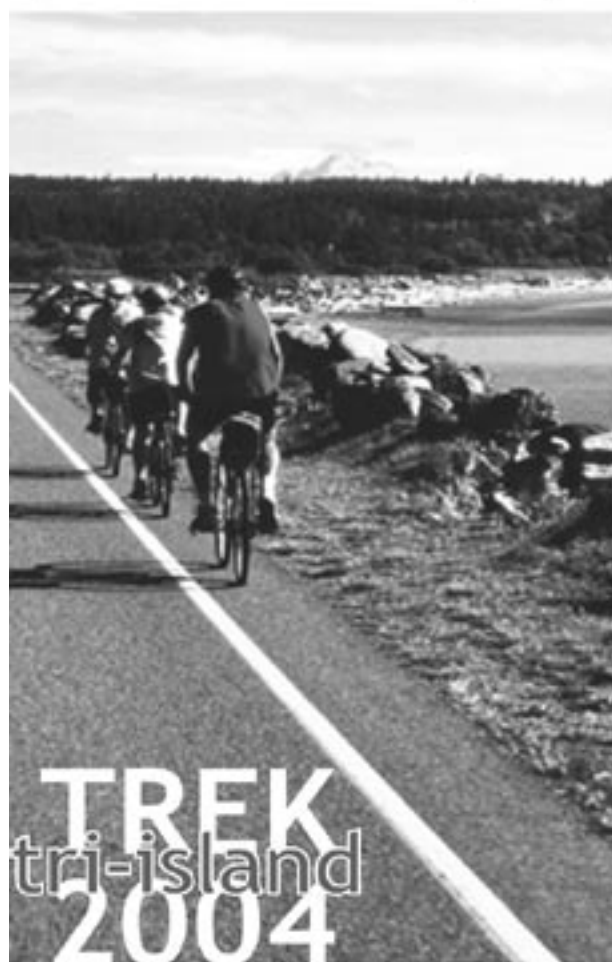


For info on BikeBox
www.bikebox.ca
selfpropelled@mac.com

BIKEBOX
simple • light • strong

Canadian made bicycle trailers at affordable prices based in Vancouver

AMERICAN LUNG ASSOCIATION
of Washington



Presenting Sponsor:



IT'S A JOURNEY

September 18-20
or 25-27, 2004

A fully supported,
3-day cycling
event from
Seattle to
the San Juan Islands
or Victoria, BC

contact us at:
206.441.5100,
800.732.9339,

OR

www.alaw.org

Publishers **Paul Clark**
Jay Stilwell
Associate Publisher/Editor **Claire Bonin**
Layout/Graphic Design **Joe Zauner**
Rick Peterson

Graphic Intern **Sara James**
Copy Editing **Valerie Pahler**
Daniel Flynn

Editorial Intern **Daniel Flynn**
Writers **Shane Birley**
Claire Bonin
Daniel Flynn
Maynard Hershon
Joe Kurmaskie
Erik Moen
Roger Nichols
Joe Zauner

Photography **Bicycle Paper**
Greg Descante
Roger Nichols
Sportworks
Joe Zauner

Printing **Consolidated Press**

Distribution **Valerie Pahler**
Jack Clark



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

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

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

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

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

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

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

► "Record" from page 1

1984 Flashback

■ Laurent Fignon wins his second Tour de France

■ Irving Fryar is the number-one pick by the New England Patriots in the NFL draft.

■ The Detroit Tigers beat the San Diego Padres in five games to win the Baseball World Series.

■ The Soviet Union and other Eastern-block nations withdraw from the Summer Olympic Games in Los Angeles.

■ Bishop Desmond Tutu of South Africa wins the Nobel Peace Prize.

■ Michael Jackson wins a Grammy for his album *Thriller*.

She adds they were also inspired by the different bicycle clubs across America that briefly joined them during the trip.

For physical relief, a massage therapist went along to help the women with muscle aches; but she could not relieve them of all their pain. "Pressure points are the painful part of the ride," Marek states. "Your muscles will keep on going, but hands, feet, and butt get the major stress. Saddle sores came and went, but mostly the butt gets bruised and just sitting on the saddle is agony." Although she would try to find a comfortable position and stay there, getting back on the bike after a break was still torture. Numbness of the hands and feet also became a problem during the ride. "We were not able to do anything to relieve our pains," Gray says. "You just ride through it!"

Lack of sleep likely contributed to the hallucinations the women suffered. Marek remembers the second night of the ride when the Joshua trees became large blue bears and later when she saw geese carrying purses. Sleep deprivation affected everyone involved and simple communication became a challenge near the end.

However, both women state that there was never a time in training or during the ride when they considered quitting. "We really wanted to demonstrate that you don't have to be

exceptional to do exceptional things," Gray explains. "We believed in ourselves as well as in each other." She says the crew's unwavering support, humor and encouragement were instrumental to their success.

They paid a medical price

Although both women are proud of their accomplishment and have fond memories of the trek, setting this record did not come without a price. "Both of us had partial loss of the use of our fingers for quite awhile," Gray remarks. "Recovery took months," Marek adds. "After sleeping one and a half hours a night for ten days, it took about a week or more to sleep through the night. The saddle sores healed fast, within a couple of days, but the muscle and mental fatigue lasted months. The nerve damage to the hands and feet took about three months." For Gray, the damage was permanent; to this day she continues to have circulation problems. But, she takes it in stride. "I can't snap my fingers on my right hand," she says, "but fortunately none of the important things in life require that."

The endeavor has taught them valuable lessons. "We did lots of mental training in preparation and the skills we learned in visualization, concentration and relaxation can be used all the time," Marek says. "The training and the event gave me life-long friends, skills in business, organization, [and] stress management." She adds that succeeding in an athletic event has more to do with the mind than the body. Gray agrees, saying that you can accomplish anything you set your mind to. "We were just average folks who took on something much larger than average and just never gave up."

In 1987 and 1990, Marek competed as a single rider in the Race Across America and

placed second both times. She completed the 1987 race in 12 days and the 1990 race a day later. Currently, she is a personal trainer, coaching running, biking and triathlon groups as well as providing weight training to individuals in their homes. Gray recently sold her half-ownership of R & E Cycles, a bike shop in Seattle, and is enjoying her free time. She rides on weekends, takes an annual one-month cycling vacation, runs, and competes in triathlons.

'...just stay on the bike.'

When asked what advice she would give to anyone who desires to break their record, Marek replies, "Find an awesome crew, a great support team, a great coaching team...and just stay on the bike."

To celebrate their historic feat, Cheryl and Estelle are having a party June 26th from 1:00 p.m. to 4:30 p.m. at the University Heights Center. Gray and Marek will be there to share their record-breaking experience through dialogue, a video slideshow presentation and a comedy skit about the ride. In addition, newspaper and magazine articles will be on display detailing the journey and the preparations leading up to it.

"We just want to celebrate the ride and lasting record, our crew members and supporters from that time and encourage new riders to push the limit," Marek concludes.



Estelle Gray (left) and Cheryl Marek (center with hat) pose with Race Across America winner Lon Haldeman (right) and his wife in 1984.

**Read.
Ride.
Subscribe.**

BICYCLEPAPER

come along for the ride... subscribe!

BICYCLEPAPER

top notch journalism by people who know the sport

coverage of the people, places and products of Washington, Oregon, Idaho, British Columbia...

the Northwest's most comprehensive rides calendar

BICYCLEPAPER
ordering information

name _____
address _____
city/state/zip _____

please check the appropriate box:
 one year for \$14
 two years for \$26

send check or money order to:
 Bicycle Paper
 68 S. Washington St.
 Seattle, WA 98104

Canadian subscribers:
 US funds, please.

phone:
 (206) 903.1333
 fax:
 (206) 903.8565
 e-mail:
 sales@bicyclepaper.com

subscription order form

► "Rack" from page 1

A roof rack made by Sportworks



all hitch mounts come equipped with a locking system that doesn't require you to purchase additional locks. There are models that swing away from your vehicle, allowing you access to your cargo area, and models that fold down, which are less expensive but require you to remove the bike to get to your tailgate or trunk. Swing away models are more popular, however they require a 2" receiver hitch. Most fold down models work with either a 2" or 1-1/4" receiver hitch. Trucks, SUVs, and minivans will accept a 2" receiver hitch. Smaller cars and wagons normally accept a 1-1/4" hitch.

Thule has two swing away models. The Trail Blazer's dual arm design carries road or mountain bikes, including those with disc brakes. The arms hold up to four bikes and fold down when not in use, making it more compact. Thule's Super G Hitch offers all the same features for downhill mountain bikes as their Super G Carrier. A carrier platform, which holds two bikes, attaches to your receiver hitch. It folds up when not in use, which will make parallel parking easier.

Yakima also offers two swing away models. The Full Swing 4 has a dual arm design that holds four bikes (road or mountain) and the arms fold down. They also offer the Back Swing 4 with non-folding arms that may make fitting into your garage difficult.

BVG offers a swing away model. The Revolution can hold two bikes, but for an additional \$60 is adaptable to hold four. They also offer the Back Road 2, which comes equipped to hold four bikes so the whole family can come along for the ride.

If you don't mind removing your bike to access your cargo area, choose the less expensive fold down hitch mount.

Yakima offers a variety of models, with their bike capacity reflected in their names. The SlickRoc 4, like their swing away models, it has dual arms that fold down and can hold four bikes. Their KingPin 4 and 2 are similar to the SlickRoc 4 minus the locks (although you can buy the locks for \$40). If you have a larger family or several friends, you could opt for the KingPin 5; however, it is only available for a 2" hitch. To save even more money with Yakima, opt for the BigHorn series. These are also similar to the SlickRoc 4, but without folding arms. BigHorn is a four-bike capacity model.

Thule offers the Expressway 4, which carries four bikes and has dual arms that fold down. Their Hitching Post also comes in a two-bike and a four-bike capacity model, however the arms don't fold. The Hitching Post Pro 5 has folding arms and holds five bikes.

"Personally, for the extra \$50, I'd go for the KingPin 5," Mollerus says. "It is beefier."

BVG offers the Evolution. It holds two bikes and is upgradeable to a four-bike capacity for an additional \$60.

Sportworks offers the two-bike capacity Transport. For an additional \$105 per bicycle, it can be upgraded to hold four bikes. With its adjustable rear wheel holder, the Transport can

carry a variety of bikes. For downhill enthusiasts, they offer the FreeRider DH, designed for heavier bikes. It can also accommodate electric models with the battery removed.

Truck Bed Racks

If you have a pickup, companies offer options to safely carry your bike in the truck bed without having to drill holes into it. Yakima and Thule offer fork mount models while Sportworks offers a style that allows you to keep your front tire on the bike.

With Yakima's BeddyJo, the bike is secured near the tailgate, leaving you storage space for other gear in front of it. The bike sits low, therefore the BeddyJo will work within a truck canopy. Thule's Bed Rider secures the bike to the bed rail instead of the tailgate. Because the bike sits higher, it may not work within a canopy. The Insta-Gater is Sportworks' truck bed rack. It attaches to the inside of your tailgate. Like the Bed Rider, the bike sits low, making it compatible with a canopy.

The Rec-Rac, offered by Rec-Rac, doesn't use a rack to secure your bike. Instead, it uses non-marring aluminum clamps that attach to your bed rail. This space-saving option leaves you most of your bed to store other gear. Straps support the cycle without having to remove the front wheel.

Trunk-Mounted Racks

Trunk-mounted racks are, according to Mollerus, the least desirable option. However, at prices ranging from \$80 to \$150, they are less expensive than most carriers. Keep in mind that trunk racks restrict access to your cargo area and can damage the paint on your vehicle if the pads slip or the bikes become loose.

There is one trunk mount Mollerus does endorse. Thule's Backpacker, for a hatchback or a minivan with a flat backend, clips to the top and bottom of the back door and has levers that create a solid adhesion to the back of the vehicle. It carries three bikes.

Racks for Recumbent & Tandem Bikes

If you own a recumbent or tandem bike, there are rooftop carriers and hitch mounts designed specifically for them.

Atoc offers the Tandem Topper and the Bike Topper. The Tandem Topper offers a lock and pivot feature that allows one person to easily load a tandem onto a rooftop. The bike fork locks into position and then the bike is pivoted into place. The Bike Topper is similar to the Tandem Topper, but without the pivot feature. Both models can be used for tandems or recumbents as well as mountain or road bikes. If you prefer to use a hitch mount, Atoc offers accessories that will allow you to use their Draftmaster hitch rack to carry your recumbent or tandem cycle.

Thule offers the Tandem Carrier, which is identical to Atoc's Tandem Carrier. Mollerus explains that Atoc manufacturers it and Thule puts its private label on it.

Yakima has the Side-winder model. Like the Atoc and Thule models, it has a lockable fork and pivoting head to allow one person to load the cycle. However, it only supports tandems.

Still can't decide?

Overwhelmed with your options? "Your best bet is to come in," Scott Grim, store manager of Sports Rack in Bellevue suggests. In other words, let a trained professional show you all the options available for your vehicle and help you pick out the rack best suited to your needs.

To learn more about these and other products, contact the companies and outfitters mentioned at:

ATOC / Draftmaster:

www.atoc.com / 1-800-ATOC-021

BVG: www.bauergear.com / 1-916-563-7340 #215

Rack Warehouse: www.rackwarehouse.com / 1-800-272-5362.

Rec-Rac: www.recrac.com / 1-800-867-7764

RockyMounts: <http://www.rockymounts.com> / 1-800-873-1871

Sports Rack: www.sportsrack.com / 1-800-RACK-USA

Sportworks: www.sportworks.com / 1-888-661-0555

Swagman: www.swagman.net / 1-800-469-7924

Thule: www.thule.com / 1-800-238-2388

Yakima: www.yakima.com / 1-888-925-0703

Sportworks offers the U2. This carrier can be used for tandem or recumbent bikes and, unlike the other models, you don't need to remove the front wheel. If you would rather use a hitch mount, Sportworks has the Bent Bike Rack, which can carry a recumbent or a conventional bike, but not a tandem. Wheel removal isn't necessary.

RockyMounts has the Tandem Mount. It works for both tandems and recumbents.

Warranties

One last deciding factor is the warranty. Mary Sturgeon, manager of the Rack Warehouse, says most rack companies replace faulty products, but "Yakima and Thule both have the best warranties." Yakima states their products will last up to 25 years and offer a three-year warranty. Thule offers five years of repair and replacements.



A hitch mount rack made by Sportworks.

Manufacturer	Brand	Type of Bike	Rack Type	Lock Housings	Price
Atoc	Bike Topper	R, M, T, Rc	Rooftop	BM	\$200
Atoc	Tandem Topper	R, M, T, Rc	Rooftop	BM	\$365
Atoc/Draftmaster	Draftmaster 2-Bike	R, M, T, Rc	Hitch mount	BM, MR	\$419
Atoc/Draftmaster	Draftmaster 3-Bike	R, M, T, Rc	Hitch mount	BM, MR	\$449
Atoc/Draftmaster	Draftmaster 4-Bike	R, M, T, Rc	Hitch mount	BM, MR	\$489
Atoc/Draftmaster	Draftmaster 5-Bike	R, M, T, Rc	Hitch mount	BM, MR	\$549
Atoc/Draftmaster	Draftmaster	R, M	Truck bed	No lock housings	\$59
BVG	Back Road 2	R, M	Hitch mount	INC	\$300
BVG	Evolution	R, M	Hitch mount	INC	\$189
BVG	Revolution	R, M	Hitch mount	INC	\$289
Rec-Rac	Rec-Rac	R, M	Truck bed	No lock housings	\$65
RockyMounts	RockyMounts	R, M	Rooftop	BM	\$55
RockyMounts	Tandem Mount	T, Rc	Rooftop	No lock housings	\$200
Sportworks	Bent Bike Rack	R, M, Rc	Hitch mount	BM, MR	\$290
Sportworks	Insta-Gater	R, M	Truck bed	No lock housings	\$100
Sportworks	Bob Ratchet	R, M	Rooftop	No lock housings	\$115
Sportworks	Transport	R, M	Hitch mount	BM, MR	\$325
Sportworks	FreeRider DH	R, M, T, Rc	Hitch mount	BM, MR	\$465
Sportworks	U2	T, Rc	Rooftop	No lock housings	\$349
Swagman	Barracuda	R, M	Rooftop	INC	\$139
Thule	Bed Rider	R, M	Truck bed	No lock housings	\$149
Thule	Big Mouth	R, M	Rooftop	BM, MR	\$114
Thule	Super G Carrier	R, M	Rooftop	BM, MR	\$129
Thule	V2	R, M	Rooftop	INC	\$129
Thule	Velo Vise	R, M	Rooftop	INC	\$105

Manufacturer	Brand	Type of Bike	Rack Type	Lock Housings	Price
Thule	Expressway 4	R, M	Hitch mount	BM, MR	\$270
Thule	Hitching Post - 2	R, M	Hitch mount	MR	\$150
Thule	Hitching Post - 4	R, M	Hitch mount	MR	\$185
Thule	Hitching Post Pro 5	R, M	Hitch mount	MR	\$200
Thule	Trail Blazer	R, M	Hitch mount	INC	\$380
Thule	Super G Hitch	R, M	Hitch mount	INC	\$399
Thule	Tandem Carrier	R, M, T, Rc	Rooftop	BM	\$375
Yakima	BeddyJo	R, M	Truck bed	No lock housings	\$119
Yakima	Raptor	R	Rooftop	BM, MR	\$89
Yakima	King Cobra	R, M	Rooftop	BM, MR	\$124
Yakima	Cobra	R, M	Rooftop	No lock housings	\$100
Yakima	Steelhead	R	Rooftop	BM, MR	\$99
Yakima	Copperhead	R	Rooftop	BM	\$79
Yakima	Viper	R, M	Rooftop	BM, MR	\$124
Yakima	BigHorn 4	R, M	Hitch mount	MR	\$160
Yakima	Full Swing 4	R, M	Hitch mount	INC	\$400
Yakima	Back Swing 4	R, M	Hitch mount	BM, MR	\$320
Yakima	SlickRoc 4	R, M	Hitch mount	BM, MR	\$300
Yakima	KingPin 2	R, M	Hitch mount	BM, MR	\$160
Yakima	KingPin 4	R, M	Hitch mount	BM, MR	\$200
Yakima	KingPin 5	R, M	Hitch mount	BM, MR	\$250
Yakima	Sidewinder	T, Rc	Rooftop	B, M	\$299

Key:
 Bike Type: Road = R Mountain Bike = M Tandem = T Recumbent = Rc
 Lock Housing Type: Bike to Mount = BM Mount to Rack/Hitch = MR Locks included = INC

Capital One
COURAGE CLASSIC
 1992 13th Annual 2004
Bicycle Tour

AUGUST 14 - 16, 2004

Snoqualmie Cle Elum Leavenworth Skykomish

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

Don't be left out!

For more information, call

1-800-39CYCLE

or visit our web site

www.courageclassic.com



Join us on the Sunny Side!

Saturday & Sunday
 June 19-20, 2004



Lake Chelan Mountain Bike Festival

Presented by
 Round and Round Productions

Hosted by the
 Lake Chelan Recreation Association

With special thanks to
 The Caravel Resort
 Local Myth Pizza
 Uncle Tim's Toys
 Chelan Red Apple Market
 Chelan Ranger District-USFS
 Best Western Lakeside Lodge

Come and enjoy the fun:

- Live Music on Saturday
- New cross-country race course
- A slammin' downhill course
- Camping
- Food
- Just good old fun in the sun

For festival information or to volunteer, call (509) 682-8683

Cycling Events Abound in BC

By SHANE BIRLEY

The sun is out, the birds are chirping and the cyclists are riding. With the spring days getting longer, the cycling scene shifts into high gear and June will host some major competitions in the British Columbia.

The Victoria Times Colonist Cycling Festival starts the month off with a bang. The two-day event, presented in Victoria, B.C., offers something for cyclists of all ages and abilities. On Saturday, June 5, the Cardinal Law Sooke Classic Road Race kicks off the weekend. This nine-year running event is the fourth stop of the SISI BC Cup Road Series.

The action continues on Sunday, June 6, with the Bastion Square Grand Prix criterium race, in downtown Victoria. With the short course and tight racing pack, this event provides thrills and chills to the spectators as riders fly by at high speeds. At noon, a break in the racing action allows for festival activities such as the Tim Horton's Timbits Challenge and the Helijet Airways Victoria Cops and Courier Challenge.

Running simultaneously to all this racing is the ING Tour de Garden City. This recreational event is open to riders of every skill level. Distances vary between 20 and 80 kilometers,

and the course runs along Victoria's beautiful waterfront and through many surrounding parks and wilderness before returning to the main stage. Live performances and a day-long craft fair add to the festival atmosphere and provide entertainment for all.

The event-packed month continues with the Stanley Park Bike Festival on June 12. This festival, spawned out of the Brockton criterium race, is now celebrating its fourth year in Vancouver's Stanley Park. For those not taking part in the racing action, the organizers have planned bicycle rides through Stanley Park and scenic routes throughout Vancouver. Other festival activities include stunt riders, unicycle and inline skating demonstrations, and bicycling safety and maintenance workshops. Kids' races, bicycle skill rodeos and a treasure hunt for the little cyclists complete the program.

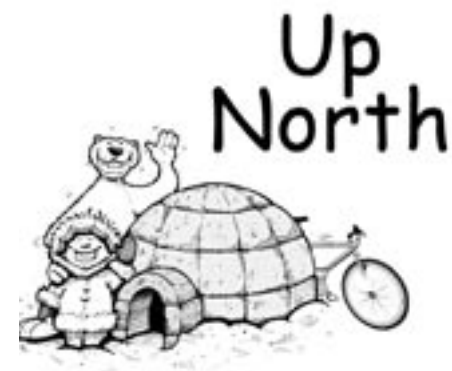
At a Glance

- Victoria Cycling Festival: www.victoriacyclingfestival.com
- Stanley Park Bike Festival: www.stanleyparkbikefest.ca
- Atomic Road Race: www.atomicracing.com/atomic/races.htm
- Tim Horton's Road National Championships: www.canadiancycling.ca/roadnationals/
- Yaletown Brewing Grand Prix: www.trekvracing.com/yaletown.html

On June 13 the fifth SISU BC Cup event, the Atomic Road Race, is being held in Langley, just south west of Vancouver. The race features a 10-kilometre route course through beautiful Langley and is only minutes away from the Canada and United States border. This should be an over-the-top, thrilling event for all spectators as they watch riders fighting for precious points toward the top honors of the Series to be decided in July at the Tour de Whiterock.

Moving inside for a moment, the Provincial Track Championships are scheduled for June 18-20 at the Burnaby Velodrome. As a part of the recent facility renovations the velodrome now has a new air-supported roof. Hosting the Provincial Championships is definitely a boost for the already awesome facility.

Back after many years out East, the Tim Horton's National Road Championships will take place in Kamloops. Located at the confluence of the North and South Thompson Rivers in the Thompson Valley, Kamloops is sure to attract thousands of cyclists and visitors for this June 24-27 event. The Road Nationals represents one of the crucial competitions for all Canadian cycling Olympic hopefuls. The athletes will feel the added pressure as they battle not only for gold, but also for the right to represent Canada at the next Olympic Games in Athens. BC riders are expected to do well and should be in the spotlight. The schedule calls for time trials



to take place on June 24, with the Dallas Road Race on June 25, the Downtown Criterium and Timbits Challenge on June 26, and the Downtown Elite Road Race finishing off the event on June 27.

The month of June closes with the birth of a new cycling event. The first annual Yaletown Brewing Grand Prix bicycle race, beginning on June 30. The organizers are expecting over two hundred athletes and thousands of spectators to the Vancouver's Yaletown district. Spectators will be treated to racing action speeds upwards of seventy kilometers per hour.

This June is packed full of events, so if you are looking for a race to watch or take part in, don't hesitate to visit these cycling destinations. To find out more visit Cycling BC Online.

OPINION

Blown Away

By JOE KURMASKIE
AKA THE METAL COWBOY

It took catching a taste of saltwater carried on the wind to wake me from my cycling doldrums. The brisk snap of ocean air — not such an oddity when pedaling the rollers near Big Sur or skirting breakwater along Carolina's outer banks — but, coasting across Arizona's dusty flat irons it had the effect of cracking a pack of smelling salts under the nose of a punch drunk fighter. A thousand miles from the water's edge, it reached out effortlessly on the breeze. I paused over my handlebars to pull in a deep breath, ridding myself, for an instant, of the desert's muffled heat. Umbrella drinks flowed and steel drums echoed through my ears, banging gently about my brain... aaahh, wasting away in Margaritaville.

But the wind always carries more than afternoon daydreams. It's like that relative who never settled down, the restless guest who stays for the shortest of spells, bringing refreshing changes or a crash of chaos as they pass through. My saltwater wake-up call that day was the pace car for a thermal current of thunder, lightning and walls of rain — monsoon season. The environmental equivalent of a whip cracking my cadence to the next level if I wanted to avoid a flash flood... bikes don't do so well in flash floods.

Explorers of any distance live inside their own mind from time to time. But a good crosswind hitting the bow of the bike has a way of making your mind and body present and accounted for. Drafting behind this line of thinking, here are a few blustery recollections from the road that really blew me away.

Riding the Matterhorn

I wasn't making any sort of time that morning. A headwind cutting across the Wyoming prairie

came steady, warm and unbroken. But I really didn't need to get anywhere fast. I was just going through the motions as I tried to shake off the side effects of a wild night. Making little circles with my chain ring and trying to remain upright.

The ramshackle traveling carnival had provided quite the neon distraction. Arriving right at dusk, I'd made the fateful decision to camp with a cluster of dentally disadvantaged midway workers. This lively bunch of outlaws, gypsies, nomads and gun nuts took me into their fold. We swapped stories, and by supertime I surmised that a full blown drinking problem does not necessarily preclude one from running the Matterhorn or Tilt-a-wheel. At first I played it safe, riding the spinning teacups operated by the born again Christian Carney, but by closing I was flying backwards on the Matterhorn, screaming along to Bon Jovi tunes with the rest of the townies.

Riding into the morning after, I chuckled every time I caught a glimpse of this cheap mirror I'd won; all dressed up with images of Bud Lite girls and protruding from my rear pannier. That's when the first bill flew by. I almost missed it, and certainly couldn't tell what denomination it was as it rocketed past. It didn't matter. The next bill whipped by moments later. A money monsoon. The only problem was that this floating Fort Knox was blowing by too quickly to catch and chasing after those dead presidents would have put me three zip codes back. If you've ever tried to corral napkins at the family picnic when the weather whips up you'll understand my predicament. A few bills at a time, then more and more until I resembled a holy man — or Cat Stevens maybe on two wheels shunning the material world.

More to the point I just didn't possess the proper hand eye coordination after a night of Carney camping. I spotted a van rolling the blacktop a quarter mile ahead of me. It might

have been a Brinks truck, but it was definitely the source of this money dump. I conjured up images of me receiving a fat check and keys to the city for my heroic rescue of their resources. I kicked up my pace and closed in on the vehicle. That's when the C note stuck to my jersey. There had to be thousands of dollars spilling across the prairie. Giddy with the gravity of all this, I'd figured I'd be fielding interviews with Wyoming TV stations by dinnertime — if Wyoming indeed had action news teams for this sort of thing?!

About the time I was inspecting the bill (it almost looked real but there was something wrong with its texture and Jackson was not supposed to be posing in front of a roller-coaster) I caught the Brinks truck. It was actually a van full of my carneys, laughing like hyenas as they tossed midway prize money out the back of the rig.

Florida thunderstorms

We'd planned a century ride for that afternoon, three counselors off work early from a wilderness camping program in the heart of the Everglades. For a price, another counselor with a flat truck drove our bikes and bodies out of the cypress swamp and onto stark, unsheltered blacktop. He shook his head in disbelief before the palmetto bushes swallowed up his brake lights, leaving three cyclists on what felt like the loneliest highway in America—and they called it recreation. Nut jobs grinning from ear to ear.

What he didn't realize? Our tail wind was not of this world, moving at Tour de France pace line velocity. There was nearly constant cheering, cackles even, then reverent silence as we worked and one and forty joyful miles disappeared.

That's when we noticed fierce thunderheads riding the edge of a wide, dark squall line. Notching up our speed was not an option — we were already tapping on the sides of the sound barrier. Then the rain was everywhere. Lightning, hail balls, the complete and utter wrath

Literary Rides With



The Metal Cowboy

of God... and we were the tallest points on the horizon; trio of terrified, moving metal and tense flesh. The rider out front yelled "Serpico" and we followed his lead, weaving from one side of the empty highway to the other... an act of futility in the face of that much lightning, but it made us feel proactive... better.

Beneath the terror, the metallic taste of fear in my mouth and the burning in my lungs, I felt thoroughly and absolutely alive and inside the tunnel of that moment. Say this much, our tail wind never let up. It was like riding Halley's Comet through an asteroid belt. Then the rain eased a few miles short of Fort Myers. To this day, I know in my bones it's the fastest century I've ever pedaled.

Spent, we collapsed under the safety of the first building still grinning from ear to ear.

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

Nutrition: Fuel for an Athletic Engine

By ERIK MOEN, PT, CSCS



By Erik Moen
PT, CSCS

Nutrition is crucial for life, let alone the sport of bicycling. Endurance sports place a large strain on your body, which can limit your body's immunity from illness. Food is the fuel that keeps your engine running, and should also be viewed as your "repair kit," since it acts as the tool for upkeep and maintenance. Informed eating choices will help keep you happy, healthy and off the side of the road (figuratively and literally). There are many nutritional products on the market that are designed to help sustain energy and enhance recovery; however, nature has provided us with some basic foods for power. Everyone has their lists of favorites for various great reasons, but my top five consists of berries, tomatoes, spinach, salmon and soybeans.

Berries

Berries are my personal top favorite! They are generally high in vitamin C, beta-carotene and folate. Vitamin C, a great anti-oxidant, gives a boost to the immune system, and aids in soft-tissue repair. Berries also have phytochemicals that prevent tumor growth. In

addition, every cup contains approximately six grams of a fiber called pectin. This fiber helps capture cholesterol byproducts in the digestive system and carries them out the body. That is a good thing. And lastly, berries are low in fat! They make an excellent snack or dessert.

Tomatoes

They are awesome! Tomatoes are a large source of vitamin C and a phytochemical called lycopene, the pigment that makes the tomato red. Lycopene helps prevent the "bad" cholesterol, LDL, from building up along artery linings, in addition to helping prevent cancer. Not every tomato is equal. Vine-ripened tomatoes have a higher content of lycopene than those picked un-ripe for shipping. And, if you are a fan of Prairie Home Companion and the Ketchup Advisory Board, you will know of the special mellowing agents that ketchup (tomatoes) will bring. Mellowing agents would be a benefit for many bike racers.

Spinach

Popeye was right! Spinach contains large amounts of carotenes, calcium and iron. Carotenes help prevent age-related diseases such as retinal degeneration, as well as specifically helping prevent muscle damage from a hard workout. Calcium is necessary for good muscle

function and strong bones. Iron is good for the blood, as it is the centerpiece of the oxygen-carrying hemoglobin. It helps maintain your blood's ability to transport oxygen, a necessary function for endurance sports. It's a good idea to accompany your dose of spinach with some form of vitamin C, such as an orange, lemon or tomato. Concurrent vitamin C intake will help increase the body's iron absorption.

Salmon

When in the Northwest, eat salmon. It is an excellent source of protein and omega-3 fatty acid, the latter of which is good for the skin and the immune system, ensures a healthy circulatory system, and helps prevent certain cancers. Quality does matter. Wild salmon, since they live in colder water temperatures, and therefore have higher concentrations of omega-3 fatty acid, are better than farmed salmon.

Soybeans

Soybeans are the only non-meat form of protein that contain all of the essential amino acids. One cup of soybeans will provide you with half of your daily protein requirements, as well as a quarter of your daily fiber and folate requirements. Soybeans are good for heart health as they provide phytochemicals called genistein and diadzein that, like lycopene, prevent the "bad" LDL cholesterol from attaching to artery linings. They also keep the blood

from becoming too sticky, thus decreasing the chance of blood clots. Soybeans also prevent certain cancers and the onset of osteoporosis. There is even talk of new research showing that soy may contain certain substances that numb pain by altering the neurogenic messaging of pain signals to the brain. What bike racer wouldn't want this benefit of soybeans?

Good nutritional choices are crucial for daily performance and recovery. Everyone should strive to learn more about nutrition. It makes a difference. I found Liz Applegate's Encyclopedia of Sports and Fitness Nutrition (Prima Publishing, 2002) to be very helpful, and have also benefited from Nancy Clark's Sports Nutrition Guidebook (Human Kinetics, 1997). A registered dietician is an excellent resource to get you started on an eating plan. Informed eating choices do make a difference for life!

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.

Redmond to Spokane, Washington



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

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

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

(206) 298-9288 or info@redspoke.org
www.redspoke.com



THE INCREDIBLE MERCKX CARBON MXM IS NOW IN PORTLAND!

The MXM is simply GORGEOUS — beautiful GOLD lettering on a charcoal carbon frame — or try the flashy Merckx Team SC that won the renowned 2003 Paris-Roubaix Road Race. With famous Century Geometry developed by Merckx, that is noted for stability and comfort, the bikes' performances will equal their looks.

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.

enSelle
The Road Bike Shop



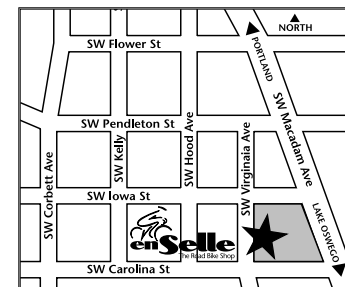
LAND SHARK



DE ROSA



PEGORETTI



THE SHOP WITH THE BLUE AWNINGS ON VIRGINIA, SOUTH OF THE WATER TOWER IN JOHNS LANDING.

HOURS: TUESDAY-FRIDAY 10:30AM-6:30PM SATURDAY 9:00AM-4:00PM
6200 SOUTHWEST VIRGINIA STREET PORTLAND, OREGON 503.244.6754

▶ "Enumclaw" from page 1

stage over a selective road course by a margin that easily secured the overall victory.

Williams set TT record

In the men's Pro 1-2 race, every big hitter who could attend lined up in Enumclaw, WA. In fact, the event on a whole drew more than 500 entries with many categories full before racing started on Saturday in the rural town about 30 minutes southeast of Tacoma.

In attendance for the Pro 1-2 race were four former winners of the event — three of whom played key roles in this year's competition. There were also two current professionals and no less than six former professionals. In fact, it's a safe bet that any rider with a 2004 race win in the Northwest who was from the Northwest was at Enumclaw.

Sebel's drive to victory began Saturday in the 10-kilometer time trial, in which he placed fourth behind First Rate Mortgage's Kenny Williams. After the time trial, Sebel wasn't anything like the toast of the town. That honor went to Williams, who scorched the stage, demolishing a course record set in 2001 by Svien Tuft, then riding for Broadmark.

Tuft, now riding for the powerhouse Symmetrics team out of British Columbia, returned to Enumclaw after a two-year absence, but he was seven seconds off Williams' winning time of 12 minutes, 47 seconds. Benaroya Research Institute Cycling Team's Russell Stevenson finished one second back of Tuft with a time of 12:57. Sebel was fourth with a 13:10, but his performance was lost in the three-chapter hoopla surrounding the stage.

Chapter One was Williams' ride. He averaged just less than 30 mph for 6.2 miles. Not a whole lot of text in Chapter One, but the numbers speak volumes.

The performance trinity

Chapter Two revolved around Tuft's return to competitive cycling after a prolific professional career that seemed to have many more years left in it when he quit abruptly at the end of 2003. He was the 2003 Canadian national criterium champion and widely regarded as one of the best time trialists in North America. The subplot was that Tuft hadn't ridden his bike this winter or spring during his retirement, but he still posted a time better than his record-setting effort in 2001.

Chapter Three revolved around the performance trinity of Williams, Tuft and Stevenson. All three men were well under the course record, dissecting a route in what seemed to be less-than-favorable conditions — wet roads and constant drizzle.

"It was wet, but it turned out to be fast," Williams says, adding that he caught four of his 30-second men. "I'm training for a pursuit and this isn't that much further than that."

Williams is an Olympic hopeful and by most estimations the second-best pursuiter in the United States behind Mike Tillman (there's only one U.S. Olympic slot in his event), so many expected Williams' blistering performance. Also, he's built every bit like a track athlete — a sculpted 6 feet and about 190 pounds. Tuft and Stevenson are put together in a similar fashion.

Sebel, on the other hand, has a climber's physique — a skinny guy — but he wasn't that far off the winning pace on a course that favored power and speed. In fact, a quick



Photo by Greg Descantes

Stevenson (above) was the third rider to beat the course time trial record. Kenny Williams of First Rate Mortgage was first, setting the new record.

review of the results revealed that Sebel was an anomaly. Of the top seven riders, he was the only lightweight in the bunch, sandwiched between the three aforementioned riders and Health Net's Tyler Farrar, Nella/Madison Bike Shop's Troy Critchlow and Solo/Adobe's Matt Osborne — all three of whom could pass for tailbacks on the local high school football team.

This should have been a signal that Sebel was the real danger man, though few surmised it. Consensus was, Williams would win the criterium stage, then he would drag himself over the big hill with the leaders on the road stage as he had done in years past. On the road stage, he would cover the moves with the aid of his teammates, finish with or near the leaders and thus win his third overall title at Enumclaw.

Coming down in buckets

Ah, but the best laid plans of mice and men... In the criterium, Stevenson put on a show early, while Williams was admittedly tentative on a course that had even veteran bike handlers white knuckling.

Weather forecasts just days prior to the Saturday evening crit were nearly perfect — mid 60s with a very slight chance of rain. As race day approached, the forecasts got worse until the day of the race when it couldn't get much worse. The temperatures were in the mid-50s and the rain was coming down in buckets at times. Added to this was a thick cloud cover that darkened the course by the time the 7 p.m. Pro 1-2 race started.

The downtown circuit, which is technical even when it's dry and bright out, became unpredictable and "scary," according to several finishers. Obstacles that wouldn't normally phase a seasoned bike handler became serious propositions. And the eight-corner crit featured many obstacles.

"I don't like riding in conditions like that," says Williams several hours after the stage as he sat waiting for a take-out order at the host hotel restaurant. "I don't like it when you have no idea what your bike is going to do. I was just trying to stay up."

A field break

Only a few riders threw caution to the wind and as the race progressed many of those who did were having second thoughts. Stevenson started off in a hurry, patrolling the front, marshalling his team and winning a five-second time bonus. Later he won another that put him in the lead on general classification, less than one second ahead of Williams.

Former U-23 time trial champion Ryan Miller was showing his talent, winning several primes, one worth \$100. The RMS rider hadn't produced many stellar performances in 2004 like the one that earned him sixth place at the world junior road championships in 1998. Symmetrics Andrew Pinfold nabbed several intermediate sprints including the second \$100 prize. He earned \$190 in primes on the night.

Due in part to the primes, the pace at the front was fast for a wet course, and, almost immediately after the starter blew the whistle, gaps began to form. After 20 minutes of racing there were three groups on the road. The lead group numbered about 25. About 12 seconds back there was a group of 10 riders who had separated themselves from a third group of about 40 riders. The second group was driven back to the first by Seattle Super Squadra's Ian Tubbs and a group effort of the remaining riders.

The third group wasn't so lucky, or, as some said later, so motivated. With 30 minutes to race in the 70-minute criterium, the official directed the 38 riders in the group off the course as it became apparent that they would be lapped. Their time was prorated for the next day's road race, which virtually eliminated any shot at the overall for the athletes in that group.

And there were a few heavy hitters in that group, including Osborne — sixth on general classification — Trek/VW's Luca Segatto — who won the stage in 2002 — and Symmetrics' Scott Goguen — who won the entire stage race in 2002. Meanwhile, back on the course, Symmetrics was at the front setting pace, maintaining a tempo that kept the peloton rolling and kept Sebel and Tuft in relatively safe positions given the conditions on the course.

On the last lap the pace went ballistic, which put a premium on bike handling, nerve and a certain amount of luck. Recycled Cycles' rider Troy Hiethecker made a run for it with one lap to go, but he was hunted down like a rabbit by a pack of wild dogs. Those wild dogs being the field, they were led by Jelly Belly professional Doug Ollerenshaw, who brought the front of the bunch into the final corner. But he too was swarmed. The man to prevail was Farrar, winning in a tight sprint against Symmetrics' Pinfold and Cam Evans, and Broadmark's Evan Elken and Jackson.

"Symmetrics was driving the train and I chopped in on it," Farrar says. "Elken jumped Cam (Evans) in the last turn and I came off him."

'It was scary.'

For Farrar, Saturday's crit wasn't much of a departure from racing he's done in the past. He's prevailed in at least one Belgium Kermesse, which normally feature horrific conditions like slick cobblestone roads and/or descents on slick cobblestone roads. On May 17 he departed for Belgium for the amateur

Paris-Roubaix and Het Volk, racing for the U.S. U-23 national team.

For Williams, and many thinking along the same lines as Williams, the race resembled a tiptoe through a minefield. Even Stevenson, an apt bike handler and mountain bike champion, had second thoughts about riding aggressively in the waning laps. He seemed astonished at his own tenacity early on when he won the time bonuses. When the big push came for the stage win, he took his general classification lead and banked it.

"It was scary," he says immediately after the race. "The last laps were just plain scary. People were cutting in and if it were dry I wouldn't have cared, but this was different. It was an all-out dogfight in the dark. The kind of crit you either love or hate."

The road course too was a race to be either loved or hated, depending on the rider's climbing form. The primary terrain feature was the winding three-kilometer climb call Mud Mountain. Its name, along with the wet, misty weather conditions on Sunday and the thick forest and vegetation that line the road, gave the hill a mystic quality. If, by any sense of the word, the stage was to be a war, the critical battle lines would be drawn on the slopes of Mud Mountain.

The first of six times over Mud Mountain the pace was immense. By the time the 94-strong field hit the top it was split in three big groups separated by about 10 seconds each. The groups reassembled on the eight kilometers of false flats at the top and went down the highway-grade descent at about 40 mph. This same scenario played out on the second time over Mud Mountain as well.

Cats are sometimes cruel

For the first two laps, in flats, the peloton clipped along at 30 mph against cross/tailwinds with riders going off the front in ones and twos only to be reeled back. The field resembled a teardrop with a single-file line of riders leading and a large group behind spread across the road. In the back, stragglers followed wheels waiting for the ax to drop. It wouldn't take long.

When the peloton hit Mud Mountain for the third time many riders fell off the pace. Some chased back on while others called it a day. Out in front was Broadmark's Omer Kem. Soon he was joined by Pinfold and the race began to take shape. Both Kem and Pinfold were going for broke, save a dime or two. Neither featured in the time trial and both were more than one minute behind Stevenson, but at their pace they would soon become the leaders on the road.

On the descent, Stevenson's Benaroya crew was forced to react. Steve Higgins, Chad Nikolz and Jon Perry set tempo while Stevenson sat in their slipstream. Sitting in Stevenson's slipstream like a big cat waiting to pounce was nearly the entire Symmetrics squad.

Cats can sometimes be cruel animals. Often they'll play with prey before killing and eating it. As Benaroya drove the pace to the foot of Mud Mountain in pursuit of the Symmetrics/Broadmark break, it became obvious as to what was about to unfold. Symmetrics, arguably the strongest team in the Northwest, is stocked with some of the best climbers in British Columbia, a region with a storied reputation for

producing climbers. Most, if not all, of the Symmetrics' athletes were in their big chain rings as they hit the foot of Mud Mountain. For the first half of the climb, many didn't shift down.

'...go, go...'

On the steep sections, Symmetrics drilled the pace. On the sections where drafting was beneficial they took turns attacking. Higgins, Nikolz and Perry — exhausted from six miles of chasing — all went out the back. Stevenson was now isolated. Fifteen riders made what seemed to be the pivotal move about halfway up the climb. Stevenson and Williams were shell shocked and trying to cross over to it in the false flats at the top. In the group of 15 were Sebel and his teammates, Pinfold and Marsh Cooper. Also accounted for were Ollershaw and Farrar.

"I heard on the race radio that Kenny and Russell were trying to bridge, that they weren't in the move," says Sebel. "Andrew [Pinfold] said to 'go, go,' so I did."

Amazingly the remnants of the field were clawing their way back to the leaders, picking up Williams and Stevenson in the process. By the bottom of the climb the two groups became one again. About 40 riders were left with several small groups still chasing behind and Sebel alone in front. Once the second group caught the first, First Rate Mortgage's Ron Schmeer and Darren Vogler (unattached) attacked. They rolled clear.

Meanwhile, in the first small chase group behind the main group, Perry was desperately trying to rejoin the side of his team leader, Stevenson. He was doing some work with a group that contained Tubbs and three other riders. Tubbs, a noted strongman in the flats, was driving the group.

The fog of battle

As Schmeer and Vogler drove for Sebel, information vital to their cause was lost in the fog of battle. Neither saw Sebel's attack and somehow fell under the impression that 12 riders were up the road. The confusion was understandable. There were three races strewn across the course. Even race officials were having trouble separating categories.

"I somehow got the idea that we were chasing 12 guys," Vogler says, adding that he didn't think he was capable of catching 12 riders. "I told Ron that and I figured we'll just ride tempo in because the race was done. I didn't know it was just Dylan."

Vogler also thought that the reason the peloton's pace fell off was because there were no more places to contest. He thought the teams were on cruise control after getting their leaders into the winning move when in fact all the leaders — save Sebel — were still in the field. What actually occurred for most of the peloton was a slow death march to the foot of Mud Mountain under the watchful eye of the Symmetrics.

They're back

"The pace slowed drastically," Stevenson stated in an e-mail to NWRR. "I didn't know what to do at that point. It was a hard spot to be in. Do I go to the front and pull for all it's worth with no teammates (with two laps to race) only to be attacked again on the last lap? Or do I count on someone else riding with me to help bring back Dylan? It took me too long to figure it out. Meanwhile, Sebel was gone... race over."

But it wasn't quite over. Somehow Perry and Tubbs pulled themselves back to the

field. Perry was battered but not out of it. He struggled the fifth time over the climb with the group, went to the front with Stevenson on the false flats and the pair began pulling.

But Sebel was just too strong. He was a climber on form on a course that favored climbers. He was putting the finishing touches on what would be a 20-mile solo effort, but not without a scary moment. With a more than a two-minute lead at the foot of Mud Mountain, Sebel began to bonk.

"I hit the foot of the climb and started seeing stars," Sebel says. "I thought, oh no, not this. But I got something to drink and rode through it."

For Vogler and Schmeer, the last time over Mud Mountain was a tempo ride. Vogler said he had better legs than Schmeer, but didn't see any point in dropping him.

"I've known Ron for a long time," Vogler says. "He was sitting in a lot, but I know he's an honest man and he wouldn't jump me, so I brought him along on the climb. I figured, why ride hard? We're racing for 13th anyway, right?"

Wrong.

After the climb Vogler looked over his shoulder to see a solo rider closing on them in the false flats. It was Michael Henry. The Recycled Cycles' rider in his first Pro 1-2 race was riding an inspired last lap. Vogler and Schmeer didn't see the point. In fact, it was for second. Henry got it. Vogler was third, rolling his eyes as he crossed the line. Schmeer was fourth. Ollershaw led the bunch over about a minute later for fifth.

As the minutes ticked by small groups and solo riders rolled across the line looking like they were returning from battle. Some said it was epic, most just wanted a warm shower and something to eat.

The final general classification read like a Who's Who of Northwest cycling. First was Sebel by 2:18. Second was Stevenson followed by Williams, less than a second behind. Tuft was fourth nine seconds behind Williams. Farrar took fifth, three seconds behind Tuft. Evans and Critchlow were separated by one second, in sixth and seventh respectively. Schmeer, Pinfold and Vogler finished 13th, 14th and 15th, respectively.

(For coverage of the women's event at the Mutual of Enumclaw Stage Race, go to www.nwracerreport.com.)



Photo by Greg Descantes

Vogler (right) and Schmeer thought they were chasing 12 riders when in fact it was just one.

RACE NOTES

NW Camp to Prep Kids for Racing

By DANIEL FLYNN

The second annual Freedom Sports Week, held June 30 through July 7, will again offer kids the opportunity to improve their biking skills. Last year, the camp offered one mountain biking program. This year the camp will have a program for kids with basic skills (Introduction to Mountain Biking and Racing) and one for those already involved in bike racing or who have advanced biking skills (Advanced Mountain Biking and Racing). A BMX program has also been added.

Jim Brown, the road and cyclo-cross coach for the junior racing team Rad Racing Northwest, is the program director for Freedom Sports Week. "Our goal is to give the kids instructions and then plug them into resources at home so they can continue with the sport," he says. As a testament to last year's successful camp, Jim notes that at the Emerald City Cyclo-cross held last fall, three of the four overall series champions in the junior categories were camp attendees. David Schilling, who created the Cascade Bicycle Club Education Foundation Northwest Junior Racing Series, says that five campers who had never raced before decided to race in this inaugural series. Schilling, the junior team manager for the Aurora Cycling Club in Seattle, will be an assistant coach for the basic level program.

The head coaches overseeing the programs include Doug Graver (USA Cycling Expert Coach and the mountain bike coordinator for Rad Racing Northwest) for the basic level mountain biking program, Matt McNamara (USA Cycling Elite Coach)

for the advanced level program, and Char Ayers (track operator of the McCollum Park BMX track in Everett) for the BMX program. Dale and Ann Knapp will also provide their expertise. The couple ride for the Kona Factory Cyclo-cross team. Ann was the 2002 Women's U.S. National Cyclo-cross champion.

The programs will be held at YMCA's Camp Orkila on Orcas Island. The cost for attending is \$530. Scholarships are available for those who cannot afford the tuition. The advanced mountain biking program is limited to 13 campers, while the basic course can accommodate 50 bicyclists. Both programs are open to children entering 6th through 10th grade in the fall. BMX will allow up to 24 enrollees and is open to kids entering 3rd through 10th grades in the fall. As of May 19, the basic level mountain biking program had 25 enrollees, and BMX had only six spaces left.

Brown requests that campers have a mechanic tune up their bikes prior to bringing them to the camp. In addition, campers should bring their helmet, cycling clothes, a water bottle, plus a spare tube and inflation system. "Everything you would need to go on a bike ride," he says. In addition to receiving instruction in biking skills, the campers will enjoy traditional camping activities like campfires, archery and swimming. On July 6, those involved in either mountain biking program will take a bike challenge ride up Mount Constitution, while those involved in the BMX program will race on the camp's new nationally rated BMX track. For more information about the camp call 206-382-5009 or visit www.seattleyymca.org.

Decker wins Sonoma

Carl Decker from Bend, OR edged out a group of ten riders to take his first NORBA Nationals Short Circuit race victory. The May 15 event in Sonoma, CA was highly contested, as a photo finish was necessary to determine the winner. Frank Mapel (Durango, CO) was declared the winner, but after review of the photographs, the

decision went to Decker. He claimed victory by a 0.3-second margin over Frank Mapel, while Paul Rowney (Golden, CO) was 0.6 seconds off the winner's pace. Chris Shepard, Max Plaxton and Andreas Hestler — all from BC — were within 1.5 seconds. Kona-Clarks Factory rider Barry Wicks of Corvallis, OR finished 10th. Decker added another top result to his Sonoma weekend finishing fifth in the cross-country event.

bicycle club
Cascade 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 Orkila, Schwalbe Tires, USA Cycling, WSBAJ, Schilling Cycling Club, Go Cycling Maui

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 events).

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

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

EVENTS

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 12-13: Ride with Frankie Andreau

Spokane, WA. A weekend with Frankie. On Saturday - Frankie's presentation "Inside the Tour d' France" will include a catered dinner. On Sunday - Ride with Frankie and tour the foothills of beautiful Mt. Spokane. Fees include catered dinner, lunch and t-shirt. Options 12 mi, metric half-century and metric century - all ages welcome. The Lorean Miller Bike Ride to Support Cancer Patient Care Cancer Patient Care, 1507 East Sprague, Spokane, WA, 99202. 509-456-0446, www.cancerpatientcare.org

Jun 12: Stanley Park Bike Festival

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

Jun 12: World Naked Bike Ride (WNBR)

Portland, OR. Join other cities worldwide. 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 strongly encouraged! www.WorldNakedRide.org

Jun 12: World Naked Bike Ride (WNBR)

Seattle, WA. Join other cities worldwide. 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 3 p.m., ride departs 8:30 p.m. 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 2 p.m. The ride leaves at 3 p.m. www.WorldNakedRide.org

Jun 19: Bike Shop Poker Ride

Puget Sound. Register online and visit bike shops, collecting cards; then show up for a huge after party! Peter Verbruggen, Cascade Bicycle Club, 7400 Sand Point Way, Seattle, WA, 98115. 206-517-4826, www.cascade.org

Jun 27: Central District Street Scramble

Seattle, WA. Visit as many neighborhood checkpoints as you can in 3 hours. Start at Garfield Community Center. Eric Bone, Cascade Orienteering Club, 120 NE 53rd St, Seattle, WA, 98105. 206-634-2279, www.streetsscramble.com

JULY

Jul 1-Aug 20: One Wheel—Many Spokes: USA by Unicycle

Vancouver, BC to Tijuana, MEX. Following his cross country trek on a unicycle, Lars Clausen's will now ride 1800 miles in 51 days to promote his book. Spot him on his journey and get a chance to win one of his book. The tour starts in Vancouver, BC and will cross Washington, Oregon and California. See web site for complete itinerary. Alice B Acheson, 360-378-2815, www.onewheel.org

Jul 17-18: Seattle Night & Day Navigation Challenge

Seattle, WA. Seattle Night & Day is a team foot or bike race that brings you to nooks and crannies of Seattle you've never seen before. Fifty-seven checkpoints placed throughout Seattle and Vashon Island. Choose for 3, 7, or 16 hours. Teams returning with the most points are the winners! Running, walking, or biking, everyone experiences their own unique tour of Seattle. Eric Bone, Cascade Orienteering Club, 120 NE 53rd St, Seattle, WA, 98105. 206-634-2279, www.seattlenightandday.com

CAMPS

JUNE

Jun 12-13: Sugo! Dirt Series

Whistler, BC. Mountain bike camps for men and women (co-ed format). Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. Sharpen your technique, build confidence, and enjoy mtbiking more than you had ever thought possible. Hosted by Essentially Blackcomb Candace Shadley, Whistler, BC, 604-938-3303, www.dirtseries.com

Jun 26-27: Sugo! Dirt Series

Canmore, AB. Mountain bike camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. 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 TT 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 20-Aug 1: Group Health WIM Series

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

Mar 21-Sep 18: Comox Valley CC 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, 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 Jr. 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 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-Jul 13: Tuesday Nighter Series

Boise, ID. www.lacticacidcycling.org

Apr 7-Aug 25: Wednesday Night MTB Series

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

Apr 8-29: 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 8-26: First Rate Mortgage Cycling Series

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

Apr 11-Jul 25: 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 Road Race Series and Junior 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 to the first 5 finishers. Points tallied at the end of the season and winner awarded. A 14 and under junior category has been added to the series. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 13-Aug 31: Tuesday Night RR Series

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

Apr 13-Sep 21: Tuesday PIR Series

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

Apr 14-Sep 8: Cove Bikercross Series

Grouse Mountain, BC. Exclusive access to Grouse's World Cup track. Riders of all levels. Ride in a safe and secure environment. Beginners and advanced in all categories, U15 to masters. Starts 6:30 p.m. every Wednesday. 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. Distances are: run 2 miles, ride 4.5 miles, run 2 miles, ride 4.5 miles and final run 2 miles. As daylight permits, runs and rides will increase. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 24-Jun 13: NW Cross Country MTB Cup WA & OR.

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

Apr 25-Jun 6: North Shore Challenge Series

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

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

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

May 4-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 Track Series

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

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

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

May 19-Aug 25: MVA Wednesday Night Racing

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

May 21-Aug 27: Group Health Friday Night Races

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

May 23-Sep 12: Mt. Hood Series

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

May 27-Aug 19: Southern Oregon Thursday Nighters

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

Jun 1-Aug 31: Eugene Twilight Criterium Series

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

Jun 9-Jul 14: 2004 Mt. Tabor Series

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

JUNE

Jun 3: Pacific Raceways Duathlon #8

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

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, roll-erblade, 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 10: Pacific Raceways Duathlon #9

Kent, WA. See Race Series for further information. 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

MOUNTAIN BIKE RACING

JUNE

Jun 2: Cove Bikercross #8

Grouse Mountain, BC. See Race Series for further information, 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 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. , 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

</

Jun 13: 16th Annual Idaho City Excellent Adventure
Idaho City, ID. Pro to beginners start at the same time, LeMans style (run to your bike). Everyone 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. , 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, 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: Kelly Canyon Knobby Challenge
A portion of race proceeds go to help support the Boise YMCA's Mt bike program for kids. Davey Moore, 338-1016, www.knobbytireseries.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. 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: 12th Annual Padden MTN Pedal
Bellingham, WA. Granddaddy of them all - this is the oldest and most respected race in the Pacific Northwest. Extensive prize list. Great course in the heart of Bellingham. Speed Trials new this year. Mark Peterson, Jack's Bicycle Centre, 1907 Iowa St., Bellingham, WA, 98226. 360-366-0951, www.whimpsmtb.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@intra-west.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. 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

JULY

Jul 3-4: Firecracker State Championships
Fall City, OR. Kevin Thompson, 7945 SW Fanno Cr. Dr. #1, Tigard, OR, 97224. thomsok@loswego.k12.or.us

Jul 3-4: MTB World Cup
Calgary, AB. Aimee Rowles, Canada Olympic Park, 403-247-5457, www.canadaolympicpark.ca

Jul 4: Mount 7 Psychosis
Golden, BC. Russell Gillespie, 604-938-7347

Jul 7: Cove Bikercross #13
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Jul 7: Wednesday Night MTB Series #14
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

Jul 9-11: State Games of Oregon
Mt. Hood, OR. Downhill and cross country events at Mt. Hood Skibowl. Mt. Hood Series Race. NW Cup DH #4 Peter Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

Jul 10: Joyride 2004
Kamloops, BC. Sun Peaks Resort. 4-cross event featuring top riders and a brand new course. Paddy Kay, Joyride Productions Inc., Box 1208, Whistler, BC, V0N 1B0. www.worldfreeride.com

Jul 10: Piranha Relay
Warm Springs, OR. With race classes comprised of solo, two- and four-person teams, the unique 100-mile race is designed to challenge expert and novice riders alike. Teams may be men, women or co-ed. Begins 6:00 a.m. Part of the Warm Springs Endurance Series. Butch Bannon, www.warmspringsenduranceseries.com

Jul 10-11: The Squilchucker
Wenatchee, WA. WIM Series XC #7, DH #5 for all ages & ability levels beginner to Pro. Free kids races. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Jul 11: Tamarack Twister Cross Country
A portion of race proceeds go to help support the Boise YMCA's Mt bike program for kids. Davey Moore, 338-1016, www.knobbytireseries.com

Jul 14: Cove Bikercross #14
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Jul 14: Wednesday Night MTB Series #15
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

Jul 15-18: Summer Ride Festival
Oakridge, OR. Mountain bike festival event. Richard Sweet, 541-334-6449

Jul 17-18: 13th Annual Brundage Bike Festival
McCall, ID. Ride the incredible trail system at the scenic, Brundage Mountain ski resort near McCall, Idaho. The 10.5-mile loop is legendary for both its climbs and descents. The last 4.5 miles are all downhill on the famous Elk Trail. Downhill Sunday. Wild Rockies, rondaron@earthlink.net, www.wildrockies.com

Jul 17-18: 24 Hours of Adrenalin - Canmore
Canmore, AB. Chad Grenier, Twenty4 Sports, Inc., 160 Gibson Street, #4, Markham, ON, L3R 3K1. 905-944-9436, www.twenty4sports.com

Jul 18: Terminator DH
Golden, BC. Downhill at its best. Steve Parsons, Kicking Horse Mountain Resort, Box 295, Golden, BC, V0A 1H0. 250-439-5409, www.kickinghorseresort.com

Jul 21: Cove Bikercross #15
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Jul 21: Wednesday Night MTB Series #16
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

Jul 22-25: CrankWorX 2004
Whistler, BC. Four-event gravity series consisting of the Air Downhill, Boneyard Biker X and 3,400 vertical foot Garbanzo Downhill, and culminating in the BC Downhill Championships. See web site for details and registration. Whistler Blackcomb, www.whistlerblackcomb.com/crankworx

Jul 25: Falls City Firecracker
Falls City, OR. Series Finals. Kevin Thompson, 7945 SW Fanno Cr. Dr. #1, Tigard, OR, 97224. thomsok@loswego.k12.or.us,

Jul 25: Larch Mountain Hillclimb
Corbett, OR. Ernie Conway, www.obra.org

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

Jul 28: Cove Bikercross #16
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Jul 28: Wednesday Night MTB Series #17
Seattle, WA. See race series for further information. Wick, Stiff Wick Productions, 206-824-7666,

Jul 29-Aug 1: NORBA National Mountain Bike Series
Sandpoint, ID. All ages & ability levels, beginner to Pro. XC, DH, Mt. X, Short Track, Super D, Marathon. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

MOUNTAIN BIKE TOURING

JUNE

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

Jun 12-13: David Law-Smith Memorial Tour
Boise, ID. 90-mile, fully supported, fundraising bicycle tour to support Boise Valley Sprockids Program. Ride over Aldape, Clear Creek and Warm Springs summits Evening filled with music and fun. Camping and scrumptious meals. Short routes and sag wagons available. Darren Lightfield, 208-388-1971, www.cycleidaho.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 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 swiftly navigate down towards Hope via back roads and the Kettle Valley trail. This 30km ride will give you a whole new perspective of the highway corridor.

Bike rental available. Includes van transportation, guiding and day's end snacks & refreshments. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

JULY

Jul 3-4: Sea to Sky Trail Ride
D'Arcy to Whistler, BC. 150km of off-road trail ride on the spectacular Sea to Sky Trail. Plenty of food and secure camping at Riverside Campground in Whistler. Robbin McKinney, Great Explorations, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 4: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Jul 5-9: Backcountry Hot Springs
Sun Valley, ID. Natural hot spring at every camp. Begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 5-11: Kettle Valley Trail Cycle Tour
Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700km through the interior of BC, viewing some of the most spectacular scenery in North America. Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 5-9: Sawtooth Singletrack
Ketchum, ID. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 5-9: Sun Valley Singletrack
Ketchum, ID. Best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. 25 miles per day. Western Spirit Cycling, www.westernspirit.com

Jul 5-9: Umpqua River Trail
Medford, OR. Our Best singletrack we ride anywhere in the country. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 10-17: Kettle Valley Trail Cycle Tour
Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 10: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

Jul 12-16: Backcountry Hot Springs
Sun Valley, ID. Natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 12-16: Mt. Hood Singletrack
Portland, OR. Travel through the Mt. Hood National Forest to the east of the giant peak itself. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 12-16: Sawtooth Singletrack
Ketchum, ID. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 12-16: Sun Valley Singletrack
Ketchum, ID. Smooth trails. Altitudes on this trip are below 10,000 feet. 25 miles per day, singletrack experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 12-16: Umpqua River Trail
Medford, OR. Best singletrack we ride anywhere in the country. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 15-18: Kettle Valley Trail Cycle Tour
Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700km through the interior of BC through some of the most spectacular scenery in North America. Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

Jul 15-23: The Supernatural
Whistler, BC. This epic session takes Big Mountain riders to some of BC's greatest and most diverse mountain biking locales, all in one trip. Experience BC riding at its best. Chris Winter, Big Mountain Freeride Bike Adventures, 1729 Pinewood Dr, Pemberton, BC, V0N 2L3. 604.894.0220, www.ridebig.com

Jul 18: 9th Annual Mountain Bike Poker Run
Bellair, WA. Tahuya State Forest. 10th Annual non-competitive MTB event for all skill levels including families with children. Kids course. Marked trails through lush forest, with stations for card drawing. Registration starts at 8:00 a.m at the Tahuya River Camp. Jim Grill, Single Track Mind Cycling Club, 6824 19th St W. PMB #147, Tacoma, WA, 98466. 253-863-3837, www.stmcc.org

Jul 18-23: Women's Mountain Bike Tour in BC
Canadian Rockies, BC & AB. 6-day 'Best-of-the-West' women's singletrack tour featuring the best trails in western Canada. Mike Bric, Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 888-423-7849, www.ferniefatire.com

Jul 19-23: Backcountry Hot Springs
Sun Valley, ID. Natural hot spring at every camp. The riding on this tour is primarily dirt roads. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Lewis and Clark Lolo Trail
Missoula, MT. Our trip takes us through remote country. The riding is fun and non-technical, climbs provide a good challenge each day. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Mt. Hood Singletrack
Portland, OR. Travel through the Mt. Hood National Forest to the east of the giant peak itself. Singletrack experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Sawtooth Singletrack
Ketchum, ID. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Sun Valley Singletrack
Ketchum, ID. Smooth trails. Altitudes on this trip are below 10,000 feet. 25 miles per day, singletrack experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Umpqua River Trail
Medford, OR. Best singletrack we ride anywhere in the country. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 24: Discover Mt. Hood Tour
Mt. Hood, OR. Jim Treviso Memorial. Peter Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

Jul 24: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike venture deep into the valley of the Pitt Lake watershed. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 604-467-8577, http://crosstrailsadventures.com

Jul 26-30: Backcountry Hot Springs
Sun Valley, ID. Natural hot spring at every camp. The riding is primarily dirt roads. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Lewis and Clark Lolo Trail
Missoula, MT. Our trip takes us through remote country. The riding is fun and non-technical, climbs provide a good challenge. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Mt. Hood Singletrack
Portland, OR. Travel through the Mt. Hood National Forest to the east of the giant peak itself. Well-constructed ridge top trails provide you with surprise views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Sawtooth Singletrack
Ketchum, ID. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Sun Valley Singletrack
Ketchum, ID. Best kept secrets in the mountain biking world. Smooth trails. Altitudes on this trip are below 10,000 feet. 25 miles per day, singletrack experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Umpqua River Trail
Medford, OR. Best singletrack we ride anywhere in the country. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

ROAD RACING

JUNE

Jun 1: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jun 1: Pacific Raceways Road Race Series #8
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Jun 1: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jun 1: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 1: Tuesday Nighter Series #8
Boise, ID. Pleasant Valley/Ten Mile Creek Road. Starts at 7:00 p.m. www.lactacidcycling.org

Jun 1: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jmitchem@herrerainc.com

Jun 1: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jun 3: First Rate Mortgage Cycling Series #10
Seattle, WA. See Race Series for further information. David Douglas, www.pazzovelo.com

Jun 3: Lindsay's Thursday Night TT #4
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

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



MISSING
OL Case #4528
Miranda
Nicole Forbes
Missing Since: 04/13/2004
Missing From: Brighton, CO
OPERATION LOOKOUT
National Center for Missing Youth
Ride to Benefit Missing Kids, contact M. Gibson for further info.
1-800-LOOKOUT
1-800-566-5688
www.operationlookout.org

cycling accident? injury claim?
Harvey Grad Attorney at Law
Member of Cascade Bicycle Club
Former Member of STP Executive Committee
2955 80th Ave, SE Suite 201
Eightieth Avenue Professional Building
Mercer Island, WA 98040
206.275.2923
e-mail: harv@lawyerseattle.com
No Charge for Initial Consultation

Jun 3: S. Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jun 4-6: Times Colonial 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. c/o 282 View Royal Avenue, Victoria, BC, V9B 1A9. 250-360-2453, www.pacificsport.com

Jun 4-6: Tour of Eagle Stage Race
Eagle, ID. Criterium on Friday, Time Trial on Saturday, Road Race Sunday. www.teamorbeausa.com

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

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

Jun 6: BC Masters Association Race #9
Aldergrove, BC. 16km Time Trial. Conny Strub, Vancouver Torrent, 604-788-9300, www.bcmasterscycling.net

Jun 7: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 1467 Greentree Circle, Lake Oswego, OR, 97034. 503-975-8229, www.obra.org

Jun 8: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jun 8: Pacific Raceways Road Race Series #9
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 8: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

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

Jun 8: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

Jun 8: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jun 9: 2004 Mt. Tabor Series
Portland, OR. See Race Series for further information. Clark Ritchie, 1314 NE 59th Ave., Portland, OR, 97213. 503-936-2575, http://tinyurl.com/spwww

Jun 9: 3rd Annual Wood River Cup #1
Sun Valley, ID. Bill Olson, bike_camp@msn.com

Jun 10: First Rate Mortgage Cycling Series #11
Seattle, WA. See Race Series for further information. David Douglas, www.pazzovelo.com

Jun 10: Lindsay's Thursday Night TT #5
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jun 10: S. Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jun 11: Fremont Criterium
Fremont, WA. NWWC Cat 3 Series Race. Robert Trombley, www.pazzovelo.com

Jun 12-13: BC Masters Assoc. Race #10/11
Penticton, BC. 10km Hill Climb - 10-12% grade, 80km Road Race - mostly flat. Des Snider, Penticton Cycling Club, 250-493-3363, www.bcmasterscycling.net

Jun 12: Built For Speed Time Trial Series
Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

Jun 12: Olympic Athletic Club Twilight Criterium
Ballard, WA. 1-kilometer, almost flat, 4-corner criterium course on city streets. Registration at start/finish area. NW Juniors Racing Series. David Douglas, Pazzo Velo, www.pazzovelo.com

Jun 12: Stanley Park Bike Festival
Vancouver, BC. Criterium races, kids races, education, demos. A. Barrett, Stanley Park Bike Festival Society, 604-681-0419, www.stanleyparkbikefest.ca

Jun 13: Atomic Road Race - SISU BC Cup #5
Langley, BC. Atomic Racing Club, 604-540-0943, www.atomicracing.com

Jun 13: Oregon Road Race Championship
Oregon City, OR. Brian Witty, www.obra.org

Jun 13: Victoria Populaire
Victoria, BC. 50, 100 and 150 km. Start at Oak Bay Beach Hotel, 1175 Beach Dr., at 9:00 a.m. Michael Poplawski, BC Randonneurs Cycling Club, 250-882-1239, www.randonneurs.bc.ca

Jun 14: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jun 15: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jun 15: Pacific Raceways RR Series #10
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

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

Jun 15: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 4017 S 291st St, Auburn, WA, 98001. 206-625-8333, www.buduracing.com

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, 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, www.pazzovelo.com

Jun 17: Lindsay's Thursday Night TT #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.bcmasterscycling.net

Jun 19-20: Comox Valley Cycle Club 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 7PL. http://mars.ark.com/~cvcc

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

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

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

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

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

Jun 24: Lindsay's Thursday Night TT #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 Perjil, 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). National Championships for FICA. Activities for entire family. Nathan Hobson, 4004 SE Licyntra 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 Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

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

Jun 30: 2004 Mt. Tabor Series
Portland, OR. See Race Series for info. Clark Ritchie, 503-936-2575, http://tinyurl.com/spwww

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

JULY

Jul 1: First Rate Mortgage Cycling Series #15
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 1: Lindsay's Thursday Night TT #8
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 1: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 3: 3rd Annual Wood River Cup Finals
Sun Valley, ID. Bill Olson, bike_camp@msn.com

Jul 3: BC Masters Association Race #14
Winfield, BC. Near Kelowna. Criterium Bruce Stevens, COBRA/Olympia Cycle, 250-491-0314, www.bcmasterscycling.net

Jul 3: Comox Valley Cycle Club Road Race #4
Comox, BC. Raced on the Tsolum course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, http://mars.ark.com/~cvcc

Jul 3: Ken Meyer Memorial Criterium
Bellingham, WA. Senior State Championships. NWWC Cat 3 & 4 Series Race. Paul Clement, www.meyermemorial.org

Jul 4: 29th Annual Joe Matava Memorial Classic Criterium
Burien, WA. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, http://www.wheelsportcycling.com

Jul 4: BC Masters Association Race #15
Vernon, BC. 19 km Hill Climb 5-12% grade. BC-MCA & BC Championships. Double points. Bruce Stevens, COBRA/Olympia Cycle, 250-491-0314, www.bcmasterscycling.net

Jul 5: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 6: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jul 6: Pacific Raceways RR Series #13
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 6: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jul 6: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 6: Tuesday Nighter Series #11
Boise, ID. Bogus Basin/Crane Creek Road. Starts 6:15 p.m. www.lacticacidcycling.org

Jul 6: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jul 6: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jul 7: 2004 Mt. Tabor Series
Portland, OR. See Race Series for information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spwww

Jul 7-11: Cascade Cycling Classic - 25th Anniversary Edition
Bend, OR. Come join us this year in beautiful Central Oregon and be part of the history. Race on some of the most challenging and scenic courses Oregon has to offer. Brad Ross, www.cascade-classic.org

Jul 8: First Rate Mortgage Cycling Series #16
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 8: Lindsay's Thursday Night TT #9
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 8: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 10-10: 64th Annual Derby Days Bicycle Criterium
Redmond, WA. America's longest-running bicycle race. Brian Oster, Promotion Events, P.O. Box 31789, Seattle, WA, 98103. 206-729-9972, http://promotionevents.com

Jul 10: Built For Speed Time Trial Series
Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 541-760-1024, www.builtforspeedtt.com

Jul 10-11: Gate City Grind Stage Race
Pocatello, ID. Idaho Cycling Enthusiasts, www.idahocycling.com

Jul 11: BC Masters Association Race #16
Langley, BC. 65km Road Race. Peter Reichman, Vancouver Velo Vets, 604-924-3671, www.bcmasterscycling.net

Jul 11: Cascade Cycling Classic "Kid's Race"
Bend, OR. Free, kids-only race prior to the final stage of the Cascade Cycling Classic in the Old Mill District. Four age groups for boys and girls starting with the trike/training wheel group. Ribbons for all participants, medals for top three in each group. Hutch's Bicycles, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Jul 11: The Capital Criterium
Olympia, WA. www.cbcracing.org

Jul 12: Brockton Criterium
Vancouver, BC. Euro Crit style race on a winding (2.6km)course through Vancouver's beautiful Stanley Park in the heart of downtown. All categories offered, except novice men. Entry fee \$30(CDN). Start times TBA, but all races take place between 8:00 a.m. and noon. Points race format. Part of Stanley Park Bike Festival. Stanley Park Bike Festival Society, 604-681-0419, www.stanleyparkbikefest.ca

Jul 12: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 12: Mt. Tabor Circuit Race
Portland, OR. 51st Annual Phil Holstein Memorial Classic. A day of racing in Mt. Tabor Park that entails a tough, 1.3-mile hilly and curvy circuit that encircles the upper reservoir and passes the neck of the ancient volcano that formed Mt. Tabor. Each lap has 136.6 ft of climb. Categories include Juniors, Men 5/Novice, Masters 50+, Masters 35-49, Women 4/35+, Tandems, Women 1/2/3 and Men 1/2/3. Terry Crawford or Lars Anderson, 503-244-0050

Jul 13: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jul 13: Pacific Raceways RR Series #14
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 13: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jul 13: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 13: Tuesday Nighter Series #12
Boise, ID. Bogus Basin/Crane Creek Road. Starts 6:15 p.m. www.lacticacidcycling.org

Jul 13: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jul 13: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jul 14: 2004 Mt. Tabor Series
Portland, OR. See Race Series for further information. Clark Ritchie, 503-936-2575, http://tinyurl.com/spwww

Jul 15: First Rate Mortgage Cycling Series #17
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 15: Lindsay's Thursday Night TT #10
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 15: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 16-18: Tour de Delta - SISU BC Cup #6
Delta, BC. Start of BC Superweek. Road race, hill climb and twilight criterium events. \$10,000 in cash purse. Municipality of Delta, 4500 Clarence Taylor Crescent, Delta, BC, V4K 3E2. 604-952-3545, www.tourdedelta.bc.ca

Jul 17: BC Masters Association Race #17
Mill Bay, BC. 30-minute Criterium. BCMCA & BC Championships. Double Points. Joe Gard, Brentwood College, 250-370-2689, www.bcmasterscycling.net

Jul 17: Tukwila Criterium
Tukwila, WA. Part of CBC Education Foundation NW Juniors Racing Series. Rory Muller, www.pazzovelo.com

Jul 18: BC Masters Association Race #18
Shawnigan Lake, BC. 44-95km. BCMCA & BC Championships Double Points. Tony Hoar, BC Masters Cycling Association, 250-743-9915, www.bcmasterscycling.net

Jul 18: State Time Trial Championships
Belfair, WA. Start near the entrance of Belfair State Park and follow North Shore Road on an out-and-back course. Some small rollers. Registration opens 7:30 a.m., closes 8:45 a.m. Race starts at 9:00 a.m. NWWC Cat 3 & 4 Series Race. 206-625-8333, www.buduracing.com

Jul 18: Woodland Criterium
Woodland, WA. Dave Ripp, 360-833-0738, www.obra.org

Jul 19: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 20: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jul 20: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jul 20: Summer Night at the Track #4
Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Jul 20: Tuesday Night Road Race Series
Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 20: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jul 20: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jul 22: First Rate Mortgage Cycling Series #18
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 22: Lindsay's Thursday Night Time Trial #11
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 22: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 23-25: Tour de White Rock - SISU BC Cup Finale
White Rock, BC. Friday - Hill Climb; Saturday - Criterium; Sunday - Road Race. Final weekend of the BC Superweek. White Rock Leisure Services, 15322 Buena Vista Avenue, White Rock, BC, V4B 1Y6. 604-541-2161, www.city.whiterock.bc.ca

Jul 24: BC Masters Association Race #19
Cobble Hill, BC. 45 minutes criterium Joe Gard, BC Masters cycling Association, 250-370-2689, www.bcmasterscycling.net

Jul 24-25: GSC Silverton Weekend
Silverton, OR. Saturday criterium and Sunday road race. Juniors, men and women categories. The course is a 17.5-mile loop with a few flat sections, consistent rollers and a couple of extended climbs. Registration at Victor Point School. Mathew Braun, 2017 NE Rodney St., Portland, OR, 97212. 503-481-4686, www.gscamerati.org

Jul 24: Lake Washington Velo Circuit Race Series
Silvana, WA. See Race Series for further information. Broadmark Capital Cycling Team, www.broadmarkcycling.com

Jul 24: Wells Fargo Twilight Criterium
Boise, ID. National-class night criterium. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Jul 25: BC Masters Association Race #20
Port Alberni, BC. 65km Road Race. Double Points. Ian Hay, Alberni Flyers, 250-724-0591, www.bcmasterscycling.net

Jul 25: Morning After Criterium
Boise, ID. Lactic Acid Cycling, www.lacticacidcycling.org

Jul 25: State Team Time Trial
Masters & Juniors Championships. Spoke & Sprocket Racing,

Jul 26: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

Jul 27: Ashland Triple Challenge
Ashland, OR. 30, 60 and 100 miles from Lithia Park. Siskiyou Velo Club, www.siskiyouvelo.org

Jul 27: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jul 27: Spokane Twilight Series
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

Jul 27: Summer Night at the Track #5
Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Jul 27: Tuesday Night Road Race Series
Redmond, WA. See Race Series for info. BuDu Racing, 206-625-8333, www.buduracing.com

Jul 27: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Jul 27: World Tuesday Night Championships
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

Jul 29: First Rate Mortgage Cycling Series #19
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 29: Lindsay's Thursday Night Time Trial #12
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Jul 29: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jul 30-Aug 1: Co-Motion Classic Tandem Stage Race
Eugene, OR. The third edition of the nation's premier annual tandem racing event. A venue for competitive tandem cyclists to test yourselves against the best tandem riders in the country. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. comotionclassic@aol.com, www.co-motion.com/CC/TandemRace.html

Jul 31: Comox Valley Cycle Club RR #5
Comox, BC. Raced on the Dove Creek course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, http://mars.ark.com/~cvcc

Jul 31: Denny Creek Hill Climb Time Trial
Issaquah, WA. Byrne Gas Cycling Team, www.pazzovelo.com

Jul 31: Mt. Harrison Hill Climb
Pomerelle, ID. Treasure Valley Cycling Club (George's Meridian), www.georgescycles.com

ROAD TOURING

JUNE

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

Jun 5: 600km Brevet
Lower Mainland, BC. Starts 6:00 a.m. Bob or Patty Marsh, BC Randonneurs 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 mile 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. 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, http://www.twbc.org

Jun 6-11: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. 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. Wayne Martin, 246 W. Manson Hwy. #197, Chelan, WA, 98816. 815-301-8262, www.waynesue.com/page2.html

Jun 11: Discovery Days
WA. Mountain to Sound Greenway. Kick off event of 2004 BikeSummer. www.bikesummer.org/2004

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. Richard Blair, BC Randonneurs Cycling Club, 250-372-1873, www.randonneurs.bc.ca

Jun 12: Bob LeBow Bike Tour "Health Care for All"
Nampa, ID. 3 mile, 10 mile, 35 mile, 62 mile, 100 mile tours benefitting TRHS Zero Pay Fund. Nampa - Canyon/Owyhee Co Ann Sandven, Terry Reilly Health Services, 211 16th Avenue N., PO Box 9, Nampa, ID, 83653. 208-318-1258, www.trhs.org

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 12-13: Ride with Frankie Andreau
Spokane, WA. A weekend with Frankie. On Saturday - Frankie's presentation "Inside the Tour d' France" will include a catered dinner. On Sunday - Ride with Frankie and tour the foothills of beautiful Mt. Spokane. Fees include catered dinner, lunch and t-shirt. Options 12 mi, metric half-century and metric century - all ages welcome. The Lorean Miller Bike Ride to Support Cancer Patient Care. Cancer Patient Care, 1507 East Sprague, Spokane, WA, 99202. 509-456-0446, www.cancerpatientcare.org

Jun 12: Strawberry Century
TBC. Santaim 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. 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. 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. And all around, sweeping vistas of mountains, forests and the red earth. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

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

Jun 18-21: Cascade Refuge Tour
Ashland, OR. Lightly traveled roads, magnificent vistas, the Klamath and Tulelake Wild Life Refuge await you! Join us as we ride from Ashland east into the Cascades. 260 miles over mountainous, gentle and moderate terrain. Includes camping, sag support, maps, breakfasts and dinners. Russell or Renee 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. 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. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

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

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

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

Jun 19-20: 600km Brevet - Foothills Randonnee
Peace Region, BC. 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. 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. 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 is our most popular. 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.redmondccyclingclub.org/

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

Jun 26: Mountain Lakes Challenge
Ashland, OR. Formerly the Ashland Triple Challenge. New route, same great scenery and epic climbs. New rest stop on the shore of Howard Prairie Lake and solved 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. 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-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

Women's Cycling Apparel

We offer a complete selection of women's cycling clothing including jerseys, shorts, tights, jackets and accessories. Choose from hundreds of styles and colors and from more than 40 top brands.

www.TeamEstrogen.com

The Islands await you...

Bike, hike, kayak, & whale watch in the beautiful San Juan Islands

Since 1984 **BICYCLE ADVENTURES**

800-443-6060
www.bicycleadventures.com

June 19th
Mount St. Helen's
TOUR DE BLAST
80 km & 135 km

\$35 registration fee
after June 16th fee is \$45
fee includes T-shirt, food/drink
and end of ride pasta feed.

www.tourdeblast.com

Jun 27-30: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel properties. Each tour (15-25 people) group will experience the beauty of the Northwest. 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. 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 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. For people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

JULY

Jul 1-3: 1000km Brevet

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

Jul 1-Aug 20: One Wheel-Many Spokes: USA by Unicycle

Vancouver, BC to Tijuana, MEX. Following his cross country trek on a unicycle, Lars Clausen now rides 1800 miles in 51 days to promote his book. Spot him on his journey and get a chance to win one of his book or join him on the ride. The tour starts in Vancouver, BC and will cross Washington, Oregon and California. See web site for complete itinerary. Alice B Acheson, 360-378-2815, www.onewheel.org

Jul 3: Midsummer Nightmare

Spokane, WA. 200 hilly miles in one day. Scenic backroads. Sally Phillips, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210. 509-448-6271, www.spokanebicycleclub.org

Jul 3-10: San Juan Islands - Victoria

Seattle, WA. Experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. 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

Jul 4: 200km Brevet

Lower Mainland, BC. Starts 7:00 a.m. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 4-9: San Juan Islands 6-Day

Anacortes, WA. 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

Jul 7-11: RedSpoke*

Redmond, WA. 16th annual bike tour across beautiful Washington state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Supports Bicycle Alliance of WA. Connie Carruth, Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org

Jul 10: 100km Populaire

Olympia, WA. Mark Thomas, SIR, 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

Jul 10: S2S

Seattle, WA. One-day, 283-mile ride to Spokane on SR-2. Duane Wright, Redmond Cycling Club, 3033 NE 103rd, Seattle, WA, 98125-7716. 206-523-7404, www.redmondcyclingclub.org/index.html

Jul 10-17: Volcanoes of Washington

WA & OR. Visits Mt. Rainier, Mt. St. Helens and Mt. Adams in Washington, and Mt. Hood in Oregon. For intermediate to advanced cyclists. Begins in Seattle, WA with a shuttle to the Cascade Mountains. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 11-16: San Juan Islands 6-Day

Anacortes, WA. 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

Jul 11-17: Tour BC

Kamloops, BC. 7-day supported road tour in central BC. Camping with motel options. Seven days of unforgettable cycling in BC, famous world-wide for its scenery. Danelle Laidlaw, dpl CONSULTING, 7068 Mawhinney Ct, Burnaby, BC, V5B 4W2. 877-606-2453, www.tour-bc.net

Jul 12-16: San Juan Islands - 5 Day

LaConner, WA. For people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 12: Victoria 200km

Victoria, BC. Start at Tim Hortons, Gateway Village at 8:00 a.m. "Tour of Greater Victoria." Michael Poplawski, BC Randonneurs Cycling Club, 250-882-1239, www.randonneurs.bc.ca

Jul 17: 200km Brevet

Lower Mainland, BC. Starts 6:00 a.m. Barry Chase, BC Randonneurs Cycling Club, 604-266-4214, www.randonneurs.bc.ca

Jul 17-24: Cascade Refuge Tour

Ashland, OR. Experience the beauty and serenity of Oregon's high desert with us! Starting and finishing in Ashland, we will go in a counter-clockwise loop in the Cascades. 454 to 502 miles. Includes camping, sag support, maps, breakfasts, dinners and one night's lodging. Russell or Renee Rickert, Mt. Velo, 164 Alameda Dr., Ashland, OR, 541-482-8704, russreneeetours@hotmail.com

Jul 17-18: Group Health Seattle-to-Portland Bicycle Classic (STP)

Seattle, WA. 25th Annual. One of the largest and best cycling events in the nation. 7,000 riders cover the 200 miles in 1 or 2 days. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115-0165. 888-334-2453, cbcbstp@casccade.org

Jul 17-31: Rolling the Islands of the Salish Sea

Seattle to Victoria. Learn about the cultural heritage, history and economical and environmental diversity. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jul 17-24: San Juan Islands - Victoria

Seattle, WA. Experience the Pacific Northwest by bicycle, foot and sea kayak. 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

Jul 17-18: Seattle Night & Day Navigation Challenge

Seattle, WA. Team foot or bike race/tour. Fifty-seven checkpoints placed throughout Seattle and Vashon Island. Choose for 3, 7, or 16 hours. Teams with the most points win! Running, walking or biking. Cascade Orienteering Club, 650-697-6359, www.seattlenightandday.com

Jul 18-23: Glacier - Going to the Sun

Glacier National Park, AB. For beginning cyclists. LunaTours, 877-404-6476, www.lunatours.com

Jul 18-23: San Juan Islands 6-Day

Anacortes, WA. For all levels is our most popular. 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

Jul 21-25: Rocky Mountain 1200

Kamloops, BC. 1200km brevet in the tradition of Paris-Brest-Paris. Riders must complete the course in less than 90 hours including all stops for meals, rest, etc. Starts and finishes in Kamloops. See web site for details. Doug Latornell, BC Randonneurs Cycling Club, 604-734-2504, www.randonneurs.bc.ca

Jul 24: 200km Brevet

Olympia, WA. Out and back brevet. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

Jul 25-31: Bicycle Idaho

Pocatello, ID. Bicycle Idaho will cover three states: Idaho, Wyoming, and Utah. Sandy Green, Bicycle Idaho Committee, P.O. Box 9363, Bend, OR, 97708. 800-413-8432, www.oregonbicycleride.org

Jul 25-30: San Juan Islands 6-Day

Anacortes, WA. 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

Jul 25: Tour de Kitsap*

Silverdale, WA. Supported ride through Kitsap County with routes of 10, 28, 62 and 100 miles, ending at Whaling Days. Supports Bicycle Alliance of WA. Franklin Lane, West Sound Cycling Club, P.O. Box 1579, Silverdale, WA, 98383. 360-779-1819, www.westsoundcycling.com

Jul 26-29: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel properties. Each tour (15-25 people) group will experience the beauty of the Northwest Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

Jul 26-30: San Juan Islands - 5 Day

LaConner, WA. Best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 27: Ice Cream Classic

Bend, OR. 65-mile Century ride. Starts 9:00 a.m. Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Jul 27-Aug 1: The Canadian Rockies - Banff to Jasper

Banff, AB. Trips designed specifically for beginning cyclists. LunaTours, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jul 29: RAMROD 2004 - Ride Around Mount Rainier in One Day*

Enumclaw, WA. 154 miles, 10,000 feet of climbing, incomparable scenery and support. Registration is limited and will be by lottery. See web site for details. Supports Bicycle Alliance of WA. Don Harkleroad, Redmond Cycling Club, P.O. Box 8141, Bothell, WA, 98041. 206-781-3903, www.RedmondCyclingClub.org/RAMROD

Jul 31-Aug 2: 1000km Brevet

Lower Mainland, BC. Starts 8:00 a.m. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca

Jul 31-Aug 2: 1000km Brevet

Southern Interior, BC. Prince Rupert route. Deirdre Arscott, BC Randonneurs Cycling Club, 604-222-3587, www.randonneurs.bc.ca

Jul 31-3: 200km - The Dam Brevet

Peace Region, BC. Wim Kok, BC Randonneurs CC, 250-785-4589, www.randonneurs.bc.ca

Jul 31-Aug 7: Oregon Crater Lake

Oakridge, OR. For intermediate to advanced cyclists who want to ride on low-traffic roads through incredible scenery. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 31-Aug 7: 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. 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

Jul 31: Summit To Surf IX

Hood River, OR. Ride routes from 10 to 100 miles from Welches to Hood River. Rebecca Hicks, American Diabetes Association, 380 SE Spokane Street, Ste. 110, Portland, OR, 97202. 503-736-2770, www.SummitToSurf.org

TRACK

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 information. Mike Murray, 503-661-5874, www.obra.org/track

Jun 4: Friday Night Track Races

Portland, OR. See Race Series for information. Geri Bossen, 503-254-7563, www.obra.org

Jun 4: Group Health Friday Night Races

Redmond, WA. See Race Series for further information. 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 information. Mike Murray, 503-661-5874, www.obra.org/track

Jun 11: Friday Night Track Races

Portland, OR. See Race Series for information. Geri Bossen, 503-254-7563, www.obra.org

Jun 11: Group Health Friday Night Races

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jun 14-19: Alpenrose Six-Day

Portland, OR. The only 6-day race in North America. Mike Murray, 503-661-5874, www.obra.org/track

Jun 14: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. 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 Championships

Burnaby, BC. Track event at the Burnaby Velodrome. www.burnabyvelodrome.ca

Jun 18: Group Health Friday Night Races

Redmond, WA. See Race Series for further information. 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 information. Mike Murray, 503-661-5874, www.obra.org/track

Jun 25: Friday Night Track Races

Portland, OR. See Race Series for information. Geri Bossen, 503-254-7563, www.obra.org

Jun 25: Group Health Friday Night Races

Redmond, WA. See Race Series for further information. 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

JULY

Jul 1: Alpenrose Weekly Series

Portland, OR. See Race Series for further information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 2: Friday Night Track Races

Portland, OR. See Race Series for further information. Geri Bossen, 503-254-7563, www.obra.org

Jul 5: MVA Monday Night Racing

Redmond, WA. See Race Series for information. http://marymoor.velodrome.org

Jul 7: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 8: Alpenrose Weekly Series

Portland, OR. See Race Series for information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 9: Friday Night Track Races

Portland, OR. See Race Series for information. Geri Bossen, 503-254-7563, www.obra.org

Jul 9: Group Health Friday Night Races

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 9-11: Victoria AVC

Victoria, BC. Greater Victoria Velodrome Association, www.gvva.bc.ca

Jul 12: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 14: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 15: Alpenrose Weekly Series

Portland, OR. See Race Series for information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 16: MVA Friday Night Track Races

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 16-18: Portland AVC

Portland, OR. Track event. Mike Murray, 503-661-5874, www.obra.org

Jul 19: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 21: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 22: Alpenrose Weekly Series

Portland, OR. See Race Series for information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 23: Friday Night Track Races

Portland, OR. See Race Series for information. Geri Bossen, 503-254-7563, www.obra.org

Jul 23: Group Health Friday Night Races

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 23-25: Seattle AVC

Redmond, WA. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jul 26: MVA Monday Night Racing

Redmond, WA. See Race Series for further information. Marymoor Velodrome Association, http://marymoor.velodrome.org

Jul 28-Aug 1: Junior World Championships

Los Angeles, CA. www.uci.ch

Jul 28: MVA Wednesday Night Racing

Redmond, WA. See Race Series for further information. http://marymoor.velodrome.org

Jul 29: Alpenrose Weekly Series

Portland, OR. See Race Series for information. Mike Murray, 503-661-5874, www.obra.org/track

Jul 3

Even if you're not a RAAM Type

By MAYNARD HERSHON

Frankly, m'dear, I've never wanted to ride across America. You may not want to either, but, like me, you love to ride your bike. PAC Tour's not just for mega-mile super-people. Even old codgers like this writer have big fun. If you've ever been jealous of pro training camps, where the racers only eat, sleep and ride, PAC Tour's your ticket.

I'll describe a PAC Tour's annual four weeks in Arizona in March: Bike Friday Week.

I rode a Bike Friday Pocket Rocket Pro with 25 other PAC Tourers, almost all of them on small-wheel BF folding bikes. If you haven't ridden one, trust me: I wouldn't have gone faster on anything I own. The 20" wheels are no hindrance to performance or handling. You forget you're on a "different-looking" bicycle. 'Nuff said.

We met on Sunday at a hotel near the Tucson airport. Getting to the hotel from the airport is easy. As the week progresses, you're surprised again and again at how easy other logistical steps turn out to be. PAC Tour has seemingly thought of everything. When you get to know Lon and Susan, you see that it's true: They HAVE thought of everything.

Monday morning, we rode 85 miles from the airport hotel in Tucson to a motel in Sierra Vista, AZ, the hub from which we were to do our day rides. That first day, by the way, was the hardest day on the bike; we took a round-

about route to avoid weekday traffic.

Late in the ride, we pedaled through Fort Huachuca, over many short but steep hills. Even this writer, a bronze god of cycle-sport, grumbled incoherently as he labored over those hills. (We rode back to Tucson the following Saturday on a more straightforward route, avoiding those *%\$ hills. I hardly grumbled at all.)

By noon the first day, you'd discovered that some of the riders were a bit faster than you and some were slightly slower. Thankfully, some were traveling just about your speed. You discovered that they were pretty cool people - and you had a hunch you were gonna have a fun week with PAC Tour among your new friends.

On that ride and the subsequent ones, we'd connect with PAC Tour staff three times per day for rest stops or lunch. We'd have breakfast at the hotel. I'd eat, oh, three times what I do at home. If we rode 70 miles (I believe ride mileage was shorter Bike Friday week than during the other four weeks), we'd stop at 20 miles for liquids and snacks, at 40 for lunch and maybe at 55 for more Gatorade or water and bars or gels.

Lunches were remarkable, by the way; burgers grilled at the roadside or fajitas, salads... good, tasty food—and pie or cake for dessert, often with ice cream! Imagine!

When we reached the hotel, PAC Tour would

have assembled racks for the bikes, filled buckets with soapy water and provided brushes for bike-washing. Floor pumps, lubes and tools appeared. Skilled mechanical help was there for the asking. You could sign up for inexpensive but effective massages, even during the evening presentations.

We stayed two to a room in Sierra Vista. Each day, if memory serves, some rider would go up and down the hall collecting several riders' mesh bags of laundry to wash in the motel's machines. Others washed their shorts and jerseys in the shower and hung them over the fence around the pool. It was Arizona, after all—they dried in no time.

Each evening, we'd assemble in the motel's meeting room where we'd be enlightened and entertained by cycling luminaries. Those luminaries would be riding with us, mind you, and they too would become our friends.

Each morning, we'd leave the Sierra Vista hotel and do loops in the desert countryside. We'd leave roughly at the same time, all of us, but we'd split into groups soon after we rolled out. A few of us would opt to ride in the PAC Tour van out to the first rest stop, thus cutting the day's mileage. One or two people took a day off to sightsee or just to rest.

I was ALMOST fast enough to hang with the "fast group," but not quite. I really liked the guys in that group, but alas... I chased for miles on those sparsely traveled desert roads. I probably rode harder than I had in years or decades-on that silly looking



small-wheeled bicycle, God bless its articulated heart.

I'm sure I'm fitter than I've been since the Eisenhower administration.

Since my early April PAC Tour week I've heard from several of the people I met there. The bonds forged—with the fast guys who dropped you and the slower folks you saw at the rest stops—seem to me to be genuine, lasting bonds.

Perhaps all the PAC Tour weeks have the same effect on people, or maybe there's something about Bike Friday owners... I'll try to do a non-Friday week next year and let you know. Or maybe I'll do Lon and Susan's week in Wisconsin: 100 miles a day with stops in small-town cafes for lunch and stops for ice cream each afternoon.... Let's see..

CLASSIFIEDS

7009 Roosevelt Way NE
Seattle, WA 98115
(206) 522-1933

- Conscientious Bicycle Repair
- Handbuilt Wheels
- Intelligent Component Upgrades
- Appointments For Fast Turn-around



Wallingford Bicycle Parts
Brooks • Corradice • Berthoud
1-888-731-3537 • www.wallbike.com

Cultural Bike Tours
Special places, small groups, for ordinary active people.
Korea, Vietnam, Guyana, Ecuador, Tunisia, Senegal, Mali, Tanzania, Washington State & more.
Bike Tours, 4887 Columbia Dr S, Seattle WA 98108
206.767.0848 - bike@bike.org - www.bike.org/bike

STRAWBERRY
Hand-brazed Reynolds steel lugged framesets in Portland, Oregon since 1971
Marchetti USA Agent www.marchettispa.it
www.strawberrycycle.com

Cycle Oregon,
The Weekend
July 23-25, 2004
www.cycleoregon.com
800-CYCLEOR (292-5367)



- All the magic. Half the bag balm.
- Two days. Two nights.
- One helluva good time.

gForse Bikes
649 West Wyoming Ave
Hayden, ID 83835
208-772-7427 888-793-8425
• Authorized Norco Dealer
• Only a limited numbers of Norco Bikes are available in the US
• All of which are mountain bikes
• Choose from Freeride, Downhill, Cross-country, Dirt Jumping and Urban Hardtails
• Call our toll free number to check on our inventory and availability — we will ship to you.

NORCO PERFORMANCE BIKES

Coffee just tastes better with Bicycle Paper.

read.
ride.
subscribe.
BICYCLEPAPER

Tour de Peaks 2004
Tour de Peaks Bike Ride
Sunday August 8, 2004

Visit www.tourdepeaks.com for all the information. Or call 425.888.4440.

Great Rides!
Family Loop - 8 miles
Half Century - 35 miles
Metric Century - 62 miles
Mountain Bike - 14 miles

Ride the beautiful Snoqualmie Valley with views of Mt Si and the other great Cascade Mountains in the background.

Pre-register at www.active.com and SAVE now until July 26, 2004
Registration day of event from 7 AM to 10 AM



You have a new partner to support your passion.



We're giving our support to everyone who bicycles for fun, fitness, and competition. As the title sponsor of the Group Health STP Classic, Group Health staff and physicians will be there for you all along the 200-mile route, volunteering and providing first aid.

We're also the title sponsor of the newly renamed Group Health Velodrome at Marymoor Park, supporting this unique venue so both riders and spectators can enjoy it for years to come.

From Puget Sound to Spokane—on the road, the track, and mountain trail—if you like to bike, **look to Group Health to be there wherever your passion takes you.**



GroupHealth
COOPERATIVE

ghc.org