

BICYCLEPAPER

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Photo by Mark Peterson

Whatcom Independent Mountain Pedalers (WHIMPs) have been the stewards of mountain biking in the Bellingham area, logging 1,500 volunteer hours per year designing, constructing and maintaining some of the finest singletrack around, including the Ridge Trail on Galbraith Mountain (above).

BELLY Riding, WHIMPs Style

By MARK PETERSON, WHIMPs PRESIDENT

Bellingham, or Belly as it is affectionately known, is nestled in the northwest corner of the state of Washington and offers some incredible outdoor opportunities. With the San Juan Islands, Mt. Baker Ski Area and the North Cascades all within easy driving distance, one would think there would be little time left for mountain biking. Nothing could be further from the truth.

For 15 years the Whatcom Independent Mountain Pedalers (WHIMPs) have been the stewards of mountain biking in the Bellingham area. They log 1,500 volunteer hours per year designing, constructing and maintaining some of the finest singletrack around. Because of the WHIMPs incredible efforts, mountain bikers have gained acceptance, if not favor, amongst the Bellingham area population and, more importantly, amongst land managers too. An atmosphere of responsible use and good trail etiquette permeates the Bellingham scene. The negative air that sometimes oozes from more polarized riding areas just doesn't exist in the Belly.

Galbraith Mountain is no doubt the crown jewel of Belly riding. Just over 15 years ago WHIMPs founder Jim Sullivan had the self-serving idea of building trails on the mountain that happened to be in his back yard.

Who would have known that it would become one of the more well-known, long-standing and soulful places of mountain biking?

Galbraith Mountain sits directly adjacent to the east of Bellingham and can be reached by bike from most any place in town in 30 minutes or less. Just over three years ago the WHIMPs and Trillium inked a stewardship agreement that allows for non-motorized access to their lands. It also leaves mountain bikers squarely in charge of this riding area encompassing over 3600 acres of private timber lands.

The WHIMPs have been hard at work these past two years and have forged two new trails from the Top of the Towers, which marks the highest point on the mountain. The Whoopsie Whoodle heads to the southeast and the Naughty Nellie head to the north. These two new trails are a culmination of work allowing for a long climb and the subsequent long uninterrupted descents. The Whoopsie Whoodle for the fastest of locals takes just under 45 minutes to descend and is the epitome of the Galbraith Mountain riding with twists, turns, root gardens, technical sections, log rides and the occasional kicker.

Professional maps by Local Knowledge detail Whatcom County riding areas are available at any of

See "WHIMPS" on page 4

▶ Feature

High Speed Cornering Made Easy...er

By SYLVIE ALLAN

Do you want to increase your speed on the trails and have more confidence in your cornering? This skill is good for any level of rider, whether a confident beginner or an aggressive racer. It is useful on fire roads, bermed corners and wide-open bike paths. Following are progressions that will help you lead the pack down the mountain, picking up speed rather than losing speed through every corner.

First off, find yourself a gentle downhill, either grass or dirt. You might want to line up some rocks or sticks to outline the outside of the corner. Lower your saddle—there won't be any sitting down here! Practice in one direction first until you have mastered it, then try it in the other direction.

Approach the corner from the outside at a moderate speed in neutral position (standing tall on your bike with pedals level and fingers resting on your levers). Brake before the corner if needed—never front brake in the apex of the corner. Look through

the corner towards the exit, turning your head and not just your eyes. Lean the bike into the corner well before the apex. Leaning the bike can only happen if you counterbalance, by keeping the inside arm extended moving shoulders and hips to the outside. Bring the bike upright and pedal out of the corner. This won't be too difficult if you keep the following key elements in mind.

Traction Stand on the outside pedal, which puts pressure on the rear wheel. At the same time, straighten your inside arm and lower your torso, which will put pressure on

Cornering pointers

- Never apply front brake in the apex of a corner.
- Keep the inside arm extended, moving shoulders and hips to the outside
- Stand on the outside pedal to apply traction to the rear wheel.
- Look through the corner towards the exit.

See "Cornering" on page 15

▶ Feature

Help! I've Fallen and I Can't Afford It!

By DANIEL FLYNN

Imagine you're participating in an organized tour or a bike race. Suddenly you hit a pothole and are thrown to the ground. Who will pay for damages to you and your bike?

It would be wise to purchase health insurance for potential accidents. However, many people don't have health care coverage. If you participate in an event sanctioned by the United States Cycling Federation (USCF), the National Off-Road Bicycle Association (NORBA), or by Cycling BC, then you do have protection. USA Cycling's liability insurance policy provides injury insurance that covers licensed riders in USCF and NORBA events. The coverage provides \$25,000 maximum for medical expenses and \$1,000

for accidental death and dismemberment. The insurance is considered to be coverage in addition to your own health care insurance. Therefore, your deductible per accident is \$1,000 if you have primary coverage with a health insurance provider and \$2,000 if you don't have health insurance. Cycling BC

Health Insurance?

- USCF/CBC/OBRA's insurance is supplementary; you pay first \$2,000 if you're not insured.
- Races not sanctioned by USCF/CBC/OBRA do not normally provide insurance coverage
- Seward Park Thursday night and Seattle PIR are examples of races that do not provide coverage

See "Insurance" on page 4

Re: Bike to Work Page One Photo

(Bicycle Paper May 03, front page)

I am sorry but IMHO you could have done a much better job of choosing a photo depicting a typical, as opposed to an atypical, bicycle commuter on the cover of the May edition of your newspaper. What is the number one thing a motorist says after narrowly missing or hitting a cyclist? I didn't see him! Dressing in dark clothing is not a key to survival. White helmets and bright red, yellow or orange jackets are

typical color choices for the commuting cyclist who is serious about surviving. My next comments may be construed as commuter snobbery or retro grouchy, but here goes. Serious commuters trade in their backpacks for panniers when it becomes clear to them that commuting via bicycle has become a lifestyle choice. Everyone starts commuting with a backpack. I did. Why? Because everyone has

one! But backpacks, and especially those messenger bags, are dangerous for two reasons. One, because they raise your center of gravity and two, because they will continue in the direction that they are traveling making it difficult for you to change direction in an emergency. Get the picture? No, you didn't. The picture you chose was of an atypical commuter. As the editor/publisher of a bicycle newspaper, I should think that you have a responsibility to depict safe cycling practices in your publication so that your readers will think that being safe is cool! Try again!
And ride on.

Dennis Grace
LAB League Certified Instructor #1051
From the Editor: We agree with your statement on wearing bright colors, lights and reflectors for increased safety via heightened visibility, and strongly recommend that cyclists do so. However, the commuter you describe is already on the road. The idea was to show that you don't need to dress like a racer or like a lifelong commuter — wear whatever you have and ride. You don't have to be fully equipped with panniers and the latest gear — grab your backpack and ride today. Don't wait until you have all the proper gear.

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Re: Group Health Bets on Cycling

(Bicycle Paper May 04 - front page)

Hi, I enjoyed reading the article regarding Group Health's supporting the bicycle community and am proud to hear it. However, I would like to see some credit given to Senior Bike Riders regarding Mr. Gusick's comment, "It's a popular activity, particularly among the young, healthy people we are trying to attract to our organization." I am 74 years old and belong to a Senior Bike Riding group, [where] most of the riders are over 65.

Many of us belong to Group Health and feel our good health is because we ride bikes. Perhaps this would be a good incentive to attract young, healthy people so they can become old healthy people.

Thanks, Helen Davenport

Your article in the most recent copy of Bicycle Paper on the Group Health Cycling team was interesting, but it was also interesting that you did not juxtapose it against another team: the Bena-

roya Research Institute Team. It too is sponsored by a major medical institution. However, their focus is not on attracting younger customers, but on making more people aware of the institute's work and the diseases they seek to eradicate. The team has been winning not just on the road, but also around the area as incredible ambassadors for the work of the institute. To balance the books, you should consider doing a piece on this grass roots team that seems to be taking the Northwest by storm.

Just my \$.02, Kathi Jones

Announce Your Presence

Dear Bicycle Paper, I am writing requesting your help with something. I know from my own experience that it is often necessary to ride a bicycle on the sidewalk, particularly when street traffic is heavy. However, doing so does present an occasional pedestrian safety problem, particularly when there are quite a few pedestrians on the sidewalk as well. Whereas skateboards noisily announce their approach so pedestrians can avoid bumping into them, bicycles are silent and give no warning of their approach....At least twice a month I come within about an inch of being hit

by a bicyclist coming silently up behind me at a fair rate of speed. When I have yelled after them that I didn't hear them coming and to please ring a bell, almost inevitably they turn around and scream cuss words and insults back at me... poor public relations at best. I have a request. When bicyclers use the sidewalks, out of compassion for pedestrians and in the interest of the bicyclers' own safety, I would like them to make enough noise so their approach can be noticed and a collision avoided. No amount of bicycling skill or personal agility can guarantee avoiding a collision

if a pedestrian, unaware of the oncoming bike, turns suddenly. Perhaps a "dinging" bell? Or perhaps the old playing card held to the spokes by a clothespin (to make a racket). Anything would help.

Sincerely, Maria Abdin

From the Editor: The word is out. Although clothespins may not happen with the older crowd, cyclists using the sidewalk should use a bell or, at a minimum, verbally announce their presence and make the pedestrians aware of the line they intend to take to go around them. "On your left" or "on your right" is a simple and efficient courtesy that can go a long way.



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NEWS

Pro Walk - Pro Bike Registration Opens

Participants can register through the National Center for Bicycling and Walking in Washington, DC. Registration links can be found through the Capital Bike and Walk Society (CBWS) web site

at: www.capitalbikeandwalk.org


Complete program details selected from the 300 proposals submitted will be up on the NCBW site shortly. www.bikewalk.org

Delegate fees are \$500 (U.S.) for the main conference. Pro Walk - Pro Bike presenters are discounted to \$400 (U.S.). 25 delegate positions at \$350 (U.S.) are available to Canadian advocates in cycling and walking. Application for the discount should be made to Capital Bike and Walk (johnluton@shaw.ca). Interested community leaders should apply soon to ensure early registration discounts apply. Additional workshops and events attached to the conference run from September 3 through 13. Registrations will be linked to the Capital Bike and Walk web site.

CBWS will organize optional free walks and rides in Victoria for the duration of the conference and is working with local map designers to provide routes, plus information for cyclists traveling to the Victoria conference by air or ferry.

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Mountain Biking Impacts Resources No More than Hiking

COURTESY IMBA

IMBA has released a comprehensive review of scientific studies that examine the mountain biking' impact on trails, vegetation and wildlife. The collection of scientific studies indicates that mountain biking is no more damaging than other forms of recreation, including hiking. IMBA's review, titled "Natural Resource

Impacts of Mountain Biking," looks at all the available studies that have measured the impacts of bicycling and other trail use. "Like all forms of recreation, bicycling does affect natural resources," said Gary Sprung, IMBA's senior national policy advisor and author of the document. "But since the birth of mountain biking, some environmentalists and hikers have

maintained that cycling causes more damage to trails, vegetation and wildlife than hiking. The science performed to date does not support that notion." Eight empirical studies are summarized in the report, which does not evaluate sociology studies. "The more challenging issue for trail users is not their differing environmental impacts, but rather their social conflicts, which are quite real, thoroughly studied, and manageable," said Sprung. The review is available on IMBA's website at www.imba.com/resources/science.

IMBA Publishes Innovative New Trailbuilding Book

COURTESY IMBA

Great trails make great mountain biking possible. That's why the International Mountain Bicycling Association (IMBA) has published a revolutionary new book: "Trail Solutions: IMBA's Guide to Building Sweet Singletrack." The 272-page book combines cutting-edge trailbuilding techniques with proven fundamentals in a colorful, easy-to-read format. Packed with more than 130 photos and 50 original illustrations, "Trail Solutions" is an essential

tool for land managers and volunteer trailbuilders aspiring to raise their trail systems to the next level. The new book expands greatly on IMBA's popular 2001 handbook "Building Better Trails" and breaks new ground by providing detailed advice on banked turns, rock armoring, mechanized tools, freeriding, downhill, risk management and other pioneering techniques. "Trail Solutions" is divided into eight sections that follow the trailbuilding process from beginning to end. Readers will be guided through the

essential steps of trail planning, design, tool selection, construction and maintenance. "Trail Solutions" also describes how to secure funding and support volunteers to get the job done. More than 20 trail experts, including IMBA staff, trailbuilding professionals and veteran land managers, contributed to the book during a two-year process. The project was supported by a grant from the Federal Highway Administration's Recreational Trails Program. The book is available exclusively through IMBA and costs \$30 for IMBA members or \$35 for non members. Quantity discounts are available. Visit www.imba.com or call toll free 1-888-442-4622 to order.

Bicycle, Pedestrian Groups Hire Safe Routes to School Director

The Bicycle Transportation Alliance (BTA) and Willamette Pedestrian Coalition (WPC) announced on May 12 the selection of Robert Ping as director of their collaborative Safe Routes to School Program. With the goal of dramatically increasing the number of students walking and bicycling to school, the Safe Routes to School Program will be launched in 10 Portland middle school communities for three years beginning this fall. In-class programs will teach bicycle and pedestrian safety, and promote walking and bicycling. School-based teams of students, parents and community volunteers will identify and map safe walking and bicycling routes, organize promotional events, and influence

infrastructure improvements. Mr. Ping joins BTA/WPC after 15 years of service at Bay Area non-profit organizations that provide bicycle and pedestrian advocacy and youth education and safety programs. "The BTA and WPC are convinced that Mr. Ping will apply his extensive experience and creative energy to improving bicycling and walking conditions and health for youth." Mr. Ping has been a bicycling/walking commuter and enthusiast for over 35 years, and learned first-hand the importance of safe routes for kids and the self-reliance and improved self-esteem that comes from regular biking and walking. "I am very pleased to join BTA/WPC," said Mr. Ping. "I look forward to working with these outstanding organizations

to improve the lives of youth through better walking and biking access, improved health, and important safety education." The Safe Routes to School movement is an attempt to improve the health and well-being of our children by removing the barriers to walking or biking to school. Using a combination of encouragement, education, enforcement and engineering, communities can reduce the threats to health and safety posed by motor vehicles, pollution, crime and inactivity. The Bicycle Transportation Alliance is a statewide non-profit bicycle advocacy organization. The BTA creates healthy, sustainable communities by making bicycling safer, more convenient and more accessible. The Willamette Pedestrian Coalition is a non-profit community-based membership organization in the greater Portland area dedicated to promoting walking and making the conditions for walking safe and attractive.

Broadmark Capital's Elken 3rd at Nationals, 8th Olympic Trials

SUBMITTED BY TERRY BUCHANAN

Evan Elken of the Seattle-based Broadmark Capital Cycling Team finished third in the U.S. Elite National Road Race Championships in Redlands, CA. Early in the hundred-mile race, Elken of Portland, OR was a part of a five-man breakaway that would change composition throughout the race. Nearing the end of the race, Elken was the sole survivor of the original breakaway; but, with fifty miles to go, he was joined by Chris Walker of Goleta, CA and Wil-

liam Innes of Menlo Park, CA. Approaching the final three miles of the race Elken and Walker attacked the breakaway several times, with Walker finally gaining the advantage in the last mile to win the US Elite National Road Race Championship. Elken was unable to overcome Innes for second after his day-long effort off the front of the race. Elken will be competing in the US Olympic Trials road race with his Broadmark Capital teammates Tom Crawford (Mercer Island, WA) and Carl Decker (Bend, OR) on

Saturday. The three Broadmark Capital riders qualified for the Olympic Trials in May after top results in national-level events.

The Olympic Trials took place on the same course as nationals two days later. The winner would earn an automatic birth to the U.S. Olympic road team. In that race Portland's Doug Ollerenshaw, racing for the professional Jelly Belly team out of Carlsbad, CA, was in an early break that lasted for more than 70 miles. He later joined the winning move to finish sixth on the day. Elken was also in the winning break. He was eighth. The race was won by Health Net's Jason McCartney.

Reed wins Overall Keirin World Cup

On May 16, the 2004 UCI Track World Cup

Series concluded with the fourth and final round at the Dunc Gray Velodrome in suburban Sydney. American athletes claimed four medals over the weekend. Jennie Reed (Kirkland, WA) claimed a silver medal in the women's sprint and keirin respectively.

Reed's consistent performance and her silver medal in Sydney solidified the overall World Cup title which was based on results from the four 2004 World Cups and the 2003 World Championships.

As a nation, the United States ranked seventh overall in the final nations ranking.

For complete results of the final round of the 2004 UCI Track World Cup series and overall standings, go to <http://www.uci.ch>.

► "Insurance" from page 1

provides similar injury insurance for Canadian residents in its sanctioned events within Canada.

However, not every event is sanctioned by one of these organizations so you should check with the event promoters to determine if injury insurance is provided. Candi Murray of the Oregon Bicycle Racing Association (OBRA) states their liability policy provides injury insurance with coverage similar to that provided by USCF, and without a deductible. Dave Douglas of the Washington State Bicycle Association (WSBA) notes that the majority of races in Washington are sanctioned by USCF. But they don't sanction the Seward Park Series in Seattle or the Tuesday Night Series at Pacific Raceway in Kent. WSBA stages them and, although they have liability insurance, it doesn't include injury insurance.

If you don't have health insurance or worry how you would pay your deductible, insurance companies offer another option. A Hospital Income Policy offers a stated amount that covers hospitalization or an emergency room visit. "You get a daily benefit paid directly to you to help with any co-pays or any additional expenses you have," says Kurt Kwon, a State Farm insurance agent in Seattle. "It's pretty inexpensive. And since it is paid directly to you, you can use the money for anything you want." For example, a 30-year-old male can purchase \$100-per-day coverage for \$6.18 a month. It covers him for up to 365 days of hospitalization. For X-rays or emergency first aid, it pays up to five times the selected hospital income amount. Kwon cautions this plan is only valid for medical care within the United States.

Damage to your bicycle

Although there are several insurance options in case of injury to a bicyclist, damage to your bicycle is another matter. Under a standard homeowner's or renter's insurance policy

your bike would be covered in case of events beyond your control such as fire, theft and vandalism. Your bike is covered for road accidents on a more broad form policy. Doug Harwood, an insurance agent for R.L. Evans in Seattle, says an HO5 policy is an all-perils policy that covers more catastrophes that could happen to your possessions whether or not you are at fault for the damage (as long as the damage didn't occur due to an illegal act). However, there are financial risks to filing a claim. First, you're subject to a minimum \$500 deductible and "you have to weigh the consequence of a rate increase from \$150 to \$500 a year for the next three years," Harwood says. "Or you run the risk of being cancelled for a frivolous claim. Mostly, if it's that one extra claim that makes you a high risk, it guarantees you non-renewal." He states even an HO5 policy won't cover your bike if it's damaged during a racing event—racing is automatically excluded on a policy. In most cases, your insurance deductible, which is usually between \$500 and \$1,000, would exceed the cost of damages to your bicycle, making an insurance claim unnecessary. "We don't see bicycle racing crashes that are so severe that they require a deductible," remarks Kent Peterson, marketing manager of Co-Motion Cycles in Eugene, OR. "Usually just a few hundred dollars." Racing also often voids the warranty on a bicycle frame, according to John Kellison, manager at TiCycles in Seattle. But, he adds that manufacturers may still honor the warranty to keep a customer satisfied.

Waivers

What if you feel the event promoter is at fault for your accident? To protect themselves from a liability suit, participants are required to sign a waiver releasing the promoters from financial harm in case of a cycling accident. However, this waiver, though designed to discourage, can't prevent you from suing. "You can't waive

negligence, so if a person designs a race or tour negligently, they can be held responsible [despite what the waiver says]," explains Michael Colbach, a bicycle accident attorney in Portland, OR. Scott Ziller, an independent insurance agent at McKay Insurance Agency in Knoxville, IA agrees. McKay has provided event insurance for bicycling events since 1991. "The promoters are expected to provide a safe course, and if they don't, the waiver is not going to protect them," Ziller states. He cites if a cyclist involved in a road race hits a pothole or crosses a highway and is struck by a car, he can sue the promoter for sending him on an unsafe route. However, just because you can sue doesn't mean every lawsuit will be successful.

If you are touring or racing abroad and desire insurance coverage, both USCF and Cycling B.C. offer insurance to cover their members for injury in cycling events outside of their country. However, these policies won't cover your bike for damages. A travel insurance policy will cover both you and your bike when competing or touring abroad or within your own country. Travel Guard International offers two policies. Their Protect Assist policy will cover injury costs up to \$25,000 and their Cruise, Tour and Travel policy covers injury costs up to \$50,000—except for residents of Washington and Oregon, where the medical coverage for both policies is only \$10,000. Damages to your bike are covered on both policies up to \$500. In order for the coverage to be effective for your bike on a Protect Assist policy, you must fly to your destination on a commercial



Photo By Joe Zauner

Not all races insure the riders . At the Mount Hood Cycling Classic in Hood River, OR., (above), riders were insured by the USCF plan.

airliner with your bike checked as baggage. With a Cruise, Tour and Travel policy, you can fly with your bike checked as baggage, or you can drive your vehicle with your bike in tow (as long as the drive requires an overnight stay away from home). The price for either policy will be between 5% to 7% of your total trip cost. Coverage isn't available if you're competing as a paid professional racer.

But it may change

In the future, you may be able to purchase insurance that will cover you and your bicycle during cycling events in your country and abroad. Cyclesure, an insurance agency in South Africa, currently provides insurance only to South African bicyclists. However, Fred Hennings, a director at Cyclesure, states they are investigating the possibility of offering bicycle insurance to the USA and Europe in partnership with one of the leading international insurance companies.

Until that happens, if you're going to participate in bike racing or touring, obtain health insurance for yourself and put some money in the bank for your bike — just in case you do hit that pothole.

► "WHIMPS" from page 1



Photo by Mark Peterson

WHIMP's trails are signed only at major intersections, so bring a map if you expect to find your way.

the area bike shops and are a great way to get oriented. The WHIMPs have recently embarked on a signage project to help folks find their way. In an effort to keep the somewhat backcountry feel, only the major trail intersections are signed. So a map and/or a guide are pretty much essential. If you're looking for the stellar tour show up at The WHIMPs Ride, which has been leaving on Saturdays at 10:00 a.m. from the Lake Padden tennis courts for over a decade, is highly recommended.

With over 30 trails snaking in and throughout the mountain, it would be impossible to describe them all. Really, the only way to get a feel for the Belly is to come and ride it, and the best way to learn the trails is to ride with the locals. To illustrate this point here is one of my favorite trail link-ups from Whatcom Falls: Miranda/The Ridge Trail/Cedar Dust/Death Climb/Blue Rock Road/Towers Climb/Naughty Nellie/Keystone/El Polo Elastico/Cedar Dust/Bobs/Karma back to Whatcom Falls. Are you confused yet? I thought so.

The mountain can be accessed either from the north or the south side. As with most any

place in an urban area, parking sensitivities are extremely important to observe. If heading up the south side we recommend you leave your vehicle at the Galbraith Lane/Samish Way parking area directly across from Galbraith Lane. Another option is to park at Lake Padden Park and ride the climb of the famed Padden MTN Pedal up to Galbraith Lane. Like most trailheads it is a good idea to lock your car and not leave any valuables.

Wherever you park on the south side once you get to Galbraith Lane, ride north and either continue on Galbraith Lane to the north or take the first right up the service road. The road is a private road that goes by some residences and it is by their extreme graciousness that we are still allowed access this way. If you bring a canine friend, keep them on a leash until well past the houses and onto the service/logging road. If you see a resident, please smile, wave and say hello. Being cordial goes a long way.

To access from the north side we recommend you park at Whatcom Falls Park upper parking area on Electric Ave. Ride south on Birch St., cross Electric and Lakeway Drive, then follow

the signs to the Miranda Trail. Parking on Birch St. is strongly discouraged. There is ongoing construction for a new development so it is important to head due south on Birch Street until it dead ends and you hit the trail. Do NOT turn left onto the road that heads into the new development. The Miranda Trail leads to the Ridge Trail, which is by far one of the most popular ways to access the mountain.

Galbraith Mountain is a stellar place to ride and this article is just a tiny taste of the riding available here. Shoot, there wasn't enough space to talk about our brand new Dirt Jump Track complete with seven-foot gap jumps! Bellingham is a great place to come visit and numerous other recreational opportunities make for a great place to bring the whole family for a weekend outing. Great parks, restaurants, shops and waterfront access complete the mountain biking picture. Be sure to visit the WHIMPs web site (www.whimpsmtb.com) before you come to get updated trail conditions, closures and tips. See you all on the trails. Ride nice!

Lane County - a Bicycle Paradise

BY DANIEL FLYNN

From mountain biking to city cycling, Oregon's Lane County offers a number of options for vacationing bicyclists. Travel through old growth forests to mountain peak summits. Visit breathtaking waterfalls or a cave of wild sea lions. Tour through vineyards or test-ride a new bike straight from the manufacturer. Whether your interests lie in rivers or forests, bike shops or historical structures, this neck of the woods is sure to please.

Eugene

Begin your biking vacation in the city. Bicycling Magazine mentioned in their 1999 list of the best cycling cities in the country. One hundred-plus miles of designated bike lanes, streets, and paths attributed to receiving this honor.

While in Eugene, take advantage of your access to four bicycle manufacturers. Bike Friday

(www.bikefriday.com), Burley Design Cooperative (www.burley.com), Co-Motion Cycles (www.co-motion.com) and the Center For Appropriate Transport (www.efn.org/~cat/index.html) are all located on the pedestrian/biking path, the Willamette River Recreation Corridor. Bike Friday creates unique, custom-fitted bicycles that

can be folded and packed into a suitcase, while Burley Design handcrafts a variety of bicycling styles, as well as bike trailers and cycling rain gear. Co-Motion has been handcrafting a variety of cycles since 1988. The Center for Appropriate Transport manufactures various types of bicycles via a youth apprentice program. Teens learn skills necessary for a career in building bicycles. Contact these companies to schedule a tour.

The Eugene area is also home to several wineries that welcome visitors for tours and wine tasting. Many can be reached via the loop of Cottage Grove-Lorane Road and Territorial Highway. If you'd like to venture out a bit, travel along the Willamette River from Eugene to Springfield via the Willamette River Trail. Springfield has an additional 29 miles of bike paths.

Cottage Grove

Twenty-four miles south of Eugene is Cottage Grove, whose charming downtown streets were forever immortalized on film during the parade

scene in the movie Animal House. Over the first weekend in September, the town will host the 2nd annual Animal House Celebration and Toga Party, which will include a re-enactment of that parade. The area is also known for its quaint covered bridges, a feature that lends Cottage Grove a beautiful historical quality. Travel along the Row River Trail, a 15-mile bike path that was formerly a railroad bed, and you will pass by two covered bridges over half a century old on your ride along Dorena Reservoir. (Providing a second Cottage Grove cameo, the Row River Trail was the site for several scenes in the film Stand By Me.) Continue on through the town of Dorena to Lower Brice Creek Road to see Wildwood Falls.

Oakridge

The verdant city of Oakridge is 42.5 miles southeast of Eugene. Here you can experience Office Bridge, Oregon's longest covered bridge, via the low-traffic Westfir-Oakridge road. From May to October you can travel the beautiful Aufderheide Scenic Byway, a low-traffic 58-mile road that begins near the bridge and connects to Highway 126 East near the town of Rainbow. The stunning Salt Creek Falls, the state's second highest falls, are found by traveling east from Oakridge on medium-traffic Highway 58, which meanders alongside Salt Creek. The stream plunges 286 feet before continuing to Gold Lake. The pretty, if not quite as impressive, Diamond Creek Falls are just a short hike from here. Alternatively, you can also take a ride down two-lane Salmon Creek Road to reach Salmon Creek Falls.

Rainbow & Florence

On the east side of the county, a few miles from Rainbow, cyclists can travel east on McKenzie Highway, SR 242, a low-traffic road that winds through lush forests. Near Milepost #64 you can visit Proxy Falls via a one-mile loop trail that will lead you through ancient lava fields to a view of the amazing waterfall as it splits into two cascades. Upon returning to the highway, if you still have the energy, stop on the 5,187-foot summit of McKenzie pass at the Dee Wright Observatory. From this vantage point you'll have an incredible view of six Cascade peaks.

Skipping clear across the county to the west side of the state, you'll encounter Flor-

ence. Old Town, the historic section of the city, has shops, galleries and restaurants lining the edge of the Siuslaw River. Ride north eleven miles on Highway 101 (which is a high-traffic road, but offers wide shoulders) to visit Sea Lion Caves, the world's largest sea

cave. Bring your camera; you don't want to miss the sea lions and whales that are often seen in the waters near the cave! For a closer view of the cute creatures, make use of the cave's unique elevator, which takes you down to view the cave from the inside.

When you return from your underground

ride, point your camera northward to the nation's most photographed beacon. The Heceta Head Lighthouse has been warning ships since 1894. Tours of the lighthouse are available during the summer. Head south on the highway and a mile past Old Town you'll discover radically different scenery in the sand dunes of the Oregon Dunes National Recreation Area.

Mountain Biking

For mountain biking in Lane County, the place to be is Oakridge. Eugene's proximity to these single-track trails is one reason the city was proclaimed one of the five best mountain biking towns by Bike Magazine in 2002. Among the 500 miles of trails to choose

from are Youngs Rock Trail (a difficult trail that is six miles long and offers great views of Dome Rock, Diamond Peak and Sawtooth Mountain) and Middle Fork Trail (a 27-mile trail that ranges from easy to difficult the farther upriver you travel).

Bicycle Events

Whether you enjoy racing or touring, Lane County has biking events almost every month. From January through April, watch or participate in BMX racing at OASIS Indoor BMX in Eugene. The Oregon State Mountain Bike Championships offers mountain bike racing for all ages and skill levels from July 16 through 18. Co-Motion presents their annual Classic Tandem Race in Eugene the last weekend of July. On September 18-19, as part of the Eugene Celebration weekend, Oregon Adventures offers their Cottage Grove Area Covered Bridge Tour, a tour of all six of the area's covered bridges and a Vineyard Tour.

If you'd rather tour with a group, contact Oregon Adventures. They offer tours of the covered bridges in Cottage Grove, the wineries of Lorane Valley and other scenic rides. They also have tours for mountain bikers. Visit Oregon Adventures' website (www.oregon-adventures.com) or call 541-782-2388.

For more information about events, trails and tours, plus maps for Lane County, visit the Convention and Visitors Association of Lane County Oregon (CVALCO) web site at www.TravelLaneCounty.com or call them at 800-547-5445. They will be happy to provide you with all you will need to plan an enjoyable bicycling getaway.

At a Glance

- Eugene has: More than 100 miles of designated bike paths; designation of being on Bicycle Magazine's 1999 of best cycling cities.
- Cottage Grove has: Annual 'Animal House' Toga Party; numerous covered bridges.

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Stretching Increases Pedal Efficiency

ERIK MOEN PT, CSCS

If I had just one wish for all cyclists, it would be for everyone to stretch their hamstrings. Hamstring flexibility is very important for the bicyclist. Not only will it allow you more efficient pedaling and better back comfort, it will keep you out of medical offices with a bike-related overuse injury.

The anatomy and function

The hamstrings originate at the ischial tuberosity (the sit bone, aka butt-bone) and run down to insert below the knee on the tibia (shin bone) and fibula. The hamstrings are integral for motion of the hip and knee. The hamstrings are commonly known as knee flexors, or in other words, what enables you to bend your knee. They also have an important function in stabilizing the tibia with regard to stance, cutting, landing, etc. The hamstrings can also play a role in hip extension. When you are pedaling, your hamstring works from approximately 90 degrees to 270 degrees (from 3 o'clock to 9 o'clock). The hamstrings help stabilize the knee during the peak point of force production from the quadriceps and gluts (approximately 100 degrees), and then helps create lift (ideally) of the leg across the back side (approximately 180-270 degrees) of the pedal stroke.

How to stretch

The most common method of stretching your hamstrings is a static method. This is where you hold a stretch for a certain period

of time and then usually repeat. A study by de Weijer, Gorniak and Shamus¹ concluded that a significant increase in hamstring length can be maintained for up to 24 hours when using a static stretch. They found that muscle flexibility was greatest immediately after stretching and declined within 15 minutes of the stretching bout. They also found that the addition of a warm-up exercise prior to stretching did not appear to significantly increase the effectiveness of a static hamstring stretch. This is interesting news as we commonly think a warm up should help increase the chance of flexibility gains. The next time you are at Safeco field enjoying a Mariners game, watch Ichiro out in right field. He is always stretching. I'm not sure if he personally has incorporated any science behind his habits, but they certainly are supported by this research piece when considering that flexibility declines after 15 minutes. Does this new "15 minute rule" apply to cycling? Not as long as you get on the bike within your 15 minutes of stretching. Bicycling will help maintain your flexibility gains.

How long do I stretch?

Another study by Cipriani, Abel and Pirwitz² looked at the duration of stretching. They had each subject stretch one leg for two bouts of 30 seconds and the second leg for six bouts of 10 seconds. Each leg was stretched by this protocol twice a day for a total of six weeks. They found that there was no difference between the 10- and 30-second sides. Range of motion gains were the same on both sides over this six

week period. They also found that total stretch time in a day is more important than the actual single stretch duration time. The study found their best results for flexibility gains were achieved by stretching for a total of two minutes per day, broken down into two bouts of stretching.

The particulars

My favorite static hamstring stretches are from standing (pictured) and sitting. Both keep the pelvis square or 90 degrees to the direction of the straight leg. The other important note is to keep your back straight, thus rotating forward through the hips to generate a stretch.

Healthy bicycling includes stretching of the hamstrings. Your comfort and function on the bicycle depend on it!



Photo courtesy of Erik Moen

Studies indicate that total stretch time in a day is more important than the actual single stretch duration time.

Reference:

1. de Weijer VC, Gorniak GC, Shamus E, The effect of static stretch and warm-up exercise on hamstring length over the course of 24 hours. J Orthop Sports Phys Ther. 2003 Dec;33(12):727-33.
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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.

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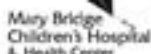
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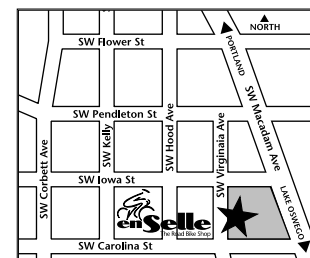
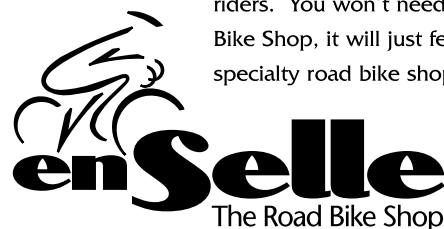
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Open Space Mountain Bike Park Out of the Rain

By JUSTIN VANDER POL

Construction of Seattle's only urban mountain bike park is about to begin. The Backcountry Bicycle Trails Club (BBTC) has been working closely with the city of Seattle for two years on the design of the new Open Space Park, which will be located beneath the deck of I-5.

The 7.5-acre, multi-use park, situated between the Eastlake and Capitol Hill neighborhoods, will offer paths to connect those two areas, as well as provide views of Lake Union, Queen Anne Hill and the Olympics. Park features will include mountain bike trails, an off-leash area and unique works of art. The towering cement pillars that support the freeway will provide the park with a dramatic urban jungle feel, and the freeway deck will protect park users from Seattle's persistently rainy weather.

The plans for the overall park design have been approved, and include nearly two acres of technical mountain bike trails. BBTC is in the process of designing the trails, all of which will

offer excitement and challenge to riders of all abilities. Trail features that are currently on the table include switchbacks, rock gardens, large "faux" rocks, log rollovers, progressive climbs, and other mountain bike obstacles. Our goal is to provide a place where local riders can develop their skills without having to drive all the way to the foothills.

The trails will be tight and curvy in an effort to emphasize skill over speed, as well as create the best possible experience in a limited area. The site is on a hillside with approximately 60 feet of elevation change, allowing the creation of beginner, intermediate and advanced trails in a tight area. There will also be gathering areas so that riders of different abilities can use the space to socialize between runs.

To simulate the best natural technical challenges one might find at their favorite riding area, BBTC has created the world's first ever "faux" mountain biking rock. Buying and placing large boulders proved to be quite expensive,

so they came up with the idea of building a genuine "faux" rock. To accomplish this, they excavated the site, prepared a form out of sand bags, built a wire frame over the form, and then covered the form with a coat of textured cement. The prototype came out exceptionally well, and they look forward to using this technique in the park.

BBTC is not only designing the mountain bike park, but also building, maintaining and funding the course. They are excited about the opportunity to bring mountain bike trails to this neighborhood, and would welcome your support and assistance in building the best possible public resource. For information about BBTC and the I-5 Open Space Project, visit <http://bbtc.org>.



Seattle's only urban mountain bike trail, near the Capitol Hill neighborhood, will offer views of the Olympics.

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

O P I N I O N

All Downhill From Here: A Novella on The Laws of Marital Gravity

By JOE KURMASKIE
AKA the Metal Cowboy

Entries from Lyle Bricke's journal, found on a bed stand at Bright Angel Lodge, Grand Canyon.

Entry No. 1 - Night before "The Tour"
Ellen's Doc has strongly urged us to keep diaries for the duration of this two-wheeled ordeal, but I'll be damned if I ever write the words "Dear Diary" anywhere this side of a hostage negotiation. OK, except just then, but only to damn the offending vowels and consonants all to heck. Doc can call it a diary if he wants, but bear in mind, this is the same guy who labels fighting as "misdirected" problem solving. In Texas it's still called fighting. Sometimes we'll tie the hands of the parties together and put 'em in a cage, problem solved.

When I agreed to marriage counseling I assumed I would not be asked to channel a ten-year-old girl stretched across pink pillows doodling in the corners of a velvet spiral. It was also assumed that Ellen would flinch-another in a long line of miscalculations on my part regarding the female species. Thus, counseling.

Anyway, it's a journal. Says so right there on the front cover above the photo of the Grand Canyon at sunset. A creative marketing ploy by Total Two Wheeled Tours-the outfit managing this little interstate bike ride. Corporate success is about details... that and a bit of price gouging, deception and, if the economy tanks, fancy bookkeeping. From jerseys to journals, bag rentals to special dietary meal programs, team photos to a money-making a la carte options list longer than one of my legal briefs meant to stall legislation in the state senate. Admirable. Gives me confidence in the operation.

The trip is Ellen's anniversary present to us, though it smacks of a Doc relationship cocktail

mixed up after a core trauma session.

Us? An Aggies football game twenty years ago. I was standing, so was she, so was everyone because there ain't no seats in the stadium. We call it school spirit, Doc, not "obsessive compulsive behavior on a grand scale." Does it really count if the marriage counselor hasn't been married?!

And still you cash my checks each week. Admirable.

Truth is, Ellen has too much time lately. With the kids shipped off to college our marriage is front and center. Planned on some home repair projects; instead, it's afternoons spent chafing against a shrink's leather chair, shelves of pretentious books decaying all around me.

Doc says I have trouble visualizing positive outcomes, so let's start this journal on a light note, just to spite him.

Tonight Ellen clamored home with heaps of purchases (nothing unusual about that). But I'll be damned, her presentation began with a box of cigars. A warm feeling stirred in my belly. If you squint, Ellen looks like a pint-sized Cybil Sheppard. The cigars made me squint and contemplate sleeping with a movie star.

Then those outfits sprang forth and I had to step back. Our neon wardrobe was lively enough to pedal to the canyon without us. As modeling enticement, Ellen allowed into our bedroom some of my favorite snacks. She WAS in a festive mood. I put on the jersey and looked in the mirror. I've always been solid, but not fat. Texas law allows for fighting as a form of dispute resolution, Doc, as long as the winner buys the Shinerbocks. I've bought my share over the occasional fat joke. To her credit, Ellen spent our first ten years defending my size with the catch phrase "Solid as a rock." She hasn't used it in awhile, but then she's

busy been dealing with all those core traumas.

The jersey hugged across my back, but it felt tight in a good way. Imagine Superman coming out of the phone booth. Chest swelled, I nodded in Ellen's direction. She knew what to do. I waited for the catch phrase.

A head tilt, like she was attempting to fit all of me into the lens.

"That was the biggest size they had."

"Hey, now!" Chest deflating.

"No, you still look great. I just want you to be comfortable is all."

On Ellen's list of priorities, my comfort doesn't even crack the top twenty.

I took my snacks to the bathroom and pouted. This is all you've left me with, Doc, cheetos and ebbing self esteem. I studied myself in the mirror. People have mistaken me for a beefier Kevin Costner (blind people). No, it's happened. Really.

She whistled for me to come out and see her outfit. Ah, Ellen's whistle.

When will she realize the sham of it all and just come through the door with my leash?

"It's fantastic!" I should have stopped there, but would it have killed her to utter my catch phrase? "If you're after the peacock puking up a box of crayons motif."

Her journal probably opens with "Dear Diary... my husband doesn't understand me."

Ellen stuck out her tongue. A spark of the feisty gal I knew before all these sessions. Now, if we could work up a good lather of "misdirected" problem solving, my Cybil Sheppard fantasy had a sporting chance.

Purple lycra shorts with flames racing up the sides. The headgear made me think of a beetle preparing to drive in a go-cart race or a futuristic roller derby champ. You can't pick a fight with a woman dressed like that. Even in Texas there's code of ethics we mock by. I handed her the empty bag of chips and headed for the garage.

Ah... my old football jersey and stretch shorts, the ones I always wore coaching little

Literary Rides With



The Metal Cowboy

league and a pair of weightlifting gloves (the tour brochure emphasizes the need for hand padding). My Aggies football helmet or that candy ass, wiffleball head piece? Ellen ordered it through something called Performance Catalog-I thought it was a periodical for frustrated thespians who never realized the lead in their school's production of RENT. I can still make Ellen laugh now and then. She stifled it though since this bicycle tour is shaping up to be serious business.

Well, Journal, I thought about testing the exercise bike in the basement-the one Ellen's been riding for months like some chipmunk on speed. Best to save my strength for the trip. Ellen's going to bed early, tired after all her riding, I suppose. Me? I have cigars to smoke.
(To be continued.)

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



Photo by Joe Zauner

The women's peloton is greeted by a dog on the unpaved Rock Creek Road during the 2004 Montana Ecology Center Classic near Missoula. The race is considered one of the hardest in the Northwest.

The Toughest of the Tough

2004 Edition of the Ecology Classic Wasn't for the Faint of Heart

By JOE ZAUNER

In many ways the seventh edition of the Montana Ecology Center Cycling Classic played out like a soap opera on the grandest of stages. If you think where you come from is God's country, then you haven't been to Montana. It is breathtaking and the race promoters took full advantage of it, using routes over some of the most beautiful roads in the world.

In the end, the women and men's elite races seemed polar opposites. And in many ways, they seemed the same. Both the women and men struggled over difficult courses in demanding weather. The men's race crowned a champion who many regard as one of the Northwest's good guys - a sometimes domestic, a class rider, a man due for a big win. The women's race crowned a champion who some regarded as shy while others felt left with an empty feeling.

Between the first and last rider to cross the line, there were many stories of personal struggle and achievement. Some like to say that in a race such as this, everyone is a winner. Clearly that's not true. There's only one winner, but those who finished the Classic are, at the very least, strong men and women.

Day one

It is said that misery loves company, maybe that's why the women's field stayed together for most of the 60-mile Pintler Road Race. Weather conditions in western Montana can be quite nice in late May. Last year, the sun was shining and temperatures were in the high 70s to mid 80s. Not so on this day.

The roads around Pintler are nice to train on under the right weather conditions. On the course the women faced four primary terrain features. The first was a climb of about two miles in length and moderate difficulty. The second climb was more difficult. It wasn't steep at the foot, but it slowly gained in difficulty as the riders reached the summit. It too was two

miles in length. Between these two climbs were six miles of dirt, gravel and mud. The fourth and final climb was off the main circuit and led to the finish line. It was the most difficult of three climbs and reached an elevation of more than a mile high.

As the women rolled out, there was little activity at the front of the field. The pace was brisk at about 23 mph, but few wanted to venture outside the security of the peloton. At times, the rain was pouring. It wasn't long before all the riders were soaked. Over the first KOM the pace

ratcheted up. Wenatchee Valley Velo's Karen Pleas was after the KOM jersey. Her efforts brought the first dangerous break of the day. It included Well's Fargo Lisa Magness, Wines of Washington's Sue Weldon, T-Mobile's Lynn Gaggioli and Tamarac/Goldy's Sima Trapp.

The group rolled to a 20-second lead before being reeled back. Aside from that move, and the one that came on the final climb, the day was relatively uneventful. In the words of Magness, "It wasn't that interesting of a race."

On the final climb, Pleas and Weldon were pushing the pace while Gaggioli, Magness and Trapp sat back and watched. At one point Pleas drilled the pace in pursuit of the KOM line. Gaggioli responded, won the sprint and



Photo by Joe Zauner

Lynn Gaggioli won the overall at the Ecology Center Classic.

and rolled away going 24 mph. Behind, the bunch meandered along like the river they were riding next to. For the leaders, Eastman wasn't a threat. The day before she had struggled over the dirt section of the Pintler course, losing more than nine minutes to the winner, which put her 23rd on general classification.

At first her move seemed folly, but as she got closer to the foot of the climb, her tactic became apparent. Working for every inch of road, she hit the climb with 45 seconds in hand. It would be enough for her to make it over the top with the first elite group, something no one thought she could do... no one except Eastman herself.

the two rolled away.

Prior to the last climb Pleas was in a quandary. She had no idea how much further she had to go, and the slender athlete was tired and chilled to the bone. But for someone who only began racing bicycles a year ago, being in a break with one of the best riders in North America was not lost on her. Although still figuring out the tactics of bicycle racing, Pleas said, "I didn't think she was working hard enough. I wasn't about ready to drag Gaggioli to the line. I knew enough not to do that."

And so, when Pleas stopped working, so did Gaggioli, and the lead group became five again. After the climb, the road levels for about five miles before the finish line. In the sprint, Gaggioli out gunned Trapp by a half a wheel. Pleas finished fourth behind Magness and ahead of Weldon.

The top five on general classification were established.

Day two

When Gaggioli lined up for the start of the second stage, her game plan was off the same page as the day before. Make the lead splits, sprint for the hot spots and the win.

The Perma Road Race course followed the emerald waters of the Flathead River as it meandered west, and then northwest between the tree-lined peaks of the Mission Mountains. The weather wasn't as rainy as the day before, but just as blustery and just as cold - 45 degrees at start time. A headwind buffeted the women's peloton as it made its way to the first climb, a seven-mile rise with gradients between four and five percent.

About four miles from the climb, Vitamin Cottage's Renee Eastman made her move into the headwind. The race leaders just watched as she jumped clear of them

As the group neared the KOM line about one kilometer from the top, an attack by 2003 Ecology champion, Wells Fargo's Becky Broeder, did some damage. But KOM jersey wearer Pleas' counter attacked and pulled clear in what would bring about the winning break. The second group contained Team Basis' Stephanie Hannos, who was in sixth place, 55 seconds behind the leaders on general classification and Trapp's teammate Tamarac/Goldy's Emily Westbrook.

After the crest of the hill, Hannos jumped clear of the chase group. Westbrook covered the move. Ahead of them were the leaders on general classification, the same five, plus Eastman, who dominated racing the day before: Gaggioli, Trapp, Pleas, Magness and Weldon. Hannos had her work cut out for her. Westbrook wasn't willing to help Hannos represented a threat to Trapp. She sat on the Canadian's wheel through crosswinds, in the flats and over a fast downhill, before jumping her on a set of rollers about one mile before the foot of the last climb.

It seemed her timing couldn't have been much worse. Yes, she sailed clear of Hannos, but she caught the leaders just as the last climb started. It wasn't long before she was off the back again. The pace, being set by Pleas, was too much for her and Eastman. Over the top they were 10 seconds off the pace.

This time Westbrook worked with Eastman, and did so for the same reason the field let Eastman go earlier - she didn't represent a threat. The pair chased back on with about 10 miles of racing left. It took them four miles to catch the leaders.

Going into the last 700 meters Westbrook drilled the pace with Trapp to her wheel and Gaggioli on Trapp's. It was close, but the final results revealed an inverse of that order - Gaggioli, Trapp and Westbrook.

Aside from Hannos losing 1:05 to the leaders on the day, little changed on general classification. Gaggioli still led, with Trapp second. Westbrook went from 10th to fifth. Eastman finished fourth on the stage and moved up 10 places to 13th.

Day Three

Trapp's teammates sometimes call her the Persian princess. She wasn't born in America, but in Tehran, Iran. When she was 8, the Iran-Iraq War was nearing its height. Though it was 1981, the tactic deployed by both sides was trench warfare similar to the type used in World War I. Trench warfare calls for massive human sacrifice.

Trapp's brother was 13, and in 1981, in Iran, that was fighting age. Trapp's mother decided it was time to leave.

A deal was struck at a used-car dealership to smuggle the family of five out of Tehran. In the middle of the night they boarded a truck and hid under a tarp draped over the bed. They made their way through the desert and crossed into Pakistan. From there they went to Spain. From Spain they obtained their visas and access into the United States.

She started racing mountain bikes in 2000. After that she said she was hooked on racing and "had" to buy a road bike. This year she bought her first time trial bike, a yellow Giant.

In the time trial Trapp stumbled. She fell 2 minutes, 33 seconds off the pace and out of her second-place spot on general classification. While most expected a duel between Gaggioli and Weldon in the time trial, no expected what happened out on the course. Weldon



Photo by Joe Zauner

Teammates call Trapp the Persian princess.

admittedly had a great ride, beating Magness by 15 seconds. Gaggioli was third, 25 seconds behind Weldon.

Like Weldon at Bisbee, Gaggioli's experienced a mechanical. At Bisbee, Weldon rode the last kilometer with a loose pedal. Here, Gaggioli rode with loose handlebars, and she could not stand on the pedals to maintain her tempo going over hills or into the wind. She was visibly upset even several hours after the race and still as she started the fourth stage.

From the start of the relatively flat 48-mile circuit stage, Eastman was on the attack. By this time, the women were used to it - she attacked a lot. What did surprise was when Gaggioli went across to her.

Weldon, in the yellow jersey and sensing danger, crossed over to the move with Trapp. Weldon pulled through once and paid dearly. Gaggioli drilled her and the rest of the break and rolled clear of them. They wouldn't see her up close until the next day.

In one lap Gaggioli put two minutes on the field. There were two groups on the road. One chasing the lead group and the lead group themselves, arguing over whom should chase Gaggioli. Up the road, Gaggioli was rolling along.

In the first couple of miles after Gaggioli went clear, Weldon rode from the front and worked hard without complaint. On a small rise she was jumped by a group of riders. After that, she scaled back her efforts. It seemed that everyone, aside from Weldon, was content to let Gaggioli roll away.

When Gaggioli crossed the line there was no celebration. She was so far ahead of the field. By the time the peloton sprinted for second place, Gaggioli was dressed, her bike disassembled and put in the car. She drove away seconds after their finish.

That sprint was won by Trapp. Seattle sprint ace, ICO's Mindy Ziffren-Hall, was third.

Gaggioli's win put her back in the leader's jersey by more than five minutes, and with a miss-and-out criterium the next day, it looked like that's where she would remain.

Final Day

For both the women and men's general classification leaders, the miss-and-out criterium - the signature final stage of the Montana Ecology Center Classic - was a formality. Both had commanding leads. Broadmark's Evan Elken led Team Coastal's Derek McMasters by almost four minutes. Gaggioli was more than five minutes ahead of Suz Weldon.

For Elken, the day would be one to enjoy. Four days earlier he had never won a stage

race, never won a NRC race. Now he had two NRC stage wins and an overall championship to add to his resume. Clad in his yellow leader's jersey, his plan was to race hard and have fun. It seemed that that was exactly what he did. Early in the race he was off the front. Later, after he had been eliminated in 14th place, he cheered from the sidelines as his teammate Carl Decker rolled clear from second-place finisher Pro Peloton's Jonathan Baker, who broke a spoke on the last lap. Decker's win, and Baker second-place finished, moved the pair ahead of McMasters, who finished 21st on the stage, 2 minutes, 11 seconds off Decker's winning margin. Decker's win gave the Broadmark team victories in four of five stages at the 2004 event.

The adulation for Elken from his teammates was endless. "A great team leader," and "Calm under pressure," were just a few of the words of praise. Elken was more modest. "It just came down to me being in a break on the first day...I've worked hard for a lot of guys for this team the past few years. This... (pause) This is just sweet."

For Gaggioli, the words of praise were also forthcoming, but her appearance left some scratching their heads. It seemed that though many of the women spent hours riding next to her during the past four days, few really got to know her. She said very little before, during or after the stages.

When Gaggioli was eliminated from the miss-and-out criterium in seventh

place, she won the overall.

Despite a disappointing performance, 2003 women's champion, Broeder, was smiling after the final stage. Before the first stage, the long-time Missoula resident wanted to repeat, but it wasn't in the cards. On the first day she vitally eliminated herself from the overall with a 14th place finish. She was almost five minutes off the winning pace. As it turned out, her break was rubbing the rim. Really.

For Elken, the past four days were magical. More than an hour after the downtown streets opened to traffic and while volunteers were packing up the last of the scaffolding, Elken was still wearing his yellow jersey and Broadmark cycling shorts, sipping beer and chatting with whomever wanted to chat. It seemed as though he didn't want this Montana Ecology Center Classic to ever end.

(For full coverage of the men's race, go to www.nwracereport.com)



Photo by Joe Zauner

Elken won the men's race.

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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.

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EVENTS

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 now rides 1800 miles in 51 days to promote his book. Spot him on his journey and get a chance to win his book. Tour starts in Vancouver, BC and crosses WA, OR and CA. See web site for 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. Check-points are placed throughout Seattle and Vashon Island. Visit them in 3, 7, or 16 hours. Teams returning with the most points are the winners! Experience your own unique tour of Seattle. Eric Bone, Cascade Orienteering Club, 206-634-2279, www.seattlenightandday.com

AUGUST

Aug 12: Transportation and Climate Change Conference
Seattle, WA. Seattle Center - Northwest Rooms, from 8:00 a.m. to 5:30 p.m. Various presenters and break-out sessions with national experts on transportation and vehicle policies. www.transportationchoices.org

Aug 14-22: North Shore World MTB Conference
North Shore, BC. Features discussions on a variety of themes in the mountain biking community, including environmental, social and economic. Richard Juryn, www.nsmfbc.com

CAMPS

JULY

Jul 2-3: Sugoi Dirt Series
Panorama, BC. Mountain bike camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. Sharpen your technique, build confidence, and enjoy mtbiking more than you had ever thought possible. Hosted by Panorama Mountain Village Candace Shadley, Whistler, BC, 604-938-3303, www.dirtseries.com

Jul 17-18: Sugoi Dirt Series
Hood River, OR. Candace Shadley, 604-938-3303, www.dirtseries.com

Jul 24-25: Sugoi Dirt Series
Whistler, BC. Candace Shadley, 604-938-3303, www.dirtseries.com

AUGUST

Aug 1-5: BC Women's Mountain Bike Skills Camp
Fernie, BC. 5-day skills camp for women. Mike Brcic, Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Aug 7-8: Sugoi Dirt Series
North Vancouver, BC. Hosted by John Henry Bikes Candace Shadley, 604-938-3303, www.dirtseries.com

Aug 28-29: Sugoi Dirt Series
Calgary, AB. Candace Shadley, 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

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, 541-760-1024, www.builtforspeedtt.com

Mar 20-Aug 1: 2004 Group Health WIM Series
WA & ID. For all ages and ability levels. We'll take you across the state of WA 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 event. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Mar 21-Sep 18: Comox Valley Road Series
Comox, BC. Road series raced on a variety of courses. Roger Thomas, Comox Valley CC, 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. Relaxed and fun atmosphere. BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 250-743-9915, www.bcmasterscycling.net

Apr 3-Aug 28: Gregg's Greenlake Cycle NWWC Cat 3 Race Series
Various, WA. Points series where the person with the most points in the end wins the series, and prizes are awarded to the top 25 women. You can also accumulate points for completing any USCF race during the season. The Series is open to Cat 3 and Cat 4 women racers of all ages. When categories are combined, the results for the different categories will be separated. Kirsten Sandaas, NWWC, www.nwwc.org

Apr 4-Aug 29: Cascade Bicycle Club Education Foundation - NW Juniors 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-Aug 24: Spokane Twilight Series
Spokane, WA. Weekly events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

Apr 6-Jul 13: Tuesday Nighter Series
Boise, ID. www.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). Stiff Wick Productions, 206-824-7666

Apr 8-Aug 29: 2004 SISU BC Cup MTB Series
Various, BC. The series includes five events in five various locations. Overall standings and prizes based on points. Recognized cross-country, downhill and 4-cross disciplines from U15 categories to Master 40+. Gary Jackson, Cycling BC, 332-1367 West Broadway, Vancouver, BC, www.bc.cycling.ca

Apr 8-Aug 26: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. Every Thursday night. Short 0.8-mile loop in the park shaped like a raindrop. Very good pavement, 200-meter hill each lap. \$10 per night. Juniors and women only \$5. Registration on race day only. Opens at 4:30 p.m. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 11-Jul 25: 2004 SISU BC Cup Series
Various, BC. The road 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 Prazsky, Cycling BC, 332-1367 West Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca

Apr 13-Aug 31: Pacific Raceways Road Race Series
Kent, WA. 2.25-mile closed course. Registration opens at 5:30 p.m., closes at 6:50 p.m. Race starts at 7:00 p.m. Points will be awarded to the first 5 finishers. Points tallied at the end of the season and winner awarded. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 13-Aug 31: Tuesday Night Road Race Series
Redmond, WA. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 13-Sep 21: Tuesday PIR Series
Portland, OR. Portland International Raceway. Summer race series for categories 1-5, women and juniors. First-time racers to pros. Registration opens at 5:30 p.m. First race at 6:05 p.m. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jmitchem@herrerainc.com

Apr 14-Sep 8: Cove Bikercross Series
Grouse Mountain, BC. Exclusive access to Grouse's World Cup track. Races will cater to riders of all levels, so everyone can learn to jump and ride in a safe and secure environment. Beginners and advanced in all categories, U15 to masters. Starts 6:30 p.m. every Wednesday. www.covebikercross.com

Apr 15-Aug 26: Pacific Raceways Duathlon
Kent, WA. The course is relatively flat, with one fast descent and a 0.5-mile, 4% climb. The distances are approximately: run 2 miles, ride 4.5 miles, run 2 miles, ride 4.5 miles and final run 2 miles. As daylight permits, runs and rides will increase. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

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: Fast-Twitch Fridays
Portland, OR. Alpenrose Velodrome. Sprint Oriented racing for all levels, as well as separate omnium racing for beginner men and beginner women. Junior racing through July. Jen Featheringill, 503-227-4439, www.obra.org

May 10-Aug 30: MVA Monday Night Racing
Redmond, WA. Continuing with the focus on juniors and new racers, all class participants will be required to race at least two Monday Night programs before moving up to Wednesday Night Racing. Racing begins at 7:00 p.m. Entry fee is \$15, Juniors \$5. Marymoor Velodrome Association, http://marymoor.velodrome.org

May 11-Jul 27: Summer Night at the Track Series
Boise, ID. Chapporal Speedway. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

May 13-Aug 26: Lindsay's Thursday Night Time Trial Series
Boise, ID. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

* Rides that support Bicycle Alliance of WA

May 19-Aug 25: 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: Friday Night Track Races
Redmond, WA. The 2004 racing program is designed with the spectators in mind. Races will be fast and exciting with lots of opportunities for the crowds to get involved. As has become a tradition, the first and third Fridays of every month will also feature the Kiddie Kilo. Spectator admission rates are \$4 per person - kids under 16 free! Racing begins at 7:30 p.m. Marymoor Velodrome, http://marymoor.velodrome.org

May 23-Sep 12: Mt. Hood Series
OR. Cross country. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

May 27-Aug 19: Southern Oregon Thursday Nighters
Medford, OR. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Jun 1-Aug 31: Eugene Twilight Criterium Series
Eugene, OR. Sal Collura, Co-Motion Classic Racing, www.obra.com

Jun 9-Jul 14: 2004 Mt. Tabor Series
Portland, OR. 6 race series around Mt Tabor Park in SE Portland. 1.3-mile paved course around dormant volcano with only one climb. 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

Jul 12-28: Junior & Women Track Class - Session 2
Portland, OR. Mondays and Wednesdays. Class A - 10:00 a.m. to 11:30 a.m. Class B - 12:00 p.m. to 1:30 p.m. At the discretion of the coaches, students will be invited to race at Friday Night Track Races. Arrive 15 minutes early to allow time for bike fit. Cancelled if raining. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 503-254-7563, GeriBossen@hotmail.com

Jul 24-Aug 21: Lake Washington Velo Circuit Race Series
Silvana, WA. Broadmark Capital Cycling Team, www.broadmarkcycling.com

Aug 2-18: Junior & Women Track Class - Session 3
Portland, OR. Mondays and Wednesdays. Class A - 10:00 a.m. to 11:30 a.m. Class B - 12:00 p.m. to 1:30 p.m. At the discretion of the coaches, students will be invited to race at Friday Night Track Races. Arrive 15 minutes early to allow time for bike fit. Cancelled if raining. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 503-254-7563, GeriBossen@hotmail.com

Aug 22-Sep 11: Triple Crown Race Series
Boise, ID. Mike, Georges Cycles, 208-343-3782, www.georgescycles.com

MULTISPORT

JULY

Jul 1: Pacific Raceways Duathlon #12
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 8: Pacific Raceways Duathlon #13
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

Jul 11: Valley of the Sun Triathlon
Yakima, WA. 1K swim, 35K bike, 11K run Candie Turner, Valley of the Sun Triathlon Association, PO Box 515, Selah, WA, 98942. 509-697-6106, www.yakimatriathlon.com/

Jul 11: Vashon Island Offroad Triathlon
Dockton, WA. 600m swim, 12-mile mountain bike, and 3.5-mile run Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 15: Pacific Raceways Duathlon #14
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

AUGUST

Aug 5: Pacific Raceways Duathlon #15
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

Aug 12: Pacific Raceways Duathlon #16
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 15: Apple Capital Triathlon
Wenatchee, WA. Daroga State Park. 1 mile swim, 24 mile bike, 6 mile run. 800-572-7753, www.triwenatchee.com

Aug 19: Pacific Raceways Duathlon #17
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 21: Emmett's Most Excellent Triathlon
Emmett, ID. Boise Aeros, www.boiseaeros.com

Aug 22: Heels & Wheels Duathlon
Mt. Hood, OR. Run-Bike-Run. Hurricane Racing, 503-272-0146, www.skibowl.com

Aug 26: Pacific Raceways Duathlon #18
Kent, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

BMX

JULY

Jul 16-18: Annual Norco Weekend
Various, BC. Multi-point racing and family camping weekend. Surrey, Abbotsford, Pitt Meadows.

Jul 17: Provincial Supercup #2
Surrey, BC. Cycling BC, 126th St. and 76th Ave., Surrey, BC, 604-737-3140, www.actionbmx.com

Jul 24: State Championship Race
Portland, OR. Mark & Lori Phelps, 503-244-9492, www.alpenrose.com/schedule.htm

Jul 30-Aug 1: ABA World Championships
Nanaimo, BC. www.nanaimobmx.com

MOUNTAIN BIKE RACING

JULY

Jul 3-4: Firecracker State Championships
Fall City, OR. Kevin Thompson, 7945 SW Fanno Cr. Dr. #1, Tigard, OR, 97224. thompsook@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. 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, 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. Group Health 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, 388-1016, 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. 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, Unit #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, VOA 1H0. 250-439-5409, www.kickinghorsesresort.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. 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. thompson@loswego.k12.or.us,

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

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. 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, 509-455-7657, www.roundandround.com

Jul 31-Aug 1: Hemlock MTB Festival SISU BC Cup
Hemlock, BC. Downhill, 4-cross, cross-country BC Cup #4 Cory Adsit, Bear Mountain, 604-850-4603, corvadsit@hotmail.com

AUGUST

Aug 4: Cove Bikercross #17
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Aug 4: Wednesday Night MTB Series #18
Seattle, WA. See race series for further information. Stiff Wick Productions, 206-824-7666

Aug 7-8: 20th Annual Intermountain Orthopaedics White Knob Challenge
Mackay, ID. Two days, three stages, in the beautiful Lost River Valley of Eastern Idaho. NORBA classic and on stage in Idaho's Knobby Tire Series. See web site for details. Kurt Holzer, Lost River Cycling, 2234 N 9th Street, Boise, ID, 83702. 208-890-3118, www.lostrivercycling.org

Aug 7-8: Canada Cup
Calgary, AB. XC #4, DH #3. Aimee Rowles, Canada Olympic Park, 88 Canada Olympic Park Rd. SW, Calgary, AB, T3B 5R5. 403-247-5457, www.canadaolympicpark.ca

Aug 11: Cove Bikercross #18
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Aug 11: Wednesday Night MTB Series #19
Seattle, WA. See race series for further information. Stiff Wick Productions, 206-824-7666

Aug 14-15: 6th Annual Pomerelle Peaks
Albion, ID. Once again, this event returns to the popular ski resort located about 10 miles up the road from Albion, Idaho, (over the hill from Burley). This is our shortest loop of the year at 5.5 miles, but it's a spectator's and racer's dream alike. Features tight, twisty trails through dark groves of trees and open areas, fun descents and challenging climbs. Downhill Sunday. Wild Rockies, rondaron@earthlink.net, www.wildrockies.com

Aug 14-15: Canada Cup
Fernie, BC. XC #5, DH #4. Karen Pepper, Fernie Alpine Resort, 5339 Ski Area Rd., Fernie, BC, V0B 1M6. 250-423-2401, www.skifernie.com

Aug 14-15: Fat Tire Frenzy
Red Lodge, MT. State Championships for: Downhill (Sat), Cross Country and Observed Trials (Sun), Criterium (Sat) Tera Reynolds, Box 1880, Red Lodge, MT, 59068. 406-446-2433, www.redlodge.com/frenzy

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

Aug 14-15: Willamette Pass
OR. NW Cup DH #5. 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

Aug 14-15: Oregon Outback Challenge
Lakeview, OR. Tour on Saturday, race on Sunday. Beginner through Pro divisions offered, with cash prizes for the top five men and top three women in Pro/Elite. Registration open Friday and Saturday. Barbecue at the Fairgrounds on Saturday evening. Caro Johnson, Lake County Chamber of Commerce, 541-947-6040, cjohnson@lakecountychamber.org

Aug 18: Cove Bikercross #19
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Aug 18: Wednesday Night MTB Series #20
Seattle, WA. See race series for further information. Stiff Wick Productions, 206-824-7666

Aug 21: 12 Hours of Willamette Pass
Willamette Pass, OR. Cross-country event racing from 8:00 a.m. to 8:00 p.m. Classes: solo, two or four person teams. The Where's Waldo 100km run will be happening at the same time. Randy Dreiling, www.oregon-adventures.com

Aug 21: 12-Hour Mountain Bike Race
Eugene, OR. 10-mile loop course at the Willamette Pass Ski and Summer Resort. Solo, 2- and 4-person teams. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Aug 21-22: Canada Cup
Kamloops, BC. Raced at Sun Peaks Resort. XC #6 Final, DH #5 Final - also presented 4-cross and short track on brand new courses. Henry Pejril, c/o Sun Peaks Resort, Events Dept., 1280 Alpine Rd., Sun Peaks, BC, V0E 1Z1. 250-578-5411, www.sunpeaksresort.com

Aug 21-22: Idaho State NORBA Championship Finals
Race location for cross-country and downhill: Soldier Mountain. XC on Saturday, DH on Sunday. A portion of race proceeds support the Boise YMCA's Mt bike program for kids. Davbey Moore, 388-1016, www.knobbytireseries.com

Aug 25: Cove Bikercross #20
Grouse Mountain, BC. See Race Series for further information. www.covebikercross.com

Aug 25: Wednesday Night MTB Series #21
Seattle, WA. See race series for further information. Stiff Wick Productions, 206-824-7666

Aug 28-29: Island Triple Throwdown - BC Cup Finals
Mount Washington, BC. Cross-country, downhill, dual. BC Cup #5 Jonathan Bonk, P.O. Box 3069, Mount Washington, BC, 250-334-5710, www.mountwashington.ca

MOUNTAIN BIKE TOURING

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, 604-730-1247, www.great-explorations.com

Jul 4: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Cross Trails Adventures, 604-467-8577, http://crosstrailsadventures.com

Jul 5-9: Backcountry Hot Springs
Sun Valley, ID. Yes, it is true, this trip has a clear natural hot spring at every camp. We begin in Sun Valley, Idaho and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Western Spirit Cycling, 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, 604-730-1247, www.great-explorations.com

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

Jul 5-9: Sun Valley Singletrack
Ketchum, ID. Sun Valley, ID one of the best kept secrets in the mtb world. Smooth trails. Altitude below 10,000 ft. Average 25 miles/day, but have to climb to get the good views. Singletrack experienced a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 5-9: Umpqua River Trail
Medford, OR. This trip includes some of the best singletrack we ride anywhere in the country. The trail is truly world class, smooth, perfect traction. 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, 604-730-1247, www.great-explorations.com

Jul 10: Pedal the Pinchot
Gifford Pinchot National Forest, OR. Road and mountain bike rides in the national forest, south of Mt. St. Helens. www.pedaltheinchot.com

Jul 10: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Cross Trails Adventures, 604-467-8577, http://crosstrailsadventures.com

Jul 12-16: Backcountry Hot Springs
Sun Valley, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

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

Jul 12-16: Sawtooth Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 12-16: Umpqua River Trail
Medford, OR. See July 5-9 listing for details. 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. Robbin McKinney, Great Explorations, 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, 604.894.0220, www.ridebig.com

Jul 18: 9th Annual Mountain Bike Poker Run
Belfair, 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, 253-863-3837, www.stmcc.org

Jul 18-23: Women's MTB 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 Brcic, Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefatire.com

Jul 19-23: Backcountry Hot Springs
Sun Valley, ID. See July 5-9 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Lewis and Clark Lolo Trail
Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now MT and ID. This trip takes you through this remote country. Riding is fun and non-technical, climbs provide good challenge each day. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Mt. Hood Singletrack
Portland, OR. See July 12-16 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Sawtooth Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Sun Valley Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 19-23: Umpqua River Trail
Medford, OR. See July 5-9 listing for details. 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, 503-272-0146, www.skibowl.com

Jul 24: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Cross Trails Adventures, 604-467-8577, http://crosstrailsadventures.com

Jul 26-30: Backcountry Hot Springs
Sun Valley, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Lewis and Clark Lolo Trail
Missoula, MT. See July 19-23 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Mt. Hood Singletrack
Portland, OR. See July 12-16 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Sawtooth Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Sun Valley Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 26-30: Umpqua River Trail
Medford, OR. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

AUGUST

Aug 1: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Cross Trails Adventures, 604-467-8577, http://crosstrailsadventures.com

Aug 2-6: Backcountry Hot Springs
Sun Valley, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 2-6: Cascade Lakes Singletrack
Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp and relatively small climbs for a singletrack trip make this a great choice. The trails are tunnel-like paths through the heavily forested terrain of hemlock and pines. The riding is challenging at times with roots and volcanic rock aplenty. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 2-6: Flying Beaver
Whistler, BC. This 5-day trip is based in the heart of the remote and rugged Southern Chilcotins. Your gear is flown to an isolated lake where we'll ride and camp for 2 days and nights. Final ride on the infamous Mount McLean descent, into dusty Lillooet. Chris Winter, Big Mountain Freeride Bike Adventures, 604.894.0220, www.ridebig.com

Aug 2-6: Lewis and Clark Lolo Trail
Missoula, MT. See July 19-23 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 2-6: Mt. Hood Singletrack
Portland, OR. See July 12-16 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 2-6: Sawtooth Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 2-6: Sun Valley Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 2-6: Umpqua River Trail
Medford, OR. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 7: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Cross Trails Adventures, 604-467-8577, http://crosstrailsadventures.com

Aug 7-8: Sunshine Coast Trail Ride
Halfmoon Bay to Langdale, BC. Off-road trail ride with novice to intermediate single-track and outstanding scenery. Robbin McKinney, R.E.M. Event Management Inc., 604-730-1247, www.great-explorations.com

Aug 9-16: Backcountry Hot Springs
Sun Valley, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: Backcountry Hot Springs
Sun Valley, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: Cascade Lakes Singletrack
Bend, OR. See August 2-6 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: Lewis and Clark Lolo Trail
Missoula, MT. See July 19-23 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: Mt. Hood Singletrack
Portland, OR. See July 12-16 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: Sawtooth Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: Sun Valley Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: Umpqua River Trail
Medford, OR. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 14-15: Oregon Outback Challenge
Lakeview, OR. Tour on Saturday, race on Sunday. Beginner through Pro divisions offered, with cash prizes for the top five men and top three women in Pro/Elite. Registration open Friday and Saturday. Barbecue at the Fairgrounds on Saturday evening. Caro Johnson, Lake County Chamber of Commerce, 541-947-6040, cjohnson@lakecountychamber.org

Aug 15: Pitt Lake
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Cross Trails Adventures, 604-467-8577, http://crosstrailsadventures.com

Aug 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, 604.894.0220, www.ridebig.com

Aug 16-20: Backcountry Hot Springs
Sun Valley, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 16-20: Cascade Lakes Singletrack
Bend, OR. See August 2-6 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 16-20: Lewis and Clark Lolo Trail
Missoula, MT. See July 19-23 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 16-20: Mt. Hood Singletrack
Portland, OR. See July 12-16 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 16-20: Sawtooth Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 16-20: Sun Valley Singletrack
Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 16-20: Umpqua River Trail
Medford, OR. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 19-22: Okanagan Cycle & Wine
 Okanagan, BC. The Okanagan is famous for its hot summer days, world class wines and the Kettle Valley Railway. On this 4-day, 3-night tour we will cycle sections of this scenic railway, tour vineyards, take in wine tastings and cool off in refreshing lakes. We will be staying in a stunning resort, high above Skaha Lake at God's Mountain Crest Chalet. Cross Trails Adventures, 604-467-8577, <http://crosstrailsadventures.com>

Aug 23-27: Backcountry Hot Springs
 Sun Valley, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 23-27: Cascade Lakes Singletrack
 Bend, OR. See August 2-6 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 23-27: Lewis and Clark Lolo Trail
 Missoula, MT. See July 19-23 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 23-27: Mt. Hood Singletrack
 Portland, OR. See July 12-16 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 23-27: Sawtooth Singletrack
 Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 23-27: Sun Valley Singletrack
 Ketchum, ID. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 23-27: Umpqua River Trail
 Medford, OR. See July 5-9 listing for details. Western Spirit Cycling, www.westernspirit.com

Aug 28: Pitt Lake
 Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Cross Trails Adventures, 604-467-8577, <http://crosstrailsadventures.com>

Aug 30-Sep 3: Cascade Lakes Singletrack
 Bend, OR. See August 2-6 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 30-Sep 3: Mt. Hood Singletrack
 Portland, OR. See July 12-16 listing for details. Western Spirit Cycling, www.westernspirit.com

Aug 30-Sep 3: Umpqua River Trail
 Medford, OR. See July 5-9 listing for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

ROAD RACING

JULY

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

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

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

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

Jul 3: 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 CC Road Race #4
 Comox, BC. Raced on the Tsolum course. See Race Series for information. Roger Thomas, Comox Valley CC, <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, 253-852-4946, www.wheelsportcycling.com

Jul 4: BC Masters Association Race #15
 Vernon, BC. 19 km Hill Climb 5-12% grade. BCMCA & 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 Road Race Series #13
 Kent, WA. See Race Series for further information. 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 further information. Clark Ritchie, 503-936-2575, <http://tinyurl.com/spww>

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

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

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

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

Jul 10: 64th Annual Derby Days Bicycle Criterium
 Redmond, WA. America's longest-running bicycle race. Brian Oster, Promotion Events, 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 before last stage of Cascade Cycling Classic in the Old Mill District. Four age groups for boys & girls. Ribbons for all kids, 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 Stanley Park. All categories except novice men. Entry fee \$30(CDN). Races between 8:00 a.m. and noon. Points race format. Stanley Park Bike Festival. 604-681-0419, www.stanleyparkbikefest.ca

Jul 12: Lakeside Bicycles Monday Night Masters and Women PIR Series
 Portland, OR. See Race Series for 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 that entails a tough, 1.3-mile hilly and curvy circuit that encircles the reservoir and passes the neck of the ancient volcano that formed Mt. Tabor. Each lap has 136.6 ft of climb. Categories include Juniors, Men 5/Novice, Masters 50+, Masters 35-49, Women 4/35+, Tandems, Women 1/2/3 and Men 1/2/3. Terry Crawford or Lars Anderson, 503-244-0050 or 503-685-1552.

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

Jul 13: Pacific Raceways Road Race Series #14
 Kent, WA. See Race Series for further information. 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/spww>

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

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

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

Jul 15: WA State Junior TTT Championships
 WA. At the Pacific Raceway. First team off at 7:00 p.m. - 2 minutes intervals. Team make up minimum 2 maximum 3 riders. Time on 2nd rider over finish line. \$5. Pre-registration by July 10. Gina Kavesch, 6501 153rd Ave SE, Bellevue, WA, 98006. 425-641-1512, www.pazzovelo.com

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, 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. Riders will start near the entrance of Belfair State Park and follow North Shore Road on an out-and-back course. Some small rollers. Registration opens at 7:30 a.m. Race starts at 9:00 a.m. NWWC Cat 3 & 4 Series Race. BuDu Racing, 206-625-8333, www.buduracing.com

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

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

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

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

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

Jul 20: Tuesday Night Road Race Series
 Redmond, WA. See Race Series for info. 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. See Race Series for information. Escape Velocity, www.escapevelocity.bc.ca

Jul 22: First Rate Mortgage Cycling Series #18
 Seattle, WA. See Race Series for 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, 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, 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 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 further information. Rory Muller, 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 ride against the best in the country. Sal Collura, Co-Motion Classic Racing, www.co-motion.com

Jul 31: Comox Valley CC Road Race #5
 Comox, BC. Raced on the Dove Creek course. See Race Series for further info. Roger Thomas, Comox Valley CC, <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

AUGUST

Aug 1: BC Masters Association Race #21
 Richmond, BC. 30-minute Criterium. Todd Hansen, Team Coastal, 604-788-1873, www.bcmasterscycling.net

Aug 1: Camas Criterium
 Camas, WA. L-shaped course with one hill. David Kerchinsky, North River Racing, 360-936-6598, www.northrivercycling.org

Aug 1: Stanley Challenge
 Boise, ID. Road race event. Jeff Gasser, 208-867-2488,

Aug 1: Volunteer Park Fall Classic: Masters State Criterium Championships
 Seattle, WA. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 2: Lakeside Bicycles Monday Night Masters and Women PIR Series
 Portland, OR. See Race Series for info. Jim Anderson, 503-975-8229, www.obra.org

Aug 3: Eugene Twilight Criterium Series
 Eugene, OR. See Race Series for info. Sal Collura, Co-Motion Classic Racing, www.obra.com

Aug 3: Pacific Raceways Road Race Series #15
 Kent, WA. See Race Series for info. BuDu Racing, 206-625-8333, www.buduracing.com

Aug 3: Spokane Twilight Series
 Spokane, WA. See Race Series for info. Baddlands Cycling Club, www.baddlands.org

Aug 3: Tuesday Night Road Race Series
 Redmond, WA. See Race Series for further information. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Aug 3: Tuesday PIR Series
 Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 3: World Tuesday Night Championships
 Vancouver, BC. See Race Series for information. Escape Velocity, www.escapevelocity.bc.ca

Aug 5: First Rate Mortgage Cycling Series #20
 Seattle, WA. See Race Series for information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 5: Lindsay's Thursday Night Time Trial #13
 Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

Aug 5: Southern Oregon Thursday Nighters
 Medford, OR. See Race Series for information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Aug 6: Rose Pedal Criterium
 Portland, OR. Criterium event. Brad Ross, 503-246-7338, www.obra.org

Aug 7-8: BC Masters Association Race #22/23
 Salmon Arm, BC. Road Race & 40 km Time Trial. August 8 - Double Points. Bruce Stevens, Skookum Cycle/COBRA, 250-491-0314, www.bcmasterscycling.net

Aug 17: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for info. Sal Col-lura, Co-Motion Classic Racing, www.obra.com

Aug 17: Pacific Raceways Road Race Series #17
Kent, WA. See Race Series for info. BuDu Rac-ing, 206-625-8333, www.buduracing.com

Aug 17: Spokane Twilight Series
Spokane, WA. See Race Series for information. Baddlands Cycling Club, www.baddlands.org

Aug 17: Tuesday Night Road Race Series
Redmond, WA. See Race Series for info. BuDu Racing, 206-625-8333, www.buduracing.com

Aug 17: Tuesday PIR Series
Portland, OR. See Race Series for info. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 17: World Tuesday Night Championships
Vancouver, BC. See Race Series for information. Escape Velocity, www.escapevelocity.bc.ca

Aug 19: First Rate Mortgage Cycling Series #22
Seattle, WA. See Race Series for information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 19: Lindsay's Thursday Night Time Trial #15
Boise, ID. See Race Series for further informa-tion. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

Aug 19: Southern Oregon Thursday Nighters
Medford, OR. See Race Series for information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

Aug 21: Lake Washington Velo Circuit Race Series
Silvana, WA. See Race Series for info. Broad-mark Capital Team, www.broadmarkcycling.com

Aug 22: BC Masters Association Race #25
Cobble Hill, BC. 65km Road Race. Joe Gard, BC Masters Cycling Association, 250-370-2689, www.bcmasterscycling.net

Aug 22: Comox Valley CC Road Race #6
Comox, BC. Raced on the Hill Climb MT WA course. See Race Series for info. Roger Thomas, Comox Valley CC, http://mars.ark.com/~cvcc

Aug 22: Gear Push Time Trial
Auburn, WA. Registration begins at 7:15 a.m., race starts at 9:00 a.m. Rory Muller, BuDu Rac-ing, 206-625-8333, www.buduracing.com

Aug 22: Provincial Criterium Championships
N Vancouver, BC. Criterium event only. Barb Zimich, 604-983-2765, www.zimichcoaching.com

Aug 22: Tablerock Hillclimb - Triple Crown #1
Boise, ID. See Race Series for info. Georges Cycles, 208-343-3782, www.georgescycles.com

Aug 23: Lakeside Bicycles Monday Night Masters and Women PIR Series
Portland, OR. See Race Series for info. Jim Anderson, 503-975-8229, www.obra.org

Aug 24: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for info. Sal Col-lura, Co-Motion Classic Racing, www.obra.com

Aug 24: Pacific Raceways Road Race Series #18
Kent, WA. See Race Series for info. BuDu Rac-ing, 206-625-8333, www.buduracing.com

Aug 24: Spokane Twilight Series
Spokane, WA. See Race Series for info. Bad-dlands Cycling Club, www.baddlands.org

Aug 24: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 24: World Tuesday Night Championships
Vancouver, See Race Series for further informa-tion. Escape Velocity, www.escapevelocity.bc.ca

Aug 26: First Rate Mortgage Cycling Series #23
Seattle, WA. See Race Series for information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 26: Lindsay's Thursday Night Time Trial #16 (Final)
Boise, ID. See Race Series for further informa-tion. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lactacidcycling.com

Aug 28: 9th Annual WA State Hillclimb Time Trial Championships
Crystal Mountain, WA. 6 miles, 1,500-foot eleva-tion gain. NWWC Cat 3 & 4 Series Race. Juniors category. Dave Bachman, Wheelsport Cycling Team, 253-852-4946, www.wheelsportcycling.com

Aug 28: High Desert Road Race
Bend, OR. Road race event. Damian Schmitt, 541-350-3327

Aug 28-29: Idaho State Championship
Boise, ID. www.lostrivercycling.org

Aug 29: BC Masters Association Race #26
Cowichan, BC. 80km Time Trial two up format. BC Championship. Ian Birch, Sidney Velo, 250-477-6475, www.bcmasterscycling.net

Aug 29: BC Masters Time Trial Championships
N Cowichan, BC. Tony Hoar, BC Master Cycling Ass., 250-743-1153, www.bcmasterscycling.net

Aug 29: First Rate Mortgage Series Final
Seattle, WA. Seward Park Season End Classic. NWWC Cat 4 Series Race. Part of CBC Educa-tion Foundation NW Juniors Racing Series. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

Aug 29: High Desert Criterium
Bend, OR. Road race event. Brad Cockman, www.obra.org

Aug 31: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for info. Sal Col-lura, Co-Motion Classic Racing, www.obra.com

Aug 31: Pacific Raceways Road Race Series #19
Kent, WA. See Race Series for info. BuDu Rac-ing, 206-625-8333, www.buduracing.com

Aug 31: Spokane Twilight Series
Spokane, WA. See Race Series for information. Baddlands Cycling Club, www.baddlands.org

Aug 31: Tuesday Night Road Race Series
Redmond, WA. See Race Series for info. BuDu Racing, 206-625-8333, www.buduracing.com

Aug 31: Tuesday PIR Series
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

Aug 31: World Tuesday Night Championships
Vancouver, See Race Series for further informa-tion. Escape Velocity, www.escapevelocity.bc.ca

ROAD TOURING

JULY

Jul 1-3: 1000km Brevet
Peace Region, BC. BC Randonneur club event. 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. The tour starts in Van-couver, BC and will cross Washington, Oregon and California. See web site for 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, 509-448-6271, www.spokanebicycleclub.org

Jul 3-10: San Juan Islands - Victoria
Seattle, WA. A great way to experience many of the best features of the Pacific NW by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Tour begins in Seattle with a van ride to LaConner. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 4: 200km Brevet
Lower Mainland, BC. Starts 7:00 a.m. BC Ran-donneur club event. www.randonneurs.bc.ca

Jul 4-9: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 7-11: RedSpoke*
Redmond, WA. 16th annual bike tour across beautiful WA state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Supports Bi-cycle Alliance of WA. Connie Carruth, Redmond Rotary Club, 206-298-9288, www.redspoke.org

Jul 10: 100km Populaire
Olympia, WA. Mark Thomas, SIR, 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, 206-523-7404, www.redmondyclingclub.org

Jul 10-17: Volcanoes of Washington
WA & OR. Visits four spectacular volcanic moun-tains - Mt. Rainier, Mt. St. Helens and Mt. Adams in Washington, and Mt. Hood in Oregon. Ideal for intermediate to advanced cyclists. Begins in Seattle, WA. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 11-17: Habitat 500
Hutchinson, MN. 7-day, 500-mile, fully supported bike ride. Fundraising event for Habitat for Hu-manity. Heather Arneson, Habitat for Humanity of Minnesota, 877-804-3466, www.habitat500.org

Jul 11-16: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels. Bike, sea kayak, whale watch and hike. Lodging and dining. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 11-17: Tour BC
Kamloops, BC. 7-day supported road tour in central BC. Camping with motel options. Join us for seven days of unforgettable cycling in British Columbia, famous world-wide for its scenery. Danelle Laidlaw, dpl CONSULTING, 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 en-counter and routes selected are less demand-ing than our longer trips. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 12: Victoria 200km
Victoria, BC. Start at Tim Hortons, Gateway Village at 8:00 a.m. "Tour of Greater Victoria." BC Randonneur club event. www.randonneurs.bc.ca

Jul 15-18: Red Ribbon Ride
Minneapolis, MN. four day, 300 miles bike ride to raise money for HIV related services. Kari John-son, AIDS Service Organizations, 612-822-2110, www.redribbonride.org

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 seren-ity of Oregon's high desert with us! Starting and finishing in Ashland, we will go in the Cascades, taking in Hyatt and Howard Prairie Lakes, then continue east, then north and west for a total of 454 to 502 miles. Includes camping, sag support, maps, breakfasts, dinners and one night's lodg-ing. Russell or Renee Rickert, Mt. Velo, 541-482-8704, russrenewtours@hotmail.com

Jul 17-18: Group Health Seattle-to-Port-land Bicycle Classic (STP)
Seattle, WA. 25th Annual. One of the largest and best cycling events in the nation. 7,000 riders cover the 200 miles in 1 or 2 days. A NW tradition. David Douglas, Cascade Bicycle Club, 888-334-2453, cbccstip@cascade.org

Jul 17-31: Rolling the Islands of Salish Sea*
Seattle to Victoria. Learn about the cultural heri-tage, history and economical and environmental diversity. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Jul 17-24: 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. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Tour begins in Seattle with a van ride to LaConner. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 17-18: Seattle Night & Day Navigation Challenge
Seattle, WA. Team foot or bike race that brings you to nooks and crannies of Seattle you've never seen before. Checkpoints are placed throughout Seattle and Vashon Island. Choose 3, 7, or 16 hours. Teams returning with the most points are the winners! See web site for details and registration. Cascade Orienteering Club, 650-697-6359, www.seattlenightandday.com

Jul 18-23: Glacier - Going to the Sun
Glacier National Park, AB. Trips designed for beginning cyclists. See web site for details. LunaTours, 877-404-6476, www.lunatours.com

Jul 18-23: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 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 Kam-loops. 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, 425-702-8880, www.seattlerandonneur.org

Jul 25-31: Bicycle Idaho
Pocatello, ID. Bicycle Idaho will cover three states: Idaho, Wyoming, and Utah. Highlights include Snake River, Rocky Mountains, Teton Pass, Jackson, WY, Bear Lake, and Logan Canyon. Sandy Green, Bicycle Idaho Committee, 800-413-8432, www.oregonbicycleride.org

Jul 25-30: San Juan Islands 6-Day
Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 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 Alli-ance of WA. Franklin Lane, West Sound Cycling Club, 360-779-1819, www.westsoundcycling.com

Jul 26-29: Rolling Pub Crawl
Forest Grove, OR. Multi-day cycling tours featur-ing a relaxing route between McMenamins hotel properties in Forest Grove, McMinnville, Port-land, and Troutdale. Each tour (15-25 people) group. Rebecca Miller, Smith & Miller Production, 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 and routes selected are less demanding than our longer trips. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 27: Ice Cream Classic
Bend, OR. 65-mile Century ride. Starts 9:00 a.m. Sunnyside Sports, 541-382-8018, www.sunnysidesports.com

Jul 27-Aug 1: The Canadian Rockies - Banff to Jasper
Banff, AB. Trips designed specifically for beginners. See web site for details. LunaTours, 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, 206-781-3903, www.RedmondCyclingClub.org

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

Jul 31-Aug 7: Oregon Crater Lake
Oakridge, OR. Explore a spectacular area of tall timbers, clear rivers and snow-clad peaks. For intermediate to advanced cyclists who want to ride on low-traffic roads through incredible scenery. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 31-Aug 7: San Juan Islands - Victoria
Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Tour begins in Seattle with a van ride to LaConner. Bicycle Adventures, 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, 503-736-2770, www.SummitToSurf.org

AUGUST

Aug 1: Blackberry Bramble Century
Eugene, OR. Metric, Full Century, 62-mile ride and 20 mile family ride. Start at Eugen Water & Electric Board on 4th Ave. Rest stops, snacks, lunch and water. Treats at the end. T-shirt avail-able. Supports Bicycle Transportation Alliance. Mel Huey, GEARS Cycling Club, 541-345-3181, Gearride@aol.com

Aug 1-6: San Juan Islands 6-Day
Anacortes, WA. Tour for all levels. You'll bike, sea kayak, whale watch and hike through beau-tiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 4-7: Rolling Pub Crawl
Forest Grove, OR. Multi-day cycling tours featur-ing a relaxing route between McMenamins hotel properties in Forest Grove, McMinnville, Port-land, and Troutdale. Each tour (15-25 people) group. 503-720-6984, www.rollingpubcrawl.com

Aug 6-7: Ride Seattle to Vancouver & Party (RSVP)
Seattle, WA. 185-mile ride on scenic Washington backroads. Post-event party w/ live band and no-host cash bar. David Douglas, Cascade Bicycle Club, 888-334-BIKE, www.cascade.org/rsvp

❁

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

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Aug 7: 400km Brevet

Lower Mainland, BC. Starts 6:00 a.m. BC Randonneurs Cycling Club. www.randonneurs.bc.ca

Aug 7-13: Cycle the Columbia Gorge

Portland, OR. Route showcases the Pacific Northwest's varied and spectacular landscapes. Route follows the path of explorers Meriwether Lewis and William Clark, along the spectacular Columbia River Gorge and to Astoria, Oregon, on the Pacific Ocean. Adventure Cycling Tours, 800-755-2453, www.adventurecycling.org/tours

Aug 7: Torture 10,000

Gresham, OR. 30, 72 or 100 miles of incredibly beautiful terrain: Columbia Gorge, streams, climbs, mountain views. Iris Mushkin or Dan Alie, Portland Wheelmen Touring Club (PWTC), 503-257-PWTC, www.pwtc.com

Aug 7: Tour of the Columbia Basin

Wenatchee, WA. 50, 100 and 150-miles ride. Wenatchee, Quincy, Ephrata, Soap Lake, Dry falls, Waterville, Orondo back to Wenatchee. 509-662-3461, www.rsvp-wa.org/nw

Aug 7-14: Volcanoes of Washington

WA & OR. This trip visits four spectacular volcanic mountains - Mt. Rainier, Mt. St. Helens and Mt. Adams in Washington, and Mt. Hood in Oregon. Ideal for intermediate to advanced cyclists who want to take in some of the most dramatic natural beauty of the Pacific Northwest. Begins in Seattle, WA. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 8: Bridge Pedal 2004

Portland, OR. Ride across nine of Portland's bridges without all of those annoying cars in your way. Start in the earliest waves in the morning to avoid bicycle traffic jams. Providence Rose Pedal, 503-281-9198, www.providence.org/

Aug 8: Dougle Dawg Tandem Ride

Bend, OR. 65-mile road ride for tandems and singles from Bend to Smith Rock State Park and back. Great views, no brutally long climbs, but short, steep ones just to keep it fun. Entry fee includes maps, mechanical support & deluxe snacks at the rest stop. Hutch's Bicycles, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Aug 8-14: Oregon Bicycle Ride

Roseburg, OR. Seven-day, 475-mile, fully-supported ride. Campsites, showers, breakfast, dinner, road and mechanical support. Ground transportation. Sandy Green, OBR Committee, 800-413-8432, www.oregonbicycleride.org

Aug 8-13: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 9-12: Cascade to the Coast (C2C)

Oakridge, OR. Each day is a specialty tour within the overall tour. Features lakes, ocean, vineyards, covered bridges, water falls, rivers, wildlife and lots of trees and mountain views. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Aug 9-13: Crater Lake National Park

Crater Lake, OR. Elevations on this trip range from 2,800 to 7,100 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 9-13: San Juan Islands - 5 Day

LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 14: 300km Brevet

Redmond, WA. Mark Thomas, SIR, 425-702-8880, www.seattlerandonneur.org

Aug 14: 50, 100, 150, 200, 300km Brevet

Vancouver Island, BC. Stephen Hinde, 250-245-4751, www.randonneurs.bc.ca

Aug 14: Breakfast in the Woods

Orting, WA. Three routes to choose from 50, 59 and 65 miles. Breakfast served from 8:00 - 2:00

pm at the Mountaineers Carbon River Property at the entrance of Mt Rainier National Park. Packet pick up 7:00 a.m. to 11 a.m. Foothills Rails to Trails, 253-841-2570,

Aug 14-22: Cascade Loop Tour

Freeland, WA. Maximum 6 people. Averaging 70 miles per day, 9-day tour is for experienced riders. This is a camping trip with the exception of a KOAKabins day in Winthrop and Leavenworth. Mike and Tina Doland, 360-331-4845, www.bikesummer.org

Aug 14-16: Courage Classic Bicycle Tour

Snoqualmie, WA. A 3-day, 172-mile, fully supported, fundraising bicycle tour. Ride over Snoqualmie, Blewett and Stevens passes. Great supports and food stops. Jeff Randall, Mary Bridge Children's Hospital, 800-392-9253, www.courageclassic.com

Aug 14: Covered Bridge Bicycle Tour

Timber Linn Park, Albany, OR. Relaxing country "century" ride event with lengths of 40, 68, 85 & 101 miles. Great food too! Mid-Valley Bicycle Club, www.coveredbridgetour.com

Aug 14-28: Lewis & Clark Pacific

Portland, OR. The Lewis & Clark Pacific follows the route of the Corps of Discovery on one of the most spectacular legs of their historic journey. The tour starts in Portland, Oregon, one of America's most bike-friendly cities, and heads east through the Columbia River Gorge. Adventure Cycling Tours, 800-755-2453, www.adventurecycling.org/tours

Aug 14-21: Oregon Crater Lake

Oakridge, OR. Explore a spectacular area of tall timbers, clear rivers and snow-clad peaks. For intermediate to advanced cyclists who want to ride on low-traffic roads through incredible scenery. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 14-15: Oregon MS Bike Tour

Salem, OR. Two days of cycling fun, based at Willamette University in Salem. Great beer garden and entertainment in the evenings! Fund-raiser for the MS Society of Oregon. National Multiple Sclerosis Society - Oregon Chapter, 800-FIGHTMS, www.orcnmss.org/MS150/

Aug 14-21: 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. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Tour begins in Seattle with a van ride to LaConner. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 15: Blue Cruise Wheels for Wellness

Meridian, ID. 100, 50, 30 and 15 miles. Each route heads south and loops back. Fully supported. Picnic at the finish. Blue Cross of Idaho Foundation for Health, 866-482-2252, www.bcidahofoundation.org

Aug 15-21: Ride Around Washington

(RAW) Seattle, WA. RAW turns 5 by reversing its original route with a few changes (via mostly SR20). 6-day ride from Davenport, WA, over the North Cascades. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club 206-522-BIKE, www.cascade.org/raw

Aug 15-20: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 15: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)*

Tenino, WA. Revel in the quiet countryside of Thurston & Lewis Counties. Great view of Mt. Rainier. Supports Bicycle Alliance of WA. Terry Zander, Capital Bicycling Club, 360-480-7356, www.capitalbicycleclub.org

Aug 16-20: Crater Lake National Park

Crater Lake, OR. Elevations on this trip range from 2,800 to 7,100 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 16-27: Rocky Mountain Bicycle Tour

Nelson, BC. 1000km. Jorg Becker, 250-358-7966,

Aug 16-26: Tour de Rockies

BC. 11 days of great cycling, superb service and fun. Daniel Hellyer, Slokan Valley CC, 205-358-2612, www.bcmasterscycling.net

Aug 21: 200, 300, 400, 600km Brevet

Lower Mainland, BC. Starts 6:00 a.m., www.randonneurs.bc.ca

Aug 21: Activity to Benefit Children (ABC) Bicycle Ride

Mt. Angel, OR. Fundraiser bicycle ride with 3 ride options (10 to 62 miles). Cost is \$25 before 8/13 and \$40 after. Jean Brougher, Providence Benedictine Child Development Center, 503-845-2662

Aug 21: Head to the Bay

Newport, OR. Lighthouse to Lighthouse Fun Ride(s). Jane Maines, Yaquina Lights, 541-574-3129, <http://yaquinallights.org>

Aug 21: The Vine Ride

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 50, 65 and 100 miles. Karl White, Wheel Help Rides, 800-390-6189, www.vineride.com

Aug 22-27: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 23-27: San Juan Islands - 5 Day

LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 28-Sep 4: Oregon Crater Lake

Oakridge, OR. Explore a spectacular area of tall timbers, clear rivers and snow-clad peaks. For intermediate to advanced cyclists who want to ride on low-traffic roads through incredible scenery. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 28-29: RAPSody 2004*

Tacoma, WA. 2-day ride with a 1-day option. 150 miles and 9,400 feet of elevation gain. Marquee event of Bike Summer 2004. Limit 1,500 riders. Proceeds donated to Bicycle Alliance of WA. Capital Bicycling Club, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, Seattle Bicycle Club and B.I.K.E.S. of Everett, info@rapsodyride.org, www.rapsodyride.org

Aug 28-Sep 4: San Juan Islands - Victoria

Seattle, WA. Our signature trip - a great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Tour begins in Seattle with a van ride to LaConner. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 29-Sep 3: San Juan Islands 6-Day

Anacortes, WA. This 6-day tour for all levels is our most popular. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining are the icing on the cake. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 30-Sep 3: Crater Lake National Park

Crater Lake, OR. Elevations on this trip range from 2,800 to 7,100 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 30-Sep 3: SPUDS - Cycling Around Idaho

Ketchum, ID. 10th annual ride around Idaho. Cyclevents, 888-733-9615, <http://spuds.cyclevents.com>

TRACK

JULY

Jul 1: Alpenrose Weekly Series

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

Jul 2: Fast-Twitch Fridays

Portland, OR. See Race Series for further information. 503-227-4439, www.obra.org

Jul 5: MVA Monday Night Racing

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

Jul 9: Fast-Twitch Fridays

Portland, OR. See Race Series for further information. 503-227-4439, 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 further info. Mike Murray, 503-661-5874, www.obra.org/track

Jul 16: Group Health MVA Friday Night 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 further info. Mike Murray, 503-661-5874, www.obra.org/track

Jul 23: Fast-Twitch Fridays

Portland, OR. See Race Series for further info. Jen Featheringill, 503-227-4439, 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, <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 further info. Mike Murray, 503-661-5874, www.obra.org/track

Jul 30: Fast-Twitch Fridays

Portland, OR. See Race Series for further info. Jen Featheringill, 503-227-4439, www.obra.org

Jul 30: Group Health MVA Friday Night Races

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

AUGUST

Aug 2: MVA Monday Night Racing

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

Aug 4: MVA Wednesday Night Racing

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

Aug 5: Alpenrose Weekly Series

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

Aug 5-8: Tim Horton's National Track Championships

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

Aug 6: Group Health MVA Friday Night Races

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

Aug 7: Oregon State Junior and Team Track Championships

Portland, OR. Track event. Candi Murray, 503-667-6220, cmurray@obra.org

Aug 8: State Short Track Championships

Sun Valley, ID. Mackey Stage Race. Bill Olson, bike_camp@msn.com

Aug 9: MVA Monday Night Racing

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

Aug 11: MVA Wednesday Night Racing

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

Aug 12: Alpenrose Weekly Series

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

Aug 13: Fast-Twitch Fridays

Portland, OR. See Race Series for information. Jen Featheringill, 503-227-4439, www.obra.org

Aug 13: Group Health Friday Night Races

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

Aug 14-15: WA State Championships

Redmond, WA. <http://marymoor.velodrome.org>

Aug 16: MVA Monday Night Racing

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

Aug

Norman and Me

BY MAYNARD HERSHON

Our dialogue on this subject is ongoing, but a recent incident rekindled it. About a dozen riders in a side-by-side pace line were descending a curvy road, rolling at about the legal limit. They were among our best local riders, pros and category ones.

A car passed the group a few curves before the bottom of the descent. The driver cut back into the lane too quickly, bumping the hip or shoulder of the rider on the front left, who bounced off the car and banged into the guy next to him. No one fell. I told you they were good riders.

The riders yelled at the driver, who may or may not have heard. Some may have gestured rudely. Reacting to their disrespect, the offended driver dynamited his brakes, scattering the riders. Then, for whatever reason, he pulled over onto the shoulder and stopped.

The riders also stopped. One or two clipped out of their pedals. The guy who'd been hit and another guy went to the back and front of the car and kicked at painted areas. The guy who'd been hit then went to the driver's window and entered into a discussion with the driver, the details of which are unclear. Perhaps voices were raised.

The guy who'd been hit reached into the car and slapped or hit the driver. Someone with a cell phone called 9-1-1, and soon the police arrived. And? In order to avoid prosecution for assault, the rider who'd been hit paid several hundred dollars for repairs to the car.

I believe the driver was not asked to apologize for the assault HE perpetrated. He

was, after all, innocently driving to work or to a Quick-Mart for Luckies and lottery tickets. The ill-timed pass and sudden braking were accidental, no doubt. No civilized person would do any of that on purpose.

A day or so later, I saw my friend Norman at Café Paraiso. He told me what he'd heard about the episode described above, and I told him what I'd heard.

I asked Norman about what had happened, and what he felt SHOULD have happened. Was the rider really to be blamed for reacting harshly to a life threat? Isn't that a natural human response? Can we simply deny our anger?

Norman said he'd been working on this problem for years. He had reacted violently himself, he confessed, in the distant past. He'd perhaps even made physical contact with a driver who'd threatened his life in a way that seemed to Norman to be deliberate.

But he'd thought about it and thought about it, and worked on it and worked on it, and it became clearer to him than it had ever been how to handle those situations. Anger, Norman said, won't work. It isn't healthy for you and it won't trouble the driver.

"You can't tell what's in the minds of others," he told me. "You waste time and energy trying to imagine what they're thinking or why they do what they do. You certainly can't change their attitudes or behavior, especially by being hostile. Never happen.

"If you ride in a state of anxiety, expecting confrontation and danger, somehow you'll find that confrontation and danger. Something about how you feel invites those uncomfort-

able situations. I've ridden calm and I've ridden tense. Calm is better," he said.

"So I've been working at calmness — on and off the bike. Acceptance, maybe you'd call it.

"If something happens on the road, as it does occasionally, I know I can't improve things by answering rudeness with rudeness. I can only remain cool and centered and let the thing slide into the past. If I get mad, I only upset myself. My anger isn't going to ruin the driver's day, no way. It only affects me, and always negatively.

"But I'm not perfect. Honestly, if it'd been me at the front-left," Norman said, "and the guy had hit me with his car, I don't know what I'd have done. I might've kicked the car or hit the guy myself.

"By the way," he said, "I've been asked to speak at a bike club meeting on Wednesday. I'm gonna talk about riding in traffic and not getting upset and about how to set a good example, showing respect for drivers, letting them have the right of way at intersections when there's confusion, signaling turns and lane changes—just acting responsibly, like good sharers of the road. Maybe do some good.

"If I do that, Norman said, "and you do that, and we try to get other riders to do that, we can turn some of these drivers around, maybe get them to cut us some slack on the road, show us the courtesy we show them."

"Norman," I said, "I appreciate the wisdom of what you say, and I admire you for trying to lift yourself above hostility and resentment. I'm sure you're happier and healthier as a result.

"I try to be courteous on the road, because I don't enjoy being rude or taking advantage. But I don't believe we can win the hearts and minds of motorists.

"I'm afraid," I said, "that driver carelessness and hostility are constants on the road.



"When we ride in traffic we're at the mercy of our motorized brethren, and oh-so many of them have no mercy. They're self-absorbed and blind to our vulnerability.

"You couldn't force drivers to treat their nieces or granddaughters the way they treat us. Mom and dad won't let their kids ride or walk to school - it's too dangerous. But mom and dad motorist will cut us off or follow us too close or turn across our path.

"You want to say to them: Get a bike. Then you'll understand.

"But they won't, Norman," I said. "They won't get bikes and they'll never understand. Treating one or two or 1,000 of them courteously won't win even one heart or change even one mind. No more than screaming or gesturing or slugging them will.

"Motorists like the guy who hit our friend are impossible to understand; they just ARE. Like the earthquake that levels the orphanage. Hating the earthquake may be ineffective and self-defeating, but what's the alternative?"

► "Cornering" from page 1



Photo Courtesy of Sylvie Allen

the front wheel. Let's go over that in a little more detail. For rear traction, as you approach the start of the corner, put the foot at the outside of the corner down and stand hard on it. This comes just as you start to lean and counterbalance your bike and will help with stability and counter-steering. Be careful that you're not putting your

inside foot down! This will make it harder to lean your body to the outside as well as risking clipping a rock or something on the trail, ouch! Now, to get traction on the front tire (hate to lose control of that one!), have an aggressive stance and lower your torso slightly towards the bars (don't sit too far back). To get that inside arm straight, pretend you are pulling the grips off the ends of the handle bars.

Direction Correct line choice and direction come with planning and practicing correct body language. Generally if you look where you want to go and make your whole body face in that direction, you should get there! You can achieve this by looking around the corner, turning your head and pointing your inside knee in the direction of the corner, which also rotates your hips and shoulders in the direction of the turn. Voila! Now your whole body is facing in the direction you want to go. I tell people that their inside knee has an eyeball on it and wants to see where you're going! Now think about the line you take through the corner and try increasing your speed. Picture yourself driving a winding highway or as a racecar driver who will start the corner on the outside, cutting to the apex and ending on the outside again. Braking only before the corner and pedaling out of the corner, like putting the gas on, will straighten you out and speed you up.

Now that you've mastered one direction...time to try the other direction! Then put it all together with some linked turns.

Whew, that's a lot of pointers to think about in one quick corner! The best thing is to practice with someone else who can help detect and correct your weaknesses, or with a video camera so you can see if you are really leaning the bike. Cornering at speed is a complex skill that is ever changing with the terrain, so it's fun to practice and re-practice! It is a

skill performed at speed, unlike the cornering we do in a tight and twisty switchback-but we'll cover those in another article.

Remember to be aggressive and to increase your speed and the slope gradient gradually-and have fun!

Sylvie Allen is from Whistler, BC. She is a manager and coach for the Sugoi Dirt Series. Sylvie is the 2002 Canadian National Downhill Champion and a five-time member of the Canadian National Downhill Team.

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