

# BICYCLEPAPER

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Photo Courtesy of Helen Davenport

From left to right: Grace Francis, Lou Marie and Fred Freeman, Valerie and Jerry Strong, Helen Davenport and Charlie Groom, Jake and Lorane Armoutoff. All are ages 65-75.

## Senior Riders in Full Swing

By CATHY ZEGELIN

Improvements in healthcare and standards of living have steadily increased life expectancy. The percentage of people over the age of 55 is increasing, and more seniors are staying fit through cycling. Patrick McCormick, the communications director for the League of American Bicyclists, says an estimated 7 million riders in the USA are over the age of 50. Of those, about 3 million are over 60. Seniors ride for many reasons, health benefits being the most common. McCormick says, "A lot of people as they age start having knee problems, because cycling is a fluid motion, its much easier on the knees, bones and joints."

Most seniors who ride with clubs join organizations open to all ages, like the Cascade Bicycle Club (CBC), which has about 5,000 members in the Puget Sound area. Other clubs such as Tacoma Wheelman, Portland Wheelmen Touring Club, Seattle Velo, Capital Bike and others, also have many seniors in their ranks. Scott Marlow, the marketing director for CBC confirms that there are 1,103 club members over the age of 55, and of those 83 are over 70. Their oldest member, Kerri Lonergan, was born in 1903, which makes her 101. Karl Peterson, 82, has been a member of Cascade for about eight years. He began riding about twenty years ago because, "it is better on my knees than running" he says. Peterson puts between ten and twelve hundred miles on his bike each year and takes part in many different rides, including the RAGBRAI, The Register's Annual Great Bicycle Ride

### Contacts

- BC Masters Cycling Association: [www.bcmasterscycling.com](http://www.bcmasterscycling.com).
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- Jet City Velo: [www.jetcityvelo.com](http://www.jetcityvelo.com)
- Northwest Race Report: [www.nwracereport.com](http://www.nwracereport.com)
- USA Cycling: [usacycling.org](http://usacycling.org)

Across Iowa. "It's just fun," he says. Explaining why he joined CBC he states, "Because my dues can help financially with trail building and bicycle safety programs. It is a way to help out when I can't volunteer." Peterson is also one of the many senior riders who participate in the annual Group Health Seattle to Portland Bicycle Classic (STP), which draws seven to eight thousand participants each year. This year 1,063 riders 55 and over registered for the event. Thirty-five of them are over 70 and Peterson, at 82, is the oldest.

### Other benefits

There are other benefits to be gained from cycling. Marie Freeman, 74, joined the Senior Riding Group from North Shore Senior Center in Bothell in 1992 after she was widowed. She says joining was strictly for social reasons as she had decided it was time for her to "get out and meet new people." When asked how long the club has been around she explains, "It was going really strong when I joined, it started about six years before that." It was through the group she

See "Seniors" on page 3

► Feature

## Stevenson, Magness Win Demanding Hood Classic

By JOE ZAUNER

There really wasn't much fanfare or hoopla on June 6, the date of the last stage of the Mount Hood Cycling Classic. Rain poured down on the mountaintop finish area and officials huddled under tents as riders crossed the line after climbing the last 2,400 feet over the final ten miles of the 75-mile road stage.

It was a tough stage to say the least and one that broke the hearts and equipment of more than a few athletes. Wells Fargo's Lisa Magness prevailed in the women's race. She was at or near the top in all the stages. For Benaroya Research Institute Cycling Team's Russell Stevenson, it was his ability to bury himself, recover and do it again that kept him in the leader's jersey from start to finish.

### Prologue

The stage one Panorama Point time trial was a formality and most of the riders lining up knew it. At 2.5

miles, the margins separating the athletes would be small and in the end probably wouldn't figure into the final outcome.

But to say the stage was meaningless would be inaccurate. At stake, of course, was the leader's yellow jersey emblazoned with the logo of the title sponsor, Full Sail Ale. Despite its brevity, there was 150 feet of climbing.

Fortunately for the 80 starters in the Pro 1-2 field, the wind wasn't blowing that day. This was a solid



Photo by Joe Zauner

The Mt. Hood Classic had athletes going full tilt, heads down for the win.

See "Mt. Hood" on page 7

► Feature

## Follow the Portland Example To a Bike-friendly City

By DANIEL FLYNN

In 1995 and 1999 Bicycling Magazine selected Portland as the most bicycle friendly city in the nation for its size. In 2001, they honored it with the title Best City for Cycling in North America. What does Portland have that earned it these accolades?

A city government that is responsive to the needs of the bicycling community, for one thing. In 1973, a residents' task force created the city's first Bicycle Plan. The Portland Office of Transportation's Bicycle Program and the Bicycle Advisory Committee (a group of residents that advise the City Council on all bike-related issues) stemmed from this plan. In May 1996, the city adopted the Bicycle Master Plan. This 20-year plan calls for the expansion or creation of bike

### Why Portland is so good

- In 1973, a task force was created that advises city leaders about bicycle-related issues.
- In 1996, Portland adopted a 20-year Bicycle Master Plan.
- In 2001 the city reports 2,100 short-term bicycle parking spaces and 350 long-term bicycle lockers.

routes, lockers, and parking spaces.

At the onset of the plan, the city had 111 developed bikeways, 1,900 short-term and 145 long-term parking spaces. In 2001, the city reported 2,100 short-term parking

spaces, and 350 bicycle lockers for long-term parking. Currently, the city has 244 miles of developed bike

See "Bike Friendly" on page 10

## Projects Awarded State Safe Routes to Schools Grants

While school children have fun this summer, a team of Washington State agencies is working hard with schools and school districts across the state in preparation for safety improvements when students return to classes in the fall. Awards for eleven Safe Routes to Schools grants, totaling over \$1 million, were announced in July at Seattle's BikeSummer Kickoff [www.bikesummer.org/2004/](http://www.bikesummer.org/2004/) event promoting safe cycling in Washington State.

The Safe Routes to Schools program aims to protect children from traffic deaths and injuries, and promotes a healthy lifestyle through biking and walking. It also provides sensible transportation by reducing the number of car trips to and from schools.

"WSDOT is eager to support bicycling in its many forms - fitness, touring and commut-

ing," said Secretary of Transportation Doug MacDonald. "There is nothing more important, however, than supporting the Safe Routes to Schools bicycle and walking program, which provides a host of benefits for kids, health, communities and the environment."

More than 60 proposals were received during the three-week call for projects. A common component in all eleven of the projects selected is community involvement in the development of safety, education, enforcement and/or traffic improvement programs to get more kids walking and biking to school safely. Most of the selected projects include improved sidewalk connections or new pathways, and safety education for students and parents. In one case, the grant provided leverage for additional federal grant funding to construct a

pedestrian/bicycle overpass.

The Washington State Legislature approved \$1 million in their 2004 Supplemental Transportation Budget to support this Safe Routes to Schools Grant Program. Efficiencies realized in similar traffic safety programs allowed WSDOT to contribute an additional \$375,000 toward the grant funding. The program is a coordinated effort between the Washington State Departments of Health and Transportation, the Washington Traffic Safety Commission, the Office of the Superintendent of Public Instruction and the Bicycle Alliance of Washington.

"When the legislature included \$1,000,000 for safe routes to school in the transportation budget, I was enormously pleased because it signaled their recognition of the importance of kids walking and bicycling for all the right reasons," said Barbara Culp, executive director of the Bicycle Alliance of Washington.

"In some communities, walking or biking to school has not been the safest option for children. With these grants, schools and

communities can partner on projects that will allow parents and children the choice to get to school in a safe, fun and healthy way," stated Superintendent of Public Instruction Dr. Terry Bergeson.

For a detailed list of each of the funded Safe Routes to Schools projects and related information, visit the Washington State Department of Transportation (WSDOT) web site at: [www.wsdot.wa.gov/bike/safe\\_routes\\_projects.htm](http://www.wsdot.wa.gov/bike/safe_routes_projects.htm)



Bicycle Alliance executive director Barb Culp announcing the grant recipients.

## Underground Railroad Bicycle Route

COURTESY SUBLIME PUBLIC RELATIONS

Adventure Cycling Association, the nation's premier bike-touring organization, has signed a memorandum of understanding with The University of Pittsburgh's Center for Minority Health (CMH), to create an Underground Railroad Bicycle Route. In addition to identifying the route and developing a set of maps describing it, the collaborators will provide the public with an assortment of history—and

health activities related to the route, including Underground Railroad bicycle tours.

The organizations created this partnership in recognition of the capacity for bicycle travel to build stronger cross-cultural relationships among our nation's citizens while promoting lifelong health through a form of physical activity available to people of all ages and socioeconomic backgrounds.

The CMH is dedicated to the elimination of racial and ethnic health disparities in cancer, heart disease, diabetes, HIV/AIDS, immunization, infant mortality and mental health by the year 2010. They have an impres-

sive track record of creating effective community-based programs promoting healthy lifestyles among minority groups.

By the year 2010, thirty percent of the US adult population should be engaged in regular, moderate physical activity for at least 30 minutes per day, according to the Centers for Disease Control and Prevention. In 1997, only 15 percent of the population had reached the goal (DHHS 2000). Lack of physical activity is a risk factor in several leading causes of preventable illnesses such as diabetes and heart disease. While 20 percent of the US population has diabetes, Blacks are 2-3 times more likely to develop the disease compared to whites (CDC, 2004).

Cycling is an excellent way to meet the national recommendation for physical activity. Unfortunately, far too few African Americans

have embraced the recreational cycling movement; cycling organizations must increase their outreach efforts to minority communities.

"Throughout history black people have used bicycles as a mode of transportation. Today we must promote physical activity within the cultural context of African American history, including the struggle to freedom from slavery. The Underground Railroad Bicycle Route demonstrates how to use cultural tailoring designed to get people moving," said Thomas. "We are very excited about our partnership with Adventure Cycling and the contributions we can make together toward the elimination of racial and ethnic health disparities."

For information, call Tom Robertson at 800-755-2453 ext. 227, or [www.adventure-cycling.org/undergroundrailroad](http://www.adventure-cycling.org/undergroundrailroad).

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For more ideas on cycling for health, visit our Web site at [www.ghc.org](http://www.ghc.org).



## Color-impaired Cycling Map

Thanks to a \$9,500 federal grant, a new Washington County, Oregon bicycle map specially designed for colorblind cyclists is now available. The usual bike maps are virtually useless to colorblind people because they have trouble differentiating between the colors. Map-makers and cartographers have worked together to develop a bike map that can

be understood by all. It combines color-coding and vertical black dashes, which indicate the level of caution riders must use on the trails. The dashes make the map useful to the color-impaired population. The map is available after August 1 at the Convention and Visitors Bureau of Washington County, The Bike Gallery, some area chambers and other cycling

outlets. Maps cost \$3 in the store, or can be mailed anywhere in the USA for \$5 a piece. For more information call (800) 537-3149 or log on to [www.country-sideofportland.com/bike](http://www.country-sideofportland.com/bike).



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# Miles of Biking Joy In Idaho

DANIEL FLYNN

Cyclists had cause to celebrate National Trails Day on June 5 with the grand opening of the Trail of the Coeur d'Alenes. The approximately 72-mile asphalt trail stretches from the eastern Idaho town of Mullan to Plummer, located near Washington. The 10-foot wide path offers bicyclists forested beauty, lake vistas and wildlife sightings. Trailheads provide vehicle parking. Restrooms and picnic areas are also found along the path.

The trail is the result of turning an environmental cleanup project into a source of recreation. The route was formerly a railroad bed owned by Union Pacific Railroad. Over the years, mine waste spilling from trains contaminated the railway. According to John Bromley, spokesman for Union Pacific, the railroad paid \$48.8 million to complete the trail in order to end litigation against the railroad by the federal government, the State of Idaho and



Photos by Gordon Savatsky

**The Trail of Coeur d'Alene is 72 miles long.**

the Coeur d'Alene Tribe. Included in this figure is \$2.9 million to be used for trail maintenance. "Removing the (contaminated) dirt along the right of way would have been an expensive and time consuming process and left a scar across the land which could be put to better use as a trail," Bromley explains. "Creating the trail allowed us to cap the lead along the right of way so it wouldn't be exposed to the public." Bromley says this asphalt cap controls the risk of potential lead exposure.

The Chatcolet Bridge, a former railroad crossing over Lake Coeur d'Alene, has been remodeled into a bridge exclusively for pedestrians and cyclists. Originally, the swing bridge would open for boats to pass through and close to allow trains to cross. The 220-foot historic bridge has now been elevated so boats can pass under it. The bridge is a gateway into

the oldest state park in the Pacific Northwest, Heyburn State Park. A stair step-style ramp makes it an easy ride to the top of the bridge for the scenic view. The park itself has 5,505 acres of land and is blessed with three bodies



Photos by Gordon Savatsky

**The view between Enaville and Mullen.**

of water: Lake Chatcolet, Benewah Lake and Hidden Bay.

"This is a great club ride because it affords so many options," says Corrie Rosetti, board member of the Twin Rivers Cyclist Club in Lewiston, ID. "You can't get lost...The distances are quite manageable for our club riders. Harrison to Kellogg is 38 miles. Wallace is only another 11 or 12 and Mullan another 7. And then, of course, there is the gondola and the option for some mountain biking." The town of Kellogg, site of the Silver Mountain Resort, is on the trail between Wallace and Mullan. During the summer months, bicyclists can take a 3-mile gondola ride up the mountain and enjoy a scenic mountain bike ride back down.

Although the trail did not officially open until this year, cyclists have been on portions of it since 2000. As a result of the trail, towns along the route expect to see a financial boon to their economy. In June, 2004, the Spokesman Review reported the opening of three restaurants, an ice cream shop, and a fudge factory in the town of Harrison, located across Lake Coeur d'Alene from Heyburn State Park. "For July and August last year, our occupancy was up 60% from the previous year and that was due to the trail," says Arleen Woodside, co-owner of the Osprey Inn. "And this year for April and May, we are up about 60 to 65% from last year." She exclaims that all of her guests love the trail. "Almost every one of them has said they are coming back to ride it again," she states. "Harrison is becoming a destination...After a day of bike riding they can take a boat ride across the lake and have dinner at the restaurant and gamble

in the casino." Tom Kirkpatrick, owner of the Conkling Marina and Resort in nearby Worley, confirms the Coeur d'Alene Casino offers free shuttles from the marina. However, a one-hour notice and a minimum passenger load of four people are required before they will send the boat across the lake. Woodside says Harrison's problem now is trying to accommodate all the new vacationers. "For overnighters we don't have enough lodging," she explains. "But there is another bed and breakfast that is supposed to open this July."

If you are staying near Harrison and want to see more of the trail, but don't wish to ride all 72 miles of it, Pedal Pushers Bike Rental & Repair has an option. "It's a long way between trailheads, so we felt there was a need for a shuttle so you can see more of the trail," says John Kolbe, co-owner of the Harrison bike shop. The shop offers a 13-passenger bus for charter service. The rental includes a flatbed trailer that accommodates 15 bikes. The bus can either drop your group off at a trailhead so you can pedal back to Harrison, or it can pick you up after a long ride to return you to town. A charter to or from Enaville (about 33 miles from Harrison) is \$150 per bus load while a lift to or from Mullan (about 56 miles away) is \$300 per bus load.



Photos by Gordon Savatsky

**Cataldo South area.**

In the future, the trail may be linked to others in the area. According to Louise McGrody, Trails Manager for the Bicycle Alliance of Washington, there are plans to link the trail to Washington's John Wayne Rail Trail (which spans over 100 miles from Seattle to Tekoa) and to Idaho's Hiawatha Rail Trail (a 46-mile trail that currently ends in Montana after a ride through the 1.8-mile Taft Tunnel).

Unlike the Hiawatha Trail, which requires the purchase of a trail pass, use of the Trail of the Coeur d'Alenes is free to the public, as are the parking lots at the trailheads. The level, paved terrain is great for cyclists of every age and skill level.

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# Grilled Salmon and Local Vegetables Perfect for Cyclist's Dinner Table

By MELINDA BURDO

You've just returned home from a wonderful summer ride. You're hungry, it's getting late and you're getting tired. A delicious dinner providing protein, carbohydrates and fat is just what you need and can be only minutes away. All it takes is a little forethought before you click in to your pedals.

## General Shopping Tips

### Rice:

Invest in a rice cooker. This will free you from the stove and allow you more time to ride and play. \$50 or less at Uwajimaya or Target is well worth the investment. Nothing fancy, just the kind that kicks off once the rice is done.

Use organic short grain brown rice for the most meaty/toothsome rice; Lundberg is a good brand. For fluffier, lighter rice choose a long grain. Brown rice provides great complex carbohydrates with a low glycemic index, giving you long, sustained energy.

### Vegetables:

Look for the freshest locally grown organic produce that is bright, smooth and firm. Long shipping times greatly diminish nutrient counts so local is always better. Consider eating vegetable of different colors and textures. Various colors indicate difference in vitamin and nutrient content. If you can't find the vegetables listed in the recipe buy what looks delicious to you.

### Salmon:

Wild salmon has fuller flavor and more Omega 3 fatty acids than farm raised salmon but it also costs more. However, you can buy whatever kind of salmon or fish you want. Buy Pacific caught fish to help ensure freshness and support local fishermen.

### Dinner for Two and Some:

You will need 30 minutes before your ride to prepare most of this meal. It will get you that much closer to a delicious meal after the ride is over.

- Brown Rice (5 minutes)
- 2 Cups Brown Rice
- 4 Cups Water
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Teaspoon Kosher Salt

Put rice, water, oil and salt in rice cooker. Turn it on. It will stop cooking on its own after about 40 minutes and will keep the rice warm for hours.

Grilled Vegetables with Goat Cheese (15 minutes)

- 1 each Red, Yellow and Orange Bell Pepper
- 1 big Walla-Walla Onion
- 1 Fennel Bulb
- 2 small Zucchini
- 1 Crookneck Squash
- 2 Patty pan-Sunburst Squash
- 2 big ripe Tomatoes
- 3/4 Cup Extra Virgin Olive Oil

- 1/4 Cup balsamic vinegar
- 1 Tablespoon kosher salt
- 1 teaspoon freshly cracked black pepper
- 3 inch Rosemary sprig, broken into 1/2 inch pieces with

4 ounces goat cheese  
Cut bell peppers into 6 pieces each, removing core and seeds. Peel onion and cut into 1-inch thick rounds. Trim fennel bulb of top fluff and tough outer stalks then cut into 1/2 inch wedges, keeping core intact. Cut zucchini and squashes in 1/2 lengthwise. Core tomatoes and cut in 1/2 lengthwise. With your fingers, break up rosemary into 1/2 inch pieces.

Toss all vegetables together with olive oil, balsamic, salt, pepper and rosemary.

Let marinate while you are riding.

Wild King Salmon (10 minutes)

- 1 1/2 Pounds Wild King Salmon Filet or Steaks, skin-on, cut into 4 pieces
  - 3 Tablespoons Extra Virgin Olive Oil
  - 2 Teaspoons Kosher Salt
  - 1/2 Teaspoon freshly ground Black Pepper
  - 2 Teaspoons Smoked Spanish Paprika
  - 2 Teaspoons ground Fennel Seed
- Have your fishmonger bone the salmon for you. Leave the skin on. It provides crunchy, salty goodness.

Drizzle olive oil over fish and sprinkle with seasonings. Rub with your fingers to make sure entire salmon is coated. Cover with plastic wrap and put in the fridge while you ride.

### After Your Ride

Take a shower (!) and grab a Shiner Bock, which by the way is Lance Armstrong's favorite beer.

Get your outdoor grill ready. If you don't have

a gas grill use a chimney to start your coals. Avoid lighter fluid, it tastes terrible on food and is in no way a healthy condiment for your meal. After cleaning the grates, apply a little olive oil to it.

Place the vegetables around the outside of the grill on medium heat. Put the salmon, meat side down, skin side up, in the middle of the grill on medium-high heat. After 3-4 minutes rotate the vegetables and the salmon. Turn the fish at a 45-degree angle to get that nice crosshatch look and ensure even cooking. After another 4 minutes flip the fish and vegetables. Turn the fish again at a 45-degree angle to get the second set of grill marks. Pull your fish when it feels slightly firm but still gives a little in the middle when prodded with a finger. It will continue to cook while cooling so don't overcook it. Put the lid on a little askew to finish the vegetables, remove them when they are soft but not mushy.

To serve, spoon the rice in the middle of the platter. Arrange the vegetables around and on top of the rice. Place the fish on top of rice and vegetables. Sprinkle the goat cheese on top of the vegetables.

Grab another Shiner Bock and eat up!

This recipe is made for leftovers, it serves four. Your dinner is done for tomorrow, so you can enjoy an even longer ride!

*Melinda Burdo is a Personal Chef specializing in healthy foods for professional athletes and weekend warriors. Her husband Mike, a Category 1 Masters racer, gets really nice dinners. Melinda can be reached at melburdo@hotmail.com or (425) 891-1711.*

## F E A T U R E

### ► "Seniors" from page 1

met her husband Fred, 75, who linked up with the group in 1998. The club counts about 30 members and riders range in age from their late 60's to mid 70's. Club rides are every Wednesday and rides last usually 30-35 miles. The group leader, Bill VanHorn, emails the planned ride information out to members and all meet up at the specified place and time. Helen Davenport, 74, connected with the group in 1996 and claims riding helps make her feel better mentally and physically. "It makes you feel like a kid again," she says. The club also participates in longer trips, such as overnight trips to Portland or organized tours such as the Bike and Barge trip in Holland.

### Racing 'keeps you fit'

Some seniors still like to move at a faster pace. Tony Hoar, 72, has been riding for most of his life. President of the BC Master Cycling Association, he likes the competitive nature of the sport. "Some people like to know they can win. Racing motivates you to keep in shape. It gets you out and keeps you fit." Hoar explains that each year ten to twelve riders show up to compete in the 70+ categories. It is competitive and "the racing is hard, but it's fun afterwards. It's a very social atmosphere," he says. Keith Harrison, 71, rides with the BC Master Cycling Association every two to three weeks and has been riding competitively off and on for "years and years and years." He began racing when he was 15. Since 2001 he has accumulated six World Masters Championships medals. When

asked why he races he says, "I sometimes wonder that myself. I enjoy the competition and the benefits you get from riding because as you get older your health becomes more important."

### Now is the best time to start

Seniors who used to cycle, or have never cycled before but are interested in cycling now should definitely give it a try. Besides the numerous health benefits, it is a great way to spend time with the family, meet other people and have a lot of fun. Davenport often rides with her grandkids and participates in the Tour de Lac when visiting her family in Spokane. Peterson thinks along the same lines. "My children ride bikes, I ride with them," but he likes to go with his older friends as well. Mostly he rides because it's a "relaxing and healthy activity."

Fred Freeman has a few suggestions for those who are inspired to start riding. "You need a bike that fits you," he says. There is no need to spend a fortune on a bike, but you should "go to a bike shop and have someone fit you" he continues. Davenport adds that riding is great for everyone, "as long as you have a helmet and know how to maintain your bike." She also warns "balance is the first thing to go for seniors." Freeman adds, "Senior's reaction time is a little slower, so bikers have to pay attention." Marie Freeman says she's grown antsy on roads because when riding in a group

you have to focus on the riders in front and behind you, and on the traffic beside you. "You're more apt to have an accident when riding in a group," she says so be cautious. Marie still rides with the group, but prefers riding the trails rather than the roads.

Ready to go? Bicycling-info.org is a good online resource for new cyclists, with tips for seniors new to the rules of the road. Even though seniors have years of driving experience, "they may not be accustomed to the ways that bicycles function in traffic today." Bike shops and clubs can also assist with tips, suggestions and recommendations on equipments, rides, routes and more. Many seniors are returning to cycling after riding as children and young adults. It is never too late to pick up a new activity, and you are never too old to keep doing what you love.



Photo by Canadian Cyclist

Each year ten to twelve riders compete in the 70+ categories in BC.

# Hardcore: BBTC Working for Freeriding in Washington

By JASON VAN POOL

Freeriding is the fastest growing and most hyped segment of mountain biking, and is attracting a lot of young riders and media attention. The Pacific Northwest is the birthplace of the freeride movement, with our brothers and sisters up on the North Shore of Vancouver, BC. leading the way.

## What is Freeriding?

■ IMBA defines it as, "a style... that celebrates the challenges and spirit of technical riding and downhill." ■ Teeter-totters, elevated structures and rock drops are all examples of freeriding surfaces.

If you ask any of the new-school riders where the best riding in the world is, they'll say "the Shore" or Whistler.

What is freeriding? The International Mountain Bicycling Association (IMBA) defines it as "a style of mountain biking that celebrates the challenges and spirit of technical riding and downhill." Many

of us have been riding challenging trails since the day we started biking off road, and the movement has simply expanded on the style of riding we already love. A lot of people associate freeriding with "hucking" (jumping), riding on elevated structures, riding teeter-totters, skinnies and rock drops. These are all a part of the sport, and are just some of the ways to push your technical ability and enjoy the trails.

Elevated structures were originally created as a way of protecting wet soils from erosion

due to enormous amounts of rainfall on the Mountains of North Vancouver. Riders quickly began to embrace riding on cedar bridges and ladders, and the sport took off from there. To make the structures more challenging they became skinnier and higher, with some routes even taking riders across a 6 inch wide log that requires amazing balance, skill and focus.

Here, south of the Canadian border, many riders have embraced freeriding after visiting Vancouver, and are searching for local places to ride these kinds of trails. The sport is so new that there are not many places on public land to experience freeriding, even though there are many riders looking for this kind of trail. Most of the local freeride trails are hidden on private land and are very hard to access for riders who don't know the land-owner. Many more of the trails offer challenging natural terrain that can be considered a freeride experience, but without some of the trail features that freeriders desire.

The Backcountry Bicycle Trails Club (BBTC) supports every kind of mountain biking, including cross country, downhill, BMX, freeride, and is working to create freeride opportunities on officially sanctioned trails on public land. Working with governments can be a slow process, but many public agencies have indicated that they are interested in



Photo courtesy BBCT

Whistler Mountain Bike Park offers many trails and features to the freeriding community.

providing freeride trails.

King County, in particular, has been very progressive in seeking out new recreational opportunities for alternative sports. BBTC is currently in the early stages of putting together a proposal to create a mountain bike skills park on King County land. The park would offer trail features that build riders' skills and provide technical and challenging riding experiences. The club is also looking for the right opportunity to provide hardcore freeride and downhill trails on public land in the Puget Sound Region.

BBTC is looking forward to providing new

trail opportunities for riders of all abilities and riding styles, and is confident that in the next several years it will be opening up new and exciting trails that mountain bikers will love.

## About BBTC

Backcountry Bicycle Trails Club is a volunteer-driven 501(c)(3) nonprofit organization dedicated to mountain biking in Washington State. For a small \$15.00 membership fee you can help us create, preserve and enhance local trails and riding areas. Visit <http://bbtc.org> or call (206) 524-2900 to join today.

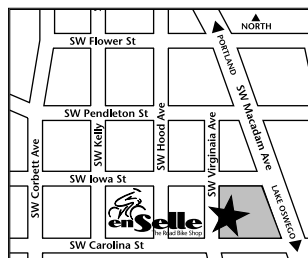


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# Four Events for a Good Cause

BY SHANE BIRLEY

Visualize for a moment. Picture yourself cycling on a bright sunny day through a gorgeous green valley with your best friends. You coast down a gentle hill and into the gravel parking area of a winery. A quiet breeze washes past

as you dismount for a scheduled wine tasting and a light lunch. Now, come back from your visualization exercise and answer this question: does that ride sound like something any cyclist might want to participate in? If your answer was a resounding affirmative, there are some tours coming up in British Columbia this August and September that all cyclists should be aware of.

The BC division of the Multiple Sclerosis Society of Canada is hosting the 15th annual MS Bike Tour. Four bike tour events are taking place in the province with one on Vancouver Island, one in Abbotsford, one in Kamloops, and one in Vancouver. There are great expectations for this year's events and Kim Walters, communications manager of the BC Division says the bike tour "started with one site in Vancouver and a handful of cyclists and has grown to

over one thousand participants expected at the four British Columbia sites this year." RONA is the title sponsor of the three mainland events. Vancouver Island runs a unique two day bike tour called the Grape Escape, which involves winery tours and tasting.

In 2003, the event raised \$257,000 and with more cyclists expected this year, the society hopes to hit a goal of \$274,000. The tours are open to all cyclists and so far have raised over \$2.8 million for multiple sclerosis research since the event's inception.

"The bike tours are a lot of fun, and all for a good cause," says Lisa Stephenson, Special Event Coordinator of the BC Division of the MS Society. "We are able to reach people across the province, by holding tours at four separate sites. If you're an avid cyclist just looking to make a difference in the fight against MS, the event is a great way to get out in the community, stay fit, and have fun."

August opens with southern Vancouver Island as the setting for the Grape Escape tours. Introduced in 2002 to the MS Bike Tour season, this ride feature "wine tastings, farm and art gallery tours" and cycling through beautiful scenery in the Cowichan River Valley and throughout the Saanich Peninsula. The Grape Escape One-day Tour starts on August 8th, while the Grape Escape Two-day Tour begins on August 7th, with both tours finishing at the Victoria Estate Winery, just a short ride north of Victoria. The one-day tour takes cyclists around the Saanich Peninsula with visits to local at-

tractions including Mattick's Farm, Marley Farm Winery and the Red Barn Market. The day ends with a wine tasting and lunch.

The Grape Escape two-day tour ventures further up Vancouver Island and gives riders an opportunity to cycle around the Cowichan River Valley. This ride begins in Mill Bay, a small community north of Victoria, and cyclists ride into Cowichan. The end of the first day has cyclists participating in "wine tasting, a silent and live auction, musical entertainment and a delicious dinner featuring the cuisines of the Cowichan Valley." Riders spend the night at Brentwood College and ride back south down Vancouver Island before joining with the one-day participants to tour around the Saanich Peninsula.

On Sunday, August 15th, the Vancouver MS Bike Tour kicks off from Science World in downtown Vancouver and takes cyclists on a tour through the beautiful city. Sites visited during this daylong event include an organic farm at the University of British Columbia, an optional tour through Chinatown, Vancouver's famous Gastown and around Stanley Park. Afterward cyclists are treated to a famous barbeque and pasta dinner.

On August 22nd in the picturesque Fraser Valley, cyclists will be able to choose from either a thirty or sixty kilometers ride through the "farmlands of the upper valley...admit a mountain backdrop". A daylong trip through backcountry roads ends with a barbeque, well earned massages, and a "fun collection of live country and western musical performances." The Kamloops event scheduled for September 12th rounds out the MS Bike Tours for 2004.



The route welcomes all types of cyclists. A tasty lunch and entertainment make for a fun afternoon in the sun.

Taking a ride in British Columbia couldn't be better this summer. The cool breezes, the great weather, and those open country roads are calling cyclists. MS Bike Tours are great biking experiences with an added bonus. As one past participant recently told Walters: "It's a no-brainer. I like biking, I want to give something back to the community and I have a family connection to MS. This is my fifth tour, and every year I have a great time." So, cyclists everywhere, get out there and get involved in this great event.

MS Bike Tours are being held all over North America during August and September. For information regarding a tour near you, visit the Multiple Sclerosis Society web site and click on the MS Bike Tour links. Tours are listed by region and visitors interested in joining are able to register online.

# Cage Rocket – A New Storage Device

Chris Towers and Will Stiles of Seattle, both mechanical engineers and avid bicyclists, noticed many people go to extreme lengths to carry an ever-increasing amount of "stuff" they needed while riding—tools, maps, phones, sunglasses, money, and first aid kits. To remedy the situation, the two men developed a product that gives riders a convenient storage alternative for those items they want quick and easy access to.

Easy to use, the Cage Rocket is a lightweight

sturdy container, which features an interior foam liner to reduce/eliminate the "chatter" sounds created by keys and tools, with a large opening lid safely secured to the container itself. Designed to fit in the water bottle cages, the Cage Rocket allows cyclists to access stored contents without removing the bin from the cage. You can easily fit in a spare tube, a patch kit, keys and tools.

The company and product are moving quickly. Cage Rocket, Inc. was founded in October

2003. The first Cage Rockets were produced in January of 2004. In February, Towers showed the Cage Rocket to a couple bike shops in the area and the response was very favorable. The developers first introduced their product to the Washington public at the Seattle International Bike Expo in March of this year. The response from the cycling community has been really enthusiastic. A Tacoma company manufactures the product and J & B Importers distribute it.

Look for Cage Rocket at your nearest bike shop. For distribution or other information about Cage Rocket, contact Chris Towers at [chris@cagerocket.com](mailto:chris@cagerocket.com) or 206-850-9945.



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► "Hood Classic" from page 1



Photo by Joe Zauner

The Mt. Hood Cycling Classic presented some demanding conditions and courses for the riders. Here the masters cross the third climb during the Three Summits Road Race, the final stage of the event.

field of Northwest cyclists, but arguably not the best the region had to offer. With the British Columbia provincial road championships and the Washington omnium championships taking place on the same weekend, some key athletes were not in attendance. Last year's winner and BC resident, Symmetrics' Dylan Sebal, was absent. So too was one of the best female climbers on the Northwest circuit, Wenatchee, WA resident Karen Pleas.

However, one couldn't say the field was weak. Last year's runner-up, Russell Stevenson was on hand and regarded as a favorite. So too was Broadmark's Evan Elken, who had just won the NRC Montana Ecology Center Cycling Classic the weekend before. Also on the start list were former professionals John Hunt (Village Peddler) and Rusty Beall (RMS).

#### Mommsen?

On the women's side, most regarded Wines of Washington's Suz Weldon to be the odds-on favorite. She was second at the Montana Ecology Classic and is considered one of the best climbers in the Northwest. There was also Lisa Magness, a stalwart on the Northwest circuit.

It was a slightly surprising that Magness posted the fastest time in the event, but the even bigger surprise came from Olympic Club's Cynthia Mommsen who tied her. The masters champion from San Francisco was unknown to many in the Northwest. She is a veteran of big races and posted top results in 2004.

Mommsen covered the distance at Hood in exactly in 6 minutes. Magness had the same time. Weldon was two seconds back. Mommsen's teammate Lisa Hunt was fourth, 21 seconds off the pace.

In the men's prologue, Stevenson surprised few. His time of 5:06 left him standing head-and-shoulders above his peers and it seemed an indication of things to come.

#### Stevenson, Mommsen retain jerseys

In the men's first road race, the fireworks would explode for most of the day. The course features a 6.2-mile climb, a long drag where drafting could still be beneficial and the tough

part of the course—called Cooper Spur Road—a 2.4-mile climb.

Early on, GS Cameroti's David Garcia was off the front, but soon engulfed by the field halfway up the 6.2-mile section. By the time the strung-out peloton hit Cooper Spur, McGuire Pro Cycling Team's Nathan Miller and Village Peddler's John Hunt were leading with Kona's Ryan Trebon in tow. At the top they dropped Trebon, but on the descent, he caught back on. Behind a small but dangerous group organized. It included Stevenson, Beall, Kona's Barry Wicks, Bike Gallery/Trek's Luke Pennington and Guinness's Todd Duncan. Halfway down the descent they caught the front-runners with Pennington doing much of the work and picking most of the lines.

Despite its 45 mph pace, the group was disorganized, mostly because several in it noticed the lack of Broadmark representation. Some sat on while behind, Broadmark's Evan Elken quickly organized his crew. About one mile after the descent, the break was caught.

The next move came from Broadmark's David Robinson, who shot off the front. Wicks follows and was joined by Steve Wright (Bike Gallery/Trek/VW), Craig Demars (Hutch's), Teunis Schoneveld (Full Sail Racing) and Troy Critchlow (Nella/Madison Bikes).

The break was chugging away and the outlook seemed promising. Most of riders in the move were well-known: Critchlow is the Washington road champion, Demars won several races in 2004, and Wicks is regarded as a proven stage racer and climbing talent. They quickly gained 30 seconds as they crested Cooper Spur.

On the descent and in the flats, Broadmark held its cards. Stevenson was in a tough spot. His teammates, Chad Nikolz and Loren Hanson, were in no position to help close the gap since both were off the back. But Stevenson wasn't alone in his predicament. Beall was also without a strong team and The Village Peddler's Hunt, from California, was the lone representative of his squad. They waited things out before forming an alliance to bring the

move back.

In the flats and at the foot on the last climb, Stevenson, Beall and Hunt set what was by most accounts a blistering pace. Even on the lower slopes of the final climb, the pace was 30 mph at times. The break was caught three miles into the climb. The tempo was too much for many and at the turn-off on Cooper Spur, only 16 remained. With 2.4 miles of the most difficult part of the course still ahead, Wicks was near the front and Robinson was setting pace on the lower parts of Cooper Spur with Elken sitting fourth wheel. Prior to that Robinson had been off the front, forcing a chase from behind. He was turning to be a Elken's ace.

The tempo up the hill was brisk, but Stevenson managed to launch with less than two kilometers to race. The response came from Elken and then Hunt. Unbeknown to Elken, Hunt wasn't willing to chase full tilt. He was

trying to put time on Beall, who was in a group about five seconds back and sitting in second on general classification, without closing the gap on his friend Stevenson.

#### 'I can't. I won't.'

A confused Elken finally asked Hunt why he wouldn't pull through harder. Hunt yelled back, "I can't. I won't. I won't close the gap on him."

The light bulb lit for Elken, who took up the chase, getting within a handful of meters, but he couldn't close it. Hunt jumped past Elken for second. The trio finished with the same time. Chris Gruber (Unattached) finished third, 11 seconds back. Beall was 17 seconds off the winning pace.

Beall dropped from second to fourth on general classification, 27 seconds off the pace. Elken was third, 19 seconds back. Hunt moved to second, 13 seconds behind Stevenson.

Despite the difficulty of the course and the 57 miles, the women climbed together the lower slopes of Cooper Spur. About ten of them made the final selection and for Mommsen it was fortunate that her teammate Hunt was one of those. Hunt set tempo on the lower portions of the climb and soon the pace was ripe for attacks.

About halfway up, Weldon launched off the front. She rapidly gained 30 meters. Mommsen responded. Magness chased, but failed to catch her wheel. Mommsen bridged to Weldon, but Weldon surged again in the last 200 meters. Mommsen dugged deep, caught Weldon's

wheel but in the end she was unable to come around.

"It was all about the climbs today," said Weldon. "It was kind of a social race. It was nice being around some nice people."

#### And on to the time trial

When Stevenson left the time trial course he thought his leader's jersey was firmly in Elken's hands. Elken was 19 seconds behind Stevenson going into the time trial. Elken was happy with his ride, but Stevenson was worrying about his.

"Russy's in a bad mood," Stevenson's teammate Chad Nikolz said. "He doesn't take losing well. I don't know if he lost, but he thinks he did."

In the women's time trial, Weldon did what most expected: she handily won by a large enough margin to slipped into the leader's jersey. She beat Magness by 11 seconds, who recorded a 24:23 on the 10.5-mile course with 600 feet of climbing. Mommsen lost 38 seconds.

#### Criterion - Nikolz's first big win

The 24-year-old had only won one race, a sparsely attended event the week before. He was, by Seattle standards, a top crit racer, but not a winner. He was strong and a good sprinter, but not the strongest or the fastest. In his third dedicated season of training and racing, he was slowly making people readjust their assessment. That evening's event could be a big statement.

For Stevenson there was relief at the start of the criterium. He finished second to Elken in the time trial, but the margin was not enough for him to lose his leader's jersey.

Out of the blocks Nikolz was comfortable with the pace of the evening criterium. Though rained threatened, it never materialized enough to halt the race. Nikolz said later that the crits in Seattle were much faster, and they probably were. Most of the top crit racers in Seattle, and in the Northwest, were in no mood to drag themselves over the Hood courses only to race one crit. For Nikolz, it was worth it. With the crowds lining the course, cheering wildly, this would be one for the memory album, one to replay on a long boring training ride.

The crowd packed the start/finish area. About halfway into the race, hometown-boy Luke Pennington (Bike Gallery/Trek/VW) launched an attack. New Zealander Adam Curry (Revolutions) followed him. It seemed to both Stevenson and Nikolz to be the decisive move and so Nikolz bridged over with apparent ease.

When commentator and former Olympian John Beckman announced that Pennington was from Hood River, the crowd cheered wildly. However they couldn't help Pennington, who came off the pace on the last lap. Nikolz easily out sprinted Curry for the win despite pulling his foot out of the pedal with 400 meters left.

In the women's race Magness rode from the front the entire night and on the last lap, led the last 400 meter to the finish line to grab her first 2004 race win.

Neither criteriums changed the overall standings. Stevenson and Weldon leading their respective groups.

The weather on the last day of racing was foul. There were rain bursts and the tempera-



Photo by Joe Zauner

Stevenson used all his strength to win Hood.

## ▶ "Hood Classic" from previous page

tures at Cooper Spur Resort, where the stage started, hovered around 45 degrees. Snow was forecast in the higher elevations of Hood. In one way the stage was an anomaly on the Northwest circuit. There are many races in the



Photo by Joe Zauner

**Magness**

to the first climb ahead of the 80-man field. On the lower slopes they dropped Selker.

Neither Nikolz nor Morgan was a threat to the top general classification men, so they were let go. For Nikolz, a second stage win in as many days was a pipe dream and he knew it. At 180 pounds, his physique and technique were not of a climber. Morgan, on the other hand, was different. Though a bit lighter, Morgan, like Nikolz, wasn't borne of a climber's mold. He is a big kid, but he has near flawless pedal technique and some excellent long-haul strength. He paced himself for a long break and few in the peloton realized he could pull it off.

Nikolz and Morgan's collaboration lasted about 30 miles. On the second climb Nikolz bid adieu to Morgan and began a slow drift back to the field where he helped Stevenson when he could. Morgan was more than three minutes in front of the field by this time. With about 25 miles to race Beall, who was third on general classification, made his move. By the time he

reached Morgan, he was the race leader on the road. The pair had three minutes on the field that was being led mostly by Trebon.

**Sound the alarm bells**

Once Stevenson got the word that Beall was three minutes up, he put the hammer down along with Hunt, whose third-place on general classification was also in jeopardy. Sitting in was Elken.

At first it seemed Beall made the ultimate move — Beall is one of the best climbers on the Northwest circuit — but soon after the final climb started, Beall began to fade and do so in a big way. Behind him, Hunt and Stevenson were going ballistic. Both were doing everything to close the gap down, towing with them an elite group of 13 riders. By the time they caught Beall, Morgan had dropped him and it began to look as though he might pull a big win. Beall, defenseless at this point, could only watch as the group rolled past him.

Not soon after Beall was caught, Revolution's Adam Curry and RMS's Craig Wilcox made their move. Neither threatened Stevenson or Hunt, so they were let go. Both had sat in the slipstream for most of the race and now they were gunning it over the final two miles of the steepest sections of the climb. In the end, Curry had more in the tank as he beat Wilcox by 23 seconds. Hunt came in 40 seconds later, followed by Elken at 41 seconds and Stevenson at 45. Morgan got caught on the climb and finished 10th on the day. It was enough for Stevenson to win the overall. Elken took second and Hunt, third.

During that time in the women's race Weldon was dealing with mechanicals. She first suf-

fered a flat before the first climb. The wheel change went smoothly and the peloton slowed down—out of respect for the race leader. It was on the second climb, the last in Hood National Forest, that Weldon had problems with her chain. She got off her bike, fiddled with it, got back on, tried to peddle and broke the chain. It essentially ended her chances to retain the overall lead.

It was a crushing blow. Up the road Bike Gallery/Trek's Alice Pennington was burying her competitors on the descents. Her climbing legs were adequate to stay near the top of the leader board on course like Hood, but with her descending skills honed from years of mountain biking, her performance was in another league. Those behind could only hope to mitigate their losses and not hurt themselves or ruin their equipment.

Weldon didn't even have a chance to do that. She waited by the side of the road as the sag wagon rolled by followed by her husband's van. She pushed her bike up to him—done. He changed the chain. She was back on the road, however the damage was done. After yet another flat, she was more than 30 minutes behind Pennington and almost 25 behind the leader on the road, Magness.

In the end, Magness would finish the day more than a minute behind Pennington, almost four minutes ahead of Mommsen, who took third on the stage. The overall general classification changed drastically. Magness won, followed by Pennington and Mommsen. Weldon dropped from first place to 10th, 26:33 off the pace.



Photo by Joe Zauner

**Kona's Ryan Trebon led the men's field across some tricky descents.**

## RACE NOTES

## Crane Makes World Track Squad

The team that will represent the country at the 2004 UCI Junior World Track Cycling Championships July 28-Aug. 1, was named a few weeks ago. It features the top junior level athletes in the nation with an eye on success at the world championship level.

Nine men and three women will make the trip to Carson, CA. The recently crowned national champion Tela Crane from Sammamish, WA will be competing

in the 17-18 division. Kimberly Geist (Emmaus, PA) and Natalie Klemko (Bristol, WI) will complete the women's team. No male riders from the Northwest made the team this year.

Crane's outstanding performances at nationals presented at the end of June in California were key to her selection to the USA worlds team. The Rad Racing rider claimed the 500-meter time trial title and the match sprint national titles.

## 2007 BMX Worlds in Victoria

On July 22nd, the Union Cycliste Internationale's (UCI) Management Committee awarded the organization of the UCI BMX 2007 World Championships to Victoria, BC.

Bicycle Motocross (BMX) racing started in the 1970s and has since grown into an internationally recognized sport. It is one of the newest Olympic sports, and will make its debut at the 2008 Olympic Summer Games in Beijing, China.

It is anticipated that more than 2000

competitors from over 40 countries will attend the 2007 World BMX Championships. With the Olympic Games around the corner, many countries will be using the event as part of their selection criteria for Beijing.

The event will be held in the Greater Victoria area, with the main competition taking place at the Juan de Fuca Velodrome. More than 200 volunteers will be required to help make the 3-day event a success.

## Reed to ride at the Olympics

Jennie Reed from Kirkland, WA, will have two opportunities for Olympic success as the only rider contesting multiple events. After placing fourth at the world championships in the women's sprint, Reed earned a start in both the sprint and

the 500-meter time trial in Athens.

Reed became the first U.S. athlete since 1998 to medal in the world championships with a bronze medal effort in the women's keirin earlier this year.

## Gooch, Thomas Take First at RAAM

Ordinarily, word of someone riding their bicycle across America isn't all that newsworthy anymore. If you do it with another person, non-stop, in seven and a half sleep-deprived days it's more interesting. If you do it in a grueling 2958 mile cross country race called Race Across America (RAAM) and you are the first man, woman mixed team to even finish the race it becomes newsworthy.

A team from Corvallis, Oregon riding a matching pair of Co-Motion Ristretto aluminum racing bikes rode to a record-book finish in the 2004 RAAM.

Terri Gooch and George Thomas (Team Vellowear/Co-Motion) became the first ever two-person mixed team to finish the grueling 2958-mile race. Their time of 7 days, 18 hours, 5 minutes worked out to a 15.9 mph average speed and

brought them across the finish line in front of all but one of the male/male teams.

RAAM began in 1982 with four men racing from Santa Monica Pier, to the Empire State Building in New York. This year's RAAM, which began in San Diego on June 20th featured 100 racers and 320 support crew, crossing 14 states and gaining over 104,000 feet of elevation on their way to the finish line in Atlantic City, New Jersey.

Co-Motion has been sponsoring Thomas since 1996 and the 2004 race was his 6th Race Across America. The bicycles used are handmade from Easton Ultralite aluminum. No cycling event tests the limits of both rider and bicycle more than RAAM. Co-Motion's co-owner Dwan Shepard, hopes that Thomas and Gooch's success will help put to rest the outdated notion that all aluminum bikes are uncomfortable.

# Climbing Success Secrets

By KAREY WATANABE

Do you want to become a better climber? Here are three climbing techniques that will help you charge up those ascents: the seated climb, the standing climb and the crouched climb. The seated climb is used mostly for moderate grades with little or no technical challenge. The standing climb is a more powerful technique best used for short, steep grades that are not overly technical or loose. What about single track you ask? That brings us to the most useful climbing skill—the crouched climb. This climbing technique is ideal for technical climbs as it allows the wheels to roll over rough terrain while the rider hovers over the seat and works to maintain neutral position, traction and speed. The following are more detailed hints and pointers on all three of these techniques.

## Seated Climb

To practice the seated climb, you need to find a very easy grade trail with no technical difficulty. Before you begin, check your seat height and make sure it is in a climbing position (raised high enough that you only have a slight bend in your knee when the pedal is at the bottom of the stroke). When you're ready to start, make sure your eyes are scanning ahead to pick the best line—this is really important. Your upper body will shift forward as necessary to maintain neutral position. The elbows are only slightly bent so the arms are extended and the chest is opened for deep breathing—your upper body is relaxed. This is the most efficient form of climbing for those long sustained climbs, requiring the least amount of upper body movement. As the slope gets steeper, you will need to be a bit more aggressive by adding more weight on the front wheel to maintain neutral position. To do this one must bend the elbows and tuck them into the sides of the body. The head, shoulders and torso are

lowered closer to the front wheel with bending at the hips. The wrists are dropped so the rider can tug on the bars when using a power stroke (the power stroke refers to the forward foot on the pedal about to be pushed down). This tug with the hands will pull the front wheel downwards and keep it from rising off the ground. The steeper the grade, the more forward the body must shift.

## Standing Climb

This technique is a powerful one that consumes more energy from the quads and upper body. It can be used, not only on short steep climbs that are not overly technical or loose, but as a break during a long seated climb—to stretch the muscles, or to burst over the crest of a hill. As you begin to climb the rider rocks the bike from side to side by pulling up on the handlebar with one arm as the same leg pushes down on the pedal. (e.g. The right arm pulls on the handlebar while the right leg drives down on the pedal). The wheels must track together along the same riding line. You will have to make a slight weight shift towards the rear of the bike during the power phase of each pedal stroke to add traction to the rear. Remember to breath deep and steady as you climb. Once you have done the climb you can recover according to the terrain.

## Crouched Climb

It requires more effort than the seated or standing techniques but nevertheless it is a very effective way to ascend rough pitches with rocks and obstacles, aka single track. To practice this skill one must find a technical ascent and, as with the other climbing techniques, gearing and seat height must be adjusted before the beginning the climb. One should note it is easier to climb in the crouched position with the seat an inch below the height recommended for the seated climb. You may want to try this if you are having troubles at

first. In the crouched position the hips are well off the saddle and the shoulders are above the handlebars. Shoulders and hips are free to move quickly forward and back so the rider is able to maintain neutral position and traction with the rear wheel. The rider also moves the shoulders and hips side-to-side to maintain lateral balance. As the wheels roll over the rough terrain, the rider uses arms and legs to absorb the jarring on the bike. You will feel the wheels' best traction point as you adjust your body, once you feel it, stick with it and climb up over that hill!

As with all skills practice will make perfect. Start out with the easier climbs like the seated relaxed climb and as you become more confident progress to the more difficult techniques, the aggressive seated, standing and crouched climbs. If you are having trouble deciding the best climbing seat height I recommend you visit your local bike shop and have a proper bike fit done. Seat height, gearing, correct body positioning and eyes scanning ahead to pick the best line are all key factors in becoming a better climber. Good luck! Hope to see you on those climbs!!!



Photos courtesy of Sugoi Dirt Series



The crouched climb (above), requires the most effort, but is most effective for rough ascents. It's best to adjust the seat height about one inch below that which is recommended for the seated climb. The seated climb (right), is best for easy grades without technical sections. It's the most efficient form of climbing for long, sustained climbs.

Karey Watanabe is a multi-time Japanese National Downhill Champion who, thanks to her incredible fitness, is also fantastic on the climbs. She's a full time coach with the Sugoi Dirt Series, the Pacific Northwest's leading mountain bike instructional program. For more information and a schedule of camps, visit [www.dirtseries.com](http://www.dirtseries.com).

OPINION

# Shouldering The Ride

By JOE KURMASKIE  
AKA the Metal Cowboy

The long and rocky road that leads to your door...

From a seasoned biker's point of view, trust me when I tell you it's better to get the cold shoulder in this world than the no shoulder treatment.

No shoulder can mean pain. It definitely involves loose gravel, broken cement, glass, rocks of every color and creed and the occasional old car part waiting to taco your wheel or make your tubes leak like an old guy after he's eaten a bag of those fat free alestra potato chips someone forgot to recall. Frankly, I'd rather play a little one on one with Shaq, build a snow shelter gloveless halfway up Danali, or start the day trying to keep pace with the likes of Merckx, Armstrong and Lemond.

But log enough miles commuting, racing or touring and bailing into the ditch now and then is inevitable. Here's the Metal Cowboy's road tested guide for surviving and thriving on the other side of the white line...

1. Logging trucks make the rules... period.

2. Elderly and other RV drivers have absolutely no idea how far those oversized mirrors stick out. Don't let them test their geometry skills on you.

3. Avoid the temptation to slam on both brakes when bailing into gravel. Pump and stay steady or get ready to pick little stones out of your knees well beyond dusk around the campfire.

4. Just because a group of children along the side of the road wave, this does not exclude the possibility they are hiding rocks and other assorted projectile weapons. Look at their hands as you pull onto the shoulder.

5. Back to the RVs for a minute. A generous braking distance is always needed and many drivers consider gravel and rocks off to the side or any relatively flat space to their left or right perfectly acceptable bike lanes.

6. Glass will only blow your tube if you show it fear, but Slime and Kevlar liners are the better part of valor when it comes to dry thorns and cactus stickers in the West.

7. Roadkill - squirrels, rabbits, snakes, cats and the occasional raccoon carcass can be

successfully negotiated at significant speeds. Armadillo on the other hand... not so easy. And never, never brake into it. Absorb the bump of the carcass and keep going.

8. When riding up or down long switchbacks with big drops off your right shoulder, it's best to just take the lane. No driver, even with a big engine, can take switchbacks very fast.

9. A roll is always better than a slide as long as you have the head and face protected. A slide is better than a head plant regardless of the circumstances. And a kiss is just a kiss unless you're unfortunate enough to be making out with the pavement. In these romantic situations you should always wear protection, not that protection, a helmet and gloves.

10. On a road bike anything more than a 30-degree angle will probably bring you down. If the slope is steep and the gravel loose, I don't care how much time and money you've sunk into that baby, let the bike go. If it's tight pack or small weeds and brush then hold on, point the bike into the descent and ride it out. While you're at it try channeling some of those old Fall Guy episodes into your reactions. You can argue but Lee Majors was really hitting his stride as an actor not to mention stunt man during that series.

## Literary Rides With



## The Metal Cowboy

Hey, it could be worse. You could be living and riding in the shoulderless state of Florida.

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

► "Bike Friendly" from page 1

lanes, boulevards, and off-street paths. The goal is to increase that to 630 miles by 2016-enough to allow all riders to find one within one-quarter to one-half mile from anywhere in Portland. The 2016 target for parking spaces is 8,600 short-term spaces and 23,000 long-term spaces (which may include lockers or bike rack that are under cover and therefore shielded from the weather). "The goal is to have sufficient long-term parking to accommodate all



Road marking for bike lane.

employees, students, and residents who may bike to work and other destinations where they can be reasonably expected to stay for longer than two hours," reports Roger Geller, Bicycle Coordinator for

the Portland Office of Transportation. A change in a city code in 1996 has resulted in additional bicycle parking at area businesses. Previously, the code stated a property must have one bike parking space for every 20 vehicle spaces. The code rewrite does not use a bike-to-auto ratio; instead it bases the space requirement on the land use and building size. This translates into more bicycle parking spaces. The city will also, at the request of a resident, install a bike rack at a business location if there is room for one on city owned property in front of the building.

Until those 630 miles of bikeways have been completed (and thereafter as well), cyclists can use the city's transit system to get from one bike path to another. In the 1990s, the Bicycle Transportation Alliance (BTA), a nonprofit organization that promotes bicycle use, worked with Tri-Met, the area's transportation department, to begin the Bikes On Tri-Met program. As a result, bicycles are now allowed on all city buses, light-rail trains and the Portland Streetcar.

Cyclists need only pay the fare for themselves, there is no additional charge for the bike.

Another asset to the biking community is Bike Central. This is a place for bicycle commuters to shower, change clothes, and park their bike while at work. There are two locations, one downtown and one in the Lloyd district. Monthly passes to these facilities are \$35 at the Lloyd Athletic Club and \$45 at the Riverplace Athletic Club downtown. For those seeking a less expensive way to store their bike when not in use, the city rents bicycle lockers in several downtown locations. Rates are \$10/month, \$25/3 months or \$45/6 months and require a \$40 refundable key deposit. Through a program offered by the BTA, there are also lockers at transit stations and Park and Ride lots on the east and west sides of the city. These are free with a refundable key deposit. The list of city and BTA sites can be found at [www.trans.ci.portland.or.us/bicycles](http://www.trans.ci.portland.or.us/bicycles).

The city has also shown its concern for bicyclists through several other programs. A Facility Improvement Request Form can be found on its web site at [www.trans.ci.portland.or.us/bicycles/maintain.htm](http://www.trans.ci.portland.or.us/bicycles/maintain.htm). Cyclists can use this form to report any safety concerns such as pavement or a grating that needs repair, a hazard that needs to be removed, or to request installation of a bike rack. In the late 1990s, the city added colored roadway markings in areas where cyclists and motorists often cross paths and where the city had received complaints from both parties about the intersection. Patterned after European cities who have reported that markings reduce the number of bike/vehicle accidents, Portland is using blue pavement markings (in addition to the previous signage and dashed lines) to alert drivers that they are crossing a bicycle lane and are required to yield to bicyclists. The markings also remind cyclists to be aware of this potentially dangerous intersection.

In April of this year, the city turned on the community's first bicycle-only traffic signal. This signal, located at the northeast corner of



Photos Courtesy of the Portland Office of Transportation

The proposed bike oasis to be used in Portland.

Interstate Avenue and Oregon Street, allows cyclists to safely exit the Eastbank Esplanade and diagonally cross the intersection to access the northbound bicycle lane on Interstate. When activated by a cyclist, all vehicle traffic is halted. Next year, the city will begin erecting signs along bike paths that cite nearby destinations, mileage away from the sign and the travel time (estimated at a bike speed of 10 mph) needed to get there. The city believes this will help promote bicycling in Portland because cyclists don't always realize how quickly they can reach a desired location by biking through the city versus driving a car.

Portland's community groups help to ensure the city remains bicycle friendly. In addition to the Bikes on Tri-Met program, BTA has been involved in ensuring that bike lanes are included in any major road construction plans. They also offer educational programs to teach bicycle safety to children. Several community riding groups in the area such as the Portland

Wheelman Touring Club ([www.pwtc.com](http://www.pwtc.com)), Portland United Mountain Pedalers ([www.pumpclub.org](http://www.pumpclub.org)), Shift ([www.shifftobikes.org](http://www.shifftobikes.org)), and Slug Velo, ([www.slugvelo.com](http://www.slugvelo.com)) assist in the sport's development. You are sure to find rides for any age, bike style, and skill level.

As with any mode of transportation, bicycles will eventually need some form of repair. Shops like The Bike Gallery ([www.bikegallery.com](http://www.bikegallery.com)) offer free demonstration classes in simple repair and maintenance skills. The nonprofit Community Cycling Center ([www.communitycyclingcenter.org](http://www.communitycyclingcenter.org)) offers a seven-week course in bike maintenance, while the Bicycle Repair Collective ([www.bicyclerepaircol.net](http://www.bicyclerepaircol.net)) offers workspace, tools, supplies and guidance to help you repair your own bike.

With city government, advocacy groups, community groups and bike shops all working to make the city a bike friendly place to live, it is easy to see why Portland deserves praise as the bike place to be.



**Charter Ride!**  
**Sunday, September 26, 2004**

*Olympic Peninsula Bike Adventure*

**50 Mile, Fully Supported, Fun Ride For The Whole Family**

*Ride the Olympic Discovery Trail from Port Angeles to Sequim and back. Beautiful valleys and Strait of Juan de Fuca coastline. 50 miles this first year and will grow every year the trail grows.*

**SAG Support • Food & Water Stations • First Aid Assistance**

**Charter Registration is \$40 for adults and \$25 for kids 12 and under • Registration includes Charter Ride T-shirt!**

*Registration benefits the Boys & Girls Clubs of the Olympic Peninsula Foundation and Port Angeles Parks & Recreation*

**To Register: (360) 417-4550 or online at [www.olympicdiscoverybike.com](http://www.olympicdiscoverybike.com)**

**Sponsors:**



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# Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

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

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## EVENTS

### 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/climateconference2004/index.htm](http://www.transportationchoices.org/climateconference2004/index.htm)

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

### SEPTEMBER

#### Sep 7-10: Pro Walk/Pro Bike 2004

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

## CAMPS

### AUGUST

**Aug 1-5: BC Women's MTB Skills Camp**  
Fernie, BC. 5-day skills camp for women. Mike Brcic, Fernie Fat-Tire Adventures, Box 2037, Fernie, BC, V0B 1M0. 888-423-7849, [www.ferniefattire.com](http://www.ferniefattire.com)

#### Aug 7-8: Sugoi Dirt Series

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

#### Aug 19-22: Larry Kemp Jr. Memorial Camp

Cle Elum, WA. The WSBA Junior Program, in conjunction with the Larry Kemp Memorial Fund, is hosting a weekend cycling camp. Enthusiastic cyclists from the ages of 12 to 18 are welcome to join an experienced staff of coaches, team managers, racers and mechanics at the Flying Horseshoe Ranch. The cost is only \$40 per rider and includes 3 nights lodging and all meals. Gina, WSBA, 425-228-6170, ext. 23, [www.wsba jr.org](http://www.wsba jr.org)

#### Aug 28-29: Sugoi Dirt Series

Calgary, AB. Mountain bike camps for women. Candace Shadley, Whistler, BC, 604-938-3303, [www.dirtseries.com](http://www.dirtseries.com)

### SEPTEMBER

#### Sep 4-5: Sugoi Dirt Series

Blue River, BC. Mountain bike camps for women. Hosted by Mike Wiegeler's HeliSkiing Candace Shadley, Whistler, BC, 604-938-3303, [www.dirtseries.com](http://www.dirtseries.com)

#### Sep 18-19: Sugoi Dirt Series

Whistler, BC. Mountain bike camps for women and men (co-ed format). Hosted by Essentially Balckcomb Candace Shadley, Whistler, BC, 604-938-3303, [www.dirtseries.com](http://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. 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 4 women racers of all ages. When categories are combined, the results for the different categories will be separated. Kirsten Sandaas, NWWC, [www.nwwc.org/race\\_series.html](http://www.nwwc.org/race_series.html)

**Mar 13-Aug 14: Built For Speed TT Series**  
Corvallis, OR. A 6-month series of 40km time trials with awesome prizes to make you faster! One race per month. Three race groups A: Cat 1, 2, 3; B: Cat 4, 5 and C: Women. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, [www.builtforspeedtt.com](http://www.builtforspeedtt.com)

#### Mar 21-Sep 18: Comox Valley CC RR Series

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

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

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

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

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

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

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

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

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

#### Apr 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](http://www.bc.cycling.ca)

#### Apr 8-Aug 26: First Rate Mortgage Cycling Series

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

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

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

#### Apr 13-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@herrerrainc.com](http://jmitchem@herrerrainc.com)

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

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

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

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

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

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

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

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

#### May 7-Aug 30: 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, Portland, OR, 97292. 503-227-4439, [www.obra.org](http://www.obra.org)

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

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

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

Boise, ID. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, [www.lactacidcycling.com](http://www.lactacidcycling.com)

#### May 19-Aug 25: MVA Wednesday Night Racing

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

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

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

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

OR. Cross country. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, [www.oregon-adventures.com](http://www.oregon-adventures.com)

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

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

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

Eugene, OR. Sal Collura, Co-Motion Classic Racing, [www.obra.com](http://www.obra.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](http://www.bakerviewbmx.net)

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

Silvana, WA. Broadmark Capital Cycling Team, [www.broadmarkcycling.com](http://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. Canceled if raining. Geri Bossen, P.O. Box 92041, Portland, OR, 97292. 503-254-7563, [GeriBossen@hotmail.com](mailto:GeriBossen@hotmail.com)

#### Aug 22-Sep 11: Triple Crown Race Series

Boise, ID. Mike , Georges Cycles, 208-343-3782, [www.georgescycles.com](http://www.georgescycles.com)

## MULTISPORT

### AUGUST

#### Aug 5: Pacific Raceways Duathlon #15

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

#### Aug 7-8: XTERRA Canada - Canmore Off-road Triathlon

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

#### Aug 12: Pacific Raceways Duathlon #16

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

#### Aug 15: Apple Capital Triathlon

Wenatchee, WA. Daroga State Park. 1 mile swim, 24 mile bike, 6 mile run. 800-572-7753, [www.triwenatchee.com](http://www.triwenatchee.com)

#### Aug 19: Pacific Raceways Duathlon #17

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

#### Aug 21: Emmett's Most Excellent Triathlon

Emmett, ID. Boise Aeros, [www.boiseaeros.com](http://www.boiseaeros.com)

#### Aug 22: Heels & Wheels Duathlon

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

#### Aug 26: Pacific Raceways Duathlon #18

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

#### Aug 28: Magic Valley Senior Games

Twin Falls, ID. Bill Hart, 208-543-4451

### SEPTEMBER

#### Sep 11-12: Big Hurt

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

#### Sep 11-12: XTERRA Canada Off-Road Triathlon Championships

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

#### Sep 12: Reebok Women's Triathlon Series

Federal Way, WA. Individual or team format - open to novice to experienced athletes. Start/finish location: Steel Lake. Starts at 7:00 a.m. Supersprint distance :375 m swim, 10 k bike, 2.5 k run, Sprint distance: .75km, 23.5k, 5k. Portion of the proceeds to benefit the Ovarian Cancer Research Fund. [www.rebokwomenstriathlon.com](http://www.rebokwomenstriathlon.com)

## BMX

### AUGUST

#### Aug 7-8: McCullom Park BMX

Everett, WA. Earn double points on Saturday. State Championship double points race on Sunday. 425-485-3461

#### Aug 7: North SeaTac BMX

SeaTac, WA. SCR Scott Mutual, Three Amigos, 18th Ave. S. & S. 136th, SeaTac, WA, 98168. 206.937.3436, [www.seatacbmx.com](http://www.seatacbmx.com)

#### Aug 14-15: Yakima Valley RCQ/SCR

Yakima, WA. Saturday RCQ, Sunday SCR Mike Raich, 206-246-2661, [info@yakimavalleybmx.com](mailto:info@yakimavalleybmx.com)

### SEPTEMBER

#### Sep 12: King of Bikes

Coquitlam, BC. 4-cross and BMX event. Kevin O'Brien, KOB Production, 604-872-7287, [www.bmxfiles.com](http://www.bmxfiles.com)

#### Sep 18: Provincial Supercup #3

Ridge Meadows, BC. Jim Stewart, Cycling BC, 126th St. and 76th Ave., Surrey, BC, 604-309-6421 or 604-737-3140, [www.ridgemeadowsbmx.com](http://www.ridgemeadowsbmx.com)

#### Sep 19: Provincial Supercup Grands

Surrey, BC. Cycling BC, 126th St. and 76th Ave., Surrey, BC, 604-737-3140, [www.actionbmx.com](http://www.actionbmx.com)

## CYCLO-CROSS

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

#### Sep 26: Hood River Cyclocross

Hood River, OR. Jeff Lorenzon, [www.discoverbicycles.com](http://www.discoverbicycles.com)

## MOUNTAIN BIKE RACING

### AUGUST

#### Aug 1: Hemlock MTB Festival SISU BC Cup

Hemlock, BC. Downhill, 4-cross, cross-country BC Cup #4 Cory Adsit, Bear Mountain, 2253 Mountain Dr., BC, 604-850-4603, [corvadsit@hotmail.com](mailto:corvadsit@hotmail.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](http://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](http://www.canadaolympicpark.ca)

#### Aug 11: Wednesday Night MTB Series #19

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

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

#### 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](mailto:rondaron@earthlink.net), [www.wildrockies.com](http://www.wildrockies.com)

#### Aug 14-15: Canada Cup

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

**SEPTEMBER**

**Sep 4-5: Willamette Pass**  
OR. NW Cup DH #6. Exciting fast pace technical down hill races. Randy Drelling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Sep 4-5: World Solo 24 Hours of Adrenalin™ Championship**  
Whistler, BC. At Whistler Resort. Aaron Soroka, Twenty4 Sports, Inc., www.twenty4sports.com

**Sep 10-12: Blue River MTB Festival**  
Blue River, BC. Michael Nesterski, Blue River Community Association, Box 159, Blue River, BC, V0E 1J0. 250-673-8464

**Sep 10-12: Scotty Graham Memorial Series Finals**  
Mt. Hood. Downhill and cross country events at Mt. Hood Skibowl. NW Cup DH finals. Peter Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

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

**Sep 18-19: 10th Annual Lava Rama**  
Lava Hot Springs, ID. Finish your mountain biking season at one of the prettiest and friendliest little towns in the West. Starts and finishes in town at the park. Features rolling climbs, deep woods, singletrack and exciting racing in town on the pavement; you'll finish up with a jump in the hot springs (free swim pass included). Sunday: in-town criterium (with MTB class), along with our legendary Devil's Staircase Downhill. Wild Rockies, www.wildrockies.com

**Sep 19: Gears for Gail**  
Burnaby Mountain, BC. Ana Fistic, Ovarian Cancer Canada, 600 W 10th Ave., Vancouver, BC, V5Z 4W6. 604-291-9557, afistic@bccancer.bc.ca

**MOUNTAIN BIKE TOURING**

**AUGUST**

**Aug 1: Pitt Lake**  
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

**Aug 2-6: Backcountry Hot Springs**  
Sun Valley, ID. Clear natural hot spring at every camp. Begin in Sun Valley, ID 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 makes it all worthwhile. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

**Aug 2-6: Cascade Lakes Singletrack**  
Bend, OR. Swooping and zooming singletrack, lower elevations (rarely above 7,000 feet), lakes at each camp and relatively small climbs for a singletrack trip. 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, 1729 Pinewood Dr, Pemberton, BC, V0N 2L3. 604.894.0220, www.ridebig.com

**Aug 2-6: Lewis and Clark Lolo Trail**  
Missoula, MT. On September 14, 1805 Lewis and Clark reached the Bitterroot Mountains west of Lolo Pass on the border of what is now Montana and Idaho. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 2-6: Mt. Hood Singletrack**  
Portland, OR. Travel through the Mt. Hood National Forest to the east of the giant peak itself. Well-constructed ridge top trails provide surprising views of snowy Mt. Hood at regular intervals. Singletrack experience is a must. A few short tricky sections, rideable switch-backs and excellent grades make pedaling around Mt. Hood pure fun. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 2-6: Sawtooth Singletrack**  
Ketchum, ID. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, www.westernspirit.com

**Aug 2-6: Sun Valley Singletrack**  
Ketchum, ID. Sun Valley, Idaho remains one of the best kept secrets in the mountain biking world. Smooth trails. Altitudes below 10,000 feet. Average about 25 miles per day, singletrack experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 2-6: Umpqua River Trail**  
Medford, OR. The trail is truly world-class, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and the mighty Douglas Fir. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 7: Pitt Lake**  
Mission, BC. Hot spring tour. By boat and mountain bike we will venture deep into the valley of the Pitt Lake watershed for a soak in a canyon-side hot spring. Bike rental available. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

**Aug 7-8: Sunshine Coast Trail Ride**  
Halfmoon Bay to Langdale, BC. Off-road trail ride with novice to intermediate single-track and outstanding scenery. Robbin McKinney, R.E.M. Event Management Inc., Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

**Aug 9-13: Backcountry Hot Springs**  
Sun Valley, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 9-13: Backcountry Hot Springs**  
Sun Valley, ID. See Aug. 2-6 for details. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

**Aug 9-13: Cascade Lakes Singletrack**  
Bend, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 9-13: Lewis and Clark Lolo Trail**  
Missoula, MT. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 9-13: Mt. Hood Singletrack**  
Portland, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 9-13: Sawtooth Singletrack**  
Ketchum, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 9-13: Sun Valley Singletrack**  
Ketchum, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 9-13: Umpqua River Trail**  
Medford, OR. See Aug. 2-6 for details. Western Spirit Cycling, 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. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

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

**Aug 16-20: Backcountry Hot Springs**  
Sun Valley, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 16-20: Cascade Lakes Singletrack**  
Bend, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 16-20: Lewis and Clark Lolo Trail**  
Missoula, MT. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 16-20: Mt. Hood Singletrack**  
Portland, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 16-20: Sawtooth Singletrack**  
Ketchum, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 16-20: Sun Valley Singletrack**  
Ketchum, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 16-20: Umpqua River Trail**  
Medford, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 19-22: Okanagan Cycle & Wine**  
Okanagan, BC. The Okanagan is famous for its hot summer days, world class wines and the Kettle Valley Railway. On this 4-day, 3-night tour we will cycle sections of this scenic railway, tour vineyards, take in wine tastings and cool off in refreshing lakes. We will be staying in a stunning resort, high above Skaha Lake at God's Mountain Crest Chalet. Includes Lower Mainland transportation, lodge accommodation, guiding, mechanical support, most meals and vineyard tour. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

**Aug 23-27: Backcountry Hot Springs**  
Sun Valley, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 23-27: Cascade Lakes Singletrack**  
Bend, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 23-27: Lewis and Clark Lolo Trail**  
Missoula, MT. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 23-27: Mt. Hood Singletrack**  
Portland, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 23-27: Sawtooth Singletrack**  
Ketchum, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 23-27: Sun Valley Singletrack**  
Ketchum, ID. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 23-27: Umpqua River Trail**  
Medford, OR. See Aug. 2-6 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. Includes boat transportation, guiding and day's end food. Cross Trails Adventures, 22459 132nd Ave., Maple Ridge, BC, V4R 2P6. 604-467-8577, http://crosstrailsadventures.com

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

**Aug 30-Sep 3: Mt. Hood Singletrack**  
Portland, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Aug 30-Sep 3: Umpqua River Trail**  
Medford, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**SEPTEMBER**

**Sep 2-5: Umpqua River Trail**  
Medford, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

**Sep 4-8: Flying Beaver**  
Whistler, BC. This 5-day trip is based in the heart of the remote and rugged Southern Chilcotins. Your gear is flown to an isolated lake where we'll ride and camp for 2 days and nights. Final ride on the infamous Mount McLean descent, into dusty Lillooet. Chris Winter, Big Mountain Freeride Bike Adventures, 1729 Pinewood Dr, Pemberton, BC, V0N 2L3. 604.894.0220, www.ridebig.com

**Sep 6-10: Cascade Lakes Singletrack**  
Bend, OR. See Aug. 2-6 for details. Western Spirit Cycling, www.westernspirit.com

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

**Sep 11-12: Gelena MTB & Tour**  
Sun Valley, ID. www.lacticacidcycling.org

**Sep 11-17: Kettle Valley Trail Cycle Tour**  
Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700km through the interior of BC through some of the most spectacular scenery in North America. Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

**Sep 13-17: Cascade Lakes Singletrack**  
Bend, OR. See Aug. 2-6 for details. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

**Sep 16-19: Kettle Valley Trail Cycle Tour**  
Nelson, BC. Nelson to Hope. Choose from 3-, 6-, 9-, 12- or 15-day stages as we cycle 700K through the interior of BC through some of the most spectacular scenery in North America. Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 604-730-1247, www.great-explorations.com

**Sep 26: Olympic Discovery Bike Adventure**  
Port Angeles, WA. Ride 50 mile from Port Angeles to Sequim along the Olympic Discovery Trail. Winds through valleys and along the shore of some of the most beautiful coastal scenery. 360-417-4550, www.olympicdiscoverybike.com

**ROAD RACING**

**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, 8619 Mt Olympus Ave., Vancouver, WA, 98664. 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 further information. Jim Anderson, 503-975-8229, www.obra.org

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

**Aug 3: Pacific Raceways RR Series #15**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

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

**Aug 3: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

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

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

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

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

**Aug 7-8: BC Masters Assoc. 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 7: University Place Festival Criterium & JR State Championships**  
University Place, WA (Tacoma). Technical criterium course. USCF categories. State Criterium Championship for all Junior categories. Pete Brunner, Spoke & Sprocket Racing, 2621 70th Ave. W Ste. D, Tacoma, WA, 98466. 253-564-1422, www.spokeandsprocket.com

**Aug 8: Lake Washington Velo Circuit Race Series**  
Silvana, WA. See Race Series for further information. Broadmark Capital Cycling Team, www.broadmarkcycling.com

**Aug 8: Oregon Time Trial Championships**  
Peoria, OR. Steve Holland, www.obra.org

**Aug 8: Summer Day at the Track #6 (Final)**  
Boise, ID. See Race Series for further information. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

**Aug 9: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

**Aug 10: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

**Aug 10: Pacific Raceways RR Series #16**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Aug 10: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

**Aug 10: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

**Aug 10: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

**Aug 12: First Rate Mortgage Cycling Series #21**  
Seattle, WA. See Race Series for further information. David Douglas, Pazzo Velo, www.pazzovelo.com

**Aug 12-22: Junior and Masters Nationals**  
Park City, UT. USA Cycling,

**Aug 12: Lindsay's Thursday Night Time Trial #14**  
Boise, ID. See Race Series for further information. Snake River Cyclists/Lindsay Cyclery, 208-465-6491, www.lacticacidcycling.com

**Aug 12: Southern Oregon Thursday Nighters**  
Medford, OR. See Race Series for further information. Ed Garfield, 541-664-7793, ed.garfield@obra.org

**Aug 14-15: BC Masters Association Race #24**  
New Denver, BC. 30-minute Criterium, 75km Road Race. Double Points criterium. Daniel Hellyer, Slocan Cycle Club, 250-358-2612, www.bcmasterscycling.net

**Aug 14: Built For Speed Time Trial Series**  
Corvallis, OR. See Race Series for further information. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

**Aug 14: Glacier View Criterium**  
New Denver, BC. Criterium racing followed by BBQ Dinner. Start at 1:00 p.m. Daniel Hellyer, Slocan Valley CC, P.O.Box 408, New Denver, BC, V0G 1S0. 250-358-2612

**Aug 14: Provincial Time Trial Championships**  
Squamish, BC. Brian Story or Gavin Forsyth, Escape Velocity, 604-222-4644 or 604-325-1959, www.escapevelocity.bc.ca

**Aug 15: Bonanza Road Race**  
New Denver, BC. Road racing - Italian Pursuit style. Start at 9:00 a.m. Daniel Hellyer, 250-358-2612

**Aug 15: Oregon Criterium Championships**  
Gresham, OR. Jay Martineau, www.obra.org

**Aug 16: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

**Aug 17: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

**Aug 17: Pacific Raceways RR Series #17**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

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

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

**Aug 17: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

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

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

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

**Aug 21: Lake Washington Velo Circuit Race Series**  
Silvana, WA. See Race Series for further information. Broadmark Capital Cycling Team, www.broadmarkcycling.com

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

**Aug 22: Comox Valley Cycle Club RR #6**  
Comox, BC. Raced on the Hill Climb Mount Washington course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, P.O. Box 3632, Courtenay, BC, V9N 7PL. http://mars.ark.com/~cvcc

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

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

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

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

**Aug 24: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.com

**Aug 24: Pacific Raceways RR Series #18**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Aug 24: Spokane Twilight Series**  
Spokane, WA. See Race Series for further information. Baddlands Cycling Club, www.baddlands.org

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

**Aug 24: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

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

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

**Aug 28: 9th Annual WA State Hillclimb Time Trial Championships**  
Crystal Mountain, WA. 6 miles, 1,500-foot elevation gain. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com

**Aug 28: Crystal Mountain Hill Climb TT Championships**  
Crystal Mountain, WA. NWWC Cat 3 & 4 Series Race. Juniors category. Dave Bachman, Wheelsport Cycling Team, www.wheelsportcycling.com

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

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

**Aug 29: BC Masters Association Race #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 Association, 250-743-1153, www.bcmasterscycling.net

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

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

**Aug 31: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for further information. Sal Collura, Co-Motion Classic Racing, www.obra.org

**Aug 31: Pacific Raceways RR Series #19**  
Kent, WA. See Race Series for further information. Junior category for 14 and under. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

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

**Aug 31: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

SEPTEMBER

**Sep 1-4: BC Senior Games**  
Penticton, BC. Must be 30+ to participate. BC Games Society, 250-387-1375, www.bcgames.org

**Sep 4: Seattle Street Sprint**  
Seattle, WA.

**Sep 5: BC Masters Association Race #27**  
Abbotsford, BC. 80km Time Trial. Overall points only. David Kosub, BC Masters Cycling Association, 604-531-8103, www.bcmasterscycling.net

**Sep 5: Quail Hollow Hillclimb - Triple Crown #2**  
Boise, ID. See Race Series for further information. Mike, Georges Cycles, 208-343-3782, www.georgescycles.com

**Sep 6: Lakeside Bicycles Monday Night Masters and Women PIR Series**  
Portland, OR. See Race Series for further information. Jim Anderson, 503-975-8229, www.obra.org

**Sep 7: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 3143 SE Main Street, Portland, OR, 97214. 503-233-3636, jmitchem@herrerainc.com

**Sep 7: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

**Sep 11: 40K Time Trial Series**  
Corvallis, OR. George Thomas, 541-760-1024

**Sep 11: BC Masters Association Race #28**  
Mill Bay, BC. 0.6km Hill Climb. No points. AGM and dinner Tony Hoar, BC Masters Cycling Association, 250-743-9915, www.bcmasterscycling.net

**Sep 11: Bogus Basin Hillclimb - Triple Crown #3**  
Boise, ID. See Race Series for further information. Mike, Georges Cycles, 208-343-3782, www.georgescycles.com

**Sep 11: Monaco Grand Prix**  
Eugene, OR. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. http://hometown.aol.com/comotionclassic/my-homepage/monaco.html

**Sep 11: Mt. Baker Hill Climb**  
Bellingham, WA. Paul Clement, www.meyermemorial.org

**Sep 12: Oregon Hillclimb Championships**  
Mt. Hood, OR. Road race event. John Lombard, OBRA, 503-737-1727, www.obra.org

**Sep 14: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

**Sep 14: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

**Sep 17-18: Comox Valley Cycle Club RR #7**  
Comox, BC. Time trial on Friday and road race on Saturday. Raced on the Dove Creek course. See Race Series for further information. Roger Thomas, Comox Valley Cycle Club, P.O. Box 3632, Courtenay, BC, V9N 7PL. http://mars.ark.com/~cvcc

**Sep 17-19: Eugene Celebration Cycling Classic**  
Eugene, OR. Part of Eugene Celebration Festival! Richard Sweet, 124 West Broadway, Eugene, OR, 97401. 541-681-4108, www.eugenecelebration.com

**Sep 21: Tuesday PIR Series**  
Portland, OR. See Race Series for further information. Jeff Mitchem, River City Bicycles, 503-233-3636, jmitchem@herrerainc.com

**Sep 21: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

**Sep 28: World Tuesday Night Championships**  
Vancouver, BC. Rain = No Race. See Race Series for further information. Escape Velocity, www.escapevelocity.bc.ca

ROAD TOURING

AUGUST

**Aug 1: Blackberry Bramble Century**  
Eugene, OR. Metric, Full Century, 62-mile ride and 20 mile family ride. Start at Eaugen Water & Electric Board on 4th Ave. Rest stops, snacks, lunch and water. Treats at the end. T-shirt available. Supports Bicycle Transportation Alliance. Mel Huey, GEARs Cycling Club, P.O. Box 10244, Eugene, OR, 97402. 541-345-3181, Gearride@aol.com

**Aug 1-6: 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. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 4-7: Rolling Pub Crawl**  
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group will experience the beauty of the Northwest by day, and the unique pleasures found at the Grand Lodge, Hotel Oregon, Kennedy School, and Edgefield by night. Affordable all-inclusive packages are available for two-, three- and four-day tours. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

**Aug 6-7: Ride Seattle to Vancouver & Party (RSVP)**  
Seattle, WA. 185-mile ride on scenic Washington backroads. Post-event party w/ live band and no-host cash bar. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 888-334-BIKE, www.cascade.org/rsvp

**Aug 7: 400km Brevet**  
Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur club event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

**Aug 7-13: Cycle the Columbia Gorge**  
Portland, OR. Cycle the Gorge features great cycling, scenery, food, and fun. The route showcases the Pacific Northwest's varied and spectacular landscapes. This year we are changing the route to follow 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, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/tours

**Aug 7: Torture 10,000**  
Gresham, OR. 30, 72 or 100 miles of incredibly beautiful terrain: Columbia Gorge, streams, climbs, mountain views. Iris Mushkin or Dan Allie, Portland Wheelmen Touring Club (PWTC), P.O. Box 2972, Portland, OR, 97208-2972. 503-257-PWTC, www.pwtc.com

**Aug 7: 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/ncw

**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. This trip is ideal for intermediate to advanced cyclists who want to take in some of the most dramatic natural beauty of the Pacific Northwest. Begins in Seattle, WA with a shuttle to the Cascade Mountains. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**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, 1631 NE Klickitat St, Portland, OR, 97212. 503-281-9198, www.providence.org/oregon/events/

**Aug 8: Dougle Dawg Tandem Ride**  
Bend, OR. 65-mile road ride for tandems and singles from Bend to Smith Rock State Park and back. Great views along the route, no brutally long climbs, but a couple of short, steep ones just to keep it fun. Entry fee includes maps, mechanical support & deluxe snacks at the rest stop. Hutch's Bicycles, Bend, OR, 503-382-6248, www.hutchsbicycles.com

**Aug 8-14: Oregon Bicycle Ride**  
Roseburg, OR. Seven-day, 475-mile, fully-supported ride. Campsites, showers, breakfast, dinner, road and mechanical support and ground transportation available. Sandy Green, OBR Committee, PO Box 9363, Bend, OR, 97708. 800-413-8432, www.oregonbicycleride.org

**Aug 8-13: San Juan Islands 6-Day**  
Anacortes, WA. This 6-day tour for all levels You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 9-12: Cascade to the Coast (C2C)**  
Oakridge, OR. Each day is a specialty tour within the overall tour. Features lakes, ocean, vineyards, covered bridges, water falls, rivers, wildlife and lots of trees and mountain views. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Aug 9-13: Crater Lake National Park**  
Crater Lake, OR. Our road bike trip is a great way to explore the unique geology of the area. Elevations on this trip range from 2,800 to 7,100 feet, so get ready to climb. Lodging includes a great bed and breakfast at the Crater Lake Lodge. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

**Aug 9-13: San Juan Islands - 5 Day**  
LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 14: 300km Brevet**  
Redmond, WA. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave. NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Aug 14: 50, 100, 150, 200, 300km Brevet**  
Vancouver Island, BC. BC Randonneur club event. Stephen Hinde, BC Randonneurs Cycling Club, 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, P.O.Box 192, Puyallup, WA, 98371. 253-841-2570,

**Aug 14-16: Courage Classic Bicycle Tour**  
Snoqualmie, WA. A 3-day, 172-mile, fully supported, fundraising bicycle tour. Ride over Snoqualmie, Blewett and Stevens passes. Great supports and food stops. Jeff Randall, Mary Bridge Children's Hospital, P.O. 5296, Tacoma, WA, 98415. 800-392-9253, www.courageclassic.com

**Aug 14: Covered Bridge Bicycle Tour**  
Timber Linn Park, Albany, OR. Relaxing country "century" ride event with lengths of 40, 68, 85 & 101 miles. Great food too! Mid-Valley Bicycle Club, P.O. Box 1373, Corvallis, OR, 97339-1373. www.coveredbridgetour.com.

**Aug 14-28: Lewis & Clark Pacific**  
Portland, OR. The Lewis & Clark Pacific follows the route of the Corps of Discovery 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, 150 E Pine St., Missoula, MT, 59802. 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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 14-15: Oregon MS Bike Tour**  
Salem, OR. Two days of cycling fun, based at Willamette University in Salem. Great beer garden and entertainment in the evenings! Fundraiser for the MS Society of Oregon. National Multiple Sclerosis Society - Oregon Chapter, 1650 NW Naito Parkway, Ste. 190, Portland, OR, 97209. 800-FIGHTMS, www.orcnmss.org/MS150/msbiketour.asp

**Aug 14-21: San Juan Islands - Victoria**  
Seattle, WA. A great way to experience the best features of the NW by bicycle, foot and sea kayak. Do it all in one glorious week: the San Juans, Victoria and the Olympic Peninsula. Tour begins in Seattle. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 15: Blue Cruise Wheels for Wellness**  
Meridian, ID. 100, 50, 30 and 15 miles. Each route heads south and loops back. Fully supported. Picnic at the finish. Blue Cross of Idaho Foundation for Health, P.O. Box 8419, Boise, ID, 83707-2419. 866-482-2252, www.bcidahofoundation.org

**Aug 15-21: Ride Around Washington (RAW)**  
Seattle, WA. RAW turns 5 by reversing its original route with a few changes (via mostly SR20). 6-day ride from Davenport, WA, over the North Cascades. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.cascade.org/raw

**Aug 15-20: San Juan Islands 6-Day**  
Anacortes, WA. This 6-day tour is for all levels You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 15: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)\***  
Tenino, WA. Revel in the quiet countryside of Thurston & Lewis Counties. Great view of Mt. Rainier. Supports Bicycle Alliance of WA. Terry Zander, Capital Bicycling Club, 423 Frederick St. SE, Olympia, WA, 98501. 360-480-7356, www.capitalbicycleclub.org

**Aug 16-20: Crater Lake National Park**  
Crater Lake, OR. See Aug 9-13 for details. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

**Aug 16-27: Rocky Mountain Bicycle Tour**  
Nelson, BC. 1000km. Jorg Becker, 250-358-7966

**Aug 16-26: Tour de Rockies**  
BC. 11 days of great cycling, superb service and fun. Daniel Hellyer, Slocan Valley CC, P. O. Box 408, New Denver, BC, V0G 1S0. 205-358-2612, www.bcmasterscycling.net

**Aug 21: 200, 300, 400, 600km Brevet**  
Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur club event. BC Randonneurs Cycling Club, 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 Brouger, Providence Benedictine Child Development Center, 560 South Main St., Mt. Angel, OR, 97362. 503-845-2662

**Aug 21: Head to the Bay**  
Newport, OR. Lighthouse to Lighthouse Fun Ride(s). Jane Maines, Yaquina Lights, Inc., P.O. Box 410, Newport, OR, 97365. 541-574-3129, http://yaqualights.org

**Aug 21: The Vine Ride**  
Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 50, 65 and 100 miles. Karl White, Wheel Help Rides, 6415 SW 153rd Ave., Beaverton, OR, 97007. 800-390-6189, www.vineride.com

**Aug 22-27: San Juan Islands 6-Day**  
Anacortes, WA. This 6-day tour is for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 23-27: San Juan Islands - 5 Day**  
LaConner, WA. This is the best for people with limited time or who are newer to bicycle touring. The terrain encountered and routes selected are less demanding than our longer trips. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 28-Sep 4: Oregon Crater Lake**  
Oakridge, OR. Explore a spectacular area of tall timbers, clear rivers and snow-clad peaks. For intermediate to advanced cyclists. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

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[www.TeamEstrogen.com](http://www.TeamEstrogen.com)

**Aug 28-29: RAPSody 2004\***

Tacoma, WA. 2-day ride with a 1-day option. 150 miles and 9,400 feet of elevation gain. The route starts in Tacoma and goes through University Place, Steilacoom, the Nisqually Delta, Olympia, Shelton, Hood Canal, Belfair, Pt. Orchard, Vashon Island and back to Tacoma. Marquee event of Bike Summer 2004. Limit 1,500 riders. Proceeds donated to Bicycle Alliance of WA. Capital Bicycling Club, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, Seattle Bicycle Club and B.I.K.E.S. of Everett, www.rapsodyride.org

**Aug 28-Sep 4: 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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

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

Anacortes, WA. This 6-day tour is for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 30-Sep 3: Crater Lake National Park**

Crater Lake, OR. See Aug 9-13 for details. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

**Aug 30-Sep 3: SPUDS - Cycling Around Idaho**

Ketchum, ID. 10th annual ride around Idaho. Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, http://spuds.cyclevents.com

**SEPTEMBER**

**Sep 4-7: 1000km Brevet**

Lower Mainland, BC. Starts 6:00 a.m. BC Randonneur club event. Eric Fergusson, BC Randonneurs Cycling Club, 604-733-6657, www.randonneurs.bc.ca

**Sep 4-6: 1000km Brevet**

Nanaimo or Victoria, BC. Route is Victoria to Port Hardy. BC Randonneur club event. Stephen Hinde, BC Randonneurs Cycling Club, 250-245-4751, www.randonneurs.bc.ca

**Sep 4: 200km Brevet**

Penticton, BC. BC Randonneur club event. Tina Hoeben, BC Randonneurs Cycling Club, 250-770-3133, www.randonneurs.bc.ca

**Sep 4-Jul 3: 200km - Quiche Brevet**

Peace Region, BC. 75km and 150km available. BC Randonneur club event. Wim Kok, BC Randonneurs Cycling Club, 250-785-4589, www.randonneurs.bc.ca

**Sep 4-5: 400km Brevet**

Redmond, WA. Mark Thomas, Seattle International Randonneurs, 13543, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Sep 4-6: Leavenworth Tandem Rally**

Leavenworth, WA. Formerly known as the Sleeping Lady Tandem Rally. Join Evergreen Tandem Club for 2-3 days of great food and great rides, all originating at the beautiful Sleeping Lady Conference and Resort Center. Rides vary from 15 to 65 miles. Check website for registration and additional information. www.evergreentandemclub.org

**Sep 5: Great Northwest Fall Tour**

Newport, WA. Enjoy a beautiful ride in the country on paved county roads. Choose either a 30- or 50-mile route. Melody Geddes, Newport/Priest River Rotary Club, 1282 South Shore Road, Newport, WA, 99156. 509-447-4085,

**Sep 5: Hutch's 100km**

Bend, OR. Metric century (62 miles) road ride beginning and ending at Tumalo State Park. The route is mostly small rollers, and has some of the best views of the Cascades you'll see in Central Oregon. Entry includes maps, mechanical support, energy food and drink. Hutch's Bicycles, Bend, OR, 530-382-6248, www.hutchsbicycles.com

**Sep 5-10: San Juan Islands 6-Day**

Anacortes, WA. This 6-day tour is for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Sep 6-10: San Juan Islands - 5 Day**

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

**Sep 6-10: WYCYC - Wyoming Cycling Celebration**

Jackson, WY. 15th annual ride around Wyoming. Tom Sheeham, Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, http://wycyc.cyclevents.com

**Sep 11: America's Wild Rivers Coast Century Plus One**

Cape Blanco, OR. Ride from Cape Blanco, OR to Crescent City, CA. Chip Weinert, 541-247-3272, www.wave.net/upg/cweinert/awrc\_century\_main.html

**Sep 11-12: Bicycle Trek for Life & Breath**

Vancouver, BC. Join hundreds of other cycling enthusiasts on this 2-day, 200-km fully supported ride through the Fraser Valley. Katie Gove, BC Lung Association, 2675 Oak Street, Vancouver, BC, V6H 2K2. 604-731-5864, www.bc.lung.ca/trek

**Sep 11-18: Cycle Oregon**

Various regions, OR. Six days of fully supported cycling nirvana. Cycle Oregon, 5253 NE Sandy Blvd., Portland, OR, 97213. 800-292-5367, www.cycleoregon.com

**Sep 11-12: MS 150 Bike Tour**

La Conner, WA. Two-day, 150-mile road bike ride touring the most beautiful scenery of WA. Rachael Nuwash, National Multiple Sclerosis Society, 192 Nickerson Street, Seattle, WA, 98109. 800-800-7047, www.nationalmssociety.org/was

**Sep 11: Oregon Coast Cycling Festival**

Gold Beach, OR. Three routes along the Oregon Coast and party benefit American Heart Association and Curry Health. Chip Weinert, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

**Sep 11-18: San Juan Islands - Victoria**

Seattle, WA. A great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Tour begins in Seattle with a van ride to LaConner. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Sep 12: Fall Flatlander 200K**

Lower Mainland, BC. Start 7:00 a.m. from Maple Ridge. Tour Mission, Rosedale, Ft. Langley. (also available: 50km, 100km, 150km. Routes vary.) BC Randonneur club event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

**Sep 12: Headwaters Century\***

Enumclaw, WA. Routes of 45, 65, and 100 miles, very scenic, little traffic. Supports Bicycle Alliance of Washington. Robert Deehan, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-272-9682, www.tbwc.org

**Sep 12-17: 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. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Sep 12: The 25th Annual Autumn Century Ride\***

Spokane, WA. Full Century -100 miles, Metric Century - 62-miles, Family or Individual Ride- 20 miles. Beautiful north Spokane countryside. Fully supported. Frank Perry, Spokane Bicycle Club, PO Box 62, Spokane, WA, 99210. 509-624-9731, www.spokanebicycleclub.org/

**Sep 14: Sunnyside Century**

Bend, OR. Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

**Sep 18: 3rd Annual Basin Bike & Build**

Klamath Falls, OR. Well-supported 11, 18, 25, 50, 75 and 100 mile rides in the beautiful Klamath Basin. Flat routes make this a great chance to stretch yourself a little farther. Klamath Basin Habitat for Humanity, P.O. Box 476 Klamath Falls, OR, 97601, 541-273-3987

**Sep 18: 200km Brevet**

Penticton, BC. Starts at 100 Mile House. On-road/Off-road brevet - bring your ATB (All Terrain Bicycle). BC Randonneur club event. Tina Hoeben, BC Randonneurs Cycling Club, 250-770-3133, www.randonneurs.bc.ca

**Sep 18-Oct 2: Big Ride Pacific Coast**

WA & CA. Two-week ride from Seattle to San Francisco to raise funds and awareness for the American Lung Association of Washington. Ride will be limited to approximately 40 participants. Jeff Schlieper, American Lung Association of Washington, Big Ride HQ, 10323 SW 117th Pl., Vashon, WA, 98070. 206-567-5710 or 877-287-6471, www.bigride.org

**Sep 18: Lorane Valley Vineyard Tour**

Cottage Grove, OR. Great route - mostly flat with some rolling hills; little or no traffic on paved backroads. Tour two to three vineyards and see views of rivers, wildlife, trees and mountains. Then enjoy after-ride food and a get-together at the amazingly beautiful Village Green resort. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Sep 18-19: Tour des Lacs**

Spokane, WA to Coeur d'Alene, ID. 2-day cycling tour, multiple route & mileage options, boat cruise on Lk CDA. Wendy Bailey, Round & Round Productions, 418 E Pacific, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**Sep 18: Tour DeVine**

Wenatchee, WA. 30 and 60 mile tour. Wander through picturesque wineries, apple and pear orchards. Dinner, music and wine tasting. 800-572-7753, www.tour-devine.com

**Sep 18-20: Trek Tri-Island**

Seattle/San Juan Islands, WA. Fully supported fundraising ride from Seattle through the San Juan Islands. Meredith Gibson, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98122. 206-441-5100, www.alaw.org

**Sep 19: 100km Brevet**

Redmond, WA. 100km of climbing, a mountain goat's dream come true. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 425-702-8880, www.seattlerandonneur.org

**Sep 19: Cottage Grove Six Covered Bridge Tour**

Cottage Grove, OR. This event will start in Cottage Grove at 8:00 a.m. and includes 6 covered bridges. 90 percent of the tour will be on paved Rails to Trails paths. Choice of 33-, 50- and 85-mile rides. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Sep 19: Galloping Goose Populaire**

Victoria, BC. 75km, off-road event. 100km option as well. Starts at Thetis Lake Park at 9:00 a.m. Follows the Galloping Goose Trail. Michael Poplawski, BC Randonneurs Cycling Club, 250-882-1239, www.randonneurs.bc.ca

**Sep 19-Oct 2: Korea: T'amhomhada Tongjokul**

Eastern Korea. Absorbing the lifestyles, history, and cultural diversity of the people of eastern Korea. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

**Sep 19-22: Rolling Pub Crawl**

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMinnamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Rebecca Miller, Smith & Miller Production, 818 SW 3rd Ave. 399, Portland, OR, 97204. 503-720-6984, www.rollingpubcrawl.com

**Sep 19-24: San Juan Islands 6-Day**

Anacortes, WA. This 6-day tour for all levels. You'll bike, sea kayak, whale watch and hike through beautiful scenery with spectacular mountain vistas. Outstanding lodging and dining. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Sep 20-24: San Juan Islands - 5 Day**

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

**Sep 21-28: Cycling the Cascade Loop**

Chelan, WA. Camping tour of the famous Cascade loop of eastern and wester Washington. Includes sag. Wayne Martin, 246 W Manson Hwy, #197, Chelan, WA, 98816. 815-301-8262

**Sep 25-26: 600km Brevet**

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

**Sep 25: Dam 2 Dam Thumbs Up Bike Tour**

Wenatchee, WA. Tour the beautiful Columbia River in Easter Washington. 25, 50 or 100 miles. Rocky Reach Dam to Well Dam and back. Mike Utley, Mike Utley Foundation, 800-294-4683, www.mikeutley.org/biketour.html

**Sep 25-26: Kiwanis Wine Country Trek**

Yakima, WA. Ride 120 miles through vineyards in the fertile Yakima Valley to Prosser, WA to see the annual Hot Air Balloon Festival. Apple Valley Kiwanis/Prosser Kiwanis, 7301 W. Pierce St, Yakima, WA, 98908. 509-966-4475, www.desertvalley.com/rides

**Sep 25-Oct 2: San Juan Islands - Victoria**

Seattle, WA. A great way to experience many of the best features of the Pacific Northwest by bicycle, foot and sea kayak. You'll do it all in one glorious week: the San Juan Islands, Victoria and the Olympic Peninsula. Tour begins in Seattle with a van ride to LaConner. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Sep 25-27: Trek Tri-Island**

Seattle, WA. Fully supported fundraising ride from Seattle through the San Juan Islands to Victoria, BC. Meredith Gibson, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98122. 206-441-5100, www.alaw.org

**Sep 26-Oct 2: CANYONS - A Ride Across Southern Utah**

Springdale, UT. Tom Sheeham, Cyclevents, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, http://canyons.cyclevents.com

**Sep 26: Peach of a Century**

Salem, OR. 100-mile route and 100km (62-mile) route. The 100-mile goes through Jefferson, Roaring River, Mehama and Stayton. The 100km is generally flat and goes through Jefferson and Stayton. Route map and elevation profiles available online. Tom Tilque, Salem Bicycle Club, ttique@operamail.com www.salembicycleclub.org

**Sep 26-Oct 1: 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. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**TRACK**

**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 further 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 Friday Night Races**

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, 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 further information. Mike Murray, 503-661-5874, www.obra.org/track

**Aug 13: Fast-Twitch Fridays**

Portland, OR. See Race Series for further information. Jen Featheringill, Portland, OR, 97292. 503-227-4439, www.obra.org

**Aug 13: Group Health Friday Night Races**

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, http://marymoor.velodrome.org

**Aug 14-15: WA State Championships**

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

**Aug 16: MVA Monday Night Racing**

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

**Aug 18: MVA Wednesday Night Racing**

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

**Aug 19: Alpenrose Weekly Series**

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

**Aug 20: Group Health Friday Night Races**

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, http://marymoor.velodrome.org

**Aug 20-22: Oregon Track Championships**

Portland, OR. Candi Murray, www.obra.org

**Aug 23: MVA Monday Night Racing**

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

**Aug 25: MVA Wednesday Night Racing**

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

**Aug 26: Alpenrose Weekly Series**

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

**Aug 27: Fast-Twitch Fridays**

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

**Aug 27: Group Health Friday Night Races**

Redmond, WA. Entry fee \$15, Juniors \$5. See Race Series for further information. Marymoor Velodrome, http://marymoor.velodrome.org

**Aug 30: MVA Monday Night Racing**

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

**SEPTEMBER**

**Sep 2: Alpenrose Weekly Series**

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

**Sep 4-5: Oregon Masters Track Championships**

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

**Sep 9: Alpenrose Weekly Series**

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

**Sep 16: Alpenrose Weekly Series**

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

**Sep 16: Burnaby Race Series #4**

Burnaby, BC. Indoor track in Canada. Jeremy Story, Burnaby Velodrome Club, 7564 Barnet Highway, Burnaby, BC, V5A 1E7. 604-888-5779, www.burnabyvelodrome.ca

**Sep 23: Alpenrose Weekly Series**

Portland, OR. See Race Series for further information. Mike Murray, 503-661-58

# Tuft Wins Gold, Symmetrics Earns 9 Medals at Canadian Road Nats

By CLAIRE BONIN

Svein Tuft, had a great national championship week in Kamloops, BC on June 24-27. After announcing his retirement after last year's Tour de Whiterock, he could not stop riding for more than two weeks. "I love riding my bike," says Tuft "but I also like being at home. Doing the NRC circuit last year was too much, I was not having fun, we were always on the road." Earlier this year, he announced his return to local racing with Wenting's Cycles, a small club out of Mission, BC, not long after he joined the powerful BC based team Symmetrics. With his new team, Tuft can enjoy good caliber races while still spending time at home. He also shares his experience and knowledge with the younger riders on the team. In Kamloops, Tuft and his team would be on a mission—claim as many medals as possible. Both the men and women contributed to the team effort.



Evans and Tuft

took great care covering all the cattle guards (widely spaced metal grids to stop cows from wondering up the road), but the 100-degree temperature was a determinant factor in the outcome of the event.

On the men's side, current and eight-time time trial national champion Eric Wolberg (Sierra Nevada Cycling) was eager to defend his title, although tired from much racing the weeks before. He knew Tuft was sure to provide him with some stiff competition, as the Symmetrics had edged him out a week earlier at the GP Beauce.

In the end, Tuft claimed the event, more than one minute ahead of an exhausted Wolberg. Sue Palmer Komar from Ontario took the elite women's division. While riders from Quebec and Ontario claimed the men and women junior categories, the master category's titles belonged to the BC riders. Jay Murray (Trek/VW) claimed the master A title. Kamloops' resident Olav Stana won the Master B division in front of his home crowd. Derek Tripp from Nanaimo and Bob Lindsay from Vancouver took gold in the C and D categories.

In the downtown criterium it was a Symmetrics affair. The black, yellow and white jersey took home the majority of the cash prizes and filled the podium with Cameron Evans in first, Andrew Pinfold out sprinting Tuft to claim second. On the women's side the Symmetrics duo of Mandy Poitras and Marny Prazsky were at the forefront of the action, claiming a large portion of the prizes and the top two spots on the podium. Another BC rider, Lisa Sweeney (Team

Kappa) got the bronze. Although not an official national championship event, the show of forces demonstrated by the team was impressive. Their teamwork and good communication would be an asset in the road race event.

Much was at stake at the start of the men and women's road race—the national title as well as the final Olympics selection. Six men and women had met the required standards, unfortunately none from BC, and had a chance to make the Athens bound team. Only three in each category would be selected to represent Canada in August. However, there were a lot more contenders to the individual honors—many from the Symmetrics team. Along with Tuft, Dylan Sebel, Andrew Pinfold and Cam Evans had a real shot to make it to the top of the podium. The course suited them all.

The ten-kilometer road circuit was not for the faint of heart and many called it the hardest nationals course in recent memory. The loop started on what would be considered flat in downtown Kamloops followed by a three-kilometer climb, reaching over 10% gradient in some areas before descending back to the valley. The men did 18 laps, the women 12.

The women's race was decided early. Lyne Bessette from Quebec attacked on the first climb and only Manon Jutras (Quebec), Erinne Willock (Victoria, BC) and Sue Palmer-Komar (Ontario) were able to follow the pace. Willock and Palmer-Komar were dropped by mid race and Bessette attacked Jutras on the final climb to take the title. Rona's Willock took the bronze.

In the men's race, Symmetrics was at the forefront. On the fifth laps a group comprised of Symmetrics' Dylan Sebel and March Cooper, VW-Trek riders Alexandre Cloutier and Alexandre Lavallee and BC Daren Vogler broke away and quickly gained ground. A four men

chase group, including yet another Symmetrics rider Cameron Evans, was one-minute down and the pack another minute behind. After two laps, the chase had cut the break. Recognizing the threat of letting such a group go, Wolberg attacked from the peloton. Tuft and Gord Frazer (Health Net) joined in, and that was the last the pack would see of them. Wolberg and his group would catch the break. Two Olympic hopefuls were at the front, Wolberg and Fraser; the others had missed the boat.

With 35 km to go, the heat and the climb had taken their toll on the break, and only six riders were still at the front. From the original break, only Lavallee remained. Symmetrics was represented by Tuft and Evans, Health Net's Fraser, Sierra Club's Wolberg and Jelly Belly's Andrew Randell (Ontario) were there as well. In the final lap, Wolberg cramped at the bottom of the hill bringing him to a stop. Lavallee attacked, Randell got dropped and Evans, the only Espoirs rider of the group, brought Tuft and Fraser back on Lavallee's wheel. With 500 meters left to the climb, Fraser went all out, gapped the others and descended to the finish line solo to win his first national road title. Tuft took second, Evans came in third and claimed the Espoirs title, while Lavallee crossed the line in fourth place. Fraser had high praise for the local Symmetrics team after the road race. "They rode like pros today; very impressive. They knew what they needed to do, and had riders in all the right moves. It was good to see a team riding like that in Canada, especially with young fellows like Cam (Evans)."

In total Symmetrics got two nationals titles, one for Evans and one for Tuft, and accumulated nine medals during the championships weekend. BC riders also dominated the Master categories, taking home 19 of the 30 medals available.

## Take a Kid Mountain Biking Day

Open your calendar and clear a few hours on Saturday, October 2nd, for National Take a Kid Mountain Biking Day.

It's pretty simple: find a kid, get them a bike and helmet, select a route and go for a ride! If you are involved with a cycling club, organize a kids event. The key is to make it fun so kids are psyched to ride again.

Childhood obesity in the United States has reached an all-time high. Experts say

that the current generation of U.S. children could actually have a shorter life expectancy than their parents. IMBA believes mountain biking can help reverse this trend. They need your help to get kids back on bikes.

For more information about this and other mountain-biking related issues, visit [www.imba.com](http://www.imba.com) and find out how you can get involved.

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