

BICYCLEPAPER

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MARCH 2005 • FREE



This year's calendar is filled with events to please all types of riders.

Photo left by Greg Descantes and right courtesy of ALAW.

What's in Store for 2005?

By CLAIRE BONIN

Well, all of the signs were there. Squirrels were not gathering many pinecones and nuts, and bees' nests were built on low tree branches, all signs that the winter was not going to be long, and snow would not fall by the buckets.

We have this saying in French "Le malheur des uns, fait le bonheur des autres" which roughly translated means "what makes some unhappy, makes others delighted". This year, this saying couldn't have been more true when applied to the winter season that is just ending in the Northwest. Skiers, snowboarders, showshoers and other related snow doers were left cheated out of the white stuff, with only a few feet covering the ski hills and tracks. But that same fact made cyclists rather happy. Instead of biding their time in the gym, spinning fast but going no where, many have already opted to hit the road and put many valuable training miles behind them.

This early activity has translated directly into early activity at bike shops around the region. Every bike shop owner I talked to, reported quite happily, that sales and tune-ups were going strong. They said that the numbers of customers were much greater than usual at this time of the year and that for them, the cycling season was already in full swing.

From the riders' point of view, the only missing ingredient - events - can't come soon enough to officially kick off the 2005 season. Well, the wait is over.

With over 1072 events lined up so far on the Bicycle Paper calendar, the northwest is ready to roll.

On the racing side, Jack Frost kicked off the season in Portland two weekends ago, providing the road racers with their first taste of excitement and adrenaline rush of the season. Inside this issue, the annual calendar, road, track, mountain bike and cyclo-cross racers will find the new races as well as classics and old favorites. A few brand new series such as the Indie Mountain Bike Series in the Seattle area or the PIR Handicap Series in Portland have emerged over the winter to provide more racing opportunities. Mt Hood Cycling Classic has upgraded to a NRC status, the only event in the Northwest with Cascade Classic to hold this sanction. Expect to see the best of the Northwest and some of the top national talents fighting furiously for the win at those events.

On the track, one event in particular, will host an incredible line up of international talent - the Pacific Rim Sport Summit event. Scheduled for July 7-12 in Seattle, the multi-sports event will bring together participants from nine countries who will compete in nine sports including track cycling at the Group Health Marymoor Velodrome in Redmond, WA. The last time the Northwest saw an event of this caliber was back in 1990 when the Goodwill Games were presented in the region.

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☞ Feature

An Emerging Occupational Hazard

ERIK MOEN PT, CSCS

When you think of the occupational hazards of the professional cyclist, you consider clavicle fractures, contusions, abrasions and knee pain. You wouldn't think that a young, healthy professional cyclist would develop vascular problems. Yet, healthcare providers have been gradually describing a vascular problem that affects cyclists, speed skaters and triathletes in their journals over the last ten years. They call it exercise induced arterial endofibrosis (EIAE). It is estimated that 1 in 5 of all professional cyclists will be affected by EIAE at some point in their career. In fact, 5 of the 25-member Dutch cycling team for the 2000 Olympics had surgeries to repair this vascular obstruction, a kinking of the iliac artery, prior to competition. The iliac artery is a major blood supplier to the leg. You may be able to guess some of the problems that might occur when trying to pedal your

bike under any exertion with limited blood supply to the leg.

Anatomy

A closer look at the involved anatomy shows that the iliac artery passes through an area called the femoral triangle at the front of the hip. Its anatomical neighbors include the femoral vein and nerve. The iliopsoas, or hip flexor muscle, is just below the femoral triangle. Why are arteries relevant? Arteries are blood vessels that deliver blood to an area of tissue. Every individual has two iliac arteries that branch from the abdominal aorta. Each one of them passes through the front of the hips and distributes blood to the legs. The iliac artery is the main supplier of blood to your quadriceps. Arteries are known for having a muscular component to their structure. Muscles in arteries help push oxygenated blood to their destinations.

See "Health" on page 3

☞ Feature

Randonneuring - Going Long and Longer

Have you ever finished a long-distance tour and thought that perhaps you could turn right around and do it all over again?

Some people think this way, and if you are the type of person who entertains such thoughts, then a Randonneur event might be your next step as an endurance cyclist.

What is this Randonneur?

Randonneur cycling is best suited for people who enjoy participating in noncompetitive, long-distance cycling events. It sounds much like a century or double century, but not quite, there are a few distinctions.

According to the handbook for Randonneurs USA, the events are described as "fast touring with time limits." However, time limits and pace are not the only factors that distinguish Randonneuring from touring.

For one thing, these events are

completely unsupported, so riders are required to carry certain types of equipment that will allow them to be self-sufficient. Another distinctive characteristic is distance. Randonneur rides vary in length from 100-1200km, whereas the typical ride will not exceed 200 miles.

Mark Thomas, a member of Seattle International Randonneurs and veteran rider, remembers his first ride this way.

"I was suckered into it. It was a 300km. Having done STP, I thought it would be no problem. The Randonnee was a different kind of 300km though."

The rides themselves, called brevets, include the 200, 300, 400, 600, 1000, and 1200km. The time limits for these events range from 13.5 hours to 90 hours.

Then you have Fleche events - a 360km team ride that typically takes

See "Randonneur" on page 4



By Joshua Hicks
Bicycle Paper Specialist

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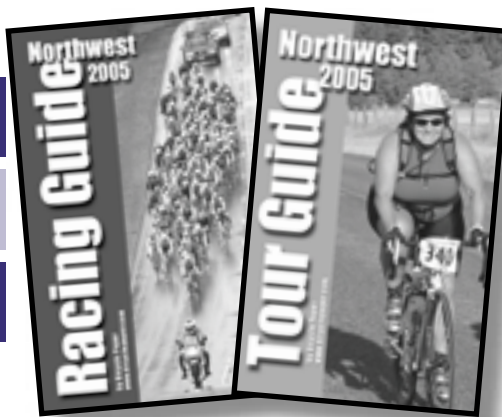
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"Health" from page 1



By Erik Moen
PT, CSCS

Symptoms

Symptoms of EIAE include generalized leg pain and an inability to produce power under physical exertion. All of these symptoms will be associated with pedaling effort. Symptoms will quickly disappear after exertion has stopped. The typical cyclist that will experience EIAE will be at or under 30 years of age and will have participated in competitive bicycling for an extended period of time.

Causes

EIAE is a result of chronic kinking of the iliac artery over time. Cycling in a low trunk position, as seen in racers, creates a mechanical loading of the iliac artery. When thinking of professional cyclists, you can estimate that they might flex the hip eight million times a season, while pushing ten liters of blood a

minute through the iliac artery. This forceful stimulus over time creates an accommodative kinking of the iliac artery. A kinked artery will reduce blood flow to the leg.

If you feel like you are affected by the symptoms, the appropriate referral is a vascular surgeon for further consultation and differential diagnosis. Diagnosis of EIAE has included blood pressure observation of the legs under exertion, echo-Doppler, and MRI-angiography. Treatments for severe EIAE have included a surgical endofibrosectomy. This is essentially a reconstruction of the iliac artery using a tissue graft. Cyclists usually are able to return to competition in 3-4 months.

How do you avoid iliac artery compression? Less aggressive positioning on the bike would most likely be the best prevention of iliac artery compression. Does this mean everyone should assume the bicycling style of Pee-Wee Herman? No, but it does mean that the most aero-position on the bicycle is probably not the best for chronic exposure. Scientific literature has not defined

how low of a trunk position is the magic angle. A pathological trunk angle would be difficult to define, as anatomical variance in riders will affect the presence or absence of EIAE.

The maintenance of good flexibility through the hip flexor muscle group may be helpful, although not proven. Bicyclists are notoriously inflexible in their hip flexors. This is due to adaptive shortening of the muscles over time. Cyclists who limit their exposure to other sports rarely allow their hip to ever experience or maintain normal flexibility of the hip flexor. Adding a little variety to your off season training may be a good idea.

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

TransRockies Challenge 2005

By SHANE BIRLEY

The holidays are over, and up here in BC cyclists are already gearing up and training to prepare for the hardest mountain bike event of the summer in North America - the TransRockies.

Based on the famous TransAlps ride, the TransRockies event was first held in August 2002. Spanning over 7 days, the epic event covers more than 600km (373 miles) of back-country trails riding between Fernie, British Columbia, and Calgary, Alberta. Along the way participants camp under the stars and ride around 10 hours daily climbing up and over mountains, gaining over 12,000 vertical meters (39,370ft) of elevation, while pushing their limits in order to make it to the finish line before the cut off time. The race starts at 8:00 a.m. each day and riders are expected to rally the finish line of each leg by 6:00 p.m. Each day is a constant punishment of both the riders and their equipment. No one, even the winners, gets out of there without a few bruises, bumps, and having to reach deeply, physically and mentally to complete the event. A testament of the incredible strength and determination required to complete the event.

In order to provide adequate support, the race is limited to 350 riders. You enter the event as a team in either the open men, women, master or mixed categories. Due to the extreme nature of the race, no one under 18 years of age is al-

lowed to participate. An interesting rule is the fact that team members must remain within two minutes of each other at all times, otherwise penalties are imposed, so the choice of your partner must be given proper consideration. The final general classification is determined on overall team time. Over \$20,000 (Cnd) is awarded to the winners. Also, the top five men's teams, top two women's teams, and the best master and mixed team are granted automatic admission in the 24hrs of adrenaline presented in Whistler in September.

How does one prepare for this kind of event?

As with all preparations, suggestions abound about training for such an event, but keeping to the basics seems to be the best option. Here are a few tips and suggestions to point you in the right direction.

- Endurance training: build up the number of hours steadily throughout the spring and early summer
- Efficiency training: improve your pedaling frequency by riding the rollers or one leg at the a time to maximize your efficiency making every stroke count
- Interval training: increase your overall speed endurance, and ability to power over some obstacles
- Cross training: being able to ride is one thing, but you have to get used to pushing your bike, hiking and simply being out there in the elements

- Sleeping: camping requires adequate preparation if you want to be able to recover from the day's effort



- Don't over train: pushing yourself too hard in preparation for the event can result in injury or decreased performance
- Get a coach: consult with a coach or someone experienced in this type of event. They'll be able to assist with your physical and mental preparation as well as other details important to your success

Many BC riders are already planning to attend TransRockies, which is scheduled to take place August 7th to 13th. Many have been putting in the hours over the winter in preparation for it. But it is not too late for you to start. First get more information about the TransRockies by going to their website. If you feel you can make the distance and survive the ride don't miss your opportunity; find a partner with whom you will enjoy sharing the excitement and punishment of the race. Be part of the action, and experience the most unique cycling event in North America. Register early as tickets are going quickly.

So train hard, ride hard, and go create memories that will last for a lifetime.

For information: TransRockies- www.transrockies.com and 24 hours of Adrenaline - www.24hoursofadrenaline.com

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No Charge for Initial Consultation

The Touring Cyclist's Brain: Mapped and Explained

By JOE KURMASKIE
AKA The Metal Cowboy

1) Swollen ego glands: responsible for attempting any quick fix, roadside bike repair with duct tape, spare spokes and a few rusty allen wrenches. Also aids in embellishing campfire stories, leg flexing in shop windows and announcements of outrageous mph averages.

2) Enhanced spatial problem-solving skill region: allows one to pack 10 cubic feet of gear into five cubic feet of panniers. Sadly, this region is no help during tent repacking.

3) Abundance of amnesia capillaries: continuously washing over the haunting memories of ridiculously long climbs, unending headwinds, numb hands, sore knees, blistering heat and bone aching cold, sideways rain and those icy, campground showers.

4) Large amount of seemingly useless gray matter built up from subscriptions to bicycling magazines, web forums, technical manuals and travel narratives: release of this substance and an accompanying feeling of redemption occur by building a wheel, repacking a hub and completing a cross country ride.

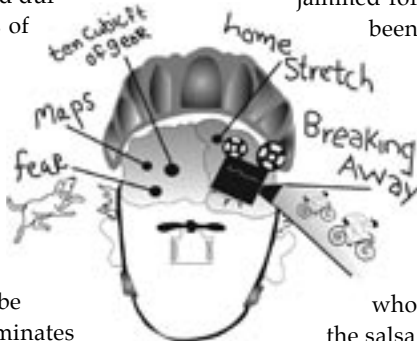
5) Region holds one massive flashback on stand by - it loops the final race scene from "Breaking Away": mind can instantly call it up in technicolor during downhill tucks, while passing other cyclists and during the last five minutes of riding for the day.

6) Part of brain pan bathed in iridescent greens, unnatural blues and Halloween oranges of favorite sports drink.

7) Dense shut-off valve between frontal lobe and nasal passages: eliminates detection of one's own "aroma" after 500 miles of pedaling without a shower.

8) Second pair of eyes located just under the surface, halfway down the back of rider's head. (Warning - do not work in fog, dusk or detecting RV mirrors sticking out five feet from the Winnebago.)

9) Region packed with neurons responsible for balancing on two wheels at speed while A) wiping sweat, mucus and powerbar bits away



with bike gloves B) tossing, lifting, spraying, jamming and juggling water bottles, C) punching at a pannier for better weight distribution and D) kicking away at various animals (dogs, dingos, roos and geese) giving chase.

10) Appetite suppression region: turns off moments after rolling out of one's driveway. Allows riders to consume 7,000 calories a day without weight gain. Warning, valve remains jammed for several weeks after tour has been completed.

11) Mass of elastic tissue located behind eyes: responsible for belief in humanity, child-like wonder and unwavering awe. Same amount present in ten-year-old musicians, high school science fair participants and 80-year-old guys who still hit the dance floor during the salsa numbers.

12) Sensory nodes responsible for fearing strangers and being apprehensive of new situations are absent. Synapses responsible for detecting unstable canines with quick off the porch sprint abilities and new friends with extra bunk space, enlarged.

13) Region providing heightened ability to glance at a map: quickly memorize the smallest roads, calculate how many thumb widths / inches can be covered in a day... and whether

Literary Rides With



The Metal Cowboy

it was created by ACA: Adventure Cyclist Association.

14) Larger than normal cluster of campsite detection neurons. Campsite, in this case, is defined as everything from state parks and KOA's to culverts, church courtyards, wooded ravines, graveyards, overgrown median strips and patches of dirt in the desert.

15) Area in charge of fashion sense, color coordination and embarrassment over disco era tight clothing crowded out by misfiring signals of pride over how good one still looks and feels in lycra.

F E A T U R E

"Randonneur" from page 1

place on Easter weekend. In these events, teams of 3 to 5 cyclists design their own route to reach a common destination within 24 hours.

A little history

The concept of the Randonnee began in 1891 with the organization of the first-ever Paris-Brest-Paris (PBP), now considered the granddaddy of them all, by French newspaper editor Pierre Giffard.

Unlike today's ride, the first PBP was a competitive event, but it was unlike any other of its time. Giffard wanted to create a race that was not just about speed, but also an epic test of endurance where an unsupported cyclist could prove his ability to ride unprecedented distances.

Giffard's race was such a success that it inspired other Frenchmen to create the modern Olympics and, in 1903, the first Tour de France.

It was not until 1931, however, that a new class of rider began to emerge from the PBP. This new type of cyclist became known as the randonneur, meaning "super-tourist". Over time, the competitive aspect of the ride was phased out, and once Randonneurs rode noncompetitively, a 90-hour time limit was incorporated into the event.

The Audax Club Parisien (ACP) was created to organize the amateur event every four years. It legitimized the Randonneuring event, and from there the sport gained international popularity. Today, the ACP serves as the central governing body for the sport, and the PBP event itself draws 4000 riders from all over the world every four years.

Other clubs and organizations, such as Randonneurs USA, BC Randonneurs Cycling Club, and Seattle International Randonneurs, have sprung up all over the world to support local randonneuring interests.

What's at stake?

The world of Randonneur cycling is very structured, and the ACP essentially governs everything, with the exception of most 1200km events, which are sanctioned by the Randonneurs Mondiaux. The ACP awards certificates, considered medals, to anyone who successfully completes a brevet. In French, brevet means "certificate" or "diploma".

The ACP has a slew of awards other than these brevet certificates. Amongst some of the most notable are the Super Randonneur, given to anyone who completes a 200, 300, 400, and a 600km brevet in a single year, and the Randonneur 5000, awarded to cyclists who do a full series of brevets, a PBP, and a fleche.

Every rider who finishes the PBP gets his or her name in Le Grand Livre – the Stanley Cup of Randonneuring – where every rider who has finished the event is listed.

What is it really like?

The first thing you should expect in Randonneuring is a friendly group of like-minded people who are focused on a common goal. Although there is some friendly competition, competitiveness is not a prominent factor.

A problem or two is also to be anticipated. You may run out of energy, get lost, incur a roadblock, or face bad weather. Since the events are completely unsupported, you need to be prepared to solve your own problems.

Knowing how to quickly repair a puncture or how to navigate using a map can be the difference between being a proud finisher and a non-finisher.

Loneliness is next on the list. Most randonneurs will hang with small packs when they need company. Traveling in groups can help bolster

individual morale when the ride seems never-ending. On the other hand, it can be counterproductive and slow you down. Stick with groups that match your pace and keep you motivated.

Finally, think of the ride in terms of sections instead of its entirety. It will keep you from feeling overwhelmed.

Randonneuring is all about persevering by means of a positive attitude and the strength of the human spirit.

Preparation

Aside from the mental preparations and the ability to change tires like you belong in a pit crew, there are other ways you can prepare for a successful Randonneur event.

Your bike needs to be in tip-top shape, reliable, and completely comfortable. You can't afford to sacrifice any of this. Lightweight bikes are best, but never at the cost of comfort or reliability.

It is required that you have a LED headlight or two attached to your bike for night riding, as well as fenders for wet weather.

As for packing, find a bag rack setup that fits your bike and stores all of the gear that is mandatory. Carry food, sunscreen, batteries for your headlamp, a multi-tool, a patch kit, repair parts, extra tubes, a pump, and anything else you might need to keep yourself going. Your clothing list should include arm and leg warmers, a windbreaker, long fingered gloves, a balaclava, sunglasses, plenty of reflective gear, and a rain jacket. Most of these things will



Traveling in groups can help bolster individual morale when the ride seems never-ending.

Photo courtesy of Mary Seaton/ALAW

More Info Please

BC Randonneurs Cycling Club:
www.randonneurs.bc.ca
Seattle International Randonneurs:
www.seattlerandonneur.org
Randonneurs USA:
www.rusa.org

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

FEBRUARY

Feb 18-20: Advil Outdoor Adventure Show and Bike Expo

Vancouver, BC. Canada's largest outdoor adventure and marketplace. 300 exhibitors, exciting show and competition - MTB challenges, trials demos, Big Air Jam. BC Place Dave Cox, National Event Management, 60 Renfrew Drive, Suite 105, Markham, ON, L3R 0E1. 800-891-4859, www.outdooradventureshow.ca

Feb 19-20: Group Health Seattle Int'l Bicycle Expo

Seattle, WA. Third largest consumer bike show in the nation. 125 exhibits of gear, active travel, rides and more. This year's event presented at Magnuson Park - Sandpoint. Scott Marlow, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Feb 20: Seattle Bike Swap

Seattle, WA. New location - Magnuson Park Hanger #30. New and used cycling related equipment and clothing. Blow-out prices. 95 independent sellers. Open from 9:00 a.m. to 3:00 p.m. Call to reserve your selling space or visit the swap for great deals. \$35 for standard space, \$60 for delux. David Douglas, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

MARCH

Mar 4-7: Bike Swap

Boise, ID. Find great deals on bikes, parts, clothing and much more! Or sell your used equipment. All proceeds benefit the bode cycling development program. Equipment drop-off on Wednesday and Thursday. Open Thursday/Friday 6-9 p.m., Saturday 11 a.m. - 7 p.m. and Sunday noon to 6 p.m. Jared, Bode Cycling, 3255 Ustick Rd, Boise, ID, 208-631-8016, www.bodecycling.com

Mar 7-Sep 26: Northwest Women's Cycling Monday Ride

Seattle, WA. Weekly women's evening ride. All rides start at Gasworks Park. All women riders welcome. Michelle Maislen, Northwest Women's Cycling, 13205 206th Ave NE, Woodinville, WA, 98077. 425-503-3300, http://nwvc.org

Mar 16: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Start at 6:00 p.m. at the BTA office. Ray Thomas, Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

Mar 27: 17th Annual Seattle Old Bike Swap and Show

Kent, WA. Old/Antique Bicycle Swap Meet and Show. Kent National Guard Armory from 8 a.m. to 2 p.m. Bring one old bike or a truck load, we have balloon tire, Stingray and road bikes. See website for more details. Mike "Boomer" McCormick, Jerry Germeau, 312 NE 76th St., Seattle, WA, Seattle. 206-783-2850, www.geocities.com/seattleoldbikeswap

APRIL

Apr 2: 1st Annual Larry Kemp Memorial Ride

Seattle, WA. Join the Byrne Specialty Gases / Jet City Velo Team as they honor Larry's memory in a casual paced ride. Start at Leschi Starbucks in Seattle at 10 a.m. Donation of \$5 or more recommended. Proceeds go to WSBA Jr Larry Kemp Memorial Fund (501 C) and benefit NW junior riders. Dan Byrne, Jet City Velo / Byrne Specialty Gases, Seattle, WA, www.jetcityvelo.com

MAY

May 1-30: Bike To Work Month

Puget Sound. Take the 30 day Group Health Bike Commute Challenge. The WRQ Bike To Work Day is Fri May 20, 6-9 a.m. across the Puget Sound. Peter Verbrugge, Cascade Bicycle Club, 7400 Sand Point Way, Seattle, WA, 98115. 206-517-4826, www.cascade.org

May 18: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Start at 6:00 p.m. at the BTA office. Ray Thomas, Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

May 20: WRQ Bike To Work Day

Puget Sound. Ride your bike to work. Stop at any of the commuter booths along the way. Join the Group Health Commute Challenge. Peter Verbrugge, Cascade Bicycle Club, 7400 Sand Point Way, Seattle, WA, 98115. 206-517-4826, www.cascade.org

JUNE

Jun 7-12: Pacific Rim Sports Summit

Seattle, WA. Multi-national sport event. Nine country, nine sport, 900 athletes from the Pacific rim countries compete in 9 sports including cycling. Arts and cultural events. Tickets at Ticketmaster.com Seattle Organizing Committee, Seattle, WA, 206-903-6850, www.pacificrimssportsummit.com

Jun 18: Marymoor Little 100

Redmond, WA. Four riders, one single speed bike, flat pedals with coaster brake. Each rider must do at least one lap - bike hand offs at exchange. Beer garden and live music. Start at 4:00 p.m., main at 7:00 p.m. David Douglas, 206-932-5921, www.pazzovelo.com

JULY

Jul 16-17: Seattle Night And Day Challenge

Seattle, WA. Orienteering race. Visit as many of the sixty checkpoints marked on map of Seattle as possible. Choose your own route from point to point. Mostly city streets with some time on paths and in parks. Compete individually or on a team of up to five cyclists. Team mandatory for 16-hour race. Terry Farrah, Cascade Orienteering Club, 206-399-6742, www.seattlenightandday.com

Jul 20: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Start at 6:00 p.m. at the BTA office. Ray Thomas, Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

SEPTEMBER

Sep 21: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Start at 6:00 p.m. at the BTA office. Ray Thomas, Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

OCTOBER

Oct 7-9: Methow Valley Fall Bike Festival

Winthrop, WA. Road rides of 50, 75 or 100-miles, cyclocross and cross-country races. Kids rodeo, poker rides and lunch rides. Something for all family members. Jan Erickson, Methow Valley Sport Trails Association, 209 Castle Ave., P.O. Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

NOVEMBER

Nov 6: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Start at 6:00 p.m. at the BTA office. Ray Thomas, Bicycle Transportation Alliance, 717 SW 12th, Portland, OR, 503-226-0676, info@bta4bikes.org

CAMPS

Apr 23 - Sep 18: Sugoi Dirt Series

MTB 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 riding more than you ever thought possible. Dates:

Apr 23-24: San Rafael, CA, Apr 30-May 1: Santa Cruz, CA, May 7-8: North, Vancouver, BC., May 21-22: Calgary, AB., May 28-29: Edmonton, AB., Jun 11-12: Whistler, BC., Jun 25-26: Seattle, WA., Jul 2-3: Portland, OR., Jul 5: Hood River, OR., Jul 9-10: Sun Valley, ID., Jul 20: Whistler, BC. (one day event), Jul 23-24: North Vancouver, BC., Aug 13-14: Sun Peaks, BC., Aug 16-17: Blue River, BC., Aug 20-21: Canmore, AB., Aug 27-28: Fernie, BC., Sep 10-11: Victoria, BC., Sep 17-18: Whistler, BC. Contact Candace Shadley, Sugoi Dirt Series, Whistler, BC, 604-905-8876, www.dirtseries.com

MULTISPORT

MARCH

Mar 5: Dirty Duo

N. Vancouver, BC. Start/Finish at Jaycee House on Lillooet Rd. Solo, team, or relay format. Solo - 25 km of grueling trails and 30 km of technical mtb riding. Michael Wardas, 604-924-0008, www.dirtyduo.com

Mar 20: McMud Fest MTB Duathlon

Spokane, WA. Run, bike, run. Race location: High-bridge Park. MTB Duathlon Series #1. Round & Round Productions, 509-455-7657, www.roundandround.com

APRIL

Apr 3: Riverside Ruckus MTB Duathlon

Spokane, WA. Run, bike, run. Race location: Riverside Park. MTB Duathlon Series #2. Round & Round Productions, 509-455-7657, www.roundandround.com

Apr 10: Alcoa's Ridge To River Relay

Wenatchee, WA. Annual event. This adult relay event is comprised of nordic ski, alpine ski, run, bike and paddle legs that span the 35-mile Wenatchee course or shorter 20-mile Columbia course. Solo or team - over 40 Cat. Jennifer Korfiatis, 509-662-8799, www.r2r.org

Apr 10: Spring Thaw Road Duathlon Series #1

Spokane, WA. A 2-pt road duathlon series in the Spokane area. Distance approx. 2-mile run, 12-mile bike, 2-mile run. Marla or Michael Emde, 509-326-6983, www.emdesports.com

Apr 23: Beacon MTB Duathlon

Spokane, WA. Run, bike, run. Race location: Beacon Hill. MTB Duathlon Series #3. Round & Round Productions, 509-455-7657, www.roundandround.com

Apr 24: Mt. Rainier Duathlon

Enumclaw, WA. Run, bike, and run. Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

MAY

May 14: 2nd Annual Durbikeathlon

Spokane, WA. For mountain bikers, roadies and those who go both ways. Team or solo. 3 legs - begins with short Le Mans start, then 8-mile MTB leg, 15.5-mile road leg and a 4-mile MTB finish. Round & Round Productions, 509-455-7657, www.roundandround.com

May 15: Spokane MTB Duathlon Finals

Spokane, WA. Run, bike, run. Race location: Riverside St. Park. MTB Duathlon Series finals. Round & Round Productions, 509-455-7657, www.roundandround.com

May 15: Spring Thaw Road Duathlon Series #2

Spokane, WA. A 2-pt road duathlon series in the Spokane area. Distance approx. 2-mile run, 12-mile bike, 2-mile run. Marla or Michael Emde, 509-326-6983, www.emdesports.com

JUNE

Jun 4: Gap2Gap 2005

Yakima, WA. Five legs: field run, MTB, kayak/canoe, road bike and 10km run. The Sport Gap2Gap features in-line skate leg in place of the water leg, shorter MTB leg and a 5km run. Junior Gap2Gap for kids 8-14. Includes run, bike, rollerblade, paddle and obstacle course. Lorrie Smith, Yakima Greenway Foundation, 509-453-8280, www.yakimagreenway.org/g2g

Jun 5: Island lake Off-Road Triathlon

Silverdale, WA. 400 m swim, 10-mile MTB, and 4 km run. Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Jun 18: 5 Mile Lake Triathlon/Duathlon

Federal Way, WA. Sprint triathlon, duathlon. Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Jun 18: Solstice Triathlon

LaGrande, OR. Off-road triathlon (Xterra series) Mark Larson, 541-962-7441, www.cyclesportsbikeshop.com

JULY

Jul 2: 5 Mile Lake Womens Triathlon

Federal Way, WA. Sprint Triathlon Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Jul 10: Xterra Off-Road Triathlon

Dockton, WA. Sprint off-road triathlon Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Jul 17: Valley Girl Triathlon

Liberty Lake, WA. Women's only sprint distance triathlon in the Spokane area. 0.5-mile swim, 11.5-mile bike, 3-mile run. Solo or team. Distance according to age. Marla Emde, 509-326-6983, www.valleygirltri.com

Jul 24: Moonlight Basin Off Road Triathlon -

Big Sky, MT. 1000 yard Swim, 14-mile MTB ride, 5-mile run in a mountainous area. (Xterra series). Scott Muir, Big Sky Endurance Sports, 406-995-7138, www.moonlightbasin.com

Jul 31: Lake to Forest Triathlon

Sandpoint, ID. Long course and MTB short course available. Round & Round Productions, 509-455-7657, www.roundandround.com

AUGUST

Aug 7: Satsop Triathlon/Duathlon

Elma, WA. International, Sprint Triathlon, And Sprint Duathlon Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Aug 21: Sisters High Cascades Off Road Triathlon

Sisters, OR. Off Road Tri (17-mi MTB leg). Scott Buckles, No limits Promotions, 541-408-7063, www.sistershighcascadesort.com

Aug 27: Lake Sammamish Triathlon

Issaquah, WA. Sprint Triathlon Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

SEPTEMBER

Sep 10: XTC Off-Road Triathlon

Port Moody, BC. Race in Buntzen Lake near Vancouver. Sport (750m swim, 16km MTB, 5km trail run) & Full (1500m swim, 26km MTB, 10km trail run). New short course. Teri Taylor, Cove Communications, 604-788-4645, www.xterracanada.com

RACE SERIES

FEBRUARY

Feb 9-Mar 30: Thunderdrome Race Series

Wednesday Night track racing for all at Burnaby Velodrome. www.burnabyvelodrome.ca

Feb 27-Mar 13: Banana Belt Road Race Series

Forest Grove, OR. One of the oldest series' in Oregon. A three event road race series, perfect to start the season. Hills on all courses - long and steady but not steep. Open to all categories. Points system determines the overall winners. Jeff Mitchem, 503-233-3636, www.obra.org

Feb 27-Mar 27: deVO Powerbar Spring Series

Langley, BC. Road races in various locations around the Langley and Abbotsford area. Saturday and Sunday, through March. Ten race series. Friendly atmosphere, basic amenities. Race distances approx. 50 km to 140 km for Cat. C, B, and A. Distances to increase for all groups as series progresses. Elevation varies from flat to hilly. Byron Dawson, Escape Velocity Team deVO, 408-1600 Hornby St., Vancouver, BC, V6Z 2S4. 604-632-0116, www.escapevelocity.bc.ca

Feb 27-Jul 31: Indie MTB Series

Various, WA. Series of six events raced/organized by six different promoters, but regroup for points and awards. Overall standing based on the best of 5 out of 6 results. Lisa Miller, 206-291-7773, www.indieseries.com

Feb 28-Sep 28: CCA Western National BMX Series

Various, BC and AB. Five-event racing series taking place in various locations in Alberta and BC. Most race 3 out of 5 events and Grands to be eligible for titles and awards. Remi Berube, Canadian Cycling Association, 2197 Riverside Dr, Ottawa, ON, K1H 7X3. 613-248-1353, www.canadian-cycling.com

MARCH

Mar 5-19: Mason Lake RR Series

Mason Lake, WA. Near Shelton. Three Saturday race series. 12-mile loop around Mason Lake. Rolling hills, no major climbs. Register day of race only at the start line in Mason Lake County Park. Points to top 10. First race start at 9:30 a.m. Open to all Cat. \$20 per race, USCF one-day license \$10. David Douglas, Pazzo Velo, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Mar 5-19: Southern Oregon Cycle Sport Time Trial Series

Ashland, OR. Series of three time trial events raced on consecutive weekends. Tim Turk, 541-482-2130

Mar 6-Aug 27: Northwest Women Cat 3 and Cat 4 Race Series

Various, WA. Points series where the person with the most points in the end wins the series. Prizes to top 25. Completing any USCF race during the season gives you points. The Series is open to Cat 3 and Cat 4 women racers of all ages. When categories are combined, the results are separated. Series events are identified as NWWC in the event description. Kirsten Sandaas, NWWC, www.nwvc.org/race_series.html

Mar 19-Aug 20: Built For Speed TT Series

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

Mar 19-Jun 26: WIM Series

Spokane, WA. Seven event MTB series. Cross country (4) & downhill (3) racing for all ages and ability levels mostly in Spokane and Kellogg, ID area. Overall standings and awards calculated on points. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

Mar 20-May 15: MTB Duathlon Series

Spokane, WA. Four events series including McMud Fest, Riverside Ruckus, Beacon Blastoff, and MTB Duathlon Finals. Each event consists of run, bike, run. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

APRIL

Apr 2-Sep 4: BC Masters Association Race Series

Various, BC. 25 events taking place throughout BC. Participants must be 30+. Events include time trial, road race, criterium. Age group Cat: 30-34 and all subsequent in 5-year increments. Relaxed and fun atmosphere. Bill Yearwood, BC Masters Cycling Association, 604-666-4927, www.bcmasterscycling.net

Apr 2-Aug 7: Oregon MTB Series

Various, OR. Series of nine events. Cross-country and downhill. Open to all. High School Series categories offered at every event with separate awards. Juniors race own categories and recognized in both series. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Apr 5-26: Eugene Time Trial Series

Eugene, OR. Series of four events, raced every Tuesday night in April. Open to all road men Cat., masters, women and junior. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-334-6449, www.obra.org

Apr 5-Aug 30: Tuesday PIR Series

Portland, OR. Portland International Raceway. Summer race series for Cat 1/5 men, women and juniors. Circuit racing. Monthly ranking and awards. Jeff Mitchem, 503-233-3636, www.obra.org

Apr 6-Jun 1: Bend Time Trial Series

Bend, OR. Two one-month Wednesday night racing series. Overall standings at the end of each month. Matt Plummer, Central Oregon Racing, 1060 NW Baltimore, Bend, OR, 97701. 541-385-7413, www.centraloregonracing.com

Apr 6-Aug 31: Phoenix Velo Training Group

Mission, BC. Mission Raceway on Wednesday nights. All ages and abilities to learn group tactics, cornering, sprinting and race simulations. Friendly competitive atmosphere. \$25 for licensed riders, more for unlicensed. Top 5 each night receive points toward overall standings. Three groups, intensity and distance vary according to ability. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com

Apr 7-Aug 25: First Rate Mortgage Cycling Series

Seattle, WA. Thursday night racing at Seward Park. Short 0.8-mile loop. Good pavement, 200m hill each lap. Nightly cash and merchandise prizes. Registration opens at 4:30 p.m. New riders start at 5:00 p.m., unlicensed and Cat 4/5 - 5:30 p.m., Cat 2/3/4 - 6:00 p.m., Pro 1/2/3 - 7:00 p.m. Length of race may vary over the season. Season prizes 6 deep. David Douglas, Pazzo Velo, 206-932-5921, www.pazzovelo.com

Apr 10-Jul 24: 2005 SISU BC Cup Road Series

Various, BC. Includes six road race events. Top caliber racing in BC. Overall standings and prizes based on points. Cat 1/3 men, Cat 1/3 women. Overall standings, awards and jerseys presented at Finals. Allan Praszky, Cycling BC, 332-1367 West Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca

Apr 10-Aug 28: NW Juniors Racing Series

Eight-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. Best 6 out of 8 counts towards final standings. Event identified as LAJORS in calendar. Northwest Junior Racing Series, 206-619-1355, www.radracingnw.org

Apr 10-May 15: Spring Thaw Road Duathlon Series

Spokane, WA. A 2 part road duathlon series in the Spokane area. Distance approx. 2-mile run, 12-mile bike, 2-mile run. Marla Emde, Emdesports.com, P.O. Box 9688, Spokane, WA, 99209-9688. 509-326-6983, www.emdesports.com

Apr 12-Aug 23: Spokane Twilight Series

Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Apr 12-Aug 30: Tuesday Night RR Series

May 2-Aug 29: MVA Monday Night Racing

Redmond, WA. Series focuses solely on juniors and new racers. Groupings and races determined by number of people showing and their abilities. Juniors ride separate from adults. Marymoor Velodrome Association, www.velodrome.org

May 3-31: Eugene Hill Climb Series

Eugene, OR. May hill climb series comprised of five Tuesday events. Open to all Cat. Course consists of a 3.7-mile climb that includes an 800 ft. elevation gain with up to 13% grade. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-334-6449, www.obra.org

May 3-Aug 30: World Tuesday Night Championships

Vancouver, BC. Road racing every dry Tuesday (rain = no race) from 6:30 p.m. to 8:30 p.m. UBC campus. Short course is uphill/downhill meaning not much room to rest and a tough final sprint. Points to top 5 men, 3 women. Escape Velocity, www.escapevelocity.bc.ca

May 5-Sep 29: Alpenrose Series

Portland, OR. Alpenrose velodrome. Schedule of events posted on website a few days before each night. Mike Murray, OBRA, 4318 SE 8th Ct., Portland, OR, 97080. 503-661-5874, www.obra.org

May 5-Aug 25: Workopolis Evening Challenge

Richmond, BC. Critrium every Thursday evening from May until August. 1.8 km flat course. Open to all. Points allocated after each race. Todd Hansen, Team Coastal, 8096 Modesto Dr, Delta, BC, V4C 4B1. 604-788-1873, www.teamcoastalcycling.com

May 6-Aug 26: Fast Twitch Fridays

Portland, OR. Sprint-oriented track racing for all levels of racers. Seperate omnium for beginner men and women. Junior racing in June and July from 6-6.30 p.m. Registration opens at 5 p.m., Racing starts at 6.30 p.m. Fast-Twitch omnium events may include: Keirin, Win and Out, Unknown Distance, Chariot Race, Olympic Sprint, and others. Deen Reed, 113 SW Naito Pkwy, Portland, OR, 97204. 503-227-4439, www.bike-central.com

May 11-Aug 31: MVA Wednesday Night Racing

Redmond, WA. Marymoor Velodrome Association, www.velodrome.org

May 20-Aug 26: Friday Night Track Races

Redmond, WA. Program is designed with the spectators in mind. Races are fast and exciting. The first and third Fridays of every month feature the Kiddie Kilo. Racing begins at 7:30 p.m. Marymoor Velodrome Association, Redmond, WA, www.velodrome.org

May 20-Aug 26: MVA Friday Night Racing

Redmond, WA. Marymoor Velodrome Association, www.velodrome.org

May 26-Sep 1: Southern Oregon Thursday Nighters

Ashland, OR. Southern Oregon Dragway - Circuit race. Distance varies as daylight permits A: 18+ laps. B: 5 races each distance - 10, 12, 14 laps. Each lap is 12-miles with an elevation gain of 50 feet. A - Cat 1/2/3 B - Cat 4/5. Good event to work on team strategy. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

JUNE

Jun 1-Jul 6: River City Bicycles Mt. Tabor Series

Portland, OR. Series of six events raced on a 1.3-mile paved loop. Offers fixed gear, masters men 40+, women Cat 4 and 1/3, men 4/5, 3, pro1/2. Distances vary according to category. Start/finish near parking lot at picnic area A. Course winds its way to top of roadway than takes a sharp right turn to very fast descent. Goes clockwise around reservoir leading to a short, flat section before final climb to the start/finish. Points to top 15 of each race. Best 5 out of 6 counts for overall standings. Prizes available for pickup at River City Bicycles after July 15. Clark Ritchie, 1314 NE 59th Ave., Portland, OR, 97213. 503-936-2575, www.mttaborseries.com

Jun 2-Jul 7: Spokane Sunset Series

Spokane, WA. Five event race series presented on Thursday nights. Great for first timers and all levels. Various locations around Spokane. Wendy Bailey, Round & Round Productions, 418 E Pacific, # 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Jun 4-Aug 28: SISU BC Cup DH/XC Series

Vancouver, BC. Series events across the province. All events feature cross-country and downhill. Training start on Friday before the race in most locations. Open to all. Points allocated after each race toward overall standings. Title and jersey awarded at end of series. Gary Jackson, Cycling BC, 332-1367 West Broadway, Vancouver, BC, 604-707-3137, www.cyclng.bc.ca

Jun 6-Jul 25: True Amateur Criterium Series

Eugene, OR. Sal Collura, Co-Motion Classic Racing, OR, 541-747-3336

Jun 7-Aug 30: Eugene Twilight Criterium Series

Eugene, OR. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.org

Jun 8-Aug 24: Central Oregon Crit Series

Bend, OR. Three one month long series. Awards at the end of each month. Damian Schmitt, 541-350-3327

Jun 25-Sep 18: Willamette Pass Downhill Series

Willamette Pass, OR. 20 Cat from Beginner, 14 and Under to Pro. Entry fee includes 22 hours of riding, Saturdays from 10 a.m. -8 p.m., Sundays from 8 a.m. -8 p.m. Gondola access. Technical skills and control needed. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Jun 29-Aug 10: Bend Time Trial/Duathlon Series

Bend, OR. Barry Holman, 541-330-3996

JULY

Jul 13-Aug 3: Portland MTB Short Track Series (description)

Portland, OR. Josh Wiggins, 971-570-6378, www.obra.org

SEPTEMBER

Sep 6-27: PIR Handicap Series

Portland, OR. Four events race series at the speedway track. Handicap format. Three groups starting two minutes apart. Cat 4 riders start first, followed by cat 3, and cat 1/2. All riders do the same number of laps, and contest the same sprint. All finish as a single group. Cat 3 riders may choose to start with the 1/2s. Prizes awarded based on points accumulated in primes and at the finish. Start at 6:00 p.m. Steve Mullen, 503-788-8704

Sep 17-Nov 12: BC Cross Cup

Vancouver, BC. Series of 8 events raced on Vancouver Island and Lower Mainland. Overall calculated on points counting best 6 out of 8 finishes. Allan Prazski, Cycling BC, 332-1367 West Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

Sep 18-Dec 4: Emerald City CX Series

Various, WA. Series of 10 events raced around the Seattle area. Open to all categories. Overall calculated on points. Craig Udem, Marymoor Velodrome/Cycle U, http://marymoor.velodrome.org

OCTOBER

Oct 2-Nov 20: River City Bicycles Cross Crusade

Portland, OR. Cyclo-cross events raced every Sunday in October and November. Open to all Cat from first time riders to pro. Duration is 40-60 minutes according to Cat. Largest cyclo-cross series in the US. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.obra.org

Oct 8-Nov 20: Inland NW Cyclocross Series

Spokane, WA. Ten race points series in the Eastern Washington and Idaho. Open to all Cat - Men A, B, Women, Juniors, Master 40+. Michael and Marla Emde, P.O. Box 9688, Spokane, WA, 99209-9688. 509-326-6983, www.emdesports.com

CYCLO-CROSS

SEPTEMBER

Sep 17: BC Cup #1

Nanaimo, BC. On Vancouver Island. Diver Lake Park. 250-719-8200

Sep 17: BC Cup #8 - Finals

Nanaimo, BC. On Vancouver Island. Beban Park. Double series points. 250-719-8200

Sep 25: Fort Langley Classic - BC Cup 2

Fort Langley, BC. Alder Acres. Race features some long straight-aways, challenging hills and obstacles to make even the most experienced riders work for their space in the pack. Basse Clement, 604-435-4271, www.steamerracing.ca

Sep 25: Hood River Cyclocross Classic (check dates)

Hood River, OR. Kick off the 'cross season at the Hood River Valley High School. Many Cat, including kids. Jeff Lorenzon, 1021 May St, Hood River, OR, 97031. 541-490-6387, www.discoverbicycles.com

Sep 25: Psycho Cross Pseries #1

Eugene, OR. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.org

OCTOBER

Oct 1: Eagle Island #1

Eagle, ID. Part of Eagle Island Series. Brad Streeter, www.aerocyclos.com

Oct 2: Bayside Cyclocross BC Cup #3

White Rock, BC. Crescent Park near Whiterock. Challenging 2.4 km euro-style course, 2nd year of the event, close to both Vancouver and US border. Jason Fluckiger, Bayside Cycling Club, 16113 8A Ave., Surrey, BC, V4B 3Y9. 604-535-8257, www.geocities.com/baysidecycling/

Oct 2: River City Bicycles Cross Crusade #1

Portland, OR. See Race Series for details. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.obra.org

Oct 7-9: Methow Valley Fall Bike Festival

Winthrop, WA. The cyclocross event is raced on Saturday on Sun Mountain upper trails. Various categories. Jan Erickson, Methow Valley Sport Trails Association, P.O. Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 8: Cross Crusade #2 and Cannondale Stumptown Grand Prix (UCI race)

Portland, OR. See Race Series for further information. UCI race and US Gran Prix Cyclo cross event. Alpenrose Dairy. Brad Ross, Vivo Production, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

Oct 8: Team Coastal Cross Classic - BC Cup #4

TBC, BC. Barb Zimich, Team Coastal, 604-983-2765, www.teamcoastalcycling.com

Oct 9: Crank Brothers US Gran Prix Series (UCI)

Seattle, WA. First start for Junior A,B,C at 9:00 a.m., last start Elite Men at 3:00 p.m. UCI Cat 1, race #2 in US Gran Prix of cyclo-cross. Jim Brown, Rad Racing, http://radracingnw.org

Oct 16: Bayside Cyclocross - BC Cup #5

White Rock, BC. Crescent Park near Whiterock. Challenging 2.4 km euro-style course, 2nd year of the event, close to both Vancouver and US border. Jason Fluckiger, Bayside Cycling Club, 16113 8A Ave., Surrey, BC, V4B 3Y9. 604-535-8257, www.geocities.com/baysidecycling/

Oct 16: River City Bicycles Cross Crusade #3

Portland, OR. See Race Series for details. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

Oct 22: Eagle Island #2

Eagle, ID. Part of Eagle Island Series. Brad Streeter, www.aerocyclos.com

Oct 22: Psycho Cross Pseries #2

Eugene, OR. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.org

Oct 22: Vanier Park Cyclocross Classic - BC Cup #6

Vancouver, BC. Race in Vanier Park in downtown Vancouver. Matt Brown, Krebs Cycle Club, 604-528-2975, www.krebscyclingclub.com

Oct 23: River City Bicycles Cross Crusade #4

Portland, OR. See Race Series for details. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

Oct 29: Jericho Cross Classic - BC CUP 7

Vancouver, BC. Race in downtown Vancouver. Dave Cressman, Wedgewood Hotel Cycling Team, 604-730-1998, www.teamwedgewood.com

Oct 30: River City Bicycles Cross Crusade #5

Portland, OR. See Race Series for details. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

NOVEMBER

Nov 5: Eagle Island #3

Eagle, ID. Part of Eagle Island Series. Brad Streeter, www.aerocyclos.com

Nov 6: River City Bicycles Cross Crusade 6

Portland, OR. See Race Series for details. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

Nov 13: BC Cyclocross Championships

Langley, BC. Provincial championships - all categories. Basse Clement, 604-435-4271, www.steamerracing.ca

Nov 13: River City Bicycles Cross Crusade #7

Portland, OR. See Race Series for details. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

Nov 19: Eagle Island #4

Eagle, ID. Part of Eagle Island Series - Final event. Brad Streeter, www.aerocyclos.com

Nov 20: River City Bicycles Cross Crusade #8

Portland, OR. See Race Series for details. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

Nov 27: Psycho Cross Pseries #3

Eugene, OR. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.org

DECEMBER

Dec 4: Psycho Cross Pseries #4

Eugene, OR. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.org

MOUNTAIN BIKE RACING

FEBRUARY

Feb 20: West Side Mountain Bike Series #2

SeaTac, WA. North SeaTac Park. See Race Series for details. Rory Muller, DuBu Racing, 253-334-4433, www.buduracing.com

Feb 27: Valentine's Challenge - Indie #1

Bellair, WA. At Tahuya State Forest, Horsecamp. Sign up at 7:30 a.m. Start time: Beginner 9:30 a.m., Expert 11:30 a.m., Sport 1:30 p.m. Equal pay out to men and women open class. Lisa Miller, JF2 racing, 206-291-7773, www.jf2racing.com

MARCH

Mar 5: Dirty Duo

N Vancouver, BC. Start/Finish at Jaycee House on Lillooet Rd. Fun, technical 30km of classic North Shore mtb riding. Michael Wardas, 604-924-0008, www.dirtyduo.com

Mar 6: Blazing Saddles Chili Ride

Spokane, WA. Winter MTB festival. Fun for non-competitive and competitive enthusiasts. Free chili and beverages. Wendy Bailey, Round & Round Productions, www.roundandround.com

Mar 6: West Side Mountain Bike Series 3

Sea Tac, WA. North SeaTac Park. See Race Series for details. Rory Muller, DuBu Racing, 253-334-4433, www.buduracing.com

Mar 13: The Dirty Dozen

Port Gamble, WA. MTB race on rolling terrain with combination of fire road and single track. David Brunsickle, Silverdale Cyclery, 360-692-5508, http://Silverdalecycling.com

Mar 19: McMud Fest

Spokane, WA. Highbridge Park. XC for all ages & ability levels. WIM Series #1. See Race Series for details. Wendy Bailey, Round & Round Productions, www.roundandround.com

Mar 20: West Side Mountain Bike Series #4

Sea Tac, WA. South SeaTac Park. See Race Series for details. Rory Muller, DuBu Racing, 253-334-4433, www.buduracing.com

APRIL

Apr 2: Peak Sports Mudslinger

Blodgett, OR. Classic MTB race. Dual sanctioned Norba/OBRA. Gravel road climbs, single track and double track. Perfect start for racing season. Part of Oregon MTB Series. Mike Ripley, Mudslinger Events, 541-342-1493, http://mudslingerevents.com

Apr 2: Riverside Ruckus

Spokane, WA. Riverside Park. XC racing for all ages & ability levels. WIM Series event #2. See Race Series for details. Wendy Bailey, Round & Round Productions, www.roundandround.com

Apr 3: Junkyard Dog XC

Surrey, BC. Part of Angular Momentum Race Series. 20-30 km with minimal elevation change. A road climb splits out into a tight, twisting circuit of technical single track in the South Surrey Bike Park. The Junkyard Dog XC is no "ride in the park". It's a long-strewn grunt fest that will leave you barking like a Pit Bull and foaming at the mouth. Jim Richardson, SORCE, 604-538-5716, www.sorcebikeclub.org

Apr 3: My First/Next MTB Race

Surrey, BC. This fun 20 km event is ideal for racing rookies to experienced riders. Course follows the nearly obstacle-free BLT trail at the South Surrey Bike Park. Pre-race clinics on March 12, 26. Jim Richardson, SORCE, 604-538-5716, www.sorcebikeclub.org

Apr 9: Big K Mountain Bike Festival

Elkton, OR. Course is single track with some double track. Awesome descents and gorgeous views. Part of Oregon MTB Series. Mitch LaMoore, 541-957-1020

Apr 10: Barking Spider Bash

Nampa, ID. Hemingway Butte ORV area. Fun, rolling 9-mile course with some awesome descents and fairly gentle climbs. All MTB categories welcome from beginner to pro. First start at 11:00 a.m. Also a 6.5-mile trail run before MTB race, and a duathlon category. Single speed class offered as well. Ron Dillon, Wild Rockies, 208-587-9530, www.wildrockies.com

Apr 24: Beacon Blastoff

Spokane, WA. DH racing for all ages & ability levels. WIM Series #3. Wendy Bailey, Round & Round Productions, www.roundandround.com

Apr 24: SeaTac Shuffle - Indie #2

SeaTac, WA. No licence required. Part of the new Indie Series. Stiff Wick Promotions, 206-824-7666, http://home.comcast.net/~indieseries/seatacshuffle.html

Apr 29: Race at Reehers

Timber, OR. 40-miles West of Portland. Event for juniors, beginners, sport and expert/pro. Distance vary according to Cat. Course includes gravel road climbs, single track descents. Part of Oregon MTB Racing Series. XC. Jon Meyers, 503-234-9273, www.obra.org

Apr 30-May 1: Spring Thaw MTB Festival

Ashland, OR. XC on Saturday and DH on Sunday. DH offers a thrilling 1.7-mile, 100% single track descent through the beautiful Ashland Watershed. Classes for every age division and ability level. Kids Race and Biker's Bash. Part of Oregon MTB Racing Series. Tita Soriano, SOMBRA, 541-840-6580, springthaw@sombra.org

MAY

May 1: Bear Springs Trap

Mt. Hood, OR. XC at McCubbins Gulch. 10, 20 and 30-miles, depending on class. 95% single track. 500-2000 ft of elevation. Single lap format. Part of Mt. Hood Skibowl Series Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

May 1: On the Edge Rat Race - BC Cup Marathon #1

Roberts Creek, BC. Race in beautiful Sunshine Coast. Course run through 60km of fun on beautiful single tracks. Also an under 15 friendly DH course. Part of BC Cup Marathon Series. See Race Series for more details. Rod Camposano, SCUMB, 604-886-1525, www.user.dcnnet.com/rtcamposano

May 8: Cascade Chainbreaker

Bend, OR. One of the biggest races in Oregon. The course is fun and challenging. Part of Oregon MTB Series. Marcel Russenberger, 541-389-3295, www.webcycling.com

May 8: Fat Tire Farm Spring Fling

Mt Hood, OR. Downhill on Mt. Hood. Course depends on snow conditions. Single run for all Categories. Part of Mt. Hood Skibowl Series Petr Kakes, Hurricane Racing, 541-272-0240, www.skibowl.com

May 14: 2nd Annual Dubekeathlon

Spokane, WA. For mountain bikers, roadies and those who go both ways. All ages, shapes and sizes welcome. Solo or team. Three legs - short Le Mans start, 8-mile, MTB leg, 15.5-mile. road leg and a 4 mile, MTB finish. Wendy Bailey, Round & Round Productions, www.roundandround.com

May 14: Merritt Cow Trail Classic

Merritt, BC. Cross-country and kids events. One or three-lap events, 16 or 32 km. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

Jun 25-26: Silver Mountain - WIM Finals
Kellogg, ID. XC (Saturday) and DH (Sunday) racing for all ages & ability levels. Finals event of WIM Series. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

Jun 25-26: The Mad Trapper – SISU BC Cup XC/DH # 2
Panorama, BC. XC, DH. Part of BC Cup Series. Brad Brush, Panorama Resort, 250-341-3019, www.panoramaresort.com

Jun 25-26: Willamette Pass DH Series #1
Willamette Pass, OR. See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jun 26: Cascade Cream Puff
Oakridge, OR. Celebrating 10th anniversary. America's toughest 100-mile MTB race. Riders complete three 33-mile loops. Climbing on gravel road, 50% single track and 18,000 ft of climbing. 110-rider limit. Register early. Don Person, 541-935-4996, www.puff100.netfirms.com/

Jun 30: Spokane Sunset Series #4
Spokane, WA. Beacon Park. XC event. See Race Series for details. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

JULY

Jul 2-3: Falls City Firecracker/OR State Championship
Fall City, OR. Open to Pro, Elite, Expert, Sport, Beginner. Distance varies according to category. 3-miles per lap. 800 ft. climbing per lap. Steep pitches. No flat spots. Part of Oregon MTB Series. Kevin Thompson, 503-481-7662, www.obra.org

Jul 3: Urban Assault MTB
Boise, ID. Davey Moore, www.knobbytireseries.com

Jul 7: Spokane Sunset Series Finals
Spokane, WA. XC event. Location: TBC. See Race Series for details. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

Jul 8-10: State Games of Oregon
Mt. Hood, OR. DH and XC racing. Friday - DH training, Saturday - DH racing, Sunday - XC. All Cat and sub-Cat. offered. DH is 2-miles long, with 1500ft of elevation. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 9-10: Brundage Bike Festival
McCall, ID. Incredible trail system at the scenic Brundage Mountain ski resort near McCall. The 10.5-mile loop is legendary for both its climbs and descents. The last 4.5-miles are all downhill on the famous Elk Trail. Ron Dillon, Wild Rockies, www.wildrockies.com

Jul 9-10: Mount 7 Psychosis
Golden, BC. Longest DH race in North America, over 4000 ft of technical single track. Russell Gillespie, 604-938-7347

Jul 9-10: Padden Mountain Pedal and Freeride Challenge
Bellingham, WA. In its 13th year - the granddaddy of them all - this is the oldest and most respected race in the Pacific Northwest. Extensive prize list. 7/9 - Big Air contest, 7/10 - Padden XC. Part of the Indie Series. Mark Peterson, WHIMPS, 360-733-1955, www.whimpsmb.com

Jul 10: Terminator Downhill
Golden, BC. Held at Kicking Horse Mountain Resort. Technical DH with slick rock, drops and berms. 1800m descent from start to finish. Steve Parsons, 250-439-5422, www.kickinghorseresort.com

Jul 13: Portland MTB Short Track Series 1
Portland, OR. Josh Wiggins, 971-570-6378, www.obra.org

Jul 20: Portland MTB Short Track Series 2
Portland, OR. Josh Wiggins, 971-570-6378, www.obra.org

Jul 22: World Masters Games
Edmonton, AB. XC race varying in distance depending on age groups for men's and women's categories raced at Terwilligar Park. Open to all masters. 780-822-2005, www.2005worldmasters.com

Jul 23-24: Apex Re al Mountain Challenge – SISU BC Cup DH/XC #3
Apex, BC. All UCI and BC off road categories offered. Point-to-point courses of 20, and 40 km. Continuous singletrack descent of almost 2000ft. DH event features 1600ft of vertical. Dual slalom event. Festival atmosphere with BBQ and entertainment. Part of SISU BC Cup DH/XC Series. Bob Leslie, 250-494-0341, www.realmountainchallenge.com

Jul 23-24: Bear Mountain Challenge – SISU BC Cup XC/DH #4
Mission, BC. Biggest DH event in BC. Fun, challenging course for all categories. XC event as well. See Race Series for details. Cory Adsit, Bear Mountain, 604-850-4603, www.bearmtipromotions.com

Jul 23-24: Oakridge Fat Tire Festival
Oakridge, OR. 25 categories offered from Beginner 14 and under to Pro. Single-track with some gravel roads to connect the trials. Part of Oregon MTB Series. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jul 27: Portland MTB Short Track Series 3
Portland, OR. Josh Wiggins, 971-570-6378

Jul 30-31: Fernie Canada Cup
Fernie, BC. XC and DH events part of the Canada Cup National MTB Series. Open to all Cat. US riders welcome. Karen Pepper, Fernie Alpine Resort, 250-423-2401, www.skifernie.com

Jul 30-31: Lakeview Outback Challenge
Lakeview, OR. Beginner through Pro divisions, cash prizes for top five men and top three women in Pro/Elite. Registration open Friday and Saturday. BBQ on Saturday evening. Part of Oregon MTB Series. Caro Johnson, Lake County Chamber of Commerce, 541-947-6040, www.lakecountychamber.org

Jul 30-31: Shiloh Cyclery Skibowl's DH 4
Mt. Hood, OR. Saturday DH training and Sunday race at Mt. Hood Skibowl. Single run for Beginner and Sport, best out of two for Expert/Pro classes. Length - 2-miles/4 minutes. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 31: Greenwater Gamble
Greenwater, WA. No racing licence required. Stiff Wick Productions, 206-824-7666, http://home.comcast.net/~indieseries/greenwatergamble.html

AUGUST

Aug 3-7: Crankworx Freeride Festival
Whistler, BC. Festival includes: Nissan Biker X, Air Downhill, Garbanzo Downhill and Slopestyle Expression Session. Open to pro, amateur and junior categories for men and women. www.crankworx.com

Aug 3: Portland MTB Short Track Series 4
Portland, OR. Josh Wiggins, 971-570-6378

Aug 6-7: Oregon Mountain Bike Series Finals
Willamette Pass, OR. 25 categories offered, from Beginner 14 and Under to Pro. Distance is 10-34-miles depending on class. Randy Dreiling, 541-782-2388, www.oregon-adventures.com

Aug 7-13: Transrockies
Fernie, BC. An epic seven-day mountain bike race through the majestic Canadian Rockies. 600 kilometers, 12,000 vertical meters of elevation, 300 teams. Limit 175 teams. Transrockies Inc., www.transrockies.com

Aug 12-14: UCI Masters Worlds MTB Championships
Kamloops, BC. Open to Master racers 30 years old and up. XC and DH. Richard Deslandes, Mondial du Velo, www.sunpeaksresort.com

Aug 13-14: Fat Tire Frenzy
Red Lodge, MT. A two-day NORBA sanctioned MTB fundraising event. Saturday XC (8-18 miles), observed trials and criterium, Sunday DH. 3-4 Series Finals. Charla Carter, Red Lodge Jaycees, 406-446-2433, www.redlodge.com/frenzy

Aug 13-14: Sun Peaks SISU BC Cup/Canada Cup
Kamloops, BC. XC and DH events, open to all categories. Run in conjunction with the Master Worlds. PCanada Cup Series Finals. Henry Pejrl, 250-578-5411, www.sunpeaksresort.com

Aug 13-14: Willamette Pass DH #2
Willamette Pass, OR. See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Aug 20: Gear Jammer – BC Marathon 4
Squamish, BC. Mass start, point to point through Squamish singletrack. Limit 500 riders. See Race Series for details. Curtis Roberts, SORCA, Squamish, BC, www.gearjammer.ca

Aug 20-21: Idaho State NORBA Championship Finals
Donnelly, ID. XC on Saturday, DH on Sunday at Tamarack Resort. Davey Moore, 208-388-1016, www.knobbytireseries.com

Aug 20-21: Shiloh Cyclery Skibowl's DH #5
Mt. Hood, OR. Saturday DH training and Sunday race at Mt. Hood Skibowl. Single run for Beginner and Sport, best out of two for Expert/Pro classes. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Aug 21: Return on the Jedi
Grants Pass, OR. Top-rated course finishes on 5-miles of twisting single-track ("The Jedi Trail") at Sam Brown Campground. Cross-country. Richard Anmeus, Bikekraft, 541-476-4935, richard@bikekraft.com

Aug 27-28: Island Triple Throwdown – SISU BC Cup XC/DH Finals
Mount Washington, BC. Training Friday. XC on Saturday, DH on Sunday. XC distances vary according to categories. Overall awards and jerseys to be presented. See Race Series for details. Jonathan Bonk, 250-334-5710, www.bccupfinals.com

SEPTEMBER

Sep 4: 12 Hours of Willamette Pass
Willamette Pass, OR. XC event. Classes: solo, two or four person teams. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Sep 9-11: Scotty Graham Memorial Series Finals
Mt. Hood, OR. DH and XC events at Mt. Hood Skibowl. Friday - DH training, Saturday DH race and Sunday XC race. Mountainous, rocky course with spectacular views. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 17-18: Willamette Pass DH Series 3
Willamette Pass, OR. See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Sep 24: Cheakamus Challenge – BC Marathon #5
Squamish to Whistler, BC. Oldest, toughest XC race in Canada. A-B: 72.5 km. Novice/Junior: 45 km. Marathon Series Final. Grant Lamond, Endorphin Enterprises, 604-938-1799, www.cheakamuschallenge.com

Sep 25: Mt Ashland Hillclimb
Ashland, OR. Tito Soriano, SOMBRA, 541-840-6580, springthaw@sombra.org

OCTOBER

Oct 7-9: Methow Valley Fall Bike Festival
Winthrop, WA. Three different courses for juniors, beginner, sport and expert. 8, 16 and 24-mile course on the lower Sun Mountain trails. Rolling hills & single track. Uphill finish. Kids rodeo. Jan Erickson, Methow Valley Sport Trails Association, 509-996-3287, www.mvsta.com

MOUNTAIN BIKE TOURING

MAY

May 1: Sagebrush Sundae
Bend, OR. 25-mile MTB tour on technical motorcycle trails east of Bend at the base of Pine Mountain. Meet at the OHV staging area #2510, approximately 2.5-miles east of Bent. Directional maps available at both Hutch's. Start 10:00 a.m. Free. Hutch's Bicycles, Bend, OR, 541-382-9253, www.hutchsbicycles.com

May 21: Le Tour de Valley
Silverton, OR. Enjoy a springtime MTB rides of 8-25-miles through the beautiful Willamette Valley. Course open from 8 a.m. to 5 p.m. Start/Finish at the Silver Falls State Park. Also available; road rides, trail hiking to Ten Falls, and free bicycle jamboree for kids. Spaghetti feed. Fundraiser for the Special Olympics athletes Of Oregon & Washington. Bergfreunde Club, www.bergfreunde.org

JUNE

Jun 4: MS Mountain Bike Challenge
Fall City, WA. MTB event to fundraise for Multiple Sclerosis. Rachel Nuwash, 192 Nickerson St, Suite 100, Seattle, WA, 98109. 206-284-4254 x235, www.nationalmssociety.org/was

Jun 12: Ochocco Scramble (need hutch address)
Bend, OR. Tough 20-mile MTB ride in the Ochocco forest northeast of Pineville. Entry covers shuttle cost provided by Cog Wild Tours. No food provided. Limit 28 riders. Leave Hutch's on 3rd at 9:00 a.m. Hutch's, Bend, OR

Jun 18: Test Of Endurance Ride
Aleso, OR. Recreational ride that follows same route as Test Of Endurance race. Mike Ripley, 91231 Shane Ct, Coburg, OR, 97408. 541-342-1493, http://mudslingerevents.com

JULY

Jul 4-8: Backcountry Hot Springs
Ketchum, ID. This trip has a clear natural hot spring at every camp. Travel to the edge of the Sawtooth Wilderness Area. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 4-8: Mt. Hood Singletrack
Portland, OR. Travel through the Mt. Hood National Forest. A few short tricky sections, rideable switch-backs and excellent grades. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 4-8: Sun Valley Singletrack
Ketchum, ID. Smooth trails. Altitudes on this trip are below 10,000 ft. Average about 25-miles per day. Single track experience is a must. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 9-10: Sea to Sky Trail Ride
D'Arcy to Whistler, BC. 10th anniversary event. 150 km of off-road trail ride on the spectacular Whistler area. Plenty of food and secure camping at Riverside Campground in Whistler. Robbin McKinney, R.E.M. Event Management, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Jul 11-15: Backcountry Hot Springs
Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 11-17: Kettle Valley Trail Cycle Tour
Castlegar, BC. Castlegar to Hope along the Trans-Canada trail. Choose from 3-, 6-, 9-, 12- or 15-day trip. Cycle 700 km through the interior of BC, viewing some of the most spectacular scenery in North America. Robbin McKinney, R.E.M. Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Jul 11-15: Mt. Hood Singletrack
Portland, OR. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 11-Aug 6: Sawtooth Singletrack
Ketchum, ID. Single track experience is a must. Includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 11-15: Sun Valley Singletrack
Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 16: Pedal the Pinchot
Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St. Helens. Four routes: 30, 32, 49 and 88-miles. Start line open at 6:00 a.m., close at 6:00 p.m. at Swift Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

Jul 17-22: Kettle Valley Trail Cycle Tour
Castlegar, BC. Refer to July 11-17 listing for further details. Robbin McKinney, R.E.M. Event Management, 800-242-1825, www.great-explorations.com

Jul 18-22: Backcountry Hot Springs
Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 18-22: Lewis and Clark Lolo Trail
Missoula, MT. Trip takes you through the remote country where Lewis and Clark reached the Bitterroot Mountains, west of Lolo Pass. The riding is fun and non-technical, climbs provide a good challenge. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 18-22: Mt. Hood Singletrack
Portland, OR. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 18-22: Sawtooth Singletrack
Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 18-22: Sun Valley Singletrack
Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 18-22: Umpqua River Trail
Medford, OR. World-class trail, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and Douglas Fir. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 21-24: Kettle Valley Trail Cycle Tour
Castlegar, BC. Castlegar to Hope along the Trans-Canada trail. Choose from 3, 6, 9, 12, or 15 day trip. Cycle 700 km through the interior of BC, viewing some of the most spectacular scenery in North America. Robbin McKinney, R.E.M. Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Jul 25-29: Backcountry Hot Springs
Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 25-29: Lewis and Clark Lolo Trail
Missoula, MT. Refer to July 25-29 listing for more details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 25-29: Mt. Hood Singletrack
Portland, OR. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 25-29: Sawtooth Singletrack
Ketchum, ID. Refer to July 11-15 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 25-29: Sun Valley Singletrack
Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 25-29: Umpqua River Trail
Medford, OR. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

AUGUST

Aug 1-5: Backcountry Hot Springs
Ketchum, ID. This trip has a clear natural hot spring at every camp. Travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 1-5: Lewis and Clark Lolo Trail
Missoula, MT. Trip takes you through the remote country where Lewis and Clark reached the Bitterroot Mountains, west of Lolo Pass. Climbs provide a good challenge. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 1-5: Mt. Hood Singletrack
Portland, OR. Travel through the Mt. Hood National Forest. A few short tricky sections, rideable switch-backs and excellent grades. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 1-5: Sawtooth Singletrack
Ketchum, ID. Single track experience is a must. Includes lots of technical climbing and descending at altitudes from 6,000 to 9,000 feet. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 1-5: Sun Valley Singletrack
Ketchum, ID. Smooth trails. Altitudes on this trip are below 10,000 ft. Average about 25-miles per day. Single track experience is a must. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 1-5: Umpqua River Trail
Medford, OR. World-class trail, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and Douglas Fir. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 6-7: Sunshine Coast Trail Ride
Hallmoor Bay, BC. Off-road trail riding that features beginner to intermediate single-track trails and outstanding scenery. Robbin McKinney, R.E.M. Event Management Inc., Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Aug 7: Tour de Peaks
Snoqualmie, WA. Touted the "Eat As You Go" summer ride, including one awesome 14 mile MTB single-track ride. Ride starts at the upper parking lot of the Salish Lodge. Registration 7 a.m. to 10 a.m. Mechanical support, gourmet rest stops, finish area festival. Raffle for a new Trek 1500 road bike at the finish line festival. Part of Snoqualmie railroad days. Snoqualmie Valley Chamber of Commerce, P.O. Box 357, North Bend, WA, 98045. 425-888-4440, www.TourdePeaks.com

Aug 8-12: Backcountry Hot Springs
Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 8-14: Kettle Valley Trail Cycle Tour
Castlegar, BC. Castlegar to Hope along the Trans-Canada trail. Choose from 3-, 6-, 9-, 12- or 15-day trip. Cycle 700 km through the interior of BC, viewing some of the most spectacular scenery in North America. Robbin McKinney, R.E.M. Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Aug 8-12: Lewis and Clark Lolo Trail
Missoula, MT. Refer to August 1-5 listing for more details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 8-12: Mt. Hood Singletrack
Portland, OR. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 8-12: Sun Valley Singletrack
Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 8-12: Umpqua River Trail
Medford, OR. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 13-19: Kettle Valley Trail Cycle Tour
Castlegar, BC. Refer to August 8-14 listing for further details. Robbin McKinney, R.E.M. Event Management, 800-242-1825, www.great-explorations.com

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Aug 15-19: Backcountry Hot Springs

Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 15-19: Cascade Lakes Singletrack

Bend, OR. Swooping single track, lower elevations, relatively small climbs for a single track trip. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 15-19: Lewis and Clark Lolo Trail

Missoula, MT. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 15-19: Sawtooth Singletrack

Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 15-19: Sun Valley Singletrack

Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 17-21: Oregon Single Track

Cottage Grove, OR. Fully supported tour. Weekend, two days or week-long 5 days option. Single track riding for people of all skill levels. Ride some of the best trails in the west. Start at Green Waters Park. Randy Dreiling, First Oregon Adventures, PO Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Aug 18-21: Kettle Valley Trail Cycle Tour

Castlegar, BC. Castlegar to Hope along the Trans-Canada trail. Choose from 3-, 6-, 9-, 12- or 15-day trip. Cycle 700 km through the interior of BC, viewing some of the most spectacular scenery in North America. Robbin McKinney, R.E.M Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Aug 22-26: Backcountry Hot Springs

Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 22-26: Cascade Lakes Singletrack

Bend, OR. Refer to August 15-19 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 22-26: Lewis and Clark Lolo Trail

Missoula, MT. Refer to August 1-5 listing for more details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 22-26: Mt. Hood Singletrack

Portland, OR. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 22-26: Sawtooth Singletrack

Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 22-26: Sun Valley Singletrack

Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 22-26: Umpqua River Trail

Medford, OR. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 29-Sep 2: Backcountry Hot Springs

Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 29-Sep 2: Mt. Hood Singletrack

Portland, OR. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 29-Sep 2: Umpqua River Trail

Medford, OR. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

SEPTEMBER

Sep 5-9: Cascade Lakes Singletrack

Bend, OR. Swooping single track, lower elevations, relatively small climbs for a single track trip. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Sep 5-11: Kettle Valley Trail with Trails

Castlegar, BC. Castlegar to Hope along the Trans-Canada trail. Choose from 3-, 6-, 9-, 12- or 15-day trip. Cycle 700 km through the interior of BC, viewing some of the most spectacular scenery in North America. Fundraiser for Trails BC. Robbin McKinney, R.E.M Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Sep 5-9: Umpqua River Trail

Medford, OR. World-class trail, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and Douglas Fir. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Sep 9: Oregon Coast Cycling Festival

Gold Beach, OR. Three day road and MTB festival that benefits American Cancer Society and Curry Health Foundation. MTB ride takes place on first day and goes along Rogue River from Agness to Lobster Creek. Chip Weinert, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

Sep 10-16: Kettle Valley Trail with Trails

Castlegar, BC. Castlegar to Hope along the Trans-Canada trail. Choose from 3-, 6-, 9-, 12- or 15-day trip. Cycle 700 km through the interior of BC, viewing spectacular scenery in North America. Fundraiser for Trails BC. Robbin McKinney, R.E.M Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Sep 12-16: Umpqua River Trail

Medford, OR. Refer to September 5-9 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Sep 15-18: Kettle Valley Trail with Trails

Castlegar, BC. Refer to September 10-16 listing for further details. Robbin McKinney, R.E.M Event Management, 800-242-1825, www.great-explorations.com

Sep 25: Olympic Discovery Bike Adventure

Port Angeles, WA. Ride 50-miles 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

OCTOBER

Oct 2: Black Rock Ride

Bend, OR. Tough 20-miles MTB ride around Paulina and East Lake. Very strenuous loop with no food or water along the way. Begins at 10:00 a.m. No entry fee. Meet at Paulina Falls parking area 35-miles south of Bend. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-9253, www.hutchsbicycles.com

NOVEMBER

Dec 11: Horse Ridge Ramble

Bend, OR. 15-20-mile mountain bike ride on Horse Ridge east. Meet at base of Horse Ridge - 15-miles east of Bend. Maps available at both Hutch's. Hutch's Bicycles, 820 NE 3rd, Bend, OR, 97701. www.hutchsbicycles.com

ROAD RACING

FEBRUARY

Feb 19: Jack Frost Time Trial

Vancouver, WA. 12.4 miles out and back. Start in Vancouver Lake Park. Phil Sanders, Beaverton Bicycle Club, 503-649-4632, www.obra.org

Feb 20: Cherry Pie Road Race

Eugene, OR. The course is 21 miles long, mostly flat with a bit of big rollers half-mile in length...hills to some...rolling to others. Yummy gourmet Wild Plum Cherry Pies and ribbons! Norman Babcock, 1860 W 14th Ave, Eugene, OR, 97402. 541-485-6007, www.eugencyclingteam.com

Feb 27: Banana Belt RR #1

Forest Grove, OR. Road event. See Race Series for details. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

Feb 27: dEvo PowerbarSpring Series #1

Langley, BC. River Road Course. Flat. See Race Series for details. Byron Dawson, Escape Velocity Team dEvo, 408 -1600 Hornby St., Vancouver, BC, V6Z 2S4. 604-632-0116, www.escapevelocity.bc.ca

MARCH

Mar 5-6: dEvo Powerbar Spring Series #2/#3

Langley, BC. Two-event weekend. See Race Series for details. Byron Dawson, Escape Velocity Team dEvo, 604-632-0116, www.escapevelocity.bc.ca

Mar 5: Mason Lake RR Series #1

Mason Lake, WA. Road race open to all categories. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

Mar 5: Southern Oregon Cycle Sport TT Series

Ashland, OR. Tim Turk, 541-482-2130, www.obra.org

Mar 6: Banana Belt RR #2

Forest Grove, OR. Road event. See Race Series for details. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

Mar 6: Ice Breaker TT

Auburn, WA. 10-mile course on Green Valley Rd., near Flaming Geyser State Park. First riders start at 9:00 a.m.; bib number indicates your start order. Juniors and Masters Categories. welcome. Registration day of race only. \$15, Juniors \$10. NWWC cat 3/4 event. Erik Olson, Seattle Velo, 425-644-7216, www.seattlevelo.com

Mar 6: Windy 2-person TT

Boise, ID. Time Trial event. Jeff Gasser, Boise Cycling Club, 208-867-2488, www.georgescycles.com

Mar 12-13: dEvo Powerbar Spring Series #4/#5

Langley, BC. Two-event weekend. See Race Series for details. Byron Dawson, Escape Velocity Team dEvo, 604-632-0116, www.escapevelocity.bc.ca

Mar 12: Mason Lake RR Series #2

Mason Lake, WA. Road race open to all categories. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

Mar 12: Southern Oregon Cycle Sport TT Series #2

Ashland, OR. Time trail event Tim Turk, 541-482-2130

Mar 13: Banana Belt RR #3

Forest Grove, OR. Road event. See Race Series for details. Jeff Mitchem, OBRA, 503-233-3636, www.obra.org

Mar 13: Elma Flats Road Race

Elma, WA. Jack Broadhead, www.pazzovelo.com

Mar 15: Slammer Road Race

Boise, ID. Spring Series Race #1 Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Mar 19: Built For Speed TT Series

Corvallis, OR. Event #1. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 541-760-1024, www.builtforspeedtt.com

Mar 19-20: dEvo Powerbar Spring Series #6/#7

Langley, BC. Two-event weekend. See Race Series for details. Byron Dawson, Escape Velocity Team dEvo, 604-632-0116, www.escapevelocity.bc.ca

Mar 19: Mason Lake RR Series #3

Mason Lake, WA. Road race open to all categories. See Race Series for details. NWWC cat 4 event. David Douglas, Pazzo Velo, www.pazzovelo.com

Mar 19: Southern Oregon Cycle Sport TT Series #3

Ashland, OR. Series final event. Tim Turk, 541-482-2130

Mar 20: Sequim Road Race

Sequim, WA. Mostly flat and fast course. NWWC cat 3 event. The Garage/Aurora Cycling Teams, Seattle, WA, www.wsbaracing.com

Mar 26-27: dEvo Powerbar Spring Series #8/#9/#10

Langley, BC. Joe Hailay Memorial Stage race - Circuit road race, time trial and crit. Byron Dawson, Escape Velocity Team dEvo, 604-632-0116, www.escapevelocity.bc.ca

Mar 26: Piece of Cake Road Race

Shedd, OR. Taking place on the traditional course in the heart of grass seed country in Linn County near the community of Halsey. The course winds over a flat, windswept 7.9-mile loop. Surface conditions range from rough to excellent pavement, with a flat, safe finish area. Rich Cramer, 503-356-5509, www.obra.org

Mar 26: Team Group Health Snohomish Road Race

Snohomish, WA. 11-mile loop, rolling with a couple short climbs and one longer climb. 3-mile neutral roll out to the race course. Open to Masters, Cat 1-5 men and women. Day of registration only, \$25. One day available \$10. Registration and start at Chain Lake Elementary School two miles north of Monroe. NWWC Cat 4 event David Douglas, Pazzovelo, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Mar 27: The Ohop-Bob Roubaix Road Race

Eatonville, WA. 2-mile neutral rollout followed by laps on a 4-mile loop in Ohop State Park. 2-miles are on very good pavement, 2-miles are treacherous, roadie hating dirt. Mostly flat, with a minor bump to keep it interesting. Registration - day of only, opens at 9:00 a.m. First race at 10 a.m., four racing groups. Prizes: 6 deep. Micheal Pruitt, Starbuck Doubleshot/Spoke and Sproket, www.axleyusa.com/ohop.htm

APRIL

Apr 2: BC Masters Race Series #1

Lake Cowichan, BC. 70km road race with two big hills. Start at 1:30 p.m. See Race Series for details. Joe or Kim Gard. 250-370-2689, www.bcmasterscycling.net

Apr 2-3: GSC Silverton Weekend

Silverton, OR. Saturday road and Sunday criterium race. Juniors, men and women categories. The course is a 17.5-mile loop with a few flat sections, consistent rollers, and a couple of extended climbs. Mathew Braun, 503-481-4686, www.gscamerati.org

Apr 2-3: Tour of the Frozen Flatlands

Cheney, WA. Cooper Jones Memorial. Saturday - 2.5-mile circuit race on a flat course at Spokane Raceway Park. Sunday - road race in Cheney. Road race on a mostly flat course with small risers and an uphill finish, 40-60 miles depending on category. Registration day of race only, opens at 9:00 a.m. Open to Cat 1/5 men and women, Masters and juniors. Alex Renner, Badlands Cycling Club, 418 E. Pacific, Suite 2, Spokane, WA, 99202-1456. 509-456-0432, www.baddlands.org

Apr 3: Ola Valley Road Race

Ola, ID. Raced in Ola and Sweet Idaho. Spring Series #2 Mike Cooley, Boise Cycling Club, 208-343-3782

Apr 3: University of Washington/Byrne Specialty Gases Criterium

Seattle, WA. Luke Duvall, University of WA/Byrne Specialty Gases Team, Seattle, WA, www.wsbaracing.com

Apr 5: Eugene Time Trial Series #1

Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-334-6449, www.obra.org

Apr 5: Eugene TT Series #1

Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-334-6449, www.obra.org

Apr 5: Tuesday PIR Series

Portland, OR. April series event #1. See Race Series for details. Jeff Mitchem, 503-233-3636

Apr 6: Bend Time Trial Series

Bend, OR. April series event #1. See Race Series for details. Matt Plummer, Central Oregon Racing, 541-385-7413

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Apr 6: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com

Apr 7: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 9: Kings Valley Road Race
Kings Valley, OR. The Queen of the Oregon Classics. A rolling course perfect for the strong man/woman. 19.5 mile loop on good to excellent roads. Scot Goldstein, Classic Events, 2290 Corinthian Ct., Eugene, OR, 97405. 541-343-4833

Apr 9: Race the Ridge Criterium
Maple Ridge, BC. Open to all categories. Course is 1.2 km long with chicane. Race time varies between 20-30 mins. + 3 laps. BC Women's road race series event. Barry Lyster, Cross Trails Adventures, 22328 Dewdney Trunk Road, Maple Ridge, BC, V2X 3J2. 604-467-8577, www.racetheridge.com

Apr 9: Vance Creek Road Race
Elma, WA. Rolling hills combined with flats, one short climb. Jack Broadhead, www.pazzovelo.com

Apr 9-10: WWU Collegiate Omium and North Shore Circuit Race
Bellingham, WA. Team time trial and road race on Saturday on the Bellingham circuit of the defunct Fairhairs stage race. Criterium on Sunday using the Boat Street Criterium course. All three events open to NW Collegiate Cycling Conference. Saturday race open to senior USCF categories. Ryan Rickerts, WWU Team, Bellingham, WA, www.wwucycling.com/events.html

Apr 10: Harris Roubaix Classic - SISU BC Cup #1

Pitt Meadows, BC. Race near Vancouver, fast flat 5km with 1.3km gravel section. A European classic with a BC flavor. First start at 8:00 a.m. Men's Cat 4/5 - 50km; All women 60km; Junior Men - 70 km; Men's Cat 3 - 70 km; Men's Pro 1/2 - 100km. Part of SISU BC Cup. Chris White, Trek VW Racing Team, 1625 West 5th Ave, Vancouver, BC, V6J 1 N5. 604-731-5886, www.trekvracing.com

Apr 10: Recycled Cycles Boat Street Criterium
Seattle, WA. This exciting 6-corner course offers a challenge for even solid bike handlers. Wide and flat with good pavement. Spectator friendly. NWJRS event. Robert Trombley, Recycled Cycles, 1007 NE Boat St, Seattle, WA, 98115. 206-528-2242, www.nwccyclingevents.com

Apr 12: Eugene Time Trial Series #2
Eugene, OR. See Race Series for details. Richard Sweet, 541-334-6449, www.obra.org

Apr 12: Spokane Twilight Series

Spokane, WA. See Race Series for details. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Apr 12: Tuesday Night Road Race Series
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 12: Tuesday PIR Series
Portland, OR. April series event #2. See Race Series for details. Jeff Mitchem, 503-233-3636

Apr 13: Bend Time Trial Series
Bend, OR. April series event #2. See Race Series for details. Matt Plummer, Central Oregon Racing, 541-385-7413

Apr 13: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Apr 14: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 14: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 16: Tahuya-Seabeck-Tahuya Road Race
Tahuya, WA. Race on the Washington peninsula, the course features two steep demanding climbs about 3 km long that usually split the pack. Liege-Bastion-Liege style. NWWC Cat 3 event. Lake Washington Velo, Seattle, WA, www.broadmarkcycling.com

Apr 17: BC Masters Race Series #2
Cedar, BC. 63km road race mostly flat with some rollers. Start at noon. See Race Series for details. Mike Sevcov, 250-748-6457, www.bcmasterscycling.net

Apr 17: Blacks Creek Road Race
Boise, ID. Spring Series Race #3. Mike, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Apr 17: Estacada Time Trials #1
Estacada, OR. See Race Series for details. Ginger Woolcock, OR, 503-632-7459

Apr 17: First Rate Mortgage - Spring Classic
Seattle, WA. Criterium racing at Seward Park. Rain drop shaped course, 0.8-mile long with short 200 m hill. Registration opens at 8:00 a.m. Open to all categories. NWJRS event. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 19: Eugene Time Trial Series #3
Eugene, OR. See Race Series for details. Richard Sweet, 541-334-6449, www.obra.org

Apr 19: Spokane Twilight Series
Spokane, WA. See Race Series for details. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Apr 19: Tuesday Night Road Race Series
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 19: Tuesday PIR Series
Portland, OR. April series event #3. See Race Series for details. Jeff Mitchem, 503-233-3636

Apr 20: Bend Time Trial Series
Bend, OR. April series event #3. See Race Series for details. Matt Plummer, 541-385-7413

Apr 20: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Apr 21: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 23: Built For Speed Time Trial Series
Corvallis, OR. Event #2. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 541-760-1024, www.builtforspeedit.com

Apr 23-24: Tour of Walla Walla Stage Race

Walla Walla, WA. Consists of a 5 mile time trial, road race over rolling terrain (39-23 recommended) and 6 corner loop criterium. Distances vary with category. Juniors omnium instead of stage race. \$4000 cash prize. Limit 100 riders per Cat. No day of registration. USCF sanction. NWWC Cat 4 event. Steve Rapp, 701 Boyer Ave., Walla Walla, WA, 99362. 509-527-8724, www.tourofwallawalla.org

Apr 24: BC Masters Race Series #3
Abbotsford, BC. 63km rolling road race. Start at 1:30 p.m. See Race Series for details. Roberto Pasion, 604-517-7027, www.bcmasterscycling.net

Apr 24: Estacada Time Trials #2
Estacada, OR. See Race Series for details. Ginger Woolcock, 503-632-7459

Apr 24: Monument Ridge
Boise, ID. Circuit race. Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycling.com

Apr 26: Eugene Time Trial Series #4
Eugene, OR. See Race Series for more details. Richard Sweet, 541-334-6449, www.obra.org

Apr 26: Spokane Twilight Series
Spokane, WA. See Race Series for more details. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Apr 26: Tuesday Night Road Race Series
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 26: Tuesday PIR Series
Portland, OR. April series event #4. See Race Series for details. Jeff Mitchem, 503-233-3636

Apr 27: Bend Time Trial Series
Bend, OR. April series event #4. See Race Series for details. Matt Plummer, 541-385-7413

Apr 27: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Apr 28: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 30: Green Valley Time Trial
Auburn, WA. 12-mile course on Green Valley Rd near Flaming Geyser State Park outside of Auburn. The start/finish is at the corner of Green Valley Rd and 218th. Registration from 7:15 - 8:30 a.m. Race starts at 9:00 a.m. NWWC Cat 3 event. Rory Muller, DuBu Racing, 4017 South 291st St., Auburn, WA, 98001. 253-941-5810, www.buduracing.com/

MAY

May 1: BC Masters Race Series #4
Mill Bay, BC. 65km rolling road race. Start at 1:00 p.m. See Race Series for details. Joe or Kim Gard, 250-370-2689, www.bcmasterscycling.net

May 1: Emmett-Roubaix Road Race
Boise, ID. Spring Series RR #4 Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycles.com

May 1: Masters and Juniors State RR
Longbranch, WA. Counts for BARR points Steve Breaux, Old Town Bicycle, www.wsba.com

May 1: WarpSpeed Time Trial
Abbotsford, BC. 16km out and back that is pancake flat and can be tortuously windy. BC Women's road race series event. Doug Preston, 604-803-7753, www.teamsonilton.com

May 2: Monday Night Masters & Women PIR Series
Portland, OR. May series event #1. See Race Series for information. Jim Anderson, 503-975-8229, www.obra.org

May 3: Eugene Hill Climb Series #1
Eugene, OR. See Race Series for details. Richard Sweet, 541-334-6449, www.obra.org

May 4: Bend Time Trial Series
Bend, OR. May series event #1. See Race Series for details. Matt Plummer, 541-385-7413

May 5: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

May 6-8: Columbia Plateau Stage Race
Ione, OR. Three day stage race for Pro 1/2, Cat 3 and 4 men, Master 40+ and Women. Road race on Friday, Saturday 2-mile hill climb time trial and road race with 5500 ft of climbing. Sunday road race with 6400 ft of climbing. All road races are point to point. Mark Schwyhart, 4425 SE Woodward St., Portland, OR, 97206. 503-231-0236, www.obra.org

May 7: Wasco Wild West 75 Recumbent Road Race

The Dalles, OR. Race 4 laps for 75-miles of open two lane blacktop country road. Rolling hills with one major climb per lap. HPRA rules. Recumbent race class: stock men/women, superstock men/women, superstreet men/women, trikes. Start/Finish Petersburg School. First start at noon. Cash prize. Part of Oregon OHPV championship. Clay Smith, 541-296-1314, www.ohpv.org

May 7: Washington State Senior Road Race Championships
Elma, WA. NWWC Cat 3/4 event. Counts for BARR points Jack Broadhead, www.wsbaracing.com

May 7-8: BC Masters Race Series #5/#6
Vancouver, BC. Saturday - 30 min. criterium, start at 4:00 p.m. Sunday 16km flat time trial in Aldergrove. Start at 11:00 a.m. See Race Series for details. Bill Yearwood, 604-267-7338, www.bcmasterscycling.net

May 10: Eugene Hill Climb Series #2
Eugene, OR. See Race Series for details. Richard Sweet, 541-334-6449, www.obra.org

May 11: Bend Time Trial Series
Bend, OR. May series event #2. See Race Series for details. Matt Plummer, Central Oregon Racing, 541-385-7413

May 13-15: Birds of Prey Road Race
Kuna, ID. Stage race - criterium, road and time trial. Rich, www.lacticacidcycling.org

May 14: 2nd Annual Dubikeathlon
Spokane, WA. For mountain bikers, roadies and those who go both ways. All ages, shapes and sizes welcome. If you have a MTB or road preference, bring a team mate and tackle respective sections. Three legs - short Le Mans start, 8-mile. MTB leg, 1.5-mile road leg and a 4-mile, MTB finish. Wendy Bailey, Round & Round Productions, 418 E Pacific, Suite 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 14: Galena Hill Climb
Sun Valley, ID. Road hill climb. Durance Cycleworks, www.durance.com

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May 14-15: Washington State Omnium Stage Race Championships
Wenatchee, WA. All categories. Time trial course - Rolling, 9 miles out and back course. Criterium - 1 km, 4 corners, small hill. Road Course - Two loops: short loop at 12 miles with 1,400 ft of climbing, or big loop at 27 miles with 2,000 ft of climbing. Pre-reg. by May 10. Prize: \$10,000. Race headquarter: Coast Hotel. NWWC Cat 4 event. Counts for BARR points David Douglas, Wenatchee Velo, 4207 SW Hill St, Seattle, WA, 98116. www.pazzovelo.com

May 15: Rehersal Road Race
TBA, OR. Joe Cipale, 360-750-6659, www.obra.org

May 17: Eugene Hill Climb Series #3
Eugene, OR. See Race Series for details. Richard Sweet, 541-334-6449, www.obra.org

May 18: Bend Time Trial Series
Bend, OR. May series event #3. See Race Series for details. Matt Plummer, Central Oregon Racing, 541-385-7413

May 19: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

May 21: Built For Speed Time Trial Series
Corvallis, OR. Event #3. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 541-760-1024, www.builtforspeedtt.com

May 21-22: Mutual of Enumclaw Stage Race
Enumclaw, WA. Near Tacoma. Three-stage race. Saturday - mostly flat 10 km time trial in the morning, figure 8 criterium in afternoon is fast and flat. Road race is challenging with 5km climb up Mud Mountain, but the rest of the 15-mile circuit is flat. Race headquarters: Best Western. USCF sanction. NWWC Cat 3 event. Patricia Lawrence, www.mutualofenumclaw.com

May 21: Team Time Trial
Corvallis, OR. Tom Hayden, 503-378-7097

May 22: BC Masters Race Series #7
Chilliwack, BC. 40km time trial with some rollers. Start at 1:00 p.m. See Race Series for details. Bill Yearwood, 604-267-7338, www.bcmasterscycling.net

May 22: Swan Island Criterium
Portland, OR. Criterium race featuring all categories & kids' event. All proceeds donated to Bicycle Transportation. Registration opens at 8:00 a.m. Dan Houghton, 16249 SE Morrison St., Portland, OR, 97233. 503-977-9211, www.obra.org

May 24: Eugene Hill Climb Series #4
Eugene, OR. See Race Series for details. Richard Sweet, 541-334-6449, www.obra.org

May 25: Bend Time Trial Series
Bend, OR. May series event #4. See Race Series for details. Matt Plummer, 541-385-7413

May 26: Southern Oregon Thursday Nighters
Ashland, OR. Circuit race. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

May 28-29: Human Power Challenge 2005
Portland, OR. 6th edition of this event that focuses on recumbents, and human powered vehicles and bicycles of any kind. Classes are based on the amount of aerodynamic assistance. Events: 10 mile TT, road race, drag race, autocross and 200 meter sprints. Micheal Wolfe, Oregon Human Powered Vehicles, Portland, OR, www.ohpv.org

May 28-31: Montana Ecology Classic Stage Race
Missoula, MT. 8th annual. Three- and four-day stage race depending on category. Scenic course, great atmosphere. Jeff Crouch, Team Stampede/Five Valley Velo, P.O. Box 7492, Missoula, MT, 59807. 406-544-9614, www.ecologycenterclassic.org/

May 28-29: Times Colonnist Victoria Cycling Festival - SISU BC Cup #2
Victoria, BC. BC Road Championships. Include the Gary Lund Sook Classic and Bastion Square. Part of SISU BC Cup. Marischal Dearmond, Victoria Cycling Festival, 282 View Royal Avenue, Victoria, BC, V9B 1A9. www.victoriacyclingfestival.com

May 22: BC Masters Race Series #7
Chilliwack, BC. 40km time trial with some rollers. Start at 1:00 p.m. See Race Series for details. Bill Yearwood, 604-267-7338, www.bcmasterscycling.net

May 31: Eugene Hill Climb Series #5
Eugene, OR. See Race Series for details. Richard Sweet, 541-334-6449, www.obra.org

JUNE

Jun 1: Bend Time Trial Series
Bend, OR. May series event #5. See Race Series for details. Matt Plummer, 541-385-7413

Jun 1: River City Bicycles Mt. Tabor Series
Portland, OR. Circuit race #1. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 2-5: Mt. Hood Cycling Classic
Hood River, OR. This four-day race features rides located in the picturesque Hood River Valley at the base of Mt. Hood. 18,000 feet of climbing, 200 -miles of racing, 5 stages, 4 days, 1 big post-race celebration! \$20,000 cash for all categories. Part of USA Cycling National Race Calendar. Chad Sperry, Mt. Hood Cycling Classic, P.O. Box 1432, Hood River, OR, 97031. 541-980-2344, www.mthoodcyclingclassic.com

June 2: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 4: BC Masters Race Series #9
West Vancouver, BC. 5km hill climb time trial. 5-10% grade. Start at noon. See Race Series for details. Bill Yearwood, 604-267-7338, www.bcmasterscycling.net

Jun 4-5: Race Across Oregon
Portland, OR. Ultra-cycling event. Challenging 538-mile route through the Cascades. RAAM qualifier. Solo, tandem, masters, 2- & 4-person relay teams. George Thomas & Terri Gooch, 541-738-0549, www.raceacrossoregon.com

Jun 5: BC Masters Race Series #10
Aldergrove, BC. 16km individual time trial. Start at 1:00 p.m. See Race Series for details. Roberto Pasion, 604-517-7027, www.bcmasterscycling.net

Jun 5: First Rate Mortgage Cycling Series Summer Classic
Seattle, WA. Criterium racing at Seward Park. Rain drop shaped course, 0.8-mile long with short 200 m hill. Registration opens at 8:00 a.m. Open to all Cat. Seattle Juniors Criterium Series event. NWWC Cat 4 event. NWJRS event. David Douglas, Pazzo Velo, www.pazzovelo.com

Jun 6: True Amateur Criterium Series #1
Eugene, OR. Sal Collura, 541-747-3336, www.obra.org

Jun 7: Tuesday PIR Series
Portland, OR. June series event #1. See Race Series for details. Jeff Mitchem, 503-233-3636

Jun 8: Central Oregon Crit Series
Bend, OR. June series event #1. See Race Series for details. Damian Schmitt, 541-350-3327

Jun 8: River City Bicycles Mt. Tabor Series
Portland, OR. Circuit race #2. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 10-12: Tour of Eagle Stage Race
Eagle, ID. Criterium on Friday, Time Trial on Saturday, Road Race Sunday. Gary Casella, 208-884-1925, www.georgescycles.com

Jun 11-12: BC Masters Race Series #11/#12
Penticton, BC. 10km hill climb time trial start at 4:00 p.m. on Saturday, 80 km road race with 1 steep hill and some rollers on Sunday. See Race Series for details. Des Snider, 250-493-3363, www.bcmasterscycling.net

Jun 11: Bend Team Time Trial
Bend, OR. William Warburton, 518-524-4351, www.obra.org

Jun 11: Brockton Criterium
Vancouver, BC. Euro criterium style race on a winding (2.6 km) course through Vancouver's beautiful Stanley Park in the heart of downtown. All categories. offered, except novice men. Entry fee \$30 (CDN). First start at 8:00 a.m. Points race format. Part of Stanley Park Bike Festival. Alistair Howard, Stanley Park Bike Festival Society, 604-681-0419, www.stanleyparkbikefest.ca

Jun 11: Olympic Athletic Club Twilight Criterium
Ballard, WA. 1km, almost flat, 4-corner criterium course on city streets. Registration at start/finish area corner of Ballard Ave NW/20th Ave NW. USCF licence required. First race starts at 2:30 p.m. NWJRS event. David Douglas, www.pazzovelo.com

Jun 12: Atomic Road Race - SISU BC Cup #3
Langley, BC. Rolling 10km loop. Two short climbs. Uphill finish. Cat 1/2, 3, 4/5 Men, Cat 1-3, Cat 4 Women. Part of SISU BC Cup Series. BC Women's road race event series. Sean Rice, Atomic Racing Club, 604-788-3955, www.atomicracing.com

Jun 12: Oregon State Road Championship
TBA, OR. Joe Cipale, 360-750-6659, www.obra.org

Jun 12: Volunteer Park Criterium
Seattle, WA. Criterium on a 0.8-mile loop inside Volunteer Park with a small 150 yard hill. NWWC Cat 3 event. Gregg's Cycles, www.greggsycles.com

Jun 13: True Amateur Criterium Series 2
Eugene, OR. Sal Collura, 541-747-3336, www.obra.org

Jun 14: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

Jun 14-16: Lyle Pearson Classic
Boise, ID. Stage race for all categories. Mike Cooley, George's Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

Jun 15: Central Oregon Crit Series
Bend, OR. June series event #2. See Race Series for details. Damian Schmitt, 541-350-3327

Jun 15: River City Bicycles Mt. Tabor Series
Portland, OR. Circuit race #3. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 18: BC Masters Race Series #13
Cobble Hill, BC. 65km road race with one big hill. Start at 1:00 p.m. See Race Series for details. Joe or Kim Gard, 250-370-2689, www.bcmasterscycling.net

Jun 18: Built For Speed Time Trial Series
Corvallis, OR. Event #4. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 541-760-1024, www.builtforspeedtt.com

Jun 18: Elkhorn Circuit Race
Ketchum, ID. Road event Sun Summit, 208-726-0707

Jun 18: Idaho State TT championships
Sun Valley, ID. Durance Cycles, www.durance.com

Jun 19: Ketchum Criterium
Ketchum, ID. Criterium Sun Summit, 208-726-0707

Jun 19: Larch Mountain Time Trial
Corbett, OR. Riders cover a distance of 16.4-miles gaining 3,000 feet. Course is rolling at first uphill and than just uphill. Course record just under the 60 minute mark. Matthew Wolpert, 503-331-7382, www.obra.org

Jun 19: Washington Senior State Criterium Championships
Kent, WA. NWWC Cat 3/4 event. Counts for BARR points Robert Trombley, Recycled Cycles

Jun 19: Wedgewood Westside Classic - SISU BC Cup #4
Vancouver, BC. Urban cycling at its best. Challenging 13.5km loop with a major climb. Cat 1/2 men finish on a short 4.5km loop with yet another big climb. Open to all. Women, Cat 3, 4/5. Part of the Point Grey Fiesta Day. Course subject to change. Proceed to the BC Cancer Foundation. Jonathan Wornell, Team Wedgewood, 604-836-9993, www.teamwedgewood.com

Jun 20: True Amateur Criterium Series 3
Eugene, OR. See Race Series for details. Sal Collura, 541-747-3336

Jun 21: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

Jun 21-25: Junior/Elite Nationals
Park City, UT. National championships for time trial, road and criterium events. www.usacycling.org

Jun 22: Central Oregon Crit Series
Bend, OR. June series event #3. See Race Series for details. Damian Schmitt, 541-350-3327

Jun 22: River City Bicycles Mt. Tabor Series
Portland, OR. Circuit race #4. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 23: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jun 24-26: Elkhorn Classic Stage Race
Baker City, OR. A three-day, four-event, timed stage race. Long challenging courses. Men - Pro 1/2, Men 3, Men 4/5, Men masters 40+, Women Pro 1/2, Women 3/4 (combined but scored separately). National Championships for FICA. Activities for entire family. Nathan Hobson, 4004 SE Lycintra Lane, Milwaukie, OR, 97222. 503-652-3763, www.elkhornclassic.com

Jun 25: Gig Harbor Circuit Race
Gig Harbor, WA. Brian Babbitt, www.wsbaracing.com

Jun 26: 54th Annual Phil Hohnstein Mt. Tabor Circuit Race
Portland, OR. Single day road race that includes Juniors, other age group, fixed gear, various men and women races. Racing starts at 8:45 a.m. Hilly and curvy 1.3-mile circuit. Each lap has 136.6 ft of climb. An Oregon Cup event. Terry Crawford, Team Rose City, 7100 SW Ventura Drive, Tigard, OR, 97223. 503-244-0050, www.teamrosecity.com

Jun 26: Lacey Criterium
Lacey, WA. Jack Broadhead, www.wsbaracing.com

Jun 26: Norm Lowe Memorial - SISU BC Cup #5
Hatzic Valley, BC. A road race in beautiful Hatzic Valley near Mission. The course is a rolling 15 km circuit that is punctuated by a long climb on each lap. The finish is located part way up this climb. Part of SISU BC Cup Series Max Grace, Team Soliton, 604-980-8143, www.teamsoliton.com

Jun 27-25: Masters/Tandem Nationals TT
Antelope Island, UT. National championships for time trial events. www.usacycling.org

Jun 27: True Amateur Criterium Series 4
Eugene, OR. Sal Collura, 541-747-3336, www.obra.org

Jun 28: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

Jun 28-30: Masters/Tandem Road Nationals
Park City, UT. www.usacycling.org

Jun 29: Bend Time Trial/Duathlon Series #1
Bend, OR. Barry Holman, 541-330-3996, www.obra.org

Jun 29: Central Oregon Crit Series
Bend, OR. June series event #4. See Race Series for details. Damian Schmitt, 541-350-3327

Jun 29: River City Bicycles Mt. Tabor Series
Portland, OR. Circuit race #5. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 29: Yaletown Grand Prix
Vancouver, BC. Downtown criterium on cool circuit. Fast and exciting with a lot of action. Spectator friendly course. Women's road race series event. Steve Eng, 3988 West 32nd Ave., Vancouver, BC, v6s1z3. 604-328-7370, www.trekvracing.com

JULY

Jul 2: BC Masters Race Series #14
Kelowna, BC. Criterium with small up and down. See Race Series for details. Bruce Stevens, 250-491-0314, www.bcmasterscycling.net

Jul 2-3: Race at the Edge
Queen Charlotte Islands, BC. New race, brand new course. D Beggs, 250-559-8831

Jul 2: The Capital Criterium
Olympia, WA. Twisting 0.7-mile course on the Capitol Campus. Brandon Archibald, Olympia, WA, 360-280-9451, www.cbcracing.org

Jul 3: BC Masters Race Series #15
Vernon, BC. 19km hill climb 9-12% grade. Double points. Championships race. See Race Series for details. Bruce Stevens, BC Masters Cycling Association, 250-491-0314, www.bcmasterscycling.net

Jul 3: PoCo Classic
Port Coquitlam, BC. Women's road race series event. Phil Breden, 604-945-0602, www.westwoodcycle.com

Jul 4: 30th Annual Joe Matava Memorial Classic Criterium
Burien, WA. Junior State Championships. Counts for BARR points Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com

Jul 4: True Amateur Criterium Series #4
Eugene, OR. Sal Collura, 541-747-3336

Jul 5: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

Jul 6: Central Oregon Crit Series
Bend, OR. July series event #1. See Race Series for details. Damian Schmitt, 541-350-3327

Jul 6-10: Columbia River Bank Cascade Cycling Classic
Bend, OR. Race for elite men and women, masters and Cat 3/4. 6 stages for men, 5 for women, 4 for other Cat. NRC Series event. Brad Ross, Mt. Bachelor Ski Education Foundation, 4409 SW Dosch Rd., Portland, OR, 97239. 503-806-6943, www.cascade-classic.org

Jul 6: River City Bicycles Mt. Tabor Series
Portland, OR. Circuit race #6 - Final event of the series. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jul 7-10: National Road Championship
Kamloops, BC. National championship for road, time trial and criterium. All categories. and handicycling. Time trial is mostly flat, windy on the way back. Downtown city criterium, fast and may be winding on back stretch. Sunday road course has two good climbs, 39-25 recommended. Henry Perrij, Kamloops, BC, 250-828-2783, www.roadnationals.com

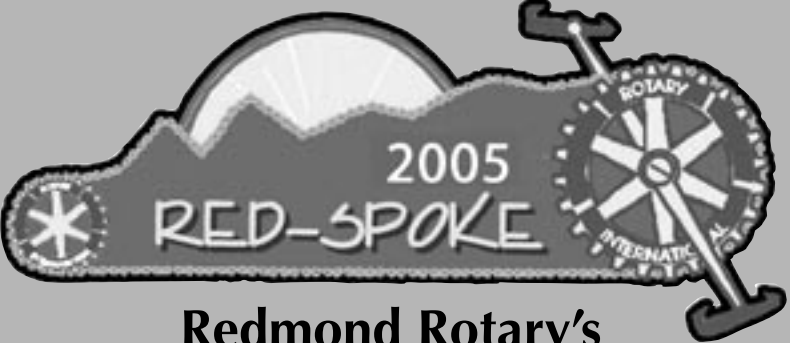
Jul 9-10: Gate City Grind
Pocatello, ID. Stage race Idaho Cycling Enthusiasts, www.idahocycling.com

Jul 9: Redmond Derby Days
Redmond, WA. The Annual Redmond Derby Days Bicycle Criterium is America's longest running bicycle race. Some of the fastest cyclists in the Northwest race on a flat fast 0.5-mile loop. Racing from 2:00 - 8:00 p.m. \$9,000 prize purse. NWJRS & NWWC Cat 4 event. Brian Oster, Pro-Motion Sports, P.O.Box 31789, 206-729-9972, www.promotionevents.com

Jul 10: Lake Washington Velo Circuit Race Series #1
Silvana, WA. Broadmark Cycling Team, www.broadmarkcycling.com

Jul 11: True Amateur Criterium Series 5
Eugene, OR. Sal Collura, 541-747-3336

Jul 12: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com



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Jul 13: Bend Time Trial/Duathlon Series #2

Bend, OR. Barry Holman, 541-330-3996

Jul 13: Central Oregon Crit Series

Bend, OR. July series event #2. See Race Series for details. Damian Schmitt, 541-350-3327

Jul 14: Pacific Raceways Women's RR

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

Jul 15-17: Tour de Delta - SISU BC Cup 6

Delta, BC. Start of BC Superweek. Road race, hill climb and twilight criterium events. \$10,000 in cash purse. Part of SISU BC Cup Series. Women's road race series event. John McMurchy, Municipality of Delta, 4500 Clarence Taylor Crescent, Delta, BC, V4K 3E2. 604-952-3545, www.tourdelatadelta.bc.ca

Jul 16: Built For Speed Time Trial Series

Corvallis, OR. Event #4. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 541-760-1024, www.builtforspeedtt.com

Jul 16-17: BC Masters Race Series #16/#17

Brentwood, BC. Saturday - 45 minute criterium with up and down. Sunday 44-95 km road race on rolling terrain in Shawnigan Lake area. Double points championships event. Start at 1:00 p.m. See Race Series for details. Tony Hoar, BC Masters Cycling Association, 250-743-9915, www.bcmasterscycling.net

Jul 16-17: Seattle Night and Day Challenge

Seattle, WA. Orienteering race. Visit as many of the sixty checkpoints marked on map of Seattle as possible. Choose your own route from point to point. Mostly city streets with some time on paths and in parks. Compete individually or on a team of up to five cyclists. Team mandatory for 16-hour race. Terry Farrah, Cascade Orienteering Club, 1410 Murchison Dr., Millbrae, CA, 94030. 206-399-6742, www.seatlenightandday.com

Jul 16: WA State Time Trial Championships

Spokane, WA. NWWC Cat 3/4 event. Counts for BARR points Baddlands Cycling Club, 418 East Pacific #2, Spokane, WA, 99202-1426. 509-456-0432, www.baddlands.org

Jul 17: Kelowna Regatta Criterium Classic

Kelowna, BC. First year initiative by city of Kelowna. Event catering to Cat 3, 4 and 5, Masters and Women. Circuit is 1.5 km long. Duration 1 hr. Heather White, 755 Schafer Rd, Kelowna, BC, V1W 1G2. 250-764-7404

Jul 17: Rocket Velo Road Race

Spokane, WA. Rocket Velo Racing Team. www.wsba.com

Jul 18: True Amateur Criterium Series 6

Eugene, OR. Sal Collura, 541-747-3336

Jul 20: Central Oregon Crit Series

Bend, OR. July series event #3. See Race Series for details. Damian Schmitt, 541-350-3327

Jul 20: Tour de Gastown

Vancouver, BC. Centerpiece of BC Superweek. Super fast 1.2 km course. Men 50 laps, women 30. Course takes riders on a slight uphill into first turn—a 165 hair-pin. Fast three-block stretch that sends them downhill toward a left turn. Exit last corner onto cobblestones and a 250 m dash to the finish. \$10,000 in cash prizes. Jonathan Wornell, c/o GBIS, #145-332 Water Street, Van, BC, V6B 1B6. 604-836-9993, www.tourdegastown.com

Jul 22-24: Tour de White Rock - SISU BC Cup Finale

White Rock, BC. Friday - Hill Climb; Saturday - Criterium; Sunday - Road Race. Final weekend of the BC Superweek. \$10,000 prize list. Rita Clarkson, White Rock Leisure Services, 15322 Buena Vista Avenue, White Rock, BC, V4B 1Y6. 604-541-2161, www.city.whiterock.bc.ca

Jul 23-24: BYRDS Junior Stage Race

Boise, ID. cyclist@cablone.net

Jul 23: Wells Fargo Twilight Criterium

Boise, ID. Men 1/2, Men 3 Masters 35+, Men 4-5, Women Pro 1/2/3. Flat, four corner classic criterium. 1 km loop. Mike Cooley, 251 W Front #100, Boise, ID, 208-343-3782

Jul 23-30: World Masters Games

Edmonton, AB. IIT: July 23. 20 km individual time trial out and back. St. Albert to Villeneuve. Road Race: July 24. One lap is 11 km. Men Cat. over 60 and women go five laps. Men under 60 go eight laps. William Hawrelak Park. Criterium: July 30. Races will be a set time plus laps. 780-822-2005, www.2005worldmasters.com

Jul 23: Zoka Criterium

Seattle, WA. Lake Washington Velo, www.wsbaracing.com

Jul 24: 4 Corners Road Race

Maple Valley, WA. NWWC Cat 3 event. Vision/4 Corners Cycling Team, www.vision4corners.com

Jul 25: True Amateur Criterium Series 7

Eugene, OR. Sal Collura, 541-747-3336

Jul 27: Bend TT/Duathlon Series #3

Bend, OR. Barry Holman, 541-330-3996

Jul 27: Central Oregon Crit Series

Bend, OR. July series event #4. See Race Series for details. Damian Schmitt, 541-350-3327

Jul 28-31: Co-Motion Classic Tandem Stage Race

Eugene, OR. The nation's premier annual tandem racing event. 4 day, 5 stage tandems only stage race. A, B and C (mixte team) Cat. C Cat. riders will do the short road race and time trial only. Kent Peterson, Co-Motion, 4765 Pacific Ave, Eugene, OR, 97402. 541-342-4583, www.co-motion.com

Jul 30: Co-Motion Criterium

Eugene, OR. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

Jul 31: Vancouver Courthouse Criterium

Vancouver, WA. David Hart, 360-896-7326. www.obra.org

AUGUST

Aug 3: Central Oregon Crit Series

Bend, OR. August series event #1. See Race Series for details. Damian Schmitt, 541-350-3327

Aug 5: Fremont Criterium

Fremont, WA. Robert Trombley, Seattle, WA, www.recyclecycles.com

Aug 6: BC Time Trial Championships

Squamish, BC. 38.5km out and back. No sharp corners or hills. Smooth pavement. One wooden bridge. Brian Storey, Escape Velocity, www.escapevelocity.bc.ca

Aug 6: Whidby Island Circuit Race

Whidbey Island, WA. Aurora Cycling Team, www.auroracyclingclub.org/

Aug 6-7: BC Masters Race Series #18/#19

Salmon Arm, BC. Saturday - road race mix terrain. Start at 2:00 p.m. Sunday 40km Championship ITT event on flat terrain. Sunday event counts for double points. See Race Series for details. Bruce Stevens, 250-491-0314, www.bcmasterscycling.net

Aug 7: Oregon State Time Trial Championships

Peoria, OR. Out-and-back course. Flat and smooth. Cale Pelton, 503-630-3340, www.emeraldvelo.org/state_tt.html

Aug 7: Volunteer Park Summer Criterium & Master State Championship Criterium

Seattle, WA. Volunteer Park - Criterium on a 0.8-mile loop inside Volunteer Park with a small 150 yard hill, some rough pavement. Medals and WSBA points for Masters. Registration opens at 8:00 a.m. First race at 9:00 a.m. All categories. Counts for BARR points. NWJRS and NWWC Cat 3/4 event. David Douglas, Union Bay Cycling, www.pazzovelo.com

Aug 10: Central Oregon Crit Series

Bend, OR. August series event #2. See Race Series for details. Damian Schmitt, 541-350-3327

Aug 11: Pacific Raceways Women's RR

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

Aug 12: Health Net Portland Twilight Criterium

Portland, OR. Friday evening racing. Start/finish near Portland Art Museum. Cash purse and primes. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.obra.org

Aug 13: Crawfish Criterium

Tualatin, OR. Heather VanValkenburg, 360-735-8152

Aug 13: Lake Washington Velo Circuit Race Series #2

Boston Harbor, WA. Broadmark Cycling Team, www.broadmarkcycling.com

Aug 13-14: BC Masters Race Series #20/#21

New Denver, BC. 30-minute criterium that counts for triple points. Sunday 75km road race, start at 9:00 a.m. See Race Series for details. Daniel Hellyer, 250-358-2840, www.bcmasterscycling.net

Aug 14: BC Open Criterium Championships

N. Vancouver, BC. In historic Lower Lonsdale, North Vancouver. Rectangle course, wide-open start/finish, run clockwise, short uphill, interesting curve on back section. Open to all categories. Women's road race series event. Barb Zimich, Team Coastal, 8096 Modesto Dr., Delta, BC, V4C. 604-983-2765, www.teamcoastalcycling.com

Aug 14: Oregon State Criterium Championships

Gresham, OR. Jay Martineau, 360-735-8152, www.obra.org

Aug 14: Washington State Team TT

Elma, WA. Race starts near the entrance of Vance creek Park/Course follows South Bank Rd. on an out-and-back course. Some small rollers. 4 person team. Registration opens at 7:30 a.m., closes at 8:45 a.m. Race starts at 9:00 a.m. All USCF Cat. No day of race registration. Counts for BARR points Rory Muller, DuBu Racing, 4017 South 291st Street, Auburn, WA, 98001. www.dubyracing.com

Aug 17: Central Oregon Crit Series

Bend, OR. August series event #3. See Race Series for details. Damian Schmitt, 541-350-3327

Aug 20: Built For Speed Time Trial Series

Corvallis, OR. Event #5. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 541-760-1024, www.builtforspeedtt.com

Aug 20: Lake Washington Velo Circuit Race Series #3

Carnation, WA. Broadmark Cycling Team, www.broadmarkcycling.com

Aug 21: BC Masters Race Series #22

Langley, BC. 65km criterium. Start at 11:00 a.m. See Race Series for details. Peter Reichman, 604-924-3671, www.bcmasterscycling.net

Aug 21: Gear Push Time Trial

Auburn, WA. 10-mile course on Green Valley Rd near Flaming Geyser State Park outside of Auburn. Start/finish at the corner of Green Valley Rd and 218th. Registration begins at 7:15 a.m., race starts at 9:00 a.m. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Aug 21: Mt. Seymour Hill Climb Championship

N. Vancouver, BC. 12.2 km ascending the steep, unforgiving and twisting road to the summit of Mt. Seymour at 1,020 m. Start at Parkgate Community Centre at base of Mt. Seymour. Open to all, riders under 17 do shorter distance. BC Women's road race series event. Barbara Zimich, Team Coastal, 8096 Modesto Dr, Delta, WA, V4C 4B1. 604-983-2765, www.teamcoastalcycling.com

Aug 24: Central Oregon Crit Series

Bend, OR. August series event #4. See Race Series for details. Damian Schmitt, 541-350-3327

Aug 25: Pacific Raceways Women's RR

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

Aug 27-28: High Desert Race Weekend

Bend, OR. Road race event on Saturday. Criterium on Sunday. Brad Cockman, POB 6693, Bend, OR, 97708. 541-280-0777

Aug 27: WA State Hill Climb Time Trial Championships

Crystal Mountain, WA. 8-miles, 1500 ft. elevation gain. An uphill time trial to Crystal Mountain. Open to all categories. Counts for BARR points. NWWC Cat 3/4 event. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. S.E., Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com/

Aug 28: BC Masters Race Series #23

Cowichan, BC. 80km individual time trial or 2 up. Start at 10:30 a.m. See Race Series for details. Ian Birch, BC Masters Association, 250-477-6475, www.bcmasterscycling.net

Aug 28: First Rate Mortgage Cycling Series at Seward Park - Season End Classic

Seattle, WA. Criterium on a 0.8-mile loop inside Seward Park, one 120-degree turn and one hill. All categories. Overall season awards. NWJRS event. David Douglas, Pazzo Velo, 206-932-5921, www.pazzovelo.com

SEPTEMBER

Sep 3: BC Masters Race Series #24

Richmond, BC. 30km criterium. Start at 13:00 p.m. See Race Series for details. Todd Hansen, BC Masters Association, 604-788-1873, www.bcmasterscycling.net

Sep 4: BC Masters Race Series #25

80km team time trial on mostly flat course. See Chilla-wack, BC. Race Series for details. Bill Yearwood, BC Masters Cycling Association, 604-666-4927, www.bcmasterscycling.net

Sep 4: Quail Hollow Hillclimb

Boise, ID. Triple Crown #2 Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Sep 6: PIR Handicap Series #1

Portland, OR. Steve Mullen, 503-788-8704, www.obra.org

Sep 10: Bogus Basin Hill Climb

Boise, ID. Triple Crown Finals. 16-mile mass start hill climb. 2500ft elevation gain. Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Sep 11: Mt. Baker Hill Climb

Bellingham, WA. The ultimate fitness test. 24.5-miles, 4300 ft from Glacier to Artist's Point. All categories and recreational riders. Fund raising for cancer care in Northwest Washington. Paul Clement, Ken Meyer Memorial Foundation, Bellingham, WA, www.meyermemorial.org

Sep 11: Oregon Hillclimb Championship

Government Camp, OR. Time trial. John Lombard, 503-805-8489, www.obra.org

Sep 13: PIR Handicap Series #2

Portland, OR. Steve Mullen, 503-788-8704, www.obra.org

Sep 17-18: Eugene Celebration Stage Race

Eugene, OR. Flat time trial. Hilly road race. Downtown criterium. Pro 1/2, Cat 3, Cat 4/5, Masters 35+, Women. Sal Collura, 6811 Aster, Springfield, OR, 97478. 541-747-3336, www.obra.org

Sep 18: Skull Hollow Roubaix

Bend, OR. Tim Plummer, 541-330-8758, www.obra.org

Sep 20: PIR Handicap Series #3

Portland, OR. Steve Mullen, 503-788-8704, www.obra.org

Sep 27: PIR Handicap Series #4

Portland, OR. Steve Mullen, 503-788-8704, www.obra.org

ROAD TOURING

FEBRUARY

Feb 27: Chilly Hilly Cycling Classic

Bainbridge Island, WA. Washington State season opener. 33 mile recreational ride around Bainbridge Island. 3,500 participants. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 206-522-2403, www.cascade.org

Feb 28-Mar 9: New Zealand

New Zealand. 10 days exploring the magic Lord of the Rings land in fully supported luxury! Tour begins in Christchurch and ends in Queenstown. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

MARCH

Mar 5: SIR 100 km Populaire

WA. 100 km ride open to all. Location to be determined. Tom Lawrence, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Mar 12: McClinchy Mile Bike Ride*

Arlington, WA. Three loops of easy riding on Centennial Trail, challenging hills and fast flatlands for 20 to 43-mile distances, combined loops for metric or McClinchy Century. Start at Arlington Post Middle School. Support BAW. Kristin Kinnamon, BIKES of Everett, PO Box 5242, Everett, WA, 98206. 360-658-2462, www.bikesclub.org

Mar 19: BC Randonneurs Spring Social

Lower Mainland, BC. Open to all. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Mar 19: SIR 200km Brevet

WA. Randonneur event. Greg Cox, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Mar 20: Pre-Season Century

Bend, OR. 100-mile ride from Bend to Pineville and back. No major climb, two food stops. Fee includes maps, mechanical support and food. Leaves from Hutch's on 3rd St. at 9:00 a.m. \$10 entry. Hutch's Bicycles, 820 NE 3rd St., Bend, OR, 97701. 541-382-6248, www.hutchsbicycles.com

Mar 27: Nanaimo Populaire

Nanaimo, BC. Open to all. Event on Vancouver Island. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Mar 27-Apr 1: Central California Coast

San Luis Obispo, CA. Biking, hiking, Hearst Castle, wine tasting. This trip takes you back to the unspoiled paradise Spanish missionaries found more than 200 years ago. Fully supported, average 35 miles/day. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

APRIL

Apr 2: 1st Annual Larry Kemp Memorial Ride

Seattle, WA. Join the Byrne Specialty Gases/Jet City Velo Team as they honor Larry's memory in a casual paced ride. Start at Leschi Starbucks in Seattle at 10 a.m. Donation of \$5 or more recommended. Proceeds go to WSBA Jr. Larry Kemp Memorial Fund (501 C) and benefit NW junior riders. Dan Byrne, Jet City Velo/Byrne Specialty Gases, Seattle, WA, www.jetcityvelo.com

Apr 2-8: Hawaii

Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Apr 2-3: Wenatchee Sampler

Wenatchee, WA. 105-miles counter clock wise loop. Wenatchee, Orondo, Chelan for lunch, Climb Navarre Coulee Pass over to Highway 97 back to Wenatchee. Ride starts at 8:30 a.m. at La Quinta Inn. Greg Sneed, 509-664-6565,

Apr 3: 20, 50 km Brevet

Peace Region, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 3: Pacific Populaire

Vancouver, BC. One-day fun ride with 25, 50, 100 km options. Open to all. Danelle Laidlaw, dpl CONSULTING, 7068 Mawhinney Ct, Vancouver, BC, V5B 4W2. 604-737-0043, www.randonneurs.bc.ca

Apr 9: 50, 100, 150, 200 km Brevets

Lower Mainland, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 9: SIR 300 km Brevet

WA. Randonneur event. Peter Beeson, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Apr 9: Tulip Pedal 2005

Mount Vernon, WA

May 7: 15th Annual Skagit Spring Classic

Burlington, WA. Bicycle through rural Skagit and Whatcom Counties. Four mileage options: 25, 45, 62 or 100-miles. Course vary from mostly flat (45) to challenging hilly (110). Start/finish Bayview Elementary School. Registration from 7:00 a.m. - 11:00 a.m. Fully supported and dinner at end of ride. Rose Ploeg, Skagit Bicycle Club, P.O. Box 353, Burlington, WA, 98233. 360-755-2206, <http://skagitbicycleclub.org>

May 7: 25th Annual Inland Empire Century

Richland, WA. Routes of 25, 50 and 100-miles showcase the scenic beauty of the lower Yakima Valley and travel along the Columbia and Yakima Rivers. Start/finish at the Howard Amon Park. All finishers receive a commemorative gift. Fully supported. Jane Sereda, Tri-City Bicycle Club, Tri-City Bicycle Club, Richland, WA, 99354. 509-375-1977, www.tricitybikeclub.org

May 7: 300 km Brevet

Southern Interior, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 7: 400 km Brevet

Vancouver Island, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 7: Ride Around Clark County *

Vancouver, WA. Four (18-, 34-, 67- & 100-mile options) beautiful and challenging rides through scenic Clark County. Supports BAW. Scott Martin, Vancouver Bicycle Club, P.O. Box 1456, Vancouver, WA, 98668. 360-834-6737, www.vancouverbicycleclub.com

May 7-8: SIR 400 km Brevet

Seattle, WA. Randonneur event. David Huelbeck, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

May 7-8: STOKR (Scenic Tour of the Kootenai River)

Libby, MT. Scenic, rural, low-traffic multi-distance ride with incredible food and enthusiastic volunteers. Saturday 45 or 97 miles, Sunday 38 miles. Homemade food stops. Limit 350. Susie Rice, Habitat for Humanity, 1020 Idaho Ave., Libby, MT, 59923. 406-293-2441, www.libbymt.com/stokr.htm

May 13-15: Fleche Pacificque

Harrison Hot Springs, BC. Randonneur event. Teams of three to five bikes compete to cover the most distance in 24 hours. Routes are designed by teams themselves and must be at least 360 km. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 14-20: Hawaii

Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

May 14: Lewis County Historical Bicycle Ride

Chehalis, WA. Start in Stan Hedwall Park. Four country routes to choose from: 20, 46, 72 and 100-miles, small rolling hills. registration from 7:00 a.m. to 9:30 a.m. Sag wagons, mechanical support, 5 rest stops. Dan Henry signage markers. Mazie Schlickeiser, Chehalis/Centralia Optimists, PO Box 183, Chehalis, WA, 98532. 360-262-9647

May 14: Reach the Beach

Portland, OR. Enjoy one of six bicycle routes through Oregon's wine country, forests and little-known towns to a breathtaking finish point at Pacific City. Distances vary from 26 to 103 miles. Live music, dinner, activities for families, a water sport exhibition and massages at the finish. American Lung Association of Oregon, 7420 SW Bridgeport Road, Ste. 200, Tigard, OR, 97224-7790. 503-924-4094, ext. 30, www.reachthebeach.org

May 14-21: San Juan Islands- Victoria

Seattle, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

May 15-20: San Juan Islands 6-Day

Seattle, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

May 15: The Santa Fe Century

Santa Fe, NM. 20th year. Fully supported. 3000 riders. Willard Chilcott, Santa Fe Century Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282, <http://santafecentury.com>

May 21: 300 km Brevet

Peace Region, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 21: 400 km Brevet

Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 21: American Diabetes Association's Tour de Cure

Redmond, WA. Signature cycling event. Features scenic routes designed for every level of expertise. 25, 50, 70 and 100-mile route options. Each mile ridden and every dollar raised help in the fight to prevent and cure diabetes. Start at Marymoor Velodrome. Required minimum pledge \$100. Jeanine Foucher, American Diabetes Association, 557 Roy St, Lower level, Seattle, WA, 98104. 206-282-4616, www.diabetes.org/tour

May 21: Le Tour de Valley

Silverton, OR. Enjoy one of six springtime bike rides of 10, 20, 35, 48, 65 or 100- miles through the beautiful Willamette Valley. Course open from 8 a.m. to 5 p.m. Start/Finish at the Oregon Garden. Also available MTB rides, trail hiking, and free bicycle jamboree for kids. Children and families ride on the paved bikeways. Spaghetti feed. Fundraiser for the Special Olympics athletes of Oregon & Washington Bergfreunde Club, www.bergfreunde.org

May 21: Olympic Cycling Classic

Port Angeles, WA. Take part in the inaugural Olympic Cycling Classic: Altitude with Attitude. Enjoy a 100-mile or metric century ride through the foothills of the Olympic Mtns and along the Strait of Juan de Fuca. 6500 ft elevation gain. Registration on-line or at Roosevelt Middle School. Fully supported, showers, fee also includes garment, water bottle, spaghetti dinner on Friday night, and after ride celebration. Day entertainment for non-cyclists. Proceeds to RMS PTO for computer upgrades, after school programs and student field trips Wendy Hoino, P.O.Box 938, Port Angeles, WA, 98362. 360-460-5527, www.olybikeride.com

May 21: Tour de Wellness

Yakima, WA. Century, half century and 20-mile bike tours take riders on scenic and very challenging courses. Start/Finish at Eschbach Park in West Yakima. Finish line festival and BBQ. Fully supported. Benefit Strong Families program. Bonnie Hughes, Comprehensive Mental Health Foundation, P.O. Box 959, Yakima, WA, 98907. 509-575-4924, www.cmhfoundation.org

May 22-26: 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 experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Production, 7058 NE 8th Ave, Portland, OR, 97211. 503-286-2342, www.rollingpubcrawl.com

May 22: Two County Double Metric Century *

Olympia, WA. Five different loops (20, 36, 65, 80, 126-miles). Start/finish Millersylvania State Park. Terrain varies depending on route. Cycle in some of the most beautiful areas in Washington. Avoids nearly all traffic. Supports BAW. Terry Zander, Capital Bicycling Club, 423 Frederick St. SE, Olympia, WA, 98501. 360-480-7356, www.capitalbicycleclub.org

May 27-30: Okanagan British Columbia Wine Tour

Okanagan, BC. Fully supported bike tour through the wine region of the Okanagan. Memorial Day Weekend. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokaneeparks.org

May 27-30: Wine Tour Walla Walla

Okanagan Falls, WA. Three day fully supported Wine Tour with lodging. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd, Spokane, WA, 99210. 509-625-6246, www.spokaneeparks.org

May 28: 400 km Brevet

Southern Interior, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 28: 600 km Brevet

Vancouver Island, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

May 28-30: Century Ride of the Centuries

Pendleton, OR. Three days of riding in beautiful eastern Oregon. Hilly rollers and knockout views of nearby mountains. Multiple ride options Rest stops, SAG wagons, mechanical support, gear transport, lunch, BBQ, entertainment, hot spring pools. Charles Deinger, 1601 Westgate, Pendleton, OR, 97801. 541-276-6569, www.cyclependleton.com

May 29-Sep 30: Santa Fe and Taos Tour

Santa Fe to Albuquerque, New Mexico. 6 days of fully supported training in the High desert Pueblo country. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

May 30: 7 Hills of Kirkland

Kirkland, WA. Memorial Day fund-raising event. Scenic route(s) through Kirkland and surrounding communities. 41-mile, 72-mile and century routes. Number of hill vary with distance. Start/finish Marina Park. Courses open at 7 a.m., close at 3 p.m. Fully supported. Fundraiser for KITH. KITH, 125 State Street, Suite B, Kirkland, WA, 98033. 425-576-9531 or 425-827-8757, www.7hillskirkland.com

JUNE

Jun 4: 400 km Brevet

Peace Region, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 4: 600 km Brevet

Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 4-5: SIR 600 km Brevet

WA. Randonneur event. Owen Richards, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Jun 5-10: Bryce-Zion Bike

St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

Jun 5: No Frills Century Sunday

Bend, OR. 100 and 65-mile rides. Start at 8:00 a.m. \$20. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Jun 5: Peninsula Metric Century *

Southworth and Gig Harbor, WA. 2 start locations for 50 km, 100 km, and 100-mile routes. The 50 km loop is on rural roads with rolling terrain. The 100 km loop through South Kitsap County and the Gig Harbor Peninsula. The 100-mile loop boasts more than 7,000 ft of elevation gain. Supports BAW. Donna Daily, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-884-4473, www.tbwc.org

Jun 5-10: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

Jun 5-6: Wine Tour Walla Walla

Walla Walla, WA. Two day fully supported tour with lodging at the Marcus Whiman Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd, Spokane, WA, 99210. 509-625-6246, www.spokaneeparks.org

Jun 6-Jul 1: The Great Alaska Highway Ride 8

Alaska, BC. Annual ride the full length of the Al-Can Highway. Going from Alaska to Yukon to BC. CYCLEVENTS. PO Box 725, Hilo, HI, 96721. 888-733-9615, <http://cyclevents.com/alaska>

Jun 7-10: San Juan Islands 4-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 11: 600 km Brevet

Southern Interior, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 11: Bob LeBow Bike Tour "Health Care for All"

Nampa, ID. Scenic tour throughout prime Idaho agricultural areas in Canyon and Owyhee counties. Distances: 3, 10, 35, 64, 100 miles. Start time: 7 a.m. to 11:30 a.m.. Hills on the three longer courses, others flat. Tour benefits Terry Reilly Health Services Zero Pay Fund. Ann Sandven, Terry Reilly Health Services, 211 16th Avenue N., PO Box 9, Nampa, ID, 83653. 208-467-4431, www.trhs.org

Jun 11-18: San Juan Islands - Victoria

Seattle, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 11: Sunrise Apple Century Ride

Wenatchee, WA. Century bike ride. 100-mile loop along east and west side of Columbia River between Wenatchee and Chelan. Start/Finish at Walla Walla Park. Stops every 25 miles. Pre-ride gathering on Friday night. All proceeds benefit Sunrise Rotary's charity programs. Steve King, Wenatchee Sunrise Rotary, P.O.Box 1433, Wenatchee, WA, 98807. 509-664-3366, www.wenatcheesunrise.org/century

Jun 12: Victoria 200 km

Vancouver Island, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 12-17: Oregon Coast Budget

Eugene, OR. Biking, hiking. For those who want a more economical way to explore Oregon's coast, yet don't want to camp Fully supported, this ride averages 45 miles/day. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

Jun 18: 1000 km Ultra Marathon

Various, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 18: 600 km Brevet

Peace Region, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 18: Cannonball

Seattle, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx 10km of climbing. A timed event. Duane Wright, Redmond Cycling Club, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondyclingclub.org/

Jun 18: Flying Wheels Summer Century

Redmond, WA. Largest century in Washington state, with 25-, 50- and 70-mile loop options. 2,200 riders. Start/finish at Marymoor Park. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Jun 18: Ride4US

Tacoma, WA. Ride4US (Ride4UltraSound) is Washington's only century-length bicycling event that is "family-friendly." Four fun and challenging routes of 5, 31, 62 and 100-miles show off the beauty of Tacoma and Vashon Island while supporting a worthy cause! Family can tour the idyllic Pt Defiance Park on the 5-mile Ride. Well-supported long-distance ride or enjoy the Park, beach, zoo, and other Family Fun Day Event festivities. Great way to spend the Saturday of Father's Day Weekend! Start/Finish: Pt Defiance Park. Start between 7:00 and 9:30 a.m. Diego Wendt, Ride4US, 401 North E St, Tacoma, WA, 98403. www.ride4us.org

Jun 18: Tour de Blast

Touile, WA. Tour de Blast offers 80 km and 135 km rides with breathtaking views of Mt. St. Helens' blast zone. \$35 covers T-shirt, rest stops and end-of-ride pasta feed. Limit 1,200 riders Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tourdeblast.com

Jun 18: Yakima Ridges Bicycle Ride

Yakima, WA. Ride through the sunny upper Yakima Valley. 25-, 45-, and 100-mile options with a wide range of challenge. Little traffic. Start/Finish at Chesler Park. Fully supported. Registration form on line. David Severson, Apple Valley Kiwanis Club, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com

Jun 19-Aug 8: Across America North

Astoria, OR. A scenic and challenging fully supported 50-day bicycle tour from Astoria, OR to Portsmouth, NH. America by Bicycle, P.O. Box 805, Atkinson, NH, 03811. 888-797-7057, www.abbike.com

Jun 19-27: Northwestern Tour

Astoria, OR. A scenic and challenging, fully supported, 613-mile bicycle tour from Astoria, OR to Boise, ID. Part of the Across America North tour, America by Bicycle, P.O. Box 805, Atkinson, NH, 03811. 888-797-7057, www.abbike.com

Jun 19: Watermelon Rides

Rickreall, OR. Routes of 45, 100, 125 and 200-miles. Oregon's only one-day double century. Routes are generally flat with some rolling hills. Takes riders through the central Willamette Valley. Jean Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. www.salembicycleclub.org

Jun 24-26: Wine Tour Yakima Valley

Sunnyside, WA. Three day fully supported Wine Tour with lodging. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd, Spokane, WA, 99210. 509-625-6246, www.spokaneeparks.org

Jun 25-Jul 1: Beginner's Paradise Sampler

Livingston, MT. 138-mile beginner's bike tour for women. Trip meanders along Paradise Valley, explores Yellowstone National Park and visits numerous hot springs. LunaTours, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jun 25-26: Cycle Oregon - The weekend

OR. Tara Corbin, Cycle Oregon, P.O.Box 15339, Portland, OR, 97293. 800-292-5367, www.cycleoregon.com

Jun 25-Jul 1: Cycle the Columbia Gorge

Portland, OR. The 376-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Follows the path of explorers Meriwether Lewis and William Clark, along the spectacular Columbia River Gorge and to Astoria on the Pacific Ocean. Terry Maloughney, Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/tours

Jun 25-Jul 2: Glacier-Banff-Jasper

BC, AB, MT. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park in Montana, as well as Banff and Jasper national parks in Alberta. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

Jun 25: Mountain Lakes Challenge

Ashland, OR. Two century rides and one 27-mile loop with Mt Ashland as backdrop. Great scenery and epic climbs. Great after ride meal. Start/finish at Walker Elementary School. Mass start at 7:30 a.m. Formerly the Ashland Triple Challenge. Robert Korhage, Siskiyou Velo Bicycling Club, P.O. Box 974, Ashland, OR, 97520. 541-535-5276, www.siskiyouvelo.org

Jun 25: RATPOD: Ride Around the Pioneers in One Day

Dillon, MT. 157-mile ride with 7500 ft of climbing. Takes place in Big Hole Valley of southwestern Montana. Benefit for Camp Make A Dream, a tuition free camp for children and young adults with cancer. www.ratpod.org

Jun 25-28: SIR Cascade 1200

Monroe, WA. Inaugural event for this four-day Randonneur Brevet. Distances per day - 221 miles, 212-miles, 168-miles and 162-miles. Travel from Columbia George to North Cascades near Canadian border. 90-hour time limit. Mark Thomas, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Jun 26-30: 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 experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Production, 7058 NE 8th Ave, Portland, OR, 97211. 503-286-2342, www.rollingpubcrawl.com

Jun 26: Tour de Pierce

Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open from 8:00 a.m. to 3:30 p.m. Start/finish Western Washington Fairground. 12 mile route - flat and easy. Benefit Sprocketwoman program. Sheila Pudists, Pierce County Parks, 9112 Lakewood Drive SW, Ste. 121, Lakewood, WA, 98499. 253-798-4177, [www.pier](http://www.piercecounywa.org/parks)

Jul 16-Sep 17: Crater Lake Tour

Eugene, OR. Ride over the Cascades to magnificent Crater Lake in Oregon. 8 day, fully supported tours. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 16-22: Cycle Montana

Missoula, MT. 321-mile journey is highlighted by visits to University of Montana, Bitterroot River, Big Hole Pass and more. 7-day catered and van-supported event. Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org

Jul 16: Oregon Ultimate Road Ride

Bend, OR. 210-mile road ride from Sisters to Bend... the long way! Three major climbs with lots of rollers in between will make this one of the toughest road rides in Oregon. Fully supported. Entry fee includes maps, food stop every 40-miles, Sag and t-shirt. Special rewards for finishers. Limited to 100 riders. Start from Sisters City Park at 5:30 a.m. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Jul 16-23: Oregon-Crater Lake

Oakridge, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 16: Pedal the Pinchot

Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St. Helens. Four routes: 30, 32, 49 and 88-miles. Start line open at 6:00 a.m./ close at 6:00 p.m. at Swift Forest camp. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

Jul 16-31: Rolling the Islands of the Salish Sea

Seattle, WA. Two week immersion into the heart and soul of magical homeland of the Coastal Salish people. Tour lasts 15 days, 14 nights from Seattle to Victoria, and cross eight islands exploring the rich history of the Salish Sea. David Moser, Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jul 16: Seattle to Spokane (S2S)

Seattle, WA. Ultramarathon endurance ride, one-day, 284-mile ride from Seattle to Spokane on SR-2. No support. More hilly than Cannonball -total climbing 12,000 ft. Start at Lake City Fred Meyer at 2:00 a.m.. Support drivers allowed. Duane Wright, Redmond Cycling Club, 3033 NE 103rd, Seattle, WA, 98125-7716. 206-523-7404, www.redmondyclingclub.org/index.html

Jul 16: Victoria 200, 300 km

Vancouver Island, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 17-23: Tour BC

Cranbrook, BC. 7-day, 840 km supported road tour in the Kootenays, average 70 mi/day. Start in the south-east corner of BC (Cranbrook) and cross back and forth over the Rockies into Alberta (Kananaskis/Banff) and back. Camping with motel options. Catered meals. Danelle Laidlaw, dpl CONSULTING, 7068 Mawhinney Ct, Burnaby, BC, V5B 4W2. 877-606-2453, www.tour-bc.net

Jul 18-22: Crater Lake National Park

Medford, OR. Explore Crater Lake National Park. Elevations on this trip range from 2,800 to 7,100 ft. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Jul 23: 300 km Brevets

Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 23-29: Canadian Gulf Islands

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands. Cycling, hiking, and kayaking are included. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 23: SIR 200 km Brevet

WA. Randonneur event Paul Johnson, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Jul 23-30: Volcanoes of Washington

WA, OR. Mt. Rainier, St. Helens, Mt. Adams, Mt. Hood - all by bike, in fully supported luxury! Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Jul 24-Aug 1: Paradise Challenger

West Yellowstone, MT. 404-mile ride through southwest Montana, including Yellowstone, Paradise Valley and Beartooth Pass. For intermediate to advanced cyclists. LunaTours, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Jul 24-28: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMammins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Production, 7058 NE 8th Ave, Portland, OR, 97211. 503-286-2342, www.rollingpubcrawl.com

Jul 25-29: Crater Lake National Park

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

Jul 28: RAMROD - Ride Around Mount Rainier in One Day *

Enumclaw, WA. Best one-day ride in the Northwest. 154-miles, 10,000 ft of climbing, incomparable scenery and support. Registration is limited and will be by lottery. See web site for details. Supports BAV. Linda Knapp, Redmond Cycling Club, P.O. Box 8141, Bothell, WA, 98041. 206-781-3903, www.redmondyclingclub.org/ramrod

Jul 30: 1000 km Ultra Marathon

Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 30: 1000 km Ultra Marathon

Southern Interior, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 30-Aug 8: Cycle Washington

Redmond, WA. 10-day catered and van-supported event. Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org

Jul 30-Aug 6: Oregon-Crater Lake

Portland, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 30: Summit To Surf IX

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

Jul 31-Aug 5: Bicycle Idaho V

Cour d'Alene, ID. Six-day event. Ride along the lake and rivers of Northern Idaho. Mileage varies from 48 to 88-miles per day. Sandy Green, P.O. Box 9363, Bend, OR, 97708. 541-385-5257, www.oregonbicycleride.org

AUGUST

Aug 1-5: Crater Lake National Park

Medford, OR. Explore Crater Lake National Park. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 2-6: Columbia Gorge Family Tour

Portland, OR. 5-day tour, inn-based, with cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 2-5: San Juan Islands 4-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 5-6: RSVP - Ride from Seattle to Vancouver, BC & Party

Seattle, WA. 18-miles of scenic backroads in western Washington. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Aug 5-11: The Canadian Rockies

Banff, AB. Women's tour designed specifically for beginners. LunaTours, 200 Mountain Brook Rd., Livingston, MT, 59047. 877-404-6476, www.lunatours.com

Aug 6: 200 km Brevet

Peace Region, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 6: 400 km Brevet

Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 6-12: Canadian Gulf Islands

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands. Cycling, hiking, and kayaking are included. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 6-8: Courage Classic Bicycle Tour

Snoqualmie, WA. A three-day, 172-mile, fully supported. Ride over Snoqualmie, Blewett and Stevens passes. Average 60 mi/day. Great supports and exceptional food stops. Benefit the Child Abuse Intervention Dept. at Mary Bridge. Do it for the kids! Jeff Randall, Mary Bridge Children's Hospital, P.O. 5296, Tacoma, WA, 98415. 800-392-9253, www.courageclassic.com

Aug 6-13: Glacier-Banff-Jasper

BC, AB, MT. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park in Montana, as well as Banff and Jasper national parks in Alberta. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 6-7: Oregon MS 150 Bike Tour

Forest Grove, OR. Two-day fundraising ride through Oregon's wine country and woodlands. Start/finish at Pacific University. Distances varies from 32 to 100 miles. Fully supported. Finish line festivities. Jeff Pazdalski, National Multiple Sclerosis Society, Oregon Chapter, 1650 NW Naito Parkway, Suite 190, Portland, OR, 97209. 503-445-8349, www.ms150oregon.com

Aug 6: Penticton 200

Southern Interior, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 6-13: San Juan Islands - Victoria

Seattle, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 6: SIR 300 km Brevet

WA. Randonneur event. Robin Pieper, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Aug 7: Double Dawg Tandem Ride

Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. One food stop with deluxe snacks. No long climbs but short steep ones. Meet at westside store. 9:00 a.m.. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Aug 7-12: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 7: Tour de Peaks

Snoqualmie, WA. Touted the "Eat As You Go" summer ride. Four routes to choose from, including one MTB single-track, an 8-mile family loop and a 60+ mile ride through beautiful Snoqualmie Valley back roads. Registration 7 a.m. to 10 a.m. Sag, mechanical support, gourmet rest stops, finish area festival. Raffle of a new Trek 1500 road bike. Part of Snoqualmie Railroad Days. Snoqualmie Valley Chamber of Commerce, P.O. Box 357, North Bend, WA, 98045. 425-888-4440, www.TourdePeaks.com

Aug 8-13: Columbia Gorge

Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 8-12: Crater Lake National Park

Medford, OR. Explore Crater Lake National Park. Elevations range from 2,800 to 7,100 ft. Western Spirit Cycling, 478 Mill Creek Dr., Moab, UT, 84532. 435-259-8732, www.westernspirit.com

Aug 13: 50, 100, 150, 200 km Brevets

Vancouver Island, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 13: Covered Bridge Bicycle Tour

Albany, OR. Timber Linn Park. Relaxing country ride event, choose from 40, 68, 85 & 101-miles distance. Lightly traveled road in heart of Willamette Valley. Good food and support. Tim Corbett, Mid-Valley Bicycle Club, P.O. Box 1373, Corvallis, OR, 97339-1373. 541-757-6691, www.coveredbridgetour.com

Aug 13-20: Oregon-Crater Lake

Oakridge, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 13: Torture 10,000

Gresham, OR. Choose the scenic 30-miles, the challenging 72-miles or the torture 100-mile route. All offer incredibly beautiful terrain. Century ride offers 10,000 ft of climbing. Start at Mt Hood Community College. Iris Mushkin, Portland Wheelmen Touring Club, P.O. Box 2972, Portland, OR, 97208-2972. 503-257-PWTC, www.pwtc.com

Aug 14: Blue Cruise Wheels for Wellness

Meridian, ID. 100, 50, 30 and 15-miles. Each route heads south and loops back. Century elevation 2,500ft with a few challenging hills. Start/finish Blue Cross of ID. First start at 7:00 a.m. Fully supported. Roberta Russell, Blue Cross of Idaho Foundation for Health, P.O. Box 8419, Boise, ID, 83707-2419. 866-482-2252, www.bcidahofoundation.org

Aug 14: Bridge Pedal 2005

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 Kllickitat St, Portland, OR, 97212. 503-281-9198, www.providence.org/oregon/events/

Aug 14-20: Oregon Bicycle Ride XIX

Pendleton, OR. Seven-day, 413-mile, fully-supported ride through what is sometimes referred to as "Switzerland in America". Distance varies from 45 to 72- miles. Sandy Green, OBR Committee, PO Box 9363, Bend, OR, 97708. 800-413-8432, www.oregonbicycleride.org

Aug 14-19: Oregon Coast - North

Eugene, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 14: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)

Tenino, WA. Revel in the quiet countryside of Thurston & Lewis Counties. Great view of Mt. Rainier. Supports BAV. Terry Zander, Capital Bicycling Club, 423 Frederick St. SE, Olympia, WA, 98501. 360-480-7356, www.capitalbicycleride.org

Aug 15-19: Crater Lake National Park

Medford, OR. Explore Crater Lake National Park. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 20: 200 600 km Brevet

Lower Mainland, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Aug 20: Activity to Benefit Children (ABC) Bicycle Ride

Mt. Angel, OR. Ride distances of 10, 25 and 62-miles. Flat and rolling. Fundraising event for Providence Benedictine Child Development Center. Jean Brougher, Providence Benedictine Child Development Center, 560 South Main St., Mt. Angel, OR, 97362. 503-845-2662

Aug 20: Tour of the Columbia Basin

Wenatchee, WA. 50, 100, 150-mile rides. Wenatchee to Quincy, Soap Lake, Dry Falls, Waterville, Oroonoo. 509-662-3461. www.wenatcheevalleysports.com

Aug 20-26: Canadian Gulf Islands

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands. Cycling, hiking, and kayaking are included. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 20: Vine Ride

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100-miles. Fully supported. Finish line festivities, chance to win a 2005 bike. Support Northwest Medical Teams. Karl White, Wheel Help Rides, 6415 SW 153rd Ave., Beaverton, OR, 97007. 800-390-6189, www.vineride.com

Aug 20-27: Volcanoes of Washington

WA, OR. Mt. Rainier, St. Helens, Mt. Adams, Mt. Hood - all by bike, in fully supported luxury! Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 21-26: RAW - Ride Around Washington

Bellingham, WA. For the first time since it started, the ride will be entirely west of the Cascade Mountains. Travel from Bellingham to Ilwaco. Daily mileage: 60-80. Fully supported. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.cascade.org/raw

Aug 21: Yaquina Lighthouse Century

Newport, OR. Experience the beauty of the Oregon coast. Century, 100 km and 25-mile rides. Start at 7:00 a.m. Generally flat with some hills. Sag support and rest stops. Limit 100 riders. Galen Gard, Yaquina Wheels Bicycle Club, 541-867-7123, www.orbike.com

Aug 22: Ice Cream Classics

Bend, OR. 65-mile ride around Mt Bachelor followed by ice cream at Goldy's. Starts 9:00 a.m. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Aug 26-30: Cascade to the Coast (C2Sea)

Oakridge, OR. Each day is a specialty tour within the overall tour. Features lakes, ocean, vineyards, covered bridges, waterfalls, 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 27-Sep 3: Oregon - Crater Lake

Oakridge, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 27-28: RAPSody 2005 *

Tacoma, WA. Two-day ride with a one-day option. Overnight in Shelton. 150-miles and 9,600 ft of elevation gain. Limit 1,500 riders. Support BAV. Molly Johnson, Five Sisters Bike Clubs, P.O. Box 112078, Tacoma, WA, 98411. 206-577-6999, www.rapsodybikeride.com

Aug 27-28: SIR 400 km Brevet

WA. Randonneur event. Don Harkleroad, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Aug 28-Sep 2: Bryce - Zion Bike

St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Aug 28-Sep 1: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMammins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Production, 7058 NE 8th Ave, Portland, OR, 97211. 503-286-2342, www.rollingpubcrawl.com

Aug 28: Six Covered Bridge Tour

Cottage Grove, OR. Awesome event for people of all skill levels. All routes showcase all six bridges. 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

Aug 28: Summits of Bothell

Bothell, WA. A challenging and scenic 35-mile ride that takes cyclists up and over the community's seven hills. Course includes climbs of 14-18 percent with outstanding vistas of the Cascades, Olympics and Lake Washington. Total elevation 3,000 ft. Bill Wiselogle, Bothell Arts Council, 10514 NE 196th Street, Bothell, WA, 98011. 425-486-6221, www.ci.bothell.wa.us

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1-800-566-5688

www.operationlookout.org

Aug 29-Sep 2: Crater Lake National Park
Medford, OR. Explore Crater Lake National Park. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 29-Sep 3: SPUDS - Cycling Around Idaho
Gooding, ID. Ride across Idaho from Gooding to Salmon via Sun Valley CYCLEVENTS, PO Box 725, Hilo, HI, 96721. 888-733-9615, http://spuds.cyclevents.com

SEPTEMBER

Sep 3: 75, 150, 200 km Brevets
Peace Region, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Sep 3-9: Beginner's Paradise Sampler
Livingston, MT. 138-mile beginner's bike tour for women. Trip meanders along Paradise Valley and explores Yellowstone National Park. LunaTours, 877-404-6476, www.lunatours.com

Sep 3-10: Glacier - Banff - Jasper
BC, AB, MT. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park in Montana, as well as Banff and Jasper national parks in Alberta. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Sep 3: Nelson 600, 1000 km
Nelson, BC. Randonneur events. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Sep 3-10: San Juan Islands- Victoria
Victoria, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Sep 4-9: Bryce - Zion Bike
St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Sep 4: 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, some hills. Ride includes food/water stops and a delicious meal at the finish. Start/finish at Newport City Park. Melody Geddes, Newport/Priest River Rotary Club, 1282 South Shore Road, Newport, WA, 99156. 509-447-4085,

Sep 4: Hutch's 100 km
Bend, OR. Metric century (62-miles). The route is mostly small rollers, and has some of the best views of the Cascades you'll see in Central Oregon. Start at Tumalo State Park at 9:00 a.m. Hutch's Bicycles, Bend, OR, 530-382-6248, www.hutchsbicycles.com

Sep 4: Nelson 200, 300, 400
Nelson, BC. Randonneur events. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Sep 5-10: Columbia Gorge
Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Sep 5-9: Crater Lake National Park
Medford, OR. Explore Crater Lake National Park. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Sep 9-11: Oregon Coast Cycling Festival
Gold Beach, OR. Ride along the Oregon Coast Part of three day road and MTB festival. Road rides range from 10 -100-miles. 3-mile kiddie ride. Party. Benefits American Cancer Society and Curry Health Foundation. Chip Weinert, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

Sep 10-11: Bicycle Trek for Life and Breath
Surrey, BC. Two-day, 200 km ride through the Fraser Valley. Fully supported. Fundraising event for the BC Lung Association. Sarah Tehennepe, BC Lung Association, 2675 Oak Street, Vancouver, BC, V6H 2K2. 604-731-5864, www.bc.lung.ca

Sep 10-17: Cycle Oregon
Boartman, OR. Six days of fully supported cycling nirvana through Lewis and Clark. 60-100 miles/day. Start in Boartman and ends in Astoria. Official route announcement on February 21. Limit 2,000 cyclists. Tara Corbin, Cycle Oregon, 5253 NE Sandy Blvd., Portland, OR, 97213. 503-287-0405, www.cycleoregon.com

Sep 10-11: MS 150
La Conner, WA. Fully supported two day event. Enjoy sights of Skagit, Whatcom and Island Counties. 75 miles each day, with 50 and 100 mile option. Racheal Nuwash, National MS Society, 192 Nickerson Street, Suite 100, Seattle, WA, 98104. 800-344-4867, www.nationalmssociety.org/was

Sep 10-17: Oregon - Crater Lake
Oakridge, OR. Bike on side roads and the Oregon Coast bike route, and hike along headland trails. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Sep 11: Autumn Century Ride
Spokane, WA. 26th annual. 100 and 62-miles rides plus family - 20-miles. Beautiful north Spokane countryside, ride along lakes and rivers. Fully supported. Entry \$25. Benefit Spokane River Centennial Trail. Jon Rascoff, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210. (509) 448-8724, www.spokanebicycleclub.org

Sep 11: Headwaters Century *
Enumclaw, WA. 45, 65, & 100-mile routes on rural roads. Supports BAW. Gene Smith, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-272-6747, www.tbwc.org

Sep 11: Sunnyside Century
Bend, OR. 65-miles and century ride around Mt. Bachelor Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Sept 17: Tour de Vine
Wenatchee, WA. Wander through 4 picturesque wineries, apple and pear, orchards and a bakery. www.tourdevine.com

Sep 17-Oct 1: Big Ride Pacific Coast
Seattle, WA. Experience the Pacific Coast by bicycle! Cycle from Seattle to San Francisco, CA in 15 days. Andrea Imler, American Lung Association of Washington, 2625 Third Avenue, Seattle, WA, 98121. 206-441-5100, www.bigride.org

Sep 17: Peniticon 300
Southern Interior, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Sep 17-18: SIR 600 km Brevet
WA. Randonneur event. Bill Dussler, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Sep 17-18: Tour des Lacs
Spokane, WA. Ride from Spokane to Coeur d'Arlene and back. Two-day cycling tour, multiple route & mileage options, boat cruise on Lake Coeur d'Arlene. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

Sep 17-19: Trek Tri-Island (Int'l)
Seattle, WA. A three day, 135 mile ride through the San Juan Islands. Fully supported. Ferry included. Start in Seattle goes to Victoria, BC and back. Meredith Gibson, American Lung Association of Washington, 2625 3rd Ave, Seattle, WA, 98121. 206-411-5100, www.dlaw.org/trek

Sep 18: 200 km Brevet
Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Sep 18: Cascade Spawning Cycle
Seattle, WA. 30-mile recreational ride around Seattle, following the salmon migration. Great for families. David Douglas, Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Sept 24: Xbox Dam 2 Dam Thumbs Up Bike Tour
Wenatchee, WA. Tour the beautiful Columbia River in Easter Washington. 25, 50 or 100-mile routes. Rocky Reach Dam to Well Dam and back. Mike Utley Foundation, P.O. Box 458, Orondo, WA 98843. 800-294-4683, www.mikeutley.org/biketour.html

Sep 24-30: Hawaii
Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Sep 24-26: Tour de Whidbey
Whidbey Island, WA. Complete 25, 50 or 100-miles in one or two days on scenic Whidbey Island, approximately 40 miles North of Seattle. Starts/ends at Greenbank Farm. Each loop approximately 50- miles. Rest stops every 15-miles. Breakfast and chili dinner provided. Fundraiser to benefit Whidbey General Hospital. Carol Kerley, Whidbey Island Hospital Foundation, P.O. Box 181, Langley, WA, 98260. 360-221-8360, www.whidbeygen.org

Sep 24-25: Wine Country Trek
Yakima, WA. This event tours scenic wine country. Includes dinner & wine tours. Overnight camping. David Severson, Kiwanis, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com/rides

Sep 25: Peach of a Century
Salem, OR. 100-mile and 100 km route. Start/finish Chemekeeta Community College. The 100-mile goes through Jefferson, Roaring River, Mehama and Stayton. The 100 km is generally flat and goes through Jefferson and Stayton. Rest stops. Tom Tilque, Salem Bicycle Club, tilque@operamail.com, www.salembicycleclub.org

Sep 25-29: 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 experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Production, 503-286-2342, www.rollingpubcrawl.com

Sep 25-30: San Juan Islands 6-Day
Anacortes, WA. Ride, hike & sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

OCTOBER

Oct 1: Ellensburg Manashtash Metric Century/Half Century Tour
Ellensburg, WA. A challenging 104 km ride through some of Central Washington's most scenic cycling country. Michael Reilly, Ellensburg Daily Record, 1371 Bettas Road, Cle Elum, WA, 98922. 509-857-2041, www.ellitel.net/XCski/

Oct 1-8: San Juan Islands - Victoria
Seattle, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 2-2: Kitsap Color Classic
Edmonds, WA. Multiple loops from 14 to 64-miles around Kitsap Peninsula. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Oct 2-7: San Juan Islands 6-Day
Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 3-8: Columbia Gorge
Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 7-9: Methow Valley Fall Bike Festival
Winthrop, WA. Road rides of 50, 75 or 100-miles. Kids rodeo, and lunch rides Jan Erickson, Methow Valley Sport Trails Association, 209 Castle Ave PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 8-14: Hawaii
Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 8: SIR Mountain 100 km
WA. Randonneur event Jan Heine, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Oct 9-14: San Juan Islands 6-Day
Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 10: Harvest Century
St Paul, OR. Crank out the last drops of summer by pedaling through rich farmlands, inspiring hills, and shady enclaves of Oregon. Beautiful end-of-season ride in the north Willamette Valley. Start/Finish at the Champoeg State Park. Supports Bicycle Transportation Alliance. Sarah Bailen-Smith, Smith and Miller Production, 503-286-2342, www.sampros.com/century.htm

Oct 15: Tour de Hood
Hood River, OR. New Ride. An epic 75 mile/7500ft elevation ride over some of the most spectacular terrain. Start/finish at historic Cooper Spur Mountain resort. First ride the Hood River Valley before heading up into the mountains. Three major climbs take riders along the northern flanks of Mt. Hood and through beautiful alpine settings. Music food and festivities. Come see the fall colors and taste the Hood River Valley's fresh fruit! Chad Sperry, 541-980-2344, www.tourdehood.com

Oct 23-28: California Wine Country 6-Day
Napa, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining, as well as a wine tasting. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 23-27: 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 experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Production, 503-286-2342, www.rollingpubcrawl.com

NOVEMBER

Nov 5-11: Hawaii
Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Nov 5: Solvang Prelude
Solvang, CA. 25-mile, 50-mile or metric century ride in scenic Santa Ynez Valley. This is a warm-up ride to complement the Solvang Century. Randy Ice, Randy Ice, P.T., C.C.S., P.O. Box 9065, Brea, CA, 92822. 562-690-9693, www.bikescor.com

Nov 13-18: California Wine Country 6-Day
Napa, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining, as well as a wine tasting. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

Nov 27: Thankful Road Ride
Bend, OR. 30-mile road ride northwest of Bend to work off Thanksgiving Dinner. No major climbs, small rollers, no food along the way. Leave Hutch's on 3rd at 9:00 a.m. Hutch's Bicycles, 820 NE 3rd, Bend, OR, 97701. 541-382-6248, www.hutchsbicycles.com

DECEMBER

Dec 3-9: Hawaii
Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

TRACK

APRIL

Apr 29: MVA Pre-Season Racing
Redmond, WA. Indoor pre-season track racing on Wednesday night at Marymoor Velodrome. Marymoor Velodrome Association, www.velodrome.org

MAY

May 2: MVA Monday Night Racing
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

May 5: Alpenrose Series
Portland, OR. Alpenrose velodrome Mike Murray, 503-661-5874, www.obra.org

May 6: Fast Twitch Fridays
Portland, OR. Alpenrose Velodrome. See Race Series for details. Deen Reed, 503-227-4439, www.bike-central.com

May 18: MVA Wednesday Night Racing
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

May 20: Group Health Friday Night Track Races
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

JUNE

Jun 10-12: Pacific Rim Sports Summit
Seattle, WA. Riders from nine different countries to compete on the Marymoor Velodrome track. Tickets at Ticketmaster.com Seattle Organizing Committee, Seattle, WA, 206-903-6850, www.pacificrimssportsummit.com

Jun 13-18: Alpenrose Six Day
Portland, OR. The only 6-day race in North America. Offers a full program of activities. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org

JULY

Jul 1-3: Oregon State Track Championships
Portland, OR. Alpenrose velodrome. Exact schedule to be posted on website the week prior to the event. Candy Murray, 503-661-5874, www.obra.org

Jul 15-17: National Track Championships
Calgary, AB. CCA, 613-248-1353, www.canadian-cycling.com

Jul 15-17: Portland AVC
Portland, OR. National track event. Riders from all over US, Canada and other countries. Sprint, endurance events. Spectators friendly. Mike Murray, 503-661-5874, www.obra.org

Jul 25-29: World Masters Games
Edmonton, AB. Argyll Velodrome. Pursuit Events: July 25-26. Time Trial: July 26. Scratch Races: July 27-28. Match Sprint: July 29. 780-822-2005, www.2005worldmasters.com

AUGUST

Aug 6-7: Oregon Junior and Team Track Championships
Portland, OR. Alpenrose Velodrome. Schedule to be posted on OBRA website the week before the event. Candi Murray, 503-661-5874, www.obra.org

Aug 19-21: BC Provincial Track Championships
Victoria, BC. All categories and championships disciplines. Greater Victoria Velodrome Association, www.gva.bc.ca

SEPTEMBER

Sep 3-4: Oregon Masters Track Championships
Portland, OR. Track event. Schedule posted on website the week before the event. Candi Murray, 503-661-5874, www.obra.org

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Pacific Rim represents a rare opportunity to see the best cyclists from countries such as China, Russia, Australia, New Zealand, and Canada, compete against top United States riders. This one is worth putting on your calendar. Cycling is scheduled for July 10-12, don't miss it.

On the tour side, cyclists are also in for a great summer. Chilly Hilly (February 27th) will once again have the honor of launching the recreational cycling activities in a summer long parade of events. Multiple associations and organizations are using their events as fundraisers for their activities and programs; by joining them you will help support a good cause, while enjoying great scenery. Clubs and independent organizers have been working hard planning their events to provide rides that showcase the best their regions have to offer. Which ever you

prefer, flat or hilly, long or short, challenging or leisurely, there is an array of events to choose from between now and October when the season will draw to a close once again.

On the Bicycle Paper's front, like the organizers, we have been making a few changes in preparation for the upcoming season. First, we made a few modifications to the layout and design of the publication itself - let's see if you notice. Then, we compiled and produced the 2005 edition of the NW Tour Guide and Racing Guide. Both guides feature their respective calendars, provide a closer look at some events, and offer tips and suggestions of various kinds. You can find them in any bike shop or newsstand where the paper is distributed.

Finally, we have asked Josh Hicks to assume a primary role with regards to sales and editorial.

Since race coverage guru - Joe Zauner - left for warmer and flatter Florida, he will be replaced by multiple contributors. But some will remain the same. Regular contributors such as Erik Moen, are back with a line up of topics more interesting then ever for the Health segment. Maynard Hershon and Joe Kurmaskie will entertain you with their opinion columns while Shane Birley will again keep you informed of what's new UpNorth. The instructors of the Sgoi Dirt Series are preparing articles to help you master other mountain biking skills. Many advocacy and legislative issues are on the table and we will cover that for you. We will also report the news that impacts the Northwest and continue providing you with feature articles on various topics of interest.

Personally, I will still be involved with the production and editorial content of the paper, although from the back seat as I will be taking on more responsibilities with Seattle Publishing - the parent company of Bicycle Paper. Far from leaving the cycling scene - can't go away after 20 years in the cycling world - I will remain in the Northwest cycling community, commute to work, riding my favorite events and adding a few others, going to races and working at some events. I enjoyed my four years at the helm of Bicycle Paper, I hope you enjoyed it too.

But now is time to put the winter and the cold months behind us; go riding and enjoy another great cycling season in the Northwest, before we have to worry about the bees and the squirrels again.

Not Green

By MAYNARD HERSHON

In 1976, I was riding a new, black Raleigh Competition - but I longed for a more distinguished mount.

The Raleigh was a "neo-pro" as we called entry level racing bikes in those days. It was a mix of Reynolds tubing varieties, as most bikes were then; deciphering the various Reynolds decals was an art of no particular usefulness, like reading barcodes at Safeway.

Though my Raleigh rode and handled just fine and exhibited no vicious habits, I felt I should have a bike befitting the rider I intended to be: a faster, stronger, tougher, more graceful version of the adequate club cyclist I was. Ah, vanity.

I made that longing known to Tony Tom, then (as now) proprietor of A Bicycle Odyssey in nearby Sausalito. I told him I could not afford to buy a new Masi or Ron Cooper, as desirable as they may have been.

Instead, I wanted to buy a used frame to build up with parts I'd remove from my Raleigh. Weeks later, Tony showed me a homely old Bianchi, its paint stripped off in preparation for a new finish that had never been applied.

Oh my, a Bianchi, I thought: A bike for the cobbles of Paris-Roubaix, for the hairpin turns of Alpe d'Huez, for the bike path from Sausalito to Mill Valley...

As ugly and unready for prime time as it was, the old Bianchi was romantic. And, it was cheap. Tony looked at me, knowing I was imagining the jerseys a guy with an older rac-

ing Bianchi might wear - and the embroidered shorts. He smiled.

I bought the frame. I never saw it with a square inch of original paint on it. Nearly 30 years later, I can't remember if I even knew what color the factory had painted it. Not green, I remember that much.

We guessed that it dated from the early '60s, so it probably needed paint by 1976. It was a Specialissima, Bianchi's top model. Made from Columbus tubing, far heavier than today's featherweight tube sets, it was entirely conventional except for the "integrated" headset, much like those of today.

Unique to Bianchi for years, the old headset design had long been abandoned by the mid-'70s. The headset in the frame was trashed. I searched and found a new one at an old shop in Berkeley, the last old-style Bianchi headset in the world, it seemed. Luckily, it never wore out in the years I rode the bike.

I took the frame home to my apartment. On my tiny patio, I removed the rest of the paint with foul-smelling liquid stripper. I sanded and sanded the frame, which was entirely chrome plated. The areas of chrome that had not been painted were polished. Areas that had been covered by paint were not.

I decided I'd have it painted sand-and-sable, a light brown and chocolate brown, a color scheme common on older British automobiles. The lugs and a panel on the down tube would be tan. The rest would be a rich-looking chocolate. Sounds lovely, huh?

That's exactly how it turned out. Lovely.

I couldn't find old-style Bianchi decals, so I thought I'd have the name hand-painted on

the down tube, and the emblem hand-painted on the head tube.

I found a painter, and he got it dead right: Having never seen a Bianchi emblem, he painted an eagle on the head tube that was nearly perfect, its head facing in the proper direction. He got the script perfect on the down tube sides too.

I began building up the bike with the parts from the Raleigh. I realized that from the time I began dismantling the Raleigh until the Bianchi was completed, I had nothing to ride. This gave me a sense of urgency I might not have had otherwise.

I had to buy a few new things. I bought a larger diameter seat post to fit, and a new Italian bar and stem; I just couldn't imagine anything steering my Italian thoroughbred but Cinelli or TTT.

When I got the bike together, it rewarded me for the effort. Solid and long from axle to axle, it glided down the road, steered flawlessly and gave me confidence on twisty descents.

It felt deluxe, if you'll forgive the old-fashioned word: smooth, expensive, capable, unflappable.

At that point, I had only one pair of wheels, built on the low-quality French hubs from the Raleigh. I had the French TA 3-pin crank, a Brooks B-17 Narrow saddle, Huret derailleurs and shift levers from France, and spongy Swiss Weinmann centerpull brakes, all from the Raleigh.

In a matter of months, all of those parts went away. I bought Japanese sidepull brakes because I couldn't afford Campys. I could however afford a used set of high flange Campy hubs. I bought them cheap and replaced their

bearing races. Tony Tom built me my first set of handmade wheels.

I bought a worn-out Campagnolo Nuovo Record rear derailleur and put a new spring and new pins and bushings in it. I bought a Cinelli Ucanitor saddle.

I learned a lot as I built up that Bianchi and as my relationship with it evolved. I learned to trust Campagnolo: the old two-bolt seatpost, the everlasting hubs and pedals, and eventually all of their parts.

I learned how to wrap cotton tape, and how to break and re-rivet chains. I learned how to ride a pace line and sprint for city limit signs. I learned to stop for coffee after rides. I learned how much I enjoy the company of cyclists.

I was preparing for my writing career, but I thought I was having the time of my life.

I rode the Davis Double Century on that Bianchi, the one and only time I did it. I began racing on it, met a long-term girlfriend while riding it and made dozens of friends while I had it who remain my friends today.

I wonder who has that old Bianchi today... Perhaps YOU have it, and don't realize your old two-tone-brown Specialissima meant so much in one cyclist's life.

If you do own that bike, let me know through the folks at the Bicycle Paper. I'll come visit. Be good to it and say hi after all these years.



M A R K E T P L A C E

For sale - 56cm Davidson Impulse frame/fork with extras - \$300. Rhode Gear Limo child seat with mounting rack - \$50. Mohn SUV spare tire mount locking bike rack - \$50. Yakima rain gutter mount rack with bike holder - \$30. Spinergy Xaero Shimano compatible wheelset - \$300. Phone: 206-706-6183 or e-mail: badbie@hotmail.com

For Sale - Specialized Allez Elite, 60cm, triple chainring, ridden less than 50 miles, accessories included, \$1,200 new, asking \$600. Tacoma 253-952-5655

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800-755-2453 • www.adventurecycling.org
May 29- June 8 Cycle the Utah Parks
Begins and ends in St. George, UT • 11-day catered and van supported event • 487 miles. \$999

June 25- July 1 Cycle the Columbia Gorge
Begins and ends near Portland, OR • 7-day catered and van supported event • 376 miles. \$759
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800-755-2453 • www.adventurecycling.org

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800-755-2453 • www.adventurecycling.org
July 16-22 Cycle Montana
Begins in Missoula and ends in Bozeman, MT • Return shuttle to Missoula included • 7-day catered and van supported event • 321-miles. \$759

July 30-August 8 Cycle Washington
Begins and ends in Redmond, WA • 10-day catered and van supported event • 446 miles, \$999
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August 13-19 Cycle the Divide Colorado
Begins in Steamboat Springs, CO • 7-day catered and van supported dirt-road event with return shuttle • 250 miles. \$799

September 3-9 Cycle Utah
Begins and ends in St. George, UT • 7-day catered and van supported event • 266 miles. \$759
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