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APRIL 5002 • FREE

Racing opportunities for recumbent riders are improving in the Northwest. Don't miss the Wasco Wild West on May 7 in The Dalles, OR and the 6th Annal Human Power Challenge on May 28-29 in Portland.

Recumbents Take on More Road

By Kia Crotty

Don't let their laid-back style fool you. Experienced riders of recumbent bikes only need half a chance to blow by upright cyclists like cheerful speeding bullets, or maybe grinning tourists in lightning-fast lawn chairs.

Without derrière tenderness, chafing, or neck and wrist pain, and while holding all human-powered speed records (breaking 80 mph), recumbent cycling seems futuristically cool, the outcome of cutting-edge technology and scientific progress.

Recumbent cycles (or "bents") have been around since the 1800s. Recumbent riders still turn heads, however, their beloved bents never regained mass appeal after being banned from bicycle racing by the Union Cycliste Internationale (U.C.I.) in 1934. Even today recumbent bikes seem an oddity, eliciting gawks and even laughter from bystanders.

Michael Wolfe, a five-year veteran of recumbent riding, admits that this sport has yet to attract the younger generations en masse: "It's mostly middle-aged men, with a small but vocal minority of women." On his entering recumbent cycling as a younger rider, he says, "I'm sort of an outlier. It was five years ago; I was twenty-five, sort of the whippersnapper."

Since the market for recumbents is specific, their prices can range from relatively inexpensive to exorbitant. A really rock-bottom price would be $350, an average around $1,500, with a top price ranging in the several thousands. Still, if your ego and your wallet can handle it, there are many benefits to recumbent cycling.

Wolfe, who owns three recumbent bikes and three uprights, agrees. "For me," he says, "comparisons of performance on an upright bike and a recumbent are specious. I mean, I'm just so much happier on a recumbent...I can't stress that enough. It's apples and oranges."

A Few Advantages

Aside from being potentially faster and relieving discomfort caused by bad positioning or the shape of the racing seats on diamond-frames, recumbent bikes also alleviate worry over impotency. The recumbent position eliminates the need for narrow seats that could cause problematic trauma and pressure on genitalia.

Recumbent bikes also come in many forms. Like uprights, they are specialized by their usage and offer different steering options like under- or overseat steer. In addition, there are three basic frame types to choose from. The long wheelbase bike (LWB) is 65 to 71 inches long, and the front wheel extends beyond the knees. The short wheelbase bike (SWB) is 33-45 inches long, and the wheel is under or just ahead of the rider's knees. The compact long wheelbase bike (CLWB) is 46 to 64 inches and has a higher seat. All three types offer different advantages. While the LWB

See "Recumbent" on page 8

☞Feature

Cinelli: The First Church of the Bike

By Joe Zauner

At the time it was a triumph in design and innovation, a change as big as STI or clip-less pedals, but today it's taken for granted, even passe. In 1963 Cino Cinelli introduced the first aluminum bicycle handlebar and forever changed the landscape of cycling.

It wasn't the first innovation from Cinelli, and it wouldn't be the last.

Over the years, Cinelli has forged a reputation as a company blending innovation and design resulting in artistic function. For Cinelli, and the legions of dedicated Cinelli fans, the company is a sanctum - the first church of the bicycle.

By most accounts, Cino Cinelli lived and breathed cycling. As a young man he was a prolific Italian champion, winning such notable races as Milan-San Remo in 1943 and the Giro d'Italia in 1939. But his most lasting achievements came through the creation, rather than the racing, of bicycles. His experience as a competitive cyclist formed the foundation for his designs.

After racing the European professional circuit for 15 years, Cinelli reached the conclusion that frames weren't stiff enough and the geometry too relaxed for optimum performance. In 1946 he introduced the Supercorsa, a steel frameset with steeper geometry and a tighter wheelbase. It set trends still used in the bicycle industry today.

At the heart of his creation was the fork crown. It was aggressively shaped with sloping shoulders and internal lugs that allowed the blades to be shorter, creating a much stiffer fork. The sloping fork crown, to this day, is a hallmark of Cinelli innovation and artistic function.

"I wonder, sometimes still, at the genesis of this type of crown, and

See "Cinelli" on page 3

☞Feature

LAJORS Back For A Third Year

By Kia Crotty

A battle royale brewed in Seattle last year as the Northwest's finest young talent contested for top podium spots by hairsbreadth margins. So tight were those margins of victory at the 2004 Seattle Lance Armstrong Junior Racing Series (LAJORS) that Category C winners Ryan Miller and Devon Simpson (Aurora Cycle) tied for first in their respective boys' and girls' divisions. Ultimately, Miller and Simpson both won on their number of consecutive high finishes garnered throughout the run of the series, but their pulse-pounding finishes prove just how competitive the local junior racing scene has become.

The always-exciting LAJORS is slated to make its third consecutive appearance in Seattle, beginning April 10th at the Recycled Cycles Boat Street Criterium. For anyone not familiar with the annual affair, the Seattle series is a summer-long set of eight criterium races geared especially toward younger competitors. Key to these youth-friendly races is the categorical breakdown; many races lump together the junior cyclists into large, unspecific groups that often are discouraging to the youngest riders, who must race against much older competitors. LAJORS is attentive to the development of junior racers in both physical ability and skill, and the Seattle series offers four age-based categories in both the girls' and boys' divisions: Category D (10-12), Category C (13-14), Category B (15-16) and Category A (17-18). "It is very important to offer categories that match the strength progression of kids," says Series Director Dave Schilling. "This gives them the opportunity to race competitively from nine years old on up."

Aside from age- and gender-based categories, the series also spotlights its participants at a "primetime" start time, rather than relegating them to

See "LAJORS" on page 5

Anyone who Rides a Bike is a Winner!

By Bicycle Transportation Alliance

A sold-out crowd of over 500 people attended the Bicycle Transportation Alliance's 10th anniversary "Alice B. Toeclips" awards party and auction on March 5th. The party grows every year, but this was the biggest jump yet, with over 150 more people attending in 2005 than 2004. It is also an increasingly successful fundraiser that allows the BTA to do more work to open minds and roads to bicycling.

Portland Mayor Tom Potter with John Blackwell and his daughter Katherine.

The festivities included professional dancers to go with the roaring 20's theme. Portland's new Mayor, Tom Potter, was but one of the many elected officials and other dignitaries present. The evening included a silent and live auction, and an appearance by Congressman Earl Blumenauer.

Portland lawyer Ray Thomas presented the prestigious "Alice B. Toeclips" awards (unsurprisingly, pedals and toeclips mounted on pedestals) to six excited winners from among a field of 43 deserving nominees. The awards are given to individuals, businesses and organizations in Oregon and SW Washington whose work has promoted the use of bicycles and increased the livability of our communities. The 2005 winners are:

John Blackwell (Portland)

During his tenure as treasurer of Cycle Oregon, Inc., the Cycle Oregon Fund came under the wing of the Oregon Community Foundation. Today it generates as much as $100,000 annually. As chairman of the Oregon State Parks and Recreation Commission, he helped state government embrace bicycling. John knitted the public/private partnership between parks, the state agency, and Cycle Oregon, Inc.

Todd Boulanger (Vancouver)

Through a program he dubbed "R U Bridge Curious?" Todd Boulanger taught Vancouver residents how to bike across the I-5 bridge. As a Bike Station board member, "Pedalpalooza" organizer, and bike education presenter, Todd tirelessly promoted bike/ped/transit/traffic calming around Vancouver. He created "community bike pumps" and placed them around town, and his enthusiasm for the 2004 "Bicycle Commute Challenge" was key in influencing local businesses to participate. Todd played a huge role in bringing a CCC branch to Vancouver.

Ayleen Crotty (Portland)

Ayleen Crotty hosts KBOO radio's monthly bicycling program. Through her organization of the "Midnight Mystery Ride," her work as communications director for the Community Cycling Center (CCC), and as a mainstay in the SHIFT community, she is truly one of Portland's most effective bike proponents.

Beth Dayton (Salem)

Beth Dayton has played a key role in introducing the BTA's Bicycle Safety Education classes to Salem-Keizer schools. A surgeon, she promotes bicycling as a preventive medicine against childhood obesity and inactivity. Beth was the primary force in the improvement of the Croisan Scenic Trail.

Mark Lear (Portland Office of Transportation)

Working with State legislators and the League of Cities, Mark Lear was successful in getting increased traffic-fine revenue dedicated to local Traffic Safety Accounts. Mark also led the effort to broaden the vision for the Portland Traffic Calming Master Plan. Thanks to him, police and the bicycle and pedestrian communities are working together.

Karl Rohde (Lake Oswego)

Karl spearheaded traffic calming in Lake Oswego. He was elected and reelected to the city council as one of the strongest proponents for bicycling infrastructure. He pushed METRO's Joint Policy Advisory Committee on Transportation (JPACT) to fund the Morrison Bridge multiuse path and the Springwater Corridor three-bridge project.

For more about the Alice B. Toeclips Party and Auction, see www.alicebtoeclips.org. For the Bicycle Transportation Alliance, see www.bta4bikes.org.

Shimano - Cable Recall Notice

Courtesy Shimano

Shimano has recently become aware of a potential problem with Road Brake Cables sold as after market product and is conducting a voluntary recall.

Name of product: Brake Inner Cables for adult bikes with drop style handlebars (road racing bicycles).

Description: Part #Y80098400/Z80098400 is a dual ended brake cable (road end and ATB end on same cable) packaged in quantities of 10 pcs of 1.6mm x 1700mm cable. Individual packages will have Part #Y80098110/Z80098110. Part #Y80098300/Z80098300 is packaged only with 1 piece of 1.6mm x 1700mm road cable.

Potential Hazard: The road cable end could detach from the cable during braking, possibly causing the rider to lose control and fall.

All affected cables are those that are new and unused or in use on a road-type lever and do not have a production code. Cables installed on mountain bikes, bmx bikes or flat handlebar bikes are not affected.

Affected Period: They were produced from April of 2003 until March of 2004.

Remedy / Contact: Stop riding the potentially affected bicycle immediately and take it to a local bicycle shop for verification. You may also contact Shimano American Corp. toll free at 1-800-353-4719 (Monday through Friday 8:00am-5:00pm P.T.) for assistance. The recall of the road brake cables is being conducted in conjunction with the United States Consumer Product Safety Commission, which is monitoring the recall effort for effectiveness.

Sportworks Rack and Ride Transit Challenge

Courtesy Sportworks

Which U.S. city boasts the most popular bicycle transit system in the country? Sportworks is holding a contest to find out.

Running from May 1 through August 31, 2005, the Sportworks Rack and Ride Transit Challenge will gather information from close to 70 transit authorities on bicycle usage aboard transit buses. Both the percentage of bicycle boardings per total bus usage and total number of bicycle boardings will be used to determine the winners which will be announced at the International Transit Expo in Dallas in September.

"Over the years I have observed a subtle, and sometimes not so subtle, competition between transit authorities regarding bicycle boardings on their transit vehicles," says Lisa Robinson-Falvy, Vice-President of Multi-Modal Products for Sportworks. ·The 2005 Sportworks Rack and Ride Transit Challenge beginning with Bike-to-Work month will give transit authorities the opportunity to see just where they rank for the year."

The contest will underline just how popular Sportworks Bike-Rack-for-Buses really are for both cyclists and transit agencies. Sportworks racks annually transport over 12 million bicycles on more than 50,000 buses throughout North America. The racks are quick and easy to load and unload, highly durable, simple to clean, and studies have shown that the loading and unloading of bikes from the racks does not cause delays in bus schedules. A real plus for all riders.

Commuters are encouraged to combine bicycling with local transit for travel to work, to the store, or just to see more of the city in which they live. By doing so, cyclists will be helping the environment, improving their health, and helping their cities to compete in the Sportworks Rack and Ride Transit Challenge.

Sportworks designs, manufactures, and markets both Bike-Rack-for-Buses and a complete line of innovative bicycle racks for sale through independent bicycle dealers. All racks are designed and assembled in the U.S.A. Sportworks can be reached at 888-661-0555.

http://www.bicycleracks.com

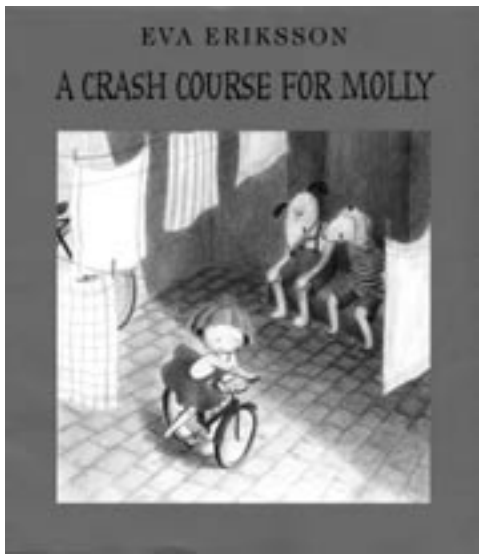
Book Review

A Lesson for Cyclists of All Ages

By Kristen Wisehart

"A Crash Course for Molly" may be a book geared for children under the age of eight, but its beautiful illustrations and quirky prose are sure to appeal to cyclists of all ages. The graceful drawings abound in calming pastel colors. Molly, a little piglet in a blue dress and pumpkin helmet, worms her way into the hearts of the entire family.

This story addresses the issues of safety while cycling, as we watch Molly crash into everything she looks towards, to her grandmother's dismay, whether it is a pole or a driving instructor! Luckily the driving instructor teaches her the priceless lesson of always looking straight ahead when on a bicycle. With this advice she out-cycles her own grandmother, who becomes inspired to learn to drive a car because of the driving instructor's patience and kindness. While this is certainly the main moral of the story, our little readers learn another valuable lesson. Molly could easily run into some farm animals who are making fun of her, but because she is a skilled and ethical cyclist she maneuvers around them. In addition to the basic story, Eriksson inserts creative little amusements, such as Molly injuring herself in a place she already has bandaged. Even the adult readers will laugh out loud at that one.



Molly and her grandmother are both extremely endearing characters. The book teaches not only cycling safety, but also the importance of being patient, kind, and forgiving. This is the perfect book for a grandmother to read to her grandchildren.

A Crash Course For Molly
By Eva Eriksson
32 pp. Farrar, Straus & Giroux. $16.00

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F E A T U R E

"Cinelli" from page 1

what must have been on the mind of Mr. Cino Cinelli when he first blueprinted it," stated American frame builder, Richard Sachs in an article entitled "The Heart of the Bike" published in a 1993 Bridgestone catalog. "Perhaps the true story is lost to the lore of history. My guess is that with the poor road conditions of the first half of the century, coupled with the near blacksmith level of torchwork typical of the era, broken forks were a common sight at races. This shape, with its use of shorter blades, was a response to the problem."

Cinelli's Supercorsa also had a redesigned seat collar, brazing the seatstays behind the lug rather than along side it. Fausto Coppi was one of the first to use this new feature when he raced on a Cinelli frame in 1947.

The Supercorsa, in its original Ferrari-red paint with Columbus steel tubes and chrome-plated joints, is still sold today.

Soon after the introduction of the Supercorsa, Cinelli put forth the Binda foot strap, named after Italian world champion Alfredo Binda. It was the first device of its kind, securing the cyclist's feet to the pedals. Later, in 1971, Cinelli would go a step further, introducing the M71, a quick release pedal system with an attached shoe.

Cinelli's steel stems and bars were standards for shape, and Cinelli's aluminum bars were the first accepted by the professional peloton in 1963. The first plastic saddle, the Unicantor, was designed by Cinelli in 1962 and became the blueprint from which most of today's seats are derived.

In 1978 Cino Cinelli sold his bicycle company to Antonio Colombo, owner of the Columbus Tubing company. By most accounts the young entrepreneur had a desire to combine his two passions: bicycles and art.

"His approach is different (than Cino's), possibly more visionary; he looks beyond the present," states the Cinelli Web site (www.cinelli.it/eng/). "This way, the company is transformed, and the inventions of the "design made in Cinelli" start to circulate around the world."

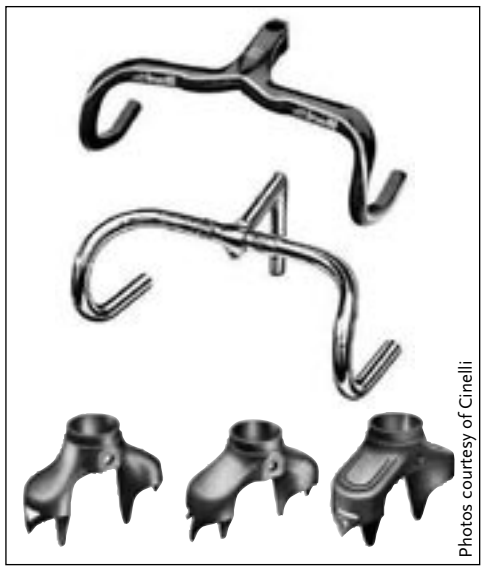
With Colombo, the company steps to the front of, not only the bicycle industry with its forward thinking designs, but also the world of art and design.

Cinelli is mentioned in the Dictionary of Italian Design and appears in the ADI Design Index (2000-2001). The Italian arts magazine Corriere della Sera calls Cinelli products a "cult object in the USA on a par with Ferrari, Vespa and Fornasetti."

For the Cinelli company, the bicycle becomes the "total project," an endeavor that drives the creation of one of the most revolutionary bicycles ever designed: the Laser. It was the first of its kind - a sloping top tube pursuit bike devoid of lugs, using instead Tig welds. Italian champion Fransesco Moser used it in 1984 to set the world hour record, but more importantly, in 1991, it became the only Italian bicycle to win the Golden Compass, the most important Italian design award. It also garnered more than 28 Olympic and world championship gold medals.

For many bicycle historians, Cinelli has been a driving force behind the development of the bicycle. The Cinelli Web site seems to state it best:

"Maybe we are presumptuous, yet certainly proud, if we say the Cinelli handlebar, Cinelli bike or Cinelli frame surely helped improve cycling or, at least, encouraged its development."



Photos courtesy of Cinelli

Fine Cinelli craftsmanship.

N E W S

Bike Expo Takes Off from Hangar 27

By Joshua Hicks
Bicycle Paper Specialist

The 2005 Group Health Seattle International Bicycle Expo that took place February 19-20 was rustic.

The event was held in an airplane hangar on the grounds of Magnuson Park. It wasn't posh. Porta -Potties took the place of bathrooms, the air was chilly and the coffee line long. However, there were some positive aspects to this venue.

The sun shined all weekend through giant industrial windows, the air was fresh, there was plenty of parking, and you could find nice views of Lake Washington and the surrounding hillsides while test riding a bike in the parking lot.

The hangar contained over 150 booths where manufacturers and retailers showed off their goods, youth programs raised money for future generations of cyclists, tour organizers attracted people to their rides, and the latest trends in cycling were put on display.

Participants who were not busy fawning over the latest products or watching awe-inspiring BMX demos were entertained by guest speakers such as Tour de France commentator Bob Roll, Seattle Times cartoonist Jef Mallett, and world class mountain bike racer Marla Streb, who all shared anecdotes relating to the rewards of a career in cycling.

Several exhibitors tapped into the recent popularity of all things retro. Marymoore Velodrome displayed old school relics in nearly mint condition, including a bike with wooden rims from 1929. Cycles Gaansari presented their unique line of bikes that mix classic, retro designs with modern engineering and components. To top it all off, a classic bike show was held on Sunday to showcase bikes from the 1920's through the 1980's.

At the bike swap that took place in a separate hangar on Sunday, bargain hunters crowded into a line that literally wrapped around the building by the time doors opened at 10 a.m.

There were too many impressive displays to list them all, but here are a few that deserve special mention. The Bicycle Paper's People's Choice Award for best booth went to Phil's South Side Cyclery, as voted by the show's attendants. Full Speed Ahead received Best of Show recognition for their display and the way they presented their products, while R&E Cycles went home with the Class Act Award.

Overall, there was a little something for everyone, from the two-hour training camps for kids, to the beer gardens flowing with Alaskan Amber for adults.

And This Years Winners Are...

Phil's South Side Cyclery (top), Full Speed Ahead (center) and R+E Cycles.

Seven Easy Steps to Avoid Injury

By Erik Moen
PT, CSCS

Let's get going! Spring is definitely here after a dismal winter. I think the bicycle industry has the poor winter to thank for large participation and retail sales early in the season. Cycling is a wonderful sport for obvious reasons, but has its risks. It was recently ranked number two on the list of sports with the greatest risks of injury. Bicycling was only ranked lower in injury frequency than basketball. Injuries are avoidable. You can decrease the risk of bicycling injuries by trying a few of the following ideas this spring.

1. Stretch

Stretching does matter...contrary to recent articles. Flexibility for endurance bicycling is different than that required for sitting, standing and walking. Your chance of developing proper bicycling-related flexibility from just riding is not so good. Stretching to increase your flexibility does work. The quality counts. This activity aids in the recovery of muscles following a vigorous work out. It can be performed on and off of the bicycle. Stretching while on the bicycle allows for "posture-breaks". Maintaining one position for extended periods of time leads to pain. Different movements, such as stretching, while on the bicycle will allow for greater periods of relative comfort.

2. Hydrate

Water is the necessary substrate for your body's function. Drink early and often. Don't wait until you are thirsty. A dehydrated body will be more likely to cramp and lose the ability to produce power. Re-hydration is also an important component of recovery from effort. A faster recovery allows for more days of playing.

3. Pedal cadence and skill

Pedaling cadence and skill are crucial to endurance bicycling. People new to the sport typically pick lower cadences. This is an easier aerobic task than fast pedaling, although it is harder on the joints. Pedaling faster takes practice and gains in aerobic fitness. A bicycling computer with cadence will greatly assist your pedaling. A good range for endurance bicycling is 80-100 revolutions per minute.

4. Improve your bicycle handling skills

Having better bicycling skills will increase your ability to "keep the rubber-side down." Good skills include considerations of cornering, braking, pedaling, standing, eating and drinking on the bicycle, and bunny-hopping objects. A good book for these issues is *The Ultimate Ride* by Chris Carmichael. A helpful local resource, known to teach people how to ride and handle their bicycles, is Craig Undem's Cycle U (www.cycleu.com).

Photo courtesy of Erik Moen

Hydration is an important element of injury prevention.

5. Proper bicycle fit

A well-fit bicycle will improve your overall comfort and reduce your chance of an overuse injury. It considers flexibility, strength, coordination and segmental lengths (trunk, legs, arms). Your basic bicycling position shouldn't be painful.

6. Get a tune-up for your bicycle

A bicycle tune-up will help ensure that your bicycle is in good working order. Well functioning shifters and brakes are important parts of safe bike handling. Properly inflated tires, and tires with good tread provide appropriate traction to the riding surface.

7. Obey traffic laws

Traffic laws include helmets. A properly worn helmet can prevent a head injury. Head injuries are not fun. The causes are not glamorous, and they can occur in unexpected places. Wear your helmet. Signal your intent to others around you. Using hand signals helps make you predictable to others who share your space (e.g. cars). Stop signs mean stop. Running a stop sign puts you at risk of being hit by other larger objects (e.g. cars). Bikes and bicyclists lose in car-bike crashes.

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

British Columbia: A Mountain Biker's Dream

Shane Birley

The life is coming back into the Lower Mainland. The mountains are getting a light dusting of snow, but that has not stopped the trees from flowering and the bulbs from breaking through the soil. Spring has arrived early, as we have come to expect here in British Columbia, and already the trails of the local riding hills are being lined with mountain bike tread marks.

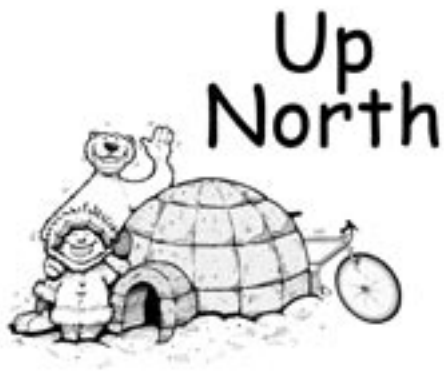
Here on the west coast we forget, at times, how lucky we are to have such an awesome cycling environment. With clear, warm days early in the year, we can head out almost any time to enjoy the local roads and trails. Meanwhile, back east they are still battling the snow.

But enough about the white stuff. What does this great weather mean for cyclists? It means more mountain cycling! It means mountain bikes ready to climb wet, muddy trails. And this year, the winter weather barely got a hold of the local mountains, leaving more time to ride. Nice weather has given way to even nicer weather. Here is what is happening over the next few months in our neck of the woods.

April 9h and 10th will see the Race The Ridge Cross-Country event taking place in Maple Ridge. About thirty kilometers east of Vancouver, the Race The Ridge is a long single-track with a 32kilometer course for elite women's and expert men's categories and a 42kilometer course for elite men. For those who can't wait to try the Blue Mountain trails, a pre-race course has been marked out and is open to anyone. The cross-country pre-event trail is an easy 8kilometer trail. For those interested in road races, Maple Ridge is also hosting a town criterium on June 4th and 5th. More information about the course and race registration is on their web site.

There is more mountain biking action on April 30th and May 1st on British Columbia's Sunshine Coast. Robert's Creek will host the On The Edge Rat Race, a dual event starting with a downhill on Saturday, and a 48kilometer loop that promises all kinds of surprises on Sunday. Robert's Creek, located a short ferry ride north of Vancouver has events and activities for everyone. Featuring amazing ocean and mountain scenery, the Sunshine Coast promises a fun time to all its visitors.

On May 15th, a little jaunt southeast of Merritt, mountain racers will take part in the Cow Trail Classic. The race will attract beginners and ranking riders as they plow their way through the 20kilometer track in the backwoods of British Columbia. This event is fun for the whole family. Organizers encourage anyone wanting to try out trail riding to come on out and join in the event.



Then, right before summer, The North Shore Test Of Metal takes off on June 18th. Hosted in beautiful Squamish, about an hour's drive north of Vancouver, the race features 35kilometers of track and over 1200 meters of climbing. This will be an exciting event. Those who don't want to ride like the hard core cyclists can check out Squamish or take a short drive north and visit the world famous Whistler. Whistler will host the 2010 Winter Olympics and features shopping, dining and its own host of local mountain biking trails for beginners and expert riders.

Mountain biking is one of the coolest sports, and BC offers plenty of opportunities to take part in an event, or to discover the trails on your own.

More info...

Race The Ridge:
www.racetheridge.com

The On The Edge Rat Race:
www.user.dccnet.com/rtcamposano

Cow Trail Classic:
www.merrittmountainbiking.com

Whistler Off Road Cycling Association:
www.worca.com

Mountain biking in BC:
www.cycling.bc.ca

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"LAJORS" from page 1

By Kia Crotty
Editorial Intern

the early-morning slot usually reserved for kids. The hope is that an afternoon schedule will grant more junior cyclists the time needed to travel greater distances to reach the races, further expanding the competitive field. Those who place high in early races may earn a spot at the regional development camp in June and national rankings through USA Cycling.

An added inducement for entering this year is that the YMCA of Seattle is presenting two scholarships to the Freedom Sports Camp at Camp Orkila for the winners of the C and D categories, in addition to the usual medals and jerseys. The brainchild of Chris Pierce, the director of the YMCA, and Warren Miller, of ski-film fame, the scholarships allow two lucky and talented cyclists to attend the "advanced mountain biking and racing" week of its sports camp from late June to July. Along with the well-rounded cycling instruction by coaches and professional athletes, campers get to participate in traditional summer camp activities at the Orcas Island location. Schilling says that among the four C and D winners, two numbers will be drawn to ensure that a girl and a boy each get to go.

Schilling, now in his third year as director, originally threw the series together in 2003 on a stringent three-month timetable; it has enjoyed popular support and continued to grow as a Northwest racing event ever since. In addition to his successful directorship, Schilling is a road coach for the U-14 Juniors of Rad Racing Northwest, a club which won the USA Cycling Development Foundation's Center of Excellence Award for the fourth consecutive time in 2004 in recognition of its commitment to junior racing. Rad Racing Northwest also won the USA Cycling Club of the Year in 2003 and 2001. This year the club is presenting the series, which Schilling says is an important step toward getting more juniors clubs involved in staging races and opening more opportunities for young racers in the Northwest.

When asked about the future of junior racing in Washington State, Schilling responded, "The Enumclaw road race added juniors last year, which is new. And the Tour de Walla Walla added juniors...over the last two or three years." And while juniors road racing remains stymied by logistics, Schilling points out that there are still other opportunities out there: "For mountain biking, the Indie Series is breaking out." The Indie Series is a six-race point series for cross-country mountain biking held in western Washington, and includes four age-based categories for juniors in both girls' and boys' divisions. Since it is staged by independent promoters and is not NORBA-sanctioned, no license is required to enter.

As for burgeoning professionals in the junior series, Schilling says that fans should keep an eye on Benny Swedberg if he continues with the sport to higher levels. "He's won three national championships, two track, one cyclocross. He's beaten Cat 4 men, which is fun to watch. He's just a neat kid, a really great guy." Swedberg, the 2004 Series' Category C second-place finisher, tied for points with series winner Miller. He also happened to be racing up a category from his 10-12-age bracket.

While junior's racing has taken great strides in the Northwest, Schilling still hopes to get more people on board. "We always need more support," he says. "We need to keep it going, keep it growing." For now, he hopes that the Seattle LAJORS will raise its participation this year to 50 participants per event.

Along with Rad Racing Northwest and the YMCA of Seattle, the Seattle LAJORS is sponsored by Cascade Bicycle Club Education Foundation, Washington State Bicycle Association, Voler Clothing, Clif Bar, and Bicycle Paper.

Photo by Kristen Simpson

2004 Boat Street Criterium, start of the Junior C and D race.

More Information Please...

Lance Armstrong Junior Racing Series:
www.radracingnw.org or
www.usacycling.org/lajors/

Indie Series:
www.indieseries.com

Washington State Bicycle Association:
www.wsbaracing.com.

LAJORS 05 Calendar

April 10: Recycled Cycles Boat Street Criterium

April 17: First Rate Mortgage Seward Park Spring Classic

June 5: First Rate Mortgage Seward Park Summer Classic

June 11: Olympic Athletic Club Twilight Criterium

June 19: Washington Senior State Criterium Championships

July 9: Redmond Derby Days

August 7: Volunteer Park Summer Criterium

August 28: First Rate Mortgage Seward Park Season End Classic

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Learning The Lingo

How To Talk Dirty Off Road And Sound Like a True Spokesman On It.

By Joe Kurmaskie
AKA The Metal Cowboy

"Carving a trail" has always been second nature to you, "bullying" a hill, no problem. You're a master at "riding the pegs" and never use a "horizontal track stand" (well, almost never). And for all this, grasshopper, we tip our helmets in your direction. But while you might know how to pedal on par with the Frankenstein equivalent of Lance Armstrong and John Tomac, if you've never learned the lingo, you could end up sounding like rainman at the next post ride party.

Like it or not, every subculture has its language. Bicycling is no exception.

Would you know the difference between "baby heads," "tombstones" and "rock gardens" along the trail? Could you locate "Velo-porn" in doctor's office periodicals or be counted on to perform some first-rate "echloning" when the next crosswind kicks up during a paceline ride? Whether it's correctly identifying a "half track" to warn the riders behind you, spotting a "tea party" about to break out at the turn around, or knowing how to "dab" on those real technical spots, fluency in the fine art of saddle-speak can be as crucial as avoiding "cranial disharmony."

It's also a celebration of our unique, quirky, and yes, at times testosterone intoxicated two-wheeled tribe. Call them tools to navigate the physical and emotional terrain, these are words borne of the many moods experienced during long, fully loaded rides, lunch hour training trials, club jaunts, off road odysseys and expressions of wit and genius unearthed on adrenaline charged weekend scrambles.

But, as with karaoke, Tabasco sauce and mid-concert extended drum solos, more than a little is always too much. Getting away with ride slang is about timing, context and restraint. Once you've master the vocabulary, no one will ever call you a "bagger" or "mule" to your face... and get away with it. But use it with discretion. Abuse it and run the risk of being branded a "Fred". Our apologies to anyone in the cycling world with this sir name, but trust us, you do not want to be a "Fred" (for answers to the slang used so far see footnotes at the end of this article).

Consider this the first in a series of bike talk Berlitz lessons. Now, repeat after me....

A Few Words Relating To Gravity:

There are so many ways to hurt yourself when balanced over lightweight metal and skins of rubber, let's start with a list of slang allowing you to take what's left of your mind off of the pain by describing those falls, crashes and wipe outs with style.

Auger: v. to involuntarily take samples of the local geology, usually with one's face, during a crash. Synonyms: Digger, Face Plant, Spring Planting

Bacon: n. scabs on a rider's knees, elbows, or other body parts.

Beartrap: 1) v. to slip off one pedal, causing the other pedal to slam one in the shin; when one gets cracked with a pedal. 2) n. the tooth like scars resulting from being beartrapped.

Biff: 1) n. a crash - usually fast, hard and without any quick spring back to one's feet.

Bounce: v. to fall from an extreme height. Usually lethal.

Bring home a Christmas tree: v. to ride (or crash) through dense bushes, so leaves and branches are hanging from your bike and helmet. Synonym: Prune

Captain crash: v. to "go down with the ship". Usually the result of a novice failing to clip out in time.

Cheese grater: v. to grind off your skin against gravel, pavement, bike parts, etc.

Chunder: v. to crash. Synonym: Involuntary Dismount

Cloon: n. slamming into the ground, resulting in a ringing head, or a delay in action. Term used in biking, skiing, and snow boarding.

Corndog: v. to become covered in silt, mud or both, usually after a fall.

Crayon: v. a mostly road-specific verb that refers to the leaving of skin and viscera on the asphalt after a crash.

Crotch-testing: n. sudden impact between a male rider's private parts by something very hard and pointy, such as a handlebar stem or seat.

Death wobbles (aka disco legs, Elvis.): adj. the feeling of rubber legs, applies to long rides or strenuous ascents at the beginning of the season - a fall or crash is always involved after wobbles set in.

Endo: n. the maneuver of flying unexpectedly over the handlebars and being forcibly ejected from the bike. Short for "end over end". Synonym: Header

Grate: v. the act of producing bacon or little flaps of severed skin, against either the ground or a bike component.

Hand plant: n. a crash where your fall is broken only by cheese grating your hands. Best if done wearing bicycle gloves.

Hook: v. to lock handlebars or wheels, and go down in a bloody pile of metal and muscle.

Hucker: n. one who is ejected wildly through the air and does not land on his/her feet

Kack: n. an injury to the shin received while doing trials, a kack can be the result of any injury received during technical riding.

Mandibular disharmony: adv. how one's jaw feels when it and the handlebars attempt to occupy the same space at the same time.

Mantrap: n. hole covered with leaves, resembling solid earth and effective at eating the front wheel of the unsuspecting rider. Synonym in Australia – Bull dust.

Over-the-bar blood donor: n. a rider who is injured while doing an endo.

Panic skid: v. to try with all of one's will and strength to prevent an impending stack by attempting to implant one's heels as deeply as possible in the ground. Usually a dumb idea resulting too often in a crash.

Rag dolly: v. to wreck in such a way that one's person is tossed like a flimsy scrap of cloth.

'Rhoid buffing: v. going down a hill so steep that your butt touches the rear wheel.

Soil sample: n. a face plant in soft dirt or mud.

Splatter: v. to strike a trail decoration following an involuntary dismount.

Stoned: adj. describes a rider after a crash which imbeds stones into the rider's skin.

Superman: n. a rider who flies over the handlebars and doesn't hit the ground for a long time. If no injury, it's really funny to everyone else.

Wash out or Wash: v. to have the front tire lose traction, especially while going around a corner, or when inadvertently locked.

Footnotes:

Baby heads: n. small boulders about the size of, yep, a baby's head.

Bagger: n. a person that habitually bags out. Also known as a loser.

Bully: v. to ride up a steep hill without slowing (much) from the flatland cruising speed with which you approached the hill.

Carve: v. (from skiing) to ride with great speed around the corners of a twisting fire road.

Cranial disharmony: adv. how one's head feels after a crash.

Dab: v. to put a foot down in order to catch your balance on a difficult section of trail.

Echloning: v. a diagonal paceline, which modifies the single-file formation for a crosswind.

Fred: 1) n. a person who spends a lot of money on his bike and clothing, but still can't ride. Occasionally called a "barney". 2) n. a person who has a mishmash of old gear, doesn't care at all about technology or fashion, doesn't race or follow racing, etc. This term is from road touring, and according to popular myth, "Fred" was a well-known grumpy old touring rider, who really was named Fred.

Half-track: n. a trail so narrow and/or overgrown that you'd hesitate even to call it single-track.

Mule: n. A friend, relative or acquaintance, usually a novice or one venturing back into the sport after a long hiatus. Invited along to shoulder much of the nonessential load; camera equipment, art supplies, gourmet food, etc. or to defray fuel, travel and food costs.

Rock garden: n. section of the trail that is completely covered with grapefruit (baby head) to basketball sized rocks.

Riding the pegs: v. standing on the pedals through rough terrain.

Horizontal track stand: n. when a rider can't disengage his cleats from the pedals before falling over. Synonym: Foot Fault

Tea party: n. when a whole group of riders stops and chats, and nobody seems to want to ride on.

Tombstone: n. one of those little rocks protruding out of the trail which you don't notice until it's too late.

Velo-porn: n. full-page, four-color advertisements of giblets in cycling magazines. It can arouse giblet lust, giblet envy, and in serious cases, feelings of bike inadequacy.

Disclaimer: Slang definitions have become part of the public lexicon. These were gathered, culled and reworked from a dozen or more websites. With the exception of a few entries, these definitions did not originate from author or Bicycle Paper. We claim no ownership or copyright over them.

Joe Kurmaskie is the author of the Random House bestseller "Metal Cowboy: Tales From–The Road Less Pedaled" and "Riding Outside The Lines; Internationals Incidents And Other Misadventures With the Metal Cowboy". For more info: www.metalcowboy.com

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Finding the Perfect Seat

By Kia Crotty
Editorial Intern

Irwin Goldwin, Ph.D., electrified bicyclists in 1997 when he broached the subject of cycling-related impotence. Ever since, it has remained a topic of debate among medical professionals and bicyclists alike. Though much remains unresolved in the controversy, Joshua Cohen, PT, MS, drawing on the subsequent studies of impotency and injury, tackles the issue in *Finding the Perfect Bicycle Seat: The Most Comprehensive Book of Ergonomic Bicycle Seats and What It All Means For You*. While aesthetics and personal preference account for much of the design and sales in bicycle seats today, Cohen wants to make it clear that the lack of intelligible, objective information about ergonomics makes selecting the appropriate saddle difficult and potentially hazardous to one's health. He asserts that there is a "lack of an objective measure to assess 'ergonomically' designed bicycle seats," and that the risks associated with poor seat choice must be clarified and understood. Combining a love of cycling with his background in biomechanics, product design and physical therapy, Cohen endeavors to do exactly that.

Photos courtesy of BikeMine

Various saddles for your riding comfort, such as the Fizik Aliante (top), LookIn M4 (center) and Selle Royal Cruiser F.

Though he is advocating a better-fitting seat, Cohen is careful not to engage the controversy of the impotency debate. His opening chapter on the history of the bicycle is almost apologetic in tone as he observes that the Scythian equestrians during the age of Hippocrates also struggled with groin-related trauma from long hours in the saddle. Cohen refers to several less controversial seat-related ailments in his chapter "When Saddles Go Bad: Clinical Syndromes," in order to point out the acknowledged consequences of an improperly fitted seat, including saddle sores, traumatic urethritis, and accessory testicles, the latter of which are not quite as heinous as they sound.

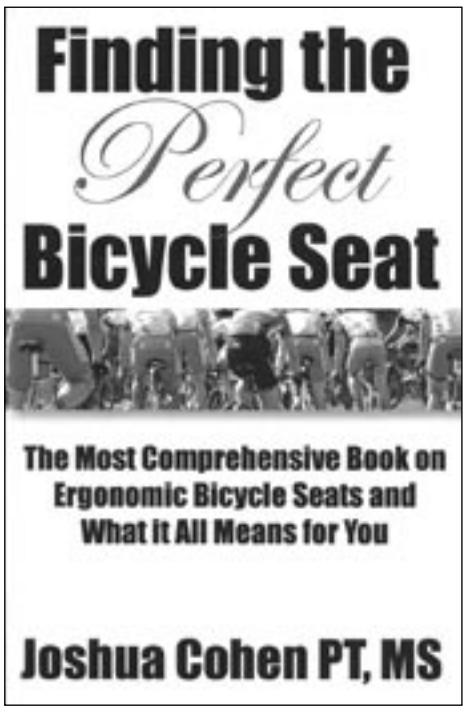
With this out of the way, Cohen launches into the core of his book: addressing the concerns about seat-caused erectile dysfunction (E.D.). He begins with an anatomy lesson, outlining the areas most vulnerable to the bike seat. For those who shudder at the thought of medical diagrams and Latinate names, never fear; Cohen includes simplified summaries throughout his chapters, titled "In Review," and often his "Recommendations" accompany the sections on clinical syndromes and other maladies.

In "Private Parts: Seat Related Anatomy," he writes that while each person is different, the pelvis and affected internal structures are quite similar in all cyclists, particularly the primary arteries and nerves that bike seats compress. A caveat to female cyclists: from here, the book quite literally becomes phallocentric. In Cohen's "A Note to Women," he explains that the intrusive nature of testing on female genitalia renders physiological testing without disruption to "the normal interaction between rider and saddle" extremely difficult. The information on the compressed nerves and arteries is common between men and women, but women with concerns about genital damage will have to seek information elsewhere: "further study is needed to determine how seat design modifications can best meet the unique needs of women."

Women aside, Cohen thoroughly illustrates the function of the penis during erection, which he abridges into four necessary steps involving nearby nerves (i.e., pudendal and sympathetic nerves), tissues, veins and arteries (i.e., dorsal penile artery). Should any of these be compromised, he warns, damage to the perineum (the external area between scrotum or vulva and anus) is more than likely, and erectile dysfunction is very possible.

Following this, Cohen attempts to quantify the incidence of genital damage, short- and long-term, among cyclists, which he places at roughly twice that of other athletes. This chapter feels slightly out of sequence, but it helps to bolster the next section, "Possible Causes of Erectile Dysfunction." Here Cohen explores various theories, from nerve damage to the "Sticky Balloon Theory," wherein the penile tissue produces too much collagen in response to pressure-induced oxygen shortages, to the "Plastic Straw Theory," which shows how compressed arteries deform over time.

Cohen sees an advantage to offset these alarming theories, however, in that all the vulnerable structures are located in proximity. Finding the perfect seat may help to prevent the damage that triggers E.D. To find it, Cohen relies on a study that uses transcutaneous oxygen monitoring (tpO2). Here, the measure of air escaping through the penile skin is proportionate to the pudendal arterial flow beneath. This study is reasonably affective in testing pressure, but not impact. Testing three seats with different ergonomics, Cohen found that tpO2 levels dropped while riding on each seat (not a good thing), and that there was little difference between the general racing seat, partial cutout seat, and cutout seat, with regard to tpO2 levels. He also found that the two cutout seats redistributed pressure onto sensitive structures, namely the Alcock's canal, which houses the pudendal nerve, artery and vein (not a good thing, either). However, cutouts did relieve some pressure on the prostate or vulvar regions. The partial cutout helped to mitigate pressure on soft tissues, but, interestingly, the full cutout actually increased it. Cohen suggests that it is the shape of the narrow racing seat itself, and not only the cutouts, that increases or decreases pressure, and recommends some seat shapes that may alleviate pressure and methods for self-measurement. He also offers some more prosaic information, including instruction on equipment adjustments, gel pad selection, and additional considerations. Finding the Perfect Bicycle Seat expresses well the numerous pitfalls of an improperly fitting seat and the anatomical reasons, but falls a bit short in recommendations for an actual saddle. Cohen raves over a prototypical design, but more immediately useful is his excellent advice on bicyclists' positioning, seat positioning and bicycle fit.



Finding the Perfect Bicycle Seat:
The Most Comprehensive Book on Ergonomic Bicycle Seats and What It All Means for You, by Joshua Cohen PT, MS. RBR Publish, $17.95 U.S.

"Recumbent" from page 1

is stable, comfortable and fast, a SWB is more maneuverable, lighter and compact. A novice rider might want to begin on a CLWB, which combines features from the other two types, is compact, and is considered an excellent choice for commuters. However, many do not regard it as a good choice for racing.

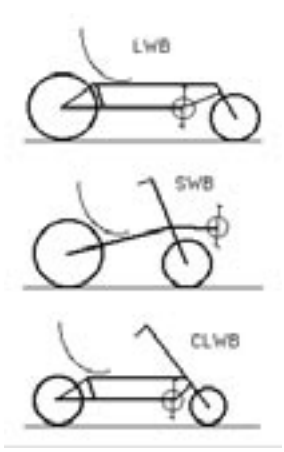
When asked about differences between his uprights and recumbent bikes, Wolfe replied, "Balance doesn't enter into it unless you get a performance-oriented bike." For twitchier racing bikes like high racers and low racers, he recommends spending some time doing figure eights in a parking lot before you take one out on the road.

Enthusiasts also enjoy the unfettered view that the recumbent position offers and decreased levels of fatigue, even after long rides.

The Downside

Does this mean that the diamond-frame has gone the way of the dinosaur?

Not necessarily. For one thing, recumbent riding is not for everyone. For every tribute to the benefits of bents, there are others who offer caveats that recumbent bikes are not the end-all of cycling evolution.



Some of those who complain of the discomfort of racing seats are "Sunday riders" who have not trained properly in the saddle, or who are casualties of bad positioning. Their muscles are prone to soreness, which is blamed on the seat itself. Attempts to circumvent discomfort with broader seats are rewarded with new sources of nether-region pressure. Recumbent bikes offer an entirely different cycling position, which can help to solve some saddle-related complaints quickly. Because of this, many new owners are eager to extol their recumbents' comfortable design.

Some recumbent skeptics dislike the inability to change position, which keeps their sweating backs plastered against the seat. It also puts the burden of pedaling on somewhat different muscle groups than those used for pedaling on uprights.

"The biggest difference for any of them is getting used to realizing that there's only one position," Wolfe agrees. "You definitely have to learn how to spin. You don't have gravity to save you."

Other disadvantages may include reduced visibility in traffic, difficulty braking downhill and slower speeds uphill. There also may be difficulties associated with transporting recumbents, or in finding some of the mechanical parts that may be expensive or purchasable only from special dealers.

2005 Human Power Challenge

So just who is riding recumbent bikes these days?

To find out for yourself, head to the 6th Annual Human Power Challenge (HPC), May 28-29 at the Portland International Raceway. What started in 2000 as an event with a dozen locals and their recumbents has developed into a competition with national draw. Riders from all over will converge on Portland this spring to test their recumbent bike or "human-powered vehicle" (HPV) designs and personal mettle against each other and the clock. Riders are expected from Oregon, Washington, California, Pennsylvania and even as far as Florida.

Wolfe, along with John Climaldi, is organizing this year's HPC, in addition to being a past participant. He hopes to draw even more than the sixty or so riders who raced in 2004, and to see some races as spirited as those in recent years.

"I'd like to see a bunch of close races," Wolfe says. "There's been some exciting tactics in the past, racers drafting off each other...that's what I'd like to see, from my selfish viewpoint as a spectator."

Events include a 10-mile time trial, a road race, drag races and 200-meter sprints. There is also the spectator-friendly autocross race, featuring riders racing side-by-side, two at a time, on identical, twisty courses marked off by cones in the infield.

In most races, riders are classed by their vehicle's aerodynamic assistance, or fairing. The categories progress from stock, which is any unfaired vehicle, including upright bicycles, to super-stock, super-street and streamliner (visit recumbents.com for more details on class rules).

The last category is for completely faired vehicles, meaning a shell of lightweight, generally firm material encloses the rider. While some look slapdash and strain at their tape-bound seams, others appear as otherworldly as gleaming alien pods.

What kind of difference does fairing make? Those who do race streamliners will find that their speeds improve by 15 to 20 percent, and maybe as much as 40 percent, making for some fast times and exciting events.

Wolfe offers words of advice for any interested riders: "I would advise them to...show up. And just to introduce themselves because we're a personable crew of people. I've made all kinds of friends over the years."

Wasco Wild West 75

The other big West Coast recumbent bike/HPV event this year is poised to return to The Dalles, Oregon on May 7th. The Wasco Wild West 75 is a 75-mile road race through scenic farmlands. In true "wild west" spirit, the starter fires a six-shooter to begin the race, and the overall winner receives as Stetson hat as part of the prize.

Participants praised organizer Clay Smith for superb organization in 2004, the event's inaugural year. Smith promises, "This year it's a different story...there's a team from Florida, Kansas, a couple guys who are former world record holders. This year will be even better."

Bigger, too. There will be more entrants, and a wider variety of vehicles are expected now that the riders know what to expect. "You can bring just about any bike," says Smith. "You can bring trikes, too." He adds, "I was approached by the tandems, I thought about it and said, why not? They're kind of orphans....and the OHPV said, 'Let them run.'" The tandems will race on the road with the single-rider vehicles, but will have a slightly delayed start and a separate category. The overall tandem winner will also get a Stetson.

The Wasco Wild West 75 begins at high noon and offers cash prizes, including contingency money. The first in his or her class wins $500, and the payout goes to the top five finishers in a class of over 15 entrants, though it may pay deeper as more sponsors sign on.

Fairing can improve speed by 15-20% compared to a regular bike.

Asked if he had any advice for participants, Smith warned, "Bring sunscreen," and "get some hills in. There's a hill we go up four times." He promises good racing weather and says, "I want to do everything I can to make sure everyone comes down here and has a good time."

Recumbent bike and HPV races are gathering speed in the Northwest, and nothing makes a day's ride more fun or challenging than a large turnout. Both Wolfe and Smith encourage anyone curious or interested to show up and add to the excitement. Bring your bike, trike, recumbent or HPV to race, or come as a spectator and help to cheer participants on to victory.

More Info...

For information about the Human Power Challenge, contact Michael Wolfe at michael.wolfe@kp.org.

For the Wasco Wild West 75, contact Clay Smith at clayrace16@yahoo.com.

Oregon Human Powered Vehicle's website: www.ohpv.org.

The Quarter Punch: A Front Wheel Lift with Oomph

By Kira Cailes

When we come across a small log or other obstacle on a trail, we can often use a basic front wheel lift - a quick compression and extension of the front forks - to clear it. When the log or obstacle is bigger though, or when it sits in the middle of a climb, we have to incorporate power from our pedals to make the move a success. Introducing ... the quarter punch.

Defining the Move

The first half of the term, the "quarter" refers to the size of the pedal stroke; it is a quarter of a complete revolution. Imagine the circle one full pedal stroke makes as a clock - with 12 at the top, 3 at the front, 6 at the bottom, and 9 at the back. The quarter stroke is from approximately 1 to 4.

The second half of the term, the "punch," refers to the character of the pedal stroke. It is quick and explosive. This means that you don't need to merely push the pedal around from 1 to 4, but rather to punch or stomp the pedal. A regular push just moves the bike forward, while a sharp aggressive stroke has the capacity to propel the front wheel up.

Gearing and Entry Speed

The gear you are in can make or break this move. If the gear is too hard, you'll only be able to slowly push the pedal around, and won't actually be able to punch it. If the gear is too easy, the punch won't generate enough torque to lift the front wheel.

Start in the middle ring in the front, and one or two gears down from the top of your cogset in the back. Keep your entry speed very low - think of a relaxed walking pace - and even incorporate a short pause before actually initiating the punch.

After that, experiment with the gears as you practice, and don't forget that changing your entry speed will effect how easy or hard it is to punch any specific gear and how much force that punch is able to generate.

Body Position and Pull

Our body's position relative to the bike is one of the most important factors in getting it to do what we want.

The starting position for this move is standing tall, pedals level to the ground and shoulders over the handlebars. Just when you are ready to initiate the move, back pedal so that one foot is near the top of the pedal stroke at 1 o'clock.

Then, as you punch the pedal, move your upper body up and slightly back, so as to allow the front wheel to come off of the ground. The moment you feel your front wheel rise, help it come up even higher by pulling on your handlebars.

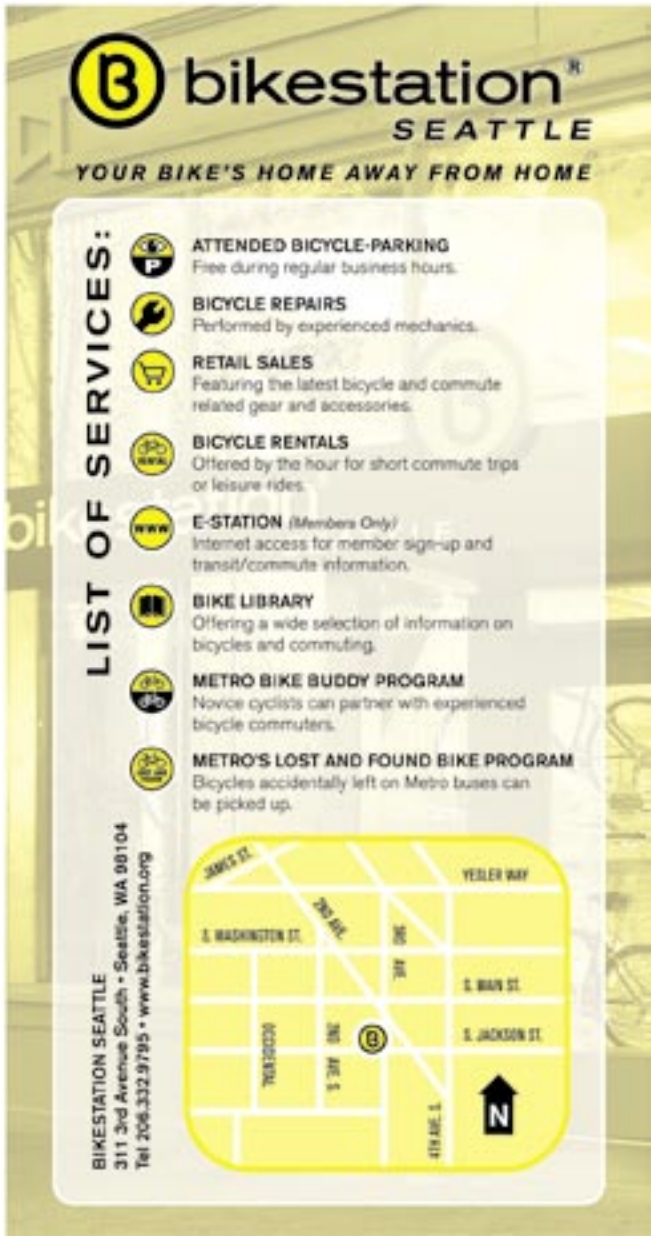
Finishing the Move

You can use the quarter punch on its own, finishing with your pedals parallel to the ground and using the momentum you've already generated to completely clear the obstacle.

Alternatively, you can incorporate the explosive power you get from the quarter punch into a regular pedal stroke, generating lift in your front wheel and then continuing on with your pedaling. Sometimes the terrain we're faced with requires us to continually work to maintain forward momentum. In those cases, continuing to pedal is key.

As with all moves, practice makes perfect. Focus first on the set up, then on the pause, then on the punch, and finally on the pull on the handlebars. Make sure one feels natural before moving on to the next. Set up, pause, punch, pull. You'll be over the tricky logs and obstacles in no time.

Kira Cailes is a ski patroller in the winter, a mountain bike park patroller in the summer, and a featured coach with the Sugoi Dirt Series Mountain Bike Camps presented by Rocky Mountain. For more information on the Series, including camps in Washington, Oregon, Idaho, and California, log on to www.dirtseries.com.



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Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

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 1: Bike Works 3rd Annual Dinner & Auction
Seattle, WA. Bike Works Carnival and Fundraising Auction! Scheduled for May 1 from 6:00 p.m. to 9:00 p.m. at the South Lake Union Armory. The event will feature art bikes, jugglers, raffle, music, a fantastic dinner and the auction itself with great items up for grabs. David Strong, Bike Works, 206-725-9408, www.bikeworks.org

May 14: Kids Bike Swap
Seattle, WA. Trade ougrown kids' bikes (24" wheels & smaller) for little or no cost! Or buy a bike without trading. Great selection! 10:00 a.m.-4:00 p.m. at Genesee Playfield, S. Genesee St. & 43rd Ave. S. Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206-725-9408, www.scn.org/bikeworks

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

May 28: North Shore Mountain Bike Gear Swap
North Vancouver, BC. Need to make room in your basement? Consign your outgrown bikes and bike gear or pick up great deals on quality used equipment for the whole family. Event takes place at Lynn Valley Centre, 1199 Lynn Valley Road (and Mountain Hwy). Richard Juryn, www.nsmbfc.com

Camps

April

Apr 3: Intro to Racing
Seattle, WA. This one day clinic is intended to give riders the skills, knowledge, and inside information they need to get ready to race in the 2005 season. Lecture and bike drills. Take place at SandPoiont. NWWC, www.nwwc.org

Apr 23-24: Sugoi Dirt Series
San Rafael, CA. 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. Candace Shadley, Sugoi Dirt Series, Whistler, BC, 604-905-8876, www.dirtseries.com

Apr 30-May 1: Sugoi Dirt Series
Santa Cruz, CA. 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. Candace Shadley, Sugoi Dirt Series, Whistler, BC, 604-905-8876, www.dirtseries.com

May

May 7-8: Sugoi Dirt Series
North Vancouver, BC. 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. Candace Shadley, Sugoi Dirt Series, Whistler, BC, 604-905-8876, www.dirtseries.com

May 21-22: Sugoi Dirt Series
Calgary, AB. 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. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

May 28-29: Sugoi Dirt Series
Edmonton, AB. 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. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Multisport

April

Apr 3: Riverside Ruckus MTB Duathlon
Spokane, WA. Run, bike, run. Race location: Riverside Park. MTB Duathlon Series #2. Wendy Bailey, Round & Round Productions, 418 E Pacific, Suite 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Apr 10: Alcoa's Ridge To River Relay
Wenatchee, WA. 25th 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. Racers may enter individually or as a team - over 40 Cat. Start at 9:00 a.m. Jennifer Korfiatis, 5 S. Wenatchee Ave. #312, Wenatchee, WA, 98801. 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, P.O. Box 9688, Spokane, WA, 99209-9688. 509-326-6983, www.emdesports.com

Apr 23: Beacon MTB Duathlon
Spokane, WA. Run, bike, run. Race location: Beacon Hill. MTB Duathlon Series #3. Wendy Bailey, Round & Round Productions, 418 E Pacific, # 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Apr 24: Mt. Rainier Duathlon
Enumclaw, WA. Run, bike, and run Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 253-334-4433, www.buduracing.com

May

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 teammate and tackle respective sections. Three legs - begins with short Le Mans start, then 8 -mile MTB leg, 15.5 -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 15: Spokane MTB Duathlon Finals
Spokane, WA. Run, bike, run. Race location: Riverside St. Park. MTB Duathlon Series finals. Wendy Bailey, Round & Round Productions, 418 E Pacific, Suite 6, Spokane, WA, 99202. 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, P.O. Box 9688, Spokane, WA, 99209-9688. 509-326-6983, www.emdesports.com

Race Series

Feb 12-Sep 4: BMX BC Cup Race Series
Various, BC. Six-event BMX series plus Finals raced in the Lower Mainland. Awards and jerseys at the end of the season. Most race 4 out of 6 events plus finals to qualify for year-end awards. Best 4 races plus finals are included in points total. Larissa Hoath, Cycling BC, 332-1367 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.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-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 Mlller, 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

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 are awarded to the top 25 women. 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.nwwc.org/race_series.html

Mar 19-Aug 20: Built For Speed Time Trial Series
Corvallis, OR. A 6-month series of 40km time trials with awesome prizes to make you faster! One race per month. Three race groups A: Cat 1/3; 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, 418 E Pacific, # 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Mar 20-May 15: MTB Duathlon Series
Spokane, WA . Four event series including McMud Fest, Riverside Ruckus, Beacon Blastoff, and MTB Duathlon Finals. Each event consists of run, bike, run. Wendy Bailey, Round & Round Productions, 418 E Pacific, # 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

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 subsquent in 5 year increments. Relaxed and fun atmosphere. Bill Yearwood, BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 604-666-4927, www.bcmasterscycling.net

Apr 2-Aug 7: Oregon MTB Series
Various, OR. Series of nine events raced across Oregon. Cross-country and downhill. Open to all categories. High School Series categories offered at every event with separate awards. Juniors race in their own categories and are recognized in both series'. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 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 categories, 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 varies 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, 200 meter hill each lap. Nightly cash and merchandise primes. 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, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Apr 10-Aug 28: 2005 Seattle - LAJORS Series
Seattle, WA. 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. David Schilling, Northwest Junior Racing Series, 8231 4th Ave. NE, Seattle, WA, 98115. 206-619-1355, www.radracingnw.org

Apr 10-Jul 24: 2005 SISU BC Cup Road Series
Various, BC. Includes six road race events in six various locations. Top caliber racing in BC. Overall standings and prizes based on points. Cat 1/3 men, Cat 1/3 women. Include: Harris Roubaix Classic, Victoria Cycling Festival, Atomic Road Race, Wedgewood Westside Classic, Norm Lowe Memorial Road Race, Tour de Delta and Tour de White Rock. Overall standings, awards and jerseys presented at Finals. Allan Prazsky, Cycling BC, 332-1367 West Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca

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, 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, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

Apr 12-Aug 30: Tuesday Night Road Race Series
Kent, WA. Tuesday nights racing at PIR. 2.25-mile closed course. Registration from 5:30 p.m to 6:50 p.m. Race starts at 7:00 p.m. Points awarded to top 5. Include Junior race series. Rory Muller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

Apr 17-May 1: Estacada Time Trials Series
Estacada, OR. Each event offers a 20-mile time trial for adult categories, 10-mile for younger juniors. Overall standings and awards at the end of the series. Ginger Woolcock, 503-632-7459, www.obra.org

May 1-Sep 24: BC Marathon Series
Various, BC. Five endurance events. Three racing groups: Under 19, open 19-39 and 40+ for men and women. Points allocated after each race. Title and jersey award at end of series in Whislter. Gary Jackson, Cycling BC, 332-1367 West Broadway, Vancouver, BC, V. 604-737-3142, www.cycling.bc.ca

May 1-Sep 11: Mt. Hood Skibowl Series
Mt. Hood, OR. Presented at Mt. Hood Skibowl, the series includes four cross-country and six downhill. Racing for all categories and sub categories. Overall standings and awards at the end of the series. Petr Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

May 2-Aug 29: Monday Night Masters & Women PIR Series
Portland, OR. Portland International Raceway. Races for all masters (30+), including a novice group and all ages/Cat. women. Course is flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Great place to learn bicycle racing--no traffic. Registration at start/finish line. GC at the end of each month. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.obra.org

May 3-31: Eugene Hill Climb Series
Eugene, OR. May hill climb series comprised of five Tuesday events. Open to all categories. Course consists of a 3.7-mile climb that includes an 800ft. 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 place 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. Criterium every Thursday evening from May until August. 1.8km 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. Alpenrose Velodrome. Sprint oriented racing for all levels, nothing over 30 laps. Match sprint tournament every other Friday. Seperate omnium racing for beginner men and women. Junior racing through July. Jen Featheringill, Portland, OR, 97292. 503-227-4439, www.obra.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 50ft. 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

BMX

May 28-29: CCA Western National Race #1 & #2
Pitt Meadows, BC. At Ridge Meadow BMX. Ridge Meadows BMX, www.ridgemeadowsbmx.com

Mountain Bike Racing

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, 91231 Shane Ct., Coburg, Or, 97408. 541-342-1493, www.mudslingerevents.com

Apr 2: Riverside Ruckus
Spokane, WA . Riverside Park. Cross-country racing for all ages & ability levels. WIM Series event #2. See Race Series for details. Wendy Bailey - Zupan, Round & Round Productions, 418 E Pacific, Ste. 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Apr 3: Junkyard Dog XC
Surrey, BC. Part of Angular Momentum Race Series. 20-30km 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, 12666 21A Ave, Surrey, BC, V4A 7P6. 604-538-5716, www.sorcebikeclub.org

Apr 3: My First / Next Mountain Bike Race
Surrey, BC. This fun 20km 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, 12666 21A Avenue, Surrey , BC, V4A 7P6. 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 LaMoure, 1217 NE Walnut, Roseburg, OR, 97470. 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.There is also a 6.5-mile trail run before MTB race, and a duathlon category. Single speed class offered as well. Ron Dillon, Wild Rockies, P.O. Box 7075 , Boise , ID, 83707. 208-587-9530, www.wildrockies.com

Apr 24: Beacon Blastoff
Spokane, WA . DH racing for all ages & ability levels. WIM Series #3. Wendy Bailey - Zupan, Round & Round Productions, 418 E Pacific, Ste. 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

Apr 24: Race at Reehers
Timber, OR. 40-miles west of Portland. Event for juniors, beginners, sport and expert/pro. Distances vary according to category. Course includes gravel road climbs, single track descents. Part of Oregon MTB Racing Series. CC. Jon Meyers, 503-234-9273, www.obra.org

Apr 24: SeaTac Shuffle - Indie #2
SeaTac, WA. No license required. Part of the new Indie Series. Wick , Stiff Wick Promotions, 2151 S. 200th St., Seatac, WA, 98198. 206-824-7666 , http://home.comcast.net/~indieseries/seatacshuffle.html

Apr 30-May 1: Spring Thaw MTB Festival
Ashland, OR. CC 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, P.O. Box 903 , Ashland, OR, 97520. 541-840-6580, springthaw@somba.org

May

May 1: Bear Springs Trap
Mt. Hood, OR. CC at McCubbins Gulch. 10, 20 and 30-miles, depending on class. 95% single track. 500-2000ft of elevation. Single lap format. Part of Mt. Hood Skibowl Series Petr Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 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 runs 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 details. Rod Camposano, SCUMB, 2738 Robinson Rd , Gibsoons, BC, V0N 2W4. 604-886-1525, www.user.dccnet.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, 550 SW Industrial Way # 23, Bend, OR, 97702. 541-389-3295, www.webcyclery.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, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 541-272-0240, www.skibowl.com

May 14: 2nd Annual Dubikeathlon
Spokane, WA . For mountain bikers, roadies and those who go both ways. All ages, shapes and sizes welcome. Solo or team. Three legs - begins with short Le Mans start, 8-mile. MTB leg, 15.5-mile road leg and a 4-mile. MTB finish. Wendy Bailey - Zupan, Round & Round Productions, 418 E Pacific, Suite 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 14: Merritt Cow Trail Classic
Merritt, BC. Cross-country and kids events. One or three-lap events, 16 or 32km. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

May 15: Whidbey Island Mudder - Indie #3
Langley, WA. Similar course to last year's 5.5-mile loop. It features some climbs, a few fast descents, and sections of single track! If it's warm and dry, the course can get dusty, watch out for mud if it's wet! Robert Frey, One Speed Promotion, 2253 Woodbine Rd., Langley, WA, 98260. 360-321-5884, http://onespeed.tripod.com

May 21-22: Pickett's Charge
Bend, OR. MTB stage race. Damian Schmitt, 541-350-3327, www.obra.org

May 22: Coyote Classic
Boise, ID. www.knobbytires.com

May 28-29: Round the Clock 24 Hour MTB Race
Spokane, WA. MTB team relay and/or solo event. NORBA National Championship and non-national categories. Starts at noon on Saturday and runs until noon on Sunday. Le Mans start. 14-mile course features 800ft of elevation gain per lap, a few steady bump climbs and rocky descents with single track in between. Medals, jerseys, prizes and cash. Festive atmosphere, midnight BBQ, kids events. Wendy Bailey - Zupan, Round & Round Productions, 418 E Pacific, Ste. 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

May 29: North Shore MTB Festival – BC Cup Marathon #2
North Vancouver, BC. A cycling celebration. MTB events for all ages and abilities.Part of BC Cup Marathon Race Series. See race series for details. Richard Juryn, Shore Events Ltd., N. Vancouver, BC, 604-983-3625, www.nsmbfc.com

* Events that support Bicycle Alliance of Washington

Mountain Bike Touring

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 25-miles east of Bent. Directional maps avaialbe at both Hutch's. Start 10:00 a.m. Free. Hutchs Bicycles, Bend, OR, 541-382-9253, www.hutchsbicycles.com

May 21: Le Tour de Valley
Silverton, OR. Enjoy a springtime MTB ride 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 hicking 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

Road Racing

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. Satruday road and Sunday criterium race. Juniors, men's and women's 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

Apr 6: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 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, Seattle, WA, 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 Time Trial
Maple Ridge, BC. Open to all categories. Course is 1.2km 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 Fairhaven 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; Women's Cat 1/2/3/4 and Junior - 60km; Junior Men - 70km; Men's Cat 3 - 70km; Men's Pro & Cat 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.trekredtruckracing.com/

Apr 10: Race the Ridge - Cross Country
Maple Ridge, BC. Le Mans start. All categories. Barry Lyster, Cross Trails Adventures, 22328 Dewdney Trunk Road, Maple Ridge, BC, V2X 3J2. 604-467-8577, www.racetheridge.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. LAJORS event. Robert Trombley, Recycled Cycles, 1007 NE Boat St, Seattle, WA, 98115. 206-528-2242, www.nwcyclingevents.com

Apr 12: Eugene Time Trial Series #2
Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.obra.org

Apr 12: Pacific Raceways RR 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: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

Apr 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, 33245 N Railway Ave., Mission, BC, V2V1E2. 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, Seattle, WA, www.pazzovelo.com

Apr 14: Pacific Raceways Women's RR
Mission, BC. See Race Series for details. Bruce Wenting, 602-826-1411, www.wentingcycle.com/phoenix

Apr 16: Tahuya-Seabeck-Tahuya Road Race
Tahuya, WA . Race on the Washington peninsula, the course features two steep demanding climbs about 3km 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: Circa De Lane
Eugene, OR. 200km classic spring road race. Open men's and women's categories. Race in and through Lane County Oregon. Elevation will vary. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.cvalco.org

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-miles long with short 200m hill. Registration opens at 8:00 a.m. Open to all categories. Seattle Juniors Criterium Series event. LAJORS event. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

Apr 17: First Rate Mortgage Cycling Series Spring Classic
Seattle, WA. Criterium racing at Seward Park. Rain drop shaped course, 0.8-mile long with short 200m hill. Registration opens at 8:00 a.m. Open to all categories. Seattle Juniors Criterium Series event. NWWC Cat 4 event. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 19: Eugene Time Trial Series #3
Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.obra.org

Apr 19: Pacific Raceways 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 19: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

Apr 19: 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 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, 33245 N Railway Ave., Mission, BC, V2V1E2. 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, Seattle, WA, 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, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.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 category 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 details. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.obra.org

Apr 26: Pacific Raceways 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 26: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

Apr 26: 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 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, 33245 N Railway Ave., Mission, BC, V2V1E2. 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, Seattle, WA, 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
Maple 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, Boixe Cycling Club, 208-343-3782, www.georgescycles.com

May 1: Masters and Juniors State Road Race
Longbranch, WA. Counts for BARR points Steve Breaux, Old Town Bicycle,

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

Breaking away on Tahuya-Seabeck-Tahuya Road Race 2004

May 2: Monday Night Masters & Women PIR Series
Portland, OR. May series event #1. See race series for details. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.obra.org

May 3: Eugene Hill Climb Series #1
Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.obra.org

May 3: Pacific Raceways 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

May 3: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

May 3: 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

May 3: Tuesday PIR Series
Portland, OR. May series event #1. See race series for details. Jeff Mitchem, 503-233-3636

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

May 4: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com/phoenix

May 5: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

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 5500ft of climbing. Sunday road race with 6400ft 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 7-8: 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 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 and women, superstock men and women, superstreet men and women, trikes. Start/Finish Petersbourg School. First start at noon. Cash prize. Part of Oregon OHPV championship. Clay Smith, 541-296-1314, www.ohpv.org

May 7: Wasco Wild West 75 Recumbent Road Race
The Dalles, OR. Tandem race 4 laps for 75-miles of open two lane blacktop country road. Rolling hills with one major climb per lap. Start/Finish Petersbourg School. First start at noon. Cash prize. 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 8: The Ohop Trophy Series #3
Eatonville, WA. 2-mile neutral rollout followed by laps on a 2-mile loop in Ohop State Park. 1-mile is very good pavement, 1-mile is treacherous. Mostly flat, with a 300m short climb in dirt section. Sign in opens at 8:00 a.m. First race at 9 a.m., five racing groups. Prizes: 3 deep. Micheal Pruitt, Starbuck Doubleshot / Spoke and Sproket, www.axleyusa.com/ohop.htm

May 9: Monday Night Masters & Women PIR Series
Portland, OR. May series event #2. See race series for details. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.obra.org

May 10: Eugene Hill Climb Series #2
Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.obra.org

May 10: Pacific Raceways 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

May 10: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

May 10: Tuesday PIR Series
Portland, OR. May series event #2. See race series for details. Jeff Mitchem, 503-233-3636,

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 11: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com/phoenix

May 12: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

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 - begins with short Le Mans start, then 8-mile. MTB leg, 15.5-mile road leg and a 4-mile. MTB finish. Wendy Bailey - Zupan, 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

May 14-15: Washington State Omnium Stage Race Championships
Wenatchee, WA. All categories Time trial course - Rolling, 9- miles out and back course. Criterium - 1km, 4 corners, small hill. Road Course - Two loops: short loop at 12-miles with 1,400ft of climbing, or big loop at 27-miles with 2,000ft 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
Joe Cipale, 360-750-6659

May 16: Monday Night Masters & Women PIR Series
Portland, OR. May series event #3. See race series for details. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.obra.org

May 17: Eugene Hill Climb Series #3
Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.obra.org

May 17: Pacific Raceways 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

May 17: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

May 17: 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

May 17: Tuesday PIR Series
Portland, OR. May series event #3. See race series for details. Jeff Mitchem, 503-233-3636,

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 18: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com/phoenix

May 19: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

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, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

May 21-22: Mutual of Enumclaw Stage Race
Enumclaw, WA. Near Tacoma. Three-stage race. Saturday - mostly flat 10km 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: Oregon State Team Time Trial
Corvallis, OR. Craig Massie, Capitol Velo Racing Club, Craig.Massie@cmug.com, thayden@cmug.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 23: Monday Night Masters & Women PIR Series
Portland, OR. May series event #4. See race series for details. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.obra.org

May 24: Eugene Hill Climb Series #4
Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene , OR, 97402. 541-334-6449, www.obra.org

May 24: Pacific Raceways 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

May 24: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

May 24: 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

May 24: Tuesday PIR Series
Portland, OR. May series event #3. See race series for details. Jeff Mitchem, 503-233-3636

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

May 25: Phoenix Velo Training Group
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com/phoenix

May 26: First Rate Mortgage Cycling Series
Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

May 26: Southern Oregon Thursday Nighters
Ashland, OR. Circuit race. See race series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

May 28-29: Human Power Challenge 2005
Portland, OR. 6th edition of this event that focuses on recumbents, 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 200m sprints. Micheal Wolfe, Oregon Human Powered Vehicles, Portland, OR, www.ohpv.org

May 28-30: Montana Ecology Stage Race
Missoula, MT. Three- and four-day stage race. Total cash purse $10,000, 3 day, 4 stages for all categories (2 RR, 1 crit and 1 TT). Women Cat 1/3, Cat 4, men Pro 1/2, Cat 3, Cat 4/5, Masters 40+ and juniors. Jeff Crouch, Team Stampede / Five Valley Velo, P.O. Box 7492, Missoula, MT, 59807. 406-544-9614, www.ecologycenterclassic.com

May 28-31: The Ecology Center 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 Colomnist 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. See Race Series for details on BC Cup. Marischal Dearmond, Victoria Cycling Festival, 282 View Royal Avenue, Victoria, BC, V9B 1A9. www.victoriacyclingfestival.com

May 29: BC Masters Race Series #8
Sidney, BC. 65km road race. Start at noon. See Race Series for details. Helen Martindale, 250-658-1673, www.bcmasterscycling.net

May 30: Monday Night Masters & Women PIR Series
Portland, OR. May series event #5. May series awards. See race series for details. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.obra.org

Road Touring

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. Dates: every other Saturday from Jan. 8-Jun. 25, then from Sep. 24-Dec. 28. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Apr 2-3: Wenatchee Sampler
Wenatchee, WA. 105-mile counter clock wise loop. Wenatchee, Orando, Chelan Bridge, Antoine Canyon Turnoff, Chelan for lunch, North to 25 Mile Creek Campground, Climb Nevaro Coulee Pass over to Highway 97 back to Rocky Reach and 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
Lower Mainland, BC. Open to all. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 3: Pacific Populaire
Vancouver, BC. One-day fun ride with 25, 50, 100km options. Open to all. Danelle Laidlaw, dpl CONSULTING, 7068 Mawhinney Cl, Vancouver, BC, V5B 4W2. 604-737-0043, www.randonneurs.bc.ca

Apr 9: 50, 100, 150, 200 km Brevets
Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 9: SIR 300 km Brevet
WA. Randonneur event. Peter Beeson, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Apr 9: Tulip Pedal 2005
Mount Vernon, WA. See the tulips from the seat of your bike. Enter the 20 or 40-mile tour, or both, and ride by Skagit County's famous tulip fields while in bloom with views of Mt Baker, Samish Bay and the Cascade foothills. Pre-reg. - April 2. Children 14 and under - free, others $20 and receive a tulip and a t-shirt. Start at 7:30 a.m. Part of the Skagit Valley Tulip Festival. Fundraiser for Skagit County Medic One's injury prevention efforts. Bill Craig, Skagit County Medic One, 2911 E College Way, Ste. C, Mount Vernon, WA, 98273. 360-428-3236, www.skagitems.com

Apr 10: 50, 100 km Brevet
Peace Region, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 11-14: Tulip and Bays
LaConner, WA. 4 day fully supported bike tour through the Tulip Fields. Nights are spent at the LaConner Channel Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd, Spokane, WA, 99210. 509-625-6246, www.spokaneparks.org

Apr 16: 200 km Brevet
Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 17: 100, 150 km Brevet
Peace Region, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 17-22: California Wine Country 6-Day
Various, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining, and wine tasting. Available from April 17 - November 13. See web site for specific dates. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Apr 17: Daffodil Classic *
Orting, WA. 20, 50, 70, & 100-mile routes. Supports BAW. Max Welker, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-572-3415, www.twbc.org

Apr 17: Wet-N-Windy 50
Bend, OR. 50-mile road from Bend to Powell Butte and back. The weather can be a mixed bag. Come prepared for anything. Entry fee includes maps, mechanical support and one food stop. Leaves from the 3rd Street store. Info at either store. $5 entry. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Apr 22-24: SIR Fleche Northwest
Seattle, WA. 24-hour team event covering a minimum of 360km. Wayne Methner, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Apr 23: 200 km Brevet
Southern Interior, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 23: 300 km Brevet
Vancouver Island, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 23: International Discovery Walk Festival Rides
Vancouver, WA. 25 or 50km trail around western Vancouver. Start 9:00 a.m. to 1:00 pm. Some rental bikes available. Romana Paynter, International Walk Fest, P.O. Box 2009, Vancouver, WA, 98668. 877-269-2009, www.discoverywalk.org

Apr 24: Lilac Century Surprise *
Spokane, WA. Fundraising event for Aurora Northwest Rotary Club. Start at Spokane Community College and tour the beautiful and varied scenery of Eastern Washington as you travel on quiet country roads including Riverside State Park. 15, 50, 100-miles options. Hilly. Fully supported. Supports BAW Jim Schindler, Aurora Northwest Rotary Club, P.O.Box 18583, Spokane, WA, 99228. 509-499-7770, www.northdivision.com

Apr 24: Monster Cookie Metric Century
Salem, OR. Begins at State Capitol Plaza Mall. Covers 62-miles of countryside north of Salem. Lunch at Champoeg State Park. Check point services include cookies, fruit, other snacks, water and toilet facilities. 1200 riders in last year's event. John Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. www.salembicycleclub.org

Apr 24-28: 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 Productions, 503-720-6984, www.rollingpubcrawl.com

Apr 24: The Wilkeson Self-Timed Bike Ride
Wilkerson, WA. Wilkeson to Mt. Rainier National Park (Carbon River Ranger Station) - 36-miles 1800ft of elevation gain. Food, water and raffle prizes. Parking at South Prairie and Wilkeson. Call for pre-registration or enter on site. Benefit Courage Classic/Mary Bridge Children's Hospital. Bill Whitlow, WRE, 23118 113th St E, Buckley, WA, 98321. 253-863-3890,

Apr 30: 200 km Brevet
Southern Interior, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Apr 30: 300 km Brevet
Lower Mainland, BC. Randonneur event. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

*** Events that support Bicycle Alliance of Washington**

May

May 1: Bike-A-Roo Breakfast Ride
Bend, OR. 25-miles. Start at 9 a.m. Ride followed by pancake breakfast. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

May 1-6: Bryce-Zion Bike
Various, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. Available from April 24 - October 23. See web site for details. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 1: Camano Climb
Camano Island, WA. 43-mile scenic ride around the perimeter of Camano Island. Spectacular views of Cascade and Olympic Mountains. No ferry ride required. Registration 7:30 a.m. - 10 a.m. at the Camano Senior Center. Start between 8 a.m. to 10 a.m. Course close at 4 p.m. Bob Mitchell, Stanwood-Camano Kiwanis Club, 8500 Cedarhome Dr., Stanwood, WA, 98292. 360-629-1770, www.stanwoodvelosport.com

May 1: May Day Metric *
Federal Way , WA. Three challenging routes: 50, 75, or 100-miles. Federal Way to Mt. Ranier and back. Mechanical support, rest stops, sag and finish line festivities. Free slice of pie at finish line. Supports BAW. Phil Meyer, Phil's South Side Cyclery, 2310 SW 336th St, Federal Way, WA, 98023. 253-661-3903, www.maydaymetric.com

May 1: Port Townsend Rhododendron Tour (Rhody Tour) *
Port Townsend, WA. 32, 45, and 62-miles. Route follows the varied terrain of east Jefferson County's rural roads. The few hills on the Half Metric Century make for a pleasantly challenging ride. The full Metric Century is a fast rolling ride with a few good hills. Supports BAW. Jon Muellner, Port Townsend Bicycling Association, 535 Benton St., Port Townsend, WA, 98368. 360-385-7567, www.ptguide.com/rhodytour/

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. Courses vary from mostly flat (45) to challenging hilly (110). Start/finish Bayview Elementary School. Registration from 7:00 a.m. - 11:00 a.m. Mechanical support, rest stops, Sag wagons, showers, 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 gift to commemorate 25th annual event. Fully supported. Jane Sereda, Tri-City Bicycle Club, P.O. Box 465, Richland, WA, 99352-0465. 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 Huelsbeck, 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 Pacifique
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 360km. 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. Dates: every other Saturday from Jan. 8-Jun. 25, then from Sep. 24-Dec. 28. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.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. reistration from 7:00 a.m. to 9:30 a.m. Sag wagons, mechanical support, 5 rest stops. Dan Henry signage markers. Supports BAW 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 hosted by the Pelican Pub, 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
San Juan Islands, 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. Available from May 14 - October 1. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

May 15-20: San Juan Islands 6-Day
Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Available from May 15 - October 9. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.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. Start at Marymoor Velodrome. American Diabetes Associations signature cycling event. Features scenic routes designed for every level of expertise. 25, 50, 70 and 100-mile route options. Each mile riden and every dollar raised helps in the fight to prevent and cure diabetes. Register online. 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 hicking to Ten falls, and free bicycle jamboree for kids. Children and families ride on the paved bikeways of Silver Fall State Park. 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 a100-mile or metric century ride through the foothills of the Olympic Mtns and along the Strait of Juan de Fuca. 6500ft elevation gain. Registration on-line or at Roosevelt Middle School. Fully supported, showers, fee also includes garment, water bottle, spagetthi 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 Hoine, Roosevelt Middle School PTO & Port Angeles Chamber of Commerce, P.O.Box 938, Port Angeles, WA, 98362. 360-457-6755, 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 Familes 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. pubcrawl@sampros.com Rebecca Miller, Smith & Miller Productions, 503-720-6984, 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 22: Your Canyon For A Day Bike Tour
Yakima, WA. This is a 35-mile ride along the scenic Yakima River Canyon between Selah, WA and Ellensburg, WA. Mark Peterson, Yakima County Crime Stoppers, P.O. Box 1388, Yakima, WA, 98907. 509-453-2561, www.co.yakima.wa.us/biketour05

May 27-30: Okanagan British Columbia Wine Tour
Okanagan, BC. Fully suported 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.spokaneparks.org

May 27-30: Wine Tour Walla Walla
Okanagan Falls, BC. 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.spokaneparks.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, green wheatfields and cattle ranches.1st day includes three race options and reception in late afternoon. 2nd day ride to Bar M Guest Ranch. 3rd day easy 35-mile ride from ranch to Pendleton or an optional hill climb. Rest stops, SAG wagons, mechanical support, gear transport, lunch, BBQ, entertainment, hot spring pools. Charles Denight, 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.bicycleadventures.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 hills vary with distance. Start/finish Marina Park. Courses open at 7 a.m., close at 3 p.m. Rest stop, mechanical support, finish line festival. Strawberry shortcake for all registrants. Fundraiser for KITH. KITH, 125 State Street, Suite B, Kirkland, WA, 98033. 425-576-9531 or 425-827-8757, www.7hillskirkland.com

Track

May

May 5: Alpenrose Series
Portland, OR. Alpenrose velodrome Mike Murray, 503-661-5874, www.obra.org

May 6: 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 6: Fast Twitch Fridays
Portland, OR. Alpenrose Velodrome. See race series for details. Deen Reed, 113 SW Naito Pkwy, Portland, OR, 97204. 503-227-4439, www.bike-central.com

May 12: Alpenrose Series
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

May 13: Fast Twitch Fridays
Portland, OR. Alpenrose Velodrome. See race series for details. Deen Reed, 113 SW Naito Pkwy, Portland, OR, 97204. 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 19: Alpenrose Series
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

May 20: Fast Twitch Fridays
Portland, OR. Alpenrose Velodrome. See race series for details. Deen Reed, 113 SW Naito Pkwy, Portland, OR, 97204. 503-227-4439, www.bike-central.com

May 20: Group Health Friday Night Track Races
Redmond, WA. See Race Series for details. Marymoor Velodrome, www.velodrome.org

May 23: MVA Monday Night Racing
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

May 25: MVA Wednesday Night Racing
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

May 26: Alpenrose Series
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

May 27: Fast Twitch Fridays
Portland, OR. Alpenrose Velodrome. See race series for details. Deen Reed, 113 SW Naito Pkwy, Portland, OR, 97204. 503-227-4439, www.bike-central.com

May 27: Group Health Friday Night Track Races
Redmond, WA. See Race Series for details. Marymoor Velodrome, www.velodrome.org

May 30: MVA Monday Night Racing
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

Marymoor Velodrome closed until May 17th due to resurfacing.

Craig and Sydor Claim the First 2005 Norba Event

By USA Cycling

Call it Adam Craig's day. Not only did he win his first ever NORBA National cross-country contest, but he also claimed the overall general classification (GC) for the weekend. Geoff Kabush may have won the time trial and short track stages, but Craig's cross-country performance earned him the right to stand on the podium's top step. Alison Sydor continued her weekend command over the pro women by winning the cross-country contest as well as the GC.

Photo by Greg Descantes

Alison Sydor

The men lined up first for three muddy laps of 8.2 miles each, and Geoff Kabush (Victoria, BC) led the field out of the start area and up the first climb. As the men came into sight after completing their first lap, it was Kabush at the front, with Jeremy Horgan-Kobelski (JHK)(Boulder, CO) and Adam Craig (Bend, OR) chasing. Former Junior World Champion Trent Lowe (AUS) rode 15 seconds behind making every attempt to catch the leaders. Kabush may have been the favorite to win, but the way Craig was riding indicated that he would be a strong contender.

Lap two saw Craig leave JHK behind to make contact with Kabush, and the two were battling it out at the front going into the final lap. "I gained contact with Geoff and he didn't drop me," Craig explained after the race. "I race well in the mud. I grew up in Maine racing in this stuff."

By the time the men were expected to come in for the finish, the crowd knew that Craig could very well take the win. The New England native made his decisive move with about a mile and a half remaining in the final lap. Craig explained, "I just kind of rolled past Geoff at the top of a big climb and turned the power on and got a huge gap."

Trent Lowe, who had used lap two to move into third place, continued his efforts and made it past Kabush in the final lap to claim the silver medal. Kabush hung onto third, and Jeremy Horgan-Kobelski and Liam Killeen (GBR) completed their weekend in fourth and fifth respectively.

The women's race saw the field spread out more quickly, with Sydor (Vancouver, BC) taking a commanding lead right away. The ladies came through for their second and final lap with Sue Haywood (Davis, W.VA) having a great day in second position, while Katerina Hanusova (CZE) was sitting in third. Kiara Bisaro (Courtenay, BC) and Willow Koerber (Arlington, VA) both took advantage of their experience in the mud and rolled through the start finish together in fourth and fifth positions. Hayood fought hard, but Sydor rides too well in the mud and was able to maintain her position until the race's end. Haywood remained in second, while Willow Koerber moved up into third and Kiara Bisaro took fourth. Katerina Hanusova claimed the podium's final spot.

NORBA #1 Results

Pro Men's Overall GC

1. Adam Craig
2. Trent Lowe
3. Geoff Kabush
4. Jeremy Horgan-Kobelski
5. Liam Killeen

Pro Women's Overall GC

1. Alison Sydor
2. Sue Haywood
3. Willow Koerber
4. Kiara Bisaro
5. Katerina Hanusova

Lance Armstrong and the Cancer Community Seek Cyclists for 2005 Tour of Hope

Cancer survivor and six-time Tour de France champion Lance Armstrong and Bristol-Myers Squibb announced that applications are being accepted for the 2005 Bristol-Myers Squibb Tour of Hope(TM) National Team. The cancer community is seeking survivors, physicians, nurses, caregivers, researchers, and advocates to be part of this unique experience this fall.

Twenty extraordinary people, who possess the cycling ability and physical endurance to ride over 100 miles a day for nine days combined with a passionate commitment to support clinical trials and cancer research, will be selected by members of the cancer community. Applications are due by midnight EDT, April 20, 2005. Selected team members are expected to be notified in late May.

The Tour of Hope will begin in San Diego on Thursday, September 29 and conclude in Washington, DC on Saturday, October 8 with a grand finale celebration and public fundraising ride.

To apply for the 20-person National Team, obtain information on other ways to support the Tour of Hope, or to learn about cancer research and clinical trials, visit http://www.tourofhope.org

Road Racing Action in Downtown Vancouver, BC

Vancouver's newest BC Cup cycling road race has been given the green light by the Vancouver City Council. The Westside Cycling Classic will be the only cycling road race in the City of Vancouver for 2005 and is sure to attract huge crowds and a great field of riders from all over the Pacific Northwest. Three hundred riders are expected to participate in the race, with funds raised going to support the BC Cancer Foundation.

As part of the Point Grey Fiesta Weekend, the June 19th race will take in some of the city's most spectacular scenery with a 13km loop around the University of British Columbia, the beaches of Spanish Banks, and the very popular and vibrant Point Grey Village.

"Having the backdrop of the coastal mountains and the Pacific Ocean will draw riders to the city to race, some for the first time," hopes race director Jonathan Wornell. "The route takes in some roads that will be very familiar to local riders and a couple of interesting hills that will create some exciting racing for the crowds to see," adds Wornell.

The start / finish area will be situated in the heart of the West Tenth Village with a total road closure for the final half kilometer. Merchants in the area are expected to open their stores and have sidewalk stalls in a carnival like atmosphere.

The race is being organized by the Wedgewood Cycling Team and will be one of their main fundraising initiatives for 2005 in support of the BC Cancer Foundation. The BC Cancer Foundation raises funds to support research and care at the BC Cancer Agency.

More information is available at http://www.teamwedgewood.com

Marymoor Velodrome Closed until May 17th

By Harley Sheffield

You've been hearing about it for weeks - now it is finally happening. The velodrome resurfacing project is officially underway. Estimated completion date is currently May 17th. The track will be closed to all use until the project is complete.

This is critical to ensure that the job is done quickly and that the coating bonds properly to the track surface. Please respect the closure!!! If you have questions during the project, feel free to email (harley@velodrome.org) or call me at 206-957-4555.

Thanks to all for your support!

MARKETPLACE

Adventure Cycling Association
800-755-2453 • www.adventurecycling.org/e55
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
Adventure Cycling Association
800-755-2453 • www.adventurecycling.org/e55

Adventure Cycling Association
800-755-2453 • www.adventurecycling.org/e55
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
Adventure Cycling Association
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Three Weeks Today

By Maynard Hershon

I crashed January 2nd on a ride with three friends. We were headed back into central Tucson on Tanque Verde Road. Our lane, the right lane, angled off like a freeway ramp at one point; we had to merge left to continue going straight.

I was behind the other three, going maybe 10mph and looking back over my shoulder at traffic. Cars behind had slowed to let us over. I turned my eyes forward and began to move left.

I landed in the road that instant. My front wheel had overlapped (on the right) the rear wheel of the nearly stopped rider in front of me. I went down on my left shoulder and hip. Never losing consciousness or focus, I instantly began inventorying: Where was I hurt?

I could feel unfamiliar, raspy movement in my shoulder. Was my collarbone broken? Yup. Hole in the knee of my tights. Road rash? Nope. Hip hurting under me. I'll bet I nailed that hip-bone. Right again.

Only a moment later, a pickup stopped in front of us. The young woman driver trotted back to us, offering to take me and my bike to a nearby hospital. My friends hoisted me up, carried me to her truck and helped me into the shotgun seat. The hip hurt.

I remember hearing myself thank the woman. I sat very still in the cab of her truck as she drove. Movement hurt.

As she ran into the hospital to ask for help, I realized her boyfriend was sitting behind me in the back king-cab seat. He asked if I was okay. I told him that thanks to his friend and him I was doing way better. Moments earlier I'd been prone across the right-hand lane of Tanque Verde Road.

"Is she your wife or your girlfriend," I asked. "Girlfriend," he said. "She's a sweetheart," I said, and told him how grateful I was for her help. "She's great," he said.

I wondered out loud how we'd get along, us guys, without the women in our lives. He said he often had that same thought. He said he can keep it clear in his mind almost all the time, that appreciation, but that occasionally he forgets.

"Yeah, me too," I said. I forget how much my sweetie means to me. We silently promised ourselves we wouldn't forget again, not any time soon.

An orderly came out, painlessly extracted me from the truck and put me in a wheelchair. No need to tell you how it went at the hospital; you've probably had similar experiences yourself. I'm sorry for your troubles if you have.

That was the 2nd; today's the 23rd. My collarbone is healing well, I think. My hip was not broken, only bruised, but it's still sore. I can now put on my own socks and get in and out of the shower without my girlfriend's help.

Now she cooks and I do dishes; for a couple of weeks she did both. I walk with a cane - slowly and deliberately. I have just the last couple of days been able to sleep in our bed instead of in a chair. I'm riding a bike on a stationary trainer every day. I haven't yet been out on the street on a bicycle or motorcycle. Three weeks today.

For three weeks I have thought about what happened. I can't decide if I am totally or only mostly to blame. I forgot to watch the one rider in our group who had revealed her unreliability in the past. I forgot to be afraid.

I know I have to be afraid. I survived our local big ride, El Tour de Tucson, in November after skipping 2003. In '02, my sweetie crashed on a cyclist-congested road during El Tour.That time SHE took the nightmare ride to the ER, an experience I hope she'll never repeat. She says she's done all the big rides she wants to do.

Who can blame her? If 7,000 people ride El Tour, let's be honest, perhaps 1,000 are competent bike riders. The rest are untrained, unaware and uncaring. You survive El Tour thanks to unceasing vigilance, to riding scared.

Like you probably, I don't fall often. I do frequently put myself in harm's way, riding with untrained or careless companions - the thousands of folks to whom bicycle safety means wearing a helmet and yelling "hole" or "car." It doesn't include learning about or thinking about group cycling dynamics.

I ride with a low-key beginners' group on Thursday mornings. Many of those pleasant people know nothing about cycling safety or etiquette except what they hear during the ride leader's weekly briefing. She suggests removing a hand from our bars to point out debris ONLY if we feel confident riding one-handed.

Surrounded by really nice novice riders, I maintain a safe distance and keep an eye on my companions. I survive and enjoy the social aspects of the rides.

A month ago, I rolled out with the Wednesday morning "pro" ride, several local racers and a handful of Euro-pros here for the gentle winter weather. It was big-ring from the gun, faster everywhere than I'm used to: around corners, across intersections, near traffic.

I felt uncomfortable, clumsy and out of place. Those guys are so fluid. I felt that while I might not cause a crash, one might happen just because I was there. I figure my days of doing pro-level training rides may be over. As you can imagine, that's a sad epiphany.

A friend of my girlfriend's called recently to wish me a speedy recovery. We talked about what happened, about how the woman I hit had slowed or nearly stopped in front of me, knowing (as she had to) that I was looking backward, not expecting a bike to be stopped in my path.

Diana said that dancers and tai-chi practitioners develop what she calls kinetic awareness.

They know just where they are in relation to others around them, even when everyone is moving around the floor. Cyclists must learn that sort of awareness too.

We travel down the road inches apart. Somehow we know where we are and where others are. Maybe we acquire that kinetic awareness in the cradle. Or we learn it in youth sports or...who knows where. We don't talk about it.

Some of us, perfectly charming people, never learn it and probably never miss it, don't know what it is. In most areas of our lives, we don't need it.

In road cycling, it's the difference between being a safe riding buddy - and contributing to a friend's trip to the ER. If the woman I rode into (or who "backed" into me) hadn't been on our ride, there would have been no crash. I'd be able to walk normally today.

As I suggested, folks who lack kinetic awareness do not mourn that lack. They're fine. They won't warn you just before the ride. They feel no responsibility before or after your crash. If you elect to ride with them, it's your own wariness that keeps you safe.

So - please choose your riding partners carefully.

If you can't, if riding companions are thrust on you by circumstance or you often ride with strangers, please watch out. Remember how suddenly the world can change. One moment you're thinking about where your group will go for post-ride coffee.

The next you're flexing your limbs to calculate how many still work.

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