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Photo by WheelsinFocus.com

Masters racing is flourishing in the Northwest, bringing many strong riders that fiercely compete in events such as the Washington State Road Race Championships.

Masters: 30+ and Going Over the Hills

By JIM HATTORI

On a warm, hazy Sunday in May, 272 cyclists competed in the 2005 Washington State Masters Road Race Championships. Five separate masters categories were contested. With the first race off at 9:05 a.m. and the last one finishing close to 4:00 p.m., it was a long day of racing.

The large number of riders shouldn't be a surprise, as nearly two-thirds of the 31,000 USCF riders at the end of 2004 were over 35. As further proof of the popularity of masters racing, there were also more licensed USCF riders between the ages of 55 and 59 than under 18. Though that comparison may be troublesome for the future of elite racing, there's no denying the growing interest in masters racing.

The Masters State Road Championships were contested over a 10.5 mile loop in Longbranch, WA, located on the Key Peninsula. The constantly undulating course had one big hill in the middle and a smaller hill a few miles before the finish.

Most consider it a fair course. It's hilly enough to prevent sitting in waiting for the final sprint, but not so hilly that only the climbers survive.

Women First

In the women's masters race, six racers broke away from the other 19 cyclists in the peloton the first time up the big hill. The riders in the break included Lisa Dunnwald (Team Group Health), Teresa Buxton (Au-

ror), Leslie Mittendorf (Wines of Washington), Martha Walsh (First Rate Mortgage), Laura Schmidt (Terry Precision) and Lisa Given (Byrne Specialty Gases).

The group worked well together for the next two laps until the final ascent of the big hill. Then, Dunnwald, 38, made the decisive move. She said, "I made a major attack. Teresa (Buxton) bridged the gap and we worked together to stay away."

But the chase group kept the pressure on. Dunnwald, who works in nuclear medicine at the University of Washington, said, "Coming up the second hill, we were told we had a 12 second gap and we had to dig deep to keep away. We came up at the 200 meters-to-go sign side-by-side waiting for each other to jump."

Buxton, 35, described the final sprint, "Actually, it was the first time I was in that situation so I wasn't quite sure what to do so I just tried to go as hard as I could and Lisa got me at the line." Following the victorious Dunnwald and second place Buxton, Mittendorf crossed the line for third followed by Walsh, Schmidt and Given.

High Caliber Master A

With a field including Kenny Williams (First Rate Mortgage), Rob Campbell (Valley Athletic Club) and Andrew McDermid (Starbucks Doubleshot) as well as many other strong cyclists, the masters A (Cat 1-2 over

See "Masters" on page 9

☞ Feature

Tour de France 2005: Big Tex and the Rest of the Hometeam

By ADRIAN HEGYVARY AND CRAIG UNDEM
Cycle University professors

There is nothing like the tradition, emotion and drama of a three-week race across France in July to inspire and entertain us during the heat of the cycling season. After watching the race twice while helping Lance's coach, Chris Carmichael, lead tours, I have learned one thing: Nothing is for sure, not even Lance Armstrong's ability to win. In case you're just emerging from a cave, Lance-mania has been sweeping the country for the last six years. With 2005 being Armstrong's final year on the circuit, all eyes will be on France this July to see if the Texan can pull off number seven.

Some viewers may be new to the nuances of cycling. Here are some frequently asked questions for those just catching Tour fever, followed by some names and teams to watch for in July.

Tour FAQ:

How do riders go to the bathroom?

A delicate process in any race,

See "Tour de France" on page 3

riders are generally faced with four options: 1). Hold it: this option works only on short stages. 2). Just go: this option works only on rainy stages and is generally shunned. 3). Drop back with a teammate: one of the cleaner ways to empty one's bladder, this technique entails one rider pushing another at the back of the peloton while the rider contorts himself in such a way as to pee off the bike while missing his foot. 4). Pee Break: often, if a break hasn't gone up the road yet a few big names will rally to get the whole field to pull over for a pit stop.

How do riders eat and drink?

Most riders start with two bottles and a pocket of food, but on long days they get snacks either from the side of the road (handed up in little cloth sacks called musette bags), or by dropping back through the race caravan to their team cars. In either case, the leaders delegate such tasks to the underlings (domestiques) of each team, who collect enough food and drink for everyone (sometimes

☞ Opinion

Trade Winds Touring

By JOE KURMASKIE
aka Metal Cowboy

No matter how stoic you behave in the face of our extended wet season - the one that can rear its damp, relentless head straight through January - even you know you can't resist drifting off to the islands now and again during that wet fender morning ride or your afternoon, puddle-dodging commute.

Well, maybe it's time to ditch the daydream, shed some Gortex, dig out those Texas and trade in the Emerald City for the emerald waters of Oahu for a while. Before wheeling out a list of excuses, as reasonable and responsible sounding as they surely are, let me point out right off that, well, no one likes a killjoy, and anyway, I would never ask you to do something I haven't already road tested.

Is there anything I won't do to bring insight and travel advice to my huddled-in-coffee shop-masses? Plenty, but those twelve days I spent on and off a bicycle, soaking up the landscape and aloha charms on the most populated island of the Hawaiian chain, *that* I would do over and over again in the pursuit of exposing you to some trade winds touring at least once in your life.

If your image of Oahu is that of tourists from Michigan asking tourists from Tokyo to snap their picture with Diamond Head in the distance, then you're not seeing the rest of the picture. Beyond Midwest meet Pacific Rim, beyond the cheesy image of Gidget riding a long board, there's a diverse blend of Polynesian cultures, a moving, indigenous history that

See "Metal Cowboy" on page 7

Bicycle Transportation Alliance Selects New Executive Director

The Board of Directors for the Bicycle Transportation Alliance (BTA), a statewide organization working to promote bicycling and improve bicycling conditions in Oregon, has selected Evan Manvel to serve as the organization's next Executive Director.



Evan Manvel

Manvel has been involved in community and political organizing for more than 20 years, and been an advocate for transportation choices for more than a decade. His experience includes working for 1000 Friends of Oregon, the Oregon League of Conservation Voters and the Corvallis Environmental Center. Manvel served on the BTA's board of directors for four years through 2003. As a strong proponent of alternative transportation modes,

he created the Bike/Walk PAC in 2004 to help elect candidates supportive of better access for bikes and pedestrians.

"Evan's extensive experience working on public policy issues and his strong commitment to cycling will help the BTA continue to be a leader in expanding bicycling options throughout communities in Oregon while enhancing our livability and sustainability," said BTA Board Chair Debra Carus.

Manvel succeeds Catherine Ciarlo, who is leaving the Executive Director post after seven years to pursue other opportunities and spend more time with her family. He begins work in late May.

Nick Clayville Collegiate National Road Champion

Nick Clayville of Western Washington University and the Seattle-based Broadmark Capital Cycling Team won the 2005 Division II Collegiate National Road Race Championship on May 14th in Lawrence, KS. Clayville escaped the field with WWU teammate Brian Nelson with twenty-eight miles remaining. At the end Clayville soloed to victory thirty-four seconds ahead of Nelson.

Other northwest podium results include the University of Washington Division II team time trial victory in both men's and women's categories and the third place accomplishment of the Division II women's team from Walla Walla's Whitman College.

In women's Division II, British Columbia rider Stephanie Hannos, sporting the

colors of Cumberland College, won the criterium event and placed second in the road event. Laura Valaas of Walla Walla took second in the road race while teammate Mara Abbott clinched the victory in the road event.

Seattle rider Troy Heithecker brought back the bronze in the Men's Division I road race event. Heithecker is racing for the University of Washington.



Nick Clayville

Photo by WheelsinFocus.com

Letter to the Editor

RE: Front page photo caption - May issue

As a cycling advocate and as a practicing physician, I was disappointed by the admonition to wear a helmet when riding the tulip fields. The risk of serious head injury in that situation is virtually nil! Too bad such a pretty picture was spoiled by such silly advice. The problem with obsessing over helmets is that it reinforces the prevalent yet inaccurate North American perception that cycling is a dangerous form of trans-

portation and recreation. Helmet advice and helmet laws are a disservice to cycling and can undermine the popularity of a healthy, environmentally friendly activity. Please put a lid on such warnings!

Thomas J. DeMarco, M.D.
Whistler, BC

p.s. Enclosed please find a check for membership renewal so that I continue to receive the Bicycle Paper, one of the best publications of its kind, anywhere.

Don't Miss Out on the Fun of Pedalpalooza 2005.

Running from June 9-25 in Portland, Pedalpalooza is a festival for everyone, from bike enthusiasts to the occasional rider. 80 bicycle-related events and non bike-related activities are scheduled for a two-week period.

Planned festivities include a naked bike ride, taco ride, a frame-building workshop, a bike kiss-in, bike polo, scavenger hunts and more. There will be family-friendly events as well as adult-only rides. The Multnomah County Bike Fair, a free one-day festival, will conclude Pedalpalooza on June 25. For the celebration, participants can compete in bike

competitions, tour a beer garden, or even marry their bike in a marry-your-bike booth.

Pedalpalooza started after the 2002 Bike-Summer, when Shift to Bikes realized that they wanted to celebrate every year, not only when BikeSummer was in town. They built an organizational structure based on that of BikeSummer, and Pedalpalooza was born. Shift to Bikes is a non-profit organization, composed of a gang of bike lovers who want to celebrate all aspects of cycling.

A complete schedule of the planned events can be found at www.shifftobikes.org



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"enSelle" translates as "in the saddle"...mount up and ride on one of these great-fitting bikes below!

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"Tour de France" from page 1

carrying up to a dozen bottles at once by filling jerseys, bib shorts, etc).

What do the different jerseys mean?

The major jerseys include the overall leader (yellow), top sprinter (green), top climber (red polka-dot) and top young rider (white). The green and polka-dot jerseys both function on a points system based on places at the end of each stage and at intermediate sprints. The white jersey is based on time like the yellow, but is given to the highest-placed rider under 26. While not as prestigious as the Maillot Jaune (yellow jersey), some teams come to the Tour planning on racing only for one of the secondary jerseys.

Why do riders attack at the start of the race, even though they always get caught?

For many competitors, a high overall placing is out of the question, and their purpose in the race is to help teammates and gain experience. But on some days, they are given free reign to ride for themselves. Though breaking away solo in the opening kilometers of a stage very rarely works, for the few hours that a rider is leading the race his name and team are broadcast around the world. If a rider can't win the race, those moments of glory are worth the effort.

Now that you are acquainted with some of the basics of Tour racing, you can concentrate on some more specific aspects of this year's Tour de France. Never before have so many teams been headed by Americans with aspirations for a podium placing. Aside from Lance, here are some names and teams to watch for in July:

CSC: With a podium finish by Ivan Basso in 2004, CSC will come to the Tour with the #1 spot in mind. However, Basso plans to ride both the Giro and the Tour, so he is likely to be tired by late July. American Bobby Julich, who placed third in 1997, has had a stellar season thus far with wins at Paris-Nice and Critérium International. He will certainly be a factor in this year's Tour.

Gerolsteiner: American Levi Leipheimer has been a top Tour contender for Rabobank during the past few years, but injuries and bad luck have always ended his hopes prematurely.

He placed 2nd overall at the recent Tour de Georgia, beating all other Tour favorites. Look for him to prove himself as the sole leader on his new team.

Saunier Duval-Prodir: Plagued by injuries this spring, American Chris Horner hopes to showcase the talents that have made him the most dominant rider in North America for several years. If his fractured hip heals in time, Horner will definitely be riding with a mission to disprove critics that claim he lacks the ability to race in Europe.

Phonak: Although they lost Tyler Hamilton to a 2-year doping ban, American Floyd Landis will lead the team after helping Armstrong to victory in '03 and '04. Landis already won a stage in this year's Tour de Georgia, and was 3rd overall despite being publicly reprimanded by Armstrong during the race. This will be an interesting sub-

drama to watch.

T-Mobile: Perennial favorite Jan Ullrich is returning with one thing on his mind: beating Armstrong. This is his last chance to race Big Tex, and after finishing second to Armstrong five times, Ullrich will undoubtedly be motivated in this final showdown. He will be co-leading

with last year's Tour revelation Andreas Kloden, who took second overall.

Lampre-Caffita: Italian Damiano Cunego will be riding the Giro-Tour double in '05, and like Basso might be a bit tired down the home stretch come July. Cunego is an outside shot for the win, but the Italian can climb with the best and still packs a fast sprint, so look to him for stage wins and a high GC placing.

Euskaltel-Euskadi: Iban Mayo has been a favorite for years, but cracked under the pressure in 2004. This could be a make-or-break year for the Spaniard, who would also like to be the man to topple Armstrong's Tour dynasty.

The number of highly talented riders and mega \$ teams competing at this year's Tour de France will ensure that we are glued to our TV's, computers and couches while riding with added mental fuel as we watch the drama unfold. If you want to see the race in a fun new way, join Cascade Bicycle Club for CycleFest Outdoor Tour Viewing. The big party is scheduled for July 16. Large outdoor viewings with beer gardens, food, organized rides and other cycling mania are on the Magnuson Park program. See www.cascade.org for more details.

About Cycle University - Offering coaching, classes and private lessons to help you achieve your cycling and fitness goals. Headed by Craig Udem and a team of highly qualified and passionate cycling coaches, they are the only full-service training center in the Northwest. For more information: www.CycleU.com or 206-938-1091



Reader Give Away!

The Tour De France Companion 2005 gets into the nuts and bolts of this year's race and offers unique insight into the historical and tactical nuances of cycling. Get the low-down on the high-speed time trials, the grueling mountain stages and even the secrets of how racers go to the bathroom without getting off their bikes. Find out how the racers recover from burning 5,000 to 9,000 calories a day (GU anyone?) and check out some of the best photos of world-renowned cyclists and the most thrilling cycling moments, including Lance's record-shattering 6th yellow jersey victory last year.

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What You Didn't Know You Always Wanted to Do.



By Kristen Wisehart
Bicycle Paper Staff

Have you recently awoken from a satisfying dream of pedaling through Italy's pristine vineyards, stopping occasionally to drench your taste buds in delicious wine and absorb the local culture? No? Well, obviously you have not read Doug Donaldson's book. Perhaps your fantasy doesn't involve an international solo tour, but rather an enjoyable weekend with the family, a week long singles ride across your state, or a full scale adventure across America. Perhaps you're not sure what sort of tour fits your style and schedule, or even what a tour entails. In any case, this guide will doubtlessly feed your curiosity. "Bicycle Magazine's Guide to Bike Touring", Doug Donaldson's first book, is both a perfect handbook for the novice adventure-seeking cyclist, and an excellent resource for seasoned riders who want to brush-up on the basics.

The introduction paints a beautiful picture of bike touring as a vehicle for meeting intriguing people while embarking upon an adventure of self discovery, all against a backdrop of stunning scenery. "The main reason the world unzips on a tour: the bicycle itself. This amazing transportation device and discovery machine can move you from place to place without making you feel like you've skipped anything in between." He makes the bicycle sound like a romantic hero rescuing you from the monotony of everyday life. His readers are assured that

bicycle touring is something that everyone has the ability to accomplish.

The book then goes on to give a detailed description of the various touring options from solo and unsupported, to tandem rides with SAG wagons and luxury hotels. It even provides an interactive quiz to help decipher which type of tour is best for the reader. Picking the correct tour company, the appropriate people to ride with, and important questions to ask are all logical and important issues that the book addresses early on. In this way, the reader feels excited and ready to tour, which softens the more intimidating sections to come.

Packing is not a fun part of any trip for most people. An entire chapter on loading a bicycle certainly does not sound like an enjoyable read. However, Donaldson begins this section by crediting the bicycle with such historical inventions as the airplane, the theory of relativity and women's suffrage. This amusing and anecdotal beginning not only makes that otherwise banal section seem interesting, but exemplifies the subtle style Donaldson employs to keep his readers alert.

Now that the guide has helped us pick a tour and a tour company, and pack our bicycle, it moves on to picking a bike and equipment. This part provides helpful diagrams to outline prices and styles, as well as definitions of bicycle parts and equipment. It also includes tips on bike shop etiquette, finding knowledgeable sales people, and fitting the bicycle to your unique physique.

Next, Donaldson begins to touch upon the finer points of road touring. Due to the focus on very basic cycling skills, the experienced rider may choose to skip this section. However, for a beginning rider, all of this may seem slightly intimidating, as it presents a great deal of information to remember for somebody whose last bicycle had tassels and a pink basket. The descriptions of basic bicycle maneuvers such as shifting, breaking, climbing and turning may begin to sound Greek during the first read. It is difficult to visualize body movements and terrain we are not familiar with, and frightening to think about using the wrong break at the wrong time and flying over the handlebars! However, the inset boxes, which Donaldson includes every couple of pages, are a helpful way to reiterate what was stated in an elementary fashion. He also discusses the etiquette of group riding, which is important, especially if you are riding with strangers. The pages that address cycling in traffic expertly remind the reader of ways to ride safely and politely, such as using correct hand signals and riding in the correct part of a lane.

If the reader finds him or herself loathing the thought of negotiating through traffic and stopping at stop lights, then the section on mountain biking comes as a welcome refreshment. This chapter covers picking the appropriate bicycle and equipment for a more rugged adventure. As in the road touring area, the descriptions become very complicated. For example, in the paragraphs describing descent, the rider is told to shift weight forward, bend elbows to a certain angle and so on. This part may require a second read, but eventually makes logical sense. The



Photo courtesy BP Archives

Feel like taking a tour?

mountain biking section also describes how to ride over logs, and fly over drop offs. If you are the adventurous type, this is sure to peak your interest.

Donaldson's readers now feel an inevitable urge to take a tour of some sort. Expertly, after providing this motivation, he brings us some training plans. For the beginning cyclist, he outlines a simple basic training plan. In addition to providing easy to read descriptions of exercises and cycling plans, the author ingeniously inserts helpful pictures, as well as an easy to follow diagram of how much we should cycle each day of the week and an interactive worksheet to track progress. He follows the same format for intermediate and advanced cyclists. By doing this he reaches a more diverse audience in that he includes every cycling level. There is also an interesting box with tips on protecting your butt and your "naughty bits." It is both amusing to read and helpful! Of course, eating habits are an important part of training for a tour. Donaldson provides lists of things to eat

See "Book Review" on Page 5

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Cycling Benefits from Corporate Dollars



By Melissa Mueller
Bicycle Paper Intern

Every rider knows that a good sponsorship is beneficial to not only forming a team, but also aiding in its success. While some corporate promotion seems obvious, such as a healthcare business supporting a healthy lifestyle, other companies have a personal

investment in cycling and want to assist in the development of the sport. Whatever the motivation, each sponsor has their own goals that help the entire cycling community.

The following takes a look at some of those companies that decided to get involved in the cycling sponsorship program.

In 2004, the Benaroya Research Institute (BRI) began supporting a cycling team as a way to promote health and research for cancer and other diseases. According to Paula Brady, Director of Community Relations for BRI, the company was approached about getting financially involved in a cycling program by team captain and president, Russell Stevenson, who said that the endorsement by BRI would be a great opportunity to connect with solid individuals who are really grounded in the sport.



Photo by Greg Descantes

Benaroya Research Institute team captain Russell Stevenson in Gastown.

For BRI, it created a chance to establish a link between a favorite Northwest pastime and physical wellness. As a healthcare industry, the institute wanted to create a platform for encouraging a fitness-based lifestyle. "We thought this [the team] was a unique way to do that," Brady states. The cycling team offers a perfect way for the company to communicate that message.

The partnership also increases awareness for the diseases that BRI works to cure - cancer

and diabetes. David Visintainer, team manager, points out that two team members, Bob Heyer and Jake Frame, have diabetes. Brady recognizes that both riders exemplify the connection between BRI's diabetes research and a healthy lifestyle. "They are living proof that people can not only live well with diabetes, but compete well," Brady adds.

As a result of BRI's support and extremely skilled riders, the team was the most successful in the Northwest in its first year. These elite amateur and professional riders, well into their second season, continue to enjoy success.

For Benaroya Research Institute the link is obvious between cycling and healthcare. However, not all companies that choose to promote cycling are directly related to the sport or the lifestyle. Some, such as Byrne Specialty Gases (BSG), are simply driven by people who are passionate about bicycling, such as founder and CEO Dan Byrne.

After the three previous sponsorships abruptly ended, Byrne was approached in January 2000 by a Jet City Velo team member to both sponsor and ride on the team. He put the company name on the jersey and the rest is history.

Besides being an eager cycling advocate and wanting to promote the sport, Byrne had other intentions behind his support. He wanted to foster a sense of community in master's cycling and to pursue his hobby of biking for a worthy cause. Woody Cox, team president and general manager, explains that junior cycling development is important to both Byrne and his team. "We're raising money for junior racing, which helps the future generation of cyclists," Byrne

says. According to him, keeping cycling going, especially among the younger crowd, is worth company funding.

In 2004, BSG accrued 25 wins during the season and started their fifth season with a victory. In the years since Byrne Specialty Gases' involvement the team went from 12 members to today's amazing community of 139 riders.

The sponsorship saga doesn't end with the Jet City Velo Cycling Club for Byrne. He is also involved with the Subway Continental Team. A personal friendship inspired him to assist the team in various ways, including equipment acquisition.

The Subway involvement came about in 2004, when Kendra Wenzel trained a rider whose father owned a Subway franchise in Tennessee. The sponsorship money permitted the creation of the team.

Wenzel, who is the media director and coach to several riders, comments on the reasons behind endorsement, "Having Subway as a sponsor definitely attracts attention to cycling as a way to promote a healthy lifestyle." She adds that Subway has made a commitment to providing healthy choices on its menu and promoting a healthy lifestyle, which coincides with the benefits of cycling.

Additionally, the company wants to encourage women's professional cycling. Team rider Emily Westbrook (Seattle, WA), agrees. "We are bringing exposure to women's cycling, and the [sponsorship] had made that happen."

As a result of Subway jumping on board, the team has already placed a rider from both the men's and women's teams in the top 10 in many events including the Sea Otter Classic.

Team endorsement is not the only avenue for interested corporations to explore; events'

naming rights are also hot commodities that offer great exposure.

Providence Health System provides financial assistance to support a local event, the Portland Providence Bridge Pedal. Rick Bauman, event manager, says that after the event's first year, Providence Health System sought the title sponsorship rights. "We had so many participants that they came to us about sponsorship and they've been doing it ever since," he says. He feels that part of the reason behind Providence's involvement with cycling is to provide the image of a high quality of life while celebrating community and family.

To celebrate their 10th anniversary, Bridge Pedal's organizing committee is planning a grandiose ride. For the first time since 1996, cyclists will

be able to cross all ten of Portland's Willamette River bridges. Along the way participants can enjoy music, food and keepsake photos. The celebration runs from August 10-14 and kicks off with a birthday party at Portland City Hall. "It's a great event for anybody," says Bauman. "Bicycling just happens to be the medium."

Like Group Health, Broadmark Capital, First Rate Mortgage and Symmetrics, amongst others; Benaroya Research Institute, Byrne Specialty Gases, Subway and Providence Health System chose to be involved in cycling for various reasons. Whether to appeal to a larger audience, or take advantage of a great marketing tool, a smorgasbord of companies dive into the exciting world of cycling. No matter what the motivation, the sponsor, the team, and the entire cycling community reap the benefits of such an association.



Photo by Greg Descantes

The well known Byrne Specialty Gases/Jet City Velo jersey.

"Book Review" from page 4

and drink to prepare for the tour, as well as ideas for snacks to bring along. Any cyclist should feel ready to ride at this point. Almost...

The next two chapters in "Bike Touring" teach the reader how to survive on the road. First, we learn boy-scout style survival rules, from how to stay cool in the heat and warm in the cold, to how to react if attacked by a bear. Next, he begins to describe bicycle maintenance

sans a handy and knowledgeable bike mechanic. Pictures and paragraphs describe everything from checking the bicycle before the tour, to performing emergency repairs on the side of the road. There is a great deal of information here, so unless you are very familiar with the inner workings of a bicycle, you should definitely bring the book with you if you think you will have to make your own repairs. However,

Donaldson does a wonderful job of making the information accessible to sophomore riders by using descriptive details and the aid of photographs.

The final chapter is the dessert. Like the introduction, the reader is immersed in beautifully worded descriptions of the ten best touring destinations. Breathtaking photographs of scenes such as wooded paths and sunflower fields will no doubt haunt your daydreams as you gaze at a cloudy northwestern sky. Don-

aldson gives us an excellent guide in "Bicycling Magazine's Guide to Bike Touring" by providing detailed, yet easy to follow descriptions, and a tone that will keep even the most spastic readers hooked.

Bicycling Magazine's Guide to Bike Touring: Everything You Need to Know to Travel Anywhere on a Bike, by Doug Donaldson, 256 pp. Rodale. \$16.95

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Avoid Injury: Develop your Pedaling Skills



By Erik Moen
PT, CSCS

Injuries to the knee are the most common complaint of the endurance bicyclist. They can result from improper bike-fit or irregular musculo-skeletal components (such as flexibility, skeletal or strength imbalance).

Your pedaling style has a lot to do with the presence or absence of an overuse injury. Pedaling skills are often overlooked in bicycling. We know that riders new to the sport will usually pedal with a low cadence (60-80rpm) and primarily just push down in the pedal stroke (quadriceps-biased pedaling), instead of going full circle. Low cadence, quadriceps-biased pedaling can lead to a knee injury.

Cycling at a low cadence increases joint (patello-femoral and tibio-femoral) compression. Pedaling with primarily a quadricep-bias

creates an environment of irregular motion (side to side).

Improving your skills will increase your efficiency and reduce the risk of overuse injury. There are two simple skill-drills that help improve your pedal stroke; single leg and high cadence pedaling. Both drills should be performed on a bicycle wind-trainer so as to ensure quality and safety. None of these exercises should be painful or performed at a level of heavy exertion.



Anatomy of the knee.
Photo courtesy of Erik Moen

Single leg pedals

Place one foot on the pedal and the other foot back on the windtrainer.

Begin pedaling at 60 revolutions per minute (rpm). Focus on pedaling smooth circles, which entails lifting up on the backside of the pedal stroke in addition to pulling down. You should also strive to keep your knee moving in a single

plane of motion straight up and down. Do not let the knee wobble side to side.

Perform this exercise for 30 seconds per leg. Immediately switch legs. Perform four to six repetitions per leg.

High cadence pedals

This exercise will be performed with both feet in the pedals, with the bike on a windtrainer. Choose a fairly easy gear that will not create great exertion during this interval.

Start pedaling with a high cadence, such as 120rpm. Attempt to maintain this cadence for up to 2 minutes. During the interval you

Exercise 1: Single leg pedals

Cadence: 60rpm, Interval Duration: 30 seconds per leg, Intervals: 4-6 times per leg, Rest between intervals: 0

Exercise 2: High cadence pedaling

Cadence: 110-140rpm, Interval Duration: 2 minutes, Intervals: 1-4 times, Rest between intervals: 3 minutes



Photo courtesy Erik Moen

High cadence intervals help improve your pedaling skills.

your exposure to injury. Your average endurance cadence should be near 90rpm. Cadences around 90rpm allow for less joint compression, which has pay-offs for avoiding knee injury. Practicing this skill will allow for a healthy body and happy mind.

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

F E A T U R E

Helmet Shirkers: Why Do They Do That?

By SHANE BIRLEY

As the summer draws closer, I see more cyclists on the road. As usual, I encounter the daily commuters, but more often I am witness to the additional riders - those who obviously only ride during the good weather. From the groups I have seen this year, the majority of them are adolescents. Adolescents who appear to hate wearing helmets.

A few weeks ago, I was walking along Robson Street in downtown Vancouver, and I noticed a gaggle of cyclists. They were obviously having a great time, weaving down the road, shouting and laughing. After a few moments, I realized they were not wearing any headgear. I felt as though I should educate them, and almost yelled out that it is not a smart idea to neglect wearing a helmet. But, then I remembered. When I was their age, I didn't wear a helmet, and one particular spring day my head paid the price.

I was eleven and school had just ended for the summer. And, like previous years, I had signed up for a soccer training camp to kick-off the summer. It was always at a school close to my parents' home, and I could break out my red and yellow BMX bicycle. So, the first morning

of the soccer camp, my friend and I cycled off to the recreation field. Being young boys, we didn't exactly get there in record time. The trip was only five minutes by bicycle, but we took our time and dawdled along like boys do. We decided to race part of the way. Neither of us were wearing helmets.

We hit a downhill trail and my friend took the lead. Due to the distraction of trying to win, I didn't see the trail turn. I became airborne and sailed over some bushes and shrubs, crashing down onto some rocks below. I recall getting up off the ground. My head was cut and I felt winded. It took a few minutes but my friend returned. I cried a little, but instead of going home and getting checked out, we pushed onward.

As we neared the soccer field, we decided to race again. I had almost forgotten about my recent brush with death, but - hey - I was eleven. Off I went at top speed. Again, my friend raced ahead. He had a better bike than me, but I knew the area better - or so I thought. As we crossed from the street and started onto the field, my friend halted on his bike. I remember thinking it must have been his chain. I flew by him and thought I would win. Unfortunately, my friend

had remembered something I had forgotten. Along the side of the field was a drainage ditch, overgrown with tall grass. I hit the ditch at full speed and flew over the handlebars. Rolling over and over, rattling my little body along the field, I just missed the rocks that had been exposed by the running ditch water. Luck played a large role in surviving that. My bike, I remember, survived as well. I cried some more and picked myself up. After a few more minutes, we had started playing soccer.

At the end of the soccer school day, I took off, heading towards home. My friend suggested we take our bikes over to the skateboard bowls near my home. I remember trying to get to the bowls first - another race. Like all skating bowls, they were made of concrete. We rode our bicycles up and down for about fifteen minutes. Then, my chain fell off as I was climbing out of a curve. I rolled backwards and smashed my head into the concrete as the bike fell on me, forcing my head onto the concrete a few extra times. I remember just crying out loud and wanting to go home. We did. By the time I got home, I was black and blue and sported an easter egg bump on my forehead and another on the back of my head. I had cut my head in several places and I recall my mother being incredibly angry with me. I was very, very lucky.

I now wish I had said something to those kids a few weeks ago. I know when I was younger,

it wasn't really about how my hair looked, it was more from a lack of knowledge. In British Columbia, there are school educational programs that promote bicycle safety - but during the days I was in grade school there wasn't much information regarding helmets. So, why after my day of "crashing hell" did I continue to ride? My mother bought me a helmet later that summer.

Education is definitely the key and I hope my experience will get a young person to put on a helmet.



For More Information

British Columbia Bicycle Helmet Law
www.qp.gov.bc.ca/statreg/stat/M/96318_03.htm#section184

Washington State Bicycle Localities Helmet Laws
www.wsdot.wa.gov/bike/Helmets.htm

Bicycle Helmet Safety Institute
www.bhsi.org/index.htm



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"Metal Cowboy" from page 1

continues to be written today, an endless trove of outdoor sports, a cosmopolitan city, lush valleys, all manner of laid back beach towns, rainforests, waterfalls, reefs and towering surf that is never more than a swell away.

But could the island that hosts 80 percent of the chain's residents be hospitable to two-wheeled touring? While Honolulu does rank with some of the worst traffic problems in the country, it's a very contained area of gridlock, which actually makes the bicycle a smart choice for the active traveler. Besides, the island is only forty miles wide, so it's a breeze for the touring cyclist to cover in one visit.

In Waikiki, a great place to start would be the Outrigger Hotel on the beach. It's a family

owned high-end spot that has actually preserved the old school feel of Hawaii. It's more of a museum with tasteful rooms and a killer view than anything else you're going to find in the tourist center of the island. Park your ride and have a meal at Duke's - they've really imbued the place with the spirit of legendary Hawaiian surfer Duke Kahanamoku, who spread the sport around the globe. Before pedaling out of town for waterfalls and the quiet of places like Kailua and the North Shore, you should bow to tradition by catching a wave on Waikiki. And do consider buying yourself a spot on a catamaran. For just a few bucks you get to sail out to a place called Turtle Cave, snorkel with sea turtles and octopus for a few hours, then hold on as they throw open the net trapeze for a few miles in deep water.

Before leaving Waikiki, use this beach as your base camp. It's only a short ride to a number of hikes such as Manoa Falls, Tantalus Roudtop trails and Bike Hawaii's one day rim to reef tour.

Staying off the highways, you can take on the entire perimeter of the island. Going east you'll catch the sunrise and Makapu'u lookout/lighthouse hike. It's a stunning walk to what feels like the edge of the world. Around the bend is a water playground called Kailua.

Historical home to many of the island's chiefs, it's a spot that has avoided constructing any structure taller than the top of a palm tree. Check in with Steve, manager of Kailua Sailboats and Kayaks. Tell him I sent you and ask for the off-the-beaten-path guided kayak tour. You'll find yourself paddling down the surf between small islands, jumping from cliffs into secluded pools and kite boarding in a protected bay. Just avoid the rip current on the other side of flat island or you'll end up in Tahiti.

Up the road you'll want to spend time along Kuloa Beach and do the full tour of Kuloa Ranch. It's where Jurassic Park was filmed. Bike Hawaii offers a full day adventure of the area so you might consider using them as a resource for some off road, deep forest pedaling adventures. Whatever you do, don't pass on the Polynesian Cultural Center. It's no manufactured Epcot Center style experience. Set up as a center to allow funding for students from various Polynesian islands, it showcases some amazing traditions and leaves you with a greater respect for the people. Also, it's a thrill to see a man climb a 60-foot palm tree with nothing more than his limbs and a rope around his ankles. The sound of the New Zealand island students blending traditional chants with missionary songs will absolutely break your heart. This is also where you'll experience a real Luau. The weekend we came through also happened to be the World Fire Knife Championships. We witnessed children as young as five, and from as far away as Samoa and Florida, twirling flaming knives to a hammer beat of island drums.

Next month, Hawaii Part 2 - Turtle Bay to Pearl Harbour.

Travel Notes:

What to bring: Travel light - Oahu never gets lower than 65 degrees. Two bag/ pannier touring is all that is called for. Bring sunscreen. Plan to stay/ camp in B&B's, beaches, hotels and campgrounds. Be sure to spoil yourself with a nice place a couple of times during the trip.

Wind is a factor: Be prepared to face some cross winds more than headwinds. But remember, you never have to cover that many miles in a day. Sunglasses are a must.

Road conditions: Drivers do accommodate cyclists. The worst conditions are in Honolulu and Waikiki. Just stay off the main thoroughfares in urban sections and the intrastate highways and you'll be fine.

Joe Kurmaskie is the author of the Random House bestseller "Metal Cowboy: Tales From - The Road Less Pedaled" and "Riding Outside The Lines; International Incidents And Other Misadventures With the Metal Cowboy."



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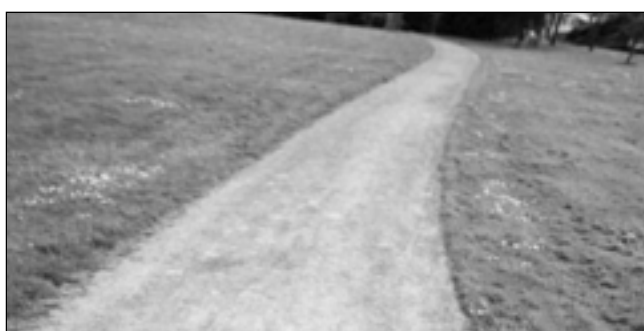
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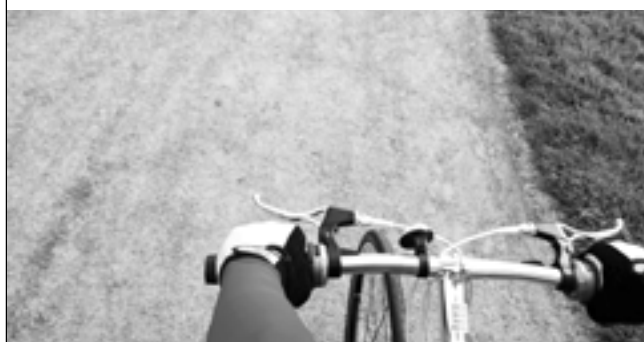
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The Art of the Bunny Hop

BY LORRAINE BLANCHER

The Bunny Hop can be a difficult skill to accomplish, but once achieved, an extremely handy one to have. It can be used in a variety of riding situations, from getting over a small little root to getting up onto a three-foot ledge. The crux of the skill is lifting the front wheel ... and then the rear wheel while the front is still in the air.

Before we start, let's understand the technical difference between the Bunny Hop and another technique it's often mistaken for called the Level Lift. It, as the name implies, involves simultaneously lifting both wheels from the ground. It's a great skill, but has limited use, particularly with regards to height.

In breaking down the Bunny Hop, you'll notice that it's really two skills melded together into one fluid motion. It's a Manual Front Wheel Lift followed by a Rear Wheel Lift. Let's take a look at each skill independently before combining the two.

Manual Front Wheel Lift

Find a relatively level and preferably grassy area. Start in the "neutral position". In other words, stand high over your bike with arms extended, pedals level and equal weight on both wheels.

Your objective is to lift your front wheel without pedaling. Start by coasting at a fast joggers pace, and move your shoulders slightly

forward over the bars to apply a strong downward force - pre-load - to the front end of your bike. Then quickly push away, up and back, from the handlebars and pedals by extending your arms and legs. This should be an explosive motion.

You'll know you've achieved the right position, when your shoulders and torso are up and back, your hips are towards the rear wheel, and you feel a slight tugging on the handlebars. The manual is the first step to a successful Bunny Hop. Now, let's talk about lifting the rear wheel.

Rear Wheel Lift

Once again, in your level grassy area, begin in the neutral position. Your objective now is to lift the rear wheel with a foot movement termed clawing - gripping the pedals with your feet by using ankle position and opposing force.

Start coasting at a moderate walking pace, shift your body weight down and into the pedals, bending at the knees and lowering the hips; this preloads the rear of the bike.

Once you feel the downward load in your feet, quickly push up off the pedals until your legs are extended and your hips are high. Next, "claw" by pointing your toes down and pushing your feet firmly back into the pedals. Press your hands into the handlebars to create a forward opposing force - think of rotating the handlebars forward - and lift your feet towards your butt. Alas, your rear wheel will be in the air.



Photos courtesy of Sugoi Dirt Series

Doesn't it look easy? Practice the front wheel lift, then the rear wheel lift "claw" by pointing the toes down and pushing into the pedal - and combine for the perfect Bunny Hop.

The Bunny Hop

Once you have a handle on both skills, it's time to put the two together.

Go through the steps of the manual front wheel lift until you're in the position where your arms and legs are extended and you feel that tug on the handlebars. Then, while the front wheel is still elevated, push up and away from the pedals to start the rear wheel lift. Claw the pedals, press your hands into the handlebars, and bring your feet towards your butt. Finally, roll your shoulders forward to bring the bike into a level elevated position. As you land, absorb with your arms and legs.

Final Tips

To make learning easier, try using a small triangular shaped piece of wood or a small angled

rock to help loft the front and rear wheels. This will give you the chance to focus on clawing the pedals, as well as help you become more familiar with the Bunny Hop's other key bike and body movements.

Finally, remember that the Bunny Hop is a difficult skill and still challenges some of the most technically advanced riders. Practice each component until you've mastered it, work on melding the two and have faith. It'll come ... and be well worth all of the effort.

Lorraine Blancher is a former Canadian National Downhill Champion, multi-time Canadian National Team Member, and full-time CMIC certified coach with the Sugoi Dirt Series Mountain Bike Camps. For your personal bunnyhopping lesson, come see her this summer. Check out www.dirtseries.com for dates and locations.

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"Masters" from page 1

30) race was the equivalent of a high-caliber Cat 1-2 race.

The action started on the first ascent of the big hill when McDirmid jumped away from the 42-rider peloton. He said, "Actually, I wasn't attacking. I kind of rode off on the false flat and thought maybe a few guys would come with me. No one did so I thought, 'I've got to put my head down and see what happens.'"

McDirmid would continue his solo voyage for approximately 3 laps before the field finally reeled him in.

Shortly after the start of the penultimate lap, there was a flurry of attacks and counterattacks. What eventually emerged was a seven-rider break including Williams, McDirmid, Campbell, Michael Emde (Starbucks Doubleshot), Michael Murdin (The Garage), Clint Chase (Byrne Specialty Gases) and Jason Schneipp (Wines of Washington).

With the main teams represented, and with many of the strongest riders in the field, this would be the winning break, provided they worked together. They did and soon established a substantial lead over the peloton.

On the final lap, on a downhill section of the course about 3 miles before the big hill, Emde shot away from the group. He caught the other riders off-guard and quickly had a gap. The other riders in the break sensed that McDirmid, Emde's teammate, was the strong man in the break. If they reeled in Emde, then McDirmid would surely counter.

An organized chase never materialized. On the finishing straightaway rolled the lone Emde. He looked back to see a group of riders in the distance. He crossed the line to the cheers of the crowd lined up along the finish line. Seconds later, Williams took the group sprint followed by Campbell, Murdin, Chase and McDirmid.

Emde, 35, was emotional and ecstatic after the race. Surrounded by his teammates and friends, the Spokane resident said, "Kenny

(Williams) was strong and I knew he really wanted to go for it so I tried covering his moves. Once it slowed down on the slight descent, I rode through and was just hoping that no one on the last lap was willing to work together. I gambled and it worked out."

Emde, who works part-time in customer service for FedEx and also runs a coaching and race promotion business, added, "It's awesome. It was a great team effort. It's all about the team. It doesn't matter who wins."

A few days later, Williams echoed Emde's comments. "They rode a tactically perfect race. Andrew was the strongest rider out there. If he had waited longer for his solo break he would have won. But Emde played it right when he made his move."

Master B

63 riders rolled across the start line in the 52.5-mile masters B race (Cat 3 over 30 and Cat 1-2 over 45). Unlike the day's other races, a successful break never formed. But by the closing kilometers, the hills had whittled the pack down to a lead group of approximately 25 riders. At around the 1 kilometer-to-go mark, an unidentified rider attacked. He reached the finishing straightaway slightly ahead of the pack, only to be swallowed-up in the group sprint.

In the race for the finish line, Steve Holland (Corben Huntair) blazed his way to victory ahead of Excel Sports riders Grant Thacker and Robert Wade.

Holland, a salesman from Vancouver, WA, described the race finale, "There was some guy who got away at the 1k marker and had a huge lead. In the sprint there were about three Byrne Gas guys who took off with about 300 meters to go. We caught that one guy off the front with about 50 meters to go and then I kind of rode it in."

Though he was riding in the masters B field, Holland, 46, is still a top ten finisher in Cat. 1-2 races. In April 2005, he took an impressive sixth

place finish in that field on the grueling Tahuya-Seabeck-Tahuya course.

While excited about winning the state championships, Holland's main goals are the Oregon stage races. "That's what I live for. Today's race is too short for me," he said.

108 Riders

The masters C race (Cat 4-5 over 30 and Cat 3 over 45) had the largest field of Northwest masters riders in recent memory: 108 cyclists. The size of the field shows the strong interest in entry-level racing at the masters level.

The hilly course took its toll on the field. By the final lap, the main peloton had dwindled by more than half.

Thomas Butler (Wheatland Wheelers) launched a vicious attack on the final climb up the big hill. He said, "I went to the front on the bottom of the big hill and just gave it everything I had and got a good gap. I tried not to look back. The official's car pulled in behind me across the top before the big downhill so that gave me confidence that it was worth pursuing. When you put out that kind of effort, you're not going to get a second chance."

Butler's hard attack paid off. The motivation of the peloton to chase him down faded as his gap grew. As he pounded on his pedals up the small hill a few miles before the finish line, spectators told him nobody was in sight.

Minutes later the 42-year-old land surveyor from Walla Walla, WA soloed across the finish line. A group of approximately 20 riders contested the field sprint for second place. Trevor Hall (Team Zoka) took the honors followed by Ivan Meadors (Corben Huntair)

...And the Old Guys

They may be old and getting slow, but with the masters D category (over 50) at least they have someone to race against. A wrinkled and grey-haired field of 34 riders pedaled across the start line for their four-lap race.

Excel Sports teammates Alastair Lockett and Kevin Fiske hammered up the big hill on the first lap stringing out the field. Minutes



Lisa Dunwald (left) and Teresa Buxton (right) engaged in a 2-up sprint with 200 meters to go at the WA State Championships.

Photo by Wheelsinfo.com



Excel Sports teammates Alastair Lockett (front) and Kevin Fiske (back) on an early break.

Photo by Wheelsinfo.com

later on the small hill, they punched it again and broke away.

After crossing the line for the start of the second lap, the field edged closer and Fiske dropped off figuring an early break was fruitless. Jim Hattori (Dewars Racing Team), yours truly, sensed an opportunity and bridged up to Lockett.

The duo worked hard and eventually had a decent gap. By the fourth and final lap it was clear that the peloton wouldn't catch them.

As they approached the finish line, Lockett lead out the final sprint but Hattori managed to get his wheel. Hattori came around but Lockett had one final surge and threw his bike to take the victory. Fiske attacked the remnants of the field on the final ascent of the small hill and soloed in for third place.

Lockett, a 52-year-old contractor from Seattle, reflected on the final sprint, "I'm a real long-winded sprinter but I knew that this was slightly uphill and into a headwind so I thought, delay, delay, delay. I waited to go until after the 200 meter mark but it was still too long. With 50 meters to go I thought I'd blown it." He didn't and collected another in a long line of victories on the road and track.

After their races, the riders mingled near their cars parked in the large grass field. They smiled and talked about what happened where and what their next race would be. With an excellent day of racing and such camaraderie, it's no wonder that masters racing is flourishing.

Jim Hattori is a Seattle-based writer who dabbles in masters racing. When he's not on his bike, he's the Foundation and Government Relations Manager for the Seattle Symphony.

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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 seen here.

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EVENTS

MAY

May 31-Jun 3: North Shore World MTB Conference

North Vancouver, BC. Join the leaders in the mountain biking industry, building solutions for economic development and tourism. Features discussions on a variety of themes in the mountain biking community, including environmental, social, liability and public safety, sustainable trails and communities. Richard Juryn, www.nsmfbc.com

JUNE

Jun 9-25: Pedalpalooza

Portland, OR. Two week celebration of bikes. 80 events will be capped off by the racuous and memorable Multnomah County Bike Fair. Events include: frame building workshop, Taco Ride, a bike "kiss in", bike art events and more. Kick off parade at 5:30 p.m. on June 9 - start at Jamison Square. Shift to Bike, Portland, OR, www.shifftobikes.org

Jun 18: Marymoor Little 100

Redmond, WA. Four riders, one single speed bike, flat pedals with coaster brake. Each rider must do at least one lap - bike hand offs at exchange. Beer garden and live music. Start at 4:00 p.m., main at 7:00 p.m. David Douglas, Pazzo velo, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

JULY

Jul 16-17: Seattle Night and Day Challenge

Seattle, WA. Orienteering race. Visit as many of the sixty checkpoints marked on a map of Seattle as possible. Choose your own route from point to point. Mostly city streets with some time on paths and in parks. Compete individually or on a team of up to 5 cyclists. Team mandatory for 16-hour race. Terry Farrah, Cascade Orienteering Club, 1410 Murchison Dr., Millbrae, CA, 94030. 206-399-6742, www.seattlenightandday.com

Jul 20: Bicyclists' Legal Clinic

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

CAMPS

MAY

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

JUNE

Jun 11-12: Sugoi Dirt Series

Whistler, BC. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Jun 25-26: Sugoi Dirt Series

Seattle, WA. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Jun 28-Jul 5: Freedom Sports Week

Orcas Island, WA. Sports camp that includes mountain bike camp for boys and girls of all skill levels in grades 6-10 (advanced sessions available), and a BMX unit for boys and girls in grades 3-10. Appearances by Kat Sweet and other professionals. Jim Brown, 206-382-5009, www.camporkila.org

JULY

Jul 2-3: Sugoi Dirt Series

Portland, OR. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Jul 5: Sugoi Dirt Series

Hood River, OR. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Jul 9-10: Sugoi Dirt Series

Sun Valley, ID. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Jul 20: Sugoi Dirt Series

Whistler, BC. Single day MTB camp for women. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Jul 23-24: Sugoi Dirt Series

North Vancouver, BC. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.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-Jul 31: Indie MTB Series

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

Feb 28-Sep 28: CCA Western National BMX Series

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

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, 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, 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 subsequent in 5 year increments. Relaxed and fun atmosphere. Bill Yearwood, BC Masters Cycling Association, 604-666-4927, www.bcmasterscycling.net

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-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, 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 prizes. Registration opens at 4:30 p.m. New riders start at 5:00 p.m., unlicensed and Cat 4/5 - 5:30 p.m., Cat 2/3/4 - 6:00 p.m., Pro 1/2/3 - 7:00 p.m. Length of race may vary over the season. Season prizes 6 deerp. 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, 206-619-1355, www.radcracingnw.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. 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 12-Aug 23: Spokane Twilight Series

Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 12-Aug 30: Tuesday Night RR Series

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

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 Whistler. 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: Lakeside Bicycles Monday Night Masters & Women 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.racemondaynight.com

May 2-Aug 29: MVA Monday Night Racing

Redmond, WA. Series focuses solely on juniors and new racers. Groupings and races determined by number of people showing and their abilities. Juniors ride separately from adults. Marymoor Velodrome Association, www.velodrome.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. Separate omnium racing for beginner men and women. Junior racing through July. Jen Featheringill, Portland, OR, 97292. 503-227-4439, www.obra.org

May 11-Aug 31: MVA Wednesday Night Racing

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

May 20-Aug 26: Group Health 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 features the Kiddie Kilo. Racing begins at 7:30 p.m. Marymoor Velodrome Association, Redmond, WA, 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

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

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

Jun 2-Jul 7: Spokane Sunset Series

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

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

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

Jun 6-Jul 25: True Amateur Crit Series

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

Jun 7-Aug 30: Eugene Twilight Crit Series

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

Jun 8-Aug 24: Central Oregon Crit Series

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

Jun 25-Sep 18: Willamette Pass Downhill Series

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

MULTISPORT

JUNE

Jun 4: Gap2Gap 2005

Yakima, WA. Multi-sport race comprised of five legs: field run, MTB, kayak/canoe, road bike and 10 km run. The Sport Gap2Gap features an in-line skate leg in place of the water leg, shorter MTB leg and a 5 km run. The race takes place on and around the Yakima Greenway along the scenic Yakima River. Junior Gap2Gap for kids 8-14. Includes run, bike, rollerblade, paddle and an obstacle course. Lorie Smith, Yakima Greenway Foundation, 111 S 18th St., Yakima, WA, 98901. 509-453-8280, www.yakimagreenway.org/g2g

Jun 5: Island lake Off-Road Triathlon

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

Jun 18: 5 Mile Lake Triathlon/Duathlon

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

Jun 18: Solstice Triathlon

LaGrande, OR. Off-road triathlon (Xterra point series race) Mark Larson, 1910 Island Ave., LaGrande, OR, 97850. 541-962-7441, www.cyclesportsbikeshop.com

Jun 25: Clean Air Duathlon MTB Benefit Challenge

Fort Steilacoom, WA. Start finish at the Fort Steilacoom Park. Tony Quinn, Washington State Ultra Distance Club, P.o.Box 39623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

Jun 25: Ogden Off Road

Ogden, UT. 1000m swim, 12-miles of twisting beautiful single track, 4-mile gnarly trail scramble. Part of Xterra point race. Michael Caldwell, Goal Foundation, 4390 Harrison Blvd, Ogden, UT, 84403. 801-778-6354, www.goalfoundation.com

JULY

Jul 2: 5 Mile Lake Womens Triathlon

Federal Way, WA. Sprint Triathlon Rory Muller, Bu Du Racing, 4017 S. 291st St, Auburn, WA, 98001. 253-334-4433, www.buduracing.com

Jul 10: Xterra Off-Road Triathlon

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

Jul 16: MOMAR Race 003

Sechelt, BC. Part of Mind Over Mountain Adventure Race series. Sunshine Coast event. 40km. Kayaking, MTB, trail running and mystery events. Emphasis on paddle and trekking. Moderate navigation. Teams of 4, 2 or solo. Bryan Tasaka, MOMAR, Vancouver, BC, V6K 1K4. 250-715-8933, www.mindovermountain.com

Jul 17: Valley Girl Triathlon

Liberty Lake, WA. Women's only sprint distance triathlon in the Spokane area. 0.5-mile swim, 11.5-mile bike, 3-mile run. Individual and team entries. Kids' event for 12 and under on the 16th. Distance varies according to age. Marla Emde, Emdesports.com, P.O. Box 9688, Spokane, WA, 99209-9688. 509-326-6983, www.valleygirltri.com

Jul 24: Moonlight Basin Off Road Triathlon -

Big Sky, MT. 1000 yard swim, 1.4-mile MTB ride, 5-mile run in a beautiful mountainous area. An Xterra Point Series Race. Scott and Karen Muir, Big Sky Endurance Sports, P.O. Box 160631, Big Sky, MT, 59716. 406-995-7138, www.moonlightbasin.com

Jul 31: Lake to Forest Triathlon

Sandpoint, ID. Long course and MTB short course available. Round & Round Productions, 418 E Pacific, Suite 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

BMX

JUNE

Jun 4-5: Walla Walla BMX

Walla Walla, WA. Weekly single point races Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jun 17-19: Walla Walla BMX - 700 points

Walla Walla, WA. 700 points weekend. Friday - DBL Saturday - RCQ, Sunday SCR. Friday sign up 5-6:30 p.m., Sat/Sun 9:30-11:00 a.m. Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jun 18-19: ABA BC Provincial Series Qualifier and RFL

Grand Forks, BC. One of the 12 qualifying events of which three must be ridden to qualify for the Provincial Finals. Sunday - RFL - Proceeds go to BC Childrens Hospital - Leukemia research. Laddie Rich, ABA Grand Forks BMX Club, 3515 Carson Rd, Grand Forks, BC, V0H1H4. 250-442-3306, www.grandforksbmx.com

Jun 25-27: 800 Point Weekend

Sumner, WA. 6/25- RFL - McCollum Park in a.m., and River Valley in p.m. - 6/26 - SCR RV in a.m., SCR in North SeaTac in p.m., 6/27- RFL at North SeaTac Mike Raich, River Valley BMX, 7800 Riverside Dr. E, Sumner, WA, 206-246-2661, www.gobmx.com

JULY

Jul 2-3: BMX BC Cup #2 & #3

Kamloops, BC. New event on the circuit. See Race Series for details. Larissa Hoath, Cycling BC, 332-1367 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

Jul 7-10: Columbia Bassin

Tri-City, WA. Single point races on 7 and 8, SCR on 9th and Double on 10th. John Higbee, 509-967-1651, www.columbiabasinbmx.com

Jul 15-17: Walla Walla BMX

Walla Walla, WA. Friday - Single point, Saturday-RFL, Sunday - single point Steve or Tammi Bailey, Walla Walla BMX, 509-301-6461, www.wallawallabmx.org

Jul 21-23: Columbia Bassin

Tri-City, WA. Single point races John Higbee, 509-967-1651, www.columbiabasinbmx.com

Jul 29-31: 900 Point Weekend

Jun 4: Kelly Canyon Knobby Challenge

Idaho Falls, ID. At Kelly Canyon Resort Davey Moore, 208-338-1016, www.knobbytireseries.com

Jun 5: Humberg Hurry-up

Yreka, CA. 12-mile loops with 2,000ft of elevation gain per lap. Woodsy, shaded trails. No public roads. LeMans style start. Cash prizes for top finishers in sport and expert categories. Lauren Sweezy, 2914 Island Road, Etna, CA, 96027. 530-467-3129, www.obra.org

Jun 9: Spokane Sunset Series #2

Spokane, WA. Beacon Hill Park. CC event. See race series for details. Round & Round Productions, 509-455-7657, www.roundandround.com

Jun 11: Revenge of the Singletrack

Twin Falls, ID. Always a classic, even more fun than ever. The race starts and finishes at the Magic Mountain ski resort, located 23-miles south of Hansen, Idaho, (about 26-miles south of I-84). Beginners, sports, expert and pro categories. First start at 11:00 a.m. 10-mile loop. Ron Dillon, Wild Rockies, www.wildrockies.com

Jun 12: Beacon Bomber

Spokane, WA. DH racing for all ages & ability levels. Part of WIM Series. Round & Round Productions, 509-455-7657, www.roundandround.com

Jun 12: T&E Cycles Challenge - XC

Mt. Hood. CC event at Mt Hood Skibowl. Multiple lap format for all categories and sub-categories. Bring your climbing legs. Petr Kakes, Hurricane Racing, 541-272-0240, www.skibowl.com

Jun 16: Spokane Sunset Series #3

Spokane, WA. Riverside Park. CC event. See Race Series for details. Round & Round Productions, 509-455-7657, www.roundandround.com

Jun 18: Idaho City Excellent Adventure

Idaho City, ID. For everyone, from pro to beginner, start at the same time, LeMans style. Everyone rides the same course, a hybrid route of 17-miles that ties sections of the beginner and sport courses together. Long climbs and descents, deep woods and awesome single track. Your big chance to test yourself, heads-up and one-on-one, against the best. Held in conjunction with the Idaho City Arts & Crafts Festival. Ron Dillon, Wild Rockies, www.wildrockies.com

Jun 18-19: T&E Cycles Challenge - DH

Mt. Hood. DH training on Saturday and racing on Sunday. Categories and sub categories for all age groups. 2-mile long course. Part of Mt. Hood Skibowl Series Petr Kakes, Hurricane Racing, 541-272-0240, www.skibowl.com

Jun 18: Test Of Endurance Marathon

Blodgett, OR. Epic race from Blodgett to Alsea and back. Point-to-point stage race that can be entered solo or as a two person team. 47-miles of trails open for racing. 10,000ft of climbing. Change from previous listing as 2 day event. Mike Ripley, Mudslinger Events, 91231 Shane Ct, Coburg, Or, 97408. 541-342-1493, http://mudslingerevents.com

Jun 18: Test of Metal - BC Marathon #3

Squamish, BC. Brennan Park Leisure Centre. Very demanding CC course with over 1,200 meters of climbing and 35km of single track. Part of BC Marathon Series. Register early, usually sold out by April. Cliff Miller, Test of Metal, Box 793, Gabrialdi Highlands, Squamish, BC, V0N 1T0. 604-898-5195, www.testofmetal.com

Jun 25-26: Silver Mountain - WIM Finals

Kellogg, ID. CC (Saturday) and DH (Sunday) racing for all ages & ability levels. Finals event of WIM Series. Round & Round Productions, 509-455-7657, www.roundandround.com

Jun 25-26: The Mad Trapper - SISU BC Cup XC/DH # 2

Panorama, BC. CC, DH. Part of BC Cup Series. Brad Brush, Panorama Resort, Box 7000, Panorama, BC, V0A 1T0. 250-341-3019, www.panoramaresort.com

Jun 25-26: Willamette Pass DH Series #1

Willamette Pass, OR. See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jun 26: Cascade Cream Puff

Oakridge, OR. Celebrating 10th anniversary. America's toughest 100-mile MTB race. Riders complete three 33-mile loops. Climbing on gravel road, 50% single track and 18,000ft of climbing. 110-rider limit. Time limit: 15 hours. Register early. Don Person, 25828 Parker Lane, Veneta, OR, 97487. 541-935-4996, www.puff100.netfirms.com/

Jun 30: Spokane Sunset Series #4

Spokane, WA. Beacon Park. CC event. See Race Series for details. Round & Round Productions, 509-455-7657, www.roundandround.com

JULY

Jul 2-3: Falls City Firecracker / OR State Championship

Fall City, OR. Open to Pro, Elite, Expert, Sport, Beginner broken into age groups. Distance varies according to category. 3-miles per lap. 800ft. of climbing per lap. Steep pitches. No flat spots. Part of Oregon MTB Series. Kevin Thompson, 7945 SW Fanno Cr Dr #1, OR, 503-481-7662, www.obra.org

Jul 3: Urban Assault MTB

Boise, ID. Davey Moore,

Jul 7: Spokane Sunset Series Finals

Spokane, WA. CC event. Location: TBC. See Race Series for details. Round & Round Productions, 509-455-7657, www.roundandround.com

Jul 8-10: State Games of Oregon

Mt. Hood, OR. DH and CC racing. Friday - DH training, Saturday - DH racing, Sunday - CC. All categories and sub-categories offered. DH is 2-miles long, with 1500ft of elevation. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 9-10: Brundage Bike Festival

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

Jul 9-10: Mount 7 Psychosis

Golden, BC. Longest DH race in North America, over 4000ft of technical single track DH. Russell Gillespie, 604-938-7347

Jul 9-10: Padden Mountain Pedal and Freeride Challenge

Bellingham, WA. In its 13th year - the granddaddy of them all - this is the oldest and most respected race in the Pacific Northwest. Extensive prize list. Great course in the heart of Bellingham. 7/9 - Big Air contest, 7/10 - Padden xc. Part of the Indie Series. Mark Peterson, WHIMPS, 1907 Iowa St., Bellingham, WA, 98226. 360-733-1955, www.whimpsmb.com

Jul 9: Piranha Relay

Warm Springs, OR. With race classes comprised of solo, two- and four-person teams, the unique 100-mile race is designed to challenge expert and novice riders alike. Teams may be men, women or co-ed. Begins 6:00 a.m. \$500 cash for 1st place. Kip Buck, 11650 SW Bruce Drive, Beaverton, OR, 97008. 971-234-5845, http://warmspringseurancereseries.com

Jul 10: Terminator Downhill

Golden, BC. Held at Kicking Horse Mountain Resort. Technical DH with slick rock, drops and berms. 1800m descent from start to finish. Steve Parsons, Box 839, Golden, BC, V0A 1H0. 250-439-5422, www.kickinghorseresort.com

Jul 13: Portland MTB Short Track Series #1

Portland, OR. See Race Series for details. Josh Wiggins, 971-570-6378, www.obra.org

Jul 14-17: NORBA Nationals

Schweitzer Mountain Resort - Sand Point, ID. Short track, downhill, mountain cross, super D, XC marathon. All categories. Jeffrey Frost, Blue Wolf Events, PO Box 2932, Big Bear Lake, CA, 92315. www.norbanationals.com

Jul 16-17: Bear Mountain Challenge - SISU BC Cup XC/DH #3

Mission, BC. Biggest DH event in BC. Fun, challenging course for all categories. CC event as well. See race series for details. Cory Adsit, Bear Mountain, 2247 Olympic Pl., Abbotsford, BC, V2S 7R5. 604-850-4603, www.bearmtnpromotions.com

Jul 20: Portland MTB Short Track Series #2

Portland, OR. See Race Series for details. Josh Wiggins, 971-570-6378, www.obra.org

Jul 22: World Masters Games

Edmonton, AB. CC race varying in distance depending on age groups for men's and women's categories. Raced at Terwilliger Park. Open to all masters. 780-822-2005, www.2005worldmasters.com

Jul 23-24: Apex Real Mountain Challenge - SISU BC Cup DH/XC #4

Apex, BC. All UCI and BC off road categories offered. Point-to-point courses of 20, 30, and 45km. Over 5000ft. of elevation gain in the 45km loop. Also features a continuous singletrack descent of almost 2000ft. DH event features 1600ft of vertical. Course is steep, tough and long. Dual slalom event. Festival atmosphere with BBQ and entertainment. Part of SISU BC Cup DH/XC Series. See Race series for details. Bob Leslie, PO Box 208, Summerland, BC, V0N 1Z0. 250-494-0341, www.realmountainchallenge.com

Jul 23-24: Oakridge Fat Tire Festival

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

Jul 27: Portland MTB Short Track Series #3

Portland, OR. See Race Series for details. Josh Wiggins, 971-570-6378

Jul 30-31: Fernie Canada Cup

Fernie, BC. CC and DH events part of the Canada Cup National MTB Series. Open to all categories. US riders welcome. Karen Pepper, Fernie Alpine Resort, 5339 Ski Area Rd., Fernie, BC, V0B 1M6. 250-423-2401, www.skifermie.com

Jul 30-31: Lakeview Outback Challenge

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

Jul 30-31: Shiloh Cyclery Skibowl DH #4

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

Jul 31: Greenwater Gamble

Greenwater, WA. No racing license required. Stiff Wick Productions, WA, 99202. 206-824-7666, http://home.comcast.net/~indieseries/greenwater-gamble.html

MOUNTAIN BIKE TOURING

JUNE

Jun 4: Group Health MS Mountain Bike Challenge

Fall City, WA. MTB event to fundraise for Multiple Sclerosis. Racheal Nuwash, 192 Nickerson St, Suite 100, Seattle, WA, 98109. 206-284-4254 x235, www.nationalmssociety.org/was

Jun 4: Klamath Rails-to-Trails Day

Klamath Falls, OR. Event start at 7:00 a.m. at the Switchback Trailhead southwest of Sparague on the OC&E Woods Line State Trail. Rides, hike, BBQ. Discover this beautiful 105 mile trail, with 7 miles paved from Klamath Falls to Oleno. Art Sevigny, Klamath Rails to Trails Group, 541-884-3050, sevignya@cvc.net

Jun 12: Ochocco Scramble

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

Jun 18-19: Cycle Idaho

Boise, ID. Cycle from Boise to Idaho City and back to Boise. Camp over one night. Harley Parson, Cycle Idaho, PO Box 1063, Meridian, ID, 83680. 208-288-2327

Jun 18: Test Of Endurance Ride

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

JULY

Jul 4-8: Backcountry Hot Springs

Ketchum, ID. This trip has a clear natural hot spring at every camp. Begin in Sun Valley, ID and travel to the edge of the Sawtooth Wilderness Area. The riding on this tour is primarily dirt roads. Climbing to the top of each pass is a good workout, but the descents on the other side make it all worthwhile. Additional dates for this trip: July 11-15, 18-22, 25-29. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 4-8: Mt. Hood Singletrack

Portland, OR. Travel through the Mt. Hood National Forest. A few short tricky sections, rideable switchbacks and excellent grades. Additional dates for this trip: July 11-15, 18-22, 25-29. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 4-8: Sun Valley Singletrack

Ketchum, ID. Smooth trails. Altitudes on this trip are below 10,000ft. We average about 25-miles per day, but we have to climb to get the views, and single track experience is a must. Additional dates for this trip: July 11-15, 18-22, 25-29. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 9-10: Sea to Sky Trail Ride

D'Arcy to Whistler, BC. 10th anniversary event. 150km of off-road trail ride in the spectacular Whistler area. Plenty of food and secure camping at Riverside Campground in Whistler. Robbin McKinney, R.E.M Event Management, Vancouver, BC, V6J 4S3. 800.242.1825, www.great-explorations.com

Jul 11-17: Kettle Valley Trail Cycle Tour

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

Jul 11-18: Sawtooth Singletrack

Ketchum, ID. Single track experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000ft. Additional dates for this trip: July 18-22, 25-29. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 16: Pedal the Pinchot

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

Jul 17-22: Kettle Valley Trail Cycle Tour

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

Jul 18-22: Lewis and Clark Lolo Trail

Missoula, MT. Trip takes you through the remote country where Lewis and Clark reached the Bitterroot Mountains, west of Lolo Pass, on the border of what is now Montana and Idaho. The riding is fun and non-technical, climbs provide a good challenge each day and there are many points of interest along the way. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 18-22: Umpqua River Trail

Medford, OR. World-class trail, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of mountain hemlock, western cedar and Douglas Fir. Tour also available from July 25-29. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 21-24: Kettle Valley Trail Cycle Tour

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

Jul 25-29: Lewis and Clark Lolo Trail

Missoula, MT. Refer to July 25-29 listing for more details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 25-29: Lewis and Clark Lolo Trail

Missoula, MT. Refer to July 18-22 listing for more details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 30-31: Port to Port Bike Ride

Portland, OR. 2-day, 165-mile ride from Portland to Newport, OR. Spend night in Dallas, OR and participate in Dallas Summer Festival. 541-961-8192, www.orbike.com

ROAD RACING

MAY

May 28-29: Human Power Challenge 05

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. Michael Wolfe, Oregon Human Powered Vehicles, Portland, OR, www.ohpv.org

May 28-31: The Ecology Center Classic Stage Race

Missoula, MT. 8th annual. Three- and four-day stage race depending on category. Women Cat 1/3, Cat 4, men Pro 1/2, Cat 3, Cat 4/5, Masters 40+ and juniors. Scenic course, great atmosphere. Jeff Crouch, Team Stampede / Five Valley Velo, 406-544-9614, www.ecologycenterclassic.org/

May 28-29: Times Colomni 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

JUNE

Jun 1: Bend Time Trial Series

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

Jun 1: Phoenix Velo Training Group

Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Jun 1: River City Bicycles Mt. Tabor Series

Portland, OR. Circuit race #1. See Race Series for details. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 2: First Rate Mortgage Cycling Series

Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

Jun 2-5: Mt. Hood Cycling Classic

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

Jun 2: Pacific Raceways Women's RR

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

Jun 2: Southern Oregon Thursday Night

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 541-840-0713, www.obra.org



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Jun 4: BC Masters Race Series #9

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

Jun 4-5: Race Across Oregon

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

Jun 4: The Ohop Trophy Series #4

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

Jun 5: BC Masters Race Series #10

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

Jun 5: Race the Ridge Criterium

Maple Ridge, BC. Open to all categories. Course is 1.2km long with chicane. Race time varies between 20-30 mins. + 3 laps. 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

Jun 6: Monday Night Masters & Women PIR Series

Portland, OR. June series event #1. See race series for details. Jim Anderson, 503-975-8229, www.obra.org

Jun 6: True Amateur Criterium Series #1

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

Jun 7: Eugene Twilight Criterium Series

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

Jun 7: Pacific Raceways RR Series

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

Jun 7: Spokane Twilight Series

Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 7: Tuesday Night Road Race Series

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

Jun 7: Tuesday PIR Series

Portland, OR. June series event #1. See race series for details. Jeff Mitchem, 503-233-3636

Jun 8: Central Oregon Crit Series

Bend, OR. June series event #1. See race series for details. Damian Schmitt, 541-350-3327

Jun 8: Phoenix Velo Training Group

Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Jun 8: River City Bicycles Mt. Tabor Series

Portland, OR. Circuit race #2. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 9: First Rate Mortgage Cycling Series

Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

Jun 9: Southern Oregon Thursday Nighters

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 10-12: Tour of Eagle Stage Race

Eagle, ID. Criterium on Friday, Time Trial on Saturday, Road Race Sunday. Gary Casella, 208-884-1925, www.georgescycles.com

Jun 11-12: BC Masters Race Series 11/12

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

Jun 11: Bend Team Time Trial

Bend, OR. William Warburton, 518-524-435

Jun 11: Brockton Criterium

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

Jun 11: Olympic Athletic Club Twilight Criterium

Ballard, WA. 1km, almost flat, 4-corner criterium course on city streets. Registration at start/finish area corner of Ballard Ave NW/20th Ave NW. USCF license required. First race starts at 2:30 p.m. LAJORS event. David Douglas, www.pazzovelo.com

Jun 12: Atomic RR – SISU BC Cup #3

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

Jun 12: Oregon State Championship

TBA, OR. Joe Cipale, 360-750-6659, www.obra.org

Jun 12: Volunteer Park Criterium

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

Jun 13: True Amateur Crit Series #2

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

Jun 14: Eugene Twilight Criterium Series

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

Jun 14-16: Lyle Pearson Classic

Boise, ID. Stage race for all categories. Mike Cooley, George's Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

Jun 14: Pacific Raceways RR Series

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

Jun 14: Spokane Twilight Series

Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 14: Tuesday Night Road Race Series

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

Jun 14: Tuesday PIR Series

Portland, OR. June series event #2. See race series for details. Jeff Mitchem, 503-233-3636

Jun 15: Central Oregon Crit Series

Bend, OR. June series event #2. See race series for details. Damian Schmitt, 541-350-3327

Jun 15: Phoenix Velo Training Group

Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Jun 15: River City Bicycles Mt. Tabor Series

Portland, OR. Circuit race #3. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 16: First Rate Mortgage Cycling Series

Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

Jun 16: Southern Oregon Thursday Nighters

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 16: BC Masters Race Series #13

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

Jun 16: Built For Speed Time Trial Series

Corvallis, OR. Event #4. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

Jun 18: Elkhorn Circuit Race

Ketchum, ID. Road event Sun Summit, 208-726-0707

Jun 18: Idaho State TT championships

Sun Valley, ID. Durance Cycles, www.durance.com

Jun 19: Ketchum Criterium

Ketchum, ID. Criterium Sun Summit, 208-726-0707

Jun 19: Larch Mountain Time Trial

Corbett, OR. Riders cover a distance of 16.4-miles gaining 3,000ft. Course is rolling at first uphill and then just uphill. Course record just under the 60 minute mark. Matthew Wolpert, 503-331-7382, www.obra.org

Jun 19: Washington Senior State Criterium Championships

Kent, WA. LAJORS event. NWWC Cat 3/4 event. Counts for BARR points Robert Trombley, Recycled Cycles, www.recycledrecycles.com

Jun 19: Wedgewood Westside Classic – SISU BC Cup #4

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

Jun 20: Monday Night Masters & Women PIR Series

Portland, OR. June series event #2. See race series for details. Jim Anderson, 503-975-8229, www.obra.org

Jun 20: True Amateur Crit Series #3

Eugene, OR. See Race Series for details. Sal Collura, 541-747-3336

Jun 21: Eugene Twilight Criterium Series

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

Jun 21: Spokane Twilight Series

Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 21-25: Junior / Elite Nationals

Park City, UT. National championships for time trial, road and criterium events.

Jun 21: Pacific Raceways RR Series

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

Jun 21: Spokane Twilight Series

Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 21: Tuesday Night Road Race Series

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

Jun 21: Tuesday PIR Series

Portland, OR. June series event #3. See race series for details. Jeff Mitchem, 503-233-3636

Jun 22: Central Oregon Crit Series

Bend, OR. June series event #3. See race series for details. Damian Schmitt, 541-350-3327

Jun 22: Phoenix Velo Training Group

Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Jun 22: River City Bicycles Mt. Tabor Series

Portland, OR. Circuit race #4. See Race Series for detail. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 23: First Rate Mortgage Cycling Series

Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

Jun 23: Pacific Raceways Women's RR

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

Jun 23: Southern Oregon Thursday Nighters

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 24-26: Elkhorn Classic Stage Race

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

Jun 25: Gig Harbor Circuit Race

Gig Harbor, WA. Brian Babbitt, www.wsbaracing.com

Jun 26: 54th Annual Phil Hohnstein Mt. Tabor Circuit Race

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

Jun 26: Lacey Criterium

Lacey, WA. Jack Broadhead, www.wsbaracing.com

Jun 26: Mt. Tabor Circuit

Portland. Terry Crawford, 503-244-0050

Jun 26: Norm Lowe Memorial – SISU BC Cup #5

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

Jun 26: River City Bicycles Barlow Trail Century

Portland, OR. We're going to put on our own Century ride, with several gourmet rest stops and distance options! River City Bicycles, 706 SE MLK Blvd., Portland, OR, 97214. www.rivercitybicycles.com

Jun 27-25: Masters / Tandem Nationals TT

Antelope Island, UT. National championships for time trial events.

Jun 27: Monday Night Masters & Women PIR Series

Portland, OR. June series event #3. June series awards night. See race series for details. Jim Anderson, 503-975-8229, www.obra.org

Jun 27: True Amateur Crit Series #4

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

Jun 28: Eugene Twilight Criterium Series

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

Jun 28-30: Masters / Tandem Road Nationals

Park City, UT.

Jun 28: Pacific Raceways RR Series

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

Jun 28: Spokane Twilight Series

Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 28: Tuesday Night Road Race Series

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

Jun 28: Tuesday PIR Series

Portland, OR. June series event #4. See race series for details. Jeff Mitchem, 503-233-3636

Jun 29: Bend Time Trial / Duathlon Series #1

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

Jun 29: Central Oregon Crit Series

Bend, OR. June series event #4. See race series for details. Damian Schmitt, 541-350-3327

Jun 29: Phoenix Velo Training Group

Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

Jun 29: River City Bicycles Mt. Tabor Series

Portland, OR. Circuit race #5. See Race Series for details. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 29: Yaletown Grand Prix

Vancouver, BC. Downtown criterium on cool circuit. Fast and exciting with a lot of action. Spectator friendly course. Women's road race series event. Steve Engh, 3988 WEST 32 nd Ave., Vancouver, BC, v6s 1z3. 604-328-7370, www.trekredtruckracing.com/

Jun 30: First Rate Mortgage Cycling Series

Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

Jun 30: Southern Oregon Thursday Nighters

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 541-840-0713, www.obra.org

JULY

Jul 2: BC Masters Race Series #14

Winfield, BC. Near Kelowna. Criterium with small up and down. See Race Series for details. Bruce Stevens, 250-491-0314, www.bcmasterscycling.net

Jul 2-3: Race at the Edge

Queen Charlotte Islands, BC. New race, brand new course. D Beggs, 250-559-8831

Jul 2: The Capital Criterium

Olympia, WA. Twisting 0.7-mile course on the Capitol Campus. Brandon Archibald, Olympia, WA, 360-280-9451, www.cbracing.org

Jul 3: BC Masters Race Series #15

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

Jul 3: PoCo Classic

Port Coquitlam, BC. BC Women's road race series event. Phil Breden, 604-945-0602, www.westwoodycle.com

Jul 3: The Ohop Trophy Series #5

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

Jul 4: 30th Annual Joe Matava Memorial Classic Criterium

Burien, WA. Junior State Championships. Counts for BARR points Dave Bachman, WheelSport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com

Jul 4: Monday Night Masters & Women PIR Series

Portland, OR. July

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

Jul 19: Spokane Twilight Series
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jul 19: Tuesday PIR Series
Portland, OR. July series event #3. See race series for details. Jeff Mitchem, 503-233-3636,

Jul 20: Central Oregon Crit Series
Bend, OR. July series event #3. See race series for details. Damian Schmitt, 541-350-3327

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

Jul 20: Tour de Gastown
Vancouver, BC. Centerpiece of BC Superweek. Super fast 1.2km course. Men 50 laps, women 30. Course takes riders on a slight uphill into first turn - a 165 hair-pin. Fast three-block stretch that sends them downhill toward a left turn. Exit last corner onto cobblestones and a 250m dash to the finish. \$10,000 in cash prizes. Jonathan Wornell, c/o GBIS, #145-332 Water Street, Van, BC, V6B 1B6. 604-836-9993, www.tourdegastown.com

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

Jul 21: Southern Oregon Thursday Nighters
Ashland, OR. Circuit race. See race series for details. Ed Garfield, 541-840-0713, www.obra.org

Jul 22-24: Tour de White Rock - SISU BC Cup Finale
White Rock, BC. Friday - Hill Climb; Saturday - Criterium; Sunday - Road Race. Final weekend of the BC Superweek. \$10,000 price list. See Race Series for details. Rita Clarkson, White Rock Leisure Services, 15322 Buena Vista Avenue, White Rock, BC, V4B 1Y6. 604-541-2161, www.city.whiterock.bc.ca

Jul 23-24: BYRDS Junior Stage Race
Boise, ID. Junior stage race, ages 10 to 18. LAJORS event. Dave Bartle, 2533 Bruins Circle, Boise, ID, 83704. 208-377-4507, www.worldcycloboise/byrds

Jul 23: Wells Fargo Twilight Criterium
Boise, ID. Cat.: Men 1/2, Men 3 Masters 35+, Men 4-5, Women Pro 1/2/3. Flat, four corner classic criterium. 1km loop. Mike Cooley, 251 W Front #100, Boise, ID, 208-343-3782

Jul 23-30: World Masters Games
Edmonton, AB. ITT: July 23. 20km individual time trial out and back at 30-second intervals. St. Albert to Villeneuve. Road Race: July 24. One lap is 11km. Men Cat. over 60 and women go five laps. Men under 60 go eight laps. William Hawrelak Park. Criterium: July 30. Races will be a set time plus laps. Ages 30-49 will race 45 minutes plus three laps. Ages 50+ race 500m. 780-822-2005, www.2005worldmasters.com

Jul 23: Zoka Criterium
Seattle, WA. Lake Washington Velo, www.wsbaracing.com

Jul 24: 4 Corners Road Race
Maple Valley, WA. NWWC Cat 3 event. Vision/4 Corners Cycling Team, www.vision4corners.com

Jul 25: True Amateur Criterium Series #7
Eugene, OR. Sal Collura, 541-747-3336,

Jul 26: Eugene Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

Jul 26: Pacific Raceways RR Series
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Jul 26: Tuesday PIR Series
Portland, OR. July series event #4. See race series for details. Jeff Mitchem, 503-233-3636

Jul 27: Bend Time Trial / Duathlon Series #3
Bend, OR. Barry Holman, 541-330-3996

Jul 27: Central Oregon Crit Series
Bend, OR. July series event #4. See race series for details. Damian Schmitt, 541-350-3327

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

Jul 28-31: Co-Motion Classic Tandem Stage Race
Eugene, OR. The nation's premier annual tandem racing event. 4 day, 5 stage tandems only stage race. A, B and C (mixed team) Cat. C Cat. riders will do the short road race and time trial only. Kent Peterson, Co-Motion, 4765 Pacific Ave, Eugene, OR, 97402. 541-342-4583, www.co-motion.com

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

Jul 28: Southern Oregon Thursday Nighters
Ashland, OR. Circuit race. See race series for details. Ed Garfield, 541-840-0713, www.obra.org

Jul 30: Co-Motion Criterium
Eugene, OR. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

Jul 30: The Ohop Trophy Series #6
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. Michael Pruitt, Starbuck Doubleshot / Spoke and Sprocket, www.axleyusa.com/ohop.htm

Jul 31: Vancouver Courthouse Criterium
Vancouver, WA. David Hart, 360-896-7326

ROAD TOURING

JUNE

Jun 4: 400 km Brevet
Peace Region, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 4: 600 km Brevet
Lower Mainland, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 4-5: SIR 600 km Brevet
WA. Randonneur event. Owen Richards, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jun 5-10: Bryce-Zion Bike
Various, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 5: No Frills Century Sunday
Bend, OR. 100 and 65-mile rides. Start at 8:00 a.m. \$20. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Jun 5: Peninsula Metric Century*
Southworth and Gig Harbor, WA. 2 start locations for 50km, 100km, and 100-mile routes. The 50km loop is on rural roads with rolling terrain. The 100km loop through South Kitsap County and the Gig Harbor Peninsula features rural roads with rolling hills. The 100-mile loop boasts more than 7,000ft of elevation gain. Supports BAW. Donna Daily, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-884-4473, www.twbc.org

Jun 5-10: San Juan Islands 6-Day
Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 5-6: Wine Tour Walla Walla
Walla Walla, WA. Two day fully supported tour with lodging at the Marcus Whitman Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokanebikes.com

Jun 6-Jul 1: The Great Alaska Highway Ride 8
Alaska, BC. Annual ride the full length of the Al-Can Highway. Going from Alaska to Yukon to BC. CYCLEVENTS, PO Box 725, Hilo, HI, 96721. 888-733-9615, http://cyclevents.com/alaska

Jun 7-10: San Juan Islands 4-Day
San Juan Islands, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 11: 600 km Brevet
Southern Interior, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 11: Bob LeBow Bike Tour "Health Care for All"
Nampa, ID. Scenic tour throughout prime Idaho agricultural areas in Canyon and Owyhee counties. Distances: 3, 10, 35, 64, 100-miles. Start time varies with distance: 7 a.m. for century to 11:30 a.m. for shorter distances. There are some hills on the three longer courses, others are flat. Tour benefits Terry Reilly Health Services Zero Pay Fund. Ann Sandven, Terry Reilly Health Services, 211 16th Avenue N., PO Box 9, Nampa, ID, 83653. 208-467-4431, www.trhs.org

Jun 11-17: Hawaii
Kona, HI. Explore on foot, bike and in the water the very best parts of the big island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45 miles/day. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 11-18: 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. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 11: Strawberry Century
Lebanon, OR. Remember The Thrill. 55, 70 or 102 sweet miles in the beautiful Willamette Valley. Dian Grestner, Santaim Spokes Bicycle Club, P.O.Box 739, Lebanon, OR, 98355. 541-926-1188, www.santiamspokes.org

Jun 11: Sunrise Apple Century Ride
Wenatchee, WA. Century bike ride. 100-mile loop along east and west side of Columbia River between Wenatchee and Chelan. Start/Finish at Walla Walla Park. Stops every 25 miles. Pre-ride gathering on Friday night. All proceeds benefit Sunrise Rotary's charity programs. Steve King, Wenatchee Sunrise Rotary, P.O.Box 1433, Wenatchee, WA, 98807. 509-664-3366, www.wenatcheesunrise.org/century

Jun 12: Chelan Century Challenge
Lake Chelan, WA. 30, 60 and 100 mile loops. Fully supported. Rider check in 7:00-8:30 a.m. Ride along Lake Chelan, through the Coulees, orchards, the hills of Manson, mountainous terrain, along the Columbia River and the McNeil Canyon. Scenic ride in variable terrain from easy to brutal. Don Lloyd, Lake Chelan Rotary Club, 10912 S Lakeshore Rd, Chelan, WA, 98816. 509-682-1500, www.centuryride.com

Jun 12: Mt. Adams Country Bicycle Tour
Trout Lake, WA. 11, 45, 70 or 80 scenic country miles at the base of beautiful Mt. Adams. Barbeque feast to follow. Cookie Gilpatrick, 3 Murdock Way, P.O. Box 259, Trout Lake, WA, 98650. 509-395-2468, www.troutlake.org/biketour

Jun 12-17: Oregon Coast Budget
Eugene, OR. Biking, hiking. For those who want a more economical way to explore Oregon's coast, yet don't want to camp. Fully supported, this ride averages 45 miles/day. 800-443-6060, www.bicycleadventures.com

Jun 12: Victoria 200 km
Vancouver Island, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 18: 1000 km Ultra Marathon
Various Locations, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jun 18: Cannonball
Seattle, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx 10km of climbing. A timed event. Duane Wright, Redmond Cycling Club, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmondclub.org/

Jun 18: Flying Wheels Summer Century
Redmond, WA. Largest century in Washington state, with 25-, 50- and 70-mile loop options. 2,200 riders. Start/finish at Marymoor Park. David Douglas, Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jun 18: Grand Illinois Trail and Parks
Joliet, IL. Unique week-long bike ride featuring a sampling of routes in the Grand Illinois Trail combined with overnights at five outstanding state parks. Ride start/end in Joliet. Full support. Chuck Oestreich, 816 - 22 nd St, Rock Island, IL, 61201. 309-788-1845, www.bikelib.org/gitap

Jun 18: Ride4US (Ride4UltraSound)
Tacoma, WA. Washington's only century-length bicycling event that is "family-friendly." Four fun and challenging routes of 5, 31, 62 and 100-miles show off the beauty of Tacoma and Vashon Island. Start/Finish: Pt De fiance Park. Start between 7:00 and 9:30 a.m. Diego Wendt, Ride4US, 401 North E St, Tacoma, WA, 98403. www.ride4us.org

Jun 18: Tour de Blast
Toutle, WA. Tour de Blast offers 80km and 135km rides with breathtaking views of Mt. St. Helens' blast zone. Well staffed by Longview Noon Rotarians. \$40 covers T-shirt, rest stops and end-of-ride pasta feed. Limit 1,200 riders. Mountain opens May 1st. Tom Deutsch, Longview Rotary, P.O. Box 1105, Longview, WA, 98632. 360-749-2192, www.tourdeblast.com

Jun 18: Yakima Ridges Bicycle Ride
Yakima, WA. Ride through the sunny upper Yakima Valley. 25-, 45-, and 100-mile options with a wide range of challenges. The 100 course climbs over 5400ft. Little traffic. Start/Finish at Chesterley Park Fully supported. David Severson, Apple Valley Kiwanis Club, 10419 Summerview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com

Jun 19-Aug 8: Across America North
Astoria, OR. A scenic and challenging fully supported 50-day bicycle tour from Astoria, OR to Portsmouth, NH. Bill, America by Bicycle, P.O. Box 805, Atkinson, NH, 03811. 888-797-7057, www.abbike.com

Jun 19-27: Northwestern Tour
Astoria, OR. A scenic and challenging, fully supported, 613-mile bicycle tour from Astoria, OR to Boise, ID. Part of the Across America North tour. America by Bicycle, 888-797-7057, www.abbike.com

Jun 19: Watermelon Rides
Rickreall, OR. Routes of 45, 100, 125 and 200-miles. Oregon's only one-day double century. Routes are generally flat with some rolling hills. Takes riders through the central Willamette Valley. Jean Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. www.salemclub.org

Jun 24-26: Wine Tour Yakima Valley
Sunnyside, WA. Three day fully supported Wine Tour with lodging. Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokanebikes.com

Jun 25-Jul 1: Beginner's Paradise Sampler Hot Springs Tour
Livingston, MT. 138-mile beginner's bike tour for women. Longer or shorter miles possible. 7 days/6 nights. Trip meanders along Paradise Valley, explores Yellowstone National Park and visits numerous hot springs. Also available July 16-22. LunaTours, 877-404-6476, www.lunatours.com

Jun 25-26: Cycle Oregon - The weekend
Champoeg State Park, OR. Two day event. This ride brings you from Champoeg, near St Paul, to Armitage County Park near Eugene. First day 60-miles. Second day 75-miles. Fully Supported. Entertainment, lodging options available. Tara Corbin, Cycle Oregon, P.O.Box 15339, Portland, OR, 97293. 800-292-5367, www.cycleoregon.com

Jun 25-Jul 1: Cycle the Columbia Gorge
Portland, OR. Features great cycling, scenery, food, and fun. The 376-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Follows the path of explorers Meriwether Lewis and William Clark, along the spectacular Columbia River Gorge and to Astoria on the Pacific Ocean. Terry Maloughney, Adventure Cycling Association, 800-755-2453, www.adventurecycling.org/e55

Jun 25-Jul 2: Glacier-Banff-Jasper
BC, AB, MT. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park in Montana, as well as Banff and Jasper national parks in Alberta. Ride the Going-to-the-Sun Road and the Icefields Parkway. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 25: Mountain Lakes Challenge
Ashland, OR. Two century rides and one 27-mile loop with Mt Ashland as backdrop. Great scenery and epic climbs. Great after ride meal. Start/finish at Walker Elementary School. Mass start at 7:30 a.m. Formerly the Ashland Triple Challenge. Robert Korfhage, Siskiyou Velo Bicycling Club, P.O. Box 974, Ashland, OR, 97520. 541-535-5276, www.siskiyouvelo.org

Jun 25: RATPOD: Ride Around the Pioneers in One Day
Dillon, MT. 157-mile ride with 7500ft of climbing. Takes place in Big Hole Valley of southwestern Montana. Benefit for Camp Make A Dream, a tuition free camp for children and young adults with cancer. www.ratpod.org

Jun 25-28: SIR Cascade 1200
Monroe, WA. Inaugural event for this four-day Randonneur Brevet. Distances per day - 221 miles, 212-miles, 168-miles and 162-miles, respectively. Start/Finish: Monroe. Travel from Columbia George to North Cascades near Canadian border. 90-hour time limit. Mark Thomas, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jun 26-30: Rolling Pub Crawl
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Productions, 503-720-6984, www.rollingpubcrawl.com

Jun 26: Tour de Pierce
Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open from 8:00 a.m. to 3:30 p.m. Start/finish Western Washington Fairground. 12 mile route - flat and easy. Benefit Sprocketwoman program. Sheila Pudists, Pierce County Parks, 9112 Lakewood Drive SW, Ste. 121, Lakewood, WA, 98499. 253-798-4177, www.piercercountywa.org/parks

Jun 27-Aug 13: Big Ride Across America
Seattle, WA. Experience America! Cycle cross-country from Seattle to Washington, DC in 48 days. Andrea Imler, American Lung Association of Washington, 2625 Third Avenue, Seattle, WA, 98121. 206-441-5100, www.bigride.org

JULY

Jul 1: Canada Day 1000
Peace Region, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 1: Canada Day Populaire
Lower Mainland, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 1-4: Northwest Tandem Rally
Bend, OR. The annual NW tandem bike event in the region. Friday 20-miles, Weekend - three route selection per day from flat to challenging 25 to 80-miles. Top it off with a Monday ascent of Mt Bachelor, a 50-mile ride. Enjoy fantastic views of the region. Fully supported. Banquet on July 3rd. Sanna Phinney, 1477 NW Saginaw Ave, Bend, OR, 97701. 541-382-2633, www.nwtr.org

Jul 2: Midsummer Nightmare
Spokane, WA. 200 hilly miles in one day. Scenic backroads. Earlier date this year to avoid the heat. Start: Shari's Restaurant at 5:00 a.m. Course close at 9:00 p.m. Food and water stop, limited sag, no mechanical and medical. If you can do a century in 8 hours you can do this. Sally Phillips, Spokane Bicycle Club, 509-448-6271, www.spokanebicycleclub.org

Jul 3-8: Bryce-Zion Bike
St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

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

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80 km & 135 km

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www.metalcowboy.com

Jul 3-8: Oregon Coast-North

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

Jul 3-8: San Juan Islands 6-Day

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

Jul 4-9: Columbia Gorge

Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River. Note: Available from May 23 - October 17. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 5-8: San Juan Islands 4-Day

San Juan Islands, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Available June 7 - September 27. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 6-10: Red Spoke

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

Jul 9: 100, 200 km Brevets

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

Jul 9-15: Canadian Gulf Islands

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands—an extension of the same chain that forms the San Juan Islands of Washington. Cycling, hiking, and kayaking are included. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 9-16: Glacier-Banff-Jasper

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

Jul 9-10: Group Health Seattle to Portland Bicycle Classic (STP)

Seattle, WA. Largest multi-day ride in the Northwest, up to 8,000 cyclists. Ride 200-miles in one or two days. Start Parking lot U of W. David Douglas, Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jul 9-23: Lewis & Clark Historic Explorer

Missoula, MT. Follow the footsteps of the Corps of Discovery in Montana. Van-support and five nights of indoor accommodations included. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org/e55

Jul 9-16: San Juan Islands - Victoria

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

Jul 9: SIR 100 km Populaire

WA. Event open to all. Paul Johnson, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jul 9: The Halfmoan 100-200

Gibson, BC. An invigorating spin through some beautiful Sunshine Coast scenery. Expect hills (7000ft elevation gain), grades and sustained grinding, 100 and 200km. Clarence Lowry, BC Randonneur Association, 5705 Kyber Road, Halfmoan Bay, BC, VON 1Y2. 604-885-1044

Jul 11-15: Columbia Gorge Family Tour

Portland, OR. 5-day tour, inn-based, with cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 11-16: Habitat 500

Hutchinson, MN. 7-day, 500-mile, fully supported bike ride. Fundraising event for Habitat for Humanity. Heather Arneson, Habitat for Humanity of Minnesota, 113 - 27th Ave. NE, Suite T, Minneapolis, MN, 55418. 877-804-3466, www.habitat500.org

Jul 16-24: Crater Lake Tour

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

Jul 16-22: Cycle Montana

Missoula, MT. 321-mile journey is highlighted by visits to University of Montana, Bitterroot River, Big Hole Pass, Bozeman Hot Springs and the Museum of the Rockies. 7-day catered and van-supported event. Optional 107-mile out-and-back ride on layover day. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org/e55

Jul 16: Oregon Ultimate Road Ride

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

Jul 16-23: Oregon-Crater Lake

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

Jul 16: Pedal the Pinchot

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

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

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

Jul 16: Seattle to Spokane (S2S)

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

Jul 16: Victoria 200, 300 km

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

Jul 17-23: TourBC

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

Jul 18-22: Crater Lake National Park

Medford, OR. Explore Crater Lake National Park. Elevations on this trip range from 2,800 to 7,100ft. Also available July 25-29. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 23: 300 km Brevets

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

Jul 23-29: Canadian Gulf Islands

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands—an extension of the same chain that forms the San Juan Islands of Washington. Cycling, hiking, and kayaking are included. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 23: SIR 200 km Brevet

WA. Randonneur event Paul Johnson, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jul 23: Tour des Chutes

Bend, OR. Ride benefits the Lance Armstrong Foundation. Tour around Central Oregon. Routes range from 4 to 63 miles. Cindy Lowellen, Sunnyside Sports, 541-382-8018, www.sunnysidesports.com/tourdeschutes/

Jul 23-30: Volcanoes of Washington

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

Jul 24-Aug 1: Paradise Challenger

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

Jul 24-28: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMinnamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group experiences the beauty of the Northwest. Rebecca Miller, Smith & Miller Productions, 503-720-6984, www.rollingpubcrawl.com

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

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

Jul 30: 1000 km Ultra Marathon

Various Locations, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

Jul 30-Aug 8: Cycle Washington

Redmond, WA. 10-day catered and van-supported event. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org/e55

Jul 30-Aug 6: Oregon-Crater Lake

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

Jul 30: Summit To Surf X

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

Jul 31-Aug 5: Bicycle Idaho V

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

Jul 31: Tour de Kitsap*

Silverdale, WA. Supported ride through scenic Kitsap County with routes of 12-mile family ride, 30, 65 and 100-miles options. Enjoy Silverdale Whaling Days. Parking at Central Kitsap Jr. HS. Option Bernerton Ferry start. Supports BAW. Lee Derror, West Sound Cycling Club, P.O.Box 1579, Silverdale, WA, 98383. 360-697-3908, www.westsoundcycling.com

TRACK

JUNE

Jun 1: MVA Wednesday Night Racing

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

Jun 2: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org

Jun 3-5: BVC Race Series #2

Burnaby, BC. Runs multi-day weekend race events from October to June. Race series hosts a wide range of athletes from beginner "Learn to Ride" to World Cup, World Champion and Olympic-caliber talent. Gordon Ross, Burnaby Velodrome, 604-290-0020, www.burnabyvelodrome.ca

Jun 3: Fast Twitch Fridays

Portland, OR. Alpenrose Velodrome. Deen Reed, 503-227-4439, www.bike-central.com

Jun 3: Group Health Friday Night Races

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

Jun 6: MVA Monday Night Racing

Redmond, WA. See Race Series for more details. Marymoor Velodrome Association, www.velodrome.org

Jun 8: MVA Wednesday Night Racing

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

Jun 9: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org

Jun 10: Fast Twitch Fridays

Portland, OR. Alpenrose Velodrome. Deen Reed, 503-227-4439, www.bike-central.com

Jun 10: Group Health Friday Night Races

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

Jun 13-18: Alpenrose Six Day

Portland, OR. The only 6-day race in North America. Offers a full program of activities. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org

Jun 13: MVA Monday Night Racing

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

Jun 15: MVA Wednesday Night Racing

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

Jun 17: Group Health Friday Night Races

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

Jun 20: MVA Monday Night Racing

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

Jun 22: MVA Wednesday Night Racing

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

Jun 23: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org

Jun 24: Fast Twitch Fridays

Portland, OR. Alpenrose Velodrome. Deen Reed, 503-227-4439, www.bike-central.com

Jun 24: Group Health Friday Night Races

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

Jun 27: MVA Monday Night Racing

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

Jun 29: MVA Wednesday Night Racing

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

Jun 30: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org

JULY

Jul 1: Group Health Friday Night Races

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

Jul 1-3: Oregon State Track Championships

Portland, OR. Alpenrose velodrome. Exact schedule to be posted on website the week prior to the event. Candy Murray, 503-661-5874, www.obra.org

Jul 2-3: WA Championship

Redmond, WA. Qualifying event for the national championship. Marymoor Velodrome Association, www.velodrome.org

Jul 4: MVA Monday Night Racing

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

Jul 6: MVA Wednesday Night Racing

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

Jul 7: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org

Jul 8: Fast Twitch Fridays

Portland, OR. Alpenrose Velodrome. Deen Reed, 503-227-4439, www.bike-central.com

Jul 8: Group Health Friday Night Races

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

Jul 11: MVA Monday Night Racing

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

Jul 13: MVA Wednesday Night Racing

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

Jul 14: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org

Jul 15: Group Health Friday Night Races

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

Jul 15-17: National Championships

Calgary, AB. Canadian Cycling Association, 613-248-1353, www.canadian-cycling.com

Jul 15-17: Portland AVC

Portland, OR. National track event. Riders from all over US, Canada and other countries. Sprint, endurance events, jammed packed action. Spectator friendly. Mike Murray, 503-661-5874, www.obra.org

Jul 18: MVA Monday Night Racing

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

Jul 20: MVA Wednesday Night Racing

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

Jul 21: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org

Jul 22: Fast Twitch Fridays

Portland, OR. Alpenrose Velodrome. Deen Reed, 503-227-4439, www.bike-central.com

Jul 22: Group Health Friday Night Races

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

Jul 25: MVA Monday Night Racing

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

Jul 25-29: World Masters Games

Edmonton, AB. Argyll Velodrome. Pursuit Events: July 25-26. Time Trial: July 26. Scratch Races: July 27-28. Match Sprint: July 29. 780-822-2005, www.2005worldmasters.com

Jul 27: MVA Wednesday Night Racing

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

Jul 28: Alpenrose Series

Portland, OR. At the Alpenrose velodrome. Mike Murray, 503-661-5874, www.obra.org


Jul 29: Fast Twitch Fridays

Portland, OR. Alpenrose Velodrome. Deen Reed, 503-227-4439, www.bike-central.com

Jul 29: Group Health Friday Night Races

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

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JUNE 2005 RACE CALENDAR
JUNE 11 / Olympic Athletic Club Twilight Criterium, Seattle
JUNE

Lone Riders by the Thousands

By MAYNARD HERSHON

Iran into another cyclist in early January, fell and banged myself up. In my opinion, the crash wouldn't have happened had both of us been equally skilled, or merely adequately skilled: skilled enough not to take anyone down.

My columns in the last two Bicycle Paper issues have focused on rider proficiency. They've been heated columns. Hurt and annoyed while mending from my crash, I struggled to keep my cool. I'm calmer now; not calm, but calmer.

I'm still troubled by the dismal level of expertise among my non-racer friends. And I'm afraid. Their stubbornly casual approach to cycling technique and safety endangers us all.

Since road cycling became mainstream cool, thousands of cyclists have joined clubs and done long group rides, benefit events and centuries, even double centuries. Lots of them have acquired fine equipment and developed serious endurance. Some, many, are truly strong.

Far too many are long on miles and strength - and short on skills. There's lots of focus on fitness and diet and equipment, very little on group technique and etiquette. Were this a solo sport like running or spinning, personal fitness would be all one would need.

This is not a solo sport. Most of us base our training and focus our seasons on big annual group rides, rides that demand pack proficiency, rides promoted by boosters of cycling - who'd never turn anyone away. Crash year after year;

no one will suggest that you may have neglected some aspect of your cycling education. If your check clears, you can ride.

Though we're preparing for marathon rides in huge groups, we train alone or with a few casual-rider friends. We ride with convivial clubs that welcome everyone, folksy clubs that lack the will or savvy or personnel to train the novices they attract.

We can't blame the club riders. They just want to ride their bikes.

Insecure and certain we'll be dropped and humiliated, we avoid riding with veteran cyclists, losing more opportunities to learn by observation or conversation. We feel threatened by snobby, grim racer-types so we don't do the local racer rides.

Thus we don't ride lots of base miles elbow-to-elbow with training partners. We don't draft much; we don't feel safe following close or having our vision blocked. We don't practice drafting when we're tired or hungry and making dubious decisions.

Even if we get fitness coaching, monitor our nutrition and fuss over our bikes, we gain no experience in group riding. When we start the Big Event, we learn from scratch how to go fast in a swarm of strangers. We're novices, then tired novices, then exhausted novices.

We know better, is the thing. We know there are skills we SHOULD learn, just as we know we should learn a couple of foreign languages. Most of us put off learning those skills just as most of us put off buying CDs and learning Italian and French.

Knowing languages is terrific but won't keep us or our riding friends safe. Learning pack skills will. We ignore those skills at everyone's peril.

We know better, as I said. We know we have huge lapses in our cycling expertise. We'd rather not think about those lapses and certainly won't talk about them. We're embarrassed. We don't tell and luckily no one asks.

No wonder we're close-mouthed. Many of us secretly cannot fix a flat tire. Many of us secretly cannot remove and replace a caged bottle or look back over our shoulders while steering a straight line. Many of us cannot point out the front brake lever or the rear. Many of us cannot ride even one-handed. We're STI and hydration bladder dependent.

Precious few of us are pack-savvy, skilled cyclists. Nevertheless we draft during long rides, aware only that riding behind other cyclists is easier. In close company with other riders, we persist in believing we can ride in the same casual way we drive our cars. We don't bother to imagine how our riding friends will react to what we do.

We're Lone Riders, surrounded on the Big Day by hundreds of Lone Riders just like us.

We pedal ourselves into exhaustion, stuck like grim death on someone's wheel, not knowing how to come to the front and do our share, not knowing how to rotate safely off that wheel, unsure how to deal with crosswinds, tense and unready for surprises, never sensing the rhythm that packs of class riders feel on the road.

In the group, we try to get food from our pockets. We shuffle bottles from cage to cage and cage to lips. We swerve and weave and coast and pedal and coast.

We touch wheels and crash, or stop unexpectedly and crash someone else, or swerve and lock handlebars with the unfortunate rider next to us, crashing him and ourselves - and maybe crashing the dog-tired robots hanging on empty-eyed behind us.

Embarrassed and defensive, we blame the other guy and learn nothing. Or we survive, lottery lucky, and think about doing it again next year 15 minutes faster on a bike with carbon fiber seat stays.

All that said, what's to be done? If your club hired a celebrated coach to give a Saturday clinic promising to cut riders' STP time by 30 minutes, seats would sell out at \$500 each.

If the club gave another clinic a week later promising to teach pack skills and general on-the-bike mastery, no charge, hardly anyone would show. What, and miss my club ride?

Write me if you think I'm wrong. Tell me I'm elitist or trying to discourage new riders from coming out Sundays for the club ride. Tell me you enjoy riding with unskilled, unpredictable, defensive cyclists. Or tell me your club is different, things are okay, that new riders and old are learning and increasing in proficiency every weekend.

Take your time. Write persuasively. I'm going to be hard to convince. I've been looking around.



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