

# BICYCLEPAPER

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JULY 2005 • FREE



To reach Wonderland, the highest point of Galbraith, riders must follow fine singletrack trails.

## The Wonder of Evolution

By MARK PETERSON

Galbraith Mountain is a privately owned commercial forest located directly east of Bellingham, WA. It is home to over 30 trails that have been built and maintained by the local mountain bike organization, the Whatcom Independent Mountain Pedalers, officially known as the WHIMPs Mountain Bike Coalition.

For over 15 years, the WHIMPs have been keeping the trails in top notch condition. Recently they have embarked on a trail signing endeavor, but visitors should do themselves a favor and surf their official site [www.whimpsmtb.com](http://www.whimpsmtb.com), purchase a map or better yet ride with a few locals. Otherwise, you may do more exploring than you expected.

One of the biggest challenges faced over the years has been re-routing and rebuilding trails impacted by commercial harvest. After the harvest, some trails completely disappeared, others were left segmented, and still others remain intact for the most part. It all depends on what type of harvest has occurred. The WHIMPs are lucky to work with a timber company that is sensitive to our recreational pursuits and works to impact the trails as little as possible. In fact, they even clear the trails of slash so we don't have to!

Two years ago our great achievement was the completion of the Whoopsie Woodle. This stellar technical singletrack trail has allowed for the uninterrupted descent from the high point of Galbraith

Mountain known as The Towers, named for the communication towers that reside nearby. This trail has become a favorite on the mountain and drops you out on the south side, which is great if you park or live on that side.

After completing the Whoopsie, the work turned to creating the trails that get you back to the north side of the mountain. Recent harvest has impacted some of our favorite trails, and the task was once again up to the WHIMPs MBC to get it all dialed-in. Over the past couple of years they have been working incrementally to get back what was one of the all time favorite trails of the mountain, the Wonderland. It has now been completed and is one of the finest trails they have constructed to date with great flow for both climbing and descending.

Now you are all wondering how to get there? There are more ways than one, that's for sure. For this short piece we'll be going over the hill and through the woods via some of my favorite trails. I prefer to ride singletrack both up and down. Most of the trails on Galbraith flow both ways for most folks and most bikes. Animals may want to climb this stuff on gravity fed 14 inches of combined travel, but a four inch XC bike like my Kona King Kikapu or an All Mountain type rig will probably fit the bill better. Many folks still prefer the hard tails, and there is an ever increasing amount of single speeds too.

See "Bellingham" on page 9

☞ Health

## Summer Superfoods

By KATHY ZAWADZKI

We all know that we should eat the most nutritious foods we can - those packed with vitamins, minerals and fiber, and those low in calories. The new 2005 Dietary Guidelines suggest that we consume more whole grains, two cups of fruit and two cups of vegetables per day on the recommended 2,000-calorie diet. Since most of us have a slightly higher calorie intake, we need to increase our consumption of fruits and veggies as well. Strong scientific evidence suggests that elevating your fruit and vegetable consumption to five to ten servings a day can have a significant positive impact on improving your health. Now that summer is here, it is a bit easier since we can take advantage of the growing assortment of color available at the produce stand. With all of the health benefits associated with eating whole grains, fresh fruits and vegetables, these munchies deserve a closer look.

### Avocado

There exists a misconception that avocados should be avoided

because of their high calorie and fat content. In fact, this fruit (yes, they are fruits, not vegetables) contains a high concentration of monounsaturated fats, high amounts of folate and 30% more potassium than a banana. There seems to be a healthy, protective effect from the unsaturated "good fat" as it acts as an antioxidant to block the artery-destroying toxicity of LDL cholesterol. By making choices that contain natural, monounsaturated fats you not only increase the nutrient density of your diet, but also help to create a high-energy, heart-healthy environment.

Potassium and fiber both benefit the body by lowering the risk of high blood pressure, heart attack and cancer. In addition, the folate in avocados helps prevent life-threatening birth defects of the spine and brain in pregnant women.

### Blueberries

Start adding these little gems to your cereal or yogurt, or eat them all by themselves. Blueberries are ranked number one in antioxidant

See "Superfoods" on page 3

☞ Feature

## Local Riders Get Ready to Take on the World

By MELISSA MUELLER

The World Masters Games in Edmonton, Alberta run from July 22-31, and Northwest athletes are gearing up for the challenge. This is the largest multi-sport event in the world, with 21,000 athletes hailing from 82 countries. No qualifications, except for an age minimum of 30.

The event was first presented in 1985 in Toronto, Ontario. Since, it has been held in Denmark, Brisbane, Portland and Melbourne. It is typically held every four years, but to avoid overlapping with other major multi-sport events, such as the Olympics and the Commonwealth Games, the International Masters Games Association decided to hold a 2005 competition and will revert back to the four-year cycle in 2009.

Road, mountain bike and track are the three cycling disciplines represented on the program, however, biking accounts for only one of 27 sports featured at the Games.

Of all the athletes attending the event, 1,000 of them will compete in more than one sport. One such athlete is Seattle's own Leslie Mittendorf. For her, the Games present a unique opportunity to compete in both cycling and rowing.

"I'm going as a two-sport athlete," she explains. "I will have to miss two days of the rowing competition in order to accommodate the cycling events in my racing schedule."

An accomplished rower, Mittendorf's interest in the World Masters Games was sparked when competing with her rowing team from Lake

See "Worlds" on page 8



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## Protect Your Investment with the Bike Registry

By Jen Rasmussen

The FBI estimates that over 1.5 million bikes are stolen in the United States every year. Only about one-third of bicycle thefts are reported to the police. For bicycling enthusiasts everywhere, protecting that two-wheeled investment is a top priority.

After having five bicycles stolen in nine years, Arizona resident Bryan Hance created his own solution. On March 8, 2005, Hance launched www.stolenbicycleregistry.com, with his Trek 4900 as the first registered missing bicycle.

The site lets visitors search for stolen bicycles by city, state, zip code or brand, as well as register stolen bikes. Many owners offer rewards if their bicycles are found.

Hance's site differs from other bicycle registries in two ways. First, unlike the National Bike Registry, which is designed for law enforcement use only, anyone from citizens to bike shop owners to police can search the database.



Founder Bryan Hance

Second, after entering contact information, anyone can search for stolen bicycles by full serial number. This search engine is equipped with an auto-notify feature, so that if someone enters a serial number that matches a stolen bike, the owner is notified.

As soon as Hance's site reaches its goal of 500 registered missing bicycle, he plans to unveil new features. Besides adding a bulk registry for bicycle shop owners and police officers, he is working on a feature that will allow people to search the database of serial numbers via cell phone. "Say someone goes to a swap meet and there's a guy selling bikes that are obviously stolen," Hance says. "That person runs that bike number on the sly via their cell phone. It comes back stolen with the owner's contact info."

Hance's website depends on the cooperation of law enforcement, bicycle resellers and citizens.

"I want to give people the tools to help fight the problem," he says.



Hance is hopeful that as his site continues to grow, some of the 1.5 million stolen bicycles will be returned to their owners.

For more info and to register your bike go to [www.stolenbicycleregistry.com](http://www.stolenbicycleregistry.com). Photo courtesy of stolenbicycleregistry.com.

## OPINION

### "Superfoods" from page 1

activity when compared to many other fruits and vegetables. Antioxidants help neutralize harmful by-products of metabolism called "free radicals," those unpaired electrons in our atoms that cause oxidation, or cell damage, which can lead to cancer and many diseases, and could even increase signs of aging.

The dye that is released from the blueberries' skin may well be the most valuable nutrient the fruit has to offer. These substances include, but are not limited to fructose, fiber, beta-carotene, vitamin C, vitamin A and antioxidants.

### Spinach

Available year-round, spinach is at its best in fall and spring because it grows well in cool conditions. A super source of antioxidants and cancer fighters, spinach contains about four times more beta-carotene and three times more lutein than broccoli. The health benefits make it a powerhouse food choice. Spinach is low in calories -- only 41 per cup -- and loaded with

Vitamin B, iron and folate, as well as beneficial phytochemicals.

Spinach can have either flat or slightly crinkled leaves. Fresh spinach is sold in bunches or pre-washed and sealed in plastic bags (no more excuses). Make sure the leaves are slightly crisp and bright green. Avoid yellowing leaves or those that are wet and rotting. To store, wrap unwashed spinach in a paper towel and then place in a plastic bag in the refrigerator. If buying bagged spinach, open and sort out the rotting leaves before putting the package in the refrigerator. Depending on how fresh it is at purchase, spinach should be used within two to four days.

### Quinoa

Neither a fruit nor a vegetable, quinoa is a great, light grain that can be used in summertime salads and side dishes. It works great with grilled asparagus. Quinoa (pronounced "keenwa") is a small seed that in size, shape

and color looks like a cross between sesame seed and millet. Nutritionally, quinoa might be considered a supergrain as it is an excellent protein source, containing an almost perfect balance of all eight essential amino acids.

Quinoa offers more iron than other grains and contains high levels of potassium and riboflavin, as well as other B vitamins: B6, niacin and thiamin. It is also a good source of magnesium, zinc, copper and manganese, and has some folate. Quinoa cooks quickly to a light, fluffy texture. It can be substituted for almost any other grain. Since this grain is still relatively new to the American market, you're most likely to find it in health food or specialty stores, although you may be able to find it in some large supermarkets.

Kathy Zawadzki is a licensed Sports Nutritionist and Pro coach for Carmichael Training Systems (CTS). She lives and trains in Littleton, CO. To find out what CTS can do for you, visit [www.trainright.com](http://www.trainright.com). You can contact Kathy at [kzawadzki@trainright.com](mailto:kzawadzki@trainright.com)

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## Letters to the Editor

**Re: Maynard's "Lone Riders by the Thousands" article published in June 05 BP issue**

Commenting on the article about avoiding crashes, safety in packs: Yes you are totally right, all the complaints, unskilled riders, unannounced turns, swerves, stops, and the resulting crashes. But the article is sadly lacking in solutions.

I happen to be an older rider, loving the method of keeping fit, and liking some group rides. STP is a nightmare, and I won't do that

again. I have taken my share of falls while skiing, mountain biking, and even one on my road bike (a lone fall, my fault, no one around), and it was into a snow bank, so I didn't get hurt, not your usual road ride anyway. But I have not fallen in a crash with someone else and the thought terrifies me, because if I break something, I would lose too much, possibly my career.

There are people I just won't ride with now. And people I like to ride with. Funny how every combination of bike and rider has its own riding mode, and you are also right, seemingly unchangeable. Some don't believe they are a danger, therefore will not change...ever.

So what to do? I ride with one or two other people, hang at the back of small groups if I

can't be out in front, and avoid messes like STP, and just enjoy myself alone.

Thanks for also letting me vent.

Jane Watson

**Re: Tour de France 2005 article published in June 05 BP issue**

Please pass along my praise to Craig and Adrian for the excellent Tour de France preview. I did, however, notice a factual error in the article: "...after finishing second to Armstrong five times, Ullrich will undoubtedly be motivated in this final showdown."

While it is true that Ullrich has finished second place in the Tour five times, only three of those have been at the mercy of Armstrong (2000, 2001, 2003). The other two runner-up finishes came in his 1996 Tour debut where teammate Bjarne Riis was first, and his 1998 loss to Marco Pantani. It is probably also worth noting that Ullrich is the only other Tour winner (1997) still competing.

Regards,  
Bryce Fegley  
Bellingham

*From the Editor: We will pass the praise along. Thank you for bringing the error to our attention.*

## N E W S

### Race News

#### Armstrong Rides to National Time Trial Title

Kristin Armstrong (Boise, ID) bested Amber Neben (Irvine, CA) and 34 other women to take home her first elite women's national time trial championship. It happened on Tuesday June 21, as USA Cycling kicked off the 2005 Park City Cycling Festival on Antelope Island State Park in Salt Lake City, Utah.

Armstrong clocked a time of 47:15.51 - a time that would have placed her in the top half of the men's field - over the 34km course. The Idaho rider has been on target for a national title since mid-May when she posted the best time of American riders in each of three time

trial stages at the Tour de l'Aude, a major international stage race in France. "I had a great ride in France, and I've been holding on to the peak fitness for about five or six weeks," says Armstrong.

Already qualified for the World Championships, thanks to her victory in the time trial at the Pan Am Championships in April, Armstrong credited a lack of pressure as a probable ally in her win. "I think that coming into any race without much pressure, you have an advantage," she says.

Defending champion Christine Thorburn (Menlo Park, CA) also had a solid ride for third place, posting a 48:29.61 behind Neben's 47:51.50. Seattle's Kele Hulser finished sixth and Chrissy Ruitter (Bend, OR) ended up in 13th place.

#### Ollerenshaw Wins the Stage, Tuft Takes Second Overall

On the final day of the Grand Prix de Beauce, an international stage race with a reputation of being tough, Health Net's Doug Ollerenshaw (Portland, OR) took the stage win. On the last time up the steep climb on this difficult 11km circuit, Ollerenshaw and two others bridged to Dominique Perras (Team Canada) who had escaped shortly before. The four increased their gap to 45 seconds and the dwindling peloton did not react. The Oregon rider jumped his companions on the descent to the finish to claim the stage victory.

Symmetric rider and BC resident Svein Tuft, who was sitting 12 seconds behind Australian

Nathan O'Neill at the beginning of the last stage, realized with one lap to go that the overall title was not to be his in 2005. "My team was going to try and do something to win back the jersey, but O'Neill's Navigators team was riding super strong." Tuft, who took the leader's jersey after the fourth stage time trial, had a six second margin over O'Neill with three stages remaining. He lost his advantage two stages later, after the Symmetric team brilliantly controlled the race to deliver Tuft at the bottom of the last climb. But it was O'Neill who took matters into his own hands in the last kilometer of that sixth stage to finish 12 seconds ahead of Tuft, thus grabbing the coveted jersey. O'Neill's Navigators teammate had no difficulty protecting his slim margin on the last day, leaving Tuft thinking about next year.



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# A Rider's Paradise Awaits You in Rossland

By MELISSA MUELLER

At the south end of the Monashee Mountains, 400 miles east of Vancouver or 130 miles north of Spokane, lies the "Mountain Bike Capital of Canada."

The small town of Rossland, BC is considered a haven for mountain bike enthusiasts. This claim is based on its rich history, extensive network of local trails and high proportion of avid bikers in the community.

Rossland's past contributes greatly to its current mountain biking popularity. In 1890, the city's developing mining industry created a gold rush, attracting people from around the world. These affluent mining days lasted until 1929, leaving behind hundreds of kilometers of land including wagon roads, rail grades and pack trails. Over the years, the trails have been used by horseback riders, hikers and mountain bike devotees who continue to re-open historical trails to the public.

Rossland's trails are undoubtedly one of the highlights of the city. Because the vast trail

system radiates from the center of the town, it makes accessibility a charm. No need to load the bike on the car—everything is right there for your convenience. These pleasant routes cater to everyone, from technically challenging singletracks to sloping rail grades.

For the beginner, Centennial is a smooth, easy family-friendly ride. Or, you can try the Museum trail, which follows an old rail channel and passes through historic mining ruins. Other options available to the novice cyclist include Center Star and Monte Cristo.

The intermediate mountain biker can try the Milky Way, a downhill trail that rolls through the forest where riders can either descend on to the beginner trail, Wagon Road, or climb to an old mining school. The Techno-Grind is a challenging ride that was used as part of the Canada Cup Cross-Country mountain bike course from 1993 to 1996. Additional trails include the Loop Trail, Kootenay Columbia and Cemetery.

Advanced riders will enjoy the twisting turns and jumps of the Snake Trail. The steep

rocky terrain of Sudden Exposure, or the treacherous, loose singletrack Spring Cleaning is perfect for experts.

Even with the best trails available, Rossland wouldn't be complete without the mountain bike enthusiasts in the community. The locals are friendly and enthusiastic about their riding; they will jump at the opportunity to show you around "their" trails.

One such friendly resident is 1990 World Mountain Bike Downhill Champion Cindy Devine. With five Canadian National titles and an incredible international palmares Devine is an integral part of Rossland's mountain biking history. Riders can benefit from her vast experience by enrolling in one of her camps. The "devineRide" offers coaching for riders of all levels.

In addition to the devotion to the sport already rooted in its history, Rossland continues to offer new and exciting cycling opportunities.

On July 1, a new bike park will open at Red Resort. Several mountain biking and road activities for the cycling oriented tourist, such as bike camps for kids, tours and biker-cross races will be featured daily. Bike rentals will also be available.

Clearly, Rossland presents a plethora of

cycling opportunities. Luckily, several resources exist to offer guidance and preserve its legacy.

The Kootenay Columbia Trails Society is a great resource for trail maintenance and development, maps and more. A non-profit, volunteer-driven organization, the Society can provide a great deal of information about all of the trails, land ownership and rules and regulations regarding use of the trails.

Rossland's future looks promising. With a new chairlift opening at Red Resort in July, and the ongoing construction of a new series of trails, Rossland will continue to cater to mountain bikers

from all over the Northwest.



Photo by Stewart Spooner

Ask a local to bring you on Seven Summits.



Photo by Stewart Spooner

Kristy Exner rides the Whiskey trail.

### For more information

**DevineRide Camps:**  
www.devineride.com

**Kootenay Columbia Trails Society:**  
www.rosslandtrails.ca/biking.htm

**Red Resort:**  
www.redresort.com

**Rossland Chamber of Commerce:**  
www.rossland.com

## B O O K R E V I E W

# The Tour De France Companion: Nuts, Bolts & Spokes Guide to the Greatest Race in the World



By Kristen Wisehart  
Bicycle Paper Staff

With the emergence of rider Lance Armstrong as an international celebrity, the popularity of the Tour de France has soared. This year, whether spectators watch from their couches at home, a club sponsored party or the edge of the action in France, more eyes than ever before will be glued to the Tour to find out if, in his final year, Lance can bring home an unprecedented seventh win.

Bob Roll and Dan Koepfel's book, The Tour

De France Companion, could not have come at a more perfect time. For those just beginning to follow the Tour, Roll and Koepfel do an excellent job of covering all of the event's different facets.

The book ties in tips for watching this year's Tour, including a crib sheet, with interesting historical facts, such as the positive impact it had on rebuilding France post World War II. Humorous side notes, like the inset box in the first chapter explaining why the Tour de France is better than the Super Bowl, hold the reader's

attention. The week-by-week breakdown of the race is delivered in a way that is accessible to both seasoned fanatics and emerging enthusiasts. A description of the physique required to participate and 12 tips on how to win the Tour will inspire readers to venture off of the stationary bicycle in the basement and on to a hilly trail. A history of bicycles and the Tour de France opens the freshman fan's eyes to the excitement the event promises. As the book describes the heart-stopping 1989 LeMond victory, the reader will kick him/herself for missing it then, and vow to watch every minute this year. And, not to leave anybody out, the book reaches a gossip loving audience by addressing the more scandalous issues surrounding the fanfare, especially the ever-increasing drug

controversies.

In effect, this book does an astounding job of quenching the thirst for Lance related information, while providing a comprehensive resource for all things Tour De France. Whether you want to know everything about the Tour from its genesis to 2005, or whether you just want a quick reference (such as a handy glossary of Tour terms and lingo) this book is worth a quick read.

**The Tour De France Companion: Nuts, Bolts & Spokes Guide to the Greatest Race in the World**  
By Bob Roll and Dan Koepfel  
184 pp. Workman Publishing \$10.95

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# Crash and Burn:

## An Excerpt From the Next Metal Cowboy Book "Momentum is Your Friend: The Velocity, Impact and Afterlife of an Intrepid Traveler"

By **JOE KURMASKIE**  
AKA The Metal Cowboy

Summer eased onto the edge of the Arizona flatirons, teasing New Mexico's mountain town dwellers still preoccupied with stoking wood stoves and stamping off night frost from the soles of their shoes. For my part, I was through waiting. We had a deal and it was time to claim my winnings. I'd paid with high altitude isolation; cobalt grays that passed for sunrises and nights so heavy you didn't so much sleep as remain perfectly still until the crushing weight of it was lifted.

At the first hint of sweet pine creosote bushes baking up the pass, all was forgiven. My driver that morning in early May was a broken and bitter flower-child going gray around the edges. Dan wound the engine of his brand new Subaru Legacy into a ferocious scream, exorcising a few unnamed demons with simple, unfettered velocity. I stuck my head out the window and grabbed massive gulps of air, filling some long forgotten caverns and neglected crevices. I forced my eyes to stay open until tears flowed freely.

Summer was my escape clause. For as long as I could remember it delivered on the radiant promises of leisure and space. If spring holds eternal claim to hope, then summer is the undisputed heavyweight champion of reinvention. Nursing a nagging suspicion that it might not be enough this time, I planned to perform the only ritual that, as a fallen-away Catholic with vaguely upbeat agnostic tendencies and a working pair of knees, I felt capable of completing to anyone's satisfaction. Two bicycles waited patiently on the Subaru's top rack. We'd park beside the largest Yucca plant in the Northern Hemisphere, one of no less than a baker's dozen in the region vying for the same title. Each with its own vocal booster club claiming the distinction for a dusty and damn proud little community. Yucca wars. Who knew? From our particular Yucca plant we'd serpico west for two days, into the languid arms of my favorite season. Camping under the stars, pedaling shirtless, sweating away the last damp vestiges of dark servitude, and once again coming to believe that nearly anything was possible. Or, at the very least, a good clean ride was still there for the taking.

"It's OK to make little messes out of your life." Flower-child Dan shared this gem after

twenty minutes of redlined silence. A record for us both. "As long as you don't let anyone else clean 'em up for you." He managed a double bite off his breakfast burrito and chased it down with too much scalding coffee. If Dan winced I couldn't tell. We were practically strangers but already I knew too much of Dan's personal history to shelve it under "tidy." Never quite able to turn his back on a healthy trust fund, Dan's posture was that of a fierce eco warrior taking a break from the battle, categorically scornful of the corporate structure that ultimately bankrolled him. It was slightly jarring to ride shotgun with a 45-year-old man channeling diatribes reserved for only the most zealous Greenpeace interns on leave from their sophomore semesters at UC Santa Cruz. Justification for the consumption of breakfast burritos and the like came complete with blurry but enthusiastically delivered plans - schemes all but guaranteed to bring the military industrial complex to its fat cat knees.

"See the big picture, Bro. That slogan's wrong. Should be 'Think Global, Act Global!'"

It would scare me a little when his laugh reached for the upper registers and slowed down - Gomer Pyle on Quaaludes.

"There's a silent majority out there getting ready to speak up for the trees. Big Time." Judging from the clutter of napkins, take out boxes and super-sized cups nesting in Dan's backseats, they'd better start speaking soon. At least he hadn't claimed to have been at Woodstock... yet. Dan juiced the Subaru up to 70-mph and let go with another laugh - more Peter Pan fighting the grips of rehab this time.

Back in town his ex-wife was hosting a lavish potluck to mark the one year anniversary of their divorce. She'd gone so far as to tack up fliers. I'd paused at one inside the library. On Day-Glo card stock no less, with clip art and such an abundance of exclamation points it out-punctuated the annual Earth Day pancake breakfast and rummage sale fliers. Dan's itinerary? Pedal into the desert with me to meditate under the doorway of a half-finished adobe home. It was their Earthship project of solar panels, recycled tires and hulking Douglas Fir beams he'd labored over for thirteen summers. So much for clean breaks. For as long as folks could remember Dan's mantra went; "It's going to be a home without nails. Love holds it in place."

Burrito juice ran the length of my driver's chin. Here's to life's little messes. To Dan's credit, he shifted into fifth without spilling a drop of coffee. Resting quietly atop more wrappers and napkins, I spied a fresh, glossy bumper sticker. Dan's new car was so virgin he had yet to christen it with his own mass produced, personal mission statement. I picked it up.

### Not All Those Who Wander... Are Lost.

Fair enough. But what it doesn't say is that an alarmingly high number of them are skimping on their medication. More still are heavily intoxicated, mad as hornets, trying to contact the mothership or avoiding several outstanding warrants. Hey, I'd made a funny and it wasn't even 8 a.m. Instead of simply giggling to myself in the passenger seat I thought to share it with my compadre. Except he happened to be the gentleman who'd laid out greenbacks, trust fund or not, for said mission statement. I left Dan to his junk food and contemplated the bumper sticker I'd see fit to represent myself with, if, at some point in life, I ever again owned a car.

### Dogs On The Run

That would cover it nicely. Celebrating my 27th birthday on the morning downhill drive to the desert and I had little more than unchecked hobo mobility, road rash, several overdue phone bills, some polished campfire tales and this clawing feeling that my days, culled together and laid out like a dime store deck of cards, wouldn't actually amount to much. Hell, I couldn't even remember the last time I'd produced the healthy scorn of a brokenhearted woman.

(...) I'd love to meet the bastard who brought the good times to an end." Dan voiced this just above a whisper. More disturbing was that he didn't follow it up with a leprechaun-on-helium laugh. I waited for my driver to look over. Unless he indicated that my participation would be required, I wasn't touching this one. The "bastard" could be any number of people, places or things, none of which I wanted Dan introducing to me.

"You don't have a pen over there? I thought I'd write my best gal a postcard." (...) Dan produced a pen without delay and put his eyes back on the road. We glided along at warp speed.

"Oh, God!"  
I didn't bother to look up from my scribbling. (...)

When the car began to drift to the right I assumed we were pulling over for something; endangered road kill, a sacred feather, the usual. But no, the tight, arrow straight shot toward a dusty oasis called Corona offered no shoulder

and a 60 degree angled drop into deep arroyos on either side of the blacktop.

"Steady." I pleaded at the dashboard. The Subaru, while not gaining speed as it danced along the edge of the cliff, wasn't slowing down either. I grabbed for the "Oh Jesus!" bar just above the passenger window and ever so briefly took in the spectacle that had been my driver. Dan's chin was resting peacefully on his chest. Both hands had relinquished their hold on the steering wheel and his eyes were closed. Sniper? Heart attack? Narcolepsy?

Our vehicle slowed to about 60 mph, and for a moment there I really thought me and Rip Van Acid Trip could ride the grade all the way down into the dry wash. As a cyclist I knew how to manage a fall. This might still turn out OK. We mowed over a few saplings, no real damage, then the alligator juniper tree jumped into view just above the grill, stubby and thick it was probably eighty years old. We hit it head on. That's when the Subaru took flight, a coaster jumping its tracks at the height of the arc. The graceful symmetry of dying on one's birthday might smack of poetry, but only in the abstract. I gripped the bar, attempting to make myself very small as the car went into its first rollover. Everything that wasn't bolted down floated for an instant; Beth's postcard, hot coffee, bike gloves - a poor man's space shuttle. The irony was not lost on me, that an individual with countless miles of cycling to his name would likely die in a car accident. Seems God likes that comedy black as coal.

On impact, the first of many as the car worked through half a dozen rolls on its steel crushing quest for inertia, I was bathed in the harsh realization that I would be unequivocally alone at the end. I wanted someone, anyone to know how much I'd felt and how deeply I needed to continue laughing, touching and talking my world into existence. For this to be my final thought carried a certain amount of dignity with it. Unfortunately, as the Subaru crushed in around me, my mind filled with another; please just don't let it hurt... Please just don't let it hurt...

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



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# Mountain Bike Groups Release Proposal for Mount Hood National Forest

BICYCLE NEWSWIRE

The Oregon Mountain Bike Alliance (ORMBA) and the International Mountain Bicycling Association (IMBA) have released a proposal that would protect the undeveloped lands of the Mount Hood National Forest using a combination of diverse designations, rather than just a federal Wilderness designation. Bicycling is prohibited in all federal Wilderness.

The ORMBA/IMBA plan includes a detailed map covering all of the land in the "Lewis and Clark Mount Hood Wilderness Act" proposed in 2004 by U.S. Senator Ron Wyden. The mountain bike groups estimate that the bill would have permanently closed more than 200 miles of trails to bicycling. While endorsing some lands for new Wilderness designations, ORMBA and IMBA suggest conserving the forest's roadless areas with additional designations that will address the concerns of a wide spectrum of stakeholders.

"Bicycling in the Mount Hood area is an essential ingredient of the tourism and recreation economy of northwest Oregon and southwest Washington. Opportunities for mountain biking are particularly important to many of the one million people who live near this national forest," said Roger Louton, a board member of the Portland United Mountain Pedalers. According to bicycle tour company owner Woody Starr, "The future of the local bike economy

– comprised of bike shops, outfitters/guides, and manufacturers – depends on access to these public lands."

"Bicyclists want to ride in roadless, pristine lands – like hikers, we relish the opportunity to visit these places. Our proposal demonstrates that Wilderness is not the only way to protect public lands," said IMBA Representative Paul Thomasberg, a leader of the Bend-based Central Oregon Trail Alliance.

The bicycling groups propose four designations other than Wilderness:

1) National Protection Areas: NPAs have all of the fundamental land protections of Wilderness, prohibiting mining, timber harvest, construction of roads and dams, and motorized travel. But NPAs allow bicycling and do not include the complex, restrictive philosophy of Wilderness.

2) Hood Pedaler's Demonstration Experiment Areas (PDX): Senator Wyden proposed this new designation in his 2004 bill. These lands

would be managed just like Wilderness, except bicycling and clearing trails with chainsaws would be allowed.

3) National Conservation Areas: NCAs represent a middle ground between Wilderness and regular national forest management. The ORMBA/IMBA proposal improves on previous NCA designations by prohibiting the construction of new roads and water projects (NCAs can encompass existing roads.) This designation would also allow limited, sustainable logging, as well as motorized travel on designated routes.

4) Singletrack Trail Designations: Bicycling groups propose some areas be adopted as Wilderness, but with special allowances for mountain biking on specific trails.

"We want the backcountry to remain roadless and protected. Our plan will safeguard more lands quickly by using a variety of approaches," said Mark DeJohn, an IMBA representative in Bend, Oregon.

"Closing the remaining backcountry to bicycling is just unacceptable," said Douglas Van Zandt, board member of the Columbia Area Mountain Biking Advocates in Hood River. "Our goal for this proposal is to accommodate

existing users while experiencing no net loss of trails."

The cycling groups have already presented their proposal to the members of Congress representing these lands, the USDA Forest Service, local county commissioners and Wilderness proponents. ORMBA and IMBA wish to hear from all interested parties and plan to continue dialogue on protecting and preserving public lands while allowing recreation opportunities. The groups are encouraged by the continuing efforts of members of Congress - on both sides of the aisle - to work toward a compromise that will address all interests concerning Mount Hood.

Maps detailing how the proposed designations for Mount Hood might be administered can be downloaded from IMBA's web site: [www.imba.com/resources/wilderness/oregon/index.html](http://www.imba.com/resources/wilderness/oregon/index.html)



Photo by Richard Uhlhorn

Just like hikers, mountain bikers want roadless pristine lands.

## About the Cycling Groups

ORMBA is a network of Oregon groups, clubs, individuals and companies with an interest in enhancing mountain biking opportunities while protecting our nation's forests.

IMBA is a national and international education and advocacy organization with 550 member clubs, 32,000 individual members and more than 400 corporate partners and dealer members. IMBA creates, enhances and preserves trail opportunities for mountain bikers worldwide.





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"Worlds" from page 1



By Melissa Mueller  
Bicycle Paper Intern

Union in the 2001 FISA World Masters Championships in Montreal, Quebec. The relatively close proximity of the Edmonton event transformed her goal of one day attending the event into reality.

While Mittendorf has an extensive background in rowing-she hopes to collect gold at the Games- she can also count on her solid cycling experience. Currently the captain of the Union Bay Cycling/Wines of Washington women's team, she began cycling five years ago, when her husband, a twenty-year cycling veteran, bought her a bicycle. As preparation for the event, Mittendorf has been racing all season with her team, whose colors she will don during the Games. She will be contending in the 35-39-age bracket.

Mittendorf is not the only participant who will be competing in multiple events during the Edmonton games. Tony Routley, a Whistler, BC native who won a bronze medal as a first-time competitor in the 2002 Australia Games, will be racing in both the road and mountain biking disciplines.

"Mountain biking is my first love," Routley admits. "But I have been doing more road cycling and racing since the last Games, and I am hoping for improvement." He says he is also looking forward to the road cycling event because it is a "hugely attended and very

competitive race."

Routley, who has been cycling for 9 years, is hoping to earn a medal again this year, even though he will be racing at the top of the 45-49-age bracket. "I went to the [2002] Games. It is a fantastic event that is close to home this year," he says. "I wouldn't miss it."



Photo by Joe Zauner

Larry Zimich

While the Games attract first-timers like Mittendorf, and past medalists like Routley, they also appeal to life-long competitors.

One such veteran is Larry Zimich from North Vancouver, BC. "I competed in [the World Masters Games] in 1998, when it was in Portland," he explains. This year, Zimich will compete in all three road events (road, time trial and criterium).

Having previously raced on the Edmonton course gives him a bit of an edge. "In the early 1990's I participated in the Canadian Road National Championships, which is where the Edmonton Games will be," he says. He placed fifth in the Senior Elite category that year.

Zimich says his training has been rigorous as usual, but he is pushing it even further this year, going to the expense of hiring Len Brownlie, an aerodynamicist who has done wind tunnel testing for Lance Armstrong and the Discovery Team. The information collected from the wind tunnel session brought changes to his positioning on the bike and clothing, which have already proved to be instrumental to his

success on the provincial racing scene. Zimich hopes that these changes will bring him closer to his goal as he competes in the 40-44-age group alongside fellow Team Coastal team member David Dunnison.

Zimich, a 21 year cycling veteran, is expecting some good competition at the Games. "One of the things I like about bigger games like this is that you really get the top level riders there from all over the world," he says. "It makes for a much harder competition." One such top-level rider will be his wife, Barb, who won as a road cyclist in Portland in 1998.

Barb and Larry Zimich are not the only set of married veterans you will find at the Games. Budd and May Seslar of Kenmore, WA have been cycling together for fifty years, and will continue that tradition this year in the 70-75-age group.

They competed at the Games in Melbourne, Australia in 2002. May took home a bronze medal in the 20km time trial bike race.

Both have been serious cyclists since 1990, racing with various teams, riding long distance rides and participating in events like the

Washington Senior Olympics. It is through the National Senior Olympics that Budd first heard about the World Masters Games, and shortly after that he decided to compete in them.

Budd's preparation in anticipation of the Games includes pushing himself harder this year. "I have stepped up my training a little bit more. I ride outside more and do some more hills."

Although slightly scared of crashing, he loves to ride and is excited about the upcoming competition.

Surely, everyone in the Northwest is thrilled to welcome an event as gargantuan as the World Masters Games to our extended region. Northwest sports fans have a unique opportunity to cheer on local riders such as Mittendorf, Routley, the Zimichs and the Seslars on their own turf. Whether you are a fan of mountain biking or a track or road fan, make sure not to miss this year's events. Edmonton is only a short flight away from anywhere in the Northwest.

For more information about the Games, visit [www.2005worldmasters.com](http://www.2005worldmasters.com)

Last Minute Race News

Carl Decker National Champion

Carl Decker of the Seattle-based Broadmark Capital Cycling Team won the USElite National Road Race Championships on June 22, 2005 in Park City, UT. Decker (Bend, OR) broke loose from a select group of 30 riders on the finishing hill to win solo by several bike lengths. Decker's Broadmark Capital teammate, Andrew Fischer (Seattle, WA) broke free of the same group and

was able to finish a strong third, just a bike length short of second place.

The race was dictated by an early breakaway that stayed free for 90 miles, which included Broadmark Capital riders, Ian Tubbs (Bellevue, WA) and Justin Morgan (Bainbridge Island, WA). This breakaway was brought back before the final major climb of the day.

Despite Broadmark's strong presence in elite amateur cycling since 2001, this is Broadmark's first win in the US Elite National Road Race.

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"Bellingham" from page 1

This ride starts out on the north side of the mountain. If you live in Bellingham, please utilize the stellar Greenway system we have, get a good warm up in and leave the parking spaces for those that have no choice but to drive. If you must make that choice, you will want to park at Whatcom Falls Park off of Electric Avenue. Ride due south on Birch Street and from there you can start to follow the mountain bike tracks.

You can access the famed Ridge Trail via the Miranda trail that skirts through a conservation easement and gets you up on The Ridge. The Ridge trail itself is steeped in Galbraith Mountain lore and is one of the oldest trails on the hill. It's a special trail with great views and represents a victory for mountain biking.

As you ride The Ridge you will notice the new housing development that borders the trail. With mountain bikers leading the charge, the Ridge Trail was included as a permanent trail and conservation easement, donated to the Bellingham City Parks once construction commenced. Now the trail is public property for the long term and leads to the mountain biking goods that await beyond.

The Ridge Trail offers phenomenal near 360 degree views which include the San Juans and the Canadian Cascades. It is but a taste of what happens higher up on the mountain. From the Ridge Trail you head into the Family Fun Center, a network of short trails that loop back upon them and make a great place for beginners. It's a good

place to work on your skills, it doesn't require a huge amount of fitness to get there, and it packs loads of fun.

After threading through the Family Fun Center, it's time to hop onto the Intestine and Candy, two of the oldest and finest trails on the mountain. The Candy is ohh so sweet, and once on the Intestine the name will become obvious. These trails are classic technical, smooth trails with roots thrown in just to keep you honest.

The Candy leads you to Arsenio, more or less named for the 'do Arsenio used to sport, for those that remember he had a little patch on the top of his head. It used to be called the Mohawk, but timber harvest shaved it to its current form. From this little patch you pick up the Cabin Trail.

Like most trails, ours are named for some landmark along the way. This one has an old roofless log cabin. Reports vary regarding its former use. Some say the old 60's ganja farmers inhabited it, while others say it was for an old woman who herded sheep in days of yore. I like to leave the interpretation open and to the whim of the mind on any given day.



Photo courtesy of Mark Peterson

The view from the top is incredible and worth the effort of getting there.

A quick jaunt through the 187 (or 781 if you're headed the other direction) and you'll find yourself on the beer themed trails the Oly, Keystone and Naughty Nelly. More than a few trail work sessions have been fueled by a nice cold barley pop or two. Finally, after the fine singletrack and thoughts of three different beer brands you end up at the Wonderland.

The Wonderland was once a dark and mysterious place. It was a great place to harvest Chanterelle mushrooms and hide from the rain after the long climb. Wondrous it was, and we were sad to see it go, but we always knew we'd resurrect it in one form or another. Out of the dark forest came sweeping views and a few crazy drops. There are many places to grab a seat, catch some sun (or rain) and take in the scenery.

For now the Wonderland is the high point of Galbraith. The WHIMPs MBC is always scheming something and we see some connectors to

higher points in the future. But for now this is the top, and there are a number of ways down. There is the Evolution for the big bike folks and the Whoopsie for those parked on the south side. The Kaiser, Three Pigs, 911 and Lost Giants all await you upon your descent.

This time around the route and the Wonderland was just too good, and I had no choice but to ride it both ways. Do not be deceived, the possibilities and different routes down (or up) are almost infinite. And if for

only a couple of hours, this is one of the few times where you get to choose our own path. Hopefully, the Wonderland can help you find your way.



Mark Peterson is president of the WHIMPs Mountain Bike Coalition and has been promoting bicycle races for 13 years including the Padden MTN Pedal. He is National Advocacy Director for Kona Bicycle Company and been featured a speaker at the IMBA National Summit and the World North Shore Mountain Bike Conference.



Photo courtesy of Mark Peterson

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# Rippin' on Roots

By TANYA ALLEN

If you ever ride in areas where there are exposed roots on the trail, you have doubtlessly experienced a snarl of them and wondered where you're possibly meant to put your tires. Often it appears that there is no real line to take, since the roots go every which way. There are, however, techniques you can use to make riding on root-laden terrain a much less daunting experience.

## Downhill Roots

First of all, approach roots at as close to a 90-degree angle as possible. This makes them more like perpendicular bumps in the trail and reduces the time your tires are on each root. It also enables you to find traction on any dirt between the obstacles.

Next, be sure to keep your wheels rolling; braking should be focused on the terrain just before or just after the roots and minimized as you go over them. Brake only as much as necessary to maintain control. The more you brake, the more likely your front or rear tire is to slip out from under you. Un-weighting the front wheel by pulling up on the handlebars is also useful, as this will let you "float" over the roots.

When you're heading to a "rooty" trail in

wet conditions, it's also helpful to let a little bit of air out of your tires in advance. This gives you better traction because it allows your tires to conform to the shape of the roots rather than bouncing over them.

On that note, if the roots on the trail have been stripped of their bark, they can often be just as slippery as wet ones. In all cases, keep looking well ahead to where you want to go, and you'll get there.

## Uphill Roots

Riding uphill roots is quite a bit harder than downhill because you don't have gravity to assist you. Dry roots can be managed with momentum, un-weighting the front wheel, and using strong, smooth pedal strokes. The steepness of the trail will determine whether you have to sit, stand, or crouch as you climb.

If you need to get up and over a very large root, you can use the quarter-punch technique. Approach at a speed slow enough to maintain torque on the pedals, and when you are close to the root and in the power stroke position, give a good hard stroke while slightly pulling up on the handlebars. Once your front wheel has cleared the root, un-weight the back tire by moving your hips forward, and keep pedaling strongly. Your rear wheel should also make it up and over the root. For more details on the quarter-punch technique,

see the instructional article in the April issue ("The Quarter Punch" April 2005).

When the uphill roots are wet, you have to cope with the increased chance that your rear wheel may spin out from lack of traction. Use all the techniques described above, but also pay particular attention to the weight on your rear wheel. Every situation is different, so a good rule of thumb is to keep your hips low and be prepared to move back and forth over your bike to increase and decrease pressure as necessary.

Now that you have some



Penny Deck goes over some slippery stuff.

Photo courtesy of Sugoi Dirt Series

tips to try when riding on roots, there should be nothing stopping you from heading out to the nearest "rooty" trail and giving it a go. As with all skills, practice makes perfect, so the more you do it, the more confident you'll become. Good luck and happy trails!

*Tanya Allen is a former pro-elite cross-country racer, coach with the Sugoi Dirt Series Mountain Bike Camps (www.dirtseries.com), and North Shore resident (in other words, faced with more than her daily dose of "rooty" terrain).*



Roots and rocks - a mountain biker's dream.

Photo courtesy of Sugoi Dirt Series

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# Wenatchee Outdoors List - A New Resource for Outdoor Enthusiasts

BY RICHARD UHLHORN

My tires sing a song on the buffed-out single-track our cycling club built last year with a grant from Chelan County's Paths and Trails Fund. Dust swirls behind me and sweat rolls down my face in the heat of the eastern Washington sun. I've driven up to Echo Ridge, seven miles out of Chelan, for



Photo courtesy of RichardUhlhorn.com

**With its orchards and vineyards, this view of Lake Chelan reminds many road riders of Tuscany.**

a quick mountain bike ride. It is late Sunday afternoon, and I don't see one other person enjoying this beautiful weather or the excellent trail conditions. I can see the craggy tops of the Stuarts rising above the Cascade Mountain Range against a brilliant blue sky in the distance. Five miles away, Lake Chelan shimmers like a sapphire. I'm in heaven.

Chelan County offers visitors an abundance of outdoor recreational opportunities for the sedate to the adventurous. There is mountain and road biking, hiking and backpacking, rock climbing, mountain climbing, fishing, birding, flatwater and whitewater paddling, photography excursions, outdoor events, racing, trail running, geocaching... the list goes on.

For the locals, finding the locations and partners with whom to enjoy these activities is fairly easy. We live here. We know the best trails to ride and the best time to paddle on Lake Chelan, the Columbia River or Lake Wenatchee. We know who to contact about the times and dates of various planned rides or other activities. Visitors generally don't have that luxury without doing a lot of research... that is until now.

Recently, Andy Dappen, Bob Parlette and Doug Pauly, three Wenatchee outdoor activists, were discussing how to connect to other outdoor enthusiasts. "We asked ourselves how to reach a broader audience," says Dappen, a freelance writer living in Wenatchee. "How do we connect with people?"

What they came up with was the development of a new website called the Wenatchee Outdoors List ([www.WenatcheeOutdoors.org](http://www.WenatcheeOutdoors.org)). This website, which will go active around July 1, 2005, is intended to provide outdoor enthusiasts with a one-stop local resource for their preferred activity. For example, if you are only interested in road biking, you will be able to go directly to the road biking section without having to muddle your way through a bunch of other activities.

WenatcheeOutdoors.org will include trail reviews, conditions, an upcoming events calendar, articles, photos, visitor's information, newsletter, alerts and more.

One of the more useful sections is called "Outings." This is where the web visitor will go to find rides, hikes and other outings that will be taking place in the near future. For a road bicyclist in Seattle, it will be the place to go for planned rides in North Central Washington.

The website is also intended to be totally interactive. When you finish a hike, backpacking trip, road ride or mountain bike ride, there will be a standardized form to fill out which will give the reader an overview of the skill level needed, recommended fitness level and other information about the trip.

So take a look, pick your poison and come on over to the sunny side for some outdoor fun and adventure.

## Chelan News

After a drier than normal winter, the Lake Chelan Valley has enjoyed a wetter than normal spring. Mountain biking is excellent this time of year. There are plenty of wildflowers and the trails are still buff from the spring rains, but it is beginning to get dusty.

### Echo Ridge:

The Chelan Ranger District has a contractor working at Echo Ridge on their expansion project. This includes widening some of the trails for the winter skate skier. However, there are still plenty of excellent doubletrack and singletrack trails to ride. The Forest Service will also be widening the Echo Ridge road this year to help people access the Nordic ski area.

### Chelan area:

The Lake Chelan Valley is exploding. The growth is phenomenal. There is a new 18-hole public golf course at Bear Mountain Ranch on the south shore.

Wine tasting enthusiasts should put Chelan on your list of places to visit. There are now approximately 12 boutique wineries in the valley, including some new tasting rooms in downtown Chelan.

Road rides are a great way to visit these wineries. Pick up a wine tour map at the Lake Chelan Chamber of Commerce, hop on your bike and ride through orchard and wine country. It is about as European as you can get in Washington State. Just take it easy on the tasting.



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**BICYCLEPAPER**

# 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

### JULY

#### Jul 16-17: Seattle Night and Day Challenge

Seattle, WA. Orienteering race. Visit as many of the 60 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 five 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

#### Jul 31: Trips for Kids Outdoor Gear Swap

Magnuson Park - Seattle, WA. Fundraising gear swap that supports mountain bike programs for inner-city kids. Starts at 4 p.m.. \$2 admission to benefit Trips for Kids. Kat Sweet, 206-427-3090, www.tripsforkids.org

## CAMPS

### JULY

#### Jul 2-3: Sugoi Dirt Series

Portland, OR. 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

#### Jul 5: Sugoi Dirt Series

Hood River, OR. MTB camps for women. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. 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 15-17: Co-ed Freeride Camp at Red

Rosland, BC. Presented by Cindy Devine and Kirsty Exner. Ages 13+. Red Resort, 877-969-7669, www.devineride.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

## AUGUST

#### Aug 5-7: Women's Freeride Camp at Red Resort

Rosland, BC. Presented by Cindy Devine and Kirsty Exner. Ages 13+. Red Resort, 877-969-7669, www.devineride.com

#### Aug 13-14: Sugoi Dirt Series

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

#### Aug 16-17: Sugoi Dirt Series

Blue River, BC. Single day MTB camp for women at Mike Wiegele's Heli Skiing. Top-notch small group instruction and hours of practice on the trails to reinforce new skills. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

#### Aug 20-21: Sugoi Dirt Series

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

#### Aug 27-28: Sugoi Dirt Series

Fernie, 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

Variou, 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

Variou, WA. Series of 6 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

Variou, BC and AB. 5-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

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

#### Mar 19-Aug 20: Built For Speed Time Trial Series

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

#### Apr 2-Sep 4: BC Masters Association Race Series

Variou, 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, Box 483, Mill Bay, BC, V0R 2P0. 604-666-4927, www.bcmasterscycling.net

#### Apr 2-Aug 7: Oregon MTB Series

Variou, OR. Series of nine events raced across Oregon. Cross-country and downhill. Open to all categories. High School Series categories offered at every event with separate awards. Juniors race in their own categories and are recognized in both series. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

#### Apr 5-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. 3 groups, intensity and distance varies according to ability. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com

#### Apr 7-Aug 25: First Rate Mortgage Cycling Series

Seattle, WA. Thursday night racing at Seward Park. Short 0.8-mile loop. Good pavement, 200 meter hill each lap. Nightly cash and merchandise prizes. Registration opens at 4:30 p.m. New riders start at 5:00 p.m., unlicensed and Cat 4/5 - 5:30 p.m., Cat 2/3/4 - 6:00 p.m., Pro 1/2/3 - 7:00 p.m. Length of race may vary over the season. Season prizes 6 deep. David Douglas, Pazzo Velo, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

#### Apr 10-Aug 28: 2005 Seattle - LAJORS Series

Seattle, WA. 8-event series for junior riders. All events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Best 6 out of 8 counts towards final standings. Event identified as LAJORS in calendar. David Schilling, Northwest Junior Racing Series, 8231 4th Ave. NE, Seattle, WA, 98115. 206-619-1355, www.radcracingnw.org

#### Apr 10-Aug 24: 2005 SISU BC Cup Road Series

Variou, BC. Includes 6 road race events in 6 various locations. Top caliber racing in BC. Overall standings and prizes based on points. Cat 1/3 men, Cat 1/3 women. Include: Harris Roubaix Classic, Victoria Cycling Festival, Atomic Road Race, Wedgewood Westside Classic, Norm Lowe Memorial Road Race, Tour de Delta and Tour de White Rock. Overall standings, awards and jerseys presented at Finals. Allan Prazsky, Cycling BC, 332-1367 West Broadway, Vancouver, BC, 604-737-3137, www.cycling.bc.ca

\* Events that support Bicycle Alliance of Washington

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**Apr 12-Aug 23: Spokane Twilight Series**

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

**Apr 12-Aug 30: Tuesday Night Road Race Series**

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

**May 1-Sep 24: BC Marathon Series**

Various, BC. 5 endurance events. 3 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 4 cross-country and 6 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 feature 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 6 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 reservoir leading to a short, flat section before final climb to the start/finish. Points to top 15 of each race. Best 5 out of 6 counts for overall standings. Prizes available for pickup at River City Bicycles after July 15. Clark Ritchie, 1314 NE 59th Ave., Portland, OR, 97213. 503-936-2575, www.mitaborseries.com

**Jun 2-Jul 7: Spokane Sunset Series**

Spokane, WA. 5 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 Criterium Series**

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

**Jun 7-Aug 30: Eugene Twilight Criterium Series**

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

**Jun 8-Aug 24: Central Oregon Crit Series**

Bend, OR. 3 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

**Jun 29-Aug 10: Bend TT / Duathlon Series**

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

**Jul 13-Aug 3: Portland MTB Short Track Series**

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

**MULTISPORT**

**JULY**

**Jul 2: 5 Mile Lake Women's Triathlon**

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

**Jul 9: Clackamas River Runoff**

Milo McIver State Park - Estacada, Oregon. Rogue Multi-Sport, PO Box 745, Beavercreek, OR, 97004-0745. 503-869-3886, roguemultisport.com

**Jul 10: Xterra Off-Road Triathlon**

Dockton, WA. Sprint off-road triathlon Rory Muller, Bu Du Racing, 4017 So 291st St., Auburn, WA, 98001. 253-334-4433, www.buduracing.com

**Jul 16: MOMAR Race 003**

Sechel, 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, 14-mile MTB ride, 5-mile run in a beautiful mountain 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. Wendy Bailey - Zupan, Round & Round Productions, 418 E Pacific, Suite 6, Spokane, WA, 99202. 509-455-7657, www.roundandround.com

**AUGUST**

**Aug 7: Rogue Triathlon Hellgate Challenge**

Grants Pass, OR. 7 mile run, 24-mile bike and 5-mile paddle. Individual or team. \$95 before 7/19, \$110 after. Rogue Multi-Sport, PO Box 745, Beavercreek, OR, 97004-0745. 503-869-3886, roguemultisport.com

**Aug 7: Satsop Triathlon/Duathlon**

Elma, WA. International, Sprint Triathlon, and Sprint Duathlon Rory Muller, Bu Du Racing, 4017 So. 291st St., Auburn, WA, 98001. 253-334-4433, www.buduracing.com

**Aug 21: Sisters High Cascades Off-Road Triathlon**

Sisters, OR. Off Road Tri (17-mile MTB leg). Swim, MTB, run. Scott Buckles, No limits Promotions, P.O.Box 3500 #187, Sisters, OR, 97759. 541-408-7063, www.sistershighcascadesort.com

**Aug 27: Lake Sammamish Triathlon**

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

**BMX**

**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 Basin**

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 12: Walla Walla BMX**

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

**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 Basin**

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

**Jul 26: Walla Walla BMX**

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

**Jul 29-31: 900 Point Weekend**

Sumner, WA. McCollum Park and River Valley. 7/29 - Single point at RV, 7/30- SCR at McCollum Park in the morning, SCR at River Valley afternoon and evening. 7/31 - RCQ at McCollum Park. Mike Raich, River Valley BMX, 7800 Riverside Dr. E, Sumner, WA, 206-246-2661, www.gobmx.com

**AUGUST**

**Aug 5-7: Walla Walla BMX**

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

**Aug 9-7: Walla Walla BMX**

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

**Aug 11-13: Columbia Basin**

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

**Aug 19-21: Walla Walla BMX**

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

**Aug 20-21: BMX BC Cup #4 & #5**

TBA, BC. See Race Series for details. Larissa Hoath, Cycling BC, 332-1367 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

**Aug 23-7: Walla Walla BMX**

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

**Aug 25-27: Columbia Basin**

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

**CYCLO-CROSS**

**JULY**

**Jul 3: Ohop Trophy Kermesse Series #5**

Eatonville, WA. Belgian Style Bicycle Race half paved and half dirt. 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, 5748 29th Ave NE, Seattle, WA, 98105. 206-227-7111, http://axleyusa.com/races/

**Jul 30: Ohop Trophy Kermesse Series #6**

Eatonville, WA. Belgian Style Bicycle Race half paved and half dirt. 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, 5748 29th Ave NE, Seattle, WA, 98105. 206-227-7111, http://axleyusa.com/races/

**MOUNTAIN BIKE RACING**

**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. Wendy Bailey - Zupan, Round & Round Productions, 418 E Pacific, Ste. 6, Spokane, WA, 99202. 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, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 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: 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.whimpsmtb.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://warmspringenduranceseries.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 11: 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**

Sand Point, ID. Schweitzer Mountain Resort - 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 18: Portland MTB Short Track Series #2**

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

**Jul 22-31: World Masters Games**

Edmonton, AB. CC race varying in distance depending on age groups for men's and women's categories. Raced at Terwillegar 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. Cancelled.

**Jul 23: Greenwater Gamble**

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

**Jul 23-24: Mount 7 Psychosis**

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

\* Events that support Bicycle Alliance of Washington

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**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, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Jul 25: 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.skifernie.com

**Jul 30-31: Lakeview Outback Challenge**

Lakeview, OR. Beginner through Pro divisions, cash prizes for top five men and top three women in Pro/Elite. Registration open Friday and Saturday. BBQ 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, PO Box 320, 87000 E. Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

**AUGUST**

**Aug 1: Portland MTB Short Track Series #4**

Portland, OR. Josh Wiggins, 971-570-6378

**Aug 3-7: Crankworx Freeride Festival**

Whistler, BC. Festival includes: Nissan Biker X, Air Downhill, Garbanzo Downhill-- the world's longest DH race, dropping more than 3,400 ft-- and Slopestyle Expression Session. With the exception of Slopestyle, all events will have pro, amateur and junior categories for men and women. Nathalie Grether, Whistler Events Bureau, 10-1006 Lynham Road, Whistler, BC, V0N 1B1. 604-938-3399, www.crankworx.com

**Aug 6-7: Oregon Mountain Bike Series Finals**

Willamette Pass, OR. 25 categories offered, from Beginner 14 and Under to Pro. Distance is 10-34-miles depending on class. Part of Oregon Mountain Bike Series. Randy Dreiling, PO Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Aug 7-13: Transrockies**

Fernie, BC. An epic seven-day mountain bike race through the majestic Canadian Rockies. 600km, 12,000 vertical meters of elevation, 350 riders. Limit 175 teams. Transrockies Inc, 805 - 11 Ave SW, Calgary, AB, T2R 0E6. www.transrockies.com

**Aug 12-14: UCI Master Worlds MTB Championships**

Kamloops, BC. Open to Master racers 30 years old and up. CC and DH. Richard Deslandes, Mondial du Velo, Bromont, QC, www.sunpeaksresort.com

**Aug 13-14: Fat Tire Frenzy**

Red Lodge, MT. A two-day NORBA sanctioned MTB fundraising event. Sat. cross country (8-18 miles), observed trials and criterium Sunday DH. 3-4 Series Finals. Charla Carter, Red Lodge Jaycees, Box 1880, Red Lodge, MT, 59068. 406-446-2433, www.redlodge.com/frenzy

**Aug 13-14: Sun Peaks SISU BC Cup / Canada Cup**

Kamloops, BC. CC and DH events, open to all categories. Runs in conjunction with the Master Worlds. Part of SISU BC Cup Series and Canada Cup Series Finals. Henry Pejril, 7-1380 Summit Dr., Kamloops, BC, V2C 1T8. 250-578-5411, www.sunpeaksresort.com

**Aug 13-14: Willamette Pass DH Series #2**

Willamette Pass, OR. See Race Series for details. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Aug 20: Gear Jammer-BC Marathon #4**

Squamish, BC. Single track lovers will enjoy this course greatly. Mass start, point to point through Squamish singletrack. Limit 500 riders. See race series for details. Curtis Roberts, SORCA, Squamish, BC, www.gearjammer.ca

**Aug 20-21: Idaho State NORBA Championship Finals**

Donnelly, ID. XC on Saturday, DH on Sunday at Tamarack Resort. Davey Moore, 208-388-1016, www.knobbytireseries.com

**Aug 20-21: Shiloh Cyclery Skibowl's DH #5**

Mt. Hood, OR. Saturday DH training and Sunday race at Mt. Hood Skibowl. Single run for Beginner and Sport, best out of two for Expert/Pro classes. Length - 2 miles / 4 minutes. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, PO Box 320, 87000 E. Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

**Aug 21: Return on the Jedi**

Grants Pass, OR. Top-rated course finishes on 5-miles of twisting single-track ("The Jedi Trail") at Sam Brown Campground. Cross-country. Richard Amneus, Bikekraft, 1448 Williams Hwy., Grants Pass, OR, 97527. 541-476-4935, richard@bikekraft.com

**Aug 27-28: Island Triple Throwdown -- SISU BC Cup XC/DH Finals**

Mount Washington, BC. Training start on Friday. CC on Saturday, DH on Sunday. XC distances vary according to categories. BC Cup Series Finals. Overall awards and jerseys to be presented. See race series for details. Jonathan Bonk, P.O. Box 3069, Mount Washington, BC, 250-334-5710, www.bccupfinals.com

**MOUNTAIN BIKE TOURING**

**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. 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. 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. 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 11-15: Backcountry Hot Springs**

Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 11-17: Kettle Valley Trail Cycle Tour**

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

**Jul 11-15: Mt. Hood Singletrack**

Portland, OR. Refer to July 4-8 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 11-15: 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 9,000 ft. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 11-15: Sun Valley Singletrack**

Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 16: Pedal the Pinchot**

Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St. Helens. Four routes: 30, 32, 49 and 88-miles. Start line open at 6:00 a.m. / close at 6:00 p.m. at Sweift 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, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

**Jul 18-22: Backcountry Hot Springs**

Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 18-22: Lewis and Clark Lolo Trail**

Missoula, MT. Trip takes you through the remote country where Lewis and Clark reached the Bitterroot Mountains, west of Lolo Pass, 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: Mt. Hood Singletrack**

Portland, OR. Refer to July 4-8 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 18-22: Sawtooth Singletrack**

Ketchum, ID. Refer to July 11-15 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 18-22: Sun Valley Singletrack**

Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 18-22: Umpqua River Trail**

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

**Jul 21-24: Kettle Valley Trail Cycle Tour**

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

**Jul 25-29: Backcountry Hot Springs**

Ketchum, ID. Refer to July 4-8 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 25-29: Lewis and Clark Lolo Trail**

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

**Jul 25-29: Mt. Hood Singletrack**

Portland, OR. Refer to July 4-8 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 25-29: Sawtooth Singletrack**

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**AUGUST**

**Aug 1-5: 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. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 1-5: Lewis and Clark Lolo Trail**

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

**Aug 1-5: Mt. Hood Singletrack**

Portland, OR. Travel through the Mt. Hood National Forest. A few short tricky sections, rideable switchbacks and excellent grades. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 1-5: Sawtooth Singletrack**

Ketchum, ID. Single track experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000ft. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 1-5: Sun Valley Singletrack**

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

**Aug 1-5: Umpqua River Trail**

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

**Aug 6-7: Sunshine Coast Trail Ride**

Hallmoon Bay, BC. Off-road trail riding that features beginner to intermediate single track trails and outstanding scenery. Robbin McKinney, R.E.M. Event Management Inc., Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

**Aug 7: Tour de Peaks**

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

**Aug 8-12: Backcountry Hot Springs**

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

**Aug 8-14: Kettle Valley Trail Cycle Tour**

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

**Aug 8-12: Lewis and Clark Lolo Trail**

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**Aug 8-12: Mt. Hood Singletrack**

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**Aug 8-12: Sun Valley Singletrack**

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

**Aug 8-12: Umpqua River Trail**

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

**Aug 13-19: Cycle the Divide Colorado**

Steamboat Spring, CO. 7-day catered and van supported dirt road event with return shuttle. 250 miles. Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/e55

**Aug 13-19: 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, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

**Aug 15-19: Backcountry Hot Springs**

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

**Aug 15-19: Cascade Lakes Singletrack**

Bend, OR. Swooping single track, lower elevations (rarely above 7,000ft), relatively small climbs for a single track trip. The trails are tunnel-like paths. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 15-19: Lewis and Clark Lolo Trail**

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

**Aug 15-19: Mt. Hood Singletrack**

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

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**Aug 15-19: Umpqua River Trail**

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

**Aug 16-21: Mountain Bike Oregon**

Oakridge, OR. Four days of awesome singletrack riding in and around beautiful Oakridge, OR. plus one day of pure, downhill adrenaline at a gondola-equipped local ski area. Camp along the banks of the Willamette River, enjoy live music nightly, clinics, and three locally-grown, farm-fresh meals a day! 503-459-4508, www.mtboregon.com

**Aug 17-21: Oregon Singletrack**

Cottage Grove, OR. Fully supported tour. Weekend 2-day, or week-long 5 day option. Singletrack riding for people of all skill levels. Ride some of the best trails in the west. Start at Green Waters Park. Randy Dreiling, First Oregon Adventures, 541-782-2388, www.oregon-adventures.com

**Aug 18-21: Kettle Valley Trail Cycle Tour**

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

**Aug 22-26: Backcountry Hot Springs**

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

**Aug 22-26: Cascade Lakes Singletrack**

Bend, OR. Swooping single track, lower elevations (rarely above 7,000ft), relatively small climbs for a singletrack trip. The trails are tunnel-like paths. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 22-26: Lewis and Clark Lolo Trail**

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

**cycling accident? injury claim?**



**Harvey Grad Attorney at Law**

Member of Cascade Bicycle Club  
Former Member of STP Executive Committee

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**Aug 22-26: Mt. Hood Singletrack**  
Portland, OR. Refer to August 1-5 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 22-26: Sawtooth Singletrack**  
Ketchum, ID. Refer to July 11-15 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 22-26: Sun Valley Singletrack**  
Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 22-26: Umpqua River Trail**  
Medford, OR. Refer to August 1-5 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 29-Sep 2: Backcountry Hot Springs**  
Ketchum, ID. Refer to August 1-5 listing for further details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 29-Sep 2: Cascade Lakes Singletrack**  
Bend, OR. Swooping singletrack, lower elevations (rarely above 7,000 ft), relatively small climbs for a single track trip. The trails are tunnel-like paths. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 29-Sep 2: Mt. Hood Singletrack**  
Portland, OR. Refer to August 1-5 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 29-Sep 2: Umpqua River Trail**  
Medford, OR. Refer to August 1-5 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**ROAD RACING**

**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. www.cbcracing.org

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

**Jul 3: Ohop Trophy Kermesse Series #5**  
Eatonville, WA. Belgian Style Bicycle Race half paved and half dirt. 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., 5 racing groups. Prizes: 3 deep. Micheal Pruitt, Starbuck Doubleshot / Spoke and Sproket, 5748 29th Ave NE, Seattle, WA, 98105. 206-227-7111, http://axleyusa.com/races/

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

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

**Jul 4: Monday Night Masters & Women PIR Series**  
Portland, OR. July series event #1. See race series for information. Jim Anderson, 503-975-8229, www.obra.org

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

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

**Jul 5: Pacific Raceways Road Race Series**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jul 5: Spokane Twilight Series**  
Spokane, WA. Weekly Tuesday events - various locations - various types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

**Jul 5: Tuesday PIR Series**  
Portland, OR. July series event #1. See race series for details. Jeff Mitchem, 503-233-3636

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

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

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

**Jul 6: River City Bicycles Mt. Tabor Series**  
Portland, OR. Circuit race #6 - Final event of the series. See Race Series for details. Clark Ritchie, 1314 NE 59th Ave., Portland, OR, 97213. 503-936-2575, www.mttaborseries.com

**Jul 7: First Rate Mortgage Cycling Series**  
Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

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

**Jul 7: Southern Oregon Thursday Nighters**  
Ashland, OR. Circuit race. See race series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

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

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

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

**Jul 11: 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

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

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

**Jul 12: Pacific Raceways Road Race Series**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

**Jul 12: Tuesday PIR Series**  
Portland, OR. July series event #2. See race series for details. Jeff Mitchem, 503-233-3636

**Jul 13: Bend Time Trial / Duathlon Series #2**  
Bend, OR. Barry Holman, 541-330-3996

**Jul 13: Central Oregon Crit Series**  
Bend, OR. July series event #2. See race series for details. Damian Schmitt, 541-350-3327

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

**Jul 14: First Rate Mortgage Cycling Series**  
Seattle, WA. Seward Park. See race series for details. David Douglas, Pazzo Velo, Seattle, WA, www.pazzovelo.com

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

**Jul 14: Southern Oregon Thursday Nighters**  
Ashland, OR. Circuit race. See race series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

**Jul 15-17: Tour de Delta-SISU BC Cup #6**  
Delta, BC. Start of BC Superweek. Road race, hill climb and twilight criterium events. \$10,000 in cash purse. Part of SISU BC Cup Series. Women's road race series event. John McMurchy, Municipality of Delta, 4500 Clarence Taylor Crescent, Delta, BC, V4K 3E2. 604-952-3545, www.tourdedelta.bc.ca

**Jul 16-17: BC Masters Race Series #16/#17**  
Brentwood, BC. Saturday - 45 minute criterium with up and down. Sunday 44-95km road race on rolling terrain in Shawinigan Lake area. Double points championship event. Start at 1:00 p.m. See Race Series for details. Tony Hoar, BC Masters Cycling Association, 250-743-9915, www.bcmasterscycling.net

**Jul 16: 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

**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 16: WA State TT Championships**  
Spokane, WA. State time trial championships. NWWC Cat 3/4 event. Counts for BARR points Baddlands Cycling Club, 418 East Pacific #2, Spokane, WA, 99202-1426. 509.456.0432, www.baddlands.org

**Jul 17: Kelowna Regatta Criterium Classic**  
Kelowna, BC. First year initiative by city of Kelowna. Event catering to Cat 3, 4 and 5, Masters and Women. Circuit is 1.5km long. Duration 1 hr. Heather White, 755 Schafer Rd, Kelowna, BC, V1W 1G2. 250-764-7404

**Jul 17: Rocket Velo Road Race**  
Spokane, WA. Rocket Velo Racing Team, www.wsbaracing.com

**Jul 18: Monday Night Masters & Women PIR Series**  
Portland, OR. June series event #3. July awards night. See race series for details. Jim Anderson, 503-975-8229, www.obra.org

**Jul 18: True Amateur Criterium Series #6**  
Eugene, OR. Sal Collura, 541-747-3336

**Jul 19: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

**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, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 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, 2338 Taylor Road, Central Point, OR, 97502. 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.worldcycleboise/byrds

**Jul 23-24: Twin City Cycling Classic**  
Centralia, WA. Jack Racker, www.wsbaracing.com

**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 23-31: 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. Tentative 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, 2338 Taylor Road, Central Point, OR, 97502. 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: Ohop Trophy Kermesse Series #6**  
Eatonville, WA. Belgian Style Bicycle Race half paved and half dirt. 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, 5748 29th Ave NE, Seattle, WA, 98105. 206-227-7111, http://axleyusa.com/races/

**Jul 31: Ravensdale-Cumberland RR**  
Ravensdale, WA. Course is a rolling 28-mile loop in rural SE King County that features one very short and steep climb. \$25 pre-reg by 7/24. \$30 race day. www.vision4corners.com

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

**Jul 31: WA State Senior Games Championships**  
Lacey, WA. Time trial, road and criterium all in one day Dan Donahue, www.wsbaracing.com

**AUGUST**

**Aug 1: Monday Night Masters & Women PIR Series**  
Portland, OR. August series event #1. See race series for details. Jim Anderson, 503-975-8229, www.obra.org

**Aug 2: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.com

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

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



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Photo courtesy of Bicycle Paper Archives

**Ducks! Boat Street Criterium riders managed to avoid them without damage.**

**Aug 2: Tuesday PIR Series**

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

**Aug 3: Central Oregon Crit Series**

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

**Aug 3: Phoenix Velo Training Group**

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

**Aug 4: First Rate Mortgage Cycling Series**

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

**Aug 4: Southern Oregon Thursday Nighters**

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

**Aug 5: Fremont Criterium**

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

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

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

**Aug 6: BC Time Trial Championships**

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

**Aug 6: Whidbey Island Circuit Race**

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

**Aug 7: Oregon State TT Championships**

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

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

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

**Aug 8: Monday Night Masters & Women PIR Series**

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

types. Overall standings on points. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

**Aug 9: Tuesday PIR Series**

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

**Aug 10: Bend Time Trial / Duathlon Series #4**

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

**Aug 10: Central Oregon Crit Series**

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

**Aug 10: Phoenix Velo Training Group**

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

**Aug 11: First Rate Mortgage Cycling Series**

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

**Aug 11: Pacific Raceways Women's RR**

Kent, WA. See Race Series for details. Rory Muller, BuDu racing, 206-625-8333

**Aug 11: Southern Oregon Thursday Nighters**

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

**Aug 12: Health Net Portland Twilight Criterium**

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

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

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

**Aug 13: Crawfish Criterium**

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

**Aug 13: Lake Washington Velo Circuit Race Series #2**

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

**Aug 14: BC Open Criterium Championships**

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

**Aug 14: Oregon State Criterium Championships**

Gresham, OR. Jay Martineau, 360-735-8152

**Aug 14: Washington State Team TT**

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

**Aug 15: Monday Night Masters & Women PIR Series**

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

**Aug 16: Eugene Twilight Criterium Series**

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

**Aug 16: Pacific Raceways RR Series**

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

**Aug 16: Spokane Twilight Series**

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

**Aug 16: Tuesday PIR Series**

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

**Aug 17: Central Oregon Crit Series**

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

**Aug 17: Phoenix Velo Training Group**

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

**Aug 18: First Rate Mortgage Cycling Series**

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

**Aug 18: Southern Oregon Thursday Nighters**

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

**Aug 20: Built For Speed TT Series**

Corvallis, OR. Event #5. See Race Series for details. Terri Gooch, Race Across Oregon, LLC, 196 NE Powderhorn Drive, Corvallis, OR, 97330. 541-760-1024, www.builtforspeedtt.com

**Aug 20: Lake Washington Velo Circuit Race Series #3**

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

**Aug 21: BC Masters Race Series #22**

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

**Aug 21: Gear Push Time Trial**

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

**Aug 21: Mt. Seymour Hill Climb Championship**

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

**Aug 22: Monday Night Masters & Women PIR Series**

Portland, OR. August series event #4. See race series for details. Jim Anderson, 503-975-8229, www.obra.org

**Aug 23: Eugene Twilight Criterium Series**

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

**Aug 23: Pacific Raceways RR Series**

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

**Aug 23: Spokane Twilight Series**

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

**Aug 23: Tuesday PIR Series**

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

**Aug 24: Central Oregon Crit Series**

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

**Aug 24: Phoenix Velo Training Group**

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

**Aug 25: First Rate Mortgage Cycling Series**

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

**Aug 25: Pacific Raceways Women's RR**

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

**Aug 25: Southern Oregon Thursday Nighters**

Ashland, OR. Circuit race. See race series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

**Aug 27-28: High Desert Race Weekend**

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

**Aug 27: WA State Hill Climb Time Trial Championships**

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

**Aug 28: BC Masters Race Series #23**

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

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

Seattle, WA. Criterium on a 0.8-mile loop inside Seward Park, one 120-degree turn and one hill. All categories. Overall season awards. LAJORS event. David Douglas, Pazzo Velo, 4207 SW Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

**Aug 29: Monday Night Masters & Women PIR Series**

Portland, OR. August series event #5. August series award night. See race series for details. Jim Anderson, 503-975-8229, www.obra.org

**Aug 30: Eugene Twilight Criterium Series**

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

**Aug 30: Pacific Raceways RR Series**

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

**Aug 30: Tuesday PIR Series**

Portland, OR. August series event #5. See race series for details. Jeff Mitchem, 503-233-3636

**Aug 31: Phoenix Velo Training Group**

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

**ROAD TOURING**

**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.randonneurs.org

**Jul 2: Midsummer Nightmare**

Spokane, WA. 200 hilly miles in one day. Scenic back roads. 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, P.O. Box 62, Spokane, WA, 99210. 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. Available April 24 - October 23. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jul 3-8: Oregon Coast-North**

Various, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Available July 3 - September 11. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 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! Available May 15 - October 9. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 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, P.O. Box 11219, Olympia, WA, 98508. 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, P.O. Box 11219, Olympia, WA, 98508. 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. Randonneur event. 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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

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

Come Join Us on Our First Annual!

# Emerald City Lights Bike Ride

September 24, 2005

Ride 30 or 65 miles of scenic country through Auburn, Black Diamond, Ravensdale & Enumclaw Plateau with views of Mt. Rainier. Raffle, bake potato feast, T-shirts, van & mechanical support and a day of FUN. Registration fee \$35.00. Check out our web site for more information and to register.

Proceeds going to help those in need, particularly focusing on the Seattle Basket Brigade!

www.emeraldcitylights.com  
emeraldcitylights@earthlink.net  
425-881-0299 / 253-735-4982

Age Progressed by NCMC to 13 yrs.

# MISSING

OL Case #4365

## SHAWN

Damian Hornbeck

Missing Since: 10/05/2002  
Missing From: Richwoods, MO

OPERATION LOOKOUT  
National Center for Missing Youth

1-800-LOOKOUT  
1-800-566-5688

www.operationlookout.org

Age at disappearance

"Loved the bands that played!"

# Ride Around Puget Sound

August 27-28

165 challenging miles in 1 or 2 days  
Starts and ends in Tacoma  
Register at active.com

206-577-6999  
www.rapsodybikeride.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. Available June 25 - September 3. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 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, PO Box 15165, Seattle, WA, 98103. 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, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/e55

**Jul 9-15: Paradise Ride**

Waikiki, HI. A week-long fundraising ride to support HIV/AIDS services. Paradise Ride, 677 Ala Moana Blvd., Suite 226, Honolulu, HI, 96813. 888-285-9866, www.paradisride.org

**Jul 9-16: San Juan Islands - Victoria**

San Juan Islands, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Available May 14 - October 1. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jul 9: SIR 100 km Populaire**

WA. Event open to all. Paul Johnson, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 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, Halfmoon 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. Available May 23 - October 17. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 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 16-22: 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. LunaTours, 877-404-6476, www.lunatours.com

**Jul 16-Sep 17: Crater Lake Tour**

Oregon. Ride over the Cascades to magnificent Crater Lake in Oregon. 8 day, fully supported tours. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 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, 150 E Pine St., Missoula, MT, 59802. 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! 3 major climbs with lots of rollers in between will make this one of the toughest road rides in Oregon. Fully supported. Entry fee includes maps, food stop every 40-miles, Sag and t-shirt. Special rewards for finishers. Limited to 100 riders. Start from Sisters City Park at 5:30 a.m. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

**Jul 16-23: Oregon-Crater Lake**

Oakridge, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 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 in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

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

Seattle, WA. 2 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, 300km**

Vancouver Island, BC. Randonneur event. 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. Danella 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. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Jul 23: 300km Brevets**

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

**Jul 23-29: Canadian Gulf Islands**

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands--an extension of the same chain that forms the San Juan Islands of Washington. Cycling, hiking, and kayaking are included. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jul 23: SIR 200km Brevet**

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

**Jul 23: Tour des Chutes**

Summit High School - Bend, OR. Ride benefits the Lance Armstrong Foundation. Tour around Central Oregon. Routes range from 4 to 63 miles. Cindy Lewellen, 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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Jul 24-Aug 1: Paradise Challenger**

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

**Jul 24-28: Rolling Pub Crawl**

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

**Jul 25-29: Crater Lake National Park**

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

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

Enumclaw, WA. Best one-day ride in the Northwest. 154-miles, 10,000ft 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, P.O. Box 8141, Bothell, WA, 98041. 206-781-3903, www.redmondcyclingclub.org/ramrod

**Jul 30: 1000km Ultra Marathon**

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

**Jul 30-Aug 8: Cycle Washington**

Redmond, WA. 10-day catered and van-supported event. Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.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

**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-mile 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

**AUGUST**

**Aug 1-5: Crater Lake National Park**

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

**Aug 1-5: Crater Lake National Park**

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

**Aug 2-6: Columbia Gorge Family Tour**

Portland, OR. 5-day tour, inn-based, with cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River. Available May 23 - October 17. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 2-5: 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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 2-5: 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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

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

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

**Aug 5-11: The Canadian Rockies - Banff to Jasper**

Banff, AB. Women's tour designed specifically for beginners. Imagine pedaling beneath towering, jagged mountains, peaks capped in snow, then past waterfalls, aqua-blue glacial rivers and lakes under incredible skies. LunaTours, 877-404-6476, www.lunatours.com

**Aug 6: 200km Brevet**

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

**Aug 6: 400km Brevet**

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

**Aug 6-12: Canadian Gulf Islands**

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands--an extension of the same chain that forms the San Juan Islands of Washington. Cycling, hiking, and kayaking are included. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 6-8: Courage Classic Bicycle Tour**

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

**Aug 6-13: Glacier-Banff-Jasper**

BC, AB, MT. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park in Montana, as well as Banff and Jasper national parks in Alberta. Ride the Going-to-the-Sun Road and the Icefields Parkway. Available June 25 - September 3. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 6-7: Oregon MS 150 Bike Tour**

Forest Grove, OR. Two-day fundraising ride through Oregon's wine country and woodlands on figure 8 courses. Start/finish at Pacific University. Day 1 choice of 32-mile (1,350ft.), 75-mile (2713ft.), or 100-mile (3314ft). Day 2: 25-mile (528ft) or 75-mile (2007ft). Start/finish at Pacific University. Fully supported. Finish line festivities. Jeff Pazdalski, National Multiple Sclerosis Society, Oregon Chapter, 1650 NW Naito Parkway, Suite 190, Portland, OR, 97209. 503-445-8349, www.ms150oregon.com

**Aug 6-8: Penitencion 200**

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

**Aug 6: Ride Through Paradise**

Klamath Falls, OR. 100, 62, 25 mile charity ride Rob Sturm, Klamath Falls CASA, 1660 Ridgecrest Dr., Klamath Falls, OR, 97601. 541-891-1189, www.klamathfallscasa.org

**Aug 6-13: San Juan Islands - Victoria**

San Juan Islands, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Available May 14 - October 1. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 6: SIR 300km Brevet**

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

**Aug 7: Double Dawg Tandem Ride**

Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. One food stop with deluxe snacks. No long climbs, but short steep ones. Meet at westside store. 9:00 a.m., \$8 tandem / \$5 single entry fee. Deluxe snacks provided at the Park. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, www.hutchsbicycles.com

**Aug 7-12: San Juan Islands 6-Day**

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Note: Available from May 15 - October 9. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 7: Tour de Peaks**

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

**Aug 8-13: Columbia Gorge**

Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River. Note: Available from May 23 - October 17. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 8-12: Crater Lake National Park**

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

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

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

**Aug 13: Covered Bridge Bicycle Tour**

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

**Aug 13-20: Oregon-Crater Lake**

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

**Aug 13: Torture 10,000**

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

**Aug 14: Blue Cruise Wheels for Wellness**

Meridian, ID. 100, 50, 30 and 15-miles. Routes head south & loops back. Century elevation 2,500ft with challenging hills. Start/finish Blue Cross of ID. First start at 7:00 a.m. Reg. free t-shirt, BBQ & concert. Fully supported. Roberta Russell, Blue Cross of Idaho Foundation for Health, 866-482-2252, www.bcidahofoundation.org

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**Aug 14: Bridge Pedal 2005**

Portland, OR. Ride across nine of Portland's bridges without all of those annoying cars in your way. Start in the earliest waves in the morning to avoid bicycle traffic jams. Providence Rose Pedal, 1631 NE Klickitat St, Portland, OR, 97212. 503-281-9198, www.providence.org/oregon/events/

**Aug 14-20: Oregon Bicycle Ride XIX**

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

**Aug 14-19: Oregon Coast - North**

Various, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Available July 3 - September 11. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

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

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

**Aug 15-19: Crater Lake National Park**

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

**Aug 20: 200 600km Brevet**

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

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

Mt. Angel, OR. Fundraising event for Providence Benedictine Child Development Center. Every cent goes to low-income families for support with child care expenses. Ride distances of 10, 25 and 62-miles. Flat and rolling. Jean Brougher, Providence Benedictine Child Development Center, 560 South Main St., Mt. Angel, OR, 97362. 503-845-2662

**Aug 20-26: 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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Aug 20: The Vine Ride**

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

**Aug 20: Tour of the Columbia Basin**

Wenatchee, WA. 50, 100, 150-mile bike ride Wenatchee to Quincy, Soap Lake, Dry Falls, Waterville, Orondo. 509-662-3461

**Aug 20-27: Volcanoes of Washington**

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

**Aug 21-26: RAW - Ride Around Washington**

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

**Aug 21: Tour de Lentil**

Pullman, WA. 100km bike ride. Part of National Lentil Festival Pullman Chamber of Commerce, N 415 Grand Ave, Pullman, WA, 99163. 509-334-3565, www.lentilfest.com

**Aug 21: Yaquina Lighthouse Century**

Newport, OR. Experience the beauty of the Oregon coast. Century, 100km and 25-mile rides. Start in Newport, 100km goes to Toledo and Elk City, century keep going to Kernville and back to Newport. Start at 7:00 am. Generally flat with some hills. Sag support and rest stops. Limit 100 riders. Galen Gard, Yaquina Wheels Bicycle Club, 541-867-7123, www.orbike.com

**Aug 22: Ice Cream Classic**

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

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

Oakridge, OR. Each day is a specialty tour within the overall tour. Features lakes, ocean, vineyards, covered bridges, waterfalls, rivers, wildlife and lots of trees and mountain views. Randy Dreiling, Oregon Adventures, P.O. Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Aug 27-Sep 3: Oregon - Crater Lake**

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

**Aug 27-28: RAPSody 2005\***

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

**Aug 27-28: SIR 400km Brevet**

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

**Aug 28-Sep 2: Bryce - Zion Bike**

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

**Aug 28-Sep 1: Rolling Pub Crawl**

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

**Aug 28: Six Covered Bridge Tour**

Cottage Grove, OR. Awesome event for people of all skill levels. All routes showcase all six bridges. Choice of 33, 50 and 85-mile rides. Ride along lakes and rivers on wide, paved bike path. See waterfalls and wildlife. Randy Dreiling, Oregon Adventures, P.O. Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Aug 28: Summits of Bothell**

Bothell, WA. A challenging and scenic 35-mile ride that takes cyclists up and over the community's seven hills. Course includes climbs of 14-18 percent with outstanding vistas of the Cascades, Olympics and Lake Washington. Total elevation 3,000ft. \$20 registration fee covers unlimited bottled water and energy bars, route map, profile and long-sleeved t-shirt. Bill Wiselogle, Bothell Arts Council, 10514 NE 196th Street, Bothell, WA, 98011. 425-486-6221, www.ci.bothell.wa.us

**Aug 29-Sep 2: Crater Lake National Park**

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

**Aug 29-Sep 3: SPUDS - Cycling Around Idaho**

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

**TRACK**

**JULY**

**Jul 1: Group Health Friday Night Races**  
Redmond, WA. See Race Series for details. Marymoor Velodrome, www.velodrome.org

**Jul 1-3: Oregon State 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: Regional Velodrome Championship Event**

Redmond, WA. Indoor qualifying event for the national championship. Race held at Marymoor Velodrome. Marymoor Velodrome Association, www.velodrome.org

**Jul 4: MVA Monday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Jul 6: MVA Wednesday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Jul 7: Alpenrose Series**

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

**Jul 8: Fast Twitch Fridays**

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

**Jul 8: Group Health Friday Night Races**  
Redmond, WA. See Race Series for details. Marymoor Velodrome, www.velodrome.org

**Jul 11: MVA Monday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Jul 13: MVA Wednesday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Jul 14: Alpenrose Series**

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

**Jul 15: Group Health Friday Night Races**  
Redmond, WA. See Race Series for details. 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: Alpenrose Challenge**  
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. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Jul 20: MVA Wednesday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Jul 21: Alpenrose Series**

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

**Jul 22: Fast Twitch Fridays**

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

**Jul 22: Group Health Friday Night Races**  
Redmond, WA. See Race Series for details. Marymoor Velodrome, www.velodrome.org

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



Photo by Greg Descanties

**Racing action at the Burnaby Velodrome - the best place to be when it rains!**

**Aug 17: MVA Wednesday Night Racing**

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

**Aug 18: Alpenrose Series**

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

**Aug 19-21: BC Provincial Track Championships and AMVC**

Victoria, BC. All categories and championships disciplines. Run in combination with the provincial championship, the AVC should attract some of the best North American riders. Greater Victoria Velodrome Association, www.gvva.bc.ca

**Aug 19: Fast Twitch Fridays**

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

**Aug 19: Group Health Friday Night Races**

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

**Aug 22: MVA Monday Night Racing**

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

**Aug 24: MVA Wednesday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Aug 25: Alpenrose Series**  
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

**Aug 6-7: Oregon Junior and Team Track Championships**

Portland, OR. Alpenrose Velodrome. Schedule to be posted on obra website the week before the event. Candi Murray, 503-661-5874, www.obra.org

**Aug 8: MVA Monday Night Racing**

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

**Aug 10: MVA Wednesday Night Racing**

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

**Aug 11: Alpenrose Series**

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

**Aug 12: Group Health Friday Night Races**

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

**Aug 15: MVA Monday Night Racing**

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

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# Gruene = "Green"

By MAYNARD HERSHON

*Note: This piece was written in the fall of 1996, when Lance Armstrong was recovering from cancer. Some people felt that before he got sick he was somewhat brash or arrogant, but most cyclists held him in the highest regard. He was our hero...and had not yet won his first Tour de France. Now, as everyone knows, he's the first cyclist ever to have won six Tours, consecutive ones at that. It's my hunch that if he wins his seventh this year or if he does not, we may not see his equal - ever.*

Jack Pritchard called me from Austin saying: Someone at GITA, the bike and parts distributor, had called Freewheeling Bikes (where Jack works) to tell them Eddy Merckx's own Eddy Merckx bicycle was on its way there.

Jack figured GITA wouldn't ship Eddy's Eddy to Freewheeling if the owner weren't also on his way. He thought Eddy was coming to visit with ailing Austin local Lance Armstrong. He guessed there might be a group ride or a party - or something might happen around the Tour de Gruene, an upcoming two-person time trial.

The beautiful, rustic town of Gruene is north of San Antonio, an hour's drive from Austin. The Tour de Gruene is the area's traditional season-ending event. As late in the year as it falls, even when the weather is awful, lots of people show up and ride hard.

Gosh, Jack, I said, thinking: I didn't see Lance at all in '96. I worked the Olympic Trials race at Seattle; he didn't ride. He did ride the Tour DuPont, the Olympics and the Tour of America series in the east; I couldn't be at any of 'em.

I went with Breaking Away Bicycle Tours to the last 10 days of the Tour de France but he'd already left the race, as yet unaware of his cancer.

Normally, I wouldn't feel bad about missing him all season. I like and respect him (In truth I'm in awe of him) and I believe he likes me. Now, though, everything's changed. He's fighting that cancer.

We all want to reach out to him. We want to meet his eyes, put an arm around his shoulders. We want to tell him we think about him every day, every day, and want him to get past this thing and get on with racing, doing stuff on a bike no one else can do.

That's what I wanted anyway and I knew 100 people who wanted their best given to Lance if I saw him, who made me swear I'd do it, saying they'd never ride with me again or admit they knew me if I failed.

Jack and I agreed to ride the Tour de Gruene as a team, me on Jack's old Eddy Merckx, Jack on his new red Pinarello. Jack arranged for me to stay with Frank Kurzawa and Peggy Wall, who had a spare bedroom and a spare VW Rabbit, and put both at my disposal. Better than perfect.

Sunday morning, Peggy and I drove down

to Gruene, my probable late-entry start time falling hours after Frank's. As we were leaving registration, a roar from the start-finish area announced Eddy and Lance's departure. Damn, missed 'em.

I ran into Motorola Team Director Jim Ochowicz and asked if I was gonna be dismayed when I saw Lance. Och said I'd be surprised but not dismayed: Lance looked better than you might expect. He said the people at the hospital in Indianapolis told him they had never seen anything like Lance.

Nor have the people in cycling, I thought. When Eddy and Lance finished, the crush around them made it impossible for me to approach either. Eddy is heavy and suffered on the hills out on the 26-mile course. Don't shoot the messenger; I know he's an icon. It's simply the truth.

Lance looked thin to me but I've never seen him after a season racing in Europe. He had no or very little hair from the chemotherapy. Through the crowd you could see short curved scars below the cycling cap he wore under his helmet and continued to wear after he took the helmet off.

He and Eddy signed T-shirts and posters and photos and jerseys for lots of people. I could just see Lance's eyes through the crowd; they looked bright, I am delighted to report, in contrast to the eyes I feared to see, dulled by the agony and anguish of his illness.

When Jack and I finished our ride, all the stars had gone home. I didn't give up trying

to connect with Lance; Och, who was staying with him, had given me his own cellular number. I called several times but never got through.

Jack, who had delivered Eddy's bike to Lance's home, had Lance's secret phone number. I took it and left a sincere rambling message on Lance's machine wishing him our best, yours and mine.

Lance, if you see this, I believe I can speak for thousands of cyclists and fans all over the world when I say Merry Christmas, Happy New Year and many, many happy returns.

Note, June '05: A seventh Happy Return would be wonderful!

In the nine years since I wrote this piece, Lance survived the disease. He married and fathered three kids. He won more Tours than anyone ever. He became more visible than any bike rider ever has, even Greg LeMond.

No one knows what Lance'll do after the post-Tour retirement he's promised, but whatever it is, he'll do it well.

I don't see Lance often these days but I think of him often. I suppose all cyclists do. He's so visible at the top of the sport; it's easy to take cheap shots at him. Many of us never miss a chance to do that. How soon we forget...



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