

# BICYCLEPAPER

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AUGUST 2005 • FREE



Photo by Wheelsinfo.com

Riders from various countries attended the Alpenrose Challenge on July 15-17. The action was fast and exciting as in the Women's Points Race on Saturday.

## Locals Play Spoiler at Alpenrose

BY DAVE CAMPBELL

The seventh annual Alpenrose Velodrome Challenge (AVC), held July 15-17 in Portland, attracted some of the world's finest track racers and brought out the best in a number of Northwest riders. With \$13,000 in cash prizes at stake, the three-day meet took place on one of the country's quirkiest velodromes, the 268-meter cigar-shaped concrete track with the 42-degree banking located at the Alpenrose Dairy.

The Women's 3000-meter pursuit track record fell on opening day, as Athens Olympics bronze medalist Erin Mirabella toppled Jen Evans' 1997 mark of 4:00.64, to triumph in 3:57.78. Second in 4:11.68 was reigning National Pursuit Champion Annette Hanson of Seattle (First Rate Mortgage), followed by Portlander Miranda Duff (Team Rubicon). 2004 National Pursuit silver medalist Kenny Williams of Seattle (First Rate Mortgage) won his third consecutive AVC pursuit posting a time of 5:00.09 for 4000-meters. Scott Allen (Team Rubicon), who transplanted to Portland from New Zealand, was second in 5:04.78, less than one second ahead of Californian Mike Garrett.

The 500-meter saw two-time National Champion Becky Quinn of San Diego blast to a 38.96 victory in arguably the best AVC Women's field ever. Canadian National Kierin Champion Auna-Brit Erickson of Calgary was second in 39.33 and the versatile Duff was close behind with 39.45. Leif Clarke (Benaroya Research Institute), this season's points leader at

Marymoor Velodrome, scorched around the track, while making it look easy in 1:10.75, probably one of the all-time best Kilos at Alpenrose. Late starter Williams, faced with stiffer wind, fought to second in 1:11.61, with Allen rounding out the podium in 1:12.29.

### Saturday

The men's sprint qualifiers kicked off day two's racing. 2004 Malaysia Olympic team member Josiah Ng (Bike Central) posted the fastest 200-meter time (11.44), nearly a track record. Close behind was the ageless Stephen Alfred the AVC defending champion in the match sprint with 11.46. 2004 US Olympian Gideon Massie was the third fastest with 11.57, setting the stage for an exciting sprint tournament. The top four qualifiers advanced out of the first round, and local hero Stephen McLaughy (Bike Central) and 22-time Canadian National Medalist Keith Bruneau of Calgary (Dr. Walker) came out of the two repechage heats. Creative tactics and gritty riding allowed McLaughy to knock Alfred out en route to the final, and the closing speed of first year racer Matt Barlee of Victoria (Dr. Walkers) surprised Ng, spectacularly putting the two Northwesterners into the final along with Massie. The Olympian rode to victory, with Barlee second in front of McLaughy.

Mirabella, Marymoor regular Amara Boursaw (Gregg's/Specialized), and World Championship

See "Alpenrose" on page 9

☞ Feature

## Chief Sealth Trail Construction Progresses Rapidly

BY KIA CROTTY

It's not ready yet, but it's well on its way.

The new Chief Sealth Trail, a 3.6-mile long, ten foot-wide stretch of paved lane for cyclists and pedestrians that runs from Beacon Hill to the southern limits of Seattle, is making excellent headway and is well on schedule to be completed in the fall of 2006.

"So far, we're doing good," says Yvonne Kraus, the project manager for Chief Sealth Trail facilitation. "Right now we're moving along fast." Construction has started in six of the seven work zones. The design phase of zone seven is nearly completed, and construction will begin this month.

All of this is impressive for a project that took 15 years to get off the ground. The trail has been included in the city's Comprehensive Plan and Transportation Strategic Plan, and was approved by voters in 2000. It has been a long-time priority for bicycle advocacy groups like the Cascade Bicycle Club, Seattle Bicycle Advi-

sory Board and the Bicycle Alliance of Washington. While South Seattle communities like Rainier Beach and Columbia City have long championed the construction of the trail in order to support and develop the use of non-motorized transportation as part of their neighborhood planning, they had to overcome a major hurdle before the trail could be realized.

"It really is a cool project," says Kraus. "It had been in the neighborhood projects plan for a long time. The issue was funding." The initial estimates of cost placed the Chief Sealth Trail between five and 10 million dollars, a prohibitive price tag. One of the reasons is that the area intended for the trail, a greensward that is a Seattle City Light corridor, "has significant topographical changes." Kraus adds, "There are areas where there are wetlands, or very steep grade," and proper steps must be taken to protect the environment and provide a paved trail suitably graded

See "Chief Sealth Trail" on page 4

☞ Feature

## Cycling for a Cause

BY JEN RASMUSSEN

There are many benefits to the sport of cycling. Some ride for exercise. Some see a bike as transportation. Some even make it a career. But two Northwest teams are exploring how cycling can benefit not only the rider, but the community.

Team Rubicon founder Noreene Godfree knows that cycling is serious business. She, like superstar Lance Armstrong, also knows how serious a cancer diagnosis can be.

When her mother found out she had cancer, Godfree was at a loss. "My mom was diagnosed with lung cancer," she says. "She didn't want to live. It's very hard to deal with."

After contacting the Lance Armstrong Foundation (LAF), Armstrong sent her mother an autographed jersey that was signed, "Fight, Mom. Lance Armstrong." To repay him, Godfree wanted to start a cycling team to raise money for the foundation. She picked the name "Team Rubicon," after the Ru-

bicon River that Caesar crossed. Loosely translated, it means "to do or die."

Three years later, Godfree's Portland, Oregon-based team boasts 15 riders from the United States and New Zealand, as well as 50 wins in 2004. More than half of the riders are under 23 years old. The team is sponsored by Nike, Orbea and United Finance, among others. Their dedication to the Lance Armstrong Foundation has not wavered. "They're always out helping," boasts Godfree.

To date, Team Rubicon has raised more than \$37,000 dollars selling "Live Strong" bracelets. They also donate any race winnings directly to the Foundation. The team has set a goal of raising \$20,000 before August 15, 2005 and Nike has agreed to match the amount.

Each year, the members hope to raise \$25,000, enough to reach the LAF's "yellow jersey level." At this level, the team is awarded an all-

See "Cause" on page 7

## Cycling & Recreational Sport Habits

Please check all the areas of cycling you participate in:  
(Check as many boxes as applicable)

- Bicycle travel
- Commuting
- Duathlon/ triathlon
- Human powered vehicles (HPV)
- Legislative / politics advocacy
- Mountain bike racing
- Mountain biking (recreation / touring)
- Organized rides
- Road racing
- Road touring
- Track racing
- Ultra-marathon or 100 mile-plus cycling
- Water cycling

What is your prime cycling interest?  
(Check only one box)

- Bicycle travel
- Commuting
- Duathlon/ triathlon
- Human powered vehicles (HPV)
- Legislative / politics/ advocacy
- Mountain bike racing
- Mountain biking (recreation / touring)
- Organized rides
- Road racing
- Road touring
- Track racing
- Ultra-marathon or 100 mile-plus cycling
- Water cycling

How likely are you, in the next year, to take a professionally guided cycling tour?  
(Circle one)

Very likely      Somewhat likely  
Not likely

Have you taken a cycling trip in the past 12 months or do you plan to take a cycling trip in the next 12 months?  
(Circle one)

Yes      No

How many bicycles do members of your household own?  
(Circle one)

1   2   3   4   5   6 or more

Are you or someone in your household a cycling club member?  
(Circle one)

Yes      No

On average, how many days per week do you bicycle during the prime Northwest cycling season of March through September?  
(Please circle one)

1   2   3   4   5   6   7

What types of bicycles do the members of our household own?  
(Check as many boxes as applicable)

- Children's bicycle
- Commuting bicycle
- Hybrid bicycle
- Mountain bike
- Road racing bicycle
- Tandem bicycle
- Track bicycle (fixed gear)
- Touring bicycle
- Recumbent bicycle
- Watercraft cycle

What activities, other than cycling, do you practice?  
(Check as many boxes as applicable)

- Aerobics
- Camping
- Cross-country skiing
- Downhill skiing
- Hiking / backpacking
- Kayaking / canoeing
- Jogging / running
- Weight training
- Other: \_\_\_\_\_

What cycling products have members of your household purchased in the last 12 months or plan to purchase in the next 12 months?  
(Check as many boxes as applicable)

- Bicycles:**
- Children's
  - Hybrid
  - Road racing
  - Track (fixed gear)
  - Recumbent
  - Commuting
  - Mountain bike
  - Tandem
  - Touring

How much did members of your household spend on bicycles? \$\_\_\_\_\_

**Clothing:**

- Cycling gloves
- Cycling shoes
- Rain gear
- Cycling jersey
- Cycling shorts
- Cycling tights

How much did members of your household spend on clothing? \$\_\_\_\_\_

**Accessories:**

- Bicycle lock
- "Clipless" pedals
- Cycling guidebook
- Cycling tent
- Exercise bike
- Vehicle-bicycle rack
- Lighting systems
- Panniers
- Saddle / seat
- Seat / handlebar bag
- Children's trailer
- Cycle computer
- Tools
- Cycling trainer
- Hydration system
- Helmets
- Pump
- Tires

How much did members of your household spend on accessories? \$\_\_\_\_\_

## Reading Habits and Opinions

How many people in your household (including yourself) read the Bicycle Paper each month?  
(Circle one)

1   2   3   4   5   6   7

Which sections of Bicycle Paper do you and members of your household read each month?  
(Check as many boxes as applicable)

- Events calendar
- Classified advertising
- Touring / recreational cycling articles
- Racing articles
- News and feature stories
- Athletic medicine articles
- Columns
- Commercial display advertising
- Cycling-event advertising

Have you used our Race or Tour Guide for planning your cycling activities?  
(Circle one)

Yes      No

Are you or someone in your household a Bicycle Paper subscriber?  
(Circle one)

Yes      No

**Computers:**  
(Please circle or check your answers)

How many times a week do you visit websites?

0   1-5   5-10   10+

Have you visited the Bicycle Paper's website at [www.bicyclepaper.com](http://www.bicyclepaper.com)?

Yes, recently      Yes  
No

## Demographics

Please fill out the following confidential demographic data for your household.  
(Please circle or check your answers)

Sex:      Male      Female

Age:

Under 18   18-24   25-29   30-34  
35-39      40-44   45-49   50-54  
55-59      60-69   70-79   80+

Marital Status:

Married    Single    Common law

Education:

- Grade school
- High school graduate
- College graduate
- Post-graduate work

Home Income:

- Under \$20,000
- \$20,000 to \$35,000
- \$35,000 to \$50,000
- \$50,000 to \$80,000
- More than \$80,000

Occupation:

- Clerical
- Homemaker
- Managerial
- Professional
- Service
- Craftsman
- Laborer
- Military
- Sales
- Student
- Retired

Thank you!

Reply to the Survey by September 9, 2005 and get a chance to win one of the following prizes

1. Arkel OverDesign Handlebar Bag (\$123 value)
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3. Bicycle Paper 2 year subscription (\$26 value)



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### Bikestation Alert

In a city where transportation woes compound with every traffic jam and failed improvement plan, one non-profit group is trying to encourage alternative transportation.

Bikestation Seattle, located on Third and Main Street in Pioneer Square, provides 24-hour secure bike parking, an on-site mechanic, bike sharing and other resources for commuting cyclists. "Our focus is to eliminate single occupancy vehicles altogether," says Joe Simoneau, facility manager and master mechanic.

However, this site is struggling to remain open past November due to lack of funding.

Seattle's Bikestation is one of five such facilities, although it is the first in the Northwest. The station started its "demonstration period" three years ago, with funding from King County Metro, Calstart/WestStart, City of Seattle, Sound Transit, Flexcar and the Puget Sound Clean Air Agency. The trial period ends

in November, and the organization is contending with a \$40,000 budget shortfall.

Whereas the other Bikestations located in California have received endorsements from local government groups after the trial period, the Seattle Bikestation lacks this sort of agreement.

Executive Director Andrea White fears that the Bikestation will have to cut back on some of its programs, or worse, shut down entirely. "They are all publicly funded, so there are always funding concerns," White says. "But there has never been a problem of possibly having to shut one down."

White also pointed out that the current location is rented, unlike California's Bikestations, which are all owned.

If funding doesn't come through, Simoneau knows the two most important services that need to remain intact: bike parking and the repair shop. "Parking is our main focus, but 95 percent of our members use the repair

shop," Simoneau says. "It's the only place where you can get your bike fixed while you are at work."

The organization continues to look for funding from government and private agencies. Other possibilities include getting rid of retail space, or renting out smaller space elsewhere.

"Partnering with a local organization at this facility could potentially open up new opportunities to enhance the Bikestation goals," says White.

She boasts that over the last two years, 57,171 vehicle miles have been saved, and 50,171 pounds of carbon dioxide have been prevented from polluting the air.

Until then, cycling enthusiasts are encouraged to write their elected officials, contact transportation authorities, buy a Bikestation membership or make a donation.

More information can be found on the Bikestation website, at [www.bikestation.org](http://www.bikestation.org).

## RACE NEWS

### O'Bee and Uhl Claim Tour de Delta Honors

On July 15, the Tour de Delta officially opened the 2005 BC Superweek, and what a beginning it was.

21-year-old Tyler Farrar, from Bellingham, WA, kicked off the Superweek by winning the fifth annual Tour de Delta Brenco Hill Climb, just over sixth-tenths of a second ahead of Saskatchewan's Shawn Bunnin. Farrar's Health Net teammate, and Canadian cycling legend, Gord Fraser, claimed third.

Sarah Uhl of Quark Cycling won the women's race. Calgary's Allison Testroete finished second. Two-time Canadian Olympian Lyne Bessette of Quebec came in third.

North Vancouver's Kirk O'Bee edged out Portland's Evan Elken (Jittery Joes/Kalahari) and Seattle's Chad Nikolz, the lone Benaroya Research Institute representative, in a close sprint finish to take the Lehigh Criterium. The

top three riders all finished within a bike length of each other after covering 60 laps through the streets of Ladner.

In the women's race, Sarah Uhl continued her previous day's domination and edged out Vancouver's Marni Hambelton of Symmetrics Cycling and Victoria's Gina Grain of Victory Brewing in a frantic dash down the final stretch.

During the White Spot Road Race, it wasn't until the final four laps that a breakaway group of 10 riders pulled away. A few riders fell off the back, but by the next lap the chase group had bridged to the break and the pack was again intact. Fraser edged out both O'Bee and Farrar in a pack sprint to the line.

With his second place finish, O'Bee claimed the Omnium as overall winner.

Talented up-and-comer Christian Meier

provided a much-needed highlight for BC-based Symmetrics Cycling team by winning the King of the Mountains competition. His teammate Andrew Pinfold won the men's Best of BC award.

There was a lot less suspense when it came to deciding the top spot in the 85-kilometer women's race. Lyne Bessette went hard on the second lap trying to secure Queen of the Mountains points and ended up staying out front the entire race, building a lead of up to three and a half minutes by mid-race.

Long after Bessette coasted through the finish line, defending Tour de Delta Road Race champion Sarah Uhl emerged from the chase group, winning the pack sprint to claim second place, earning her second straight Tour de Delta overall title. Grain was right behind her to take third and finished second overall. She also claimed the Best of BC title for the women.

### Cyclist Dies at PIR

29-year-old Charles Christensen of Milwaukie, OR was killed Tuesday, July 12 at Portland International Raceway after losing control of his bike.

The cyclist was in the last 300 yards of a 40-mile race when he crashed headfirst into a steel post filled with concrete.

Lt. Allen Oswald, spokesman for Portland Fire and Rescue, said that Christensen was wearing a helmet, but traveling roughly 30

miles per hour when the crash occurred. He suffered severe head trauma, and although medical personnel responded immediately, he died almost instantly.

According to Mike Murray, a board member of the Oregon Bicycle Racing Association, this accident was the first fatality during a cycling race since the early 1980s.

Christensen was a regular at the Alpenrose Velodrome who began cycling as an adult. He was also the father of a 10-month old baby girl, with his wife Candice.

The Portland racing community, family and friends mourned the loss of Christensen on Tuesday, July 19 with flowers and a memorial lap at PIR, with 300 riders.

A fund for Christensen's baby daughter, Anna, has been established. Donations can be made to the OBRA Paypal account, under the email [cmurray@obra.org](mailto:cmurray@obra.org), or by asking for the Charles Christensen Family Fund at any Washington Mutual bank.

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"Chief Sealth" from page 1



By Kia Crotty  
Bicycle Paper Intern

for all types of trail users.

This time around, however, good fortune favored proponents of the trail. The Seattle City Light corridor was first noticed as a viable option for the trail's location as Peter Lawgerwey, Seattle

Department of Transportation's (SDOT) Bike and Pedestrian Trails Coordinator, gazed down on the swath of green amidst the city colors while on a flight into Seattle. Viability turned into fate, fortune, kismet or providence, whichever you choose to believe, as the site worked out to be favorable for more reasons than its appealing verdure. An agreement was signed with City Light for use of the area, but the real windfall came when the planned route of the new Sound Transit Light Rail crossed paths with the Chief Sealth Trail.

Luck met genius. Sound Transit, instead of merely awarding the lowest bid, asked for a plan that would also foster social growth within the South Seattle community. The genius came in the form of RCI-Herzog, the light rail contractor team that won the bid for the project. The contractor saw portions of 4.3 miles of the Rainier Valley section of the light rail that intersect the trail as prime opportunities to advance the use of multiple means of alternative transportation; the new trail could encourage rail riders to bring along walking shoes or bikes to round out their daily commutes, or even just to spend a little more time wandering through south Seattle neighborhoods and businesses. Specifically, where the trail accesses the light rail at what will be the S. Othello Street and S. Henderson

Street stations.

"One of the contracting teams proposed that if the city would consider placing fill in the corridor, it would eliminate disposal costs," says Kraus, referring to the fill dirt excavated during construction on the light rail. RCI-Herzog proposed to take on the construction of the trail in addition to the light rail, building up the topography of the corridor with the "waste" left over from the light rail construction. "It's all recycled material...clean soil, and the crushed concrete," that the contractors dig up or tear down. Kraus calls the contractor's proposal "just an innovative idea, the most innovative we received." It effectively eliminated construction costs for the trail, and potentially freed up \$1.7 million, which the Pro Parks Levy voted to apply to other trail projects.

There are other benefits as well; for instance, much of the drainage built for the light rail can also accommodate the trail. What's more, the mutual construction moved the trail ahead of schedule by two years, and "will provide completion of a longer segment of the Chief Sealth Trail than originally envisioned."

The RCI-half of the contracting team happens to be locally-owned and one of the state's largest minority-owned contractors. One of its specialties is urban infrastructure, and part of their plan includes keeping a vigilant eye on the effects of the construction on the surrounding community and involving local businesses. RCI-Herzog's goal is 35 percent participation from small businesses, with 20 percent of that earmarked for minority- or women-owned businesses. Another part of the plan involves

new sidewalks, improved utilities, and cosmetic enhancements to public areas around Martin Luther King Jr. Way.

There are downsides, however. Like any large, long-term construction project, obstacles periodically arise to hamper progress. Kraus cites the tricky topography as part of that. Consideration must be taken with landscaping, too. Since Seattle City Light power lines stretch overhead, large- and medium-sized flora and foliage have been eliminated as beautification options in order to ensure easy access to the power facilities for the company. Currently, areas alongside the trail have been seeded with grass. Another problem is the huge piles of dirt sprouting suddenly in the midst of neighborhoods. "A lot of neighbors are not too happy because they're losing their views. Suddenly you have this dirt mound. It's kind of imposing," she acknowledges. "The dirt mounds are up to 17 or 18 feet tall."



View of the progress on the new trail.

Photo courtesy of RCI-Herzog

"Unhappy neighbors" seems to be a common refrain surrounding light rail construction. On one occasion, bulldozers mistakenly plowed through four feet of one man's property, destroying trees and damaging a prized Bonsai. Utility lines, driveways, and retaining walls have made "unanticipated" relocations. And while RCI-Herzog is reportedly not only meeting Sound Transit's goals for minority employment, but exceeding requirements, the Community Coalition for Contracts and Jobs have protested RCI-Herzog's hiring practices and lack of lo-

cal union labor. General complaints about the Rainier Valley tract of light rail construction have far outstripped documented complaints in other areas, though the Sound Transit Light Rail Director believes it is due to the far-flung nature of the Rainier Valley construction, spread over 4.5 miles, as opposed to more consolidated construction sites.

One of the greatest concerns arises over ecological violations, mostly in regard to improperly storing the excavated dirt before it is hauled away. Stockpiled dirt, especially that containing concrete, can pollute rain- and storm-water runoff, which interferes with local alkalinity standards. These violations can wreak havoc on fish populations, and potentially could harm other organisms. The Department of Ecology slapped

a Notice of Violation on Sound Transit for its practices, which in turn came close to issuing a "Stop Work" order on RCI-Herzog, after the contractor's unresponsiveness to directives. Though Sound Transit admitted to reporting mistakes, which may have hampered RCI-Herzog's responsiveness, and both companies have improved since, ecological violations have continued, most of which are sediment-control violations blamed on the contractor's practices.

The problems with the light rail cannot be wholly extricated from the benefits of the Chief Sealth Trail. Kraus says, "The construction of this project is tied directly to the [light rail]

project in Rainier Valley." And while she was referring to the speed at which the contractors produced new fill for the trail, the construction-caused environmental and social impacts resonate within the South Seattle community as well. Still, the Chief Sealth Trail is an important link in the network of regional trails. It will connect with the Mountains to Sound Greenway, the corridor of trails and green space that runs from "Wilderness to Metro", and is a reminder to urban Seattleites of the importance of the environment, even in big cities. It marks another significant step in the development of South Seattle neighborhoods and businesses, and it gives commuters another environmentally friendly option over driving.

When the idea for the trail first developed fifteen years ago, South Seattle resident David Mozer named it after Chief Sealth because he "felt it captured the spirit of the many peoples that have made this area of the city their home." In spite of snags and hitches along the way, the Chief Sealth Trail should live up to its namesake and prove to be a noteworthy phase in connecting the community and visitors alike.

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## Riding a Straight Line: Conquering Log Rides, Bridges and Teeter Totters

By KAREY WATENABE

Have you ever wanted to ride along that log right to its end, or make it over that teeter-totter on your local trail? If those are among your goals, the following tips will help you master them and more.

First, no matter what kind of straight line you want to ride, you need to get yourself ready for what's ahead. Generate momentum so that you're moving at a moderate to fast walking pace and then coast along with level pedals, standing up with weight equally distributed over the front and rear wheels. Make sure that your arms and legs are slightly bent, that you're in an athletic ready position, and that you have a finger resting on each of your brake levers.

Scan ahead with your eyes to check out what's in front of you. Look at all the potential lines as well as the terrain to the side of those lines. Once you've found the line you're most comfortable riding, the one that will get you to the end, focus only on it and commit.

As you ride along your line, keep your eyes scanning ahead from your front wheel forward one or two bike lengths. Also, make sure that

you maintain sufficient weight on your front wheel to keep it steady. If you need to, raise your hips slightly until you feel some weight transfer to your hands.

To make small adjustments in direction, or to compensate for a pull to one side, adjust your lateral balance. This means leaning the bike to one side and then moving your hips and knees

in the opposite direction to counterbalance. While doing this, try to avoid turning the handlebars or making any large side to side movements with your shoulders. Keep sufficient weight on the front wheel and keep your eyes scanning ahead.

Stay committed to your line until you either make it to the end or until you come to the point where you're sure you won't be able to maintain it any longer. In the latter case, choose a new line, even if it involves riding off the side of the obstacle or dismounting from your bike. You'll almost always have the chance to try the whole thing again.

As with all things, practice makes perfect. I'd recommend starting with easy lines, anything from an imaginary straight line, to a painted line on pavement, or a board resting on the ground. Get comfortable riding along a prescribed path



Photo Courtesy of Sugoi Dirt Series

Once you've found a line, focus on it and commit.

and then add in a few more moves to make it more challenging - adjust your speed, pause on the line, ratchet your pedals, or even try to lean your bike so far in one direction that you need to take your opposite foot off the pedal and stretch out your leg to counterbalance.

As you gain confidence, move to low bridges or other elevated man made obstacles. Keep reminding yourself of what made you successful at ground level, and focus on that. When it comes to riding the teeter-totter, keep the following in mind.

The only difference with riding a teeter-totter as opposed to a bridge is the movement of the board. This may seem intimidating at first, but is much easier to deal with than it seems. If it would make you feel better, grab two of

your friends to use as spotters, and have one on each side.

Generate enough momentum to carry you up the teeter-totter; you may need to end up pedaling a bit, depending on the length. When you get to the point at which the teeter totter tips, put a bit of extra weight on your handlebars to assist its movement towards the ground. Push your bike slightly forward, look ahead, and enjoy.

*Karey Watenabe is a pro-elite downhill racer, multi-time Japanese National Champion, and coach with the Sugoi Dirt Series. Learn from her at upcoming mountain bike camps in August and September. For a list of dates and locations see [www.dirtseries.com](http://www.dirtseries.com).*

## NEWS

### Bicycle Alliance Call for Nominations

Bicycle Alliance of Washington is accepting nominations for their annual awards until August 19. Individuals, public officials, businesses community leaders and groups can be proposed for three different honors.

The Susie Stephens Award, in honor of a former executive director of the BAW, is the "overall award for bicycle transportation advocacy." The winner will demonstrate successful action in policy, as well as inspiring others.

The Bicycle Safety Award rewards action in education including implementing school curriculum, improving bike lanes, or increasing helmet use.

The third award is the More People Bicycling Award. It will be given to an individual or group that has encouraged others to consider bicycling as a legitimate transportation option.

The organization hopes that the awards will recognize people who are making an effort to improve bicycle transportation overall in Washington.

Winners will be announced at the Footprints and Bike Tracks Conference November 2 at the Tacoma Sheraton.

Applications and nomination criteria can be found on the Bicycle Alliance's website, [www.bicyclealliance.org](http://www.bicyclealliance.org).

## MONPONICO



## spoke & sprocket

### Spoke & Sprocket of Tacoma to Host Italian Framebuilder Antonio Mondonico Saturday September 17th 12-4 pm!

Antonio and Mauro Mondonico along with Bill McGann of Torelli will be visiting Spoke & Sprocket one last time, Saturday, September 17th from 12-4. We cordially invite you to be attend. Don't miss this final opportunity to meet a true master framebuilder, or better yet have him craft your bicycle! This will be a great event that you won't want to miss. Refreshments will be served.

Antonio and his son Mauro have visited our shop in the past to measure customers for custom frames. Regretfully the Mondonicos will be closing their shop at the end of this year. However, there is one last opportunity to have a frame built by the master! On Saturday September 17th from 12 noon until 4 pm Antonio & Mauro will be at Spoke and Sprocket in Tacoma to measure clients for custom frames this one last time. This will be the last chance to have that special one-of-a-kind bicycle built for you by one of the last great Italian masters and the last full-time steel frame builder left in Italy. Antonio's knowledge of framebuilding and fitting is the result of a lifetime of framebuilding and working with riders at all levels, from beginners to grand champions such as Claudio Chiappucci. Take advantage of the opportunity to let Antonio and Mauro put this knowledge to work for you. Your bike will fit you with the classic Italian position that we all admire when we see pictures of the great pros.

Antonio will measure you for a custom frame, which he and Mauro will build in Concorezzo Italy. You will be able to select which Columbus tube set paint color and chrome options. There are also options for carbon forks and chainstays. Pricing will be based on your tubing, paint, and chroming selection. There is no charge for the measuring or custom geometry.

Antonio Mondonico will only measure those riders that have made a firm, non refundable deposit with Spoke & Sprocket for a Mondonico or Torelli frame that Mondonico will build for the customer. There are no exceptions. We have a limited amount of time with the master, so call 253-564-1422 or e-mail us at [sales@spokeandsprocket.com](mailto:sales@spokeandsprocket.com) and reserve your fitting & frame today.

If you already have a Mondonico frame, please feel free to come by and meet the master. Antonio Mondonico takes great pleasure in spending time with his American friends. He speaks little English, but the language of the joy of cycling, "il piacere di pedalare", is understandable by all.

### spoke & sprocket

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(253)-564-1422

[sales@spokeandsprocket.com](mailto:sales@spokeandsprocket.com)

# Track Cycling Offers Something New and Different



By Jen Rasmussen  
Bicycle Paper Intern

You want me to get on a bicycle without brakes, and race around a slanted track with a pack of other riders, at fast speeds? This may be a common thought when otherwise experienced road or mountain bikers think about trying track racing.

What many don't know, however, is that it is a great way to stay in shape, as well as improve balance and pedaling technique. "It improves your pedal stroke and spin because you don't have gears to switch into," says Mike Murray, track director at the Alpenrose Velodrome. Also, anyone can get involved, from children as young as five to men and women of all ages.

Along with offering ample room for spectators to watch racing events almost every night of the week, the Northwest's four main velodromes have reasonably-priced classes available.

## Washington

Thanks to the efforts of the Marymoor Velodrome Association, riders in the Seattle area are treated to a wide variety of classes and competitions at Redmond's Marymoor Park.

The park is famous for its unique amenities, including a freestanding rock climbing wall, a model airplane field and the Velodrome.

For \$40, novice riders can take a five-hour basic session on track riding, with an optional lesson on racing. Track bicycles are provided and participants only need to bring a helmet. After completion of the three-week session, these riders are eligible to compete in their age bracket at the Group Health Friday Night Races.

Marymoor is offering co-ed as well as women-only beginner classes this summer. After completing the class, participants are invited to race in the Monday night novice race sessions.

Marymoor offers courses for children as young as five years old. The PeeWee Pedalers level, for children 5-8, is offered free of charge, thanks to a donation from the Cascade Bicycle Club. Classes for kids ages 8 to 15, called Velo Kids, cost \$30 and are held on Tuesdays and Thursdays.

## Oregon

Oregonians interested in the sport have an impressive list of choices as well. The Alpenrose Velodrome is a great place to bring

the whole family. The track is part of a random assortment of attractions that can be found on the property of the Alpenrose Dairy, the only remaining family-owned dairy in the area. During the summer months, visitors can find the Little League Softball World Series, BMX competitions, 1/4 midget car racing, pony rides and Velodrome racing on one of the steepest tracks in the United States. "It just looks scary. It gets an underserved reputation," Murray says.

According to Murry, over the past 15 years, the majority of the new riders that have come to the track are not experienced road cyclists, but rather beginner riders who have chosen track cycling as their entry point to the sport.

Before novice participants attempt to ride the velodrome, organizers recommend their track development classes, which take place every Wednesday night from 6 p.m. to dusk. The \$10 fee covers instruction, bicycle rental and insurance. The sessions focus on technique for upcoming events, and encourage future participation.

"Fast-Twitch Fridays" at Alpenrose let riders of all ages and levels test their sprinting abilities, and there are also separate Omnium races for beginner men and women. Unlike many other tracks, the Alpenrose Velodrome is always open for practice, except for rain-outs, scheduled races and regular training sessions.

involved can watch the Junior Racing events every Friday at 6 p.m.

## Victoria

On the Canadian side of the border, Victoria's Juan de Fuca velodrome also has activities for riders of all levels planned for the summer.



Photo by David Leahy

The track offers training and racing opportunities to all.

Although they don't offer organized novice classes, Friday nights are designated beginner nights, when riders of all ages can come try out the track. There are many experts on hand to answer questions, fit riders for rental bicycles and go over track etiquette.

"Once riders are comfortable with being on

a track bike, we encourage them to ride the sprints and time trials on Monday nights," says Breanna Loster, a director on the board of the Greater Victoria Velodrome Association. "It's fairly low-key."

From there, riders can start participating in Thursday night's mass-start races.

"We also have a junior program for kids 11 to 18 to be able to ride with people of their own age group and ability," Loster says. It is usually held one or two afternoons per week.

Novices can get inspiration and learn more about the sport by watching racing at any of the three tracks throughout the summer. All three have racing most nights of the week, and information can be found on their websites.

In addition, as the summer comes to a close, the tracks will play host to a variety of special events. Alpenrose will host the State Track Championships from August 19 to 21, as well as the Junior and Team Championships on August 27 and the Masters on September 3 and 4.

The Victoria will also be hosting two big track competitions. On the weekend of August 19-21, both the BC Provincial Track Championships and the American Velodrome Challenge will be held.

All of these events are open to spectators and are a great way to learn more about the sport.

## Yet more options

Once the summer is over, and the rain returns to the Northwest, the excitement of track racing moves to BC's Burnaby Velodrome. Although it is closed this summer for maintenance, the

track, which is one of only two indoor velodromes in North America, will be open all winter. Unlike the other tracks in the Northwest whose seasons end in late August, Burnaby's season begins in September. Weekly Learn to Ride and subsequent Learn to Race classes will continue through the fall and winter.

As far as the danger factor goes, Murray assures riders that track riding is just as safe as road cycling. "It's true you don't have brakes, but nobody else does either," he says.

With so many opportunities and rental bicycles available, it is a great time to try out a side of cycling that you may not have experienced. No matter where you live, there is a track and a bicycle waiting for you.



Photo by WheelsinFocus.com

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Group Health's MS 150 Bike Tour is coming September 10 & 11. This event is a benefit to raise funds to find a cure for multiple sclerosis. More than 50,000 people in Washington are affected by MS everyday. Join this two-day ride through Skagit, Island, and Whatcom counties. Be part of this incredible journey to fight MS. Visit [www.cyclingforhealth.org](http://www.cyclingforhealth.org) to sign up.

Classes for kids ages 12-18 are held throughout the summer, and every Friday, the "Kiddie Kilo" allows young novice riders to try out their newly-acquired skills on the track. Kids who are interested in getting

## Northwest Tracks

**Alpenrose Velodrome**  
6149 SW Shattuck Road  
Portland, OR  
(503) 246-0330  
[www.obra.org/track](http://www.obra.org/track)

**Marymoor Velodrome**  
6046 W. Lake Sammamish Pkwy  
Redmond, WA  
(206) 957-4555  
[www.marymoor.velodrome.org](http://www.marymoor.velodrome.org)

**Burnaby Velodrome**  
Harry Jerome Sports Centre  
7564 Barnet Highway  
Burnaby, BC  
(604) 290-0020  
[www.burnabyvelodrome.ca](http://www.burnabyvelodrome.ca)

**Juan de Fuca Velodrome**  
1767 Island Highway  
Victoria, BC  
(250) 478-8384  
[www.gvva.bc.ca](http://www.gvva.bc.ca)

"Cause" from page 1

expense paid trip to the Ride for the Roses, a yearly cycling race and celebration for cancer survivors, held in Austin, Texas. "Our first year, we sent a 10-year old cancer survivor named Kelsey Reese, who wrote us an essay," says Godfree. Although this year's recipient has not been decided, Godfree is confident that her team will be able to collect enough funds to send another representative.

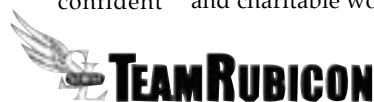
With all of their success raising money, Team Rubicon has been able to set their philanthropic sights on other locations, such as New Zealand, where three of her riders originate. "We've branched out, sending autographed jerseys and wristbands to cancer patients in New Zealand," Godfree says.

Although her mother passed away late last year, the team continues on in her memory. In addition to displaying the LAF logo on their jerseys, they show the birth and death date of

Godfree's mother, as a tribute.

"I think it has a lot to do with our riders knowing people who have had cancer," she says. "Everyone has been affected somehow."

Team Rubicon is not the only group that has successfully combined competition and charitable work.



In just three years, Symmetrics Cycling, a BC-based team

started by brothers Mark and Kevin Cunningham, has transformed itself from an amateur group to an intimidating force in the competitive arena. Originating as a charity ride by the brothers in the Race Across America, the team has now produced one Olympic athlete, with others waiting in the wings.

In their spare time, between bringing home provincial and Canadian national titles and creating future Olympians, the Symmetrics



team supports another group of athletes: BC's Special Olympians.

When the Cunningham brothers started the team, they approached BC Special Olympics with the slogan "Future Olympians Riding for Special Olympians."

"We chose Special Olympics not only because we had a family connection, but we liked the theme of Olympians," says Mark Cunningham.

Since the team was founded, Symmetrics has raised almost \$100,000 for BC Special Olympics.

They have done various types of fundraising, from selling water bottles and raffle tickets, to an innovative project where they tied corporate pledging to rider performance.

"Every time one of our riders would get on the podium, a corporation would donate some of their pledge," explains Cunningham. "It was highly motivating for our riders, because they really feel like a part of it."

Last year at the BC Superweek Gastown cri-

terium, an event that lures in 30,000 spectators, 40 volunteers handed out flags with the team logo, collected donations, and sold raffle tickets for a Norco mountain bike. To Cunningham's amazement, they raised about \$5,000. "It was very surprising to raise that much in three hours," says Cunningham.

Beyond strict fundraising, Symmetrics riders occasionally meet with Special Olympians to talk training strategy. "Although there's no cycling in the Special Olympics, all of the athletes can talk about training together," says Cunningham. "It's a great thing to see."

Both teams have plans of continuing to support these two causes indefinitely. Team Rubicon is supporting the LAF's Livestrong Ride in Portland on Sept. 25. They also encourage donations to the LAF through the team's website, [www.trubicon.org](http://www.trubicon.org). Currently, Symmetrics is selling water bottles on their website, [www.symmetricscycling.com](http://www.symmetricscycling.com), and 100% of the proceeds go directly to BC Special Olympics.

## Sun Peaks to Host the World MTB Masters

BY JEN RASMUSSEN

Most summers see a pilgrimage of riders heading to BC to ride the Lower Mainland and upper elevations alike. However, this summer, the 2005 Canadian Mountain Bike Festival, which will be held August 12 to the 14, will help lure even more riders, from young biking enthusiasts to returning Masters champions.

For the first time ever, the BC Cup, Canada Cup, and UCI World Masters Championships

are all taking place on the same weekend, in the same location. Although event organizers are predicting success, it will be complicated. "One of our big challenges is the number of officials we will need, on both the provincial and World Cup levels," says Henry Pejril, technical director of the BC and Canada Cups. "But," he notes, "We are looking to raise the level of competition."

It is also the first time that the World Masters Championships have been held outside

of Quebec. "We mainly wanted to make it easier for [riders] out west to participate," says Richard Deslandes, general manager of the championships.

"It was sort of serendipitous," says Deslandes. "We spoke with the people at Sun Peaks, and they were looking to develop mountain biking at their resort."

Masters organizers are anticipating increased participation, especially in the downhill events, and are hoping to lure talented riders from California, Oregon, Washington and BC.

The event has been held in Bromont, Quebec, since 1999, when the Union Cycliste

Internationale first sanctioned the Masters Championships. Canada then beat out Italy and New Zealand for a subsequent contract that runs through 2006. "I can guarantee that they will be bidding again," says Deslandes. However, he promises that Canada intends to bid as well.

The festival will be held at the Sun Peaks Resort, which is roughly 4 1/2 hours northeast of Vancouver. The action will start on Friday with the World Masters cross-country races, and will end on Sunday with the downhill events. BC and Canada Cup races will be interspersed throughout the weekend.

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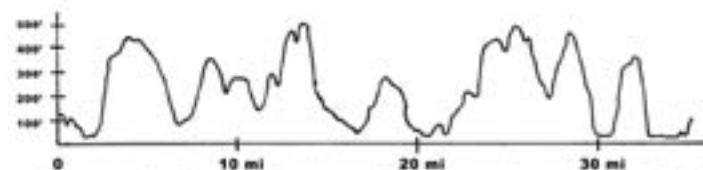
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# Chopper Bicycles - What's the Fascination?

By BP STAFF

Creativity. Individuality. Style. Attitude. These are all words that one associates with choppers.

The concept of the chopper bicycle is cut from the same cloth as its engine-powered cousin - the chopper motorcycle. They gained popularity after World War II when soldiers returning home decided that American motorcycles lacked some of the exciting characteristics found in European models. For those who modified and rode these beasts, they represented individuality and personal freedom.

While chopper motorcycles have enjoyed continued success since their incorporation into society, the bicycle versions have an on-again off-again relationship with popular cycling culture.

This unique contraption technically originated the first time a person adept at tinkering decided to use discarded parts to modify a bicycle. For this reason, figuring out the exact birth of the chopper bike is like trying to determine when the first baseball game was played.

However, one thing is fairly certain. They became a part of pop culture in 1963, when Schwinn came out with the Sting Ray.

While this bike was nowhere near as flashy and complex as modern choppers, it made use of ape-hanger handlebars, small front tires and unique paint jobs. In essence, the Sting Ray mimicked the rebellious coolness of hot rods and chopper motorcycles.

During its glory days, the Sting Ray helped

kids stand out from the pack. However, in the late 1970's, bikes fashioned after the Sting Ray took a back seat to BMX bikes, only recently regaining popularity.

Today, it requires a lot more than ape-hanger handlebars to consider a bike a chopper. Modern versions resemble actual motorbikes with pedals instead of engines, and like their motorcycle counterparts, these bikes rarely entail chopping up production models.

While some big-name manufacturers design these bikes in-house, others contract small local shops. For example, Redline Bicycles asked Rain City Choppers to use their motorcycle building experience to create a bike for them. The design received such rave reviews that Redline is now licensing the Rain City name and plans to put the bike into production.

Often, prefabricated bikes are simply not unique enough for the person who needs something highly personalized. For such enthusiasts, there are custom shops like Northwest Chopper Bicycles and Brushfire.

Discussing bikes with either of these shop owners reveals their unique, hybrid personalities, encompassing both artist and engineer.

Tim Hulen works virtually alone at Northwest Chopper Bicycles in Battle Ground, WA filling as many orders as he can handle. He helps those who want to start from scratch with a particular look in mind rather than those who simply want to chop an old bike.

"If what you want is not already on the market, I say 'build it,'" Hulen says. "It's all about fun and self expression."

Rod MacKenzie, who owns Brushfire in Everett, WA, is similar. He and his son Mike seem to possess an endless supply of unique concepts. The MacKenzies are not just mad scientists, however, they are adamant about meshing form with function.

"Some bikes look cool, but they're all wrong," MacKenzie explains. "It shouldn't be a challenge to ride a chopper."

While MacKenzie works meticulously to ensure that his bikes are safe and comfortable, he also designs them with artistic sensibility. He realizes that chopper owners want their bikes to look as much like real motorcycles as possible, but that bike parts are simply different.

To compensate, MacKenzie carefully chooses the components of the cranks to resemble the look of a shiny, chrome engine. While a crank set cannot possibly mimic a motorcycle engine perfectly, Rod's designs do give an almost subliminal impression of engine-powered choppers. On his latest creation, he designed the backbone and support bars to suggest the shape of a gas tank.

Both MacKenzie and Hulen are currently generating a lot of high profile interest. Paul Yaffe, a chopper motorcycle manufacturer, has considered incorporating a line of the Northwest Chopper Bicycles into his own line of products. Also, MacKenzie's day-to-day life at Brushfire has been documented for the making

of a new reality show that is being pitched to cable television networks.

"It wouldn't be about getting into arguments and throwing tools around a shop like those other chopper shows," MacKenzie says. "We're going for more of a Northern Exposure feel."

In large part, the success of these chopper bicycles is due to interest generated by TV shows such as American Chopper. "TV shows dictate what designs people want," explains Hulen, "When Jessie James uses a cool concept, every-



More than ape-hanger-handlebars, custom choppers have style like this G4 extreme donated to the Childrens Guild.

body starts asking me for a bike with some of those same characteristics." Perhaps MacKenzie's show will succeed in driving the popularity of custom chopper's even further.

Purchasing a well-built chopper bicycle from your local bikeshop will run you anywhere from \$200-\$700. Calling on a custom builder like Hulen or MacKenzie could cost you up to


\$1000 depending on your demands.

For the hard-core individualist, the grown-up who wants to play Easyrider and the kid who just feels like cruising around on a flashy ride, chopper bicycles bring back the cool that was introduced with the classic Sting Ray.

Brushfire is located at 2818 Hewitt Ave. in Everett, just East of Cedar Street. Northwest Chopper Bicycles is 3 miles off of I-5 in Battle Ground, WA near Vancouver.

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"Alpenrose" from page 1

medalist Jennie Reed (Greggs/Trek/VW) easily advanced out of their respective heats in Saturday's Kierin qualifiers while Duff, Quinn, and Ericksen came out of the reps. In an exciting final, a determined Reed controlled the motor the entire race and then just managed to hold off a fast charging Quinn, with Boursaw finishing third another wheel behind.

Williams rarely left the front of the men's 10-mile scratch race, winning both \$100 crowd primes and topping the money-board in lap prizes as well. He also managed to take an early lap with Team Rubicon's Walker Starr of Portland, and Garrett. The last prime, with just five laps to go, took a lot out of Williams, though, and Starr took the sprint with Garrett close behind and a richer Williams in third.

The explosive Quinn was able to just come around world-class sprinter Reed to win the women's Miss & Out, although the highlight of the race happened when Portland's Jen Featheringill (Bike Central) knocked out Olympian Mirabella on the very last elimination sprint en route to a third place finish. On the men's side, Williams used a similar tactic to the Scratch race by staying in front during the entire Miss & Out, trying to keep an even pace. When it came down to the final three riders, he found his sprint to accelerate away from Ryan Miller (Greggs/Trek/VW) and Allen.

The Women's Points Race saw another great Northwest performance late in the race. Mirabella took a lap on the field in the company of former Junior World Points Race Champion and huge local favorite Larssyn Staley (Adeer Interflon Scott). Staley, on the mend from a crash-filled spring in Europe, was thrilled to tag along, scoring 10 points to Mirabella's 31. Fast-sprinting Quinn racked up 44 sprint points for third.

The evening closed out with team racing, and the Madison was dominated by the long-time Washington combination of Williams and Miller with 29 points. Team Rubicon's pairing of Allen and Walker just held off a late charge by the Washington Recycled Cycles Silver team of Clarke and Adrien Hegyvary (both with 18

points) to claim second. The Olympic Sprint was won impressively by the Canadian Glenmore Velodrome team of Matt Chater, Bruneau and Barlee in a sizzling 55.01, with Chris Springer, Alfred, and Massie close behind in 55.16. Portland riders Tracy and Beardsley, paired with 19 yr-old Colorado rider Carl Boucher, finished third.

Sunday's action

In the women's sprint tournament, Reed was the top qualifier in 12.84, followed by Quinn in 13.24 and Alpenrose regular, Vancouver, WA sixth grade teacher, Heather VanValkenberg (Sorella Forte). These three, as well as Mirabella, advanced out of the first round, with the ever-present Duff and Canadian Ericksen joining the fray via the rep heats. In the Semifinals, Reed and Quinn won their respective heats decisively, while an impressive acceleration on the back-

stretch by Ericksen completed the three-up final. The Match Sprint Championship was dominated by Reed, who controlled the entire ride from the front with Quinn nearly a bike length behind at the line. VanValkenberg won the minor final for fourth despite an earlier crash.

The men, meanwhile, competed in the spectacular and exciting Kierin. The spectator-packed stands were witness to every bit of the hurly-burly, jockeying and physical contact that Kierin racing is famous for in the opening heats. Ng controlled the first heat with Joel Regimbald of Calgary (Juventus/System 5) close behind. Four-time defending AVC Kierin champion Alfred dominated the second heat with local hero McLaughy in second. The final heat saw Massie win convincingly in front of the surprising Californian Kelyn Akuna. Canadians Chater (Black Dog Racing), Barlee and upcoming talent Boucher won each of their respective repechage to make the power-packed final. The motor kept the speed very high throughout, and the riders remained mostly single file with Bike Central duo McLaughy and Ng controlling the front until Massie made a huge acceleration as the motor pulled off. Ng



Kierin racing - fast and exciting.

still seemed in control of the race, accelerating smoothly and compactly into the lead on the backstretch until a thunderous acceleration by Alfred brought the big man from seemingly out of it into victory by half a wheel right on the line, his fifth in seven years. Regimbald was the top Northwester in fourth.

Local prodigy Staley made a gutsy solo attack midway through the women's 5-mile Scratch race and nearly held out until the end. The exhausted rider was caught just eight laps from the end by a flying Mirabella, who strung out the field in pursuit. Sprint specialist Reed went at the bell only to be impressively overtaken by the explosive Quinn, with Mirabella hanging on for third. Hanson hung tough for fourth. Quinn's victory clinched the weekend Omnium with 34 points, in front of Reed and Mirabella, both with 24.

Northwest cycling great Kenny Williams dominated the 90-lap Men's Points Race, but the event's primary animator was Garrett. His many attacks finally succeeded with his breakaway partners from Saturday's Scratch race, Williams and Starr, getting a sizeable gap. Starr dropped off the pace and a series of individual riders then bridged up, including Molly Cameron (Veloshop), Allen, Hegyvary, Clarke, and Californian Giovanni Ray (Cytac/Velo Europa). After a long struggle against a determined field, these seven finally took a lap, with Williams blasting away for nearly all the points sprints and primes collecting 52 points.

Garrett's attacks netted 35 points with Portland shop owner Cameron, a popular third with 24. Williams' victory cemented his Omnium win as well, ending the weekend 29 points in front of Garrett and Allen, who both scored 15.

Encore

The AVC always finishes up with the Flying Lap, an event Alfred has won three times, missing the track record last year by .01 second! With just the ageless sprinter left to ride, Ng led with 15.35, only .11 off Jeff LaBauve's 2002 track record of 15.24. The Trinidad native is a track favorite and had the noisy crowd into it as he blasted around the oval to claim the win and finally the record...a blistering 15.10, nearly 40 mph. Reed blitzed the women's field in 17.09, setting a new record as well, .12 in front of Jen Evans 1997 mark! Mirabella posted the day's second-best time of 18.04 in front of the age-defying Hanson (First Rate Mortgage), who rode 18.27. The racing wasn't over, however, as officials frantically set up the sponges for another record attempt! Mirabella and Reed had gone early so they could join Quinn (their anchor) to challenge the 2002 Olympic Sprint track record of 1:01.90 held by Mirabella, JoAnne Kiesanowski, and Suzie Tignor. The three stars of the AVC flew along as if they had been teammates for years, scorching to 1:01.29, and closing out a wonderful weekend of racing, where the Northwest not only played host, but on many occasions spoiler!

N E W S

Tour de France

Horner oh so close!

Chris Horner, 33, made his debut at the Tour de France with the Saunier/Duval Team and managed to get some excellent results and exposure over the 21-stage event.



Finishing 33 overall, Chris Horner the Bend, Oregon rider posted three top 15 places in stages 8, 9 and 13. His most impressive performance however came in stage 13, where Horner fell 400 meters short of his first podium finish of La Grande Boucle when the charging field caught up to him after he spent over 150 km of the 175

km stage in a small breakaway. Although heartbreaking, Horner was pleased with his performance calling it a "fantastic change to be part of the Tour".

Horner who has been a dominating rider on the National scene for many years, completed the Tour just over one hour behind Lance Armstrong's time.

George Hincapie to ride MS 150 Bike Tour

Ride with Tour de France stage 15 winner, George Hincapie. The nine-time Tour veteran who has played a pivotal role in Lance Armstrong's seven victories will be in Oregon to ride in the National MS Society's MS 150 Bike Tour, August 6 and 7.

For more information: [www.ms150oregon.com](http://www.ms150oregon.com)

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

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

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

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## EVENTS

### SEPTEMBER

#### Sep 10-17: 2005 National Rally of Cyclists

Boardman, OR. Cycle Oregon is the official site of the League of American Bicyclists' 2005 National Rally of Cyclists. A week of exciting events, great camaraderie, wonderful food and even better riding. [www.bikeleague.org/events](http://www.bikeleague.org/events)

#### Sep 21: Bicyclists' Legal Clinic

Portland, OR. A free vehicle law class for bicyclists with lawyer Ray Thomas. Starts 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](mailto:info@bta4bikes.org)

### OCTOBER

#### Oct 1: Bicycle Alliance Annual Auction\*

Seattle, WA. Join 350 bicycling enthusiasts at the 13th Annual Bicycle Alliance Auction. Naval Reserve Building on Union Lake. It's a ton of fun. Bicycle Alliance, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, [www.bicyclealliance.org](http://www.bicyclealliance.org)

## CAMPS

### AUGUST

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

Rossland, BC. Presented by Cindy Devine and Kirsty Exner. Ages 13+. Red Resort, 877-969-7669, [www.devineride.com](http://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](http://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](http://www.dirtseries.com)

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

Canmore, AB. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Candace Shadley, Whistler, BC, 604-905-8876, [www.dirtseries.com](http://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](http://www.dirtseries.com)

### SEPTEMBER

#### Sep 10-11: Sugoi Dirt Series

Victoria, BC. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, [www.dirtseries.com](http://www.dirtseries.com)

#### Sep 16-18: DevinerIDE Women-Only Mtn Bike Camp

Rossland, BC. Cindy Devine and Kirsty Exner. Rossland Recreation, 250-362-7191, [www.devineride.com](http://www.devineride.com)

#### Sep 17-18: Sugoi Dirt Series

Whistler, BC. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails to reinforce new skills. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Candace Shadley, Whistler, BC, 604-905-8876, [www.dirtseries.com](http://www.dirtseries.com)

## RACE SERIES

#### Feb 12-Sep 4: BMX BC Cup Race Series

Vancouver, 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](http://www.cycling.bc.ca)

#### Feb 28-Sep 25: CCA Western National BMX Series

Vancouver, 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](http://www.canadian-cycling.com)

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

Vancouver, 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](http://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](http://www.builtforspeedtt.com)

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

Vancouver, 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](http://www.bcmasterscycling.net)

#### Apr 5-Aug 30: Tuesday PIR Series

Portland, OR. Portland International Raceway. Summer race series for Cat 1/5 men, women and juniors. Circuit racing. Monthly ranking and awards. Jeff Mitchem, 503-233-3636, [www.obra.org](http://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.wentingcycle.com](http://www.wentingcycle.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](http://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.radracingsnw.org](http://www.radracingsnw.org)

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

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

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

#### May 6-Aug 26: Fast-Twist 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](http://www.obra.org)

#### May 11-Aug 31: MVA Wednesday Night Racing

Redmond, WA. Marymoor Velodrome Association, [www.velodrome.org](http://www.velodrome.org)

#### May 20-Aug 26: Friday Night Track Races

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

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

Vancouver, BC. Series events across the province. All events feature cross-country and downhill. Training 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](http://www.cycling.bc.ca)

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

Eugene, OR. Sal Callura, Co-Motion Classic Racing, 541-747-3336, [www.obra.org](http://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, 541-350-3377

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

#### Sep 6-27: PIR Handicap Series

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

#### Sep 17-Nov 12: BC Cross Cup

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

#### Sep 18-Dec 4: Emerald City CX Series

Vancouver, WA. Series of 10 events raced around the Seattle area. Open to all categories. Overall calculated on points. Marymoor Velodrome, <http://www.marymoor.velodrome.org>

## MULTISPORT

### AUGUST

#### Aug 7: Rogue Triathlon Hellgate Challenge

Grants Pass, OR. 7 mile run, 24 mile bike and 5 mile paddle. Individual or team. Rogue Multisport, PO Box 745, Beaver Creek, OR, 97004-0745. 503-869-3886, [roguemultisport.com](http://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](http://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](http://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](http://www.buduracing.com)

### SEPTEMBER

#### Sep 10: XTC Off-Road Triathlon

Port Moody, BC. Race in Buntzen Lake near Vancouver. Sport (750m swim, 16km MTB, 5km trail run) & Full (1500m swim, 26km MTB, 10km trail run). New short course design. Teri Taylor, Cove Communications, 4248 Cambridge Street, Burnaby, BC, V5C 1H2. 604-788-4645, [www.xtterraca.com](http://www.xtterraca.com)

## BMX

### 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](http://www.wallawallabmx.org)

#### Aug 11-13: Columbia Basin

Tri-City, WA. Single point races John Higbee, 509-967-1651, [www.columbiabasinbmx.com](http://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](http://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](http://www.cycling.bc.ca)

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**Aug 25-27: Columbia Basin**

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

**SEPTEMBER**

**Sep 3: BMX BC Cup #6**

Surrey, BC. Race takes place at Action BMX. See Race Series for details. Larissa Hoath, Cycling BC, 332-1367 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

**Sep 4: BMX BC Cup Finals**

Pitt Meadows, BC. Race takes place at Ridge Meadows BMX. See Race Series for details. Series awards and jerseys to be presented. Larissa Hoath, Cycling BC, 332-1367 W. Broadway, Vancouver, BC, V6H 4A9. 604-737-3034, www.cycling.bc.ca

**Sep 10-11: Columbia Basin**

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

**Sep 24-25: CCA Western National Race #5 and Finals**

Abbotsford, BC. See race series for details. Gary Harder, Abbotsford BMX, 32470 Haida Dr., Abbotsford, BC, www.abbotsfordbmx.ca

**Sep 24-25: Walla Walla BMX**

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

**Sep 25-27: Columbia Basin**

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

**CYCLO-CROSS**

**SEPTEMBER**

**Sep 3: Ohop Trophy Kermesse Series #7**

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. Michael Pruitt, Starbuck Doubleshot / Spoke and Sproket, 5748 29th Ave NE, Seattle, WA, 98105. 206-227-7111, http://axleyusa.com/races/

**Sep 17: BC Cup #1**

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

**Sep 25: Fort Langley Classic - BC Cup #2**

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

**Sep 25: Hood River Cyclo-cross Classic**

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

**Sep 25: Psycho Cross Series #1**

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

**MOUNTAIN BIKE RACING**

**AUGUST**

**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 Masters 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.reldodge.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 Bank, P.O. Box 3069, Mount Washington, BC, 250-334-5710, www.bccupfinals.com

**SEPTEMBER**

**Sep 4: 12 Hours of Willamette Pass**

Willamette Pass, OR. CC event racing from 8:00 a.m. to 8:00 p.m. Classes: solo, two or four person teams. The Where's Waldo 100km run will be happening at the same time. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

**Sep 9-11: Scotty Graham Memorial Series Finals**

Mt. Hood, OR. DH and CC events at Mt. Hood Skibowl. Friday - DH training, Saturday DH race and Sunday XC race. Mountainous, rocky course with spectacular views. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

**Sep 17-18: Willamette Pass DH Series #3**

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

**Sep 24: Cheakamus Challenge Fall Classic- BC Marathon #5**

Squamish to Whistler, BC. Oldest, toughest CC race in Canada. A-B: 72.5km. Novice/Junior: 45 km. Start 10:00 a.m. Last year's winner's time --3:16 hours. Marathon Series Final. Grant Lamont, Epic Enterprises, Box 174, Whistler, BC, V0N 1B0. 604-938-1799, www.cheakamuschallenge.com

**Sep 25: Mt Ashland Hillclimb**

Ashland, OR. Tita Soriano, SOMBA, P.O. Box 903, Ashland, OR, 97520. 541-840-6580, springthaw@somba.org

**MOUNTAIN BIKE TOURING**

**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 is primarily dirt roads. Climbing to the top of each pass is a good workout. 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 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**

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

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

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

**Aug 8-12: Sawtooth Singletrack**

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

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

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

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

Medford, OR. Refer to August 1-5 listing for 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. Refer to August 8-14 listing for more details. 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 listing for more details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Aug 15-19: Sawtooth Singletrack**

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

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

Oakridge, OR. Four days of awesome single-track 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.miboregon.com

**Aug 17-21: Oregon Singletrack**

Cottage Grove, OR. Fully supported tour. 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, PO Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

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

Castlegar, BC. Refer to August 8-14 listing for more details. Robbin McKinney, R.E.M. Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

**Aug 19: Cascade Lakes**

Bend, OR. Beginner to advanced ride, all single track with several lakes. Fully supported. 800-818-1902, www.cogwild.com

**Aug 20: Yamsay Mountain**

Bend, OR. Lake County, Oregon. No stop lights, strip malls or fast food. Fully supported shuttle ride. 800-818-1902, www.cogwild.com

**Aug 22-26: Mt. Hood Singletrack**

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

**Aug 22-26: Sawtooth Singletrack**

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

**Aug 22-26: Sun Valley Singletrack**

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

**Aug 22-26: Umpqua River Trail**

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

**Aug 22-26: A Day in the Hood**

Hood River, OR. Intermediate to advanced ride on astounding single track around Mt. Hood. Fully supported. 800-818-1902, www.cogwild.com

**Aug 26: Cascade Lakes**

Bend, OR. Beginner to advanced ride, all single track with several lakes. Fully supported. 800-818-1902, www.cogwild.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 single track, 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 30: Umpqua River Trail**

Bend or Eugene, OR. Intermediate to advanced ride on the famous North Umpqua River Trail. Fully supported shuttle ride. 800-818-1902, www.cogwild.com

**SEPTEMBER**

**Sep 2: Cascade Lakes**

Bend, OR. Beginner to advanced ride, all single track with several lakes. Fully supported. 800-818-1902, www.cogwild.com

**Sep 5-8: Cascade Lakes**

Bend, OR. Four day trip. Lakes at every camp and lots of good food. Single track Nirvana. 800-818-1902, www.cogwild.com

**Sep 5-11: Kettle Valley Trail with Trails**

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

**Sep 5-7: Umpqua River**

Bend, Eugene or Roseburg, OR. Ride the entire 80-mile length of the North Umpqua River Trail in three days. Scenic highlights include Toketee falls. 800-818-1902, www.cogwild.com

**Sep 5-9: Umpqua River Trail**

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

**Sep 6-9: Mt. Hood Four Day Epic**

Bend or Hood River, OR. Great single track around Mt. Hood. Solitary camping spots, loop and point-to-point rides. Easy access. 800-818-1902, www.cogwild.com

**Sep 7: A Day in the Hood**

Hood River, OR. Intermediate to advanced ride on astounding single track around Mt. Hood. Fully supported. 800-818-1902, www.cogwild.com

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No Charge for Initial Consultation



Photo by Bicycle Paper

A young rider is testing his new bike during the BikeWorks annual swap event last May.

**Sep 9: Oregon Coast Cycling Festival**  
Gold Beach, OR. Three day road and MTB festival that benefits American Cancer Society and Curry Health Foundation. MTB ride takes place on first day and goes along Rogue River from Agness to Lobster Creek. Chip Weiner, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

**Sep 10-16: Kettle Valley Trail with Trails**  
Castlegar, BC. See Sept 5-11 for details. Robbin McKinney, R.E.M Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

**Sep 10: Yamsay Mountain**  
Bend, OR. Lake County, Oregon. No stop lights, strip malls or fast food. Fully supported shuttle ride. 800-818-1902, www.cogwild.com

**Sep 12-16: Fremont Five Day Epic**  
Bend, OR. 17.5 miles of pristine, primitive single track over five days. Warm days, clear, cool nights and aspen groves. 800-818-1902, www.cogwild.com

**Sep 13: Umpqua River Trail**  
Bend, OR. Intermediate to advanced ride on the famous North Umpqua River Trail. Fully supported shuttle ride. 800-818-1902, www.cogwild.com

**Sep 15-18: Kettle Valley Trail with Trails**  
Castlegar, BC. See Sept 5-11 for details. Robbin McKinney, R.E.M Event Management, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

**Sep 17: Yamsay Mountain**  
Bend, OR. Lake County, Oregon. No stop lights, strip malls or fast food. Fully supported shuttle ride. 800-818-1902, www.cogwild.com

**Sep 18: Olympic Discovery Bike Adventure**  
Port Angeles, WA. Ride 50-miles from Port Angeles to Sequim along the Olympic Discovery Trail. Winds through valleys and along the shore of some of the most beautiful coastal scenery. 800-417-4550, www.olympicdiscoverybike.com

**Sep 19-22: Cascade Lakes**  
Bend, OR. Four day trip. Lakes at every camp and lots of good food. Single track Nirvana. 800-818-1902, www.cogwild.com

**Sep 19-21: Umpqua River**  
Bend, Eugene or Roseburg, OR. Ride the entire 80-mile length of the North Umpqua River Trail in three days. Scenic highlights include Toketee falls. 800-818-1902, www.cogwild.com

**Sep 26-29: Best of Bend**  
Bend, OR. Three night camping trip. Ride the best trails in Bend and finish with the famous 35-mile downhill, Mt. Bachelor to Bend. 800-818-1902, www.cogwild.com

**Sep 28: A Day in the Hood**  
Hood River, OR. Intermediate to advanced ride on astounding single track around Mt. Hood. Fully supported. 800-818-1902, www.cogwild.com

**Sep 30: Cascade Lakes**  
Bend, OR. Beginner to advanced ride, all single track with several lakes. Fully supported. 800-818-1902, www.cogwild.com

ROAD RACING

AUGUST

**Aug 1: Monday Night Masters & Women PIR Series**  
Portland, OR. August series event #1. See race series for details. Jeff Mitchem, 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.org

**Aug 2: Pacific Raceways Road Race 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

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

**Aug 7: Volunteer Park Summer Criterium & Master State Championship Criterium**  
Seattle, WA. Volunteer Park - Criterium on a 0.8-mile loop inside Volunteer Park with a small 150 yard hill, some rough pavement. Medals and WSBA points for Masters. Registration opens at 8:00 a.m. First race at 9:00 a.m. All categories. Counts for BARR points. 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

**Aug 9: Eugene Twilight Criterium Series**  
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.org

**Aug 9: Pacific Raceways RR Series**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Aug 9: 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 9: Tuesday PIR Series**  
Portland, OR. August series event #2. See race series for details. Jeff Mitchem, 503-233-3636

**Aug 10: Bend TT / 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 Dosch 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, 4909 SW Nevada Ct #3, Portland, OR, 97219. 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.org

**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, 4017 S 291st St., Auburn, WA, 98001. 206-625-8333, www.buduracing.com

**Aug 21: Mt. Seymour Hill Climb Championship**  
N. Vancouver, BC. 12.2km ascending the steep, unfor-giving 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 Costal, 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.org

**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.org

**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

SEPTEMBER

**Sep 1: 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

**Sep 3: BC Masters Race Series #24**  
Richmond, BC. 30km criterium. Start at 1:00 p.m. See Race Series for details. Todd Hansen, BC Masters Association, 604-788-1873, www.bcmasterscycling.net

**Sep 3: Ohop Trophy Kermesse Series #7**  
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/

**Sep 4: BC Masters Race Series #25**  
Chillawack, BC. 80km team time trial on mostly flat course. See Race Series for details. Bill Yearwood, BC Masters Cycling Association, Box 483, Mill Bay, BC, V0R 2P0. 604-666-4927, www.bcmasterscycling.net

**Sep 4: Quail Hollow Hillclimb**  
Boise, ID. Triple Crown #2 Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycles.com

**Sep 6: PIR Handicap Series #1**  
Portland, OR. Steve Mullen, 503-788-8704

**Sep 7: Phoenix Velo Training Group**  
Mission, BC. See Race Series for details. Bruce Wenting, 604-826-1411, www.wentingscycle.com/phoenix

**Sep 10: Bogus Basin Hill Climb**  
Boise, ID. Triple Crown Finals. 16-mile mass start hill climb. 2500ft elevation gain. Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycles.com

**Sep 11: Mt. Baker Hill Climb**  
Bellingham, WA. The ultimate fitness test. 24.5-miles, 4300ft from Glacier to Artist's Point. All categories and recreational riders. Fundraising for cancer care in Northwest Washington. Paul Clement, Ken Meyer Memorial Foundation, Bellingham, WA, www.meyermemorial.org

**Sep 11: Oregon Hillclimb Championship**  
Government Camp, OR. Time trial. John Lombard, 503-805-8489, www.obra.org

**Sep 13: PIR Handicap Series #2**  
Portland, OR. Steve Mullen, 503-788-8704

**Sep 14: Phoenix Velo Training Group**  
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com/phoenix

**Sep 17-18: Eugene Celebration Stage Race**  
Eugene, OR. Flat time trial. Hilly road race. Downtown criterium. Pro 1/2, Cat 3, Cat 4/5, Masters 35+, Women. Sal Collura, 6811 Aster, Springfield, OR, 97478. 541-747-3336, www.obra.org

**Sep 18: Skull Hollow Roubaix**  
Bend, OR. Tim Plummer, 541-330-8758

**Sep 20: PIR Handicap Series #3**  
Portland, OR. Steve Mullen, 503-788-8704

**Sep 21: Phoenix Velo Training Group**  
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com/phoenix

**Sep 27: PIR Handicap Series #4**  
Portland, OR. Steve Mullen, 503-788-8704

**Sep 28: Phoenix Velo Training Group**  
Mission, BC. See Race Series for details. Bruce Wenting, 33245 N Railway Ave., Mission, BC, V2V1E2. 604-826-1411, www.wentingscycle.com/phoenix

ROAD TOURING

AUGUST

**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, 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. Lunatours, 877-404-6476, www.lunatours.com

**Aug 6: 200km Brevet**  
Peace Region, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

**Aug 6: 400km Brevet**  
Lower Mainland, BC. 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.couragelclassic.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. 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 Pazzaliski, National Multiple Sclerosis Society, Oregon Chapter, 1650 NW Naito Parkway, Suite 190, Portland, OR, 97209. 503-445-8349, www.ms150oregon.com

**Aug 6: Penticon 200**  
Southern Interior, BC. 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. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

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

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

**Aug 13: Covered Bridge Bicycle Tour**

Albany, OR. Timber Linn Park. Relaxing country ride event, choose from 40, 68, 85 & 101-mile distances. 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. Each route heads south and loops back. Century elevation 2,500ft with a few challenging hills. Start/finish Blue Cross of ID. First start at 7:00 a.m. Reg. free t-shirt, BBQ and concert. Fully supported. Roberta Russell, Blue Cross of Idaho Foundation for Health, P.O. Box 8419, Boise, ID, 83707-2419. 866-482-2252, www.bcidahofoundation.org

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

**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

**Aug 14: McKenzie Pass/Aufderheide**

Bend, Sisters or Blue River, OR. Combine these two scenic routes for an incredible ride of about 85 miles. Fully supported. 800-818-1902, www.cogwild.com

**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, ORB 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.capitalbicycleride.org

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

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

**Aug 18: Crater Lake Rim**

Bend, OR. Ride around the entire scenic rim with van support and lunch. Fully supported. 800-818-1902, www.cogwild.com

**Aug 20: 200 600km Brevet**

Lower Mainland, BC. 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, P.O. Box 15165, Seattle, WA, 98115. 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, 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 400 km Brevet**

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

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

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 (1.5-25 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. 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. 808-443-0152, http://spuds.cyclevents.com

**SEPTEMBER**

**Sep 3: 75, 150, 200 km Brevets**

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

**Sep 3-9: 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

**Sep 3-9: Cycle the Utah**

St. George, UT. 7-day catered and van supported event. 266 miles of beautiful scenery. Terry Maloughney, Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/e55

**Sep 3-10: Glacier - Banff - Jasper**

St. George, UT. 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

**Sep 3: Nelson 600, 1000 km**

Nelson, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

**Sep 3-10: 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

**Sep 4-9: 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

**Sep 4: Great Northwest Fall Tour**

Newport, WA. Enjoy a beautiful ride in the country on paved country roads. 15, 30 or 50-mile route, some hills. Ride includes food/water stop, t-shirt and a meal. Start/finish at Newport City Park. Melody Geddes, Newport/Priest River Rotary Club, 9722 Scotia Road, Newport, WA, 99156. 509-292-5099, melody\_geddes@hotmail.com

**Sep 4: Hutch's 100 km**

Bend, OR. Metric century (62-miles) road ride beginning and ending at Tumalo State Park. The route is mostly small rollers, and has some of the best views of the Cascades you'll see in Central Oregon. Entry includes maps, mechanical support, energy food and drink. Meet at Tumalo State Park at 9:00 a.m. Hutch's Bicycles, Bend, OR, 530-382-6248, www.hutchsbicycles.com

**Sep 4: Nelson 200, 300, 400 km.**

Nelson, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

**Sep 5-10: Columbia Gorge**

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

**Sep 5-9: Crater Lake National Park**

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

**Sep 5-10: WYCYC - Wyoming Cycling Celebration**

Jackson, WY. Annual ride around the cowboy state, looping from Lander to Jackson Hole and back again. CYCLEVENTS, P.O. Box 725, Hilo, HI, 96721. 888-733-9615, wyycy.cyclevents.com

**Sep 10-11: Bicycle Trek for Life and Breath**

Surrey, BC. Two-day, 200km ride through the Fraser Valley. Start at Hazlemere Campground to Cultus Lake and back via a different route on Sunday. Fully supported. Fundraising event for the BC Lung Association. Sarah Tehennepe, BC Lung Association, 2675 Oak Street, Vancouver, BC, V6H 2K2. 604-731-5864, www.bc.lung.ca/trek

**Sep 10-17: Cycle Oregon**

Boardman, OR. Seven days of fully supported cycling nirvana through Lewis and Clark country. 60 to 100-miles per day. Starts in Boardman and finishes in Astoria. Bring your camera! Highlights: Celilo Falls, Columbia Gorge, Multnomah Falls, Ft. Clatsop. Limited 2,000 cyclists. Tara Corbin, Cycle Oregon, 5253 NE Sandy Blvd., Portland, OR, 97213. 503-287-0405, www.cycleoregon.com

**Sep 10-11: Group Health MS 150 Bike Tour**

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

**Sep 10-17: 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

**Sep 10-11: Oregon Coast Cycling Festival**

Gold Beach, OR. Ride along the Oregon Coast that benefits American Cancer Society and Curry Health Foundation. Part of three day road and MTB festival. Road rides range in distance from 10 - 100-miles. 3-mile kiddie ride on second day. Party at end of ride. Chip Weiner, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

**Sep 11: Annual Autumn Century Ride\***

Spokane, WA. 26th annual. 100 and 62-mile rides plus family or individual ride - 20 miles. Beautiful north Spokane countryside, ride along lakes and rivers. Fully supported. Entry \$25. Portion of the benefit goes to the Spokane River Centennial Trail. Support BAW Jon Rascoff, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210. (509) 448-8724, www.spokanebicycleclub.org/

**Sep 11: Headwaters Century\***

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

**Sep 11-16: Oregon Coast - North**

Various, OR. Bike on side roads and the Oregon Coast Bike Route, and hike along headland trails. Note: Available from July 3 - September 11. See web site for other specific dates. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

**Sep 11: Sunnyside Century**

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

**Sep 11-30: The Santa Fe Trail Bicycle Trek**

Santa Fe, NM. Limit 50 riders. Camping with meals provided. Ride paved roads only. Gear carried by truck Willard Chilcott, Santa Fe Trail Bicycle Committee, 885 Camino Del Este, Santa Fe, NM, 87501. 505-982-1282

**Sep 13-Aug 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



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**Sep 15: Crater Lake Rim**  
Bend, OR. Ride around the entire scenic rim with van support and lunch. Fully supported. Private trips any time. 800-818-1902, www.cogwild.com

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

**Sep 17: Penticton 300**  
Southern Interior, BC. BC Randonneurs Cycling Club, www.randonneurs.bc.ca

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

**Sep 17: Tour de Vine**  
Wenatchee, WA. Wander through 4 picturesque wineries, apple and pear orchards and a bakery. Alberg Sports, 25 N. Wenatchee Avenue, Wenatchee, WA, 98801. (509) 663-7401, www.tourdevine.com

**Sep 17-18: Tour des Lacs**  
Spokane, WA. Ride from Spokane to Coeur d'Arline and back. Two-day cycling tour, multiple route & mileage options, boat cruise on Lake Coeur d'Arline. Wendy Bailey - Zupan, Round & Round Productions, 418 E Pacific, Suite 6, Spokane, WA, 99202. 509-455-7657, www.roundaround.com

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

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

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

**Sep 18: McKenzie Pass/Aufderheide**  
Bend, Sisters or Blue River, OR. Combine these two scenic routes for an incredible ride of about 85 miles. Private trips any time. Fully supported. 800-818-1902, www.cogwild.com

**Sep 22: Silver Lake**  
Bend, OR. Multiple loop options, old growth ponderosa forests and just about the loneliest stretch of pavement you'll ever see. Fully sagged/supported. 800-818-1902, www.cogwild.com

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

**Sep 24: Emeral City Lights Bike Ride**  
Seattle, WA. Featuring a 30 or 65 mile route. Start/finish Auburn Game Farm Park. The 30 mile ride travels out to Flaming Geyser Park and go through Enumclaw Plateau and back. The 65 mile route goes to Black Diamond, Ravensdale, Cumberland, Enumclaw Plateau and back. Proceeds go to The Seattle Basket Brigade which feeds families at Thanksgiving. Patricia Hansen, P.O.Box 872, Auburn, WA, 98071. 425-881-0299, www.emeralcitylights.com

**Sep 24-30: Hawaii**  
Kona, HI. Explore on foot, bike and in the water the very best parts of the big island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Every other Saturday Sep. 24-Dec. 28. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

**Sep 24-26: Tour de Whidbey**  
Whidbey Island, WA. Complete 25, 50 or 100-miles in one or two days on scenic Whidbey Island, approximately 40 miles North of Seattle. Route is a figure 8 and starts/ends at Greenbank Farm. Each loop approximately 50 miles. Rest stops approximately every 15 miles. Breakfast and chili dinner provided. Free T-shirts to registered riders and more. Fundraiser to benefit Whidbey General Hospital. Cost by September 15: \$45 per person; \$25 each for a team of 5 or more; \$110 for a family of three. Carol Kerley, Whidbey Island Hospital Foundation, P.O.Box 181, Langley, WA, 98260. 360-221-8360, www.whidbeygen.org

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

**Sep 25: Peach of a Century**  
Salem, OR. 100-mile and 100km route. Start/finish Chemeketa Community College. The 100-mile goes through Jefferson, Roaring River, Mehama and Stayton. The 100km is generally flat and goes through Jefferson and Stayton. Rest stations have food, water and sport drinks, restrooms. Tom Tilque, Salem Bicycle Club, tilque@operamail.com, www.salemicycleclub.org

**Sep 25-29: Rolling Pub Crawl**  
Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenasins 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

**Sep 25-30: 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.bicyleadventures.com

TRACK

AUGUST

**Aug 1: MVA Monday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Aug 3: Wednesday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Aug 4: Alpenrose Series**  
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

**Aug 5: 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 5: Group Health Friday Night Races**  
Redmond, WA. See Race Series for details. Marymoor Velodrome, www.velodrome.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 details. Marymoor Velodrome Association, www.velodrome.org

**Aug 10: 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

**Aug 17: 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 AVC**  
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 Track 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: 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 26: 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 26: Group Health Friday Night Track Races**  
Redmond, WA. See Race Series for details. Marymoor Velodrome, www.velodrome.org

**Aug 29: MVA Monday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

**Aug 31: Wednesday Night Racing**  
Redmond, WA. See Race Series for details. Marymoor Velodrome Association, www.velodrome.org

SEPTEMBER

**Sep 1: Alpenrose Series**  
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

**Sep 3-4: Oregon Masters Track Championships**  
Portland, OR. Track event. Schedule posted on website the week before the event. Candi Murray, 503-661-5874, www.obra.org

**Sep 8: Alpenrose Series**  
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

**Sep 15: Alpenrose Series**  
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

**Sep 22: Alpenrose Series**  
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

**Sep 29: Alpenrose Series**  
Portland, OR. At the Alpenrose velodrome. See race series for details. Mike Murray, 503-661-5874, www.obra.org

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Cat. 4 Women/U19	10:05 am	20 km
U17, U15 women	10:05 am	10 km
Masters 30+, 40+	10:45 am	30 km
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# Fixing Flats in Utopia

By MAYNARD HERSHON

In the '80s I worked in a good bike shop in Berkeley with a super crew of people. One of those super people was Drew Devereux, who has moved to Portland - not the only one of my old Berkeley friends who has relocated there, by the way.

When Drew told me about his job with Portland's Citybikes, he compared Citybikes to a famous Berkeley bike shop, the Missing Link, a respected co-op just off the UC campus.

Drew and I were aware of the Link and much that it signified, but we didn't work there. We worked at a shop a mile away, a higher-end store, what you'd have called a pro shop.

We thought of the Link as Everyman's store. They sold and repaired lots of low- and medium-priced bikes. Link workers shared ownership and ran the store. No Link employee made big money. Maybe they were all paid equally, managers and new hires. No one could be fired without a vote among the workers, a unanimous vote, if memory serves.

As a customer, you sensed none of that. The store seemed like any bike shop anywhere, but behind the scenes it was an Aquarian outfit. Probably still is.

Cyclists were an idealistic bunch back then and Berkeley was a center of anti-capitalist

fervor. Keep the drive for maximum profit from separating us, we'd say; get avid cyclists into close contact with neophyte cyclists, then stand back and watch what happens.

We loved riding. We figured that, given half a chance, other folks would fall in love with cycling too. We weren't just crazy about our own riding. We were evangelists, true-believers. If people quit driving and rode bikes, we thought, great things would happen.

Americans would be happier, healthier, skinnier. They'd be more effective workers. They'd be sexier. Remember, that was years before some doc warned us guys that cycling (on saddles other than those he endorsed) causes impotence.

Cyclists would be more alert, mellow and more soulful. Urban air would regain its invisibility and odorless-ness. Everything would be better if more people rode.

Bikes made sense to us as tools for sport, day-to-day transport, travel and fitness. You can imagine how we admired the Link's style and efforts. The Link encouraged riding, we figured, all kinds of riding. Commuters and Saturday around-the-park cyclists were as authentic as racers there. You only had to ride to qualify.

When Drew told me that Citybikes reminds him of the Missing Link, I got the picture.

"Citybikes," he said, "is a 15 year-old worker-owned and -operated outfit. It's two stores, both on Ankeny, a half-mile apart. Citybikes is a principled shop, dedicated to serving local cyclists' transportation needs, a

for-the-people kind of place."

"For example," Drew said, "Citybikes sells used parts. They've accumulated an amazing amount of good stuff over the years, stuff you can't find just anywhere. There are parts boxes customers can sort through at their leisure, boxes of parts made up to 60 years ago."

"There are several sets of colorful old Bleumels fenders," he said, "plenty of used double-arm kickstands and a box dedicated to Malliard Helicomatic freewheel parts. How 'bout a nice \$8.00 pair of center-pull brakes harvested from an old Univega?"

The parts Drew mentioned are not trendy, carbon fiber widgets. They are charming parts one might use to make an old bike more useful or to winterize it.

"One guy working at Citybikes," Drew told me, "felt strongly about outfitting cool commute bikes for local riders. At the shop but on his own time, he built a huge number of 26" x 1 3/8" alloy-rim Sturmey-Archer three-speed wheel-sets for the shop to sell. They all sold quickly."

English three-speeds came with heavy, slick-sided steel wheel-rims, so the bikes respond slowly and are more reluctant to stop, especially on wet streets. Portland readers - are wet streets a problem?

Drew told me that Citybikes tune-ups typically take a whole day to do.

"We lavish loving touches on each bike," he said. "We remove and grease stems and seat posts, dismantle and lube brakes and check frame alignment."

"At our store," he said, "you can buy a nice refurbished '60s English three-speed for about \$200, or a folding Puch five-speed for \$125. How about a reconditioned 1980 Dahon folder?"

"We sell Carradice and Brooks accessories (note: famous British touring / commuting / all-weather gear," he said. "And a variety of quality generator lights from Germany and Japan."

Drew said he would work at Citybikes just for the music.

"Some employees," he said, "are band members; others just know good music and serve happily as DJs for the shop, spinning custom CDs."

"At Citybikes," he told me, "we make decisions affecting the workplace by consensus. There's a retreat for everyone each year. Parties feature quality kegs. We make a concerted effort to hire women mechanics and there's an apprentice program."

Does that sound impossibly quaint and impractical to you? Sounds great to me.

"In the front part of the shop," Drew said, "a homeless guy may be fixing his bike with loaner tools and a no-charge used tire from the free parts pile. Next to him, using tools from the same loaner box, a lawyer may be installing a newly bought used luggage rack."

"In the main shop (curiously called the Annex)," Drew said, "there are a few theatre seats against a wall and a collection of old and not-so-old bike-related books and periodicals - from old Bike Culture magazines to current QBP catalogues."

"Surfaces in the shop," Drew said, "show the patina of long use. Lots of people, workers and customers, have spent lots of time at Citybikes through the years. They've been people from every walk of life," he said, "many of them fiercely dedicated to the store."

"You'd be sure to detect a left political view as soon as you enter," Drew said. "That progressive spirit reflects the general feeling in Portland. No wonder I feel at home here."



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