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FALL 2005 • FREE



Photo by Bicycle Paper

Cyclocross does wonders for your bike handling skills and helps rebalance your body after a long season in the saddle. It is also a spectator friendly sport, bring a friend!

Ready! Set! Cyclocross!

By JEN RASMUSSEN

You know that fall is approaching when all of the Northwest race series are running their final events of the season and announcing their overall winners. But for some, this marks the beginning of the most enjoyable part of the year—cyclocross time. Some race for the adventure. Some race for fun. Some race as an off-season workout. Some just like the mud. Whatever the reason, it is cyclocross season again, and series organizers are expecting a higher turnout than ever.

For those unfamiliar with the sport, cyclocross combines road and mountain biking with a bit of running for good measure. Since the season runs from September to December in the Northwest, participants can expect rain, mud and chilly temperatures. The races are usually 30 to 60 minutes long, and riders have to bike on pavement and muddy hills, as well as carry their bikes over obstacles and up steep hills. "It does wonderful things for bike handling and comfort level," says Dan Norton of Seattle cyclocross. He also recommends the sport for triathletes and cross-country runners who want to stay in shape. "It's also just a lot of fun in the mud," he adds.

Portland and Seattle are the Northwest centers for cyclocross, and this season is no exception, with each city hosting a big series.

Seattle's biggest event is the Emerald City Cyclocross series.

The 9-race series begins on Sept. 25 at North SeaTac Park and has categories for riders of all levels, including junior and beginner. Norton, one of the chief organizers, says that some changes have been made for the upcoming season. "We have added a couple of courses," he says. "We try and make it like a party atmosphere." Each Sunday race will include a barbecue and "a full day of racing for the entire family," Norton explains.

Entry fees are \$20 for all races except Women's Category C and Juniors, which only cost \$5 in order to invite more participation. Kids' races are free and exciting to watch. More information can be found on Seattle Cyclocross' new website, www.seattlecyclocross.com.

South of the Columbia River, Portland boasts the Cross Crusade, sponsored by River City Bicycles. Although it has less races, with only five, the series boasts an amazing 16 categories, from beginner and kids to an UCI race. The series begins Oct. 2, and ends on Nov. 13. Cross Crusade's website, www.crosscrusade.com, has additional information about the events.

Perhaps the best reason to get involved in the cyclocross season is to experience firsthand the seething battle between the top 'cross riders from Seattle and Portland. Each year the mudslinging, both literal and figurative, between riders from the two cities builds up, and culminates in the "Grail Della Grunge." Riders

See "Cyclocross" on page 8

☞ Feature

So You Want to Race Cyclocross?: Strategies to Stay Healthy

ERIK MOEN PT, CSCS

The Northwest has an awesome cyclocross history and scene, and current participation levels are at an all-time high. This sport was invented as a means to maintain bicycling fitness during the winter. It combines some running with road and off-road cycling on a modified road bike. Due to the running and jumping components, cyclocross provides a wonderful holistic off-season exercise. People who exclusively train on a bicycle for the months of February through September are often highly conditioned for cycling, but are poorly prepared for the running and jumping required for cyclocross. This de-conditioning often leads to injury or poor performance on the cyclocross bike. In general, seasonal running and jumping are important training components for the cyclist, as they provide exposure to weight bearing activities, which help maintain proper bone density. Cyclists are particularly prone to bone density loss in their lumbar spines.

Here are some exercises that will help you make a successful transition to the challenges of cyclocross.

In many cyclists, the gluteus medius muscles, which are responsible for lateral hip movement, are poorly developed. Improving the strength of this muscle group will increase one's running and jumping abilities while decreasing the chances of lateral and anterior knee pain. Hip abduction exercises will help strengthen the muscles. Using only the weight of the leg itself to start (resistance can be increased gradually by adding weight to the ankle over time), move the leg up and down slowly for up to 30 repetitions per side.

See Fig. 1: Side Lying Hip Abduction

Running and jumping require great ankle and foot coordination. Good calf flexibility makes running uphill more tolerable. However, ankle proprioception and flexibility are limited in the bicyclist. In order to strengthen the ankles, improve coordination and lessen

See "Health" on page 6

☞ Feature

Comfy Butt: How to Select Proper Bike Shorts

By JEN RASMUSSEN

When it comes to buying bicycle shorts, technology is your friend. With the advent of synthetic fabrics that can wick away moisture, stay in place and breathe, the possibilities are endless. There are over 100 manufacturers of cycling shorts, and with so many choices and so many features, buying a new pair can be a daunting task.

The fit of a rider's shorts is every bit as important as the fit of a saddle. Ill-fitting shorts can cause chafing, discomfort and saddle sores. Although a lot of it comes down to personal preference, not all shorts are created equal. There are some necessary features that all good shorts share.

Basic Fit

Shorts are meant to be snug-fitting. Stretchy synthetic fabrics like spandex

and lycra allow shorts to stay in place without bunching or chafing. But, they should not be so tight that they cause discomfort or pain.

Unless you are purchasing a familiar brand and size, online ordering without the option of returns should be avoided. However, popular websites like www.nashbar.com and www.teamestro.com accept returns within 90 days.

All shorts fit differently, and it is important to try them on. While in a bent-over, racing position, make sure that the shorts sit high enough in the back to cover you comfortably. The front should be cut lower, and have an unobtrusive waistband. Some brands have drawstrings, to adjust for comfort, which is fine, as long as they also have an elastic waistband.

See "Bike Shorts" on page 4

Trails to Close Near Fremont's Aurora Avenue On-ramps

Things are about to get serious in Fremont...serious about improving traffic and replacing the approaches to the landmark Fremont Bridge. The bridge and streets will be under construction during this



two-year construction project, and part of the Burke-Gilman and the Ship Canal trails will be closed.

Starting in September, contractors will begin replacing the bridge approaches and working on traffic improvements on Fremont Avenue North and to the west. Simultaneously, work will be done to improve traffic to the east of Fremont Avenue North, primarily in the Bridge Way North corridor that connects to Aurora Avenue North.

The first phase of work on the bridge approaches will take place under the Fremont Bridge, and will not impact bridge traffic. However, the Burke-Gilman and the Ship Canal trails will be closed at the bridge, estimated for September 12, to accommodate construction. This part of the Burke-Gilman trail will

remain closed until the bridge approach work is completed in the spring or summer of 2007. The section of the Ship Canal trail will remain closed until the bridge shop at the south end of the Fremont Bridge is completed, planned for the summer of 2008.

The Burke-Gilman trail will be closed from Stone Way North to Phinney Avenue North. A temporary, westbound bike detour route will be added to N 34th Street. This is in addition to the existing eastbound bike lane on N 34th Street. One westbound vehicle lane on N 34th Street between Stone Way North and Fremont Avenue North will be closed for the trail detour. The Ship Canal trail will be closed for a short distance to each side of the Fremont Bridge, but can be accessed to the west, at the ramp where 3rd Avenue N ends at the canal.

New Fleet of "Blue Bikes" in Redmond

King County Parks and Recreation, the Rails to Trails Conservancy and Seattle residents have reason to celebrate after 20 new bikes were donated to Marymoor Park on Aug. 17.

Dasani's "Blue Bikes" donates Trek bicycles for community use in cities across the country. Seattle is the seventh city to be chosen for the program. The idea was developed with help from the Rails to Trails Conservancy, a national non-profit organization dedicated to turning former railroad lines into usable recreational trails.

"The program was created to encourage residents to make healthy lifestyle choices and provide people with a fun opportunity to get outside and be active," says Sabrina Gatlin, spokeswoman for Dasani.

The 20 Trek Cruiser Classic bicycles will be housed in blue lockers next to the Marymoor Velodrome in Redmond, and will be available seven days a week for use on the 11-mile Sam-

mamish River trail, which connects with the Burke-Gilman.

After obtaining a free card from the King County Parks and Recreation office in Marymoor Park, cyclists can open the lockers and take a bike on a first-come, first-serve basis.

At a ceremony in the park on Aug. 17, Rails to Trails board member Peter Goldman thanked Dasani for "the private sector encouraging outdoor involvement."

Before an inaugural ride with local adults and children, King County executive Ron Sims praised the beauty of the northwest and called it "one of the most exciting places to bicycle in the country."

The "Blue Bikes" program has provided 150 bikes for use on roughly 200 miles of community trails in Maryland, Texas, Florida, Illinois, Pennsylvania, Georgia and Utah.

More information can be found at www.dasani.com, or www.railtrails.org.



Katrina Mager/Rails-to-Trails Conservancy

There is a Trek Blue Bike waiting for you at Marymoor Park.

Evening with Eddy Merckx

The greatest cyclist of all time, five time Tour de France winner and a legend in the sporting world, Eddy Merckx will be in Vancouver on October 28th to headline the Evening of Champions. Joining him is his son and Olympic medalist Axel Merckx.

The evening's banquet will be followed by a raffle of autographed prizes from many cycling superstars including Lance Armstrong. Tickets are on sale at www.teamwedgewood.com. For information: pmeyer@teamwedgewood.com.

All proceeds will be donated to the BC Cancer Foundation.

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Leaving an Impression

By JEN RASMUSSEN

When the organized chaos commonly known as Seattle's morning commute began on Monday, August 1, something was different. The freeways were still clogged, buses were still running late, and parking was at a premium. But, cyclists who usually dodge car doors and impatient drivers had a reason to be hopeful.

That optimism came from 40 white, mangled bicycles that were chained around town with this cryptic message: "a cyclist was struck here." The group responsible is GhostCycle.org. Other than that affiliation, their identities are unknown, except that they are self-described cycling advocates. One Ghost Cycle member explains that the project "is to raise awareness about safety on the streets, and we didn't see the need for a spokesperson to get that message across."



Photo by Studio Chaton

On Dearborn, at the highway exit.

The group has been collecting information on car-related cycling accidents on its website since May 26, 2005. 103 reports were filed, and then 40 were chosen as locations for the haunting cycles. The signs that are placed next to them give the web address as well as a reference number. On the website, visitors can look up a specific incident, with a picture and a report.

In a city that is consistently ranked one of the most "bike-friendly" in the country, the testimonials show that cycling is still a dangerous mode of transportation. Number 16 was rear-ended on Broadway and Mercer by a driver who fled the scene through a parking lot. Number 28 suffered a torn ligament and fractured knee when struck by a drunk driver on Broadway and John. Number 29 was riding down Lakeview Blvd. and says, "I looked over my shoulder and saw a large white utility van coming...I was struck in my left hip, and my next memory is waking up to the sound of the ambulance that I was in. I have no idea who hit me."

Through cyclists' reports on collisions, the project's organizers have been able to compile some statistics about cycling in Seattle. For example, 74 percent of the collisions resulted in injuries, and about one in five were hit-and-runs.

While the group has no plans to plant more ghost cycles around town, the website will continue to collect data about collisions. GhostCycle.org's organizers hope it will become a resource for safe commuting tips. "We've also talked about using some of the information collected to contact the city and inform them about some big trouble spots that they could hopefully fix," a spokesman says.

The organizers have also been contacted by cycling advocates in other cities that want to start a similar project in their hometowns.

Ghost Cycle organizers hope that the bicycles around town will increase understanding, both from motorists and cyclists. "Education and awareness can always be improved," says one Ghost Cycle participant. "If we succeeded in getting a few people to slow down and have a little bit more empathy on the road for other types of vehicles, maybe even stop a future accident, then we feel like it was well worth all the effort."

K2Sports Announces Licensing Agreement

K2 Sports, a K2 Inc. company, has entered into a multi-year agreement with World Wide Cycle Supply, Inc. to license K2 Bikes. Effective immediately, World Wide Cycle will design, manufacture, market and distribute these bikes. K2Sports will discontinue its bicycle operations and transfer the existing business and inventory to World Wide Cycle.

Robert Marcovitch, K2 Sports' president, says, "This agreement is a great opportunity for us to realize the potential of the K2 branded bike business we have been building for the past

eight years. We are confident that World Wide Cycle has the resources, expertise and focus to further grow the sales of K2 Bikes."

"The K2 brand has an excellent reputation for performance, quality and innovation with sports enthusiasts around the globe," says Stew Barnett, CEO of World Wide Cycle Supply. "World Wide intends to model its K2 bike business to reflect those same standards - great looking, cutting edge bikes at exceptional values. We are excited to be working with a proven market leader such as K2, and to be responsible

for growing the K2 bike business globally."

World Wide Cycle Supply, Inc., founded in 1987, is a bicycle company based on Long Island, New York. It has built a name for itself with a combination of innovative bicycle designs, aggressive pricing and top-notch racing programs. World Wide Cycle Supply's frame designs have received rave reviews from the press and riders for their handling and top shelf components.

K2Sports, headquartered in Vashon, WA, is a K2 Inc. company and is a worldwide leader in the manufacturing of skis, snowboards and skates under a variety of brand names including K2®.

LETTERS

Letter to the Editor

As someone who rides his bike 5,000 miles annually, I applaud ghostcycle.org's efforts to increase public awareness and acceptance of cyclists. While chaining a bunch of unsightly junk around town may be a shockingly effective one-time publicity stunt, it should not be encouraged or condoned. Even though it has increased public awareness, it has done little to improve cycling safety in Seattle. Installing

designated bike lanes that would both socialize motorists to expect and accept cyclists on the roadways and provide cyclists with a safe lane to ride in, would be much more effective.

I do understand and recognize that designated bike lanes are not without problems and can create conflicts and safety issues of their own making. At this time in our cultural history as society slowly begins to recognize, consider and accept other forms of daily transport, designated bike lanes do far more good than harm by showing cyclists and would be cyclists where

they can ride safely and socializing motorists to expect and accept cyclists.

Portland, Eugene, Salem and Corvallis Oregon have been very progressive in providing designated bike lanes that are inexpensive and easy to install and maintain. Why can't we?

Ride On!

Dennis Grace

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"Bike Shorts" from page 1



By Jen Rasmussen
Bicycle Paper Intern

Chamois

The most important part of a pair of cycling shorts is the chamois. This is the padding in the crotch area of the shorts that wicks away moisture, prevents bacteria growth and cushions the saddle. In the early days of cycling, some riders, desperate from the pain of saddle sores, put steaks in their shorts. The next evolution in cycling shorts was real leather chamois, which can still be found if you are feeling nostalgic. But, the days of steaks and leather are over, and today's chamois are made of synthetic materials. The amount and placement of padding can differ greatly among shorts, so a rider's decision depends on personal preference as well as saddle shape.

"It all comes down to chamois construction," says Kirsten Jacobsen of Sugoi Performance Apparel. "A multi-laminate chamois is good because you want a higher density of cushion in some places, but far less throughout the outer edges to allow for flexible movement."

Many experienced riders note that thicker, longer chamois don't always mean better protection from saddle sores, and recommend a medium-sized one.

There are seven common chamois shapes, and it is important to note that they vary depending on gender. Female riders will want to

avoid chamois with a center seam. Most riders go through a trial-and-error period before finding the right personal fit.

Panels

A common rule when shopping for new shorts is, the more panels, the better. Experts recommend 8-panel shorts, because multiple panels allow the fabric to conform to a rider's unique anatomy. But when looking at the construction of the shorts, make sure that the shorts have flat seams, to avoid irritation.



Bib Shorts

Another option that has recently gained popularity is the 4/6 or the 6/8 panel. They are identical to the regular 6 or 8 panel short, but the leg inseam has been eliminated to prevent chafing.

Leg Length

Leg lengths can measure anywhere between 3 1/2 and 11 inches. The shortest ones may be preferable for women who are looking to avoid awkward tan lines, but Fred Matheny and Ed Pavelka, of www.roadbiker.com, caution that they shouldn't be so short that the nose of the saddle has contact with bare skin. This will help avoid chafing.

Six to eight inches is the standard length for bicycle shorts, but some riders prefer the longer, so-called European-cut, which extends past the quadriceps.

Regardless of length, all shorts should have elastic leg grippers to keep them in place.

Men's versus Women's Shorts

The major difference between men's and women's shorts comes from the waist and hip area. Men tend to have less angular bodies, while women have a greater waist-to-hip ratio. Therefore, many women's shorts have a smaller waistband. However, there are no major differences in the leg portion of the shorts. Women with narrow hips may find men's shorts more comfortable.



Multi-panel Shorts

Other options

The more self-conscious rider may prefer mountain biking style shorts. They are exactly the same in construction, but have an outer, baggy layer as well. This outer layer may even contain small cargo pockets.

Some women's brands are also making shorts that have a stretchy skirt panel over them. This may be a convenient choice when you ride your bike to a non-cycling location, so you can fit in with the crowd.

Some cyclists also prefer bib shorts. Bib shorts have built-in suspenders, instead of a waistband, that help keep the shorts, and especially the chamois, in place. They are par-



Baggy Shorts

ticularly advantageous for riders with larger bellies. However, they tend to be more expensive than regular shorts and many riders dislike the effort involved in a bathroom break.

Pregnant women aren't excluded from finding quality bicycling gear. There are maternity shorts on various websites, such as www.teamestrogen.com.

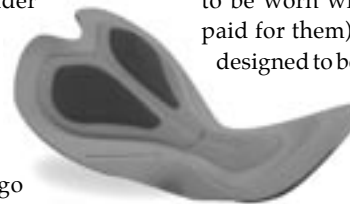
Price

The price range for a pair can be anywhere from \$40 to \$175. In this case, less isn't more, and a good pair of shorts is well worth the price. More expensive shorts will typically have more panels, and the fabric will retain its shape longer, prolonging the life of your purchase.

Final Considerations

Remember that bicycle shorts are meant to be worn without underwear (after you've paid for them) for two reasons. First, they are designed to be snug-fitting. Any extra fabric or seams will cause discomfort and chafing. Second, the fabrics used in today's bicycle shorts are specially designed to pull in moisture and prevent bacteria from growing. Therefore, they are more hygienic than regular underwear anyway.

As when buying other new equipment for your bicycle, sometimes the only way to find the right fit is by trial-and-error. But, the cost of a few pairs of shorts is well worth finding the perfect pair that will make your rides enjoyable.



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Cyclocross : Alive and Growing in British Columbia!

COURTESY OF CYCLING BC

A small, dedicated group of racers is bringing the sport of cyclocross to the masses in British Columbia. Former National Cyclocross Championship organizer Dave Cressman (Wedgewood Cycling), Basse Clement (Rocky Mountain-Adobe), Normon Thibault (Frontrunners) and national cyclocross champion, Wendy Simms, pitched in to help the inaugural BC Cross Cup take flight.

The 8-event series begins Sept. 18 in Nanalmo's Diver Lake Park. It is modeled closely after the successful and intensely contested SISU BC Cup Road Racing Series, which is considered one of the toughest race series in Canada. The list of former champions reads like a who's who of road racing in the province, including powerhouse athletes Sara Neil, Luca Segato, Cam Evans, Svein Tuft and Marni Hambleton.

Although similar in concept, the cross series differs from the road in that it awards points to the top 15, instead of the top 10, across the line. Points will be dis-

tributed to BC-road licensed riders according to the following schedule: 15, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 2, 2.

In addition, the last event of the series, the Cross Cup Finale on Nov. 12, will offer double points, leaving the door open for a highly contested competition.

In an attempt to level the playing field among B category riders, immediate mandatory upgrading to the A category will be required for those who make it to the podium on three occasions.

If the annual road-racing scene is any indication, the Cross Cup promises to be an exciting, closely contested championship. Organizers also have high hopes for the series. "We want to capture the excitement and enthusiasm people have shown towards the sport in BC," says Kona Factory's newest

team member, Wendy Simms, the cup's technical liaison. "Creating a series that is attractive to both the novice grass-roots 'crosser, while at the same time offering a challenging Championship Series to the seasoned elite rider, is important to me. I think we've managed that in the Cross Cup."

Providing an enjoyable season of cross for all is the main goal of the series, but for Thibault, there is something more at stake. "We submitted a very comprehensive bid to the Canadian Cycling Association to host the 2006 National Cyclocross Championships, and plan to tweak the organization of the event at a provincial level," Thibault says.

Cycling BC's Technical Director, Allan Prazsky, insisted that the event's bid is looking strong, and hopes to see the 2006 Championships come back to BC. "Bringing the Nationals back to our province will only serve to promote the sport. We've seen a massive jump in popularity and interest in cross racing over the past few years," he says. "My hope is that the 8-event BC Cross Cup, together with a winning 2006 National Championship bid, will help cyclocross reach its full potential here in BC."

To nurture and encourage the growth of the sport, Cycling BC has planned Learn to Cross Race Clinics, and has reduced the price of a Road license by 30% for the cyclocross season.

The first ever BC Cross Cup runs from Sept.



18 to Nov. 12. BC's Cyclocross Championships will be held at the end of the series, on Nov. 20 in Langley. More information is available on the Cycling BC website, at www.cycling.bc.ca.



Wendy Simms.



Women's participation is growing fast in the northwest.

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"Health" from page 1



By Erik Moen
PT, CSCS

the chances of a sprained ankle, single foot hopping is the perfect exercise. It can be performed for endurance and quality. Start by stretching the calf, hold the position for two minutes and then hop. Closing your eyes can add to the challenge of this exercise.



Figure 1.

See fig. 2: Single foot balance/hops

Jumping is crucial to cyclocross training. The best way to improve is to perform a jump-up, from the floor to a box. Progress your jump-ups to a baby-plyometric, from a box to the floor to a higher box. Difficulty will increase by adding to the height of each jump. Stay conservative with these exercises. Good form is crucial. No knee pain should be developed through this exercise.

See fig. 3: Baby-plyometric Hamstring strength can be limited with bicyclists who ride with a low saddle position or use poor pedaling technique ("mashers" or "pedal pushers"). Remember, the quads can only be as strong as the ham-

strings. Don't just focus on the quadriceps. Perform single leg hamstring curls to develop this important muscle group.

Finally, add running to your cyclocross preparation. Bicyclists are typically poorly prepared for running. Start out slowly. Choose your surfaces well. Tracks, treadmills or grass fields work well as a starting surface. Avoid pavement and cement. Start out with a walk



Figure 2.

and run combination and progress to upwards of 30 minutes of continuous running. Good running shoes (www.superjocknjill.com) help!

Go to a cyclocross training session. Practicing your techniques at less than, and then equal to, race pace will improve your race performance and reduce your chances of traumatic injury. Acquired skills might include bicycle mounts/dismounts, barricade jumping, shouldering the bike and riding on uneven and wet surfaces. Good sources for race and practice information can be found on www.marymoorvelodrome.org, www.crosscrusade.com, www.obra.org, and www.cycleu.com.

Proper preparation for any



Figure 3.

activity requires specific training. Cyclocross is a great opportunity for the bicyclist to regain "body balance" in the off-season, yet help maintain cycling fitness. Improper preparation for a sport can elevate your exposure to injury. Pain as a function of performing these exercises

would imply either improper performance of the exercises or an underlying orthopedic issue. Consult an appropriate healthcare provider. Have a safe and great winter!

Erik Moen is the Clinic Director of PRO Sports Club - Seattle. PRO Sports Club-Seattle provides Orthopedic and Sports Physical Therapy, specializing in the treatment of the endurance athlete. PRO Sports Club-Seattle has additional services of bicycle retro-fit, 3-dimensional biomechanical evaluations for bicyclists and Rocket 7 custom bicycle shoe retail by appointment only.

R A C E N E W S

Craig Closes Out NORBA Series With Win, Kabush Claims Both Overalls

The 2005 Shimano NORBA National Mountain Bike Series concluded on August 28 in New England as Adam Craig (Bend, OR) captured his first-ever NORBA short track win and Canadian Geoff Kabush (Victoria, BC) took second place to earn his second overall NORBA National Mountain

Bike Series title of the weekend. Consistently improving and becoming a regular on the NORBA podium in 2005, Craig set the frenetic pace early on in the men's 20-minute timed event on a rain-soaked course. Initially, Kabush and Carl Decker (Bend, OR) were the only ones to match Craig's pace before it quickly became a two-man competition between Craig and the defending overall series champion Kabush.

In search of his first NORBA short track win, and up against a formidable opponent, Craig made his move on the final half lap and attacked Kabush on a slippery descent to open up a slight lead, which he managed to hold on to for the remainder of the race.

The day before, Kabush took both the cross country race win and the overall series title after an impressive ride that left no doubt in anyone's mind who the strongest rider was. Entering the race with a slim 33-point lead over Jeremy

Horgan-Kobelski (Boulder, CO) and a 67-point advantage on Craig, Kabush needed only to finish in front of his closest challengers or remain close behind to secure the championship. Instead of riding defensively however, Kabush was aggressive in leading a nearly all-Canadian podium with a decisive win and an emphatic stamp on a series that saw him close out the season with his fourth win of the year.

Craig was the first rider on the attack and led the four-lap race for the first two laps, but as the field wound its way around for the start of the final lap, Kabush had overtaken the lead.

Once on the front, Kabush continued to push the pace, eventually finishing first ahead of two-time world champion and countryman Roland Green (Victoria, BC). Seamus McGrath (Victoria, BC) ensured a sweep of the top three

spots for Canada while Craig finished fourth ahead of another Canadian, Matt Toulouse.

Pro Men's Short Track

1. Adam Craig
2. Geoff Kabush
3. Carl Decker

Pro Men's Cross Country

1. Geoff Kabush
2. Roland Green
3. Seamus McGrath
4. Adam Craig
5. Mathieu Toulouse

Overall Short Track & Cross-country Champion

Geoff Kabush

Farrar Wins Stage at Tour de l'Avenir

The U.S. national team's Tyler Farrar (Wenatchee, WA) captured the 107.5-mile second stage of the Tour de l'Avenir in France on Sept. 2.

In what is considered to be the most prestigious stage race for aspiring professionals under the age of 25, the 21-year-old Farrar out-kicked Borut Bozic (SLO) and Hans Dekkers (NED) in a mass sprint finish that saw the riders go from Argentré-du-Plessis to Sainte-Scolasse-sur-Sarthe in Northern France.

Farrar, who currently splits his time between the national team and HealthNet presented by Maxxis UCI Continental team, has signed a deal with the French-based Cofidis UCI ProTour team for 2006 as the next in a long line of USA Cycling U23 National Team riders to graduate to the highest level of professional cycling.

This last victory was Farrar's second career stage win at the Tour de l'Avenir after winning stage seven in 2004, and his third win on European soil this season.

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The 1/2-1/4: Wheelie Dropping in Style

BY PENNY DECK

Ever been awed by a trials rider as he or she leaps off a high obstacle from almost a standstill to land safely on the ground? The wheelie drop allows you to wow your friends, and has a practical place on the trail. It is a high skill maneuver that allows you to safely get off of an elevated obstacle at a slow speed by lifting your front wheel and keeping it in the air until the rest of your bike has cleared the obstacle.

The technique we use is called a "1/2-1/4" or "Half-Quarter". Like the Quarter Punch discussed in the April Bicycle Paper, these terms refer to the revolution of your pedal stroke. The "1/2" is a half revolution, starting with one foot at the top of the pedal stroke and ending at the bottom. The "1/4" follows immediately after the "1/2" and is the same as the Quarter Punch. Thus you end the move with your pedals level, parallel to the ground.

As with the quarter punch, the gear you select and your approach speed are keys to the success of the movement. Begin in your middle chain ring

and one or two gears down from the largest cog in your rear cassette. With this gear selection, at the appropriate speed, the "1/2-1/4" will move your bike forward approximately one bike length. A walking pace is the ideal speed. If you go too quickly, you won't feel enough resistance from the gears to generate power to lift your front wheel. Too slowly, and the effort to push your pedals and lift the front wheel will be too much.

To start the move, stand tall with your pedals level to the ground and your shoulders positioned over your handlebars. Pedal a quarter revolution forward to set up for the move, such that one foot is now at the top of the pedal stroke. Pause in this position momentarily. Now, initiate the move by simultaneously pushing forward on your pedal and moving your upper body up and back while pulling up on your handlebars. Continue pedaling through the "1/2" and the "1/4" revolution without pausing until your pedals are level again. Alternatively, you can also ratchet, or back pedal, to get your feet into the set-up position and initiate the move.

Since this is a lot of things to think of all at

once, I recommend that you first try only the pedal stroke -- set-up, pause, "1/2", "1/4" - and feel the bike surge forward. Next, add the front wheel lift, beginning with a more aggressive punch on the pedal, extending your upper body up and back, and pulling up on your handlebars. The movements of your legs and your arms are synchronous, but your legs really do most of the work to get your wheel up in the air; your arms are more of a complement to your legs and serve the primary purpose of guiding the front end of your bike in towards your body.

Remember to always keep a finger resting on your rear brake lever. If your front wheel comes up too high, squeezing the rear brake will bring it back down to the ground so you don't fall over backwards. I also recommend flat pedals for a quick escape.

Once you are comfortable with the move on the ground, practice your timing. A line on the pavement in the parking lot or a small stick is all you need to represent the end of the obstacle off of which you will wheelie drop. You'll want to initiate the wheel lift just as your front tire reaches the line. Visually, this will be when the hub of your front wheel is lined up with the obstacle. Again, remember this is a slow speed skill.

Now you are ready to take it off the ground. Try the move off a small (6") curb to start. Make sure that the last "1/4" is forceful enough to



Photo by Dave Kishi

Once you get it right at ground level, it's easy to find all sorts of obstacles to practice your newly acquired skill.

finish propelling your bike a full bike length forward during the move so that you clear the obstacle. You'll soon find obstacles all over to practice on - higher curbs, picnic tables, log rides, and many more, both urban and trail. Start small, practicing each height until you are comfortable, before progressing to the next level. Before you know it, you'll be wheelie dropping in style!

Penny Deck is an accomplished North Shore rider, lecturer in Kinesiology at Simon Fraser University, and coach with the Sugoi Dirt Series Mountain Bike Camps. The last camp of the season is a co-ed weekend at Whistler, BC on September 17-18. Come perfect your wheelie drop, and a host of other skills.



Photo by Dave Kishi

Done with the 1/2, on with an energetic 1/4!

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"Cyclocross" from page 1

compete on behalf of their home turf all season in hopes of taking home the coveted Grail at the end of the Seattle and Portland series.

While the grail may seem a little bit intense for the cross novice, both cities have clinics for those interested in trying the sport.

Two locations in the Seattle area will offer lessons and training sessions. Beginning Sept. 7, training sessions for riders of all levels will be held at the Marymoor Velodrome at 5:15 p.m. every Wednesday evening. The sessions consist of 45-minute circuits followed by a mock race.

Cycle University is also offering two levels of classes at Magnuson Park. Beginning Cyclocross 101 will run occasional Saturday mornings beginning Sept. 10. The intermediate class happens every Tuesday night until Thanksgiving from 6 to 8 p.m. The course is designed to increase intensity as the season continues.

In Portland, OBRA will be sponsoring

workshops every Wednesday in September at Alpenrose at 6:30 p.m, but registration begins at 6:00. The classes cost \$5 each. They will cover basic skills such as dismounting from a moving bicycle, mounting while running, and carrying a bike over barriers.



Photo courtesy of Bicycle Paper

Dismounting and jumping over barriers are key elements of the sport as demonstrated in style by this group of Master riders.

You may have thought the competitive cycling season was over, but cyclocross offers an exciting fall alternative. In addition to the series mentioned in this article, you can check out the Psycho Cross Series in Eugene OR, organized by Co-Motion Classic Racing, some exciting races in Idaho, or any number of single-day events. Get inspired by the Grail fight and

get involved in the best off-season training regiment in the Northwest.

Spectators are also always welcome at cyclocross events. Because the course is designed with multiple laps, it is one of the most exciting cycling events to watch. If playing in the mud isn't your thing, just go and watch the racers.

Other Cross Events

Many cyclists may want to get involved in cyclocross, but don't live in Portland or Seattle. Here are some other events that will be going on throughout the Northwest this fall. A more complete list can be found on the "Calendar" pages. Information about cyclocross in BC is located in this month's "Up North" column.

Skull Hollow Roubaix—Smith Rock, OR

Date: Sept. 18

Location: Smith Rock, 10 miles south of Madras, OR

Categories: OBRA 1-5

Description: The course is a combination of pavement and dirt Forest Service roads. A cyclocross bike is highly recommended. Organizers are hoping that the central location and late start times will appeal to riders from the Portland area. The event is hosted by Bend Cycling.

Website: www.bendcycling.org/skullhollow-roubaix.htm

Thrilla in the Milla—Bend, Oregon

Dates: Five-race series, Sept. 1, 8, 15, 22, 29

Location: Old Mill District of Bend, OR

Categories: Men A, Men B, Women

Description: Based on its popularity last year, the series has been expanded from three to five races. Organizer Kevin Gorman of sponsor WebCyclery calls the event a "pre-season warm up to the Cross Crusade Series in Portland." Registration begins at 5:00 p.m. and the races start promptly at 6. Although

there are only three categories, if there are 10 or more racers for another category, such as juniors or single-speed, another race will be organized on the spot.

Website: www.webcyclery.com

Eagle Island—Boise, ID

Dates: Four-race series, Oct. 1, 22, Nov. 5, 19

Location: Eagle Island State Park

Categories: A group, which includes Men's 1-3, and Women's 1-2, and B group, which includes Men's 4-5 and Women's 3-4.

Description: Event registration and pre-ride start at 11 a.m. and the first race begins at 12 p.m. Organizer Brad Streeter describes the course as "classic cross terrain in a scenic setting by the lake." He is hoping for a turnout of 30 to 50 riders for the inaugural year.

Website: www.aerocyclos.com

Star-Crossed Cyclocross—Seattle, WA

Date: Oct. 1

Location: Group Health Velodrome in Marymoor Park

Categories: Men's and Women's Elite, B and C, and Junior categories.

Description: "Come for the party, stay for the bike race" declares Bicycle Magazine. This race boasts not only multiple racing categories, but also food, beer gardens, a DJ and raffle prizes for spectators. Registration starts at 2:15 p.m., with the first race beginning at 3:15 and the last beginning at 8.

Website: www.starcrossedcx.com

www.pedaldynamics.com

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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

Sep 21: Bicyclists' Legal Clinic

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

Sep 26-Nov 26: 7th Annual "Meet the Teams" Rides

Seattle, WA. Each week a different team looking for new riders will lead a ride around the south end of Lake Washington. These social "no drop" rides should be kept at a conversational pace. The meeting time will be 9:20 a.m. for a 9:30 a.m. departure from Leschi. Mariha Walsh, Northwest Women Cycling, Seattle, WA, www.nwvc.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. Barbara Culp, Bicycle Alliance, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, www.bicyclealliance.org

Oct 7-9: Methow Valley Fall Bike Festival

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

NOVEMBER

Nov 6: Bicyclists' Legal Clinic

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

DECEMBER

Dec 31: 4th Annual Midnight Express 8K (Fitness Challenge) Benefit

Lakewood, WA. This event will start at 11:30 p.m. at the City of Lakewood Bldg parking lot. Same day event registration opens from 6:00 p.m. thru 11:00 p.m. No registration after 11:00 p.m. Proceeds from all club hosted events benefit the Lakewood Youth Sports Program and Lakewood Food/Clothing Banks. 10 and under to 70+ age categories. Limited to 400 riders. Washington State Ultra-Distance Trail Running, Walking and Duathlon Club, P.O. Box 39623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

CAMPS

SEPTEMBER

Sep 10-11: Sugoi Dirt Series

Victoria, BC. MTB camps for women. Candace Shadley, Whistler, BC, 604-905-8876, 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

Sep 17-18: Sugoi Dirt Series

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

RACE SERIES

MAY

May 1-Sep 24: BC Marathon Series

Various, BC. 5 endurance events. 3 racing groups. Under 19, Open 19-39 and 40+ for men and women. Points allocated after each race. Title and jersey award at end of series in Whistler. Gary Jackson, Cycling BC, 332-1367 West Broadway, Vancouver, BC, V. 604-737-3142, www.cycling.bc.ca

May 1-Sep 11: Mt. Hood Skibowl Series

Mt. Hood, OR. Presented at Mt. Hood Skibowl, the series includes 4 cross-country and 6 downhill. Racing for all categories and sub categories. Overall standings and awards at the end of the series. Petr Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

May 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

JUNE

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

SEPTEMBER

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

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

Sep 18-Dec 4: Emerald City CX Series

Various, WA. Series of 10 events raced around the Seattle area. Open to all categories. Overall calculated on points. Marymoor Velodrome, www.seattlecyclocross.com

OCTOBER

Oct 2-Nov 20: River City Bicycles Cross Crusade

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

Oct 8-Nov 20: Inland NW Cyclocross Series

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

MULTISPORT

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, Cave Communications, 4248 Cambridge Street, Burnaby, BC, V5C 1H2. 604-788-4645, www.xterraccanada.com

Sep 24: 1st Annual Run/Walk/Mtn Bike Trail-Marathon Challenge Benefit

Lakewood, WA. This event will start at 9:00 a.m. Same day event registration from 6:00 thru 8:30 a.m. Proceeds from all club hosted events benefit the Lakewood Youth Sports Program and Lakewood Food/Clothing Banks. Mandatory helmet and Bike Check will be required to enter into the Mtn Bike Race. Limited to 400 participants. Washington State Trail Running Club, P.O. Box 39623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

OCTOBER

Oct 1: MOMAR Race 004

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

BMX

SEPTEMBER

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

OCTOBER

Oct 1-2: Columbia Basin

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

Oct 8-9: Walla Walla BMX

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

Oct 15-16: Columbia Basin

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

Oct 29-30: Columbia Basin

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

NOVEMBER

Nov 5-6: Columbia Basin

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

CYCLOCROSS

SEPTEMBER

Sep 17: BC Cup #1

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

Sep 25: Emerald City Cyclocross Series #1

Seatac, WA. North Seatac Park - Part of Emerald City Cyclocross Series. See race series for details. www.seattlecyclocross.com

Sep 25: Fort Langley Classic-BC Cup #2

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

Sep 25: Hood River Cyclocross Classic

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 Pseries #1

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

OCTOBER

Oct 1: Eagle Island #1

Eagle, ID. Part of Eagle Island Series. Brad Streeter

Oct 1: Star-Crossed

Redmond, WA. Marymoor Velodrome - Racing under the lights. Not an ECC series race.

Oct 2: Bayside Cyclocross - BC Cup #3

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

Oct 2: Emerald City Cyclocross Series #2

Seatac, WA. At South Seatac Park. Part of ECC series races. www.seattlecyclocross.com

Oct 2: River City Bicycles Cross Crusade #1

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

Oct 7-9: Methow Valley Fall Bike Festival

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

Oct 8: Cross Crusade #2 and Crank Brothers Gran Prix (UCI race)

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

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

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

Oct 9: Rad Racing US Gran Prix Series

Steilacoom, WA. Steilacoom Park. First start for Junior A,B,C, last start Elite Men. Race #2 in US Gran Prix of cyclo-cross. Non ECC race series. Jim Brown, Rad Racing, <http://radracingnw.org>

Oct 15: Tour de Tunnel Cyclocross Race

Port Townsend, WA. Non ECC Series race www.seattlecyclocross.com

Oct 16: Bayside Cyclocross - BC Cup #5

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

Oct 22: Eagle Island #2

Eagle, ID. Part of Eagle Island Series. Brad Streeter

Oct 22: Psycho Cross Pseries #2

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

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

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

Oct 23: Emerald City Cyclocross Series #3

Buckley, WA. Kelley Creek - Part of Emerald City Cyclocross Series. See race series for details. www.seattlecyclocross.com

Oct 23: River City Bicycles Cross Crusade #3

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

Oct 29: Jericho Cross Classic-BC CUP #7

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

Oct 30: Emerald City Cyclocross Series #4

Steilacoom, WA. Steilacoom Park - Part of Emerald City Cyclocross Series. See race series for details. www.seattlecyclocross.com

Oct 30: River City Bicycles Cross Crusade #4

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

NOVEMBER

Nov 5: Eagle Island #3

Eagle, ID. Part of Eagle Island Series. Brad Streeter

Nov 6: Emerald City Cyclocross Series #5

Auburn, WA. Donida Farms - Part of Emerald City Cyclocross Series. See race series for details. www.seattlecyclocross.com

Nov 12: BC Cup #8 - Finals

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

Nov 12: Washington State Cyclocross Championships

Fort Flagler, WA. Fort Flagler State Park - Non ECC series race www.seattlecyclocross.com

Nov 13: BC Cyclocross Championships

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

Nov 13: Emerald City Cyclocross Series #6

Fort Flagler, WA. Fort Flagler State Park - Part of ECC series race www.seattlecyclocross.com

Nov 13: River City Bicycles Cross Crusade #5

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

Nov 19: Eagle Island #4

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

Nov 20: Emerald City Cyclocross Series #7

Vancouver, WA. Evergreen High School- Part of ECC series race www.seattlecyclocross.com

Nov 20: River City Bicycles Cross Crusade District Championship

Portland, OR. Estacada Timber Park. Brad Ross, Vivo Productions, 4409 SW Dosch Rd, Portland, OR, 97239. 503-806-6943, www.crosscrusade.com

Nov 27: Emerald City Cyclocross Series #8

Seatac, WA. At South Seatac Park. Part of ECC series races. www.seattlecyclocross.com

Nov 27: Psycho Cross Pseries #3

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

DECEMBER

Dec 4: Emerald City Cyclocross Series #9

Buckley, WA. Kelley Creek - Part of Emerald City Cyclocross Series. See race series for details. [www.seattlecyclocross](http://www.seattlecyclocross.com)



Photo by Susan Hillies

Who said cycling was a serious sport?

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. 360-417-4550, 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 20-23: Mt. Hood Four Day Epic

Bend, 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 21: A Day in the Hood

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

Sep 24: 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 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

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

OCTOBER

Oct 2: Black Rock Ride

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

Oct 14-16: Bend's Big Fat Tour

Bend, OR. 3-day epic mountain bike tour run with a rando-neur-style system. Distances of 97, 55 and 23 miles per day with variations available. Guided by Hall of Famer Paul Thomasberg. Limit - 50 people Woody Starr, Cog Wild Bicycle Tours, 130 SW Century Drive, Bend, OR, 97702. 800-818-1902, www.bendsbigfattour.com

DECEMBER

Dec 11: Horse Ridge Ramble

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

ROAD RACING

SEPTEMBER

Sep 7: 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 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. John 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 Callura, 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

Sep 10-11: Bicycle Trek for Life and Breath

Surrey, BC. Two-day, 200km ride through the Fraser Valley. Start at Hazlemer 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 Carbin, 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 Weinert, 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. 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 13-16: San Juan Islands 4-Day

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

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: Pentiction 300

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

Sep 17-18: SIR 600 km Brevet

WA. 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.roundandround.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 sagged/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 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, Orlando, WA, 98843. 800-294-4683, www.mikeutley.org/biketour.html

Sep 24: Emerald 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 goes 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.emeraldcitylights.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 from Sep. 24-Dec. 28. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.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. 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, titlque@operamail.com, www.salemicycleclub.org

Sep 25-29: Rolling Pub Crawl

Forest Grove, OR. Multi-day cycling tours featuring a relaxing route between McMenamins hotel properties in Forest Grove, McMinnville, Portland, and Troutdale. Each tour (15-25 people) group experiences the beauty of the Northwest. 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.bicycleadventures.com

Sep 25: Sharon's Ride. Run. Walk. for Epilepsy

Marymoor Velodrom, Redmond, WA. Participation by disabled riders encouraged. Family oriented event that can be challenging for experienced athletes or fun for amateurs. 25-mile bike ride that can be extended to 50, 75, or 100 miles. 5k run/walk. Food, beverages, and live entertainment at finish line. Faith Ramos, WA, 206-547-4551 x 102

OCTOBER

Oct 1-8: 25th Annual Great Arizona Bicycle Adventure

AZ. Grand Canyon to the Mexico Border. Fully supported week-long tour of AZ - 500 miles; 25,000 feet of climbing Dorothy Barth, Greater Arizona Bicycling Association - Tucson, P.O. Box 43273, Tucson, AZ, 85733. 520-349-5932, www.bikegaba.org

Oct 1: Ellensburg Manastash Metric Century/Half Century Tour

Ellensburg, WA. A challenging 104km ride through some of Central Washington's most scenic cycling country. Michael Reilly, Ellensburg Daily Record, 1371 Bettas Road, Cle Elum, WA, 98922. 509-857-2041, www.ellnet.net/XCsk/

Oct 1-8: 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

Oct 1: Volvo Best Buddies Challenge: Hearst Castle

Carmel, CA. Carmel to San Simeon. Ride 100, 62, 15-miles alongside celebrities down the Pacific Coast Highway to Hearst Castle. Mark Lewis, Best Buddies International, 100 Southeast Second Street, Suite 2200, Miami, FL, 33131. 305-374-2233, www.volvohearstcastlechallenge.org

Oct 2-2: Kitsap Color Classic

Edmonds, WA. Multiple loops from 14 to 64-miles around Kitsap Peninsula. David Douglas, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Oct 2-7: San Juan Islands 6-Day

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

Oct 3-8: Columbia Gorge

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

Oct 7-9: Methow Valley Fall Bike Festival

Winthrop, WA. Road rides of 50, 75 or 100-miles. Kids rodeo, and lunch rides. Jan Erickson, Methow Valley Sport Trails Association, 209 Castle Ave PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 8-14: Hawaii

Kona, HI. Explore on foot, bike and in the water the very best parts of the big island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Every other Saturday Jan. 8-Jun. 25, Sep. 24-Dec. 28. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Oct 8: SIR Mountain 100 km

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

Oct 9-14: San Juan Islands 6-Day

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

Oct 15: Tour de Hood

Hood River, OR. New Ride. An epic 75-mile / 7500ft elevation ride over some of the most spectacular terrain. Start/finish at historic Cooper Spur Mountain resort. First ride down into the Hood River Valley to wind through the orchards and farm lands before heading up into the mountains. Three major climbs take riders along the northern flanks of Mt. Hood and through beautiful alpine settings. Music food and festivities. Come see the fall colors and taste the Hood River Valley's fresh fruit right out of the orchards! Chad Sperry, 541-980-2344, www.tourdehood.com

Oct 16: Harvest Century

St Paul, OR. Crank out the last drops of summer by pedaling through rich farmlands, inspiring hills, and shady enclaves of Oregon. Beautiful end-of-season ride in the north Willamette Valley. Start/Finish at the Champeog State Park. Cue sheet and light support provided. Supports Bicycle Transportation Alliance. Sarah Bailen-Smith, Smith and Miller Production, 7058 NE 8th Avenue, Portland, OR, 97211. 503-286-2342, www.sampros.com/century.htm

Oct 23-28: California Wine Country 6-Day

Various, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining, as well as a wine tasting. Available April 17 - November 13. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Oct 23-27: Rolling Pub Crawl

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

NOVEMBER

Nov 5-11: Hawaii

Kona, HI. Explore on foot, bike and in the water the very best parts of the big island, including many hidden spots. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. Fully supported, average 45-miles/day. Every other Saturday Jan. 8-Jun. 25, Sep. 24-Dec. 28. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicycleadventures.com

Nov 5: Solvang Prelude

Solvang, CA. 25-mile, 50-mile or metric century ride in scenic Santa Ynez Valley. This is a warm-up ride to complement the Solvang Century which takes place in March of proceeding year. Randy Ice, Randy Ice, P.T., C.C.S., P.O. Box

Fear and Loathing in the Upscale Retirement Community

By MAYNARD HERSHON

It's a club ride, and the club has split into three groups. They're riding on a roomy, safe-seeming road that runs into and out-of a large retirement resort village. There's a wide, clearly marked bike lane. This morning there's virtually no traffic.

A car passes the third group on the long climb out of town. Ignoring the three feet of clearance the law specifies, the woman driving skims the edge of the group, alarming the riders in it.

As they watch, she passes the second group, barely missing the riders on the left side. From the back group you could see surprised cyclists reacting to the threat of a car so close. Luckily, she misses all the riders. No one falls.

After cresting the grade, the front-group riders beginning the fast, pretty straight descent are seeing an almost effortless 30 on their cyclometers. Riding two abreast, all are within the generous bike lane, presumably safe.

As the woman passes them, she leaves no margin on the right side of her car. The car's fender bangs into a rider on the left, midway back in the group. He and his bike cartwheel through the air. The rider behind steers onto the gravel shoulder and manages to stay upright but shreds both tires.

The woman drives down the hill as if nothing had happened. Cyclists try to memorize the description of the car. Everyone is traumatized. Some call for rides home in cars. That's enough sport for today.

The crashed rider, a well-known good guy, is out of it. He has, it will be revealed, broken two ribs, a scapula, a collarbone and a small bone in his neck. He has acquired an acre of road rash, including what will be debilitating patches on both knees. He will require two sets of stitches on his head.

The woman stops at a gas station not far away, where the police find her after dealing with the mess on the roadside. She had the presence of mind (or she had her lawyer on speed-dial) to call the police a few minutes after she hit the cyclist. She told the cops she'd had a collision with a man who'd been part of a gang of riders.

She'd been afraid to stop at the accident scene, she said, intimidated by the Mongol horde of brutes on bikes. Treks Angels.

If I'm right, by claiming she'd been too scared to stop she has made leaving the scene, otherwise a clear violation, into the prudent act of a woman who'd sensed the blood-fury of the merciless, middle-aged Titanium Barbarians Bicycle Club.

Now she merely has to remain silent. The prosecution has to prove she intended to hit the rider, a difficult task. If they can't prove her act was deliberate, the collision will be an accident, just one of those unfortunate things.

The police report is pending as this is written. We don't know if the cops cited the woman. We don't know if they've assigned fault in the collision.

We do know that the driver and the cyclist's wife have secured the services of lawyers. We

can watch as they redden the water representing their clients.

We also know, sadly, that there are lots of stories like this one - of riders who've been hit and drivers who hit them, and then lied and stonewalled and walked away scot-free. Their victims, meanwhile, were still wearing casts and sleeping sitting up, afraid to bend their knees and crack the damn weeping scabs yet again. Those are the lucky ones.

When I heard that the injured cyclist and his wife would appear for coffee after a recent ride, I pedaled to the café. I intended to wish him a speedy recovery and to tell her I'm sorry for her troubles in this thing. She's a rider too.

As it turned out, he stayed home but she showed up. She told me the story as you've read it above.

As many times as we have heard these stories and watched them play out live on the roads of this great nation, she and I were insufficiently prepared this time. We're not tough enough. We still reel in shock and disbelief. How can these things happen?

We agreed that the woman should in no way be allowed to get away with it. My God, it had to be deliberate. How else can you explain what happened?

I could see my friend looking at the ground and shaking her head side to side.

"What was she thinking?" my friend asked, not asking me particularly but just asking, evidently baffled and maybe a little scared.

"What are any of these people thinking?"

I said I didn't know, and thought about the Bruce Springsteen line from "Nebraska." The post-adolescent serial killer is on his way to the chair. Everyone's baffled by the kid's string of motiveless slayings. Someone asks him why he just up-and-shot all those folks.



Invariably polite, the kid says he doesn't know exactly why he did it, sir, but he guesses that there's "just a meanness in this world."

If you have a better guess, write me at the Bicycle Paper and tell me what it is.

Note: We've just seen the police report. In her statement, quoted in it, the 45-year old driver revealed that she resents the pushy bike riders she encounters on the road. Gosh, what a surprise.

She stated that the cyclists had been riding three-abreast. She claimed that there were oncoming vehicles. She said she felt she was passing safely when one of the cyclists abruptly swerved in front of her. She couldn't avoid a collision in all that traffic, she said.

No witness, not one, agrees.

Despite her excuses, she was issued two citations. One was for speed that rendered her unable to avoid a special hazard. The other was for failure to stop and render aid to injured (obnoxious, road-hogging, bike-riding) persons.

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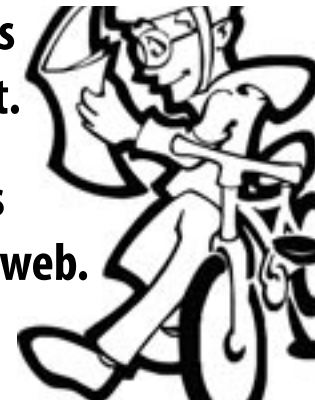


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