



Photo courtesy of the Friends of the Centennial Trail

Two of the many visitors that ride the Spokane River Centennial Trail every day, either to commute to work or to simply enjoy the beauty of the area.

The Spokane River Centennial Trail

By ELISABETH ROSAPEPE

Over 1.6 million people visit the Spokane River Centennial Trail annually. They follow the all-purpose riverside path as it meanders through Washington and into Idaho, much in the same way that humans followed the river 11,000 years ago. However, the Spokane River has not always been the outdoor haven that it is today, and the construction of the trail is an embodiment of the effort to restore the river to its natural state and return it to the community.

In the late 1800s, the land around Spokane and the river corridor was stripped of its resources and polluted for years as the railway system was established and area industry grew. Luckily, organizers for the 1974 World's Fair, themed "Celebrating Tomorrow's Fresh New Environment," initiated extensive river cleanup and restoration along the Spokane River. The project helped to influence the community's mentality to protect the river and value it as a public resource.

In 1979, five years following the World's Fair, Spokane County Parks first began to explore the idea of creating a bicycle/pedestrian trail to follow alongside the restored river area. The concept was considered and developed over the next seven years, but it wasn't until 1986 that, as part of a collaborative effort, the riverside trail was truly born.

Originally designed as a ten and a half mile trail, the plan quickly expanded as a series of opportunities unfolded. Land that the Washington State Parks and Recreation Commission had previously set aside as surplus for parks purposes was traded with the Inland Empire Paper Company for riverside property. In part-

nership with trail developers, AT&T placed fiber-optic cable around various portions of the riverside area, leaving it cleared and prepared for trail installation. The company also donated over half a million dollars worth of time and resources to complete the project. Finally, a \$7.5 million federal grant was provided to match funds already raised through local efforts.

Collaboration between various agencies in Washington and Idaho, including county and city parks, transportation departments, grassroots organizations and private industries resulted in a trail stretching from Spokane House to Coeur d'Alene. The trail was built in conjunction with, and named in honor of, both Washington's 1989 and Idaho's 1990 Centennial Celebrations.

Today, the Spokane River Centennial Trail runs 37 miles alongside the Spokane River from Nine Mile Falls to the Idaho state line. From there, it winds another 24 miles to Higgins Point, Idaho. On the Washington side, the trail is cooperatively managed by Washington State Parks, the City of Spokane, and the Spokane County Parks Department. On the Idaho side, it is directed by a joint powers agreement between the cities of Coeur d'Alene and Post Falls, as well as Kootenai County and Idaho State Parks.

These agencies have been working with the Friends of the Centennial Trail, a non-profit group that acts as a community voice for the trail and assists in development and maintenance, to raise funds for recent trail improvements. Enhancements include adding interpretive signs along the trail marking histori-

See "Centennial" on page 5

RIDE HEALTH

A Word on Cycling Postures

ERIK MOEN PT, CSCS

Proper positioning on a bike is an essential part of bicycle handling, aerobic performance and avoidance of overuse injury (a common occurrence in this highly repetitive activity). It is part of being 100% prepared as an athlete. There are several effective formulas for deriving a good position on the bike, but, while all are useful, none are accurate for all cyclists. It should be based upon each individual's flexibility, strength, experience,

involves finding the optimum position of the body on the bicycle to meet your most common racing goals by acclimatizing the bicycle to the unique demands of the individual.

Bicycle fit for endurance and time trial cycling is very important, yet it is often not taken seriously until pain or dysfunction occurs. Abnormalities in muscular strength, coordination, and flexibility or skeletal alignment cause pain syndromes or inefficient power production. Most formula fits take into account skeletal data only. An exact fit considers joint and muscular flexibility and the relative strength of the core, spine and upper extremities. It also includes past medical history, such as fractures, tendonitis, etc. A person's riding goals and experience must also be examined. Once a proper bike fit is established, a rider must perfect his or her posture.

and skeletal characteristics. Adapting to a new posture takes time. Frequent changes make it difficult to assess a person's ability to adjust to a new position, resulting in pain or tendonitis. An effective way to establish fit is to choose one methodology and gradually refine your position. There is more adjustability in the bicycle than there is adaptability in the body. Accommodative fitting for the bike derives from this concept. A good bicycle fit

et al data only. An exact fit considers joint and muscular flexibility and the relative strength of the core, spine and upper extremities. It also includes past medical history, such as fractures, tendonitis, etc. A person's riding goals and experience must also be examined. Once a proper bike fit is established, a rider must perfect his or her posture.

"Maneuverability of the bicycle works with ease when your bicycle fits you well."

See "Posture" on page 5

PRODUCT REVIEW

Sleeping on the Job

By K. C. KEOGH

I have never been one to try hypnosis, counseling, or meditation - I have enough voices in my head - but I was feeling increasingly anxious about a recent decision I made to join a competitive cycling team. As a triathlete, I have been trained to avoid other cyclists at all costs; the idea of riding in a pack, much less competing in one, fills me with sheer terror, so I was the perfect guinea pig to try out "The Ultimate Cyclist," a hypnotic CD from Advanced Mind Dynamics that is said to improve your motivation, focus, and performance as a cyclist.

"The Ultimate Cyclist" uses psychological methods such as visualization, positive affirmations and hypnotic techniques. In 2004, a series of bad crashes and poor performances led



Photo courtesy of Ultimate Cyclist

Horowitz to question his traditional training methods and seek answers in Collingwood's series of Life Improvement Hypnosis CDs. While these were initially extremely helpful, Horowitz wanted something cycling-specific, so he approached Collingwood and the "Ultimate Cyclist" was born.

The science behind the product is highly technical - the four levels of sound on the CD include spoken voice, a

constant F-sharp (not as annoying as it sounds), subliminal impulses and theta rhythms. The F sharp is a

Created as a collaborative effort between elite American bike racer and coach, Josh Horowitz, and Australian mind clinician, Dr. Rick Collingwood,

See "Sleep" on page 4

Port Townsend Makes Helmets Mandatory

On December 5 2005, despite large public opposition, the Port Townsend City Council passed an ordinance establishing mandatory helmet use. The Non-Motorized Transportation Advisory Board and the Port Townsend Bicycle Association (PTBA) opposed the law, arguing that bicycle safety is a matter of education rather than law enforcement. According to Jane Whicher, the PTBA president, "our police have plenty to do," and bicycle safety is much better left in the hands of the community itself.

In order to show support for cycling, the city did agree to delay the mandatory helmet provision for 18 months. During this window, cyclists without a helmet will not be penalized. Also, the city will fund a Bicycle Safety education program for children and adults through the police department.

However, the PTBA and the surrounding community will continue protesting the law. Whicher explains, "Many feel [the ordinance]

was hostile to cyclists and will result in fewer short trips around town by bicycle." Currently, a petition with hundreds of signatures is circulating.

In addition, in an effort to further establish Port Townsend as a bicycle friendly city, the PTBA is advocating improved infrastructure. "We are trying to make Port Townsend better for cycling. We think there is a lot the city can do to make this happen. Education and an improved infrastructure would be much better for safe cycling than a helmet law." Whicher's statement proves that despite the controversy around the city-mandated helmet regulation, it rings clear that the cyclists of Port Townsend care about the safety of riders in their community, and that they will actively work with organizations such as the PTBA to ensure the rights and safety of the city's many bicyclists.

For more information visit:
www.ptbikes.org.

Safe Routes to School Training Coming to Wenatchee

On March 23, the Bicycle Alliance of Washington is bringing a day-long Safe Routes to School training program to Wenatchee. Participants will learn engineering, enforcement, education and encouragement strategies for designing and implementing Safe Routes for their school neighborhood. This class is open to parents, teachers, school administrators, healthcare professionals, transportation professionals, and others who are interested in making

it easier for children to walk and bike to school. The training will be facilitated by Barbara Culp and Dave Janis of the Bicycle Alliance, and David Levinger of Feet First. The training is free but space is limited. Contact JoEllen Colson at the North Central Educational Service District 509-665-2618 or joellenc@ncesd.org to reserve your seat. A detailed description of the workshop can be found at www.bicyclealliance.org/saferoutes/#workshop.

Washington Doesn't Want to be Average!

Bicycle Lobby Day is behind us, but the legislative session doesn't end until March 9th. The Bicycle Alliance is following closely Senate Bill 6339, which would limit the ability of regional planning organizations to choose Transportation Enhancement projects on local needs and priorities, and instead require allocations based on national averages! As of

this writing, SB 6339 is still in the Senate Rules Committee. Should it move to the House of Representatives, the Bicycle Alliance will issue an action alert calling for all State Representatives to oppose this bill. Representative Ed Murray, the House Chair of the Transportation Committee, indicated his opposition to the bill in a meeting with Bicycle Alliance staff.

Worldwide Youth Essay Contest

The International Bicycle Fund, an international advocacy group promoting sustainable transport and international understanding, is again sponsoring its student bicycling essay competition. The contest is open to youth worldwide, ages 16 and under.

Essays must be legible and in English, but otherwise the sky is the limit. Students can write about any topic related to cycling- and entrants

don't have to be serious cyclists themselves to participate.

Contest winners will receive a combined total of \$100.00 in prize money. To be considered for this year's contest, essays must be postmarked by May 1 and arrive no later than May 15. For more information on the International Bike Fund's essay contest, please visit their website: www.ibike.org/essays.

Bike Gallery Showcases the Trek "Portland" Commuter Bike as Ride Portland Kicks-off the Go Platinum Campaign.

On February 2, Portland City Commissioner Sam Adams announced the Portland Go Platinum Strategy - a nine-part initiative to make Portland a world-class bicycling city. The initiative was launched at Ride Portland, an event hosted by the Bike Gallery, where over 100 cyclists, advocates, and community leaders were in attendance. The celebration also featured the unveiling of the Trek Portland, a lightweight commuter bike named after the proud city.

The plan, which is chaired by Adams and coordinated by Vice-Chair Evan Manvel, Executive Director of the Bicycle Transportation Alliance, includes enhancing the current bikeway network and infrastructure, expanding cycling education programs, additional work with law enforcement to ensure safety, further integration

of cycling with tourism and economic development, creating bicycle encouragement activities, and increasing federal, state and local funding for bicycle improvements and services.

The initiative's goal is to boost bicycle use by 15%. With a reported two-thirds of Portland residents wanting to bike more, combined with Portland's commitment to cycling, it shouldn't be a problem.

Not satisfied with being the only large city in the U.S. to receive "Gold" Bicycle Friendly Community status from the League of American Bicyclists, the initiative also calls for Portland to aim for "Platinum" status, a feat only achieved by one other U.S. city, Davis, California. The League of American Bicyclists determines a city's status through a rigorous application process.

Fourth Annual Bike Works Auction Supports Youth

Bike Works, a Rainier Valley organization devoted to building sustainable communities through educating youth and promoting bicycling, will be celebrating its 10th anniversary by putting on its 4th annual auction to benefit south Seattle youth.

Funds raised will support Bike Works' programs such as Earn-A-Bike, where kids ages 9-17 learn and practice bike repair to work toward owning a bicycle. Over 800 participants have benefited from the program since it first started in 1996. Other programs and events include summer camps, Youth Ventures Bike Club, Neighborhood Rides, and more.

With over 100 items to bid on, last year's auction raised more than \$27,000, 22% more than the previous year, and the most money raised by any single Bike Works fundraising event to date. 2006 is expected to be another record-breaking year.

The Bike Works Auction & Dinner will be held Friday March 24 from 6:30-10:00pm in the University of Washington's Gould Hall. The \$45 per person ticket includes dinner, as well as complimentary wine and New Belgium brews. For more information on tickets, auction items or volunteering, visit the Bike Works website: www.bikeworks.org.

Use Your Creativity to Win!

One of the improvements *Bicycle Paper* is introducing this year is a column devoted to Oregon. The column is fabulous, the column's title, however, is facing an identity crisis. We need your help Oregonians and others! Send

your brilliant title ideas to editor@bicyclepaper.com, and if your heading triumphs, not only will you be showered with fame for having dreamed-up the luminous title, but you will also win a one-year subscription to *Bicycle Paper*.

Get Ready for Paris to Dakar...By Bike

In 1979, Paris-Dakar began as an automobile adventure. However, this year Wilbert Bonnè and Rob van der Geest plan to lead a dream bicycle tour over the same magnificent 4,350-mile (7000km) route.

It's a fully supported 70-day journey spanning two continents and six countries. It begins at the foot of the Eiffel Tower in Paris, and then follows peaceful roads through the most beautiful places of France. Via the Pyrenees,

the ride explores the inner lands of Spain. A ferry crossing at the Strait of Gibraltar leads to Africa. The Atlantic Route takes cyclists from Morocco, through the vast Sahara, to the finish in the westernmost point of Africa, Dakar, the Senegalese capitol.

Cyclists will depart on September 10, 2006 to enjoy the ten-week journey at their own paces.

For more information, visit:
www.bike-dreams.com

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FROM THE EDITOR

One Thousand One Hundred Eighty-Eight and Counting

By **CLAIRE BONIN**
Editor

The 2006 cycling season is at our door. Races are under way this weekend in Oregon and Idaho, while Washington racers will hit the start line next week. Tour riders won't have to wait much longer either, as Chilly Hilly and the Randonneur populaire are scheduled for next weekend. But that is just the start; from now until the end of the season, over 1,188 cycling events will take place in the Northwest alone. Let's just say that as a rider, you have some choices to make.

In order to assist the organizers and the promoters in making their rides known to cyclists, the March issue features all of this year's events. Call it "season at a glance," everything you want to know, all in the same paper.

We made one important change to this year's calendar. We identified the "kid-friendly events", rides offering cycling routes and distances suitable for children, with an . We

undoubtedly missed some, but it is a start. We'll keep at it, and with your help, identify others. Events that support two statewide advocacy organizations, Bicycle Alliance of Washington **BAW** and Bicycle Transportation Alliance in Portland **BTA**, have also been identified in the calendar.

The calendar is a large part of the *Bicycle Paper*, and you will find portions of it in every issue, but regular contributors are also integral to our success. Some of our old favorites are back with us for yet another year, while we added some new faces. Returning writers include Maynard Hershon and Joe Kurmaskie, with their opinions on cycling and cyclists. Erik Moen, assisted by specialists in various fields, will anchor the "Health" column. UpNorth found a new reporter in Matt Osborne, a long time mountain bike and road racer. Oregon will have its dedicated "Oregon Trail Mix" column under the knowledgeable guidance of Jonathan Maus, (By the way, we are still looking for a good name for that one; we are open to your

suggestions). Others will contribute to the editorial throughout the year. We encourage you to submit articles or feature ideas about what you would like to read.

Speaking of reading, we have a few good articles planned for the next issue, including a piece on vintage bicycles and the humorous anecdote, "Our ladies of Crash and Burn". In May, we will present our special issue on advocacy and legislation. We will also take a look at Memorial rides, feature various cycling teams, and bring you event coverage, product and book reviews, and much more throughout the season. So, stay tuned, this 35th anniversary year promises to be a "Grand Cru".

My last words go to both the Tour Guide and the Race Guide. In their 3rd and 4th seasons respectively, they are truly the indispensable companions to your cycling season. Compact and robust, you can carry them with you all season, and refer to them often; they are filled with useful information. I have to say, they look really good, and I am very proud of how they turned out this year.

Enjoy the ride and we'll see you on the road.

FROM THE PUBLISHER

Bicycle Paper Turns 35



By **Paul Clark**
Publisher

"Happy Anniversary, Bicycle Paper," or a thumbs-up, or an imaginary toasted champagne glass. That is the common response I've received after mentioning plans to write this 35th Anniversary edition letter. What are unusual and interesting are the follow-up questions that begin a conversation comparing the past to the present.

"What's different today compared to 35 years ago?" The list begins with the title. The paper began as "The Great Bicycle Conspiracy", a name meant to represent a friendly but competitive, alternative view of bicycling news. Then, in 1973, the publication adopted the name "Bicycle Paper".

After the title, other important changes emerged as the business grew. While it began in a basement with no employees, the publication is now part of a larger publishing company with a full-time staff. Our ten inch sheets with black and white ink have evolved into 14 inch sheets, full color pages, additional specialty guides, event programs and a companion website.

No list of changes would be complete without mentioning the publishing process. *Bicycle Paper* was limited in its geographic coverage and timeliness due to the technological limitations of those days. Fax machines, electronic bulletin boards, and the Internet have slowly replaced telephone calls to the typewriters and typesetters. Now, articles and photos flow freely

from anywhere in the world. Not long after Paul Brainard and Aldus Software released an upgrade to Pagemaker, *Bicycle Paper* had a Macintosh and a laser printer running alongside the doomed typesetter and land camera.

While the evolution of the business and technological wizardry likely remained an afterthought for the paper's loyal readers, the newsprint stories clearly illustrated the development of the Northwest cycling scene.

For readers and cycling enthusiasts, the largest change of all occurred in the regional biking community itself. When *Bicycle Paper* was founded, so few rides existed that each one warranted an article. Today, if we gave the same treatment to the region's 1,200 events and thousands of club rides, each issue would include at least 525 pages of calendar!

As bicycling gained popularity, bike shops increased from eight original advertisers in the first issue to 300 regional bicycle dealers today. During the paper's 35 years, manufacturers made technological advances in clothing, frame material, braking systems, helmets and thousands of other products. And, while these manufacturers and dealers changed our wheels, advocacy changed the road under them. Organized efforts have led to separate trails as well as improved conditions on the roads we share.

Although great change has come to *Bicycle Paper* and the regional cycling scene, there's an even greater theme of continuity. For exam-

ple, *Bicycle Paper* has continued its mission on printed pages despite major challenges. Although tempting topics have come across our radar, we've not changed our cycling focus. Despite the dot com rush, we still print and mail each edition to your home or business.

Even with thousands of dollars worth of software and advanced technology, we still need to capitalize the proper nouns, such as Jerry Baker, remove the second "e" in Wedgwood Cycle, and add the double "t" for proper spelling of Elliott Bay Bicycles. It's not that much different from the 1970's, when the *Bicycle Paper* was distributed from a shoulder bag to race spectators on the curb.

Both the *Bicycle Paper* and cycling in the Northwest have blossomed over the years, while maintaining the original motivations. People ride for fun, health, sightseeing, commuting, camaraderie and competition, and *Bicycle Paper* enthusiastically covers it all. So, next time you find yourself with a flat tire in the rain, with a spare tube but no pump, spend some extra time at the nearby bakery; enjoy a cup of tea and a good read before you make that cell phone call.



NEWS

When is a Rider Too Drunk to Cycle?

If you find yourself drunk and in South Dakota thinking, "hmm...I'm clearly too drunk to drive, but how will I get home," fear not. According to the Associated Press' Joe Kafka, it is now legal to hop on your trusty steed or pedal your bicycle even if you are under the influence.

The South Dakota House Transportation committee recently voted 10-1 to exempt horses

and bicycles from drunk driving laws by removing them from the statutory definition of a vehicle. Those supporting this law argue that it is far less dangerous to have intoxicated people riding horses or bicycles than driving cars.

People who oppose the bill contend that accidents will still occur when bar-hoppers travel via bicycles and horses. Upon hearing

about the law, cyclists immediately expressed concern about the bicycle's lost vehicle status, which implies cyclists' rights to the benefits of being a vehicle (i.e. the use of roads) could now be in jeopardy. In response to this concern, the bill went to the State Senate Judiciary committee. However, the law still passed 6-1. And so it is. Feel free to get drunk and go for a bicycle or pony ride, but don't forget to give your local officer a feeble "ye-haw" as he scrapes you and Seabiscuit off the pavement.

Momentum Is Your Friend - Prologue

The Metal Cowboy and His Pint-size Posse Take on America

By JOE KURMASKIE

Editor's note:

The following is an excerpt from Joe's latest book (coming out September 1), which recounts a father's epic summer ride cross-country with his two young sons.

Climbing a healthy series of switchbacks through the chill of a Colorado dawn, I don't feel tired. I don't feel the miles I pedaled yesterday or the weight I'm carrying now. Pockets of warm air hug the corners of the road. I spot clumps of wildflowers, rebels against the altitude, clinging to the washes as I clear tree line. When I look over my shoulder there's another cyclist, some industrious insomniac out for an early morning ride. He's determined to catch me before the top, but it doesn't happen. We rest beside a sign marking Cottonwood Pass, at more than 12,000 feet above sea level.

"You're coming from where?" he asks a second time, looking over my rig, my two boys, the tagalong bike and overloaded trailer I've been towing for 1,576 miles. He nods reverently. "And here I thought I was doing something this morning."

We let that hang there for a few moments. In an uncharacteristic show of modesty, I try to shrug it off. The cycling equivalent of Jack Lalane pretending he hasn't just crawl stroked the English Channel pulling a hundred speed boats by his teeth.

"Don't kid yourself..." The Insomniac starts to spread his arms wide, in an effort to take in the whole monstrosity, then gives up. "Oregon all the way to Washington DC? This, my man, is a bold statement."

I want to agree with him, but my perspective blurred beyond repair somewhere back in Idaho. These days, unless I'm in well over my head, it's not even interesting... I should probably have that checked.

When it comes to needing a competent mental health professional, Insomniac gives me a run for my money. It turns out bold statements backed up by appropriately derelict actions are

his operating instructions.

"I lost my best bike into Blue Mesa Reservoir last weekend."

A promising way to open an anecdote. It brings my second grader, Quinn, back from whatever nature special navel gazing he's lost in across the horizon. Five-year-old Enzo pops up through the top of the bicycle carrier, a prairie dog emerging at the first whiff of excitement on the breeze.

"It wasn't a road bike," As if this explains everything. We wait him out.

"I do BMX most weekends. Trick riding, extreme jumps. People know about me... I mean people outside the Colorado aggro biker community. Dudes, I'm awesome."

I recognize this behavior. In order to back up bold statements a certain amount of grandstanding is required. Not always pretty, but trust me, it's absolutely necessary if you want to complete the motion.

"We threw up a plywood ramp on the railing of the bridge. It's sixty feet to the water. Crowd mushrooms by noon. Music, frisbees, lots of vans, a real Dead Show vibe." But with more tattoos and Incubus music is my guess.

He's gotta be pushing thirty, but when the helmet comes off a spectacular abundance of piercing, ten in one ear alone, and a little metal pipe, flashing silver in the rising sun, runs half the width of his pinched and punctured forehead. In appearance at-least, it's an unsettling alliance between a tribal leader's facial art and those angry teens who hang out, smoke and nod with little enthusiasm from the steps of the public library; maybe a tribal leader failing community college who's stopped speaking to his parents.

"Never a question of 'if', I'm just waiting until the crowd can't take the tension." Or they've run out of ecstasy, perhaps?

"Where was the other ramp?" Quinn's question makes me proud and a bit melancholy, motivated as it is by a sense of safety and his misguided belief in self-preservation as a universal human trait.

You can tell Insomniac lives for moments like these. "The lake, big guy. I'm over the top and landing in the lake... roll tape, news at 11. You want to catch huge air, nail a triple spin like you do this every day, then kick out from the bike before hitting the water. No one wants to be near their bike when it hits. Bonus for a quick resurfacing to snag your ride before it sinks to the bottom.

I watch Quinn's world-view shift before my eyes. Like he's studying the zoo orangutans hanging from high vines doing something foolish and exciting with fruit, a garden hose and their nostrils. The evolutionary connection has been made. I will need to watch my eldest son more closely the rest of the way to the Atlantic.

"Nailed the jump but did it get ugly on the way down. The bike came back under me. I had to take evasive action or else..."

"Or else the monsters would get you?" Enzo's into the story now, standing completely upright in the bike carrier, solar cover thrown back and bracing himself with the top bar... essentially turning his rig into a de-facto Pope mobile and himself into a mini pontiff. We'll teach him the official wave later.

"Or else I'm impaled on my bike seat and they're dragging the res for my remains." Insomniac winks, playing to his audience. "But I'm not going down like that."

I interpret for the boys, complete with hand gestures. We should all have a diplomatic translator in lycra.

"Speared, splattered... sunk."

A cliffhanger before breakfast. It just doesn't get any better for my kids.

"Bammo...I had to give the handlebars a roundhouse kick then torked my back around. Hit the water so wrong I forget I've even been on a jump until I'm pulled out and panting back on concrete."

The boys sigh at the same time and in the same pitch. The only thing more satisfying than Insomniac's ending would have been if it included a prize at the bottom of the box.

They might be done, but I have a few loose ends that need tying. We discuss the vagaries of trick riding, how to perform a water rescue over the lip of a reservoir, and just how he

Literary Rides With



The Metal Cowboy

has come to possess such a high performance road bike.

"My brother took it in trade for a drywall job. Thinks I'll bury his best time by the end of the summer."

Replaying how he stalked me up the mountain like some big jungle cat leaves little doubt.

"You know, there's not a lot of cross over between trick riders and roadies," I say.

Insomniac looks back down the mountain, its angle and the distance to the lake below are something out of a Dr. Seuss drawing. Then he eyes our bikes, the boys and the radical tilt of the Earth in the other direction.

"There ought to be," he says, not a trace of guile in his voice. "If this ain't extreme, I relinquish my membership."

We wait for sunrise at the top of the world -- casual gods surveying an Evergreen kingdom that spans for miles in every direction -- then roll the summit and barrel into another day on the road.

Joe Kurmaskie will be performing new material/slideshow at Seattle's downtown REI on March 14, sponsored by the Cascade Bicycle Club.

FROM THE FRONT PAGE

"SLEEP" CONTINUED FROM PAGE 1

deep trance inducing frequency, and the theta rhythms sustain the trance.

The first night I used the CD, I felt a little foolish. It didn't help that I could hear my roommates giggling at me from under the door. The Australian accent was initially startling, but I soon adapted to it and began to follow the guided imagery. I stayed awake for about 20 minutes the first night - the CD is one hour long - and the second night, probably 15 minutes, and so on. A week later, I would turn it on and fall almost directly asleep. In my defense, Dr. Collingwood does tell you in the CD that it's



Photo courtesy of Greg Descanties

Focus on your goal.

okay to fall asleep, as the subliminal mind will pick up the messages. As I knew I would be reviewing the product, however, I couldn't very well report that I couldn't hear the message through the snoring!

I decided I would have to bring it into work, where daylight hours and people might assist me in maintaining consciousness. After alerting my co-workers and plugging in my headphones, I set

about properly concentrating on the messages in the CD - this time, I lasted about thirty minutes before I was crashed out on my desk. Try again! Armed with seriously strong coffee, I chipped

away at it, five minutes at a time, until I finally made it through. On the CD, Collingwood promotes the use of a mantra or motto, encouraging you to look in the mirror and repeat, "I ride the best because I am a winner" as well as "I am a strong and confident cyclist" and "I always enjoy riding my bike." These messages are embedded in the second half of the CD, after you are truly in a trance state.

As a sleeping aid, this product wipes the floor with tried and true methods like warm milk, a hot water bottle and Enya. The theta rhythms and his voice are truly mesmerizing, and the instructions are easy to follow. Having never been hypnotized, I am not sure if I was in a trance state or not, but I did feel very heavy and relaxed. I woke up each morning feeling refreshed and confident.

As a training aid, Horowitz and Collingwood have an excellent idea - cycling is in large part a sport about your mental fitness. Replacing negative self-talk such as "I would if I could" with "I can" is a great idea no matter what your goal, and there is no doubt that a lack of fear, and relaxation on the bike are key elements in a successful cyclist; however, I can't say that it has made an impact on my cycling yet. The week after I trialed the CD, I was scheduled for two long and difficult rides, but when I heard that my friend (a very experienced cyclist) slid on black ice and broke his arm, I am ashamed to admit that I did not make either ride. But, I slept really well.

The Ultimate Cyclist CD is available at www.liquidfitness.com for \$34.95.

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"CENTENNIAL" CONTINUED FROM PAGE 1



By Elisabeth Rosapepe
Editorial Intern

cal and archeological points of interest, increasing the overall safety of the trail, and installing additional trail facilities such as water fountains, restrooms and benches. Work has also been done to expand the trail with endeavors such as the "Westlink

Project," which constructed the Sandifur Memorial Bridge over a portion of the Spokane River, connecting the trail to High Bridge City Park and the Cheney Fish Lake Trail.

The Westlink Project has not only created links with existing parks and trails in the Spokane area, but has opened the door for future linkage projects as well. It makes possible the plan to connect the Spokane River Centennial trail with the Columbia Plateau Trail, a 130-mile trail south of Spokane. The Columbia Plateau Trail not only has the possibility to stretch southward, but westward as well if it is linked with the Ironhorse State Park/John Wayne Pioneer Trail, which stretches to the Puget Sound region.

The Washington State Parks Department's ultimate goal and part of the State Parks 2013 Centennial Plan, is to work with "partners

and sponsors to connect city, country, state, and federal trails" to create hundreds of miles of interconnected trails all over Washington State.

Other plans for the trail include increasing safety for users by moving portions of the path away from busy streets, as well as finding solutions in areas where it crosses dangerous intersections.

With historically no opposition to construction or expansion, lack of a distinct budget set aside for the Centennial Trail has been one of the biggest obstacles facing development. Efforts are made every year to raise funds for general maintenance, and a large outpouring from the community, local organizations and corporate sponsors who donate time, money and services make maintaining and expanding the trail a possibility.

"Spokane is a very outdoor oriented town, and there has been a good response to trail expansion," says Kaye Turner, executive director of the Friends of the Centennial trail. "We work with and try to facilitate three to four events a year to help with awareness and raise some money."



Photo courtesy of the Friends of the Centennial Trail

On the opening day of the path, many riders came to show their support and appreciation for the new trail.

Key fundraising events include TrailFest (September 24, 2006) and Unveil the Trail, an annual community trail cleanup and awareness day. Other yearly fundraisers include the Adopt a Mile program, the Friends of the Centennial Trail membership program that now boasts over 400 members, and the Miracle Mile medallion program (now ending due to increased cost of producing the medallions).

When asked what is attractive about the Centennial Trail for cyclists, Turner's immediate response is "Safety." Cyclists can enjoy a 37-mile ride where most of the trail is located away from the road. "There are a couple of dangerous areas, but we are working hard to get those fixed." Turner adds. Miles of patrolled trails make for a low crime rate, but common sense while visiting is strongly encouraged.

The path is used for commuting, recreation, community service projects, raising health awareness, fundraising for human services and nonprofits, as well as a vehicle to protect the river corridor and environment. "It's a very prideful issue to us." Turner says, "We make sure that construction near the trail is done in an appropriate and natural manner to maintain the environmental structure of the river." The

trail also brings an increasing number of visitors per year, helping to support the Spokane economy. Many local businesses and corporations encourage their employees to commute to work by bicycle, and a portion of the increasing number of trail users could be attributed to this fact.

Regardless of what you are looking for, the trail has something for everyone. The downtown portion offers easy access to restaurants, businesses and parks. Located right outside of Spokane is the Riverside State Park, on which Turner comments, "It's very rural. You ride ten minutes out of town and it's like you're in the woods. It's gorgeous." Turner also recommends visiting Deep Creek in mile 36, which sports easy beach and river access, as well as touring the flat Central portion of the trail that offers beautiful scenery and river views.

With a maximum speed limit of 15mph and plenty of facilities, access points, lodging and campgrounds along the way, the ever expanding Spokane River Centennial Trail is an ideal destination for hikers, runners, and cyclists alike, bringing together a community and preserving a valuable resource.



Photo courtesy of the Friends of the Centennial Trail

With a speed limit of 15mph, the trail is safe and accessible to all.

CYCLING HEALTH

"POSTURE" CONTINUED FROM PAGE 1



By Erik Moen
PT, CSCS

The results of a good bike position are obvious. Properly positioned cyclists can ride comfortably with their hands in the drops for extended periods of time while breathing normally. They are not limited by pain or numbness in the neck, shoulders, hands, lower back or knees. Their hips remain level while pedaling at most cadences. Correctly postured riders handle their bicycles with confidence and minimize the risk of losing traction.

Cyclists often set up their bikes with high saddles and low handle bars, because that is how the pro's bikes appear. The problem is,

most people don't have the flexibility and core strength to support that position. For some riders, this means raising the handlebars or shortening the stem.

Weight distribution drastically effects bike handling. It is a function of three basic contact points (foot to pedal, seat to saddle, and hands to handlebar). Too little weight on the front end can cause wobbling at high speeds, or the front wheel to slide out in a turn. Shifting your weight too far back while climbing can also lead to unstable steering, especially if you are bumped while riding in a tight pack. Changes in your reach to the handlebars (aka cock-pit position) also effect handling. Variables include such things as proximity of the saddle to the bar,

and excessive height or depth of the bar.

Maneuverability of the bicycle works with ease when your bicycle fits you well. You can corner in or out of the saddle, sprint holding on to the brake hoods or the drops, and climb with your hands anywhere on your handlebars. If your bike is too big for you, or your position is too stretched out, you may have difficulty maneuvering quickly, the bike may handle sluggishly, and you may feel like you're driving a boat instead of racing a bike. On the other hand, a small bike or cramped position



Photo Bicycle Paper Archives

Not everyone is a pro, nor should everyone be fitted like one.

makes handling twitchy and nervous. Instead of handling the bike effortlessly, you have to ride carefully to maintain stability.

The fit of the bicycle is important! Take the time to find the best position on your bike, and you will reach a new level of joy in bicycling. Happy Spring!

Erik Moen PT, CSCS is a nationally known expert on bicycling injury treatment and bicycle fit. Erik practices physical therapy in the greater Puget Sound area. Erik may be reached through his website, www.bikept.com

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A New Direction for Mountain Bike Racing in BC

By MATT USBORNE

The New Year has arrived, and riders are fired up as they prepare for yet another hard fought year of racing in the Pacific Northwest. However, with the New Year came some exciting changes that British Columbia mountain bike enthusiasts ought to note. First, Cycling BC welcomes a new MTB technical director, Kevin MacCuish. Also, there is a new format for the BC Provincial Series, formerly known as the BC Cup.

Yet, before we dive into the details surrounding the new BC Provincial series, let's take a look at this Kevin guy!

Kevin is not new to Canadian cycling. In fact, he has worked extensively with the Alberta Bicycle Association and Bicycle New Brunswick. His experience also includes a stint with the Canadian Cycling Association (Events Committee Member, National Commissaire). With his teeth cut in various roles within these organizations, Kevin has finally realized that the

wet Ehem... west coast is where he belongs. Add to his skill set several years in IT, and you have a man who possesses all the ingredients needed for a new vision in British Columbian mountain biking.

OK, enough about Mr. MacCuish - let's talk about the changes to the BC Provincial system! The series has been around for several years now, but the system has changed for 2006.

Traditionally, the BC Cup series was made up of individual events where riders attempted to acquire as many points as possible without donating too much skin to the trees, roots, rocks and sludge that lined the race courses. Racers threw out their worst scores, and the guy or girl with the most points won the series. Nothing was too complicated about the system, although it only really captured a snapshot of the racing scene, and it was pretty time consuming and expensive to chase points for the racers, as well as costly for the organizers. Plus, if a cyclist chose to miss a race due to a conflicting World Cup or Canada Cup event,

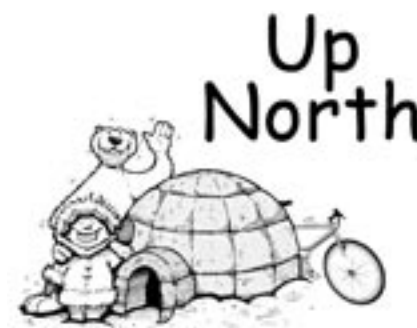
he or she would earn no points. This made the series a good stepping-stone, but didn't allow racers to try their hands at larger races without losing precious points.

The new system more or less borrows its concept from the UCI points system. Some races rank higher than others, but all sanctioned mountain bike events in BC have points attached to them. They are accumulated over the course of the season - from the first race until October 15 - and the winner is the one with the most.

An event possesses one of four different points scales. Races are ranked as "A" through "E". A national or international caliber event has an "A" ranking, which means that points are awarded 20 positions deep, with 40 to the winner. So, an occasion such as a World Cup or Canada Cup awards a fair chunk of points.

The Provincial events (former BC Cup sanctioned activities and the BC Championship) hold a "B" ranking in the new scale. Winners receive 20 points for their trouble, which are awarded 10 deep.

'C' Category races are designated as regional. 'D' races are listed on the points scale as "Other - Non UCI formatted or categories" which capture events such as the Sea to Sky



XC time trial coming up on April 15th. These events offer 10 points to the winner, and are awarded 5 positions deep.

Last but not least are 'E' events. These are club races - either a series or a single event. They award 3 points to the winner, 3 places deep.

Thus, in 2006 racers in BC can either work on accumulating points to upgrade racing categories, or increase their tally of Provincial ranking points. This means that nearly every racer, whether an occasional club rider, or a serious Pro, can accumulate Provincial ranking points. How many points you gather is up to you.

See you on the trails.

OREGON TRAIL MIX

Oregon's Stellar Cyclocross Season Ends with Five Selected to Worlds Team

By JONATHAN MAUS

2005 was a banner year for cyclocross racing in Oregon. The season saw record-breaking participation, hundreds of new racers, and more selections to the World Championships Team than any other state in the country.

USA Cycling selected five Oregonians (three Elite Men, one Elite Woman, and one U23 rider) to represent the United States in the Cyclocross World Championships, which took place January 28-29 in Zeddum, The Netherlands. The athletes selected were Erik Tonkin (Portland), Ryan Trebon (Corvallis), Barry Wicks (Corvallis), Rhonda Mazza (Portland), and Adam McGrath (Portland).

So, just what makes Oregon America's pre-eminent hotbed of cyclocross? It's a combination of weather conditions (Oregon has plenty of rain and mud, essential ingredients for 'cross racing), a capable and well-run organizing body, a large number of participants, and a full schedule of events.

According to Candi Murray of the Oregon Bicycle Racing Association (OBRA, Oregon's governing body for bike racing), there were over 4,500 total participants in Oregon's 27 events from September to December. The races took place everywhere from Ashland in the South, to Bend in the East, to Portland in the North.

Leading the way was the largest participatory cyclocross series around, the River City Bicycles Cross Crusade. This six-race series drew a total attendance of 3,750 racers, averaging nearly 600 entries per event. The second race in the series, held at Alpenrose Velodrome in the hills just above downtown Portland, drew 760 racers, making it the largest cyclocross race ever held on U.S. soil.

Brad Ross, Race Director for the Cross Crusade, has promoted the series for a decade and states, "The numbers speak for themselves...interest in the sport of cyclocross and the Crusade continues to grow. We've worked hard to make cyclocross fun and accessible to all participants, not just elite riders. And our formula obviously

works. Oregon has the most vibrant cyclocross scene in the county."

In another testament to the growing popularity of cyclocross in Oregon, Candi Murray said that OBRA issued 305 new member licenses specifically for cyclocross in 2005.

Major series' like the Cross Crusade got the most attention on the schedule, but it was grassroots newcomers that added another dimension to Oregon's 'cross scene. One such event was the VeloShop race series. Organized by Portland bike shop owner and elite cyclocross racer Molly Cameron, this three race series was a big success in its first year. With grassroots promotion, a meager budget, and a dedicated volunteer crew, Cameron was able to draw 755 racers to her three events.

Other Oregon cyclocross race series' included the Southern Oregon Outlaw series held in Jacksonville, the Psycho Pseries Cross races



Barry Wicks

held in Eugene, and the Thrilla in the Milla series held in Bend.

Stoking the fire of a great 'cross season was increased media coverage. OBRA hired a PR consultant specifically for this purpose, and one of the best results was a cover story titled, "Mud, Sweat, and Gears" that ran in Portland's popular weekly newspaper, The Willamette Week.

But what really stands out in the Oregon 'cross scene is the quality of racers. In addition to the

five World's Team members, Oregon also claimed a National Cyclocross Champion when Portland's Shannon Skerritt won the 35-39 Master's title on December 10th in Providence, Rhode Island.

All this adds up to a 'cross scene that shows no signs of slowing down, and there's even talk of putting in a bid to host the World Championships someday.

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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

FEBRUARY

Feb 18-19: Group Health Seattle Int'l Bicycle Expo
Seattle, WA. Over 125 exhibits of gear, active travel, rides and more. Event presented at Magnuson Park - Sandpoint. Includes bike swap meet, test ride, feature presentations. Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Feb 19: Seattle Bike Swap
Seattle, WA. Magnuson Park Hanger #30. New and used cycling related equipment and clothing. Blow-out prices. 95 independent sellers. Open from 9:00am to 3:00pm. Call to reserve your selling space or visit the swap for great deals. \$35 for standard space, \$60 for delux. David Douglas, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

MARCH

Mar 1-4: 3rd Annual Bike Swap
Boise, ID. Mike Cooley, 208-343-3782, www.georgescycles.com

Mar 4: Alice B. Toelclips Awards Party
Portland, OR. It's the gala bicycling event of the year! 6:00pm to 10:00pm. Find out more online. Karen Frost, BITA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0498, www.bta4bikes.org

Mar 12: Shamrock Run
Portland, OR. In its 28th year, the run will be held at Waterfront Park. Check website for complete entry brochure. Hamilton Events, Inc., PO Box 65850, Vancouver, WA, 986665. www.admail.net/url/71755/11daa5/shamrock

Mar 14: Joe Kurmaskie Presentation
Seattle, WA. Joe's latest book recounts a Father's epic summer ride cross-country with his two young sons. Joe will be performing new material/slideshow at Seattle's downtown REI. Cascade Bicycle Club, www.cascade.org

Mar 15: Ray Thomas' Bicycle Legal Clinics
Portland, OR. These clinics instruct riders about Oregon's vehicle law from a bicyclist's perspective. Learn how to pursue motorists for vehicle harassment and bring them to court, and gain an overview of traffic and insurance laws. 6:00pm-7:30pm Bicycle Transportation Alliance, 717 SW 12th Avenue, Portland, OR, 97205. 503-226-0676, www.bta4bikes.org

Mar 24: Bike Works Dinner & Auction
Seattle, WA. Bike Works largest fundraiser to be held at Gould Hall, University of Washington. Tickets are \$45 per person and include dinner, beer and wine. Scott Marlow, Bike Works, 3709 S. Ferdinand St, Seattle, WA, 98118. 206-725-9408, www.bikeworks.org/auction.htm

Mar 26: 18th Annual Seattle Area Old Bike Swap Meet and Show
Kent, WA. Old, Vintage, Antique Bicycle Swap Meet and Show. Event is at the Kent National Guard Armory (24410 Military Rd). Mike McCormick & Jerry Germeau, 2907 1/2 NW 85th St, Seattle, WA, 98117.

206-283-2850, www.geocities.com/seattleoldbikeswap/

APRIL

Apr 1: Track to the Future Fundraising Auction
Seattle, WA. Fundraising event for the junior programs at the velodrome at the UW Center for Urban Horticulture, NHS Hall. Doors open at 6:30 pm. RSVP required by March 23. Annual fundraising auction to support youth and adult programs. Harley Sheffield, Marymoor Velodrome Association, PO Box 53482, Bellevue, WA, 98015. 206-957-4555, www.velodrome.org

Apr 22: U-District Street Scramble
Seattle, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetscramble.com

MAY

May 1-30: Bike To Work Month
Puget Sound. Ride your bike to work. Join the 30-day Commute Challenge. Cascade Bicycle Club, 7400 Sand Point Way, Seattle, WA, 98115. 206-517-4826, www.cascade.org

May 13: Bell City Chase
Vancouver, BC. Urban adventure event. To conquer this 4-6 hour urban event, 2-person teams will run, walk and use public transit to navigate their way throughout the city, as they search for ChasePoints scattered in unknown locations throughout the city. Jonathan Wornell, www.bellcitychase.com

May 17: Ray Thomas' Bicycle Legal Clinics
Portland, OR. See March 15 listing for description. Bicycle Transportation Alliance, 717 SW 12th Avenue, Portland, OR, 97205. 503-226-0676, www.bta4bikes.org

May 19: Bike To Work Day
Puget Sound. Ride your bike to work. Stop at any of the commuter booths along the way. Join the 30-day Group Health Commute Challenge. Peter Verbrugge, Cascade Bicycle Club, 7400 Sand Point Way, Seattle, WA, 98115. 206-517-4826, www.cascade.org

May 20-21: Eco Oregon
Portland, OR. Eco Oregon is Oregon's Largest Eco and Sustainability Festival, promoting bicycling throughout the state of Oregon Randy White, AM620 KPOJ, 4949 SW Macadam Ave, Portland, OR, 97239. 503-323-6400, www.ecooregon.com

May 27: Crossroads Bellevue Street Scramble
Bellevue, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetscramble.com

May 27: Larry Kemp Memorial Ride
Leschi, WA. Join the Byrne Specialty Gases / Jet City Velo Team as they honor Larry's memory in a casual paced ride. Donation of \$5 or more recommended. Proceeds go to WSBA Jr Larry Kemp Memorial Fund

(501 C) and benefit NW junior riders. Meet at 9:00am leave at 10am from Leschi (see website to confirm time). Dan Byrne, Jet City Velo / Byrne Specialty Gases, Seattle, WA, www.jetcityvelo.com

JUNE

Jun 17: Everett Street Scramble
Everett, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetscramble.com

Jun 17: Marymoor Little 100
Redmond, WA. 4 riders, 1 single speed bike, flat pedals with coaster brake. Each rider must do at least 1 lap - bike hand-offs at exchange. Beer garden and live music. Start at 4:00pm., main at 7:00pm David Douglas, Pazzo velo, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Jun 20-23: IMBA Summit & World MTB Conference
Whistler, BC. Global gathering of mountain bike advocates, trailbuilders, land managers, tourism professionals, ski resort managers and members of the bike industry. The conference attendees will leave armed with new knowledge, contacts, and new bike skills. Unique opportunity to gather up-to-date information and materials addressing the rapidly evolving sport of mountain biking. Richard Juryn, www.worldmountainbikeconference.com

JULY

Jul 19: Ray Thomas' Bicycle Legal Clinics
Portland, OR. See March 15 listing for description. Bicycle Transportation Alliance, 717 SW 12th Avenue, Portland, OR, 97205. 503-226-0676, www.bta4bikes.org

Jul 22: Seattle Night & Day Challenge
Seattle, WA. Using a map, visit as many urban checkpoints as you can in 3, 7, or 16 hours. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.nightanddaychallenge.com

SEPTEMBER

Sep 1-30: Bike Commute Challenge
Oregon. Friendly competition - workplace against workplace - with benefits for companies and individual cyclists when employees bike to work during this month. The workplaces with the highest percentage of commutes by bicycle during the month win!

Sep 16: Timberline Marathon
Mt Hood, OR. A most excellent trail marathon from Timberline Lodge to Timothy Lake. Finisher medals & T-shirts. Chuck Neely, Rogue Multi-Sport, LLC, PO Box 745, Beaver Creek, OR, 97004. 503-327-5531, www.RogueMultiSport.com

Sep 20: Ray Thomas' Bicycle Legal Clinics
Portland, OR. See March 15 listing for description. Bicycle Transportation Alliance, 717 SW 12th Avenue, Portland, OR, 97205. 503-226-0676, www.bta4bikes.org

Sep 23: 2nd Annual Run/Walk 4 The Poor Trail Marathon Benefit Challenge
Lakewood, WA. Fort Steilacoom Park. 1mi, 5k, 10k, and Marathon. WA State Trail Running, Walking, & Duathlon Club, P.O.Box 39623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

Sep 24: Livestrong
Portland, OR. Ride with Lance Armstrong. www.livestrongride.com

NOVEMBER

Nov 15: Ray Thomas' Bicycle Legal Clinics
Portland, OR. These clinics instruct riders about Oregon's vehicle law from a bicyclist's perspective. Learn how to pursue motorists for vehicle harassment and bring them to court, and gain an overview of traffic and insurance laws. 6:00pm-7:30pm Bicycle Transportation Alliance, 717 SW 12th Avenue, Portland, OR, 97205. 503-226-0676, www.bta4bikes.org

DECEMBER

Dec 31: 5th Annual Midnight Express 8k New Year's Eve Fitness Challenge
Lakewood, WA. Pierce College Main Gate, 9401 Farwest Dr SW. Flashlight is required. WA State Trail Running, Walking, & Duathlon Club, P.O.Box 39623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

CAMPS

MAY

May 13-14: Sugoi Dirt Series
North Vancouver, BC. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Also available on May 20-21 in Calgary, AB and May 27, 28 in Edmonton, AB. Candace Shadley, Sugoi Dirt Series, Whistler, BC, 604-905-8876, www.dirtseries.com

May 26-28: DevineRIDE Women's Mountain Bike Camps
Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as a bike fit and maintenance seminar for riders of all levels. Cindy Devine / Kirsty Exner, Box 1316, Rossland, BC, V0G1Y0. 250-362-7378, www.devineride.com

JUNE

Jun 17-18: Sugoi Dirt Series
Whistler, BC. MTB camps for women. Offers top-notch small group instruction and hours of practice on the trails. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Jun 23-25: DevineRIDE Women's Mountain Bike Camps
Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as bike fit and maintenance seminar for riders of all levels. Also available June 28-30. Cindy Devine / Kirsty Exner, Box 1316, Rossland, BC, V0G1Y0. 250-362-7378, www.devineride.com

JULY

Jul 8-9: Sugoi Dirt Series
Ketchum, ID. MTB camps for women. Offers top-notch small group instruction and hours of practice on the trails. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Also available July 15-16 in Portland, OR and July 22-23 in Bend, OR. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

AUGUST

Aug 3-6: Larry Kemp Jr. Memorial Camp
Cle Elum, WA. The WSBA Junior Program, in conjunction with the Larry Kemp Memorial Fund, is hosting a weekend cycling camp. Enthusiastic cyclists from the ages of 11 to 14 are welcome to join an experienced staff of coaches, team managers, racers and mechanics at the Flying Horseshoe Ranch. Mountain bike or road

welcome. Includes 3 nights lodging and all meals. Renee Duprel, WSBA, www.wsbaracing.com

Aug 15-16: Sugoi Dirt Series
Blue River, BC. Co-ed MTB camps. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Also available August 26-27 in Fernie, BC. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

SEPTEMBER

Sep 9-10: Sugoi Dirt Series
Whistler, BC. Co-ed MTB camps. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

Sep 15-17: DevineRIDE Women's Mountain Bike Camps
Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as bike fit and maintenance seminar for riders of all levels. Cindy Devine / Kirsty Exner, Box 1316, Rossland BC, BC, V0G1Y0. 250-362-7378, www.devineride.com

RACE SERIES

Jan 1-Mar 11: Thundersome
Burnaby, BC. Wednesday night racing. Series of 8 events. Two races per category each night with points, scratch and three wheel-card races. Points awarded 5 deep. Cat A, B, C. Team Soliton, www.burnabyvelodrome.ca

Feb 12-May 7: West Side MTB Series
SeaTac, WA. MTB racing with XC division. For beginner, sport and expert categories in 5 divisions. Points are awarded to top 10 finishers in each group. Overall prizes and medals to top 5 in each division and category. Races #1, #2, #4, and #5 at South Sea-Tac Park. Race #3 at North Sea-Tac Park. Norba rules. Rory Muller, BuDu Racing, 4017 S. 291st St., Auburn, WA, 98001. 253-334-4433, www.buduracing.com

Feb 25-May 27: Pacific NW Trail MTB Challenge Series I
Fort Steilacoom, WA. This event was designed by Olympic Multisport coaches and athletes for winter multisport training. Start at the Fort Steilacoom Park Main Mx Facility Tony Quinn, Washington State Trail Running, Walking and Duathlon Club, PO BOX #9623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

Feb 25-Apr 15: Washington Cup
Various, WA. Race series of 7 events for Cat 1/2 men and Cat 1/2/3 women. Leaders and champions jerseys. Cash for series podium. Events identified as WA Cup. Micheal Pruitt, www.wsba.org

Feb 26-Jul 22: Indie MTB Series
WA. Series of 8 events from Bellingham to Olympia. Need 6 out of 8 races to qualify for the series overall. Open to all categories. See individual events for race information. Lisa Miller, www.indieseries.com

Mar 4-18: Mason Lake RR Series
Mason Lake, WA. Near Shelton. 3-Saturday race series. 12-mile loop around Mason Lake. Rolling hills, no major climbs. Register day of race only at the start line in Mason Lake County Park. Points to top 10. First race starts at 9:30am. Open to all categories. \$20 per race, UCSF one-day license \$10. David Douglas, Pazzo Velo, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Mar 4-18: Southern Oregon Time Trials
Medford, OR. 3-event TT series raced on Saturdays, March 8, 15, 22. Tim Turk, 910 Park St., Ashland, OR, 97520. 541-264-0862, www.oregonrunner.com

Mar 5-19: Banana Belt RR Series
Forest Grove, OR. One of the oldest series' in Oregon. A 3-event road race series. Race around the Henry-Hagg Lake 11-mile course. 750ft elevation gain per lap. Hills are long and steady but not steep. Open to all categories. Points system determines the overall winners. Cash prize. Jeff Mitchem, 503-233-3636, www.obra.org

Mar 5-Apr 2: Escape Velocity Spring Series & Stage Race
Langley, BC. Series comprised of 9 events in various locations. Overall calculated on points. 604 734-4241, www.escapevelocity.bc.ca

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Mar 9-Aug 26: Oregon Cup

Various, OR. Series of 7 events for the men and 6 for the women. Open to senior 1/2 men and 1/2/3 women. Leaders and champions jerseys. Cash prizes for top 5. Restricted to yearly OBRA members. Candi Murray, www.obra.org

Mar 12-Apr 23: George's Cycles Spring Race Series

Boise, ID. Open to all categories. \$5000 overall prize list. Use 4 different circuits - Slammer RR, Indian Creek RR, Blacks Creek RR, and Emmett Roubaix. \$30.00 per stage online reg., or \$40.00 race day. (\$10.00 for Juniors.) \$80.00 for the Series. George's Cycles, 208-343-3782, www.georgescycles.com

Mar 12-Jun 4: Island Series XC

Various, BC. 6 MTB races around BC. "E" level races. www.cycling.bc.ca

Mar 16-Apr 20: Snake River Crit Series

Nampa, ID. Series of 6 events, raced on Thursday evenings. Snake River Cyclist, www.lactiacidcycling.org

Mar 25-May 27: Pacific Northwest Mtn Bike Duathlon Challenge Series

Lakewood, WA. Fort Steilacoom Park. Bike, Run, Bike - (5km, 15km, 5km) or (10km, 20km, 5km). \$2 rebate by bringing canned goods, used clothing, or non-perishable food items. Proceeds benefit the Lakewood Youth Sports Program, Lakewood Food/Clothing Banks, and Veteran's Service organizations. WA State Ultra-Distance Trail Running, Walking & Duathlon Club, P.O. Box 39623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

Mar 26-Aug 20: Oregon MTB Series

Various, OR. Series of six events with points awards towards overall series winner. Event date - 3/26, 5/14, 5/21, 7/2, 7/23, 8/20. See individual events for location, and start times. www.obra.org

Apr 4-25: Eugene Time Trial Series

Eugene, OR. Series of 4 events, raced every Tuesday night in April. Open to all road men, masters, women and junior categories. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.obra.org

Apr 4-Aug 29: Tuesday Road PIR Series

Portland, OR. Portland International Raceway. Tuesday Series. Jeff Mitchem, 503-233-3636, www.obra.org

Apr 6-Jun 8: Bend Criterium and Time Trial Series

Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

Apr 6-27: Port of Hood River Crit. Series

Hood River, OR. Series of four criterium events. Paul Blackburn, 541-387-4011, www.obra.org

Apr 6-Aug 31: Seward Park Criterium Series

Seattle, WA. Every Thursday night. Short 0.8-mile rain-drop-shaped loop in the park. Very good pavement, 200-meter hill each lap. \$10 per night. Juniors and women only \$5. Registration on race day only. Opens at 4:30pm. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 8-Aug 13: Wild Rockies Series

Nampa, ID. 8-event series in its 10th year. Norba sanctioned except for Lava Rama. Best 6 out of 8 results count towards final standings. All XC events feature trail running events prior to the main events. Ron Dillon, Wild Rockies, P.O. Box 7075, Boise, ID, 83707. 208-587-9530, www.wildrockies.com

Apr 9-Aug 27: Cascade Bicycle Club Education Foundation - NW Juniors Racing Series

Seattle, WA. 5-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. Overall calculated using a points system. Event dates - 4/9, 4/30, 6/4, 7/8, 8/27 identified as LAJORS. David Schilling, 8231 4th Ave. NE, Seattle, WA, 98115. 206-619-1355, www.wsbaracing.com

Apr 9-Jun 11: Island Series Downhill

Various, BC. 6 DH races around BC. "E" level races. www.cycling.bc.ca

Apr 9-Aug 27: WSBA Junior Tour

Seattle, WA. 11-event series for junior riders. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Overall standings calculated on points. Event listed as WSBA JR. David Schilling, 8231 4th Ave. NE, Seattle, WA, 98115. 206-619-1355, www.wsbaracing.com

Apr 11-Aug 29: Pacific Raceways RR Series

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

Apr 11-Aug 29: Spokane Twilight Series

Spokane, WA. All races start at 6pm sharp, registration opens at 5pm. Type of event and location vary every week. No racing on 5/30, 7/4 and 8/8. Last event to count for points is 8/22. Award party on 8/29 after the race. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

Apr 11-Jul 18: Tuesday Nighter Series

Boise, ID. www.lostrivercycling.org

Apr 13-Aug 31: Pacific Raceways Women's RR Series

Kent, WA. Cat 4 and Cat 3. This is a series event. Points will be awarded to the first 5 finishers. At the end of the season the riders with the most points win. Registration opens at 5:30pm, closes at 6:50pm. Race starts at 7:00pm. Rory Muller, BuDu Racing, 4017 S

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

Apr 23-May 7: Estacada Time Trials Series

Estacada, OR. Each event offers a 20-mile TT for adult categories, 10-mile for younger juniors. Overall standings and awards at the end of the series. Ginger Woolcock, 503-632-7459, www.obra.org

Apr 28-May 26: Pre-Season Track Racing Series

Redmond, WA. 5-week series (on Fridays). Categories A, B, C & D. 7:30pm start. Harley Sheffield, Marymoor Velodrome Assoc., PO Box 53482, Bellevue, WA, 98015. 206-957-4555, www.velodrome.org

Apr 30-Sep 10: Mt. Hood Skibowl ST & XC Series

Mt. Hood, OR. 2 short track events, 4 XC races with categories and sub-categories for all level of abilities. ST and XC raced on the same day. OBRA sanctioned. Lowest XC race entry fee in Northwest \$15 only. One-day OBRA license available to all participants for \$5. Petr Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

May 1-Aug 28: Monday Night PIR

Portland, OR. Races for masters 30+ (Novice and Cat. 1-4) and all women (any age/ability) at the Portland International Raceway. Course is a flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Great place to learn bicycle racing. Registration at start/finish line. GC at the end of each month. No race 5/8. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.racemondaynight.com

May 2-30: Eugene Hill Climb Series

Eugene, OR. May hill climb series comprised of 5 Tuesday events. Open to all categories. 3.7-mile climb featuring 800ft. of elevation gain with up to 13% grade. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.obra.org

May 2-Aug 29: World Tuesday Night Champ.

Vancouver, BC. Road racing every dry Tuesday (rain = no race) from 6:30pm to 8:30pm. See website for details. Escape Velocity, www.escapevelocity.bc.ca

May 4-Sep 28: Alpenrose Thursday Series

Portland, OR. Alpenrose velodrome. Event schedule posted on website a few days before each race night. No race on 6/15. OBRA, 4318 SE 8th Ct., Portland, OR, 97080. 503-661-5874, www.obra.org

May 4-Aug 31: Coastal Thursday Evening Challenge Race Series

Richmond, BC. Criterium every Thursday evening from May until August. 1.8km flat course. Open to all. Points allocated after each race. Todd Hansen, Team Coastal, 8096 Modesto Dr, Delta, BC, V4C 4B1. 604-788-1873, www.teamcoastalcycling.com

May 5-Aug 25: Fast-Twitch Fridays

Portland, OR. Alpenrose Velodrome. Sprint-oriented racing for all levels, nothing over 30 laps. Match sprint tournament every other Friday. Separate omnium racing for beginner men and women. Junior racing through July. No race on 6/16 & 7/7. Jen Featheringill, Portland, OR, 97292. 503-227-4439, www.obra.org

May 6-Sep 9: Mt. Hood Skibowl DH Series

Mt. Hood, OR. 5-event series, with categories and sub-categories for all level of abilities. Norba/OBRA sanctioned with separate classifications. Petr Kakes, Hurricane Racing, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

May 13-27: Time Trial Training Series

Boise, ID. Series of three events. www.lostrivercycling.org

May 15-Aug 28: Monday Night Track Racing

Redmond, WA. Track racing for juniors and Cat. 5 racers. Racing starts at 7pm. No racing on July 3. Harley Sheffield, Marymoor Velodrome Assoc., PO Box 53482, Bellevue, WA, 98015. 206-957-4555, www.velodrome.org

May 17-Aug 30: Wednesday Night Track Racing

Redmond, WA. Marymoor Velodrome. Track racing for Cat 4 Women, Cat 4 Men and Masters. Start at 7:30pm Harley Sheffield, Marymoor Velodrome Assoc., PO Box 53482, Bellevue, WA, 98015. 206-957-4555, www.velodrome.org

May 28-Sep 24: Island Series Marathon

Various, BC. 3 Marathon events. "E" level race. Points system determines overall winner. www.cycling.bc.ca

May 31-Jun 28: Wood River Cup

Sun Valley, ID. 5th annual Short Track XC series at Rota run. B race at 6:20pm., Shimano youth series @ 7:10pm, and A race @ 7:30pm. Registration opens at 5:00pm. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 1-Aug 7: Southern Oregon Thursday Nighters

Ashland, OR. Southern Oregon Dragway - Circuit race. Distance varies as daylight permits A: 18+ laps. B: 5 races each distance - 10, 12, 14 laps. Each lap is 12 miles with an elevation gain of 50ft. A - Cat 1/2/3 B - Cat 4/5. Good event to work on team strategy. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

Jun 2-Sep 1: Group Health Friday Night Racing

Redmond, WA. Marymoor Velodrome. Track racing for Cat 1, 2 & 3 Women and Cat 1, 2 & 3 Men. Spectator

admission \$4. 7:30pm start. Harley Sheffield, Marymoor Velodrome Assoc., PO Box 53482, Bellevue, WA, 98015. 206-957-4555, www.velodrome.org

Jun 3-Jul 26: Hailey Criterium Series

Hailey, ID. Wood River High School. The course consists of 8 corners just under 1K with a long, straight finish. Start times are 6:30am for the B (30 min) race and 7:10am for the A (40min) race. Primes offered to winner. 208-726-0946 ext 1, www.savtoothvelo.org

Jun 5-Jul 31: True Amateur Criterium Series

Eugene, OR. This beginner criterium series is on our traditional safe, flat, wide open 1km course. We give instruction and coaching, and cater to beginner men and women. First time racers are encouraged to come out. Sal Collura, Co-Motion Classic Racing, OR, 541-747-3336, www.obra.org

Jun 6-Aug 29: Masters & Juniors Track Races

Portland, OR. Schedule of events varies each week. No race on 6/13. Steve Trudale, 503-232-1704, www.obra.org

Jun 6-Aug 29: Twilight Criterium Series

Eugene, OR. Come experience the excitement of a weekend criterium every Tuesday. Our traditional flat, wide open 1km course is always fast. Primes every night. Sal Collura, Co-Motion Classic Racing, 6811 Aster, Springfield, OR, 97478. www.obra.org

Jun 7-28: Fresh Air Duathlon

Bend, OR. Road bike and duathlon for locals to have some fun and assess their fitness on this TT. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jun 7-Jul 12: Mt. Tabor Series

Portland, OR. Road racing at Mt. Tabor Park. Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jun 18-Jul 23: Larch Mountain Hill Climb Series

Corbett, OR. 3-event series. Overall standings calculated on points. Ernie Conway, 503-329-7978, www.obra.org

Jun 18-Aug 13: Willamette Pass Downhill Series

Willamette Pass, OR. Exciting fast paced technical DH races. Three events in the series identified as WPDH. Randy Dreiling, Oregon Adventures, P.O.Box 148, Oakridge, OR, 97463. 541-782-2388, www.oregon-adventures.com

Jul 10-Aug 13: Portland MTB Short Track Series

Portland, OR. Look forward to a fun and challenging course with a lot of bumps and turns. Monday night 6-8pm at PIR. All ages, all abilities. Your choice of bike - mountain or cyclo-cross. Kris Schamp, portlandracing.com, 16734 NW Paisley Dr, Beaverton, OR, 97006. 503-466-9007, www.portlandracing.com

Jul 16-Aug 12: Lake Washington Velo Circuit Race Series

Silvana, WA. The speed and intensity of criterium racing meets the wide open tactics of road racing. Skagit Flats. James Gillette, 2418 83rd St. NW, Gig Harbor, WA, 98332. 253-853-5316, www.broadmarkcycling.com

Jul 25-Sep 5: Tuesday Night Half-Bogus Ride

Boise, ID. Tuesday Night Series. www.georgescycles.com

Aug 12-Sep 9: Triple Crown Series

Boise, ID. Can you climb? Series includes Mt. Harrison Hill Climb, Table Rock Hill Climb, Bogus Basin Hill Climb. 208-323-2376, www.lostrivercycling.org

Sep 5-26: PIR Handicap Series

Portland, OR. 4-event race series at the speedway track. Handicap format. 3 groups starting 2 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 6:00pm Steve Mullen, www.obra.org

Sep 10-Oct 28: Giant Bicycles BC Cross Series

Various, BC. 7-event series. Overall points determine winner. Last event is double points. Cycling BC, www.cycling.bc.ca

Sep 24-Dec 3: Emerald City CX Series

Various, WA. Series of 9 events raced around the Seattle area. Open to all categories. Overall calculated on points. First start at 9:30am. Marymoor Velodrome, www.seattlecyclocross.com

Sep 30-Nov 12: Sandy Point Beach Race Series

Boise, ID. Three-event race series, raced at Sandy Points. Clinic before the start of the first race. www.idahocyclocross.com/

Oct 1-Nov 19: Cross Crusade

Portland, OR. Largest cyclo-cross race series in the Northwest. Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 7-Nov 18: Eagle Island Race Series

Boise, ID. Raced at Eagle Island State Park. Four event series. Start at noon. www.aerocyclos.com

MULTISPORT**MARCH****Mar 25: Pacific Northwest Mtn Bike Duathlon Challenge Series #1**

Lakewood, WA. Flat/hilly course. 5km/15km/5km. See Race Series for details. WA State Ultra-Distance Trail Running, Walking & Duathlon Club, 253-376-5737, www.humanmultisportspnw.org

APRIL**Apr 1: Wenatchee Valley Du**

Wenatchee, WA. 3-mile run, 17-mile bike, then another 3-mile run. Both runs are an out and back format. Start at 10:00am. The event will start at Confluence State Park. Wenatchee Valley Velo Club, 509-886-3873, wenatcheevalleyvelo@yahoo.com

Apr 8: Alcoa's Ridge To River Relay

Wenatchee, WA. 26th Annual event. Adult relay event is comprised of nordic ski, alpine ski, run, bike and paddle legs that span the 35-mile Wenatchee course or shorter 20-mile Columbia course. Racers may enter individually or as a team. Start at 9:30am. Jennifer Korfiatis, 5 S. Wenatchee Ave. #312, Wenatchee, WA, 98801. 509-662-8799, www.r2r.org

Apr 8: GVCS Adventure Challenge

N. Vancouver, BC. The event consists of paddling, mountain biking and trekking. There are also mystery challenges along the way to keep you on your toes. The course is marked and only basic navigational skills are required. Enter solo, team of 2 or 4. Average time to complete the race is 4-5 hours. Teri Taylor, Cove Communications, 4248 Cambridge Street, Burnaby, BC, V5C 1H2. 888-788-4645, www.greatervancouvercrimestoppers.com

Apr 15: Wenatchee Worlds' Junior Ridge to River Relay

Wenatchee, WA. Focus on fun for mini racers who want to test their skills and prepare for future adult events. Teams of school-aged children tackle running, paddling, biking, and an obstacle course. Start at 10:00am. Jennifer Korfiatis, Saggezza Marketing Group, 5 South Wenatchee Ave, Ste. 312, Wenatchee, WA, 98801. 509-662-8799, www.r2r.org

Apr 22: Pacific Northwest MTB Duathlon Challenge Series #2

Lakewood, WA. Moderately hilly course. 10km /20km /5km. See Race Series for details. WA State Ultra-Distance Trail Running, Walking & Duathlon Club, 253-376-5737, www.humanmultisportspnw.org

Apr 23: Mt Rainier Du

Enumclaw, WA. Duathlon - King County Fairgrounds Stadium and Fieldhouse. Long course will be 8.5k Run, 50k Bike, and 6k Run. Short course will be 3k Run, 25k Bike, and 6k Run. Packet pickup Saturday night before the event starting at 5-8 pm. and Saturday morning starting at 6am to 7:45am, BuDu Racing, 206-625-8333, www.buduracing.com

MAY**May 13: Mind Over Mountain Adventure Race**

Ucluelet, BC. 40km - mountain biking, kayaking, trail running. Bryan Tasaka, Mind Over Mountain Event Co., New Westminster, BC, V3L 5V7. 250-715-8933, www.mindovermountain.com

May 27: Pacific NW MTB Duathlon Challenge Series #3

Lakewood, WA. WA. State Ultra-Distance Trail Running, Walking & Duathlon Club, 253-376-5737, www.humanmultisportspnw.org

JUNE**Jun 3: Gap2Gap 2005**

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

Jun 4: Island Lake Offroad Triathlon

Poulsbo, WA. Course: 400 meter out and back swim in Island Lake, 10 mile mountain bike ride, 5K trail run. Registration opens at 6:00am, closes at 8:45am. Race starts at 9:00am. BuDu Racing, 253-334-4433, www.buduracing.com

Jun 7: Fresh Air Duathlon

Bend, OR. See Race Series for details. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jun 14: Fresh Air Duathlon

Bend, OR. See Race Series for details. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jun 17: Clean Air Duathlon MTB Benefit Challenge

Tacoma, WA. Start/finish at the Fort Steilacoom Park. 5km /20km /5km short course, 10km /40km /5km long course. WA State Trail Running, Walking, & Duathlon Club, 253-376-5737, www.humanmultisportspnw.org

Jun 17: Five Mile Lake Triathlon/ Duathlon

Federal Way, WA. Triathlon: 400m/14mi/5k. Duathlon: 5k/14mi/5k. Mail registration must be received by June 4. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. BuDu Racing, 253-334-4433, www.buduracing.com

Jun 17: Solstice Triathlon

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

Jun 21: Fresh Air Duathlon

Bend, OR. See Race Series for details. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jun 24: Mind Over Mountain Adventure Race

Duncan, BC. 40km - MTB, kayaking, trail running. Bryan Tasaka, Mind Over Mountain Event Co., New Westminster, BC, V3L 5V7. 250-715-8933, www.mindovermountain.com

Jun 28: Fresh Air Duathlon

Bend, OR. See Race Series for details. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

JULY**Jul 1: Five Mile Lake Women's Triathlon.**

Federal Way, WA. 400m swim /14mi bike /5km run. Mail registration must be received by June 19. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. BuDu Racing, www.buduracing.com

Jul 9: Vashon Island Off-Road Triathlon

Vashon Island, WA. 800m/12mi/6k. Swim begins at 10:00am. Mail registration must be received by June 27. Registration opens at 7:00am, closes at 9:30am. Race starts at 10:00am. BuDu Racing, 253-334-4433, www.buduracing.com

Jul 15: Clackamas River Runoff

Estacada, OR. Popular off-road Duathlon and Triathlon on the beautiful roller-coaster trail system in Milo McIver State Park. Chuck Neely, Rogue Multi-Sport, LLC, PO Box 745, Beaver

Sep 10: Seattle Escape from the Rock Triathlon

Mercer Island, WA. Half-mile swim, 12-mile bike, 2.5-mile run. Start/finish at Luther Burbank Park. Individual, physically challenged and relay categories. Enviro-sports Productions, PO Box 1040, Stingson Beach, CA, 94970. 415-868-1829, www.envirosports.com

Sep 16: Flowing Lake Triathlon

Snohoish, WA. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. Swim 400m, bike 12 miles, run 4k. BuDu Racing, 253-334-4433, www.buduracing.com

Sep 24: Vancouver Muddy Buddy Ride & Run

N. Vancouver, BC. Get dirty! Start at Camp Brick. Team of two, one run, one biking. Conquer 5 obstacles, while you leap frog switching from biking and running throughout the course. Obstacles consist of tire/hay bail challenges, mud pit, rope challenge, etc. Free kids race. Teri Taylor, Cove Communications, 4248 Cambridge Street, Burnaby, BC, V5C 1H2. 888-788-4645, www.covecommunications.ca/muddybuddy.htm

Sep 30: Mind Over Mountain Adventure Race

Cumberland, BC. 40km - MTB, kayaking, trail running. Bryan Tasaka, Mind Over Mountain Event Co., New Westminster, BC, V3L 5V7. 250-715-8933, www.mindovermountain.com

OCTOBER

Oct 6-8: Methow Valley Fall Bike Festival

Winthrop, WA. Bike Festival for the whole family; cyclocross, MTB rides, MTB races, road rides. Jan Erickson, PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

BMX

MARCH

Mar 11-12: Yakima Valley RCQ/SCR

Yakima, WA. Saturday SCR, Sunday RCQ Mike Bull, 206-246-2661, www.yakimavalleybmx.com

MAY

May 7: Columbia Basin BMX

Richland, WA. RCQ. John Higbee, 509-967-1651, www.columbiabasinbmx.com

May 7: Kelowna BMX

Kelowna, BC. RCQ event. Chris McCormack, 250-491-1470, www.kelownabmx.com

May 13-14: BC Cup #2/3

Kamloops, BC. Best 3 out of 5 races plus finals for the overall standings. Big Pine BMX, www.cycling.bc.ca

May 27-28: Western National Series # 5/6

Ridge Meadow, BC. Best 5 races plus finals for the overall standings. www.ridgemeadowbmx.com

JUNE

Jun 2-4: ABA Canadian Borderline Nationals

Grand Forks, BC. The 1st & 2nd races of the ABA Canadian National Championship series. Laddie Rich, American Bicycle Association, 3515 Carson Rd, Grand Forks, BC, V0H1H4. 250-442-3306, www.grandforksbmx.com

Jun 10: BC Cup #4

Ridge Meadow, BC. www.ridgemeadowbmx.com

Jun 11: BC Cup #5

Abbotsford, BC. Abbotsford BMX, www.abbotsford-bmx.ca

JULY

Jul 1: BC Cup Finals

Abbotsford, BC. Evening race. Best 3 out of 5 races plus finals for the overall standings. Abbotsford BMX, www.abbotsfordbmx.ca

Jul 2: BC Championships

Surrey, BC. Abbotsford BMX, www.abbotsfordbmx.ca

Jul 2: High Desert BMX

Bend, OR. RCQ event. Sunny Harmeson, 541-410-0808, www.highdesertbmx.com

Jul 7-9: ABA Canadian Nationals #3/4

Cumberland, BC. The 3rd & 4th races of the ABA Canadian National Championship series. American Bicycle Association

Jul 23: Indian Creek BMX

Kuna, ID. RCQ event. Julia Kolb, 28-375-5270

Jul 30: Roseburg BMX

Roseburg, OR. RCQ event. Travis Talton Tammy Talton, 541-430-0430, www.roseburgbmx.com

AUGUST

Aug 12-13: River Valley BMX

Sumner, WA. Saturday SCR double points, Sunday Redline Cup triple points. RCQ. 253-863-1608, www.gobmx.com

Aug 18-20: ABA Canadian Nationals #5/6

Prince George, BC. ABA Canadian National Championship series events. American Bicycle Association

Aug 26: CCA Nationals

ibc, BC. Canadian Cycling Association, www.canadian-cycling.com

SEPTEMBER

Sep 16-17: ABA Canadian Nationals #5/6

Chilliwack, BC. ABA Canadian National Championship series events. American Bicycle Association

CROSS

SEPTEMBER

Sep 10: Giant Bicycles BC Cross Cup #1

Langley, BC. Fort Langley cyclo-cross classic course. See Race Series for details. Base Clement, www.steamerracing.ca

Sep 17: Giant Bicycles BC Cross Cup #2

Nanaimo, BC. Diver Lake Park Cross course. See Race Series for details. www.island-multi-sports.com

Sep 23: Veloshop CCX

Portland, OR. Molly Cameron, 503-335-VELO, www.veloshop.org

Sep 24: Emerald City CX Series #1

Steilacoom, WA. Marymoor Velodrome, www.seattlecyclocross.com

Sep 24: Giant Bicycles BC Cross Cup #3

Vancouver, BC. Escape Velocity Grand Prix course. See Race Series for details. Stephen Cork, Escape Velocity, www.escapevelocity.bc.ca

Sep 24: 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, 541-490-6837, www.discoverbicycles.com

Sep 30: Sandy Point Beach Race #1

Boise, ID. Clinic followed by racing. See Race Series for details. www.lostrivercycling.org

OCTOBER

Oct 1: Cross Crusade #1

Portland, OR. See Race Series for details. Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 1: Emerald City CX Series #2

Auburn, WA. Donida Farm course. Marymoor Velodrome, www.seattlecyclocross.com

Oct 1: Giant Bicycles BC Cross Cup #4

Surrey, BC. Bayside Cyclocross Race. See Race Series for details. Jason Fluckiger, Baysie Cycling Club, www.geocities.com/baysidecycling

Oct 6-8: Methow Valley Fall Bike Festival

Winthrop, WA. Bike Festival for the whole family; cyclocross, MTB rides, MTB races, road rides. Jan Erickson, same, PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 7: Eagle Island #1

Boise, ID. See Race Series for details. www.aerocyclos.com

Oct 8: Portland Veldrit

Portland, OR. Cyclocross race - Belgian Style Kris Schamp, portlandracing.com, 16734 NW Paisley Dr, Beaverton, OR, 97006. 503-466-9007, www.portlandracing.com

Oct 14: Giant Bicycles BC Cross Cup #5

Delta, BC. Coastal Cross Classic course. See Race Series for details. Team Coastal, www.teamcoastalcycling.com

Oct 15: Cross Crusade #2

Portland, OR. See Race Series for details. Brad Ross, www.crosscrusade.com

Oct 15: Emerald City CX Series #3

Sumner, WA. Kelly Creek course Marymoor Velodrome, www.seattlecyclocross.com

Oct 21: Eagle Island #2

Boise, ID. See Race Series for details. www.aerocyclos.com

Oct 21: Giant Bicycles BC Cross Cup #6

Vancouver, BC. Vanier Park Cyclocross course. See Race Series for details. Krebs Cycle Club, www.krebscycleclub.com

Oct 22: Cross Crusade #3

Hillsboro, OR. See Race Series for details. Brad Ross, www.crosscrusade.com

Oct 22: Emerald City CX Series #4

Seattle, WA. Evergreen High course Marymoor Velodrome, www.seattlecyclocross.com

Oct 28: Giant Bicycles BC Cross Cup & Championship

Vancouver, BC. Jericho Cross Classic course. Provincial championship. See Race Series for details. Double Points. Team Wedgewood, www.teamwedgewood.com

Oct 28-29: Sun Valley Cyclocross

Sun Valley, ID. 11:30am to 5:00pm. Registration begins at 11:30am. Prizes in all categories. Sun Valley Road & Dirt Cycling Club, www.sunvalley.com

Oct 29: Cross Crusade #4

Yamhill, OR. See Race Series for details. Brad Ross, www.crosscrusade.com

Oct 29: Emerald City CX Series #5

Snohomish, WA. Marymoor Velodrome, www.seattlecyclocross.com

NOVEMBER

Nov 4: Eagle Island #3

Boise, ID. See Race Series for details. www.aerocyclos.com

Nov 5: Cross Crusade #5

Carver, OR. See Race Series for details. Brad Ross, www.crosscrusade.com

Nov 5: WA State Cyclocross Championships

Spokane, WA. Not an ECC Series event. www.seattlecyclocross.com

Nov 11-12: Emerald City CX Series #6/#7

Oak Harbor, WA. Fort Flager State Park Marymoor Velodrome, www.seattlecyclocross.com

Nov 11-12: National Cyclocross Championships

Nanaimo, BC. Championships events for all categories. Island Multi-Sports, www.island-multi-sports.com

Nov 11: Sandy Point Beach Race #2

Boise, ID. See Race Series for details. 3rd Annual Toys for Tots race. www.lostrivercycling.org

Nov 12: Cross Crusade #6

Estacada, OR. See Race Series for details. Brad Ross, www.crosscrusade.com

Nov 12: Sandy Point Beach Race #3

Boise, ID. See Race Series for details. www.lostrivercycling.org

Nov 18: Eagle Island #4

Boise, ID. See Race Series for details. www.aerocyclos.com

Nov 19: Cross Crusade #7

Hillsboro, OR. See Race Series for details. USGP Finals. Brad Ross, www.crosscrusade.com

Nov 26: Emerald City CX Series #8

Seattle, WA. South SeaTac course. Marymoor Velodrome, www.seattlecyclocross.com

DECEMBER

Dec 3: Emerald City CX Series #9 - Finals

Sumner, WA. Kelly Creek course Marymoor Velodrome, www.seattlecyclocross.com

Dec 8-10: Cyclocross Nationals

Providence, RI. www.usacycling.org

Dec 8-10: National Cyclocross Championships

Providence, RI. USA Cycling, www.usacycling.org

MTB RACING

FEBRUARY

Feb 25: 3rd Annual Pacific NW Trail MTB Challenge Series I

Fort Steilacoom Park Main Mx Facility. This event was designed by Olympic multisport coaches and athletes for winter multisport training. Tony Quinn, Washington State Trail Running, Walking and Duathlon Club, PO BOX #9623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

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(206) 298-9288 or info@redspoke.org
www.redspoke.org

Feb 26: Valentines Challenge-Indie #1 Belfair, WA. Tahuya State Forest, Horsecamp. Day of race registration only. Junior/Youth, Beginner, Tandem, Open/Cash, Expert, Junior Expert, Kids. Indie Series #1, Lisa Miller, www.indieseries.com

MARCH

Mar 5: The Dirty Dozen #1 Port Gamble, WA. MTB race on rolling terrain with combination of fire road and singletrack. David Brum-sickle, Silverdale Cyclery, 360-692-5508, www.silverdalecyclery.com

Mar 6: Dirty Duo N Vancouver, BC. Cross-country event. Start/Finish at Jaycee House on Lillooet Rd. Fun, technical 30km of classic North Shore MTB riding. "E" Races. Heather MacDonald, 518 East 15th Street, N Vancouver, BC, V7L 2S1. 604-990-9815, www.dirtyduo.com

Mar 12: Island Series XC #1 Victoria, BC. See Race Series for details. www.cycling.bc.ca

Mar 12: West Side MTB Series #2 SeaTac, WA. South SeaTac Park. See Race Series for details. Rory Muller, BuDu Racing, 4017 S. 291st St., Auburn, WA, 98001. 253-334-4433, www.buduracing.com

Mar 19: Dash for Cash-Indie Series #2 Whidbey Island, WA. This course located at the veteran Whidbey Island Mudder venue. Get ready for some good hills, singletrack and doubletrack all wrapped up in an exciting dash for cash. Technical support for racers as well as some yummy eats and treats will be available this year. Robert Frey, www.indieseries.com

Mar 19: Island Series XC #2 Port Alberni, BC. See Race Series for details. www.cycling.bc.ca

Mar 19: The Dirty Dozen #2 Port Gamble, WA. MTB race on rolling terrain with combination of fire road and singletrack. David Brum-sickle, Silverdale Cyclery, 360-692-5508, www.silverdalecyclery.com

Mar 26: 20th Peak Sports Mudslinger Blodgett OR. Classic MTB race, \$500.00 minimum cash purse, food and bread from Great Harvest. Epic race. Part of Oregon MTB series. Mike Ripley, 91231 Shane Ct, Coburg, Or, 97408. 541-342-1493, www.mudslingerevents.com

APRIL

Apr 1: Junkyard Dog XC Surrey, BC. Cycling BC sanctioned cross-country MTB race at a spectator friendly urban bike park. Jim Richardson, SORCE, 12666 21A Ave, Surrey, BC, V4A 7P6. 604-538-5716, source.gotdns.com

Apr 2: Island Series XC #3 Nanaimo, BC. See Race Series for details. www.cycling.bc.ca

Apr 2: My First Mountain Bike Race Surrey, BC. Cycling BC sanctioned grassroots beginner MTB race at a spectator friendly urban bike park. Jim Richardson, SORCE, 12666 21A Ave, Surrey, BC, V4A 7P6. 604-538-5716, www.sorcebikeclub.org

Apr 2: West Side MTB Series #3 Sea Tac, WA. North SeaTac Park. See Race Series for details. BuDu Racing, 253-334-4433, www.buduracing.com

Apr 8: Barking Spider Bash Nampa, ID. Owyhee Front, Reynolds Creek. Cross-country event for all categories from beginner to pro. 6.5-mile trail run before MTB race, and a duathlon category. Single speed class as well. Ron Dillon, Wild Rockies, 208-587-9530, www.wildrockies.com

Apr 9: Island Series Downhill #1 Nanaimo, BC. See Race Series for details. www.cycling.bc.ca

Apr 9: The Dirty Dozen #3 Port Gamble, WA. MTB race on rolling terrain with combination of fire road and singletrack. David Brum-sickle, www.silverdalecyclery.com

Apr 9: West Side MTB Series #4 Sea Tac, WA. South SeaTac Park. See Race Series for details. BuDu Racing, www.buduracing.com

Apr 15: Chasing the Rabbit Merlin, OR. Cliff McCann, 541-659-4104, www.obra.org

Apr 15: Sea to Sky XC BC. Hukk Bikes, dean@hukkbikes.com

Apr 16: Island Series Downhill #2 Victoria, BC. See Race Series for details. www.cycling.bc.ca

Apr 16: Race at Reehers Timber, OR. 40 miles west of Portland. Event for juniors, beginners, sport and expert/pro. Distances vary according to category. Course includes gravel road climbs, singletrack descents. Part of Oregon MTB Racing Series. XC. Jon Meyers, 503-234-9273, www.sellwoodcycle.com

Apr 23: Island Series Downhill #3 Port Alberni, BC. See Race Series for details. www.cycling.bc.ca

Apr 23: SeaTac Shuffle - Indie #3 SeaTac, WA. 6-mile loop, mostly singletrack with lots of ups and downs. Cash payouts for all categories, except Juniors. No license required. Part of the new Indie Series. Wick, Stiff Wick Promotions, 2151 S. 200th St., Seatac, WA, 98198. 206-824-7666, www.indieseries.com

Apr 29: Beezley Burn Ephrata, WA. The Beezley Burn is a XC MTB race put on by passionate mountain bikers, not big race promoters. The course is a challenging, desert-like, 7-mile lap with lots of short climbs and fast descents. Jake Maedke, 139 E SW, Ephrata, WA, 98823. 509-754-6361, www.beezleyburn.com

Apr 30: Bear Springs Trap Mt. Hood, OR. XC at McCubbins Gulch. 10, 20 and 30-miles, depending on class. 95% singletrack. 500-2000ft of elevation. Single lap format. Part of Mt. Hood Skibowl XC Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Apr 30: Blazing Saddles Nampa, ID. Owyhee Front, Wilson Creek. XC for all categories from beginner to pro. 6.5-mile trail run before MTB race, and a duathlon category. Single speed class as well. Ron Dillon, Wild Rockies, 208-587-9530, www.wildrockies.com

Apr 30: Merritt Cow Trail Classic Merritt, BC. XC and kids events, "B" level races. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

MAY

May 6: Island Series XC #4 Parksville, BC. See Race Series for details. www.cycling.bc.ca

May 6-7: On the Edge Rat Race Roberts Creek, BC. May 6th- Marathon. May 7th- DH. Registration opens March 1st. Register early as both events sold out last year! Level C race. Rod Campo-sano, SCUUB, 2738 Robinson Rd, Gibsons, BC, V0N 2W4. 604-886-1525, www.theratrace.ca

May 6: Shiloh Cyclery Spring Fling Mt Hood, OR. DH on Mt. Hood. Course depends on snow conditions. Single run for all categories. Part of Mt. Hood Skibowl DH Series. Petr Kakes, Hurricane Racing, 541-272-0240, www.skibowl.com

May 6-7: Spring Thaw MTB Festival Ashland, OR. XC on Saturday and DH on Sunday. DH offers a thrilling 1.7-mile, 100% singletrack descent through the beautiful Ashland Watershed. Classes for every age division and ability level. Kid's Race and Biker's Bash. Tita Soriano, SOMBRA, P.O. Box 903, Ashland, OR, 97520. 541-840-6580, springthaw@somba.org

May 7: Island Series Downhill #4 Parksville, BC. See Race Series for details. www.cycling.bc.ca

May 7: West Side MTB Series #5 Sea Tac, WA. South SeaTac Park. See Race Series for details. BuDu Racing, 253-334-4433, www.buduracing.com

May 13-14: Annual Lava Rama Lava Hot Springs, ID. 11th annual event. XC on Saturday, freestyle and DH on Sunday. First DH in Idaho for 2006. XC is part of the Utah Intermountain Cup Series, and DH part of Utah State Champ. Series. Wild Rockies, www.wildrockies.com

May 14: Cascade Chainbreaker Bend, OR. One of the biggest races in Oregon. The course is fun and challenging. Part of Oregon MTB

Series. Marcel Russenberger, 550 SW Industrial Way #23, Bend, OR, 97702. 541-389-3295, www.webycyclery.com

May 14: Salty Dog Team Relay Salmon Arm, BC. Tom Peasgood, Skookum Cycle & Ski, Box 436, 141 Shuswap St. NE, Salmon Arm, BC, V1E 4N6. 250-832-7368, www.skookumcycle.com/saltydog

May 20: Racing around Williams Williams, OR. Cliff McCann, 541-659-4104, www.obra.org

May 21: 4th Annual Coyote Classic AMBC at Avimor

Boise, ID. This course, which is always prime for spring competition, features a little of this and a lot of that; high speed rolling double-track where speeds hit 40 mph; tight, technical groomed singletrack trails twisting through sagebrush; get-your-socks-wet water crossings; quick steep drops; and nasty little granny gear climbs. Single speeders will dig this course. www.knobbytires.com

May 21: Island Series XC #5 Duncan, BC. See Race Series for details. www.cycling.bc.ca

May 21: Whidbey Island Mudder - Indie #4

Langley, WA. The 5.5-mile loop features some climbs, a few fast descents, and sections of singletrack! If it's warm and dry, the course can get dusty, watch out for mud if it's wet! Robert Frey, One Speed Promotion, 360-321-5884, www.indieseries.com

May 27-28: 24 Hours Round the Clock Spokane, WA. 24-hour relay for teams and solos. Starts at noon on Saturday and ends at noon on Sunday. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundaround.com

May 27: Pickett's Charge State Championships Bend, OR. Julie Wose, 541-382-6008, www.obra.org

May 28: 12 Mile Endurance Downhill MTB Ashland, OR. Tita Soriano, P.O. Box 903, Ashland, OR, 97520. 541-840-6580, www.obra.org

May 28: Island Series Marathon #1 Campbell River, BC. See Race Series for details. www.cycling.bc.ca

May 28: Shore 2 the Core North Vancouver, BC. Marathon event. Richard Juryn, www.nsmfbc.com

May 31: Wood River Cup #1 Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

JUNE

Jun 3: Bavarian Bike and Brews Fest - Indie #5 Leavenworth, WA. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 miles with 1800ft of elevation and features challenging singletrack, creek crossing and spectacular scenery. Part of Indie Series. Christine or James Munly, Leavenworth Fat Tire Club, 1207 Front St., Leavenworth, WA, 98826. 509-548-5615, www.dasradhaus.com

Jun 3: Kelly Canyon Knobby Challenge Idaho Falls, ID. Racers start with a gravel road climb back onto double track and down the new fence line trail. A steep, technical drop down through pine forests to the scenic Hawley Bridge Gulch. Riders will descend the loose and gnarly Poison Flat trail. A short stretch of gravel road back up to the switchback climbs summiting Kelly Mountain, where once again riders hit a rollercoaster ride through aspens and down Moose Run. Qualifier for NORBA championship. Davey Moore, Knobby Tire Series, P.O. Box 665, Boise, ID, 83701. 208-338-1016, www.knobbytireseries.com

Jun 4: Humberg Hurry-up Shasta, CA. 12-mile loops with 2,000ft of elevation gain per lap. Woodsy, shaded trails. No public roads. Lauren Sweezey, 2914 Island Road, Etna, CA, 96027. 530-467-3129, www.obra.org

Jun 4: Island Series XC Finals Cumberland, BC. See Race Series for details. www.cycling.bc.ca

Jun 7: Wood River Cup #2 Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 10: Revenge of the Singletrack Twin Falls, ID. Always a classic, more fun than ever. The race starts and finishes at the Magic Mountain ski resort. Beginners, sports, expert and pro categories. First start at 11:00am. 10-mile loop. Ron Dillon, Wild Rockies, www.wildrockies.com

Jun 11: Island Series DH Finals Duncan, BC. See Race Series for details. www.cycling.bc.ca

Jun 11: Methow Valley Race - Indie Series #6 Winthrop, WA. Mark Peterson, WHIMPS, 360-733-1955, www.whimpsmtb.com

Jun 11: Test Of Endurance Blodgett, OR. 50-mile MTB race, 7800ft of climbing, solo and/or combined time team event. Mike Ripley, 541-342-1493, www.mudslingerevents.com

Jun 14: Wood River Cup #3 Sun Valley, ID. See Race Series for details. Bill Olson, 208-788-9184, www.roadanddirt.org

Jun 17-18: T & E Cycles Challenge Mt. Hood. DH training on Saturday and racing on Sunday. XC and Short circuit on Sunday. 2-mile long course. Multiple lap format for XC and ST. All categories and sub-categories. Bring your climbing legs. Part of Mt. Hood Skibowl XC and DH Series. Petr Kakes, Hurricane Racing, 541-272-0240, www.skibowl.com

Jun 17: Test of Metal Squamish, BC. Marathon event. Brennan Park Leisure Centre. Very demanding XC course with over 1,200m of climbing and 35km of singletrack. Part of BC Marathon Series. Register early, usually sold out by February. Always room for pros. Cliff Miller, Test of Metal, 604-898-5195, www.testofmetal.com

Jun 18: Hutch's of Bend DH -WPDH #1 Willamette Pass, OR. Willamette Pass Downhill #1 See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jun 18: Idaho City Excellent Adventure Idaho City, ID. XC event for everyone, from pro to beginner, start at the same time, LeMans style. Everyone rides the same course. Long climbs and descents, deep woods and awesome singletrack. Your big chance to test yourself, heads-up and one-on-one, against the best. Held in conjunction with the Idaho City Arts & Crafts Festival. Ron Dillon, Wild Rockies, www.wildrockies.com

Jun 21: Wood River Cup #4 Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 24: 12 Hours of Cumberland Relay Cumberland, BC. The 12 Hours of Cumberland is a 12-hour race/relay on the trails south of Cumberland (access via the yellow gate). Laps are approximately 1 hour for the average rider. Jeremy Grasyb, The Riding Fool Hostel, 250-336-8250, www.ridingfool.com

Jun 24-25: Panorama XC/DH Invermere, BC. Level B event Brad Bush, 250-341-4123

Jun 24-25: Soldier Mountain Cross Country and Downhill Fairfield, ID. Epic XC. Qualifier for NORBA National Championship. Davey Moore, Knobby Tire Series, P.O. Box 665, Boise, ID, 83701. 208-338-1016, www.knobbytireseries.com

Jun 24: Surrey Bike Fest Surrey, BC. Annual event featuring dirt jump jam, gear swap, pro demo riding, trade show and much more. Jim Richardson, SORCE, 12666 21A Ave, Surrey, BC, V4A 7P6. 604-538-5716, www.sorcebikeclub.org

Jun 25: Cascade Cream Puff Oakridge, OR. America's toughest 100-mile MTB race. Riders complete three 33-mile loops. Climbing on gravel road, 50% singletrack and 18,000ft of climbing. 110-rider limit. Time limit: 15 hours. Register early. Don Person, 25828 Parker Lane, Veneta, OR, 97487. 541-935-4996, www.puff100.neffirms.com

Jun 25: 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. CC. Tita Soriano, 541-840-6580, www.obra.org

Jun 28: Wood River Cup #5 Sun Valley, ID. See Race Series for details. Bill Olson, 208-788-9184, www.roadanddirt.org

JULY

Jul 1-2: Lakeview Outback Challenge Lakeview, OR. Beginner through Pro divisions, cash prizes for top men and women. Registration open Friday and Saturday. Part of Oregon MTB Series. Jay Goodwin, 541-947-5316, www.bikeoutback.org

Jul 1-2: Red Mountain DH Rossland, BC. Rick Dostatler, Red Mountain, 250-362-7124, www.redresort.com

Jul 1: State Games of Oregon Mt. Hood, OR. Short track & XC events. Part of Mt. Hood Skibowl XC Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 2: Outback Challenge MTB Lakeview, OR. Jay Goodwin, 541-947-7855, www.pulldownclimbing.com

Jul 2: Urban Assault Short Track XC Boise, ID. Short Track XC Davey Moore, Knobby Tire Series, P.O. Box 665, Boise, ID, 83701. 208-338-1016, www.knobbytireseries.com

Jul 8-9: Brundage MTB Festival McCall, ID. Incredible trail system at the scenic Brundage Mountain ski resort near McCall, ID. XC on Saturday on the 10.5-mile loop which is legendary for both its climbs and descents. The last 4.5-miles are all DH on the famous Elk Trail. Sunday is for DH event. Ron Dillon, Wild Rockies, www.wildrockies.com

Jul 8-9: Canadian National Championship Fernie, BC. Nelson, Ski Fernie, www.skiferne.com

Jul 8-9: Fat Tire Farm State Games of Oregon Mt. Hood, OR. DH is 2 miles long, with 1500ft of elevation. Part of Mt. Hood Skibowl DH Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 8: Midsummer's Night MTB Race Asea, OR. Come out and race as the sun is setting. Please bring your lights as half or more of the race will take place in the dark. All OBRA Mtn categories offered as camping and fun await you on this Saturday night race. Mike Ripley, 91231 Shane Ct, Coburg, OR, 97408. 541-342-1493, www.mudslingerevents.com

Jul 8-9: Norba #4 Park City, UT. Full schedule of events. Tom Spiegel, Jeff Frost, 909-866-4565, 435-884-3515

Jul 10: Portland MTB Short Track Series #1 Portland, OR. At PIR. See Race Series for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Jul 15-16: Canadian National Championship Fernie, BC. Mark Elson, Ski Fernie, www.skiferne.com

Jul 15-16: Padden MTN Pedal and Freeride Challenge - Indie #7 Bellingham, WA. The granddaddy of them all - this is the oldest and most respected race in the Pacific Northwest. Extensive prize list. Great course in the heart of Bellingham. - Big Air contest, - Padden XC. Part of the Indie Series. Mark Peterson, WHIMPS, 360-733-1955, www.whimpsmtb.com

Jul 16: Psychosis DH Golden, BC. Over 4000 feet of technical singletrack downhill. Trevor Gavura, trevorgavura@yahoo.com

Jul 16: Willamette Mt. Merchatile DH - WPDH #2 Willamette Pass, OR. Downhill #2. See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jul 17: Portland MTB Short Track Series #2 Portland, OR. At PIR. See Race Series for details. Kris Schamp, 503-466-9007, www.portlandracing.com

Jul 20-23: USA Cycling MTB National Championships Mammoth Mountain Resort, CA. All events, all categories. Tom Spiegel, Jeff Frost, 909-866-4565, 435-884-3515, www.usacycling.org

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Jul 22-30: Crankworx Freeride Festival & Canada Cup

Whistler, BC. Festival includes: Nissan Biker X, Air Downhill, Garbanzo Downhill-- the world's longest DH race, dropping more than 3,400ft-- and Slopestyle Expression Session. With the exception of Slopestyle, all events will have pro, amateur and junior categories for men and women. Canada Cup on the first weekend. Eric Fremont, Whistler Events Bureau, 604-938-3399, www.crankworx.com

Jul 22-23: Greenwater Gamble - Indie Series #8

Greenwater, WA. Saturday Indie Series XC MTB Race, Sunday Short Course Race (not part of the Indie series.) Poker run, BBQ. Wick, www.indieseries.com

Jul 22-23: Oakridge Fat Tire Fest

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

Jul 23: Gear Jammer Marathon

Squamish, BC. Singletrack lovers will enjoy this course greatly. Mass start, point to point through Squamish singletrack. Limit 500 riders. "D" level race. Curtis Roberts, SORCA, Squamish, BC, 604-892-9296, www.gearjammer.ca

Jul 24: Portland MTB Short Track Series #3

Portland, OR. At PIR. See Race Series for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Jul 29: Bordertown Challenge

Oasis, NV. One big loop race with deep dark woods and huge climbs as well as long descents. 12-30 miles long depending on ability. Elevation range 6000-9000ft. XC event part of the Wild Rockies Series. Ron Dillon, Wild Rockies, www.wildrockies.com

Jul 29-30: Mt Washington Canada Cup

Mount Washington, BC. Mount Washington MTB Open - XC on Saturday, DH on Sunday. Mike Manara, Mount Washington Resort, 888.231.1499 Ext. 744, www.mountwashington.ca

Jul 29-30: Shiloh's Showdown

Mt. Hood, OR. Saturday DH training and Sunday race at Mt. Hood Skibowl. Mt. Hood Skibowl DH Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 31: Portland MTB Short Track Series #4

Portland, OR. At PIR. See Race Series for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

AUGUST

Aug 5-6: 12/24 Hour MTN MTB

Oakridge, OR. 25 categories offered from Beginner 14 and under to Pro. Singletrack with some gravel roads to connect the trails. Part of Oregon MTB Series. Randy Dreiling, Oregon Adventures, 541-968-5397, www.oregon-adventures.com

Aug 5-6: Bear Mountain Provincial Championship

Mission, BC. 4 minutes of perfectly groomed singletrack that consistently draws the fastest racers in the country, XC, DH. "B" level event Cory Adsit, Bear Mountain Promotions, 604-850-4603, www.bearmountainchallenge.com

Aug 5: Intermountain Orthopaedics White Knob Challenge

Mackay, ID. Cross country event. Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Aug 5-6: Norba #4

Brian Head, UT. Tom Spiegel, 909-866-4565, www.usacycling.org

Aug 7: Portland MTB Short Track Series #5

Portland, OR. At PIR. See Race Series for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Aug 12: Pomerelle Peaks

Albion, ID. Saturday XC- 5.5 miles spectator's and racer's dream alike. Features tight, twisty trails through dark groves of trees and open areas, fun descents and challenging climbs. Sunday - DH and freestyle events. Ron Dillon, Wild Rockies, www.wildrockies.com

Aug 13: Portland MTB Short Track Series Finale

Portland, OR. Series Grand Finale! See Race Series for details. Kris Schamp, 503-466-9007, www.portlandracing.com

Aug 13: Pyramid Brewing DH - WPDH #3

Willamette Pass, OR. Downhill #3. See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Aug 19: Island Series Marathon #2

IBC, BC. See Race Series for details. www.cycling.bc.ca

Aug 19-20: Tamarack Twister Idaho State Championships/Knobby Tire Series Finals

Tamarack Resort, ID. XC on Saturday, DH on Sunday. Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Aug 20: Falls City Firecracker

Falls City, OR. Oregon MTB Series Final. Kevin Thompson, 7945 SW Fanno Cr. Dr. #1, Tigard, OR, 97224. thompsok@loswego.k12.or.us

Aug 26-27: Mt Washington XC, DH

Mt Washington, BC. Mike Manara, Mount Washington Resort, 250-334-5744, www.mountwashington.ca

SEPTEMBER

Sep 2-3: UCI Masters Worlds MTB Championships

Kamloops, BC. Event presented at Sun Peaks. Open to Master racers 30 years old and up. XC and DH. Richard Deslandes, Mondial du Velo, www.mondialduvelo.com

Sep 3: Sun Peaks Provincial 4X Championships

Kamloops, BC. Henry Pejril, 250-578-5411, www.sunpeaksresort.com

Sep 9-10: Scotty Graham Memorial Series Finals

Mt. Hood, OR. Mt. Hood Skibowl Series Finals presented by Shiloh Cyclery. DH and XC events at Mt. Hood Skibowl. Friday-DH training, Saturday DH race and Sunday XC race. Mountainous, rocky course with spectacular views. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 10: 2nd Annual Fat Tire Festival - Poker Run II

Federal Way, WA. Ride Dash Point. For riders of all ages and abilities. Raise money to maintain the trails and bridges. 7-mile ride at your own pace. Collect the cards, best hands win prizes and cool stuff. Skills contest, snacks, free parking. Phil Meyer, Phil's South Side Cyclery, 2310 SW 336th St, Federal Way, WA, 98023. 253-661-3903, www.teamtailwind.com

Sep 23: Cheakamus Challenge Fall Classic

Squamish to Whistler, BC. Oldest, toughest XC race in Canada. Marathon event. Grant Lamont, Endorphin Enterprises, 604-938-1799, www.cheakamuschallenge.com

Sep 24: Island Series Marathon #3

Rowbotham, BC. See Race Series for details. Ramble, www.cycling.bc.ca

Sep 24: Mt Ashland Hillclimb

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

Sep 30-Oct 14: Gunbarrel Challenge MTB Stage Race

Western Australia. 1200km over 10 days - \$38k Cash Purse. Cultural experience as well as a bike tour/race. Bryan Tasaka, Mind Over Mountain Event Co., New Westminster, BC, V3L 5V7. 250-715-8933, www.gunbarrel.com.au

OCTOBER

Oct 6-8: Methow Valley Fall Bike Festival II

Winthrop, WA. Bike Festival for the whole family; XC, MTB rides, MTB races, road rides. Jan Erickson, same, PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 8: Boise Banzai Singlespeed MTB Championships

Boise, ID. P.O. Box 7075, Boise, ID, 83707. 208-587-9530, www.wildrockies.com

MTB TOURING

APRIL

Apr 22: Forks Forest Frenzy

Forks, WA. Meet 10am at Mt. Muller--25mi. east of Forks on Hwy 101 at MP 217. Two routes to choose from the Mt Muller loop - 13 mi. of scenic, challenging singletrack or the Hutch Creek loop - 6mi fun valley route for all abilities. No entry fee. Forks=MTB!! Diane Schostak, Forks Chamber of Commerce, PO Box 1249, Forks, WA, 98331. 360-374-2531, www.forks-wa.com

JUNE

Jun 17-18: Cycle Idaho

Boise, ID. Cycle from Boise to Idaho City and back to Boise. Camp over 1 night. Harley Parson, Cycle Idaho, PO Box 1063, Meridian, ID, 83680. 208-288-2327, www.cycleidaho.com

Jun 18-Jul 1: Ecuador: Andes to the Amazon

Ecuador. IBF fundraiser and cultural / natural heritage tour of Ecuador. Ibike Tours, 206-767-0848, www.ibike.org/ibike

Jun 18-24: Oregon Coast

Astoria, OR. With its quiet farmlands and forest, it's a rite of passage for every touring cyclist. Beginning in Astoria, we'll ride south, visiting Tillamook, the Three Capes Scenic Route, the Oregon Dunes and more, finishing with some of the most breathtaking scenery on the entire Pacific coast. Robbin McKinney, R.E.M Event Management, 800-242-1825, www.great-explorations.com

Jun 25-30: Canadian Rockies

Banff, Canada. Cycling from Banff to Jasper, following the spectacular Icefields Parkway, will be a trip you always remember. Join us this summer! Robbin McKinney, R.E.M Event Management, 800-242-1825, www.great-explorations.com

JULY

Jul 3-7: 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. Also available: July 10, July 17, July 24, and July 31. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 3-8: Canadian Rockies

Banff, Canada. See June 25-30 for description. Also available: July 23. R.E.M Event Management, 800-242-1825, www.great-explorations.com

Jul 3-7: Mt. Hood Singletrack

Portland, OR. Travel through the Mt. Hood National Forest. A few short tricky sections, rideable switchbacks and excellent grades. Also available: July 10, July 17, July 24 and July 31. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 3-7: Sun Valley Singletrack

Ketchum, ID. Smooth trails. Altitudes on this trip are below 10,000ft. We average about 25-miles per day, climb to get the views, and singletrack experience is a must. Also available: July 10, July 17, July 24 and July 31. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 7-9: Sea to Sky Trail Ride

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

Jul 10-16: Kettle Valley Trail Cycle Tour 1

Beaverdell, BC. Beaverdell to Coalmont along the Trans-Canada trail. 7-day trip. Cycle 700km through the interior of BC, viewing some of the most spectacular scenery in North America. R.E.M Event Management, 800-242-1825, www.great-explorations.com

Jul 10-14: Sawtooth Singletrack

Ketchum, ID. Singletrack experience is a must. This trip includes lots of technical climbing and descending at altitudes from 6,000 to 9,000ft. Also available July 17, July 24 and July 31. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 15-21: Kettle Valley Trail Cycle Tour 2/3

Castlegar, BC. Castlegar to Hope along the Trans-Canada trail. 7-day trip. Cycle 700km through the interior of BC. R.E.M Event Management, 800-242-1825, www.great-explorations.com

Jul 15: Pedal the Pinchot

Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St Helens. 4 routes: 30, 32, 49 and 88 miles. Start line open at 6:00am/ close at 6:00pm at Sweiff Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

Jul 17-21: Umpqua River Trail

Medford, OR. World-class trail, smooth, perfect trail tread with excellent traction undulating through vast and diverse forests of Mountain Hemlock, Western Cedar and Douglas Fir. Also available: July 24 and July 31. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 23: 12th Annual Mountain Bike Poker Run II

Belfair, WA. Tahuya State Forest. Non-competitive event for all skill levels and abilities, including families with children. Separate kids course. Marked trails through lush forest, with stations for card drawing. Best hand at the finish wins. Registration 8:00 - 11:00am at the Tahuya River Camp. Pat Spouce, Single Track Mind Cycling Club, 6824 19th St W. PMB #147, Tacoma, WA, 98466. 360-697-1491, www.stmcc.org

Jul 24-28: 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. Also available July 31. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Jul 28-31: High Cascades Haute Route

Sisters, OR. A spectacular MTB ride along scenic dirt roads and trails in the shadows of the Three Sisters and Broken Top Mountain. Beginner or above. Also Available: August 18, August 25 and September 22. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

AUGUST

Aug 6: Tour de Peaks Bike Ride

Snoqualmie, WA. Great food, 3 road routes, 1 MTB route. Sign-in 7-10am. Sue Beauvais, Snoqualmie Valley Chamber of Commerce, P. O. Box 357, North Bend, WA, 98045. 425-888-4440, www.tourdepeaks.com

Aug 7-11: Backcountry Hot Springs

Ketchum, ID. See July 3-7 for description. Also available: August 14, August 21, and August 28. Western Spirit Cycling, www.westernspirit.com



The tranquility and beauty of off-road riding.

Photo courtesy of Arkel

Aug 7-13: Kettle Valley Trail Cycle Tour 1
Beaverdell, BC. See July 10-16 for description. Also available: August 12 and August 20. R.E.M Event Management, 800-242-1825, www.great-explorations.com

Aug 7-11: Lewis and Clark Lolo Trail
Missoula, MT. See July 24-28 for description. Also available August 14. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 7-11: Mt. Hood Singletrack
Portland, OR. See July 3-7 for description. Also available: August 14, August 21 and August 28. Western Spirit Cycling, www.westernspirit.com

Aug 7-11: Sawtooth Singletrack
Ketchum, ID. See July 10-14 for description. Also available August 14 and August 21. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 7-11: Sun Valley Singletrack
Ketchum, ID. See July 3-7 for description. Also available: August 14, August 18 and August 21. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Aug 7-11: Umpqua River Trail
Medford, OR. See July 17-21 for description. Also available: August 14, August 21 and August 28. Western Spirit Cycling, www.westernspirit.com

Aug 10-13: Canadian Rockies
Banff, Canada. Cycling from Banff to Jasper, following the spectacular Icefields Parkway, will be a trip you will always remember. Also available: Aug 20. R.E.M Event Management, 800-242-1825, www.great-explorations.com

Aug 10-13: Sunshine Coast Trail Ride
Haltom Bay, BC. Off-road trail riding that features beginner to intermediate singletrack trails and outstanding scenery. R.E.M. Event Management Inc., 800-242-1825, www.great-explorations.com

Aug 18-20: Mt Bike Oregon
Oakridge, OR. Enjoy 3 full days (or the 5-day option) of unequalled singletrack riding in Oakridge, OR that will leave you both exhausted and replenished. Each day offers supported ride options. The campground is on over nine acres along the bank of the refreshing Willamette River. 503-459-4508, www.mtbikeoregon.com

SEPTEMBER

Sep 4-8: Cascade Lakes Singletrack
Bend, OR. Swooping singletrack, lower elevations (rarely above 7,000ft), relatively small climbs for a singletrack trip. The trails are tunnel-like paths. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

Sep 4-10: Kettle Valley Trail Cycle Tour 1
Beaverdell, BC. See July 10-16 for description. Also available: September 9 and September 14. R.E.M Event Management, 800-242-1825, www.great-explorations.com

Sep 4-8: Umpqua River Trail
Medford, OR. See July 14-21 for description. Also available: September 11. Western Spirit Cycling, www.westernspirit.com

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Stretching the pack on Mud Mountain!

Sep 10: 2nd Annual Fat Tire Festival - Poker Run

Federal Way, WA. Ride Dash Point. For riders of all ages and abilities. Raise money to maintain the trails and bridges. 7-mile ride at your own pace. Poker Run loop will show you all that the park has to offer. Collect the cards, best hands win prizes and cool stuff. Skills contest, snacks, free parking. Phil Meyer, Phil's South Side Cyclery, 2310 SW 336th St, Federal Way, WA, 98023. 253-661-3903, www.teamtailwind.com

Sep 16-30: South Korea: T'amhomhada Tongjijokui

Ecuador. Explore Eastern Korea. IBF fundraiser and cultural / natural heritage tour of Ecuador. Ibike Tours, 206-767-0848, www.ibike.org/ibike

Sep 24: Olympic Discovery Bike Adventure

Port Angeles, WA. Enjoy riding 50 miles on the off-road Olympic Discovery Trail that winds through valleys and along the shoreline of some of the most beautiful coastal scenery in the world. Port Angeles to Sequim. MTB with semi-slick or smooth tires or road bike with wider tires recommended. Start at City Pier. Dan, City of Port Angeles Parks and Rec., 360-417-4550, www.olympicdiscoverybike.com

OCTOBER

Oct 1: Black Rock Ride

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

Oct 6-8: Methow Valley Fall Bike Festival

Winthrop, WA. Bike Festival for the whole family; XC, MTB rides, MTB races, road rides. Jan Erickson, PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

ROAD RACING

FEBRUARY

Feb 19: Cherry Pie Road Race

Eugene, OR. This is the time for the honesty test. The course is 21 miles long, mostly flat with a bit of big rollers half-mile in length...hills to some...rolling to others. Yummy gourmet Wild Plum Cherry Pies and ribbons! Norman Babcock, 1860 W 14th Ave, Eugene, OR, 97402. 541-485-6007, www.eugencyclingteam.com

Feb 19: Limited Gear Ratio RR #1

Boise, ID. Course and distance to be confirmed. Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Feb 25: Limited Gear Ratio RR #2

Boise, ID. Location and distances to be confirmed. Mike Cooley, Boise Cycling Club, www.georgescycles.com

Feb 25: Ronde Ohop Circuit Race

Eatonville, WA. Belgian Kermesse style circuit race. 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. All categories. WA Cup #1. Michael Pruitt, 5748 29th Ave NE, Seattle, WA, 98105. 206-227-7111, www.axleyusa.com

Feb 26: Jack Frost Time Trial

Vancouver, WA. 12.4 miles out and back course. Start in Vancouver Lake Park. Phil Sanders, Beaverton Bicycle Club, 503-649-4632, www.obra.org

MARCH

Mar 4: Mason Lake RR Series #1

Mason Lake, WA. See Race Series for details. www.pazzovelo.com

Mar 4: Southern Oregon TT #1

Medford, OR. See Race Series for details. Tim Turk, www.obra.org

Mar 5: Banana Belt RR #1

Forest Grove, OR. Road event. See Race Series for details. www.obra.org

Mar 5: Escape Velocity Spring Series #1

Langley, BC. River Road - flat, square circuit beside the Fraser River in Langley. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

Mar 5: Ice Breaker Time Trial

Auburn, WA. 10-mile flat out and back course on Green Valley Rd. near Flaming Geyser State Park. First riders start at 9:00am.; bib number indicates your start order. Juniors and Masters categories welcome. Registration day of race only. NWWC series event. Erik Olson, Seattle Velo, 425.714.0732, www.seattlevelo.com

Mar 11-12: Escape Velocity Spring Series #2/#3

Langley, BC. Saturday - Zero Ave - rolling circuit with small hills beside the US border. Sunday Armstrong - climbers delight - the infamous Armstrong hill. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

Mar 11: Mason Lake RR Series #2

Mason Lake, WA. See Race Series for details. www.pazzovelo.com

Mar 11: Southern Oregon TT #2

Medford, OR. www.obra.org

Mar 12: Banana Belt Road Race #2

Forest Grove, OR. Road event. See Race Series for details. www.obra.org

Mar 12: George's Cycles Spring Race Series

Boise, ID. Start at intersection of Pleasant Valley Rd and Ten Mile Creek. See Race Series for details. George's Cycles, 208-343-3782, www.georgescycles.com

Mar 12: Sequim Road Race

Sequim, WA. Mostly flat and fast course. NWWC event. WA Cup #2. The Garage/Aurora Cycling Teams, www.garagebilliards.com/racing/

Mar 16: Snake River Criterium Series #1

Nampa, ID. See Race Series for details. Snake River Cyclist, www.lactacidcycling.org

Mar 18-19: Escape Velocity Spring Series #4/#5

Langley, BC. Saturday - River Road - flat, square circuit beside the Fraser River in Langley. Sunday - challenging road race course, used for annual Masters RR in Bradner Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

Mar 18: Mason Lake RR Series #3

Mason Lake, WA. See Race Series for details. David Douglas, Pazzo Velo, 4207 S.W. Hill St., Seattle, WA, 98116. 206-932-5921, www.pazzovelo.com

Mar 18: Southern Oregon TT #3

Medford, OR. See Race Series for details. Tim Turk, www.obra.org

Mar 19: Banana Belt Road Race #3

Forest Grove, OR. Opening event of the Oregon Cup. See Race Series for details. Jeff Mitchem, www.obra.org

Mar 19: George's Cycles Spring Race Series

Boise, ID. Indian Creek Road Race. Simco road exit I-84 15 miles East of Boise. See Race Series for details. Georges Cycles, 208-343-3782, www.georgescycles.com

Mar 19: Ravensdale Market Street RR

Ravensdale, WA. The course is a 9-mile loop on county roads. It has a few small hills. Registration opens at 7:15am, first group off at 8:30am. Day of race registration only. WA Cup #3. BuDu Racing, www.buduracing.com

Mar 23: Snake River Crit Series #2

Nampa, ID. See Race Series for details. Snake River Cyclist, www.lactacidcycling.org

Mar 25-26: Escape Velocity Spring Series #6/#7

Abbotsford, BC. Saturday - Atomic BC Cup course. Sunday - Aldergrove Border Crossing - a new Zero Ave circuit, east of the border crossing. Escape Velocity, 604-734-4241, www.escapevelocity.bc.ca

Mar 25: Independence Valley RR

Rochester, WA. 19.5-mile loop with rolling hills and a few short climbs. \$10 race day, USCF license required and available. WA Cup #4. Erik Anderson, 1115 Chatham DR SE, Lacey, WA, 98513. 360-870-5025, www.bikecafe.net/nw/RaceFlyer/

Mar 26: Dorena Lake Road Race

Eugene, OR. Casey Deck, 503-705-6607, www.obra.org

Mar 26: Rainier Roubaix

Lacey, WA. 6 miles of Belgian-style undulating forested road leading to a 4-mile circuit. The circuit comprises 2 miles of wide, packed gravel road & 2 miles of paved road. Following the circuits, racers head back on the same 6-mile road to the finish. \$20 per race. Day of race registration only. One day license for Cat. 5 men and 4 women available. USCF annual license required for Cat 3 and above. WA Cup #5. Rob Campbell, www.cbcracing.org

Mar 30: Snake River Crit Series #3

Nampa, ID. See Race Series for details. Snake River Cyclist, www.lactacidcycling.org

APRIL

Apr 1-2: Escape Velocity Spring Series #8/#9

Langley, BC. Saturday - Zero Ave - rolling circuit with small hills. Sunday - Mini Gloucester - shortened Gloucester circuit and River Road TT - 12km out and back TT near the Fraser River. Overall based on points. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

Apr 1: Icebreaker Criterium

Eugene, OR. 1km flat, wide open, 4 corner criterium. There is a long finish straight, and a headwind on the back stretch. Categories and distances: Pro 1/2-30 miles, Cat 3 -25 miles, Cat 4/5-15 miles, Women and Masters - 20 miles. Sal Collura, 541-747-3336, www.obra.org

Apr 1-2: Tour of Frozen Flatlands

Cheney, WA. 2-day stage race. Cooper Jones Memorial. Saturday - 2.5-mile circuit race on a flat course at Spokane Raceway Park and time trial. Sunday - road race, mostly flat with small risers and uphill finish. Badlands Cycling Club. 509-456-0432, www.baddlands.org

Apr 2: Piece of Cake Road Race

Woodland, WA. New 17-mile loop west of Woodland, 30 minutes from Portland. Flat, likely windy. Open to all categories including juniors. Cash for 1/2s, prizes for others. Rich Cramer, PrestoVelo Cycling Team, 503-329-7305, www.obra.org

Apr 4: Eugene Time Trial Series #1

Eugene, OR. See Race Series for details, Richard Sweet, www.obra.org

Apr 4: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Apr 5: Bend Crit and TT Series #1

Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

Apr 6: Port of Hood River Criterium Series #1

Hood River, OR. See Race Series for details. Paul Blackburn, www.obra.org

Apr 6: Seward Park Criterium Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Apr 8: Kings Valley Road Race

Kings Valley, OR. The Queen of the Oregon Classics. A rolling course perfect for the strong man/woman. 19.5-mile loop on good to excellent roads. Oregon Cup #2. Scott Goldstein, Classic Events, 2290 Corinthian Ct., Eugene, OR, 97405. 541-343-4833

Apr 8: Vance Creek Road Race

Elma, WA. Rolling hills combined with flats, one good climb. Course can be windy. WA Cup #6. Jack Broadhead, www.pazzovelo.com

Apr 8: WWU North Shore Circuit Race

Bellingham, WA. Collegiate Road Event - circuit race. This traditional Bellingham circuit has 575ft. of climbing per 8-mile lap on quiet country roads on the North Shore of Lake Whatcom. Chris Daifuku, WWU Team, C/O Campus Recreation 516 High Street, Bellingham, WA, www.wucycling.com/events.html

Apr 9: George's Cycles Spring Race Series

Boise, ID. Black's Creek Road Race. Starts 1-mile north of I-84 (Blacks Creek Exit). See Race Series for details. Mike Cooley, George's Cycles, 208-343-3782, www.georgescycles.com

Apr 9: Harris Roubaix Classic - Flora Glo Lutein BC Cup #1

Pitt Meadows, BC. Race near Vancouver, fast flat 5km with 1.3km gravel section. A European classic with a BC flavor. First start at 8:00am. Men's Cat 4/5 - 50km; Women's Cat 1/2/3/4 and Junior - 60km; Junior Men - 70km; Men's Cat 3 - 70km; Men's Pro & Cat 1/2 - 100km. Part of SISU BC Cup. Trek Red Truck Racing Team, 604-221-4191, www.trekredtruckracing.com

Apr 9: Recycled Cycles Boat Street Criterium

Seattle, WA. Exciting 1-mile, 6-corner course in U-District offers a challenge for even solid bike handlers. Wide and flat with good pavement. Spectator friendly. Part of WSBA Juniors Tour and LAJORS. Robert Trombley, Recycled Cycles, 206-528-2242, www.recyclecycles.com

Apr 9: Silverton Road Race

Silverton, OR. Chris Myers, www.obra.org

Apr 11: Eugene Time Trial Series #2

Eugene, OR. See Race Series for details. Richard Sweet, www.obra.org

Apr 11: Pacific Raceways RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Apr 11: Spokane Twilight Series

Spokane, WA. Located at SRP - circuit race. See Race Series for details. Badlands Cycling Club, www.baddlands.org

Apr 11: Tuesday Nighter Series

Boise, ID. See Race Series for details. www.lostrivercycling.org

Apr 11: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Apr 12: Bend Time Crit/TT Series #2

Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

Apr 13: Pacific Raceways Women's RR

Kent, WA.. See Race Series for details. BuDu Racing, www.buduracing.com

Apr 13: Port of Hood River Crit #2

Hood River, OR. See Race Series for details. Paul Blackburn, www.obra.org

Apr 13: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Apr 13: Snake River Crit Series #5

Nampa, ID. See Race Series for details. Snake River Cyclist, www.lactacidcycling.org

Apr 15: Buffalo Stampede/Antelope Island RR

Antelope Island, UT. Ogden One Cycling Club, 801-589-3675, www.cyclingogden.com

Apr 15: Tahuya-Seabeck-Tahuya RR (TST)

Tahuya, WA. Race on the Washington peninsula, the course features two steep demanding climbs about 3km long that usually split the pack. 6-mile loop with 5,000ft elevation gain. One lap for all. Liege-Bastion-

Liege style. NWWC event. WA Cup #7. Lake Washington Velo, Seattle, WA, www.broadmarkcycling.com

Apr 18: Eugene Time Trial Series #3

Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.obra.org

Apr 18: Pacific Raceways RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Apr 18: Spokane Twilight Series

Spokane, WA. Located at Chapman Park. Road race. See Race Series for details. Badlands Cycling Club, www.baddlands.org

Apr 18: Tuesday Nighter Series

Boise, ID. See Race Series for details. www.lostrivercycling.org

Apr 18: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Apr 19: Bend Criterium/TT Series #3

Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

Apr 19: Eugene Time Trial Series #4

Eugene, OR. See Race Series for details. Richard Sweet, www.obra.org

Apr 20: Port of Hood River Criterium Series #3

Hood River, OR. See Race Series for details. Paul Blackburn, www.obra.org

Apr 20: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Apr 21-23: Willamette Valley Classic

Eugene, OR. 3-day stage race. 4 stages for Men Pro/1/2, Cat 3, Master 1/2/3 40+ and Pro 1/2 Women. 3 stages for other categories. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.willamettevalleyclassic.com

Apr 22-23: Tour of Walla Walla

Walla Walla, WA. Consists of a 5-mile TT(point-to-point), RR over rolling terrain (39-23 recommended) and 6 corner loop criterium. Distances vary by category. Juniors omnium instead of stage race. \$4000 cash prize. Limit 100 riders per category. No day-of registration. USCF sanction. NWWC event. Part of WSBA Juniors Tour. Steve Rapp, 701 Boyer Ave., Walla Walla, WA, 99362. 509-527-8724, www.tourofwallawalla.com

Apr 22: U-District Street Scramble

Seattle, WA. 30 locations circled on a map. Visit as many as you can, in any order, in 90 minutes or 3 hours. Eric Bone, Meridian Geographics, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetsscramble.com

Apr 23: Estacada TT Series #1

Estacada, OR. See Race Series for details. Ginger Woolcock, www.obra.org

Apr 23: George's Cycles Spring Race Series

Boise, ID. Emmett Roubaix. Start at Emmett City Park in downtown Emmett. See Race Series for details. George's Cycles, 208-343-3782, www.georgescycles.com

Apr 23-24: St. George Stage Race

St. George, UT. 3 stages, 2 days. 801-944-5042, www.lostrivercycling.org

Apr 25: Pacific Raceways RR

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

Apr 25: Spokane Twilight Series

Spokane, WA. Located at Lincoln Park. Criterium event. See Race Series for details. Badlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509-456-0432, www.baddlands.org

Apr 25: Tuesday Nighter Series

Boise, ID. See Race Series for details. www.lostrivercycling.org

Apr 25: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Apr 26: Bend Crit/TT Series #4

Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

Apr 27: Port of Hood River Criterium Series #4

Hood River, OR. See Race Series for details. Paul Blackburn, www.obra.org

Apr 27: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Apr 28-30: Deschutes River Valley Time Trial Festival

Maupin, OR. George Thomas, 541-760-1024, www.obra.org

Apr 29: East Canyon Road Race

East Canyon, UT. We start at East Canyon Resorts, on a 60-mile roundtrip to Lost Creek Reservoir and back. The ride will take us through the towns of Henefer and Crofton, while riding across beautiful farm lands and meadows. Riders are responsible for their own support. For Road Bikes only. Road in disrepair in several locations. Cost: \$30, after April 19: \$35. Sports-Am, 801-583-6281

Apr 29: Flaming Geyser Time Trial

Auburn, WA. 12-mile course on Green Valley Road near Flaming Geyser State Park. Start/Finish is at the corner of Green Valley Rd and 218th. \$20 day of race or by mail. BuDu Racing, www.buduracing.com

Apr 29-30: Methow Valley SR

May 10: Bend Criterium/TT Series
Bend, OR. Tim Plummer, www.obra.org

May 11: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

May 11: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

May 11: Seward Park Crit Series
Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

May 12-14: Columbia Plateau SR
Heppner, OR. 3-day stage race. 1 rare point-to-point stage race in the U.S. Traffic-free roads. The race circles north from Heppner to Lone, then southwest to Fossil before returning back to Heppner. A truck carries the racers' gear, and the riders camp on school grounds or sleep in gymnasiums. Meals & accommodations included in the entry fee. Mark Schwyhart, 4425 SE Woodward St., Portland, OR, 97206. 503-231-0236, www.columbiaplateau.org

May 13: TT Training Series #1
Boise, ID. See Race Series for details. www.lostrivercycling.org

May 13-14: WA State Omnium Stage Race Championships
Wenatchee, WA. TT course - Rolling, 9 miles out and back. Criterium - 1km, 4 corners, small hill. Road course - 2 loops: short loop at 12 miles with 1,400ft of climbing, or big loop at 27 miles with 2,000ft of climbing. NWWC event. Counts for WA BARR points. Part of WSBA Juniors Tour. David Douglas, Pazzo Velo, www.pazzovelo.com

May 15: Monday Night PIR
Portland, OR. See Race Series for details. Jim Anderson, 503-975-8229, www.obra.org

May 16: Eugene Hill Climb Series #3
Eugene, OR. See Race Series for details. Richard Sweet, www.obra.org

May 16: Pacific Raceways RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

May 16: Spokane Twilight Series
Spokane, WA. Located at SRP. Time trial. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

May 16: Tuesday Nighter Series
Boise, ID. See Race Series for details. www.lostrivercycling.org

May 16: Tuesday PIR Series
Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

May 16: World Tuesday Night Championships
Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

May 17: Bend Criterium/TT Series
Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

May 18: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

May 18: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

May 18: Seward Park Crit Series
Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

May 20: Galena Hill Climb
Ketchum, ID. Galena is located 23 miles north of Ketchum, ID. Race the 5.9mi hill climb up Galena Pass. First riders start at 10am. Cost \$25. All categories. Sign up on Sportsbase.com. Richard Feldman, PO Box 6569, Ketchum, ID, 83340-6569. 208-726-7693

May 20-21: Mutual of Enumclaw SR
Enumclaw, WA. Features flat TT, figure-8 criterium course on downtown street on day one. Sunday RR up Mud Mountain, bring climbing legs. Patricia Lawrence, www.mutualofenumclaw.com

May 20: State and FIAC National Championship Team Time Trial
Verdure, OR. Karen Holtz and Kevin Carnahan memorial Oregon State and FIAC National Championship. 1st team off at 11am. Teams of 3 or 4 riders. 3rd rider across the finish line stops the clock. Located 4 miles SSW of Albany. Course is a flat 7-mile loop on good roads. Cat men and women seniors and men and women 40+. Cat 3 men and women. Cat 4/5/ men and women. Tom Hayden, 503-378-7097, www.capitolvelo.com

May 20: Wasco Wild West 75 Recumbent Race
The Dalles, OR. The longest, toughest, biggest open course road race in North America at 75 miles. (Women - 38 mi.) Clay Smith/O.H.P.V., 3463 W. 13th St., The Dalles, OR, 97058. 541-296-1314, www.wasco75.com

May 20: Wasco Wild West 75 Tandem Race
The Dalles, OR. 75-mile open course road race. Men/men, Men/women and Old Geezer (100yr total) classes. Clay Smith/O.H.P.V., 3463 W. 13th St., The Dalles, Or, 97058. 541-296-1314, www.wasco75.com

May 21: Swan Island Criterium
Portland, OR. Criterium race featuring all categories & kids' event.. Registration opens at 8:00am. Rich Cramer, 16249 SE Morrison St., Portland, OR, 97233. 503-356-5509, www.obra.org

May 21: Three Man Team Time Trial
Bear Lake, ID. Kevin Rohwer, 435-770-9852

May 22: Monday Night PIR
Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

May 23: Eugene Hill Climb Series #4
Eugene, OR. See Race Series for details. Richard Sweet, www.obra.org

May 23: Pacific Raceways RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

May 23: Spokane Twilight Series
Spokane, WA. Located at Chapman Lake. Road race. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

May 23: Tuesday Nighter Series
Boise, ID. See Race Series for details. www.lostrivercycling.org

May 23: Tuesday PIR Series
Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

May 23: World Tues. Night Champ.
Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

May 24: Bend Criterium/TT Series
Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

May 25: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

May 25: Seward Park Crit Series
Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

May 26-29: Gate City Grind
Pocatello, ID. Stage race. Idaho Cycling Enthusiasts, www.idahocycling.com

May 27: TT Training Series #2
Boise, ID. See Race Series for details. www.lostrivercycling.org

May 27-28: Victoria Cycling Festival - FloraGLO Lutein BC CUP #2
Victoria, BC. Includes the Bastion Square Criterium in downtown Victoria, and the point-to-point Sooke RR. Sharon White, PacificSport Canadian Cycling Centre, c/o 282 View Royal Avenue, Victoria, BC, V9B1A9. 250-595-2337, www.victoriacyclingfestival.com

May 28: Co-Motion Rehearsal State TT
Peoria, OR. Work out the kinks, and set your pace for State Championships on the traditional 40K course. Sal Collura, 541-747-3336, www.obra.org

May 28: Co-Motion Tandem State Time Trial Championships
Eugene, OR. The State Championships for Tandems is now on its own weekend. 40km Peoria Rd course. Mixed, M/M, 90+ master mixed & M/M teams. Minimum 5 team per categories for medals. First rider off at 9:00am. Kent Peterson, Co-Motion Cycles, 6811 Aster, Springfield, OR, 97478. www.co-motion.com

May 28: Mt. Constitution Hill Climb
Orcas Island, WA. Paul Hopkins, www.wsbaracing.com/

May 29: Monday Night PIR
Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

May 30: Eugene Hill Climb Series #5
Eugene, OR. See Race Series for details. Richard Sweet, www.obra.org

May 30: Pacific Raceways RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

May 30: Tuesday Nighter Series
Boise, ID. See Race Series for details. www.lostrivercycling.org

May 30: Tuesday PIR Series
Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

May 30: World Tues. Night Champ.
Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

May 31: Bend Criterium/TT Series
Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

May 31-Jun 4: Mt. Hood Cycling Classic
Hood River, OR. 4-day race features rides located in the picturesque Hood River Valley at the base of Mt. Hood. 18,000ft of climbing, 200 miles of racing, 5 stages, 4 days, 1 big post-race celebration! \$27,000 cash prize for all categories. Open to Cat 1/2/3/4 and Master 40+ men. Part of USA Cycling National Race Calendar. Chad Sperry, Mt. Hood Cycling Classic, P.O. Box 1432, Hood River, OR, 97031. 541-980-2344, www.mthoodcyclingclassic.com

Jun 1: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jun 1: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jun 1: Seward Park Criterium Series
Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jun 1: Southern Oregon Thursday Nighters
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 3-4: Atomic Stage Race - FloraGLO Lutein BC CUP #3
Langley, BC. Also junior series event. Atomic Racing Club, 604-540-0942, www.atomicracing.com

Jun 3: Hailey Criterium Series #1
Hailey, ID. See Race Series for details. 208-726-0946, www.sawtoothvelo.org

Jun 3: Sugarhouse Criterium
Salt Lake City, UT. Sugarhouse Park. 801-944-5042, www.utahcycling.com

Jun 4: Downtown Criterium
Salt Lake City, UT. Located at Pioneer Park. 801-944-5042

Jun 4: WA State Masters Criterium Championships - Seward Park
Seattle, WA. Seward Park. Raindrop shaped 0.8-mile loop. Has a 200m long hill each lap. \$20 per race or \$30 for two races. Junior races \$10. Day of race registration only - opens at 8:00am, closes 10 minutes before each race. Counts for WA BARR points. Part of WSBA Juniors Tour and LAJORS. Pazzo Velo, www.pazzovelo.com

Jun 5: Monday Night PIR
Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Jun 5: True Amateur Crit Series
Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jun 6: Pacific Raceways RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jun 6: Spokane Twilight Series
Spokane, WA. Located at Lincoln Park. Criterium. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Jun 6: Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jun 6: World Tuesday Night Champ.
Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Jun 7: Bend Criterium / TT Series
Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

Jun 7: Mt. Tabor Series
Portland, OR. See Race Series for details. Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jun 8: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jun 8: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jun 8: Seward Park Criterium Series
Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jun 8: Southern Oregon Thursday Nighters
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 9-11: Tour of Eagle Stage Race
Eagle, ID. 208-884-1925, www.georgescycles.com

Jun 10: Hailey Criterium Series #2
Hailey, ID. See Race Series for details. 208-726-0946, www.sawtoothvelo.org

Jun 10: Norm Lowe Memorial Crit
Richmond, BC. Simon Buchanan, 604-736-0596, www.teamsolton.com

Jun 10: Olympic Athletic Club Twilight Criterium
Ballard, WA. 1km, almost flat. 4-corner criterium course. Slight raise to the finish on cobbles. Registration will be at start/finish area day of event only. David Douglas, www.pazzovelo.com

Jun 10: Oregon Rehearsal Road Race (Championship part 1)
Eugene, OR. State Championship RR part 1. Oregon Cup #4. Richard Sweet, Sweet Sports, 1456 McKinley Court, Eugene, OR, 97402. 514-517-0685, www.bicyclerace.com

Jun 11-16: Lyle Pearson 200-mile Team Challenge
Boise, ID. USCF sanctioned event that will take place from Boise to Sun Valley. Each team will consist of 4 riders (men or women), and the sum of each rider's USCF category must be 10 or greater for the team.

10 sections to the race, and each team will pick (in advance) which of their riders will be responsible for each section. Mike Cooley, George's Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

Jun 12: True Amateur Crit Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, OR, 541-747-3336, www.obra.org

Jun 13: Pacific Raceways RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jun 13: Spokane Twilight Series
Spokane, WA. Located at SRP. Oval criterium. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Jun 13: Tuesday Nighter Series
Boise, ID. See Race Series for details. www.lostrivercycling.org

Jun 13: Tuesday PIR Series
Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Jun 13: Twilight Criterium Series
Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jun 13: World Tues. Night Champ.
Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Jun 14: Bend Criterium/TT Series
Bend, OR. June Series. See Race Series for details. Tim Plummer, www.obra.org

Jun 14: Mt. Tabor Series
Portland, OR. See Race Series for details. Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jun 15: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jun 15: Seward Park Crit Series
Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jun 15: Southern Oregon Thursday Nighters
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 17: Brockton Criterium
Vancouver, BC. A technical circuit race through a portion of Vancouver's gorgeous Stanley Park. Wide sweeping straightaways and narrow twisting ascents. All categories. Part of the Stanley Park Bike Festival which takes place simultaneously at the finish line festival site. 2.6km circuit race. Alistair Barrett, Stanley Park Bike Festival Society, 604-328-1345, www.stanleyparkbikfest.ca

Jun 17: Hailey Criterium Series #3
Hailey, ID. See Race Series for details. 208-726-0946 ext 1, www.sawtoothvelo.org

Jun 17: Stanley Park Bike Festival
Vancouver, BC. Festival showcasing the bike in all its forms and uses. Criterium races, kids' races, education, demos. Alistair Barrett, Stanley Park Bike Festival Society, 110-325 Howe Street, Vancouver, BC, V6C 1Z7. 604-328-1345, www.stanleyparkbikfest.ca

Jun 17: Toppnish Time Trial
Yakima, WA. Start Location is off Highway 97 on Pumphouse Road, 5 miles south of Toppnish. Damon Roberts, Chinoak Cycling Club, 509-248-1910, connallykb@nwinfo.net

Jun 18: Larch Mountain Hill Climb Series #1
Corbett, OR. See Race Series for details. Ernie Conway, www.obra.org

Jun 18: Starbuck's Women's Crit
Revensdale, WA. The course is a 7-mile loop on county roads with a few small hills. \$20 per race. Day of race registration only. Opens at 7:15am and closes 15 minutes before start time. BuDu Racing, 253-334-4433, www.buduracing.com

Jun 18: Wedgewood Westside Classic - Provincial Road Championships
Vancouver, BC. Urban cycling at its best. Challenging 13.5km loop with a major climb. Cat 1/2 men finish on a short 4.5km loop with yet another big climb. Open to all. Women, Cat 3, 4/5. Part of the Point Grey Fiesta Day. Course subject to change. Proceeds go to the BC Cancer Foundation. Jonathan Wornell, Team Wedgewood, 604-836-9993, www.teamwedgewood.com

Jun 19: Monday Night PIR
Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Jun 19: True Amateur Crit Series
Eugene, OR. See Race Series for details. Co-Motion Classic Racing, OR, www.obra.org

Jun 20: Pacific Raceways RR
Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jun 20: Spokane Twilight Series
Spokane, WA. Located at Mt. Spokane. Hill climb. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

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Jun 20-22: Summer Solstice SR

Boise, ID. Evenings. TT, RR, Circuit Race. 208-343-3782, www.georgescycles.com

Jun 20: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Jun 20: Twilight Tuesday Night Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jun 20: World Tues. Night Champ.

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Jun 21: Bend Criterium/TT Series

Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, www.obra.org

Jun 21: Mt. Tabor Series

Portland, OR. See Race Series for details. Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jun 22: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jun 22: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jun 22: Southern Oregon Thursday Nighters

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 23-25: Elkhorn Classic SR

Baker City, OR. A 3-day, 4-event, timed stage race. Long challenging courses with a lot of climbing. Criterium is 1-mile flat with 6 corners. TT is flat out and back course. Men - Pro 1/2, Men 3, Men 4/5, Men masters 40+, Women Pro 1/2, Women 3/4. Activities for entire family. Nathan Hobson, 4004 SE Licycntra Lane, Milwaukie, OR, 97222. 503-679-5190, www.elkhornclassic.com

Jun 24: Gig Harbor Circuit Race

Gig Harbor, WA. Just outside of Gig Harbor, this wild race features a 4-mile rolling loop similar in look and feel to the Harbor Course. Racers will experience a variety of farmlands, rolling terrain, a small hill, and an incredibly fast descent. Registration opens at 8:00am. Brian Bobbitt, 26.851.9687, www.wsbaracing.com

Jun 24: Hailey Criterium Series #4

Hailey, ID. See Race Series for details. 208-726-0946, www.sawtoothvelo.org

Jun 24: Idaho State TT Championships

Bellevue, ID. 40km or 20km (depending on age) flat TT. Starts 8 miles south of Bellevue. Richard Feldman, PO Box 6569, Ketchum, ID, 83340-6569. 208-726-7693, www.durance.com

Jun 24: Sidney Twilight Grand Prix

Sidney, BC. Twilight criterium in downtown Sidney on a spectator friendly figure-8 course. Race from 6:00-9:00pm. Cat 3/5 women, Cat 4/5 men, Cat 1/3 men. Adam Lawrence, 250-384-2818, www.raceweb.ca

Jun 25: Race at the Edge

Queen Charlotte Islands, BC. D. Beggs, 250-559-8831, dbeggs@qcislands.net

Jun 26: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Jun 26: True Amateur Crit Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jun 27: Pacific Raceways RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jun 27: Spokane Twilight Series

Spokane, WA. SRP/BBQ. Time Trial. See Race Series for details. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jun 27: Tuesday Nighter Series

Boise, ID. See Race Series for details. www.lostrivercycling.org

Jun 27: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Jun 27: Twilight Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jun 27: World Tues. Night Champ.

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Jun 28: Bend Criterium/TT Series

Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

Jun 29-Jul 2: Canadian Road Nat'l's

Quebec, QC. All categories. Road, time trial and criterium. Canadian Cycling Association, www.canadian-cycling.com

Jun 29: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jun 29: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jun 29: Southern Oregon Thursday Nighters

Ashland, OR. See Race Series for details. Ed Garfield, www.obra.org

JULY

Jul 1: Capital Criterium - WA Sr Crit Championships

Olympia, WA. Twisting 0.7-mile course on the Capitol Campus. Fairly technical short uphill just before the finish. NWWC event. Counts for WA BARR points. Brandon Archibald, Olympia, WA, www.cbcracing.org

Jul 1: Conch Y Toro Yaletown GP

Vancouver, BC. The race features an exciting and fast course which winds through historic Yaletown, making it easily accessible for spectators. Technically challenging course, reaching speeds as high as 70km per hour! Trek Red Truck Racing, 604-328-7370, www.trekredtruckracing.com

Jul 1: OBRA Road Race

Portland, OR. Richard Sweet, 541-517-0685, www.obra.org

Jul 1: Oregon Rehearsal Road Race (Championship part 2)

Eugene, OR. State Championship RR. Richard Sweet, Sweet Sports, 1456 McKinley Court, Eugene, OR, 97402. 514-517-0685, www.bicycleyway.com

Jul 2: Cycle a Downhill

Ashland, OR. Time Trial. Jana Jenson, 541-899-9190, www.obra.org

Jul 2: Des Moines Criterium

Des Moines, WA. Rob Anderson, www.wsbaracing.com

Jul 2: Mt. Tabor Circuit

Portland, OR. Oregon Cup #5. Nathan Hobson, 503-652-3763, www.obra.org

Jul 2: Wood River Challenge Team TT

Hailey, ID. 208-726-0946 ext 1, www.sawtoothvelo.org

Jul 3: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Jul 3: True Amateur Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jul 4: Joe Matava Memorial Classic Criterium

Burien, WA. Junior State Championships. Flat course, non-technical, wide lane on smooth pavement. Counts for WA BARR points. Part of WSBA Juniors Tour. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com

Jul 4: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Jul 4: World Tuesday Night Champ.

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Jul 5: Bend Criterium/TT Series

Bend, OR. July Series. Tim Plummer, www.obra.org

Jul 5: Hailey Criterium Series #5

Hailey, ID. See Race Series for details. 208-726-0946, www.sawtoothvelo.org

Jul 5: Mt. Tabor Series

Portland, OR. See Race Series for details. Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jul 5-16: Road Nationals: Junior/Senior/Master

Salt Lake City, UT. www.usacycling.org

Jul 6: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jul 6: Pacific Raceways Women's RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jul 6: Seward Park Criterium Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jul 6: Southern Oregon Thurs. Nighters

Ashland, OR. See Race Series for details. Ed Garfield, www.obra.org

Jul 8: Racing the Sun

fbc, OR. Come out and race as the sun is going down. This race starts at 5pm. All OBRA Mtn categories offered on this Saturday night race. Mike Ripley, 541-342-1493, www.mudslingererevents.com

Jul 8: Redmond Derby Days

Redmond, WA. America's longest running bicycle race. Some of the fastest cyclists in the Northwest race on a flat fast 0.5-mile loop in downtown Redmond. Racing from 2:00 - 8:00pm. Part of WSBA Juniors Tour and LAJORS Brian Oster, Pro-Motion Sports, P.O.Box 31789, 206-729-9972, www.promotionevents.com

Jul 9: Lonsdale Classic - Provincial Crit Championships

N. Vancouver, BC. Junior series event. Barb Zimich, Team Coastal, 766 Mont Royal Ave, North Vancouver, BC, V7R 2G5. 604-983-2765, www.teamcoastalcycling.com

Jul 9: Ravensdale-Cumberland RR

Ravensdale, WA. Course is a rolling 28-mile loop in rural SE King County that features one very short and steep (20%) climb. 4 Corners Cycling Team, www.vision4corners.com

Jul 9: Tour De Boise

Boise, ID. 208-343-3782, www.georgescycles.com

Jul 10: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Jul 10: True Amateur Crit Series

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

Jul 11: Pacific Raceways RR

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

Jul 11: Spokane Twilight Series

Spokane, WA. Located at SRP. Circuit race. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Jul 11: Tuesday Nighter Series

Boise, ID. See Race Series for details. www.lostrivercycling.org

Jul 11: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Jul 11: Twilight Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jul 11: World Tues. Night Champ.

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Jul 12: Bend Criterium / TT Series

Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

Jul 12-16: Cascade Cycling Classic

Bend, OR. Brad Cockman, Mt. Bachelor Ski Education Foundation, 4409 SW Dosh Rd., Portland, OR, 97239. 503-806-6943, www.cascade-classic.org

Jul 12: Hailey Criterium Series #6

Hailey, ID. See Race Series for details. 208-726-0946, www.sawtoothvelo.org

Jul 12: Mt. Tabor Series

Portland, OR. See Race Series for details. Clark Ritchie, River City Bicycles, www.mttaborseries.com

Jul 13: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jul 13: Pacific Raceways Women's RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Jul 13: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jul 13: Southern Oregon Thursday Nighters

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jul 15-17: Tour de White Rock - BC Superweek

White Rock, BC. Friday: 2-up hill climb; Saturday: road race with long steep climb and quick descent; Sunday: twilight criterium - 1km circuit. Opening weekend of BC Superweek. \$10,000 prize list. U.S. Riders: UCI license not required. Part of BC Cup Series. Megan Blaker, White Rock Leisure Services, 15322 Buena Vista Avenue, White Rock, BC, V4B 1Y6. 604-541-2161, www.city.whiterock.bc.ca

Jul 16: Lake Washington Velo Circuit Race #1

Silvana, WA. See Race Series for details. Broadmark Capital Cycling Team, www.broadmarkcycling.com

Jul 17: True Amateur Crit Series

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

Jul 18: Spokane Twilight Series

Spokane, WA. Located at Chapman Lake. Road race. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Jul 18: Tuesday Nighter Series

Boise, ID. See Race Series for details. www.lostrivercycling.org

Jul 18: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Jul 18: Twilight Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jul 18: World Tues. Night Champ.

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Jul 19: Bend Criterium / TT Series

Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

Jul 19: Hailey Criterium Series #7

Hailey, ID. See Race Series for details. 208-726-0946, www.sawtoothvelo.org

Jul 19: Tour de Gastown

Vancouver, BC. Criterium in downtown Vancouver. Race in front of 30,000 spectators. Super fast 1.2km course. 2 races, Men Pro 1/2, Women Pro 1/2/3. Start at 6:00pm. \$15,000 cash prize. Part of BC Superweek. Jonathan Wornell, Wedgewood Cycling Team, www.tourdegastown.com

Jul 20-23: Co-Motion Classic Tandem Stage Race

Eugene, OR. The World's Premier Tandem Stage Race. Five stage event, a prologue, a TT, a criterium and 2 road. Kent Peterson, Sal Collura, 4765 Pacific Avenue, Eugene, OR, 97402. www.co-motion.com

Jul 20: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jul 20: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Jul 20: Southern Oregon Thursday Nighters

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jul 21-23: Tour de Delta - BC Superweek

Delta, BC. Friday-Brenco Hill Climb, Saturday-Lehigh Cement Twilight Criterium, Sunday-White Spot Road Race. Final weekend of BC Superweek \$20,000 cash prizes. Part of BC Cup Series. John McMurchy, Municipality of Delta, 4500 Clarence Taylor Crescent, Delta, BC, V4K 3X3. 604-952-3545, www.tourdedelta.bc.ca

Jul 22-23: BYRDS Junior Stage Race

Boise, ID. www.byrdscycle.com

Jul 22: Co-Motion Criterium

Eugene, OR. Same day and course as the Tandem Stage Race Criterium. Race your single, and then stick around to watch the greatest spectacle in bike racing. So-Motion Classic Racing, 541-747-3336, www.co-motion.com

Jul 22-23: Race Across Oregon

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

Jul 22: WA State TT Championships

Spokane, WA. State TT championships. Counts for WA BARR points. Part of WSBA Junior Tour. Baddlands Cycling Club, 418 East Pacific #2, Spokane, WA, 99202-1426. 509.456.0432, www.baddlands.org

Jul 23: Larch Mountain Hill Climb Series #2

Corbett, OR. See Race Series for details. Ernie Conway, www.obra.org

Jul 23: Spokane Rocket Velo RR

Spokane, WA. Spokane Rocket Velo Cycling Team, www.spokanerocketvelo.com

Jul 24: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Jul 24: True Amateur Crit Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, OR, www.obra.org

Jul 25: Spokane Twilight Series

Spokane, WA. Located at Lincoln Park. Criterium. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Jul 25: Tues. Night Half-Bogus Ride

Boise, ID. See Race Series for details. www.georgescycles.com

Jul 25: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Jul 25: Twilight Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Jul 25:

Aug 12: Lake Washington Velo Circuit Race Series #3

Carnation, WA. The speed and intensity of criterium racing meets the wide open tactics of road racing. James Gillette, 2418 83rd St NW, Gig Harbor, WA, 98332. 253-853-5316, www.broadmarkcycling.com

Aug 12: Mount Harrison Hillclimb

Albion, ID. 4th Annual, an approx. 16-mile hillclimb to the lookout tower (9,126ft) on top of Mount Harrison. Brad Streeter, 11175 W. Emerald, Boise, ID, 83713. 208-323-2376, www.aerocyclos.com

Aug 12: Triple Crown Series #1

Boise, ID. Mt. Harrison Hill Climb. 208-323-2376, www.lostrivercycling.org

Aug 13: Oregon State Criterium Championships

Gresham, OR. Jay Martineau, 306-281-0085, www.obra.org

Aug 13: THE Cycling Classic

Boise, ID. RR for Men and Women Pro 1-2. 95 miles w/ 8000ft of climbing and 54 miles w/ 4800ft of climbing respectively. Full rolling enclosure. Jonathan Denison, CoreSports, 3864 North 39th, Boise, ID, 83703. 208-343-4037, www.thecyclingclassic.com

Aug 13: WA State Team Time Trial

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 7:30am, closes at 8:45am Race starts at 9:00am. All USCF Categories. Pre-registration only. Counts for BARR points. BuDu Racing, www.buduracing.com

Aug 14: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Aug 15: Pacific Raceways RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Aug 15: Spokane Twilight Series

Spokane, WA. Located at Williams Lake. Road race. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Aug 15: Tues. Night Half-Bogus Ride

Boise, ID. See Race Series for details. www.georgescycles.com

Aug 15: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Aug 15: Twilight Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Aug 15: World Tues. Night Champ.

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Aug 16: Bend Criterium / TT Series

Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

Aug 17: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Aug 17: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Aug 17: Southern Oregon Thursday Nighters

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Aug 19: Mary's Peak HC Time Trial

Corvallis, OR. Jim Fischer, 541-990-8979, www.obra.org

Aug 19: Mt. Erie Hill Climb

Anacortes, WA. Brian Ecker, www.wsbaracing.com

Aug 20: Gear Push Time Trial

Auburn, WA. 10-mile course on Green Valley road near Flaming Geyser State Park. Registration begins at 7:15am, race starts at 9:00am. BuDu Racing, 206-625-8333, www.buduracing.com

Aug 20: Triple Crown Series #2

Boise, ID. Table Rock Hill Climb. See Race Series for details. 208-867-2488, www.lostrivercycling.org

Aug 21: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Aug 22: Pacific Raceways RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Aug 22: Spokane Twilight Series

Spokane, WA. Located at SRP. Time trial - last event to count for points. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Aug 22: Tues. Night Half-Bogus Ride

Boise, ID. See Race Series for details. www.georgescycles.com

Aug 22: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Aug 22: Twilight Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Aug 22: World Tues. Night Champ.

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Aug 23: Bend Crit/TT Series

Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

Aug 24: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Aug 24: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Aug 24: Southern Oregon Thursday Nighters

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Aug 26-27: High Desert Omnium

Bend, OR. The RR is the last event counting toward the Oregon Cup. Tim Plummer, www.bendcycling.org

Aug 26-27: Idaho State Championships

Boise, ID. Kurt Holzer, 208-890-3118

Aug 26: WA State Hillclimb Time Trial Championships

Crystal Mountain, WA. 6 miles, 1,500ft. elevation gain. Pavement in so-so condition. Great raffle at the end. Counts for WA BARR points. Part of WSBA Juniors Tour. Dave Bachman, Wheelsport Cycling Team, 23333 106th Ave. SE, Kent, WA, 98031-3353. 253-852-4946, www.wheelsportcycling.com

Aug 27: Seward Park Fall Classic

Portland, OR. Criterium on a 0.8-mile loop in Seward Park, one 120-degree turn and one hill. All categories. WSBA overall season awards and party. Part of WSBA Juniors Tour and LAJORS. David Douglas, Pazzo Velo, 206-932-5921, www.pazzovelo.com

Aug 28: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, www.obra.org

Aug 29: Pacific Raceways RR

Kent, WA. See Race Series for details. BuDu Racing, www.buduracing.com

Aug 29: Spokane Twilight Series

Spokane, WA. Located at Chapman Lake - Road race. Series awards and party following the event. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

Aug 29: Tues. Night Half-Bogus Ride

Boise, ID. See Race Series for details. www.georgescycles.com

Aug 29: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, www.obra.org

Aug 29: Twilight Criterium Series

Eugene, OR. See Race Series for details. Co-Motion Classic Racing, www.obra.org

Aug 29: World Tuesday Night Championships

Vancouver, BC. Rain = no race. Escape Velocity, www.escapevelocity.bc.ca

Aug 30: Bend Criterium/TT Series

Bend, OR. See Race Series for details. Tim Plummer, www.obra.org

Aug 31: Coastal Thursday Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Aug 31: Seward Park Crit Series

Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

Aug 31: Southern Oregon Thursday Nighters

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

SEPTEMBER

Sep 2: Blackberry Criterium

Bremerton, WA. Great course in downtown Bremerton! One DH and one uphill makes this non-technical race an end-of-road-season must do! Final event in the junior tour. Part of WSBA Juniors Tour. Peter Braun, www.ridgeracing.com

Sep 2-4: Eugene Celebration SR

Eugene, OR. This season ending tradition has grown to 3 days. Come enjoy the beautiful scenery, and go anaerobic. Sal Collura, 6811 Aster, Springfield, OR, 97478. 541-747-3336, www.obra.org

Sep 5: PIR Handicap Series #1

Portland, OR. See Race Series for details. Steve Mullen, 503-788-8704.

Sep 5: Tues. Night Half-Bogus Ride

Boise, ID. See Race Series for details. www.georgescycles.com

Sep 7: Southern Oregon Thursday Nighters

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Sep 9: LOTOJA CLASSIC

Logan, UT to Jackson, WY. RR: 1,000 Cyclists. 1 Day. 3 States. 206 Miles! 2006 marks 24th year. Brent Chambers, Epic Events, P.O. Box 1912, Layton, UT, 84041. 801-546-0090, www.lotojaclassic.com

Sep 9: Ring of Fire 12/24hr TT

Madras, OR. Terri Gooch, 541-760-1024, www.raceacrossoregon.com

Sep 9: Triple Crown Series #3

Boise, ID. Bogus Basin Hill Climb. See Race Series for details. 208-867-2488, www.lostrivercycling.org

Sep 10: Mt. Baker Hill Climb

Bellingham, WA. The ultimate fitness test. 24.5 miles, 4300ft from Glacier to Artisi's Point. All categories and recreational riders. Fundraising for cancer care in Northwest Washington. Charlie Heggem, Ken Meyer Memorial Foundation, Bellingham, WA, www.meyermemorial.org

Sep 10: OBRA Hillclimb Championships

Government Camp, OR. John Lombard, 503-805-8489

Sep 12: PIR Handicap Series #2

Portland, OR. See Race Series for details. Steve Mullen, 503-788-8704

Sep 17: Skull Hollow Roubaix

Bend, OR. Tim Plummer, www.bendcycling.org

Sep 21: PIR Handicap Series #3

Portland, OR. See Race Series for details. Steve Mullen, 503-788-8704

Sep 26: PIR Handicap Series #4

Portland, OR. See Race Series for details. Steve Mullen, 503-788-8704

ROAD TOURING

FEBRUARY

Feb 25: SIR 100km Populaire

Woodinville, WA. Ride start at 9:00am from the Redhook Brewery. 100km ride open to all. Fenders recommended. Tom Lawrence, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Feb 25: Zion Country Early Spring Century

St George, UT. Enjoy the awesome beauty of southern Utah. Escape spinning rooms & the cold of winter behind & leave to Utah's scenic Dix. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

Feb 26: Chilly Hilly Cycling Classic

Bainbridge Island, WA. Washington State season opener. 33-mile recreational ride around Bainbridge Island. Cascade Bicycle Club, 206-522-2403, www.cascade.org

MARCH

Mar 4-10: Hawaii

Kona, HI. Explore on foot, bike and in the water the best parts of the big island. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. 7 days. Also available: March 18. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Mar 11-17: Central California Coast

San Luis Obispo, CA. From Big Sur to Santa Barbara, beautiful, unspoiled coastline and inland valleys filled with vineyards and horse ranches. Quiet country roads, and gorgeous scenery. 7 days, all levels. Also available: March 25. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Mar 11: McClinchy Mile Ride

Arlington, WA. Scenic Snohomish County loops of flat 34-, hilly 27- or challenging 47- mile rides. Combine loops for metric or McClinchy series. Start at Arlington Post Middle School. Kristin Kinnamon, BIKES Club of Everett, PO Box 5242, Everett, WA, 98206. 360-658-2462, www.bikesclub.org

Mar 11: SIR 200km Brevet (ACP)

tb. WA. First Series. Greg Cox, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Mar 11: Solvang Century & Half Century

Solvang, CA. 100- or 50-mile bike ride. Randy Ice P.T., C.C.S., 562-690-9693, www.bikescor.com

Mar 18: BC Randonneurs Spring Social

Lower Mainland, BC. Open to all, start at 1pm. Michel Richard, BC Randonneurs, 604-739-6798, www.randonneurs.bc.ca

Mar 19-25: Big Island Ride

Big Island, HI. 271 miles of spectacular cycling, averaging 45 miles/day. Combine respectable cycling distances with plenty of opportunities for other activities. Fully supported. Tim Kneeland, Four Seasons Cycling Events, 818-445-4060, www.BigIslandRide.com

Mar 19: Pre-Season Century

Bend, OR. 100-mile ride from Bend to Pineville and back. No major climbs, 2 food stops. Includes maps, mechanical support, and energy food and drink. Come prepared for any type of weather. Leaves from Hutch's Bicycles on 3rd Street. 9:00am. Hutch's Bicycles, 820 NE 3rd St., Bend, OR, 97701. 541-382-6248, www.hutchsbicycles.com

Mar 25: SIR 300km Brevet (ACP)

Bainbridge Island, WA. Randonneur event. First Series. Start at 7:00am from the Ferry Parking lot. Views of the Sound, going through Agate Pass, Poulsbo, Quilcene, Belfair. 9000ft of climbing. Rick Blacker, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Mar 26: Nanaimo Populaire

Nanaimo, BC. Open to all. Event on Vancouver Island, 100 or 50km. Route: Lantzville, Yellow Point. Start at 10am. Don Munro, BC Randonneurs, 250-746-5236, www.randonneurs.bc.ca

APRIL

Apr 2: Pacific Populaire

Vancouver, BC. 25, 50 and 100km. Start/Finish at Riley Park Community Center. Ride along Marine Drive, and the waterways around Vancouver and Richmond. Open to all. Start at 9:00am. Remember: Time Change Weekend!! Danelle Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Apr 2-15: Tunisia: Historic North

Tunisia. IBF fundraiser and cultural / historical / natural heritage tour of Tunisia. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Apr 7-9: SIR Fleche Northwest (ACP)

Seattle, WA. 24-hour team event covering a minimum of 360km. Destination Port Townsend. Wayne Methner, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Apr 8: 20, 50km Brevet

Fort St. John, BC. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Apr 8-14: Central California Coast

San Luis Obispo, CA. See March 11-17 for description. Also available: April 22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Apr 8: Tour of the Cowichan Valley

Chemainus, BC. Cowichan Valley, start in Chemainus. 7am. 200, 150, 100, and 50km available. Susan Allen, BC Randonneurs, www.randonneurs.bc.ca

Apr 8: Tulip Pedal 2006

LaConner, WA. Annual ride promotes child injury prevention. Tulip Pedal features 20- and 40-mile routes near the Skagit Valley tulip fields. Bill Craig, Skagit County Medic One, 2911 E College Way, Ste. C, Mount Vernon, WA, 98273. 360-428-3236, www.skagititems.com

Apr 9: Cherry of a Bike Ride

The Dalles, OR. 30-, 60- and 100-mile routes to choose from. Fully supported, including rest stop/snack areas. Biking through a wheat field and a cherry orchard. Mindi Thayer, St. Mary's Academy, 5010 Anderson Way, The Dalles, OR, 97058. 541-298-6867, www.stmarystheDalles.com

Apr 9: Wet-N-Windy 50

Bend, OR. 50-mile ride from Bend to Powell Butte and back. The weather can be a mixed bag. Come prepared for anything. Entry fee includes maps, mechanical support and one food stop. Leaves from the 3rd St. store. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Apr 10-13: Tulips and Bays Bike Tour

LaConner, WA. A fully supported 4-day tour around LaConner and Birch Bay. Includes 3 nights lodging and 3 meals. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokaneParks.org

Apr 15: 200km Brevet

Lower Mainland, BC. Start at 7:00am. Mnafred Kuchenmuller, BC Randonneurs, www.randonneurs.bc.ca

Apr 15: 50, 100km Brevet

Fort St John, BC. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Apr 19-22: Guyana: Many Peoples, Many Waters

Guyana, South America. IBF fundraiser and cultural / natural heritage tour of Guyana. Ibike Cultural Tours, 206-767-0848, www.ibike.org

Apr 22: 100, 150km Brevet

Fort St John, BC. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Apr 22: 200km Brevet

Southern Interior, BC. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

Apr 22: Ghost Town Century

Tooele, UT. Fun ride through historical Ghost Towns, the Pony Exp. Trail, & Wagon train trail. Awesome vistas on rolling terrai & rural roads Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org



Photo courtesy of Avikel

Take a cycling trip this summer; so many scenic places are waiting for you.

May 13: Lewis County Historical Bicycle Ride **BAW**

Chehalis, WA. Start in Stan Hedwall Park. 4 country routes to choose from: 20, 46, 72 and 100 miles, small rolling hills. Sag wagons, mechanical support, 5 rest stops. Registration from 7:00-9:30am. Mazie Schlackeiser, Chehalis/Centralia Optimists, PO Box 183, Chehalis, WA, 98532. 360-262-9647

May 13-14: SIR 400km Brevet (ACP)

Seattle, WA. Randonneurs First Series. Patrick Gray, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

May 13: Skagit Spring Classic

Burlington, WA. Gary Lorenz, Skagit Bicycle Club, PO Box 363, Burlington, WA, 98233. 360-941-4129, http://skagitbicycleclub.org

May 13-14: STOKR (Scenic Tour of the Kootenai River)

Libby, MT. A 2-day tour through scenic, NW Montana. No Traffic. Good cause -- incredible food and helpful volunteers. Susie Rice, 1020 Idaho Ave, Libby, MT, 59923. 406-293-2441, www.libbymt.com

May 14-19: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Also available May 28. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

May 15-19: Columbia Gorge

Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, and the Columbia River over 6 days. Family version available. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

May 20: 400km Brevet

Lower Mainland, Start at 6:00am. Karen Smith, BC Randonneurs, www.randonneurs.bc.ca

May 20: American Diabetes Association Tour de Cure

Redmond, WA. Start/finish at Marymoor Park. The tour features 4 scenic routes designed for every level of cycling ability, with 25-, 50-, 70-, and 100-mile options. The 25-mile route includes a few rolling hills along Lake Sammamish. The 50-, 70-, or 100-mile loops showcase challenging climbs and exhilarating descents. Each mile you ride and every dollar you raise helps in the fight to prevent and cure diabetes. Ruth Frobe, American Diabetes Association, Metropolitan Park E. Ste. 920, 1730 Minor Ave., Seattle, WA, 98101. 206-282-4616, www.diabetes.org/tour

May 20-Jun 4: Columbia River Gorge Tour

Portland, OR. The Columbia Gorge is home to the second largest year-round waterfall in the U.S. This tour will ride through the Gorge along the beautiful scenic route, to eastern Oregon to visit with the very unique Umatilla Indian Reservation. Portland Peace and Justice Center, 3848 SE Deivision St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

May 20-Jun 11: Combined Coast/Gorge Tour

Portland, OR. Ride both the Oregon Coast Sustainability and the Columbia River Gorge & Sustainability tours for a full 3-week experience. Portland Peace and Justice Center, 3848 SE Deivision St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

May 20: Cycle for Independence

Boise, ID. Benefits the National Federation of the Blind of Idaho. Put on by the Treasure Valley Chapter. 208-3431377, www.tvblindidaho.org

May 20-21: Le Petit Tour de Peace - 300km

Fort St John, BC. Ride from Fort St John to Hope, Chetwynd and back to Fort St John. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

May 20: Olympic Cycling Classic

Port Angeles, WA. Altitude with Attitude. Enjoy a 100-mile or metric century ride through the foothills of the Olympic Mtns and along the Strait of Juan de Fuca. 6500ft elevation gain. New 8-mile family ride. Registration on-line or at Roosevelt Middle School. Fully supported, showers, fee also includes garment, water

bottle, spaghetti dinner on Friday night, and after-ride celebration. Day entertainment for non-cyclists. Proceeds to RMS PTO for computer upgrades, after school programs and student field trips. Wendy Haine, Roosevelt Middle School PTO & Port Angeles Chamber of Commerce, P.O.Box 938, Port Angeles, WA, 98362. 360-457-6755, www.olybikeride.com

May 20: Reach the Beach

Portland, OR. Enjoy 1 of 5 bicycle routes through Oregon's wine country, forests and little-known towns to a breathtaking finish point at Pacific City. Distances vary from 26 to 103 miles. Live music, dinner hosted by the Pelican Pub, activities for families, a water sport exhibition and massages at the finish. American Lung Association of Oregon, 7420 SW Bridgeport Road, Ste. 200, Tigard, OR, 97224-7790. 503-924-4094, ext. 30, www.reachthebeach.org

May 20-27: San Juan Islands - Victoria

Seattle, WA. Cycle, hike, and sea kayak in the islands, plus two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic Nat'l Park. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

May 20: Tour de Wellness

Yakima, WA. Century, metric, half century and 20-mile bike tours on scenic and very challenging courses through upper Yakima County. Start/Finish at Eschbach Park in West Yakima. Finish line festival and BBQ. Fully supported. Benefit Strong Families program. Bonnie Hughes, Comprehensive Mental Health Foundation, PO Box 959, Yakima, WA, 98907. 509-575-4924, www.cmhfoundation.org

May 21-26: California Wine Country 6-Day

Santa Rosa, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining, as well as a wine tasting. 4-day and budget tour available. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

May 21-26: Santa Fe-Taos Tour

Santa Fe, NM. 6-day Tour: Bike, Hike, Raft. Highlights: Bandelier National Monument, Enchanted Circle. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

May 21-26: Oregon Coast Road Tour

Eugene, OR. This vehicle-free tour travels from the farmlands of the Willamette Valley, over the majestic Coast Range to the Oregon Coast and back. Travel 50-65 miles each day. Intermediate or above. Also available: June 4 and September 10. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

May 21: Two County Double Metric Century **BAW**

Olympia, WA. Enjoy cycling beautiful Thurston and Lewis counties. The terrain varies with the distance you choose. 20, 35, 50, 70, 85 and 126 miles. Blaine Wheeler, Capital Bicycling Club, PO Box 642, Olympia, WA, 98507. 360-480-7356, www.capitalbicycleclub.org

May 21: Your Canyon For A Day **BAW**

Yakima, WA. The location is the Yakima River Canyon. Round trip distance is 35 miles. Primarily flat with only a couple of small hills. Riders of all levels and families welcome. The canyon is closed to traffic, so no vehicle problems. The ride begins at 8am and goes to 4pm. Mark Peterson, 509-453-2561, www.co.yakima.us.biketour06

May 26-29: 4-Day Okanagan Wine Tour

Okanagan Falls, BC. Fully supported includes 3 nights lodging, and 7 meals. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokane-parks.org

May 27-28: 400km Brevet

Southern Interior, BC. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

May 27-29: Century Ride of the Centuries

Pendleton, OR. 3 days fully supported riding in rolling wheat country and Blue Mountain foothills, including Tribal cultural experience and overnight at guest ranch. Rest stops, SAG wagons, mechanical support, gear transport, lunch, BBQ, entertainment, hot spring pools. Chuck Wood, Pendleton on Wheels Bike Club, 414 NW 4th St, Pendleton, OR, 97801. 541-278-4056, www.cyclependleton.com

May 27: Crossroads Bellevue Street Scramble

Bellevue, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetscramble.com

May 27-28: Pacific Rim - 600km

Victoria, BC. Starts in Victoria, 6am. Route: Tofino. 600km. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

May 28: Larry Kemp Memorial Ride

Leschi, WA. Join the Byrne Specialty Gases / Jet City Velo Team as they honor Larry's memory in a casual paced ride. Donation of \$5 or more recommended. Proceeds go to WSBA Jr Larry Kemp Memorial Fund (501 C) and benefit NW junior riders. Meet at 9:00am leave at 10am from Leschi (see website to confirm time). Don Byrne, Jet City Velo / Byrne Specialty Gases, Seattle, WA, www.jetcityvelo.com

May 29: 7 Hills of Kirkland

Kirkland, WA. Chris Fox, KITH, 125 State Street, Suite B, Kirkland, WA, 98033. 425-576-9531, www.7hillskirkland.com

May 29-Jun 2: Bryce-Zion Camping **BAW**

St. George, UT. Camp under the clear desert sky, which shows you the wonders of Bryce and Zion national parks, as well as Kodachrome Basin. 6 days. Family version available. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

JUNE

Jun 3-4: 600km Brevet

Maple Ridge, BC. Maple Ridge to Esso. 6:00 a.m. Bob Marsh, BC Randonneurs, www.randonneurs.bc.ca

Jun 3-9: Cycle Utah Spring

St. George, UT. 7-day catered and van supported event. 274 miles of beautiful scenery in the Zion and Bryce Canyon Nat'l Parks. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jun 3-11: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned Coastal Scenic Bike Route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Visit organic farms, a land trust, a visionary community school, and more. Also available: June 24 and July 29. Portland Peace and Justice Center, 3848 SE Deivision St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

Jun 3-10: San Juan Islands - Victoria

Seattle, WA. See May 20-27 for description. Also available June 24. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 3-4: SIR 600km Brevet (ACP)

tbc, WA. Randonneur First Series. Dwane Wright, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jun 3: Spring Century

Canby, OR. 50km, 100km or 100mi. Starts in Canby and heads south through the rural Willamette Valley. Start at the Clackamas County Fairgrounds. Registration open from 7-9:00am. Portland Wheelmen Touring Club (PWTC), P.O. Box 2972, Portland, OR, 97208-2972. 503-257-PWTC, www.pwtc.com

Jun 3: Sunrise Apple Century Ride

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

Jun 3-4: Treasure Valley MS Bike Tour

Boise, Idaho. Join us for a scenic ride through South Western Idaho with a variety of route choices. Families can meet their cyclists at Emmett City Park, enjoy the pool, and camp with cyclists overnight. Benefits the National Multiple Sclerosis Society. 50-200 miles over 2 days. Karen Jeffries, All America Chapter Idaho Division 1674 Hill Road Suite 18, Boise, ID, 83702. 208-336-0555, www.nationalmssociety.org/idi

Jun 4-5: 2 Day Walla Walla Wine Tour

Walla Walla, WA. Fully supported tour includes 1 night lodging and 2 meals. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokane-parks.org

Jun 4-9: Bryce-Zion Bike

St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. 6 days. Also available: June 11, June 18, and June 25. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 4: Peninsula Metric Century **BAW**

Southworth and Gig Harbor, WA. 2 start locations. 31, 62 or 100 miles on the waterfront and through the rolling peninsula countryside. Supports BAW. Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-884-4473, www.twbc.org

Jun 5-10: Bryce-Zion Camping

St. George, UT. See May 29-June 2 for description. Also available: June 12 and June 19. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 5-9: Columbia Gorge

Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River over 6 days. Family version available. Also available: June 19. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 10-11: 600km Brevet

Southern Interior, BC. Start at 5am. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

Jun 10: Bob LeBow Bike Tour "Health Care for All"

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

Jun 10: Chelan Century Challenge **BAW**

Lake Chelan. A well supported ride in one of the most scenic venues in North America. 100 miles in 3 segments around the beautiful Lake Chelan Valley. Includes notorious McNeil Canyon. Chelan Family Ride and Boat Cruise on a charter yacht owned by Dean Martin. Don Loyd, Lake Chelan Rotary, P.O. Box 601, Chelan, WA, 98816. 509-682-1500, www.centuryride.com/

Jun 10-11: Le Grand Tour de Peace - 400km

Fort St John, BC. See website for details. Kim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jun 10: PetroGlyp Century

Cedar City, UT. Flat terrain thru historic Southern Utah & alongside Petroglyph rock. Fun ride with many new friends. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

Jun 10: Strawberry Century

Lebanon, OR. Remember The Thrill. 56, 76 or 101 sweet miles in the beautiful Willamette Valley. Registra-

tion 7:00-10:00am Roger Gaitner, Santaim Spokes Bicycle Club, P.O.Box 739, Lebanon, OR, 98355. 503-394-3696, www.santaimspokes.org

Jun 10: Triple Mountain Challenge

Vancouver, BC. From Grouse Mountain parking lot at 8:00am. Route: North Shore. Less than 200km. Danelle Laidlaw, BC Randonneurs, 421-1717, www.randonneurs.bc.ca

Jun 11-16: California Wine Country 6-Day

Santa Rosa, CA. Tour explores Napa and Sonoma Valleys. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 11-17: Grand Illinois Trail And Parks ride

Northern Illinois, IL. GITAP is a 7-day celebration of bicycling in northern Illinois along trails, paths, and state parks. Chuck Oestreich, 309-788-1845, www.bikelib.org

Jun 11-16: Oregon Coast Budget

Eugene, OR. Biking, hiking. For those who want a more economical way to explore Oregon's coast, yet don't want to camp. 45 miles/day. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 11: Tour de Greater Victoria

Victoria, BC. Start at the Tim Horton in Gateway Village, 8am. 200km. Michael Poplawski, BC Randonneurs, 250-882-1239, www.randonneurs.bc.ca

Jun 11: Watermelon Rides

Rickreall, OR. Start at Polk County Fairgrounds. Routes generally flat with some rolling hills. 50, 100, 125 and 200 miles. John Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. www.salembicycleclub.org

Jun 11-17: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Also available June 18 & June 25. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 11-17: Tour of Tranquillity

McMinnville, OR. During this 7-day tour we wind our way along the Oregon Coast Range. Meander through the lush rain forest of the Oregon Coast Mountains, travel along the Oregon Coast and ride through the pastoral Willamette Valley. Intermediate or above. Also Available: August 27. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 12-Jul 6: The Great Alaska Highway Ride

Fairbanks, AK. Annual ride the full length of the Alaska Highway. Pedalers Pub & Grille, 352-284-9921, www.pedalerspubandgrille.com

Jun 17: 200km Brevet

Kootenay, BC. Randonneur event. Gord Cook, BC Randonneurs, 250-367-2117, www.randonneurs.bc.ca

Jun 17: Everett Street Scramble

Everett, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetscramble.com

Jun 17: Flying Wheels Summer Century

Redmond, WA. Largest century in Washington state, with 25-, 50- and 70-mile loop options. Start/finish at Marymoor Park. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jun 17: Great Falls Tour de Cure

Cascade, MT. Start at the Wedsworth Hall. The 10-mile route is a delightful trip along Hwy. 330 east of Cascade. The 40- and 100-mile routes follow the Missouri River. The 40-mile winds along Frontage Rd. to the Craig area before returning to Cascade for the finish. The 100-mile route makes its way through the picturesque Wolf Creek Canyon. Rest stops every 10 miles. 888-8diabetes

Jun 17-18: Foothills Randonnee - 600km Brevet

Fort St John, BC. See website for details. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jun 17-20: Hare & Tortoise 1000

Victoria, BC. Starts in Victoria, 3am. 1000km will bring you to Port Hardy and back. Ken Bonner, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jun 17-20: Lower Mainland 1000km

Lower Mainland, BC. Randonneur event. Eric Ferguson, BC Randonneurs, www.randonneurs.bc.ca

Jun 17: Southern Interior 200km

Kootenay, BC. 200km. Start at Kootenay. Start time TBA. Gord Cook, 250-367-2117, www.randonneurs.bc.ca

Jun 18-23: Across America North

Astoria, OR. Fully supported 50-day, 3,650-mile bicycle tour from Astoria, OR to Portsmouth, NH. Bill Lannon, America by Bicycle, 888-797-7057, www.abbike.com

Jun 18-23: Fluffy Bed in the Big Woods Tour

Bend, OR. Travel the same great route as the Towering Trees Road Tour, but stay in motels, lodges and B&B's at night. It's kind of like camping, without all of that sleeping outdoors stuff. Intermediate or above. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 18-26: Northwestern Tour

Astoria, OR. Fully supported 8-day, 620-mile bicycle tour from Astoria, OR to Boise, ID. Bill Lannon, America by Bicycle, 888-797-7057, www.abbike.com

Jun 19: San Juan Islands 4-Day

Seattle, WA. Of all of our San Juan Island tours, this is the best for people with limited time or who are newer to bicycle touring. Fully supported. All levels. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

June 23-30 Tour of the Wallowa

Minam, OR. Seven days through mountains of NE Oregon, including Wallowa Lake, Hells Canyon. 80

mile days, support vehicle to transport gear. Includes two layover days. Camping or cabins. Low budget with options. Larry. 509-782-4123, cascadedxpr@aol.com

Jun 23-25: 3-Day Yakima Valley Wine Tour

Sunnyside, WA. Fully supported tour includes 2 nights of lodging and 7 meals. Mike Aho, Spokane Parks and recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokane-parks.org

Jun 24: Ann Weatherill Memorial Ride

Walla Walla, WA. Premium metric Century through the largely rural, scenic Walla Walla Valley. Starts and ends at L'Ecole Winery in Lowden. Live music on the winery's back lawn, full lunch buffet and L'Ecole premium wines. Cost: \$80. Proceeds benefit the Ann Weatherill Memorial Fund, through the Blue Mountain Community Foundation. Patty Froke, 509.337.8668, frokpa@smmc.com

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Washington, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100, www.bigride.org

Jul 27: SIR 200km Brevet (ACP)
tbc, WA. Run concurrently with the Cascade 1200 Terry Zmrhal, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jun 30-Jul 3: Northwest Tandem Rally
Corvallis, OR. Ride the fertile Willamette Valley. The area enjoys mild temperatures and has easy access to the Pacific Ocean, the Cascade Mountains, and the high desert of Eastern Oregon. Corvallis was recently recognized by the League of American Bicyclists for being one of the most bike-friendly communities in the country. Becky Steinmetz, Mid Valley Bicycle Club, www.nwtr.org

JULY

Jul 1-4: 1000km Brevet
Peace Region, BC. Randonneur event. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jul 1: 300km Brevet
Kootenay, BC. Randonneur event. Gord Cook, BC Randonneurs, 250-367-2117, www.randonneurs.bc.ca

Jul 1: Ballard Street Scramble
Seattle, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 206-367-0839, www.streetsscramble.com

Jul 1: Canada Day 139 Populaire
Fort Langley, BC. Randonneur event. Open to everyone. Starts at Fort Langley, 8 to 9:30am. Route: Straiton, Vedder Crossing, Huntingdon, Aldergrove. 139km. Ali Holt Roger Holt, BC Randonneurs, 946-8438, www.randonneurs.bc.ca

Jul 1-8: Glacier - Banff - Jasper
Whitefish, BC. 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. Intermediate to advanced levels. Also available: July 8, July 15, July 22, and July 29. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 1-16: Permaculture & Sustainability Tour
Portland, OR. Ride through the lush Willamette River Valley, home to innumerable wineries, fruit orchards, and beautiful scenery. Many progressive organizations, with truly international reputation, with whom we will be working and learning. Also available: Aug 5. Portland Peace and Justice Center, 3848 SE Devison St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

Jul 1: Southern Interior 300km
Kootenay, BC. 300km. Start at Kootenay. Gord Cook, 250-367-2117, www.randonneurs.bc.ca

Jul 2-7: Bryce-Zion Bike
St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. 6 days. Also available: July 9. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 2-7: Oregon Coast Brevet
Eugene, OR. Biking, hiking. For those who want a more economical way to explore Oregon's coast, yet don't want to camp. Fully supported, this ride averages 45 miles/day. Also available July 9 and July 23. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 3: San Juan Islands 4-Day
Seattle, WA. Of all of our San Juan Island tours. Best for people with limited time or who are newer to bicycle touring. Fully supported. All levels. Also available July 17 and July 31. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 5-9: VanIsle 1200
Victoria, BC. An alternate 1200km brevet. Limited support. Route will be a slightly expanded version of the ever popular "Island End to End" 1000km route. Check website for details. Ken Bonner, BC Randonneurs, 250-388-5365 www.randonneurs.bc.ca

Jul 8: SIR 100km Populaire (RUSA)
tbc, WA. Summer populaire - event open to all. Paul Johnson, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jul 8: Tour of the Coeur d'Alenes
Wallace, ID. 1-day tour on the Trail of the Coeur d'Alenes. Includes breakfast, dinner and food stops. Wendy Bailey, Round & Round Productions, 2704 S Stone, Spokane, WA, 99223. 509-455-7657, www.roundandround.com

Jul 8-9: Bicycling and Hiking Weekend for Women Only
Sequim, WA. Lavender is flourishing on the Olympic Peninsula of Washington State. This weekend of bicycling and hiking around the Sequim area. Stops at Jardin du Soleil Lavender Farm, and hike to the light-house at the end of Dungeness Spit. Changing Gears, 206-824-3401, www.changinggears.com

Jul 8-14: Canadian Gulf Islands
Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands. Cycling, hiking, and kayaking are included. 7 days, all levels. Also available: July 22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 8-14: Cycle the Divide Montana
Missoula, MT. 245-mile journey begins in Whitefish and ends in Lincoln. 7-day catered and van-supported event. Return shuttle included. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jul 8-22: Lewis & Clark Historic Explorer
Missoula, MT. Follow the footsteps of the Corps of Discovery in Montana. Van-support and 5 nights of indoor accommodations included. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jul 9-14: California Redwood
Santa Rosa, CA. Hiking and biking tour through the redwood forest. Combines California Wine Country with majestic redwood forests and the beautiful California coast. 6 days, all levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 9-15: Habitat 500 Bike Ride Fundraiser
Northeastern MN. The 14th Annual Habitat 500 is a fully supported ride benefiting Habitat for Humanity (135 riders). Habitat for Humanity of Minneosta, 113 - 27th Ave NE, Suite T, Minneapolis, MN, 55418. 877-804-3466, www.Habitat500.org

Jul 12-16: Red-Spoke
Redmond, WA. Annual bike tour across beautiful Washington state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org

Jul 15-16: Group Health Seattle to Portland Bicycle Classic (STP)
Seattle, WA. Largest multi-day ride in the Northwest, up to 8,000 cyclists. Ride 200 miles in 1 or 2 days. Start parking lot University of Washington. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jul 15: Halfmoon 100 & 200km
Gibson, BC. Start at Gibson's, 9am. Route: Sunshine Coast. Robert Irvine, BC Randonneurs, 604-885-1044, www.randonneurs.bc.ca

Jul 15-21: Oregon - Crater Lake
Oakridge, OR. Bike on side roads and the Oregon Coast bike route, and hike along headland trails. Also available July 22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 15: Oregon Ultimate Road Ride
Bend, OR. 210-mile road ride from Sisters to Bend... the long way! 3 major climbs with lots of rollers in between will make this one of the toughest road rides in Oregon. Fully supported. Entry fee includes maps, food stop every 40-miles, Sag (if necessary) and t-shirt. Special rewards for finishers. Limited to 50 riders. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Jul 15: Pedal the Pinchot
Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St. Helens. Four routes: 30,32, 49 and 88-miles. Start line open at 6:00am/ close at 6:00pm at Sweift Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

Jul 15-16: Snake River MS Bike Tour
Idaho Falls, ID. Discover the beauty of the South Fork of the Snake River as it winds through Eastern Idaho. Families are encouraged to meet the cyclists at our overnight camp site for dinner and the evening's entertainment. 55-100 miles. Benefits the National Multiple Sclerosis society. Karen Jeffries, All america Chapter Idaho Division 1674 Hill Road Suite 18, Boise, ID, 83702. 208-336-0555

Jul 16-27: Blue Mountain Magic
Troutdale, OR. Blue Mountain Magic revisits the western-most segment of the Oregon Trail and celebrate the magnetic beauty and allure of the Oregon Country. In the course of 12 days, we'll cycle no less than 5 scenic byways through the heart of some of the west's most scenic and intriguing terrain. Ends in Boise, ID. Timberline Adventures, 800-417-2453, www.timbertours.com

Jul 16-22: Elkhorn Ridge Rambler
Baker City, OR. Ride travels through the high prairies and expansive ranch country of Eastern Oregon. This little traveled area is home to herds of Elk and Pronghorn Antelope. Up and down impressive canyons and travel along high meadows. Intermediate and above. Also Available: Aug 6. Wild Heart Cycling, 97701. 1-877-8GO-WILD, www.wildheartcycling.com

Jul 16-22: Tour BC
Hope, BC. 7-day supported road tour in central BC. Camping with motel options. 7 days of unforgettable cycling in British Columbia, famous world-wide for its scenery. Travel the Frazer Canyon to Lillooet, visit Kamloops, Merritt and back to Hope. Danelle Laidlaw, dpl CONSULTING, 7068 Mawhinney Cl, Burnaby, BC, V5B 4W2. 877-606-2453, www.tour-bc.net

Jul 21-23: Cycle Oregon - The weekend
Champoeg State Park, OR. 2-day event. Discover Oregon. Tara Corbin, Cycle Oregon, P.O.Box 15339, Portland, OR, 97293. 800-292-5367, www.cycleoregon.com

Jul 22-23: Back Road 400
Mill Bay, BC. Begins at Tim Horton's, 6am. 400km. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jul 22-28: Cycle Montana
Missoula, MT. 321-mile journey is highlighted by visits to University of Montana, Bitterroot River, Big Hole Pass, Bozeman Hot Springs and the Museum of the Rockies. 7-day catered and van-supported event. Optional 107-mile out-and-back ride on layover day. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jul 22: Seattle Night & Day Challenge
Seattle, WA. Using a map, visit as many urban checkpoints as you can in 3, 7, or 16 hours. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.nightanddaychallenge.com

Jul 22: SIR 200km Brevet (ACP)
WA. Randonneur event - Second Series Peg Winczewski, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jul 22: Tour des Chutes
Bend, OR. Fundraiser for Lance Armstrong Foundation.

Choose either the 75-, 35-, 12- or 6- mile ride. \$45 entry fee(includes: t-shirt, Livestrong bracelet, after ride lunch, ride support, food and rest stops. All entry fee money goes to Lance Armstrong Foundation and a local cancer organization. Gary Bonacker (TdC), Tour des Chutes committee, 1645 nw 3rd st., Bend, OR, 97701. 541-389-4515, www.tourdeschutes.org

Jul 23-29: Towering Trees Road Tour
Bend, OR. Ride through ponderosa forests, cross beneath snow covered mountains, and along quiet moss covered roads under a canopy of trees. During this 6-day tour we will traverse some of the most scenic sections of the Cascade Mountains, camping beside alpine lakes and in verdant forests. Advanced. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 27: RAMROD - Ride Around Mt. Rainier, One Day
Enumclaw, WA. Circumnavigates Mt. Rainier for 154 miles and 10,000ft. elevation gain. Lottery entry. Incomparable scenery. Redmond Cycling Club, P.O. Box 1841, Bothell, WA, 98041-1841. 206-781-3903, www.redmondcyclingclub.org

Jul 28-30: Uncle Sam's 150 Classic Two-Day Tour
Lakewood, WA. 2-day bike tour benefiting local US armed forces, disabled, and veterans. Day 1: 50mi (25 out and back). Day 2: 100mi (50 out and back). WA State Trail Running, Walking, & Duathlon Club, P.O. Box 39623, Lakewood, WA, 98497. 253-376-5737, www.humanmultisportspnw.org

Jul 29: 300km Brevets
Lower Mainland, BC. Randonneur event. Start at 7:00am. Barry Chase, www.randonneurs.bc.ca

Jul 29-31: Rolling the Islands of the Salish Sea
Seattle, WA. IBF fundraiser and cultural/natural heritage tour from Seattle to Victoria. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Jul 29: Summit to Surf
Welches to Hood River, OR. Choose a route and ride from 10 to 100 miles with up to 9600ft. elevation. All riders finish in Hood River, OR. Supports American Diabetes Association. Kris Bockmier, American Diabetes Association, 380 SE Spokane Street #110, Portland, OR, 97202. 800-676-4065, www.SummittoSurf.org

Jul 29-Aug 5: Volcanoes of Washington
Seattle, WA. Mt. Rainier, Mt. St. Helens, Mt. Adams, Mt. Hood - all by bike, in fully supported luxury! 8 days. Also available: August 12. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 30-Aug 13: Bicycle Idaho
Cour d'Alene, ID. 6-day event. Start in Coeur d'Alene. Ride along the lake and rivers of Northern Idaho. Mileage varies from 48 to 88 miles per day. Sandy Green, 541-385-5257, www.oregonbicycleride.org

Jul 30-Aug 3: San Juan Islands - Camping
Anacortes, WA. 5 days. Levels: all. Activities include biking, sea kayaking and hiking. Family version available. Also available: August 28. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 30: Tour de Kitsap BAW
Silverdale, WA. Scenic courses in lovely Kitsap County of 12, 30, 65 and 100 miles, with theme rest stops and full SAG on each route. Frank Lane, West Sound Cycling Club, 1257 NW Amanda Loop, Silverdale, WA, 98383. 360-779-1819, www.westsoundcycling.com

AUGUST

Aug 4-5: RSVP - Ride from Seattle to Vancouver, BC & Party
Seattle, WA. 183 miles of scenic backroads in western Washington. Go through Chuckanut Drive. Finish line festival. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Aug 5: 200km - The Dam Brevet
Fort St John, BC. Randonneur event. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Aug 5: Harrison Ford 200km
100 Mile House, BC. Start location at Tim Horton's 100 Mile House, 7am. Route: Lac des roches-Eggen Lake-Green Lake-Lone Butte-70 miles. On-road/Off-road brevet, so bring your ATB (All Terrain Bicycle)! Danelle Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Aug 5: Southern Interior 400km
Penticton, BC. 300km. Start at Penticton. Start time TBA. Tine Hoeben, 250-770-3733, www.randonneurs.bc.ca

Aug 5-6: Oregon MS 150 Bike Tour
Forest Grove, OR. Ride with George Hincapie. 2-day fundraising ride through Oregon's wine country and woodlands. Figure-8 courses ranging from 41 to 178 miles. Fully supported. Start/finish at Pacific University. Finish line festival and rider village. Jeff Pazdalski, National Multiple Sclerosis Society, Oregon Chapter, 1650 NW Naito Parkway, Suite 190, Portland, OR, 97209. 503-445-8349, www.ms150oregon.com

Aug 5-6: SIR 300km Brevet (ACP)
tbc, WA. Second Series. Dan Turner, Seattle International Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

Aug 5-6: 400km Brevet
Penticton, BC. Randonneur event. Gord Cook, BC Randonneurs, 250-367-2117, www.randonneurs.bc.ca

Aug 5-6: Gold River 600
Campbell River, BC. Start at 6am. 600km. Don Munro, BC Randonneurs, 250-746-5236, www.randonneurs.bc.ca

Aug 5-7: Courage Classic Bicycle Tour
Snoqualmie, WA. A 3-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! Mark Grantor, Mary Bridge Children's Hospital, P.O. 5296, Tacoma, WA, 98415. 800-392-9253, www.courageclassic.com

Aug 5-8: Lower Mainland 1000km
Lower Mainland, BC. Also in the Interior. Erick Ferguson, BC Randonneurs, www.randonneurs.bc.ca

Aug 5-11: Canadian Gulf Islands
Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands. Cycling, hiking, and kayaking are included. 7 days, all levels. Also available: Aug 19. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 5-11: Oregon - Crater Lake
Oakridge, OR. Bike on side roads and the Oregon Coast bike route, and hike along headland trails. Also available August 12 and August 26. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 5-12: Glacier - Banff - Jasper
Whitefish, BC. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Also available: Aug 12, Aug 19, and Aug 26. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 5-12: San Juan Islands - Victoria
Seattle, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds 2 nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Also available August 19. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 6: 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. \$8 tandem/\$5 single entry fee. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Aug 6: Tour de Peaks Bike Ride
Snoqualmie, WA. Great food, 3 road routes, 1 MTB route. Sign-in 7-10am. Sue Beauvais, Snoqualmie Valley Chamber of Commerce, P.O. Box 357, North Bend, WA, 98045. 425-888-4440, www.tourdepeaks.com

Aug 6-11: Oregon Coast Budget
Eugene, OR. Also available August 20. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 6-10: Parent/Child Colorado
Silverthorne, CO. Visit the ski towns of Colorado on over 128 miles in 5 days. Follows the paved network of bike paths linking Summit County, Vail, and Glenwood Canyon. Catered and van-supported. Ends in Glenwood. Return shuttle included. One parent per child. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org/

Aug 11-20: Columbia River Classic
Spokane, WA. Ride through the heart of the Colville National Forest and climb to the crests of the Selkirk and Kettle River Ranges of NE Washington, and the Purcells and Monashees of southern BC. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 11-12: Oregon Coast Cycling Fest
Gold Beach, OR. Ride along the Oregon Coast that benefits Curry Health Foundation. Part of 3-day road and MTB festival. Road rides range from 10 -100 miles. 3-mile kiddie ride on second day. Party. Chip Weinert, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

Aug 12: 400km Brevet
Lower Mainland, BC. Randonneur event. Start at 6am. Ivan Andrews, www.randonneurs.bc.ca

Aug 12: 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. Roberta Russell, Blue Cross of Idaho Foundation for Health, P.O. Box 8419, Boise, ID, 83707-2419. 866-482-2252, www.bcidahoFOUNDATION.org

Aug 12: 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 beautiful Willamette Valley. Good food and support. Tim Corbett, Mid-Valley Bicycle Club, P.O. Box 1373, Corvallis, OR, 97339-1373. 541-757-6691, www.mvbc.com

Aug 12-13: SIR 300km Brevet (ACP)
Packwood, WA. Volcanoes route. James Gutholm, 206-612-4700, www.seattlerandonneur.org

Aug 12: Torture 10,000
Gresham, OR. Choose either the mostly flat and 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. Portland Wheelmen Touring Club (PWTC), P.O. Box 2972, Portland, OR, 97208-2972. 503-257-PWTC, www.pwtc.com

Aug 13: Bridge Pedal BAW
Portland, OR. A community celebration of the Portland and Willamette areas. Bike ride over Portland's Willamette river bridges. Event part of a 3-day festival that includes all kinds of activities. Limit 15,000. Rick Bauman, Bridge Pedal, Inc., 1631 NE Klickitat Street, Portland, OR, 97212. 503-281-9198, http://bridgepedal.com

Aug 13-19: Oregon Bicycle Ride
Pendleton, OR. 7-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 & ground transportation. Sandy Green, OBR Committee, 800-413-8432, www.oregonbicycleride.org

Aug 13: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally) BAW
Tenino, WA. Revel in the quiet of Thurston and Lewis county, enjoy views of Mt. Rainier, on 23-, 30-, 50-, 80- and 100-mile loops. Blaine Wheeler, Capital Bicycling Club, PO Box 642, Olympia, WA, 98507. 360-480-7356, www.capitalbicycleclub.org

Aug 14-19: 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 over 6 days. Family version available. Also available: August 28. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 14: San Juan Islands 4-Day
Seattle, WA. Of all of our San Juan Island tours, this is the best for people with limited time or who are newer to bicycle touring. Fully supported. All levels. Also available August 28. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 18-20: Get Your Guts into Gear
Seattle, WA. Cyclists will pedal along the scenic roads north of Seattle in a 3-day, 210 mile loop ride. Riders will average 70 miles each day and will make two overnight camping stops. The Ride raises funds for research, education, patient support, and advocacy work for Crohn's disease and ulcerative colitis, and empowers those affected by the diseases. Get Your Guts into Gear, 718-875-2123, www.ibdride.org

Aug 19: Hot August Days - Tour of the Columbia Basin
Wenatchee, WA. 50-, 100-, or 150-mile bike ride from Wenatchee to Quincy, Soap Lake, Dry Falls, Waterville, Orondo. 509-662-3461, www.hotaugustdays.com

Aug 19-26: RAW - Ride Around WA
Around, WA. RAW route generally follows the second SR-97, the alignment of which comes close to the geographic middle of the state. Daily mileage will vary from roughly 40 to a bit over 90. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, 206-522-BIKE, www.cascade.org/raw

Aug 19: The Vine Ride
Newberg, OR. Tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2006 bike. Support Northwest Medical Teams. Karl White, Wheel Help Rides, 6415 SW 153rd Ave., Beaverton, OR, 97007. 800-390-6189, www.vineride.com

Aug 19: Tour de Lentil
Pullman, WA. 100km ride through the rolling hills of the Palouse region in and around Pullman. Michelle Poesy, National Lentil Festival, 415 N. Grand Ave., Pullman, WA, 99163. 509-334-3565, www.lentilfest.com

Aug 19: Victoria Fat Tire 200
Victoria, BC. Starts at Spinnakers Brew Pub, 6am. Route: Swanigan Lake, Kappour Hill, Weeks Lake, Valentine Mountain. 200km. David Sudbury, BC Randonneurs, 250-389-6177, www.randonneurs.bc.ca

Aug 20: Yaquina Lighthouse Century
Newport, OR. Experience the beauty of the Oregon coast. Century, 100km and 22-mile rides. Start in Newport, 100km goes to Toledo and Elk City, century keeps going to Kervinville and back to Newport. Start at 7:00am. Generally flat with some hills. SAG & rest stops. Limit 200 riders. \$30 for either Century and \$20 for the short 22-mile ride. Galen Gard, Yaquina Wheels Bicycle Club, 541-867-7123, www.orbike.com

Aug 20-31: Montana Magic
Missoula, MT. Tour Montana and retrace parts of the Lewis and Clark expedition, including Yellowstone Country. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 20-27: Sea to Sky Adventure: San Juan Islands/Olympics
Edmonds, WA. Ride the Pacific seashore, immerse yourself in the primeval forests of the Olympics, cycle to the awesome summit of Hurricane Ridge, experience the maritime magic of the quaint seaside villages of Port Angeles, Port Townsend and Friday Harbor, and explore the serene San Juan Islands of Puget Sound. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 24-27: SIR 1000km Brevet (ACP)
tbc, WA. Also includes a 400km Brevet on the weekend. Mark Thomas, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Aug 25-Sep 3: Classic Canada
Lake Louise, AB. The rugged Purcells and Selkirks, the serene beauty of the great Columbia/ Kootenay River system and the valleys through which these waters flow, fiord-like lake country that is everywhere. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 26: 200, 300, 400, 600km Lower Mainland Brevets
Maple Ridge, BC. Start Location: Petro Canada Stn, 222700 Lougheed Hwy Maple Ridge, Corner of 228th St, 6am. Various routes. These brevets cross into the U.S., so bring your passport! Michel Richard, 739-6798, www.randonneurs.bc.ca

Aug 26-27: RAPSody - Ride Around Puget Sound BAW
Tacoma, WA. RAPSody is 165 challenging and scenic miles of up and down, with an overnight in Shelton. BAW, Box 112078, Tacoma, WA, 98411. 206-577-6999, www.rapsodybikeride.com

Aug 26-Sep 3: Rogue River Rambler
Eugene, OR. Coast and Cascades are joined with an incredible ride along one of the West's great wild and scenic rivers. We'll trace that river to and through the Rogue River Valley to its source in the high Cascades near Crater Lake. Climb awesome Bearcamp Pass, one of the West's great high-country challenges. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 26-27: SIR 400km Brevet (ACP)
tbc, WA. Run concurrently with the 1000km Brevet. Mark Thomas, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Aug 27-Sep 1: Bryce-Zion Bike
St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. 6 days. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 27: Summits of Bothell (SOB)
Bothell, WA. One SOB of a bike ride. A challenging and scenic 35-mile ride that takes cyclists up and over the community's 7 hills. Course includes climbs of 14-18% 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 t-shirt. Bill Wiselogle, Bothell Arts Council, 10514 NE 196th St, Bothell, WA, 98011. 425-486-8152, www.ci.bothell.wa.us

SEPTEMBER

Sep 2: 200km - Quiche Brevet
Peace Region, BC. 75km and 150km available. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Sep 2-9: Glacier - Banff - Jasper
Whitefish, BC. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Intermediate to advanced levels. Also available: Sept 9. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 2-5: Lower Mainland & Interior Brevet- 1000km
TBA, BC. Eric Fergusson, www.randonneurs.bc.ca

Sep 2-8: Oregon - Crater Lake
Oakridge, OR. Bike on side roads and the Oregon Coast bike route, and hike along headland trails. Also available Sept 9. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 2-9: San Juan Islands - Victoria
Seattle, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds 2 nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Also available Sept. 16. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 3-8: California Wine Country 6-Day
Santa Rosa, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining as well as a wine tasting. 4-day and budget tour available. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 3: Great Northwest Fall Tour
Newport, WA. 15, 30 or 50-mile route, some hills. \$25. Ride includes food/water stop, t-shirt Start/finish at Newport City Park. Melody Geddes, Newport/Priest River Rotary Club, 9722 Scotia Road, Newport, WA, 99156. 509-292-5099, www.povn.com/gnwft

Sep 3: Hutch's 100km
Bend, OR. Metric century (62 miles) beginning and ending at Tumalo State Park. Mostly small rollers, and 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, northwest of Bend. \$5.00 entry. Hutch's Bicycles, Bend, OR, 530-382-6248, www.hutchsbicycles.com

Sep 3-8: San Juan Islands 6-Day
Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Available Sept 10, Sept 17. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 4-9: Columbia Gorge
Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, forests, mountain views, orchards, and the Columbia River over 6 days. Family version available. Also available: Sept 18. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 9-10: Bicycle Trek for Life & Breath
Surrey, BC. 2-day, 200km ride through the Fraser Valley. Start at Hazlemere Campground to Cultus Lake and back via a different route on Sunday. Fully supported. Fundraiser for the BC Lung Association. BC Lung Association, 2675 Oak Street, Vancouver, BC, V6H 2K2. 604-731-5864, www.bc.lung.ca/trek

Sep 9-10: Group Health MS 150 Bike Tour
La Conner, WA. 2-day, 150-mile fully supported bike tour to support the National MS Society. Rachael Nuwash, National Multiple Sclerosis Society, 192 Nickerson Street, Suite 100, Seattle, WA, 98109. 800-344-4867, www.nationalmssociety.org

Sep 9-16: Amgen California Coast Classic
San Francisco to Los Angeles, CA. Fully supported 6- to 8-day tour along the California coast to benefit the Arthritis Foundation. Scott Weaver, Arthritis Foundation - Pacific Northwest Chapter, 3876 Bridge Way, N., Seattle, WA, 98103. 206-547-2707, www.californiacoastclassic.org

Sep 9-16: Cycle Oregon
Various, OR. Cycle Oregon is a 7-day, fully supported 500 mile bicycle tour that travels through various regions of Oregon. This year visit Blue Mountains area. You pedal and we take care of the rest. Ingrid Nylén, Cycle Oregon, 2125 N Flint Avenue, Portland, OR, 97227. 503-287-0405, www.cycleoregon.com

Sep 9-23: Big Ride Pacific Coast
Seattle, WA. Experience the Pacific Coast by bicycle! Ride along the coast from Seattle to San Francisco, CA. Charlie Vanderburg, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100, www.bigride.org

Sep 9-Oct 1: Ride the West
Portland, OR. Fully supported 23-day, 1,350-mile bicycle tour from Portland, OR to Newport Beach, CA.

Bill Lannon, America by Bicycle, 2 Red Oak Dr., Unit A, Plaistow, NH, 03865. 888-797-7057, www.abbike.com

Sep 9-19: Utah Parks
St. George, UT. 11-day catered and van supported event. 493 miles of beautiful scenery showcasing unique landscapes. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Sep 10-15: California Redwood
Santa Rosa, CA. Hiking and biking tour through the redwood forest. 6 days, all levels. Also available Sept 24. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 10-15: Santa Fe-Taos Tour
Santa Fe, NM. 6-day Tour: Bike, Hike, Raft. Highlights: Bandelier National Monument, Enchanted Circle. Also available Sept 24. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 10: Headwaters Century [BAW]
Enumclaw, WA. 3 gorgeous routes (45, 65 or 100 miles) in the headwaters of the Green River. 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: Bryce-Zion Camping
St. George, UT. Camp under the clear desert sky, which shows the wonders of Bryce and Zion national parks, as well as Kodachrome Basin. 6 days. Family version available. Also available: Sept 18 and 25. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 11-19: Sawtooth Trek
Sawtooth Mtns, ID. Wonderful, 120-mile, 3-day recreational expedition through some of Idaho's most scenic vistas. This excursion is open to novices and advanced riders alike and places an emphasis on fun. Limit 125 riders. Rod Leslie, American Lung Association of Idaho, 208-344-6567, www.lungidaho.org

Sep 16: Sawtooth Century Ride
Ketchum, ID. Sawtooth Velo, www.sawtoothvelo.org

Sep 16-17: SIR 600km Brevet
tbc, WA. Second Series. Eric Vigoren, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerandonneur.org

Sep 16-17: Tour des Lacs
Spokane, WA. Spokane to Coeur d'Alene, Idaho. 2-day tour with multiple routes, mileage options and boat cruise on Lake CDA. Wendy Bailey, Round & Round Productions, 2704 S Stone, Spokane, WA, 99223. 509-455-7657, www.roundaround.com

Sep 16-19: Trek Tri Island
Seattle, WA. 3-day, 135-mile fundraising tour from Seattle to Victoria through the San Juan Islands. Ferry included. American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100, www.alaw.org

Sep 17: Cascade Spawning Cycle [I]
Seattle, WA. 30-mile recreational ride around Seattle, following the salmon migration. Great for families. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Sep 17: Fall Isle-Lander
Victoria, BC. Start at Cook Street Village Moka House, Cook & Oscar Victoria, 7am. Route: Saanich-Metchosin. 200km. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Sep 23-29: Central California Coast
San Luis Obispo, CA. From Big Sur to Santa Barbara, this area boasts beautiful, unspoiled coastline, and inland valleys. Quiet country roads, gorgeous scenery. 7 days, all levels. Bicycle Adventures, 98508. 800-443-6060, www.bicycleadventures.com

Sep 23: Emerald City Lights Bike Ride
Seattle, WA. 30- or 65-mile route. Start/finish Auburn Game Farm Park. 30-mile out to Flaming Geyser Park, through Enumclaw Plateau and back. The 65-mile 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 23: Fall Flatlander 200K
Maple Ridge, BC. Start 7:00am from Maple Ridge (Hwy #7 @ 240 Street). Tour Mission, Rosedale, Ft. Langley. Keith Fletcher, BC Randonneurs, 530-9273, www.randonneurs.bc.ca

Sep 23: Heber Valley Century
Heber City, UT. Autumn splendor of Wasatch Mountains. Scenic hamlets, pristine horse & farm country, & awesome ski country with magnificent vistas & views. Bike 2 Bike, 801-677-0134,

Sep 23: Ride the Rogue [I]
Rogue River, OR. A relatively flat, easy terrain through beautiful Southern Oregon. Century, metric century, 30-mile or 6-mile family ride available. Start at Palmerton Park. Gail Frank, Rogue River Recreational Corridor and Greenway, RRG Ride the Rogue Committee. P.O. Box 1439, Rogue River, OR, 97537. 541-582-1112, www.ridetherogue.org

Sep 23: Ride4US [I]
Tacoma, WA. One phenomenal day - The 31-, 62- & 100-mile begin with a scenic rolling tour of Vashon Island. 62-milers continue to Steilacoom riding along the water before returning to the park. Centurions follow Commencement Bay, past Tacoma's downtown landmarks before the hills of Brown's Point - and Steilacoom. Each course ends with a loop in the pristine beauty of Pt. Defiance Park. 4 family-friendly events (Ride4US, Run4US, Walk4US & Fun4US). Something for everyone, food, music & discounted passes to the zoo and go-karts. Diego Wendi, Ride4US, 401 North E St, Tacoma, WA, 98403. www.ride4us.org

Sep 23: SIR 100km Mountain Populaire
WA. Randonneur event open to all. End of the season event. Jan Heine, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

Sep 23: Tour de Whidbey
Whidbey Island, WA. Challenging 100- or 50-mile routes, or a moderate 25-mile ride on beautiful Whidbey Island. Pancake breakfast and chili feed at Greenbank Farm provided. This well supported ride is a benefit for the Whidbey General Hospital Foundation. Each route offers excellent rest stops and friendly volunteers. Alex Loudon, Whidbey General Hospital Foundation, P.O. Box 641, Coupeville, WA, 98239. 360-321-7656, www.whidbeygen.org

Sep 23-24: Wine Country Trek
Yakima, WA. 2 days from Yakima to Prosser and back. \$85 all inclusive. Immerse yourself in wine country! David Severson, Apple Valley Kiwanis, Prosser Kiwanis, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com/rides

Sep 24: Olympic Discovery Bike Adventure
Port Angeles, WA. Enjoy riding 50 miles on the off-road Olympic Discovery Trail that winds through valleys and along the shoreline of some of the most beautiful coastal scenery in the world. Port Angeles to Sequim. MTB with semi-slick or smooth tires or road bike with wider tires recommended. Start at City Pier. Dan, City of Port Angeles Parks and Rec., 360-417-4550, www.olympicdiscoverybike.com

Sep 30: Dam2Dam Thumbs Up! Tour
Wenatchee, WA. Help find a cure for paralysis! 25-, 50- or 100-mile ride along the beautiful Columbia River. Rocky Reach Dam to Well Dam and back. Benefits the Mike Utley Foundation for spinal cord research. Mike Utley Foundation, P.O.Box 458, Orando, WA, 98843. 800-294-4683, www.mikeutley.org

OCTOBER

Oct 1: Kitsap Color Classic
Edmonds, WA. Multiple loops from 14 to 64 miles around Kitsap Peninsula. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Oct 1: Peach of a Century
Salem, OR. 100-mile and 100km routes. 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. Scott McCanna, Salem Bicycle Club, 503-375-6139, www.salemclub.org

Oct 1-6: San Juan Islands 6-Day
Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Oct 2-7: Columbia Gorge
Portland, OR. Cycling, rafting, hiking. Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River over 6 days. Family version available. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Oct 6-8: Methow Valley Fall Bike Festival
Winthrop, WA. Bike Festival for the whole family; cyclocross, MTB rides, MTB races, road rides. Jan Erickson, PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 7-13: Central California Coast
San Luis Obispo, CA. From Big Sur to Santa Barbara, this area boasts beautiful, unspoiled coastline, and inland valleys. 7 days, all levels. Also available: October 21. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Oct 7-13: Hawaii
Kona, HI. Explore on foot, bike and in the water the very best parts of the big island. Ride the rolling grasslands to the High Country and cycle through banyan tree forests. 7 days. Also available: October 21. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Oct 7: Manastash Metric Century
Ellensburg, WA. Annual tour through the Kittitas and Yakima River valley. Michael Reilly, United Way, P.O. Box 483, Ellensburg, WA, 98926. 509-925-2730, www.manastash-metric.org

Oct 7: Vancouver Heritage Tree Ride
Vancouver, WA. Part of the Old Apple Tree Festival, a Heritage Tree Bike Ride in downtown Vancouver. Visit 12 downtown Heritage Trees, and end at Esther Short Park and the Farmer's Market. Short, fun ride with no steep hills. From 11am to noon. The Old Apple Tree Festival (October 8th, 9am. to 1pm) is a celebration centered around the oldest apple tree in the Northwest. Ryan Durocher, Vancouver-Clark Parks and Recreation, 360-619-1108, www.vanclarkparks-rec.org

Oct 8-13: California Redwood
Santa Rosa, CA. Hiking and biking tour through the redwood forest. Combines California Wine Country with majestic redwood forests and the beautiful California coast. 6 days, all levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Oct 8: 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 Champoeg State Park. Cue sheet and light support provided. Sarah Bailen-Smith, Smith and Miller Production, 7058 NE 8th Avenue, Portland, OR, 97211. 503-286-2342, www.sampros.com/century.htm

Oct 14-21: Limited Edition Epic Tour
Santa Rosa, CA. This 8-day tour follows the routes the Discovery Team used for early-season training. Skaggs Springs, Kings Ridge, Coleman Valley Road, and more. Challenging climbs. Full van support. Intermediate to Advanced. Also available Oct 28-Nov 4. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

NOVEMBER

Nov 4-9: Central California Coast
San Luis Obispo, CA. From Big Sur to Santa Barbara, this area boasts beautiful, unspoiled coastline, and inland valleys. 7 days, all levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Nov 4-10: Hawaii
Kona, HI. Explore on foot, bike and in the water the best parts of the big island. Cycle through banyan tree forests. 7 days. Also available: Nov 18. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Nov 5-10: California Wine Country 6-Day
Various, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining, as well as a wine tasting. 4-day and budget tour available. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Nov 5: Solvang Prelude
Solvang, California. 25-, 50- or 63-mile rides around Santa Ynez Valley. Live DJ's at each SAG stop, finish line Expo, BBQ lunch, etc. SCOR, Randy Ice, 562-690-9693, www.bikescor.com

DECEMBER

Dec 2-8: Hawaii
Kona, HI. Explore on foot, bike and in the water the best parts of the big island. Cycle through banyan tree forests. 7 days. Also available: Dec 27. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

TRACK

FEB/MARCH

Feb 22, Mar 1: Thundersome
Burnaby, BC. See Race Series for details. Team Soliton, www.burnabyvelodrome.ca

MAY

May 4, 11, 18, 25: Alpenrose Thursday Series
Portland, OR. See Race Series for details. OBRA, www.obra.org

May 5, 12, 19, 26: Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, www.obra.org

May 13: Eric Kautsky Memorial Race
Portland, OR. Darell Provencher, 503-657-0568, www.obra.org

May 17, 24, 31: Wednesday Night Track Racing
Redmond, WA. Track racing for Cat 4 Women, Cat 4 Men and Masters. Start at 7:30pm. www.velodrome.org

May 22, 29: Monday Night Track Racing
Redmond, WA. Racing starts at 7:00pm. www.velodrome.org

JUNE

Jun 1, 8, 22, 29: Alpenrose Thursday Series
Portland, OR. See Race Series for details. OBRA, www.obra.org

Jun 2, 9, 23, 30: Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, www.obra.org

Jun 2, 9, 16, 23, 30: Group Health Friday Night Race
Redmond, WA. Track racing for Cat 1, 2 & 3 Women and Cat 1, 2 & 3 Men. 7:30pm start. www.velodrome.org

Jun 5, 12, 19, 26: Monday Night Track Racing
Redmond, WA. Racing starts at 7pm. www.velodrome.org

Jun 6, 20, 27: Masters and Juniors Races
Portland, OR. See Race Series for details. Steve Trusdale, www.obra.org

Jun 7, 14, 28: Wednesday Night Racing
Redmond, WA. See Race Series for details. www.velodrome.org

Jun 12-17: Alpenrose Six Day
Portland, OR. The only outdoor 6-day race in North America. Offers a full program of activities. See website closer to event for schedule. Mike Murray, 503-661-5874, www.obra.org

Jun 24-25: Alpenrose Silver Cup
Portland, OR. Phil Sanders, 503-649-4632, www.obra.org

JULY

Jul 4, 11, 18, 25: Masters and Juniors Races
Portland, OR. See Race Series for details. Steve Trusdale, www.obra.org

Jul 5, 12, 19, 26: Wednesday Night Racing
Redmond, WA. See Race Series for details. 7:30pm www.velodrome.org

Jul 6, 13, 20, 27: Alpenrose Thursday Series
Portland, OR. See Race Series for details. OBRA, www.obra.org

Jul 7-9: Alpenrose Challenge
Portland, OR. Three-day racing extravaganza. Include sprint and endurance events as well as fastest lap competition. A chance to see the best in the Nation. Nathan Hobson, 503-652-3763, www.obra.org

Jul 7-9: Canadian Junior & Master Nationals
Bromont, QC. Championships events for junior and masters. Canadian Cycling Association, www.canadian-cycling.com



Photo by Greg Descanties

Burnaby, where a roof makes all the difference - or how to race on the track in the winter.

Jul 7, 14, 21: Group Health Friday Night
Redmond, WA. See Race Series for details. 7:30pm. www.velodrome.org

Jul 10, 17, 24, 31: Monday Night Track Racing
Redmond, WA. Racing starts at 7pm. www.velodrome.org

Jul 12-15: Junior Track Nationals
Trexlerstown, PA. www.usacycling.org

Jul 14, 21, 28: Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, www.obra.org

Jul 21-23: OBRA Championships
Portland, OR. Schedule to be posted on website. Candi Murray, 503-667-6220, www.obra.org

Jul 28-30: Northwest Velodrome Championships
Redmond, WA. Marymoor Velodrome. Qualifier event for the national championships. Schedule to be released on the website. Marymoor Velodrome, www.velodrome.org

AUGUST

Aug 1, 8, 15, 22, 29: Masters and Juniors Races
Portland, OR. See Race Series for details. Steve Trusdale, www.obra.org

Aug 2, 9, 16, 23, 30: Wednesday Night Track Racing
Redmond, WA. Track racing for Cat 4 Women, Cat 4 Men and Masters. See Race Series for details. 7:30pm www.velodrome.org

Aug 3, 10, 17, 24, 31: Alpenrose Thursday Series
Portland, OR. See Race Series for details. OBRA, www.obra.org

Aug 4, 11, 18, 25: Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, www.obra.org

Aug 4, 11, 18, 25: Group Health Friday Night Race
Redmond, WA. See Race Series for details. 7:30pm. www.velodrome.org

Aug 5: OBRA Junior & Team Championships
Portland, OR. Alpenrose Velodrome. Candi Murray, 503-667-6220, www.obra.org

Aug 7, 14, 21, 28: Monday Night Racing
Redmond, WA. Racing starts at 7pm. www.velodrome.org

Aug 8-12: Masters Track Nationals
Colorado Springs, CO. www.usacycling.org

Aug 19-20: OBRA Masters Championships
Portland, OR. Candi Murray, 503-667-6220, www.obra.org

Aug 26: National Track Qualifier
Portland, OR. Heather VanValkenburg, 360-735-8152, www.obra.org

SEPTEMBER

Sep 1-3: Canadian Senior Nationals
Bromont, QC. Senior championships. Canadian Cycling Association, www.canadian-cycling.com

Sep 1: Group Health Friday Night Race
Redmond, WA. See Race Series for details. 7:30pm. www.velodrome.org

Sep 7, 14, 21, 28: Alpenrose Thurs. Series
Portland, OR. See Race Series for details. OBRA, www.obra.org

OCTOBER

Oct 5-8: Elite Track Nationals
Los Angeles, CA. www.usacycling.org

JANUARY 07

Jan 2-7: Burnaby Six-Day
Burnaby, BC. Indoor six-day event. Categories A, B, C. Sprint nights and junior series included as well as event for first timers of every level. Mass start events, sprints, madison and more. Scott Laliberte, www.burnabyvelodrome.ca

Crossing Craycroft

By MAYNARD HERSHON

Note: This piece was first written for a local alternative weekly in Tucson. That's why the piece is written for a non-cyclist. The paper's editor, whose cycle-commuter significant other had just been hit by a car, chose, despite his sympathies, not to run it.

I was riding east on 16th or whatever it's called there, headed home from work. I pedaled past Vail Middle School, abandoned at five in the afternoon, to the stop sign at Craycroft.

Craycroft south of Broadway is three lanes each way. It's a school zone, that intersection, but the kids had gone home. If you're in a car driving south on Craycroft, at 16th you see yellow signs with pictures of kids walking, and there's a crosswalk sign.

None of that, signs or crosswalk, had anything to do with me. I'm not a kid and I wasn't in any crosswalk. The crossing guards were gone and the folding 15mph signs put away. Neither the law nor common courtesy called for anyone to stop. I wish no one had.

To cross streets like Craycroft on a bicycle, you wait for your chance, then pedal to the gap in the center divider and wait again. You can't cross all six lanes in one go, not at commute times. Oh, you can get all the way across once in 100 times, maybe.

I leaned on my handlebars, watching cars go by and waiting for a gap in southbound traffic. I was a vehicle trying to cross the street, same as a car. I did not stick my front wheel out into the path of oncoming cars. I wanted to remain unnoticed.

Two southbound cars, one in the right lane, the other in the left one, slowed and stopped to let me cross. Damn, I thought. The driver in the curb lane waved me across. Damn again. I hesitated and looked north up Craycroft to see what was coming behind them.

What was coming was a woman driving a minivan full of kids. She was going maybe 50 in the fast lane, oblivious to the stopped car in front of her.

When she realized there was a car blocking her path she jerked the wheel and swerved to the middle lane. It looked like one of those Consumer Reports evasive maneuver tests. Her car nearly failed it.

One of the van's wheels left the ground. I was sure she was gonna roll that van full of kids right there on Craycroft, from not paying attention.

But she didn't; she made it. Still going really fast, she blew between the two stopped cars and was gone, headed toward the lights at 22nd. The incident was over.

If I'd trusted the driver who'd waved me across, the van woman would've nailed me - and traumatized herself and her van-full of kids. Luckily I stayed where I was.

She just missed rear-ending the one car. If she had, there'd have been worse carnage than one cyclist fatality and some upset kids. Would've looked like a train wreck, huh?

The two guys, trying to be considerate, chose to stop at an intersection without a traffic light or stop sign. They figured that drivers behind them would see their brake lights, size-up the situation and stop safely. Clearly that was not an accurate assumption.

Cars stop for cyclists many times when they shouldn't. Thinking they're being courteous, they stop and invite us to cross in front of them. Sometimes, without knowing it, they invite us into harm's way. Each driver forgets he only controls one lane, not all the lanes.

Often it's the last driver in a cluster of traffic who stops. There'll be empty road behind the car, meaning plenty of time for the slowest, most timid cyclist or walker to make it to the center island. Those last drivers stop anyway, convinced they're doing the courteous thing. It's courteous, okay, but it's not smart. It's a rear-ender waiting to happen.

Drivers behind them, usually speeding and seldom paying attention, don't expect stopped vehicles at uncontrolled intersections. They freak out. Then they get angry.

Their rights have been violated, they think. They believe they have a right to speed - anywhere, any time - on uncluttered roads, without having to focus on their driving. Any hindrance enrages them. Getting caught not paying atten-

tionembarrasses them. They hate that.

But they still don't pay attention. They fail to notice unexpected obstacles until the last moment - or later. Too late, and we have what's called an accident. It was preventable, predictable and certainly caused by driver inattention, but it's still called an accident.

Realizing as we do how little attention motorists pay to their driving, we cyclists would prefer that drivers not stop for us. We'd rather they'd set their generous impulses aside and do what other drivers expect them to - just keep driving.

Just keep driving. It'll be safer for drivers and safer for cyclists.

We appreciate their kind impulses, but we'll find holes in traffic without their help. And, patrol officers will work fewer crash scenes. The officers will enjoy more leisure to do whatever it is they do between brief attempts at law enforcement.

Seen anyone speed recently? Run a light? No kidding? Seen anyone get a ticket? Me neither.



MARKETPLACE

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