

# BICYCLE PAPER

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35 YEARS AS THE NORTHWEST CYCLING AUTHORITY

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Vintage bicycles showcase beautiful craftsmanship like Bob Freeman's 1955 Condor (left), elegance such as the 1935 Colson Aristocrat of Ron Summer's collection (center) and childhood memories like Gary John' Schwinn Krate (right).

## The Beauties of the Past

By ELISABETH ROSAPEPE

Enthusiasm. Subtle or overt, it's an unmistakable characteristic of vintage bicycle collectors. Once the topic of collecting comes up, it's difficult to get a word in edgewise as they rattle off names and dates at a dizzying speed, talking about their bikes as lovingly as many people talk about their children. While collectors share a passion for their hobby, they are different in just about every other aspect of collecting; from the type of bicycle they collect to how they display their finds.

Though there doesn't seem to be a consensus, most define 'vintage' and 'classic' as any bike 20-25 years or older, and antique bikes as anything before the modern frame of the 1880s. To understand vintage collecting, it's first beneficial to know a brief history of the bicycles themselves.

The exact origins of the bicycle are uncertain. It cannot be attributed to any one country or inventor, though claims have been made crediting the concept of the original bicycle to many different places and people, including Leonardo DaVinci.

The modern bicycle didn't appear until 1885. The Rover Safety Bicycle was invented by John Kemp Starley, and featured a chain driven rear gear system and light metal frame. It also established the shape of the bicycle, as we know it today, with equal sized wheels and a diamond-shaped frame. Soon after, John Dunlop replaced the standard hard rubber tire with a pneumatic one for a smoother and more comfortable ride. Other advancements including derailleur gears

and ball bearings helped to skyrocket the popularity of the bicycle.

Originally a plaything for the wealthy, improvements to the bicycle made it a useful tool for the common man- or woman. American women's civil rights leader Susan B. Anthony declared the bicycle had "...done more for the emancipation of women than anything else in the world," allowing them freedom of movement and the development of a less restrictive and more practical dress code.

As cars became more popular and affordable in the United States during the early 1900s, bicycle use began to decline. Bikes were increasingly considered children's toys, and by the late 1940's, most bikes in North America were manufactured for kids. Cycling in Europe remained a predominantly adult activity as bicycle commuting, touring and racing continued to be extremely popular.

The United States experienced a resurgence of bicycle popularity among adults with the introduction of faster, more aerodynamic racing bikes in the 1960's and 70's, and mountain bikes in the early 80's. In today's cycling world, there is a fascination with the latest technological improvements, and the emphasis is still on creating lighter, more efficient bikes.

Despite the enthrallment with the newest advances in cycling technology, there is still a place for those seeking the romanticism of older bikes. Vintage bicycle collectors remind us to respect the bikes that have led us to the modern cycling world by offering a nostalgic

See "Vintage" on page 9

## Ups & Downs

### Our Lady of Crash and Burn

By CATHY BELBEN

According to psychiatrists, fear of falling is one of the most common phobias, especially among the elderly. I'm not elderly, but for a long time just after I began my adult cycling career, I was as terrified of falling from my bike as many grandmothers are of stepping out of the tub. And with good reason. I have a history of unplanned dismounts from bicycles. As a five-year-old, I fell over often enough to

earn the nickname Cathy Crash and Burn. Things haven't changed much in thirty-three years, and so I've developed a fairly reasonable fear. I've never endo'ed or collided with a car or an animal; my accidents are never that dramatic or awe-inspiring. And that's because I don't actually crash. I just tip over. Often.

I began bicycling back in the early 70s, when children frequently disappeared into their neighborhoods until dusk, helmet-less and sporting only

orange flags on long white fiberglass sticks for safety equipment. Once I reluctantly disposed of the training wheels, my best friend Kevin and I learned to navigate mud puddles, gravel parking lots, and the God-bransons' vicious wiener dog, Snapper. But, we never had to learn to disengage our feet from the pedals. When it was time to dismount, we simply hopped off and tossed our banana-seat one-speeds in front yards and driveways.

**"Falls are among the leading causes of accidental death in the United States"**

By the time I graduated to toe-clips (late twenties) and then clip-less pedals (early thirties), my kinesthetically challenged brain struggled to incorporate the extra step. And so I toppled.

There's this to be said about falling: if you fall, you're in the majority, as far as accidents go. Falls are among the leading causes of accidental death in the United States, killing as many as 15,400 people annually. Of course,

See "Crash & Burn" on page 4

## TRAINING

### Don't Be Your Own Worst Enemy!

#### How to defend yourself against the dark thoughts

By MARLON FAMILTON, CSCS  
USA Cycling Expert Coach

Imagine yourself rolling up to the start line, after a brisk lap around the course, and taking your place next to a teammate. The energy from all other riders in close proximity saturates the air; you can feel everyone's heart beating around you as the butterflies flap in your stomach. Then your teammate leans over and says, "I hope I don't get dropped on the first lap; I know I'm going to get smoked today."

What do you tell them? Do you look over and say . . . "Yeah, you'll be off the back right away. Why'd you even bother showing up? You're the slowest rider here."

Of course not. Instead you would offer encouragement and support, more along the lines of, "Come on, think positive! You've been riding strong with the group every Saturday. You can do this!" At that moment, you would be their best friend.

So why is it that when that same self-doubt and negative thoughts flow through our minds, we do not try to counter them and be our own best friend?

Bike racing is not merely about who can crank the most watts for twenty minutes. If it were there would be no point in holding the race. Yet, sometimes the biggest determinant between who wins and who finishes mid-pack is not physical strength. In fact, one of the tools you need to reach your personal performance potential is mental strength.

#### Awareness

The first step in battling these negative thoughts and emotions is to tune in to what is flowing through your mind. Develop an awareness of thoughts that occur, then you can battle them.

Most commonly, these poisonous

See "Own Worst Enemy" on page 10

## Bicycle Film Festival to Feature NW Faces.

"May I park your bike?" The Sundance Film Festival has come and gone, but New York and nine other cities around the globe are gearing up for a different type of film festival - the Bicycle Film Festival (BFF), complete with complimentary valet bike parking. Kicking-off on May 10th, 2006, the BFF is the largest bicycle-related cultural event in the country. Acting as a catalyst in the rise in popularity of urban bike culture, the BFF highlights shorts and feature films that celebrate the bicycle in all its various forms and styles.

Taking place in New York from May 10th through May 14th, all films for the BFF are screened at the East Village's Anthology Film Archives, easily accessible via the bike-lane on Second Avenue. The first night opens with a rock show and party, where the headliner is almost always a surprise. The next four nights of the festival each feature one full-length bicycle-themed film, preceded by fun shorts that were chosen from hundreds of submissions from around the world. The days are filled with parades, block parties and art shows. The festival will feature a launch party in celebration of Peter Sutherland's book of photos - Pedal (Powerhouse Books). Following the May event in New York, the Bicycle Film

Festival will travel to nine other cities: Los Angeles (June), Minneapolis (July), Chicago (July), London (September), San Francisco (October), Sydney (October), Melbourne (October), Tokyo (November) and Milan (December).

Naturally, the Northwest has some representation at the festival. The festival founder, Brendt Barbur, was born in Portland and moved to California. Portland cyclocross riders will be featured in the screening of "Pure Sweet Hell" in London and the New York feature "Bike" showcases riders from the Portland bicycle club CHUNK666. Other short films from Washington and Oregon have also been submitted.

The film festival is also planning to expand into the Northwest as early as 2007.

For more information visit: [www.bicycle-filmfestival.com](http://www.bicycle-filmfestival.com)

### Another Film Festival

The Fourth Annual Filmed by Bike will screen bike-themed film shorts (8 minutes or under) on April 14th, 2006 at the Clinton Street Theater in Portland, Oregon. There will be two showings: one at 7:00pm, and the other at 9:00pm.

For more information go to [www.filmedbybike.org/](http://www.filmedbybike.org/)



## Native Planet Outdoor Club Helps Indigenous Cultures

The new club launched on March 17th in Seattle. Their mission is to promote and raise funds for Native Planet, while providing people of all levels with rides and social activities focusing on fun.

Native Planet is a Seattle-based non-profit organization that supports the self-preservation of the world's most threatened indigenous cultures, lifestyles, lands and lives in developing countries, including communities that were stricken by the Tsunami and two large earthquakes in 2005.

As part of its fundraising activities, the club is organizing a 28-, 63- and 132-mile ride in Winthrop, WA on June 11. The Native Planet Classic is a unique opportunity for cyclists to enjoy the beauty of their own land,

while helping traditional cultures continue to do the same. 50% of the funds raised will go directly to the cause, while the balance will be reinvested in the club to finance upcoming events.

Tacoma attorney Darol Tuttle, club founder and president, says: "I ride for transportation and also enjoy recreational cycling, especially in a positive environment where camaraderie flourishes. But riding is at its very best when my personal enjoyment also serves an important cause that benefits the larger world!"

For more information about the club and the organization visit [www.nativeplanet.org](http://www.nativeplanet.org). More details about the ride can be found at [www.ride4areason.org](http://www.ride4areason.org)



## 2006 IMBA Summit/World MTB Conference

Reserve your seat for the IMBA Summit/World Mountain Bike Conference, June 20-23, in Whistler, BC. The ideal location for a global gathering of mountain bike advocates, Whistler is a model city for every kind of riding, from beginner trails to epic cross-country riding, as well as the world famous mountain bike park.

This conference will truly be a global gathering, with speakers and delegates from around the world. The conference will foster a dialogue that will help escalate the state of mountain biking trails worldwide.

The three-day conference will feature keynotes, plenary sessions, networking sessions and workshops. Some educational opportunities created specifically for trail advocates include:

- Guided hikes and rides with Whistler trail builders

- Risk management and liability: today's legal issues, and how to protect yourself
- Communities and trails: making the connection
- Mountain bike skills parks from A to Z
- Proactive approaches to grassroots organizing

While the attendees will learn plenty of valuable information, fun is also on the agenda. You'll have to opportunity to:

- Ride with biking celebrities on trails or at the mountain bike park
- Join the world's largest "Looney Ride"
- Attend Thursday's banquet
- View mountain bike films at the Mountain Bike Film Festival

For more information about funding your trip to Whistler, a complete conference agenda, and other details visit: [www.worldmountainbikeconference.com](http://www.worldmountainbikeconference.com)

## New Executive Director for Portland's CCC

The Community Cycling Center (CCC), the largest non-profit organization in the country that uses bicycles to teach positive life skills to youth, has hired a new Executive Director, Susan Remmers. Tom Knipe has served as Interim Executive Director for the 12-year old company since January. As of April 17 2006, Remmers will take over as permanent Director of the organization.

A native Kentuckian, Remmers brings 17 years of non-profit, electoral campaign, and small business experience to the CCC. She

is excited to use her experience in non-profit management to help the CCC continue to grow and provide excellent bicycle-related programs. "The passion, vision, and hard work of many has made the Community Cycling Center the well loved treasure it is today. It is an honor to be asked to lead the center to the next level," says Remmers.

Remmers and Knipe will be working together closely to ensure a smooth transition of leadership, and are both enthusiastic about the future of the CCC.

## Sugoi Dirt Series - Locations, Coaches, and Sponsors

With a full schedule of 15 camps across Western Canada and the US, the Sugoi Dirt Series is back for its sixth season of world-class mountain bike instruction. From the first California camps in April to the Whistler season finale in September, the Dirt Series will teach hundreds of riders new bike skills, and leave heaps of confidence and inspiration in its wake.

Joining the instructional team in 2006 are former NORBA Champion Lisa Sher and Team Maxxis downhill star April Lawyer. They will add their experience to a group of coaches that already includes members of three different national teams, graduates of ten sport-specific academic programs, and pro-elite riders from every off-road discipline.

Each of the 13 women's camps and two co-ed camps will offer an expansive variety of skills-everything from basic front wheel lifts

and switchbacks to drops, log rides, and bunny hops. Beginner through advanced riders will find what they're looking for here. Five years, 50 camps, and 2,000 participants later, demand for the Sugoi Dirt Series continues to rise. Registration opened February 1, and the camps are quickly filling up. "Coaching mountain biking is one of the most rewarding things I get to do," says Cassandra Boon, lead coach and former Canadian Downhill Champion. "It's incredible to see how much the participants progress in a single weekend, and to witness the high they achieve when they master a new skill and see what they're really capable of." Sugoi is back on board for their fourth consecutive year as title sponsor, while Rocky Mountain Bicycles returns as the presenting sponsor. For complete details on dates and locations, and additional program information, visit [www.dirtseries.com](http://www.dirtseries.com).

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## Book Review

By KRISTEN WISEHART

Cari Best's *Sally Jean, the Bicycle Queen*, offers a truly exciting, unpredictable plot, constructed around the very determined "pedal pusher", Sally Jean. Accompanied by lovely illustrations, the story offers extremely positive messages about growing up and becoming self-sufficient.

This story unfolds around the unique illustrations of Parisian Christine Davenier. The simple, rugged drawings and watercolor pastels give the pictures a child-like tone to match the tale itself. In fact, the pictures even offer silent characters not found in the written words. My favorite such creature is Sally's stuffed elephant, who appears on nearly every page and whose actions mirror her own. He waves his tiny yellow hand when she waves, and smiles when Sally is happy. These images give a hint of fantasy to a fairly realistic story. However, while this

quiet little creature is surely an enjoyable part of the story, the true intrigue arises around Sally Jean herself

From the time she is one year old, Sally views the world from a bicycle. She observes ants from the seat of a tricycle and lawnmowers from the saddle of her "big kid" bike, which she names Flash. Like all little cyclists, Sally Jean grows. From this, Best begins building an inspiring message of education and self-reliance as Sally's parents teach her how to raise her own seat and handlebars. Inevitably, the little girl outgrows Flash. Best continues to drive home her theme of responsibility. Sally works for a neighbor to raise money to buy herself a new bicycle. When this doesn't yield enough money, she becomes an entrepreneur. She begins a bicycle maintenance business, however rather than simply fix the bikes of the neighborhood children, she actually teaches



them the skills her parents taught her. As a statement to the realism inherent in this story, despite all of her hard work, Sally still can't afford a new bike. Thus, she finds spare parts and builds her own, which she names Lightning. Finally, in the spirit of giving, Sally Jean passes Flash on to her little brother.

From the pleasant pictures to the catchy rhymes Sally Jean recites from her bike, this unique

and empowering story of a young girl learning both responsibility and mechanical skills is a fun read for cyclists of all ages.

### Sally Jean, the Bicycle Queen

By Cari Best  
Illustrated by Christine Davenier  
32 pp. Farrar, Straus & Giroux. \$16.00

## NEWS

### 18th Annual Seattle Bike Expo in Review

For the second year in a row, the Group Health Seattle International Bicycle Expo was presented at Magnuson Park over President's day weekend. Cascade Bicycle Club, the event organizer, estimated that 9,600 participants and 158 exhibitors attended the event. While six exhibitors have been supporting the show for its entire 18-year span, 40 were new to Expo this year to present their products to the crowd.



**Award winners left to right: Phil's South Side Cyclery, Speedy Reedy and Erickson Cycle Tours.**

Although Cascade made an effort to improve the facility over the past year, it was still cold and the lighting dim, and poor acoustics made it difficult

to hear the presenters.

On the positive side, international cyclists Sean Kelly and Davis Phinney shared stories about La Grande Boucle, Paris-Nice, and other memorable international races. They also discussed training and rider development. Training guru Joe Friel talked about coaching, while many other presentations touched upon subjects such as women in cycling, racing after 50, bike fitting, preparing for the Seattle to Portland ride and more. Other activities, such as breakfast and a morning ride with Sean Kelly,

an evening gala where the pros were invited to share their experience with the attendees, and the bike swap were some of the events that ran in conjunction with Expo.

The *Bicycle Paper* award for Best of Show was presented to Speedy Reedy, whose booth recreated a transition zone at a triathlon event to showcase their store and products. Erickson Cycle Tours received the Class Act award for their simple yet elegant display of tour photos and bikes. The always-popular and well-designed Phil's South Side Cyclery booth won the popular vote to grab the People's Choice award.



**Expert panel—Joe Friel, Sean Kelly and Erik Moen.**

Photo by Bicycle Paper

### Chief Sealth Trail Wins 2006 Vision 2020 Award

Ten projects are being recognized that have successfully helped to implement VISION 2020, the region's comprehensive growth, economic, and transportation strategy.

The Chief Sealth Trail is a 3.6-mile trail

that runs along the City Light utility corridor in southeast Seattle. The trail was built and paid for by a private company as a method of recycling clean materials from Sound Transit's Link Light Rail construction in Rainier Valley.

The trail connects the Beacon Hill and the Rainier Valley neighborhoods to the future light rail line.

For more information about the awards and a complete list of winners, go to [www.psrc.org](http://www.psrc.org)

# BICYCLEPAPER

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## LETTER TO THE EDITOR

### Thanks

Good morning,  
I would like to thank you for your excellent March issue of *Bicycle Paper*. I have been a subscriber for a few years now, didn't want to miss an issue! Unlike Bicycle magazine, I read the March issue "without skipping a page." All of your articles held my attention. I am a commuter, and enjoy riding paved rail trails and participate in rides around Washington and Oregon. Your calendar covers my needs to a tee.

Thanks,  
Bill L.

"Crash & Burn" from page 1

more than 60% of those folks are over 65 years old, so your falls might be more indicative of a similarity to the elderly than any connection with the general public. These statistics didn't comfort me when I failed to extricate my feet from the pedals quickly enough to avoid falling over in a parking lot at the start of my first 25-mile ride with a group of strangers. The numbers offered me no solace as I lay there in shame, a sad, crumpled, thirty-five-year-old version of my five-year-old self. And the stats didn't help when, in attempting to shift on a 45-degree hill, I lost my momentum and tumbled, prompting a passing motorist to pull over and offer assistance through his muffled laughter. This has happened again and again: at a stoplight; coasting down the barely detectable slope of my front yard; preparing to ride home with two panniers full of groceries; driving by a fire station in front of a half-dozen shirtless, truck-scrubbing firemen.

I was tempted to succumb to my fear of humiliation. After all, it was only a matter of time before one of my tumbles left me with ripped bike shorts and exposed knickers. Instead, I began practicing my mounts and dismounts under the cover of night, when I could bounce

off the curbs and sidewalks unnoticed. I began watching cyclists around me during daylight hours, trying to absorb their techniques and confidence. I figured out how to fall and make it look like a stunt. I perfected a jovial, self-deprecating chuckle and a Nixon-like wave of confidence, whipping out these tools to cushion my falls. I also tightened my helmet, bought leather gloves, started wearing long pants, and memorized the easiest, least-populated paths to the places I needed to reach.

Regardless of how many tricks in my repertoire, I've begun to realize that the most hazardous distraction I face is my own brain. I'm stuck inside my helmet with just my own little fantasies and the imaginary soundtrack that accompanies them. As Queen's "Bicycle Races" spins through my head, I wheel down Cornwall Avenue, emerging from nowhere, an unknown thirty-eight-year-old librarian, stunning the international bicycling community. I hear the velodrome announcers, frantically shrieking about my sudden, mysterious appearance. They're shaking their heads. They don't know what to think. No one, absolutely no one, becomes a professional athletic phenom beyond the age of 25, unless they're like, a seventy-five-

year-old competitive shuffleboard player. The crowd is ecstatic. Belben is amazing. They've never seen anything like this.

And then I hit a curb and fall over.

The more I crash, the less I fear crashing. I haven't become careless, exactly, just more conscious of the fact that despite the bruises and the scraped palms, bicycling is a fun, important part of who I am. I won't pretend that crashing has cured my fear completely, just that this fear has been replaced by some more reasonable

fears, like losing all my teeth or falling off the Space Needle. I still can't scale higher than 10 feet while rock climbing (and don't even ask me to belay you); I won't pet your pit bull, and I'll never do electrical work around the house. But, I'm learning not to fear falling as much. I've been dumped, had jobs threatened, totaled a car, and racked up \$8.97 in overdue fees for a video I didn't even watch. I don't want any of these crappy things to happen again. But they might, and I'm a stronger, more confident person for knowing what it feels like to crash,

again and again, and to get back up.

Crashing, burning, and rising-not quite phoenix-like, but at least with a little more dignity each time-brings me closer to understanding and being able to face the scary stuff that awaits every turn. I've learned that I might as well take the risks—if I win, if I make it from point A to point B without a major catastrophe, I get to tuck that little success away in my mental resume. If I fall on the way from starting point to destination, there's a good chance that I'll learn

something in my stumbling. Falling is a sort of letting go. It can make you more cautious, but it can also make you freer, because you know what it feels like to get back up.

*Cathy Belben is a Bellingham resident currently living in Los Angeles, where she is a staff writer for the UPN television show Veronica Mars. Her articles have appeared in Bookmarks Magazine, School Library Journal, Bicycle Paper, Northwest Family Magazine, and numerous other publications.*



Illustration by Jennifer Kathreiser

OREGON TRAIL MIX

Oregon Advocates Make a Difference in DC

By JONATHAN MAUS

Eight representatives from Oregon joined bike advocates and industry leaders from across the country at the sixth annual National Bike Summit held in Washington DC March 1-3. The Summit is organized by the League of American Bicyclists with the goal of strengthening the bicycle lobby by providing education and networking opportunities as well as facilitating access to elected officials.

For a group of industry executives representing Bikes Belong, this access meant a meeting with President Bush in the Oval Office. According to Tim Blumenthal, executive director of Bikes Belong, who relayed the exciting news in his address at the opening plenary, "this meeting was the first time ever that bicycle interests and bicycle advocacy have had an opportunity of this kind. The way the issues [obesity, health, congestion] resonated with the President was really encouraging. We have a friend, a person more in the spotlight than anyone else, who is passionate about cycling."

On this note, the Summit was off to a great start, and participants were ready to roll up their sleeves and get to work. Even though a \$270 billion transportation program passed into law last year, there was still a lot of work to be done.

Due in no small part to the hard work of bike advocates at previous Summits, the program includes at least \$4.5 billion specifically intended to improve conditions for bicyclists at the state and local levels. It sounds great, but there's no such thing as easy money in Washington D.C. The funds are available but not yet appropriated, so the goal of this year's Summit was to ensure that the money will not only be spent effectively, but that it will actually all get used for bike projects and not slipped out from under our noses to other causes.

And, there are plenty of ways to put that money to work for better bike facilities in our communities. This concept of "Bicycle Friendly Communities," is the name of the League of American Bicyclists' main outreach program. Started in 2002, this program des-

ignates communities for their bike friendliness on a scale from Bronze to Platinum. Oregon currently boasts six Bicycle Friendly Communities including Corvallis, Eugene, Beaverton, Ashland, Bend and Portland.

But, before bringing federal money into Oregon, you've got to ask for it. The climax of the Summit was a full day of lobbying on Capitol Hill. After a rousing speech by cycling's top ally on the Hill, Congressman Jim Oberstar, we mapped out our day, which included meetings with all seven members of Oregon's congressional delegation.

Oregon is fortunate to have such bike-friendly representatives. In fact, we are one of only two states (Maine is the other) whose entire delegation are members of the National Bike Caucus, a group founded in 1996 by Oregon's very own Representative Earl Blumenauer. While some other states have to fight for respect and attention from their elected leaders, we were



Courtesy Jonathan Maus

J. Norquist (Cycle Oregon), J. Maus (Bike-Portland.org), M. Birk (Principal with Alta Planning), E. Manvel (BTA), Congressman DeFazio, J. Graves (Bike Gallery).

grateful to be received with enthusiasm and sincere interest, and I was pleased to see bicycles parked in the offices of both Earl Blumenauer and Representative Peter A. DeFazio from Eugene.

There were two national priorities we lobbied for during these

meetings. First, we asked each member of our delegation to co-sponsor the Bicycle Commuter Act, which would allow employers to offer the same tax-free benefits to employees that they can currently offer for van-pooling, transit passes, and parking vouchers. We were all surprised when we learned that

Congresswoman Darlene Hooley had decided to co-sponsor the Bicycle Commuter Act about 90 minutes after we left her office. Then, we urged them to support the Conserve by Bike Amendment, which would set into motion a law signed by President Bush that authorizes a \$6.2 million program to study the energy impact of shifting car trips to bicycle trips in up to ten pilot communities around the country. We discussed the possibility of Portland, or another Oregon community, as a natural choice to be one of the ten pilots.

We also talked with our representatives about some exciting, Oregon-based projects that need funding. These included start-up funds to establish the West Coast's first Bicycle and Pedestrian Research Institute, money to construct a new, off-highway section of the Gorge Scenic Highway, and adequate funding to rebuild the failing Sellwood Bridge in Portland.

The responses to our suggestions were very positive. It seems like bicycle advocacy in Oregon and across the country has reached a tipping point. The issues of increasing obesity, energy consumption, and congestion are convincing decision makers to finally recognize that bikes can be a simple solution to many of our problems. All that's left is making sure we have safe and convenient places to ride them.

*Jonathan Maus is an independent bike advocate and journalist who covers the Portland bike scene at BikePortland.org. You can reach him at jonathan@bikeportland.org*

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# Overtaining Syndrome

By Dr. Ghislaine Robert MD

Is it just normal soreness or fatigue? Am I doing too much? Am I over-trained? This article will provide clues about when to suspect Overtraining Syndrome, and what to do to treat and prevent it.

There is a misconception that overtraining only effects elite athletes. However, it can happen to anybody, and as a matter of fact, it is frequently seen in beginners who do too much too soon.

What is overtraining? It's a reaction to prolonged stress. The syndrome commonly takes one of two forms. The sympathomimetic form, which is more frequent in young people and/or in anaerobic sports, includes symptoms like "hyper-awakening" (insomnia, irritability and tachycardia), while the parasympathomimetic form (described as apathy), occurs more often in older athletes and in endurance sports, and causes fatigue. Some researchers believe that there is a continuum between the conditions.

Why does it happen? To understand it, we must review the principles of training.

In order to improve performance, one begins with a certain training load that depletes the body's resources. Then, the rest period allows the body to recover and "overcompensate" by providing more resources than it originally used, permitting the athlete to work with a greater load. With a proper recovery time, performance improves as this process repeats. If the athlete doesn't allow adequate recovery time, overcompensation will not happen, resulting in

fatigue. If one continues to apply the same charge without enough rest, Overtraining Syndrome occurs. Increasing the intensity or volume too rapidly can precipitate the syndrome. Also, any other stressful factor, parallel to training, might contribute to its emergence (ex: work, family, school, finance...). Other predisposing elements include too many competitions back-to-back, bad nutrition, altitude training, and traveling (jet lag, dehydration, fatigue).

The main symptoms consist of fatigue, muscle pain (feeling of heavy legs) and decreased performance. Other symptoms are sleeping problems (light sleep, frequent awakenings, and nightmares), increased sweating (during exercise or at night), loss of appetite, decreased libido, augmentation of the heart rate upon waking up, increased susceptibility to upper respiratory tract infections (URI) and increased size of lymph nodes. The psychological manifestations involve apathy, anxiety, aggression, irritability, trouble concentrating and depression.

There is no test to confirm Overtraining Syndrome, but if a two to three week rest fails to resolve the symptoms, it's important to get a blood test to rule out anemia, iron deficiency, thyroid problems, and other less frequent diseases. A good tool to confirm overtraining is the POMS (Profile of Mood States), since the psychological symptoms are almost always present. Also, the Testosterone/Cortisol ratio will often decrease, but it needs to be compared to previous values obtained when the athlete was performing well.

Another diagnostic tool is to keep track of

the heartbeat upon waking. An augmentation of five or more heartbeats/minute for many days in a row, in addition to fatigue and decreased performance, indicates a possible beginning of the syndrome. However, rule out infection, dehydration and lack of sleep first.

If you have access to a VO2max test, the length of time you can sustain 110% of your VO2max will decrease with Overtraining Syndrome. Obviously, frequent testing improves the chances of catching the early signs of overtraining.

Rest is the best treatment. Two to three weeks of complete rest are recommended. If symptoms disappear completely, resume training, but include more recuperation time. If symptoms don't fade, prolong the rest, sometimes for up to a few months. Following three to four weeks of recovery, the athlete can switch to active rest, which involves training but no competition. Practicing a different sport will decrease the pressure to reach former performance standards.

Plenty of carbohydrates, to replenish glycogen reserves, and adequate sleep are integral to recovery. Also, find and treat depression disorders, since a decrease in performance is often seen as a failure for the athlete. Massages, hot tubs and saunas also aid recovery. Acupuncture helps as well, especially for fatigue and insomnia.

Because Overtraining Syndrome might put you at rest for many weeks, and because the diagnosis is not easy, prevention is of great importance. Minimize all stress, whether it is related to training or not. Sleeping is important and during increased intensity phases, add naps. A healthy diet contains 15% protein, 30%

lipids and 55% carbohydrates. Good hydration is mandatory.

Training programs should consider sources of stress, and be modified as needed. Recuperation time and a transition period are very important. Finally, a training log helps to monitor improvement, and detect the first signs of overtraining. Record sleeping time, quality of the sleep, wake up heart rate, motivation to train, mood, weight, training, results, effort perception, pain and injuries.

In conclusion, Overtraining Syndrome can happen to any active person. The risk of getting it increases when there are additional stressors and not enough recovery time. There is no specific diagnostic test, and the athlete may need many months to recover. Prevention is the goal.

*Dr. Robert is a sports medicine physician practicing in Redmond, WA. Dr. Robert was selected to be part of the Canadian Team for two Olympic games as a Physician (Sydney 2000, Barcelona 92) and as the first ever Canadian female coach attending Olympic Games for Track and Field (Seoul 88). Dr. Robert likes to say, "My goal is to help patients to be and to stay physically active. That's the best health insurance you can have!" She may be contacted at 425-836-1800 or via www.ghislainerobert.com*

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# Momentum Is Your Friend

By JOE KURMASKIE

(Excerpt from the Metal Cowboy's new book in Stores September 1, 2006)

## JULY 1 | 0 MILES Portland, Oregon

It's time to raise a middle finger to the approach of mid-life. Stick it to the Reaper while we still have the lung capacity. Humiliate that hooded guy. Put Death in polyester bellbottoms, gaudy gold medallions, cue the music and make him do the hustle for the viewers at home. After that we'll dress life's little party crasher in tight Lycra, ride him hard, then drop Death like a wet bag of dirt on some slow rise in the Midwest...

It's like this; I misspent the better part of my youth on a bicycle, with a career total of 100,000 miles and counting. That includes six coast-to-coast marathons, a 2,000-mile epic across Australia's crimson-red Nullarbor Plain, and up-and-down rollers on both of New Zealand's islands. I've chased ice cream trucks around Baja and pedaled a surfboard to the breakwaters of Jaco, Costa Rica. If a 12-step program for addicts of open-road adventure existed, friends would have tackled me to the ground years ago.

Being raised in a community of Tupperware pioneers making damn sure no one would want for anything they couldn't order from a catalog left me insulated, parochial and restless. Who wouldn't wander into traffic?

I did stop rolling long enough to find a full life. But a wife, two boys, three books, and one mortgage later, the dangerous notion that it doesn't have to end in one zip code keeps surfacing.

Still, a meandering, unsupported, 17-state ride from Portland, Oregon, to Washington, DC, at the height of summer, my two sons in tow, Beth lost to us at grad school, and the big clock set at 65 days and counting?

I'll be pulling 14 feet of traffic-stopping rig: My custom-made 27-gear Rodriguez touring bike, plus four expedition-size Arkel panniers loaded with everything from replacement parts to fishing poles to pots and pans. Quinn's my copilot, pedaling a Burley tagalong cycle attached to my rear rack; Enzo will lounge in his Chariot trailer, wedged between sleeping bags, bike pumps, and the occasional watermelon. Most days this 250-pound caravan will feel like I'm hauling a Hobie Cat behind me. The concept of "rolling weight" is right up there with "dry heat" in Phoenix, lies we tell ourselves to make it through. I draw inspiration from the unsung Sherpas working Everest and New World conquerors weighed down by armor and battle-axes. This brand of insanity always gets my blood going.

Vegas bookies would call my little outing a sucker's bet, throw open the window and try to mask their grins as they take my money clip. Close friends talk around me in hushed tones. Several come right out and predict I'll get the whole fiasco hooked together, realize my folly, and call it off then and there in the driveway.

Only my wife seems serene. Maybe it's the thought of all that peace and quiet, but I hope it's more than that. We've witnessed enough of

each other's lives to sense real resolve.

"I know you need this," she says during a rare respite from the general chaos around our homestead. "But if it's about our promise of always trying to stay awake and engaged in life, you know we were young, foolish and hopped up on Springsteen songs at the time."

I smile at those memories. "Did I really think paisley vests layered over T-shirts were fashionable?"

Beth can only shake her head. "OK, go... but only because I know you'll be the same big-hearted, safety freak of a Dad no matter where you are. So, have fun storming the castle."

That went well, considering that my back-up plan was to say we were heading out for some Snapple, then just keep going.

Neighbors stop weeding their flower beds and let hoses spill water down porch steps as we wobble by.

"Feels like a parade," Enzo calls from the trailer. I can barely hear him at this distance, but I'm glad he's enjoying himself.

"We are the parade," Quinn points out.

Steve, an engineer who is never without his smokes, canned beer or his Kennedy assassination car, the black Cadillac with those suicide doors; stands at the curb shaking his head. He smiles through big smoke rings.

It's T minus two hours until lift off and I still have a few bugs to work out, but even this minor victory tastes sweet. Not unlike what the Wright Brothers must have savored high on that hill. Granted, we're going to have to stay aloft for more than a couple hundred feet, but considering 24 hours earlier our engineering setbacks had reached an Apollo 13 rescue scramble, and not a rocket scientist in sight, I feel euphoric.

"Your arms look like Popeye," Quinn says. It really is taking some muscle to steady the rig and solider forward on our pancake-flat blvd. I try to ignore the fact that we aren't even fully loaded yet. Pannier ballast will trim the wobble, but add to the overall "rolling weight." I'm vindicated though regarding a winter regiment of free weights and hours spent wrestling - Spanish Inquisition

style - with the basement Blowflex machine.

I wave to the white haired woman on the corner who wears nothing but black tunics and billowing moo-moos no matter the season. This innocent action almost takes us to the ground. Adrenaline, angle and dumb luck avert a pre-trip disaster.

Speed seems to level out our ride so I increase it. More reactions from front porches and by standers. A blind man could read their expressions. I'm paraphrasing, but it goes something like this:

"Would you look at that?! He thinks the rest of us haven't thought about some foolish jailbreak from the daily grind. But what sort of man acts on such things? And with kids in the bargain?!"

I opt to nod instead of wave this time, hoping to hold off a call to child services. If there was more time I'd explain myself;

Most wannabe mavericks looking to instill a bit of rebel yell in their sons would do well to start each morning by teaching them the

lyrics, plus hand motions, to songs such as Violent Femmes "Blister In The Sun", and read aloud to them from Huck Finn every night.

I've taken this prescription a step further.

Instead of a raft, it's five wheels and so much forged aluminum tubing. Standing in for the Muddy Mississippi is every Blue Highway, back road and occasional farmer's frontage path ending abruptly in barbed wire, robust cursing and a delicate, multi-staged portage up, over and back onto blacktop.

While Tom and Huck had the resourceful, if not illiterate Jim, Quinn and Enzo have to settle for Papa Joe, clever in a limited sort of parlor game way, chatty to a fault and, for what it's worth, fully matriculated.

Those Missouri lads fought racism and a return to share cropping serfdom. We will battle headwinds and the end of their summer vacation.

Lest you think I lack for loftier goals to leave as a familiar legacy, our plan includes learning, to public performance level if asked, a full catalog of songs, mostly Brit punk, Talking Heads and three part harmony on Bob Marley's, No Woman No Cry (because there's nothing more satisfying than really putting your suburban, white boy back into the lyric, "Oba, Oba serving the hypocrites, mingled with the good people we meet" in a faux Jamaican accent. It's been known to help heal the hurt when the engines of injustice bear down on your rear wheel. A simple Trenchtown gift from Mr. Marley, which I want my boys to make their own. If only for singing in the shower or in lieu of slugging a nasty coworker one Tuesday morning 20 years from now.)

And while I doubt our tales of chain ring rebellion will be banned in libraries and classrooms someday, (couldn't find myself in better company though, Mr. Twain) the audacity of our endeavor is obvious. A body pierced, BMX, no fear extreme stunt riding man/child in Colorado called it a bold statement. And if an impulse free adrenaline jockey defines me as a radical, I must be completely off the map and just don't know it.

Regardless, our project doesn't want for wanderlust, a solid grab at independence, the head clearing simplicity of graceful transportation and enough journalist commitment to make the ghost of Twain tear up a little. Braving first light, shaking off the easy pleasures of inertia and the merits of good sense all summer with my pint sized posse in tow... Serious windmill tilting territory.

On the face of it, blame could be placed squarely on an article deadline imposed by a national magazine, but that would be too easy. I've been up nights assembling a long list of reasons for doing the ride and for doing it now, but here's one that feels authentic: I've just hit 40, and there's no denying every man's desire to see if his body, tuned up to its current best, will stand or fall, stage a bloody mutiny at the bow of the boat or hold the lines sail for the following reach.



The Metal Cowboy going to DC - with his two sons Quinn and Enzo and their 14ft traffic stopping rig.

What we have here, then, is an old fashion Texas cage match pitting myself against the easy athleticism I might have treated with arrogance in my 20s. It could get interesting.

Returning safely from our "startle the neighbors" tune up ride, we begin the tedious task of refolding map after map covering the hardwood floor of our living room. More of an accusation than a departure date, the red circle around July 1 stands out from the piles of papers. By pedaling Oregon, Idaho, Montana, a bit of Wyoming, high country Utah, and the length of Colorado, we'll get heart-pounding scenery instead of choking heat; I simply pretend not to notice how many times our planned route crosses the Continental Divide. But highlighting every mile of a proposed route is akin to cartographic masturbation. Once beyond the Big Muddy we'll improvise our way to the nation's capital.

"We're bringing the red light saber for you, Dad... cause that's Darth Vader's."

And they say you're always the hero in your children's eyes. Losing interstellar laser battles from here to the Atlantic doesn't bother me as much as what those light sabers weigh.

With a long holiday weekend ahead of her, Beth will be able to pace us out of Oregon, but she's all about the tough love, agreeing only to cart our front two panniers and some extra grub in the car.

"It'll be less of a blow that way." She notes from the front seat of the Forester, windows down, AC blasting enough to compete with the Coldplay CD. Beth appears to be enjoying my burdens a little too much. I'm reminded of every Florida highway patrolmen who wrote me out traffic tickets from a cool, comfortable, reclined position. With the notable exception that I never slept with any of them.

When we finally take our starting positions, the day turns against us. Not wrath of God, thunderclaps and plague of frogs proportions; it's more subtle and far worse than that. A thin, hazy summertime cloud cover traps heat and humidity across the length of the Willamette Valley. I soak through my first jersey standing in place. It's 2pm, our rig is a few pounds shy of a prairie schooner, and there's a slight breath of sticky wind coming out of the East.

"Ready, Dad?" Quinn adjusts his helmet.

Absolutely not. I'd look back but I wouldn't want to turn to salt, stone, or lose my resolve. I put my foot on the pedal.

"Let's do it, boys."

### Literary Rides With



### The Metal Cowboy

# Who will be the New King?

By MATT USBORNE

The dawn of the 2006 BC road racing season is upon us. Already the competition is intense as the established top guns stake their claim against the up and coming racers and teams. And, with Symmetrics, the 800lb gorilla of BC and Canadian racing, focused on claiming the Americas UCI tour crown, there is a new found fervor amongst the other BC teams to establish themselves as the new dominant force in BC racing.

So, without further delay, let's take

a look at some of the top BC teams. As usual, nearly all of the top teams are based in and around the Vancouver area - with perhaps one notable exception this season.

To begin with, the Bayside cycling club, based out of White Rock, contains a great mix of developing and elite riders. On their elite side, the Barth boys, Matt and Chris, are always in the thick of the action, along with former Symmetrics rider Eric Harvey. The club focuses on BC events, including the BC Cup series, although they make the occasional foray into Washington and Oregon to test their legs against the best in the Pacific Northwest.

Team Coastal is a Vancouver based squad that combines a popular grassroots cycling club with their elite riders. On the elite end, Coastal is headed up by the venerable Larry Zimich, a noted fast finisher in the Northwest. Expect to see the Coastal boys in action across the Pacific Northwest this season.

The Masi-Adobe team, otherwise known as "steamer racing", is a long-standing elite team based in Vancouver and run by long-time racer Paul Blanchette. For 2006, Masi-Adobe beefed up their squad with the notable addition of

former Symmetrics captain Scott Goguen. Scott was instrumental in the team building process at Symmetrics, so look for Masi-Adobe to be a new powerhouse on the BC scene. And having perennial strongman, climber and all-rounder Sean Dawson doesn't hurt either.

Another mainstay of the lower mainland cycling scene is the Trek Red Truck Racing team. Run by Steve Engh, the team is renowned for its criterium abilities, as well as its role in developing many of BC's current crop of top racers, including current Symmetrics pro Svein Tuft. Look for their 'new' young guy,



Photo courtesy of Greg Descantes

With Symmetrics racing out of province - which team will claim the abandoned thrown?

all-rounder Garth White, to progress quickly in the elite ranks.

No conversation about BC cycling would be complete without mentioning the Escape Velocity / Devo crew. They organize numerous events throughout the Lower Mainland, as well as develop athletes through their Devo program. Their elite riders are always active, and it is not unusual to see the Devo boys and girls mixing it up at the highest levels in Northwest races. For 2006 their top gun is once again National Masters medallist John Tolkamp, a noted time trialist.

Team Soliton is a club of passionate cyclists based in the Vancouver area. With active youth programs and club membership that spans all categories of racers and enthusiasts, Soliton is involved in grassroots development as well as event promotion of various BC events on the calendar. Another club that is heavily involved in event promotion is team Wedgewood, run by John Wornell, who has been instrumental in helping promote some of BC's top events, such as Gastown.

There are also some exciting teams outside of the Lower Mainland. The Total Restoration Cycling team is a new outfit, based in Kelowna.

With no shortage of talented athletes, Total Restoration should quickly develop into a fixture on the BC circuit.

On Vancouver Island, the Schwalbe cycling team has long held a presence at the elite level of BC racing on the road as well as track. The Island also has the Comox Valley cycling club, the Nanaimo Cycling Club and the Victoria Wheelers.

And how could any summary of the elite BC racing scene ignore the 800lb gorilla of BC racing, Symmetrics Cycling? Symmetrics is BC's only professional team, boasting a line-up of racers that include many of Canada's top cyclists. Captained by Canadian Legend Eric Wohlberg and National TT champ Svein Tuft, Symmetrics is focused on the Americas UCI Tour this year, as well as many of the NRC series events in the US.

With such balanced teams it appears that 2006 will bring one of the most exciting years of racing in British Columbia, and the Pacific Northwest. See you on the road!



Photo courtesy of Greg Descantes

Victoria's Bastion Square criterium (May 28) - huge crowd, tons of excitement.



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# Rides to Remember

BY ELISABETH ROSAPEPE & KRISTEN WISEHART

Numerous riders share a passion for cycling, but unfortunately some experience fatal accidents while practicing their favorite sport. Memorial rides offer the opportunity to honor many of those fallen riders. But, more than just an event to mark a loss, they celebrate the lives of those loved and lost. They allow friends, family, and teammates left behind a way to channel their grief by doing something positive for the community in their memory.

Many people from all different walks of life are honored with rides, but they all share one common trait: a passion for cycling. For cyclists who have died doing what they loved most, it seems that the most beautiful way to honor their memory is by getting on a bike and riding. This article provides a sample of some cyclists made immortal through memorial rides, races, and other cycling events.

One such event is the Larry Kemp Memorial Ride and the accompanying Memorial Fund. However, to understand the ride, one must first understand its namesake. Larry Kemp grew up in California, raised by a single mom. His fierce drive and impressive intellect earned him a Master's degree in Computer Science and success as a software development manager. However, Kemp was not one to let life pass him by sitting at a desk. He was an avid rock climber and successful photographer. In order to shoot covers for Rock and Ice magazine, Kemp had to ascend ahead of the climbers, only to dangle above them to snap their photos. Climbing enthusiasts will find pictures accredited to Kemp in several mountaineering publications. For most, these feats of intellectual and athletic success would be sufficient. But, luckily, Larry eventually showered the cycling community with his unparalleled ambition.

He discovered racing late in his life, starting at the age of 48. He began as a commuter, but his competitive nature took over as he pushed himself to keep up with other commuters until he inevitably entered the racing scene.

Kemp brought infectious enthusiasm to both his life and to cycling. "I've never seen anyone with more passion for cycling," says close friend Dan Byrne, who is one of many people inspired to cycle by Larry.

A meticulous rider, he created route maps and hill charts of the area and devoured cycling magazines to learn as much as he could about his sport. As an active member of Jet City Velo/Byrne Specialty Gases, Kemp was involved in various team tasks. In his free time

he put together and sent out guides to team members, giving advice on subjects like racing and nutrition. "He was indefatigable. I've never seen a guy more loyal to the team," says Byrne. He was clearly committed to cycling with his whole heart.

He was especially interested in bringing the sport to young people. One such youth was Tyler Given, whose parents were good friends with Kemp. He raced against Kemp during his first time trial. Although Kemp beat Given by over a minute, he excitedly observed the boy's potential. They made a deal. If Given beat Kemp in a time trial by the end of the year, Kemp would provide the young rider with a reward. Sure enough, at the end of the season during the Crystal Mountain Hill Climb, Given prevailed. True to his word, Kemp gifted him an aerodynamic disc wheel. Given chuckles as he shares this anecdote. "He was always excited for me and my parents when we did something well...He was a really good guy."

Kemp's trademark was continuously riding out front. "He was always very aggressive, even on training rides. He would hammer off the front," says Tom Wick, Kemp's friend and teammate. "He was one of the better climbers on the team. I would measure myself against Larry- if I could keep up, I was having a good day." He inspired some, like Wick, to join the team, and others to push their cycling limits.

On March 16, 2004, Kemp's career was cut short during a cycling vacation to Majorca, Spain. While on a group ride, Kemp, on this rare occasion in the back of the pack, was struck from behind by a car, and died shortly thereafter of internal injuries. He was only 52. It was a massive shock to his friends, family, team, and the cycling community. In the days following his death, a memorial ride was organized.

A stunning 400 people showed up for the short-notice event. Teams turned out in full kit to participate in the casual-paced ride. This event, combined with Kemp's interest in youth cycling, planted the seed for the now-annual memorial ride.

Though not formally active in coaching or youth events, Kemp recognized the importance of introducing young people to the sport. In fact, while in Spain he was enlightening Dan Byrne about the importance of helping junior riders.

The Larry Kemp Memorial Fund was created and set up in partnership with the Washington State Bicycle Association (WSBA), the governing body of bicycle racing in Washington State. Teaming up with the WSBA's previously established junior program gave the memorial fund the chance it needed to take root.

Over the past two years, close to \$18,000 resulted from the endeavor. The Larry Kemp Junior Cycling Camp, now in its third year, illustrates one positive outcome of the fund. An all-volunteer staff teaches kids ages 10-14 valuable skills, such as bike handling and safety for both road and mountain biking. Campers learn basic bike maintenance, and how to ride safely, as well as participate in a series of fun activities. Because the fund heavily subsidizes the camp, nearly everyone can afford the three days of activities, room and board.



Larry Kemp

Photo courtesy of BP Archives

The memorial fund also issues grants to qualified candidates developing new programs to get kids involved in cycling. "The primary goal is to use the money to encourage kids to race," says Gina Kavesh, member of the WSBA junior committee.

So far, over 80 kids have directly benefited through the Larry Kemp Junior Cycling Camp, and an estimated 80-100 kids have benefited indirectly through other donations made by the fund. "We will work with any program that is working to bring kids into the sport," says Kavesh.

The future of the program is entirely dependent on the amount of money that the fund can bring in over the next few years. "We want to keep putting the word out that we have money for grants for those wanting to put together programs or teams. There's not a lot out there for kids in terms of racing, or even just cycling," Kavesh explains. "We're trying to do what we can to build a foundation to get kids involved and started."

Renee Duprel, another member of the junior committee and organizer of the first memorial camp agrees. "We're looking to make a permanent mark on the cycling community, and establish something that is going to be around for years to come." In this way, the camp and the fund continue Larry's tradition of spreading his tireless passion for the sport.

The Larry Kemp Memorial Ride provides a perfect example of an event created in honor of a cyclist whose drive to make a difference inspired friends and family to continue his mission posthumously. However, many other events also celebrate the lives of cyclists who passed away while riding.

For example, the Cooper Jones Pedestrian and Bicycle Safety Education Act honors a thirteen year old rider who was hit by a car while completing a time trial. His parents resurrected the bill (which failed to pass a few years before Cooper's death), created by the Bicycle Alliance of Washington (BAW) to ensure the safety of cyclists on the road and assure them a legal place to race. The act also

seeks to improve bicycle education for Washington State road users by providing small grants throughout Washington State for bicycle and pedestrian safety and education. Two events put on by the Spokane Badlands Cycling Club are also named in his honor: the Cooper Jones Memorial Twilight series and the Cooper Jones Memorial Tour of the Frozen Flatlands. In addition, the Eric Kautsky Memorial Track Race commemorates a devoted cyclist, athletic trainer, and teacher who was hit by a car while riding in a well marked bike lane. Proceeds from the race benefit the Eric Kautsky Memorial Scholarship Fund at Tigard High School in Oregon, where he taught for 24 years and developed one of the first high school athletic programs in the state.

Memorial rides transform a tragedy into a way to fulfill the wishes of the cyclist. For Kemp, it is passing on his passion for cycling to foster a new generation of cyclists. For Jones, it is much needed legislation to raise awareness about safety for cyclists on the road. And for Kautsky, it is about taking his devotion to teaching and community, and turning it into a scholarship fund to help high school kids achieve their dreams. Ultimately, the events celebrate the life of a cyclist and keep their memory alive through contribution to the community. "Larry was inspiring," stated Tom Wick. "If I could do for someone else what Larry did for me, I would be doing something right."

You too can support the Larry Kemp Fund, and others, by participating in the following events:

- Larry Kemp Memorial Ride: May 27. For more info visit [www.jetcityvelo.com](http://www.jetcityvelo.com)
- Erik Kautsky Memorial Track Race: May 13. For details visit [www.obra.org](http://www.obra.org).
- For the Cooper Jones Tour of the Frozen Flatlands: April 1-2, go to [www.baddlands.org](http://www.baddlands.org)

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"Vintage" from page 1

look at the history of the bikes we ride. These enthusiasts exist all over the world. This article gives a tiny taste of this community by examining three Seattle-area collectors.

Ron Summer, of Puget Sound Vintage Cycles in Shoreline WA, has been acquiring vintage bicycles since the early 70s. He currently owns 25 bikes but estimates that hundreds of them have passed through his hands over the years. Although originally interested in many different types of



Schwinn Corvette accessorized with flames.

vintage bikes, today he concentrates primarily on Colson fat tire (Balloon tire) bicycles. "I collect the rarest examples," he says proudly. "I like the chase. I like finding stuff." He stores most of his bikes in a building he afforded by selling part of his collection, and will show them as far away as Michigan.

Ballard's Gary John, owns an impressive 170+ vintage bicycle collection that is gaining national attention. Mostly acquiring bikes from the 60s, he enjoys hotrod style bicycles that imitate the muscle cars of the era and displays them in shows all over the country. He likes his Schwinn Krates, but his favorite bike is his 1969 Murray Eliminator II, with a screen of a bicycle-wielding cobra on the chain guard. "I've never even seen graphics that neat on a car." He adds, "It's just an extraordinary bike."

Like many such enthusiasts, he also accumulates vintage gear. "I have shelves full of options," John says, and begins to list. "Motors, headlights, handle grips, license plates, tassels, tool bags, bicycles with turn signals, a bicycle with a parachute on it..." And those are just the items off the top of his head. Collectors often amass racing gear, shoes, and rare parts and will sometimes ride with vintage bicycle clubs decked out in clothing of the era.

To build such rare and impressive collections as Summer's or John's, enthusiasts rely primarily on networking. A popular way of making contacts is at a vintage bike swap. Put on all over the country, they give collectors a chance to come face-to-face, show off their stuff, make connections and perhaps pick up new items to add to their collections. John prefers to operate through word of mouth, and bike swaps provide an excellent opportunity to do this. "I'm old school," he says. "But it depends on what you want to do and how you want to deal with people."

Another, and arguably the ultimate, networking tool is the Internet. While discussing his lightweight collection of Hetchins', Colnago's, Schwinn's and Davidson's hanging from the shop ceiling, Bob Freeman of Elliott Bay Bicycles hops on the computer and begins to peruse eBay. He pauses at pictures of various bike parts- pedals and derailleurs- checking prices on some, and marking others that he'll keep his eye on. When asked about the importance of the Internet to collecting, he says, "It makes it possible." What used to be done primarily by phone



Brian Legresley(left) and Gary Johns (right) with part of the collection.

is now done online. Both Freeman and Summer agree that with the rise of the internet, vintage items have become more visible and less difficult to find. A collector has the ability to compare the quality of similar pieces. According to Freeman, it evens out the field price-wise. Rare items may sell at a higher price, while readily available items are more affordable. Interestingly, Japanese collectors tend to keep prices high, as they bid whatever is necessary to acquire a desired item. Ultimately, the Internet is a good litmus test for the value of bicycles and parts.

The Internet has also allowed researching

vintage bikes to become less cumbersome as the availability of literature has grown tremendously. Where the number of good books on vintage bicycles are few and far between, websites like [www.classicrendezvous.com](http://www.classicrendezvous.com) and [www.nostalgic.net](http://www.nostalgic.net) help collectors look up and match serial numbers to bikes, find production dates, identify manufacturers, and search out restoration specialists.

But one major question still remains- why collect vintage bicycles? For a small number it is collecting to collect. Most vintage bicycle enthusiasts have collections of other sorts- John and Freeman both enjoy vintage cars as well. "Vintage bike collectors are collectors by nature- you can bet they at least have a bag of marbles somewhere," Summer jokes. For some, it's the history connected to the bicycles both in terms of look and craft. A few make a living buying and selling vintage bikes and parts, and others see their hobby as a financial investment. Despite the various reasons motivating vintage bicycle enthusiasts, there is a sense that the underlying force driving them is nostalgia.

From buying a bike they couldn't afford when they were younger, to recreating childhood memories, to the attractiveness of a particular time period, "people yearn for the past," John says. "I get lost in the past- my bicycles. It's my comfort." For Freeman, it is the method of production and quality of craftsmanship. "Today it's all cookie cutter pieces, stamped out one after another," he says, and then points to the ornate handcrafted lugs on one of his Schwinn Paramounts. "Just look at that." And his bikes aren't just for show. "Bikes were made to be ridden, not just displayed," he says, adding that he makes it a point to ride his bikes as long as they are in a safe enough condition.

If you're interested in starting a collection of your own, Summer recommends researching before you buy. "Don't waste your time buying everything you find at a garage sale. Zero in on what you want and go for it." A great place to start looking and learning about vintage bikes is the annual Old Bike Swap Meet and Show



The Schwinn Orange Krater in full view.

presented in Seattle every March. "Whatever your fancy is, it'll be there," says Summer, one of the original founders of the meet. "Most meets are specialized, but we've had it all." Summer says proudly of the event, which doesn't focus on any one era or bike type. "Everybody that's come has gone home with at least one

piece of treasure."

With Internet growth, the vintage bicycle community is expanding at an exponential rate. A hobby traditionally dominated by men aged 40 and over is able to start bringing younger people into the fold and become more visible to the general cycling community. "Now is the time to buy," says Summer. "The hobby is growing and stuff is cheap." Though cheap depends on what you are buying and in what condition. A rusted over 1970s Orange Krater will be significantly less than one in mint condition (which could run in the thousands of dollars), though John believes that a few scratches can add some character. "People get suspicious if a bike is in too pristine of a condition."

Vintage collectors remind us of the beauty and value of handcrafted cycles, and the importance of the cycling experience as a whole. Fun doesn't necessarily mean fast- all it takes is a little time, a little research, and a whole lot of enthusiasm.

Where to find them

Bob Freeman collection, please visit Elliott Bay Bicycles. [www.elliottbaybicycles.com](http://www.elliottbaybicycles.com)

Ron Summer Collection, attend Bike Expo, Tour de Fat, and the Old Bike Swap Meet and Show. Also, he has a backyard Museum ready for visitors at any time. Call 206-324-0922.

Gary John's collection can be seen in Cranked Magazine and at the Old Bike Swap meet and Show

To learn more about vintage bicycles, see: [www.classicrendezvous.com](http://www.classicrendezvous.com) and [www.nostalgic.net](http://www.nostalgic.net)

Old Bike Swap and Meet and Show (And, you can get on the mailing list when you attend the show): [www.geocities.com/seattle-oldbikeswap/](http://www.geocities.com/seattle-oldbikeswap/)



Vintage ride - Bob and his magnificent Condor

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"OWN WORST ENEMY" FROM PAGE 1

thoughts occur when working near your limit, or preparing to race. For instance, during a hard interval or when climbing with a group, your thoughts will begin to betray you. Slow down! Ease up! You can't continue at this pace. You've got to stop, this hurts! Sound familiar? This is your physical self working in concert with your subconscious to get you to ease up and end the discomfort. It is only through your will power, your will to win, that you can overcome them.

Also, prior to a race when your mind and body know you will be suffering, or when your ego knows it is being put at risk, in creep the negative ideas. Realizing this, once you develop a strategy to combat these thoughts, you can practice your defense. Yes, I am suggesting that you actually practice using the following tools during your workouts, otherwise you'll never remember to use them under pressure.

**Defense Mechanism #1: Breathing**

Now that you know when these thoughts are going to occur, let's develop a strategy to fight them. Anxiety, nerves, stress, negative emotions; these all create muscle tension in your body, if not in your neck and shoulders, then in your stomach or even your legs. Under stress your body will respond with adrenaline, cortisol and an increased heart rate; it is preparing for battle! To an extent, these results are beneficial because they raise your level of alertness and help you perform, but you can go overboard. Race experience acclimates the nervous system to the situation by reminding it that you're not about to be chased by a lion.

There are at least two reasons why you need to practice breathing correctly.

**Get more oxygen to your muscles**

Do a quick experiment before reading on: stand in front of a mirror and suck in as much air as you can. Notice how your body moves when you do this.

If you were like most people, your chest and shoulders rose up, but your belly didn't move at all. What needs to happen is that some of the air goes deep into your lungs where there are more alveoli to transfer oxygen into the blood. More oxygen in the blood equals more oxygen to your muscles; that should sound important. Most athletes chest breathe and fail to activate their diaphragm. Coupled with some common postures, particularly a flexed position as on the bike, this can reduce your oxygen efficiency by as much as a third!

**Calm your nervous system down**

Yoga, meditation, Tai Chi, all these disciplines include deep controlled breathing because it will switch off or turn down the systems in your body that are working to keep you on red alert. Deeper breathing will then switch on the systems to calm you down. If you are calm, your muscles are less tense and you're using less oxygen and energy.

**How to Practice Breathing**

If you want to use this tool during a climb or a race, you first must practice in training. Sit or stand in a good upright posture position, put one hand on your belly and one hand on

the side of your rib cage and practice taking in full breaths that fill your belly and expand your rib cage. Then, when you're riding endurance and later during Tempo or Lactate Threshold Intervals, you should spend dedicated time focused on breathing this way. That's the first step in transferring this powerful technique to your racing.

**Defense Mechanism #2: Power Words**

No matter how well you control your breathing, you're still going to need the mental fortitude to suffer in training and racing. When your body is begging for relief from the pain, you need a defense from those thoughts. At that moment when you first begin to feel the burn, take inventory and force a power word through your mind.

"Smooth power" or "bring it on" are my personal favorites. Choose a word or phrase that becomes a trigger for you to take inventory. Ask yourself if you are breathing correctly? Is your upper body relaxed? Are you pedaling smoothly? This trick will help you deal with the pace, perhaps just enough to make the key selection or save energy to be there at the sprint.

You might also create an image to fill your mind during these more difficult times. Perhaps it is a powerful animal leaping through the forest or a sleek bird ripping through the air works for you. Read about my favorite image in another article of mine called, Using Pain to your Advantage. ([www.peakcoachinggroup.com](http://www.peakcoachinggroup.com))

**Defense Mechanism #3: Create Positive Expectations**

Finally, be aware that your expectations can

change your reality. If you expect to fail, if you expect to get dropped or go off the back on the climb, there is a school of thought that says your subconscious will work to make it happen. You get more of what you think about!

Instead, choose to pull your mind and body out of the negativity of self doubt and into the opportunity of self expectation. Expect to do well; intend to do well and create for yourself that possibility. Breathing, power words and imagery are tools that will help pull your mind out of the negative worry and into success.

Now that you're aware of these tools you can develop and use them to reach a higher Personal Performance Potential, but you must practice them! If you want to remember your breathing, power words and positive thinking during competition or under the stress of climbing a hill with the group, then you must first embed them into your subconscious thoughts during training. Practice the tips in this article and you'll be able to rely on them when the hammer drops.

*Marlon Familton is a USA Cycling Level 2 Coach, runs Dynamic Sports Training out of Bellevue, WA and is a coach with The Peaks Coaching Group. He offers effective power based cycle coaching, so riders can realize a greater amount of their cycling potential. His programs include individualized cutting edge nutrition, posture and stress reduction programs through CHEKWellness.com. Marlon takes a holistic approach to provide riders of any level the chance to ride faster with less effort. To contact Marlon call 425-417-4700 or visit [www.dynamicsports.net](http://www.dynamicsports.net)*

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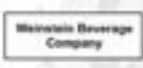
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# Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

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

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## EVENTS

### 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 6:30pm. 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 4: Triathlon Racing 101**  
Tigard, OR. Dreaming of doing a triathlon, but you aren't sure where to start? Rod Ilg, certified triathlon coach and personal trainer, and Liz Downing, 2-time World Duathlon Champion, will jumpstart you into the sport. Cover topics including how to get started, special gear, advice on training, proper nutrition, and local resources for the local triathlete. Start at 7pm at the store. Sarah Fry, Tualatin REI, 7410 Bridgeport Rd, Tigard, OR, 503-624-8600 x 203

**Apr 10 - Aug 7: Title 9 Training Clinic Towards Courage Classic**  
Seattle, WA. Join a group of women and prepare to ride over 3 passes during Courage Classic August 5-7. Experts will be on hand to teach you everything you need to know and to ride with you. Title 9, 7000 Woodlawn Ave NE, Seattle, WA, 98115. 206-522-1425

**Apr 18: Get Ready for STP**  
Tigard, OR. REI STP veterans Pam Witman and Judy Williams will be your coach. Topics include: preparing your bike, training, preventing injury, what to wear and bring, nutrition, riding safely in a group and roadside repairs. Start at 7pm at the store. Sarah Fry, Tualatin REI, 7410 Bridgeport Rd, Tigard, OR, 503-624-8600 x 203

**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.streetsscramble.com

### MAY

**May 1-30: Group Health 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 Chase Points scattered in unknown locations throughout the city. Jonathan Wornell, www.bellcitychase.com

**May 13: Pedal Fest Bike Swap**  
Bend, OR. Hosted by Pearl Isumi and Bend Factory Stores from 9:30am to 6pm. Sell, trade, buy new and used equipment and accessories. Learning workshop and safety inspections provided by the Bend Police Dept. Space available. Bend Factory Stores, 541-382-4736

**May 17: Ray Thomas' Bicycle Legal Clinics**  
Portland, OR. These clinics instruct riders about Oregon's vehicle laws from a cyclist'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

**May 19: WRQ 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 Maccadam Ave, Portland, OR, 97239. 503-323-6400, www.ecooregon.com

**May 25-Jun 22: Women's Beginner Bike Series**  
Tigard, OR. Join Tualatin REI cycling experts Pam Witman and Kelly Peterson for this hands-on learning experience for beginners. Practical instruction in understanding the mechanical aspects of your bike, fitness, nutrition and safe riding techniques. Let REI introduce you to some of Portland's best riding! Orientation and bike safety checks on May 25, rides June 1, 8, 15 and 22. Sarah Fry, Tualatin REI, 7410 Bridgeport Rd, Tigard, OR, 503-624-8600 x 203

**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.streetsscramble.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

## CAMPS

**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. Candace Shadley, Sugoi Dirt Series, Whistler, BC, 604-905-8876, www.dirtseries.com

**May 20-21: Sugoi Dirt Series**  
Calgary, AB. MTB camps for women. Offers top-notch small group instruction and hours of practice on the trails. Candace Shadley, 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

**May 27-28: Sugoi Dirt Series**  
Edmonton, AB. MTB camps for women. Offers top-notch small group instruction and hours of practice on the trails. Candace Shadley, Whistler, BC, 604-905-8876, www.dirtseries.com

## MULTISPORT

### APRIL

**Apr 1: Wenatchee Valley Du**  
Wenatchee, WA. Racers to complete, in order, a 3-mile run, 17-mile bike, then another 3-mile run. Both runs are an out and back format. Start at 10:00am 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 NW 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, P.O. Box 39623, Lakewood, WA, 98499. 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 5-8pm and Saturday morning 6am - 7:45am. Rory Mueller, BuDu Racing, 4017 S 291st St., Auburn, WA, 98001. 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, P.O. Box 39623, Lakewood, WA, 98499. 253-376-5737, www.humanmultisportspnw.org

## RACE SERIES

**Feb 12-May 7: West Side Mountain Bike 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, OR. 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. Michael 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 5-Apr 2: Escape Velocity Spring Series & Stage Race**  
Langley, BC. Series comprised of 9 events. 604 734-4241, www.escapevelocity.bc.ca

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

**Mar 25-May 27: Pacific NW 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 6 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 Criterium Series**  
Hood River, OR. 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 counts 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 22: 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

**MISSING**  
OL Case #4658  
**ADRE'ANNA ANITA JACKSON**  
Missing Since: 12/02/2005  
Missing From: Lakewood, WA  
**OPERATION LOOKOUT**  
National Center for Missing Youth  
**1-800-LOOKOUT**  
1-800-566-5688  
www.operationlookout.org

**FOURTH ANNUAL BIKE WORKS AUCTION**  
Thanks to everyone who made  
Bike Works' 2006 auction a success!  
**Bobcat West**  
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REI  
Windermere Real Estate  
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Photo courtesy of Team Group Health

**Group Health, 2005 USA Cycling Women's Club of the year winner.**

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

**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. 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

**BMX**

**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.ridgemedowbmx.com

**MOUNTAIN BIKE RACING**

**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, sorce.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 Mountain Bike Series #3**  
Sea Tac, WA. North SeaTac Park. See Race Series for details. Rory Muller, DuBu Racing, 4017 S. 291st St., Auburn, WA, 98001. 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, P.O. Box 7075, Boise, ID, 83707. 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 Brumsickle, Silverdale Cyclery, 9242 Silverdale Way, Silverdale, WA, 98383. 360-692-5508, www.silverdalecyclery.com

**Apr 9: West Side Mountain Bike Series #4**  
Sea Tac, WA. South SeaTac Park. See Race Series for details. Rory Muller, DuBu Racing, 4017 S. 291st St., Auburn, WA, 98001. 253-334-4433, 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.sellwoodycycle.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, http://home.comcast.net/~indieseries/seatacshuffle.html

**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, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 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, P.O. Box 7075, Boise, ID, 83707. 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 Campasano, SCUMB, 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, P.O. Box 320, 87000 E Hwy. 26, Government Camp, OR, 97028. 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@sombra.org

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

**May 7: West Side Mountain Bike Series #5**  
Sea Tac, 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

**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.webcyclery.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, 2253 Woodbine Rd., Langley, WA, 98260. 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, 2704 S Stone, Spokane, WA, 99223. 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, North Shore Credit Union, www.nsbmf.com

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

**MOUNTAIN BIKE TOURING**

**APRIL**

**Apr 22: Forks Forest Frenzy**  
Forks, WA. Meet 10am at Mt. Muller--25mi. east of Forks on Hwy 101 at MP 217. 2 routes to choose from, the Mt Muller loop - 13mi. 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

**ROAD RACING**

**Apr 1-2: Escape Velocity Spring Series #8/#9**  
Langley, BC. Saturday - Zero Ave - rolling circuit with small hills beside the US border. 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.com

**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, 6811 Aster, Springfield, OR, 97478. 541-747-3336, www.obra.org

**Apr 1-2: Tour of Frozen Flatlands Omnium**  
Spokane, 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. Pre-registration only. Badlands Cycling Club, 418 E. Pacific, Suite 2, Spokane, WA, 99202-1456. 509-456-0432, www.badlands.org

**Apr 2: Piece of Cake Road Race**  
Woodland, WA. New 17-mile loop west of Woodland, about 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, 7140 sw 161st Terrace, Beaverton, OR, 97007. 503-329-7305, www.obra.org

**Apr 4: Eugene Time Trial Series #1**  
Eugene, OR. See Race Series for details, Richard Sweet, 541-517-0685, www.obra.org

**Apr 4: Tuesday PIR Series**  
Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

**Apr 5: Bend Criterium and Time Trial Series #1**  
Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

**Apr 6: Port of Hood River Criterium Series #1**  
Hood River, OR. See Race Series for details. Paul Blackburn, 541-387-4011, www.obra.org

**Apr 6: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, 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 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 - FloraGlo 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, 1007 NE Boat St, Seattle, WA, 98115. 206-528-2242, www.recycledcycles.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, 541-517-0685, www.obra.org

**Apr 11: Pacific Raceways RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Apr 11: Spokane Twilight Series**  
Spokane, WA. Located at SRP - circuit race. See Race Series for details. Badlands Cycling Club, 509.456.0432, www.badlands.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, 503-233-3636, www.obra.org

**Apr 12: Bend Time Criterium/Time Trial Series #2**  
Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

**Apr 13: Pacific Raceways Women's RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Apr 13: Port of Hood River Criterium #2**  
Hood River, OR. See Race Series for details. Paul Blackburn, 541-387-4011, www.obra.org

**Apr 13: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

**Apr 13: Snake River Criterium Series #5**  
Nampa, ID. See Race Series for details. Snake River Cyclist, www.lactacacidcycling.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 Road Race (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, 541-517-0685, www.obra.org

**Apr 18: Pacific Raceways RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Apr 18: Spokane Twilight Series**  
Spokane, WA. Located at Chapman Park. Road race. See Race Series for details. Badlands Cycling Club, 509.456.0432, www.badlands.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, 503-233-3636, www.obra.org

**Apr 19: Bend Criterium/Time Trial 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, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.obra.org

**Apr 20: Port of Hood River Criterium Series #3**  
Hood River, OR. See Race Series for details. Paul Blackburn, 541-387-4011, www.obra.org

**Apr 20: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, 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 Stage Race**  
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.org

**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.streetscramble.com

**Apr 23: Estacada Time Trials Series #1**  
Estacada, OR. See Race Series for details. Ginger Woolcock, 503-632-7459, 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. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509.456.0432, www.baddlands.org

**Apr 25: Tuesday Night 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, 503-233-3636, www.obra.org

**Apr 26: Bend Criterium/Time Trial 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, 541-387-4011, www.obra.org

**Apr 27: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, 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 Croydon, 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. Mail entries must be received by April 27th. Rory Muller, BuDu Racing, 4017 South 291st Street, Auburn, WA, 98001. www.buduracing.com

**Apr 29-30: Methow Valley Stage Race**  
Winthrop, WA. Criterium in downtown Twips, road race in Winthrop and time trial in Mazama. MVSTA, www.broadmarkcycling.com

**Apr 29-30: Race the Ridge**  
Maple Ridge, BC. Stage Race. Barry Lyster, 7-22214 Dwedney Trunk Rd, Maple Ridge, BC, V2X 0E6. 604-466-2016, www.racetheridge.com

**Apr 30: Estacada Time Trials Series #2**  
Estacada, OR. See Race Series for details. Ginger Woolcock, 503-632-7459, www.obra.org

**Apr 30: Seward Park Spring Classic**  
Seattle, WA. Criterium racing at Seward Park. Raindrop-shaped course, 0.8 miles long with short 200m hill. Registration opens at 8:00am. Open to all categories. Part of WSBA Juniors Tour and LAJORS David Douglas, Pazzo Velo, www.pazzovelo.com

**MAY**

**May 1: Monday Night PIR**  
Portland, OR. See Race Series for details. May Series. Jim Anderson, 4909 SW Nevada Ct #3, Portland, OR, 97219. 503-975-8229, www.racemondaynight.com

**May 2: Eugene Hill Climb Series #1**  
Eugene, OR. See Race Series for details. Richard Sweet, 541-517-0685, www.obra.org

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

**May 2: Spokane Twilight Series**  
Spokane, WA. Located at SRP. Oval criterium. See Race Series for details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

**May 2: Tuesday Nighter Series**  
Boise, ID. See Race Series for details. www.lostrivercycling.org

**May 2: Tuesday PIR Series**  
Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

**May 2: World Tuesday Night Championships**  
Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

**May 3: Bend Criterium/Time Trial Series**  
Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

**May 4: Coastal Thursday Evening Challenge**  
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

**May 4: Pacific Raceways Women's RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**May 4: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

**May 5-7: Treasure Valley Stage Race**  
Boise, ID. Friday - 15.5km ITT. First 10km is a rolling out and back with several technical corners. Finishes with a high speed 3km descent to the Boise River. Saturday - Kuna Butte Road Race - 20-mile loop showcase a steep steady climb with several shorter ones and rollers mixed in. Finish is flat and fast. Sunday Criterium - 1km course in downtown Boise with long and fast front/back stretches & tight turns. Primes and time bonuses awarded during the event. Team Dobbiano, 835 E Cougar St., Meridian, ID, 83642. 208-412-3527, www.teamdobbiano.com

**May 5-7: Treasure Valley Stage Race**  
Boise, ID. Friday - 15.5km ITT. First 10km is a rolling out and back with several technical corners. Finishes with a high speed 3km descent to the Boise River. Saturday - Kuna Butte Road Race - 20-mile loop showcase a steep steady climb with several shorter ones and rollers mixed in. Finish is flat and fast. Sunday Criterium - 1km course in downtown Boise with long and fast front/back stretches & tight turns. Primes and time bonuses awarded during the event. Team Dobbiano, 835 E Cougar St., Meridian, ID, 83642. 208-412-3527, www.teamdobbiano.com

**May 6: Lava Hot Springs Road Race**  
Lava Hot Springs, ID

**May 6: WA State Senior Road Race Championships**  
Elma, WA. Great course, tough 1km hill climb per lap. NWWC event. Counts for WA BARR points. Jack Broadhead, www.wsbaracing.com

**May 6: Warps Speed TT**  
Abbotsford, BC. Road TT. Doug Preston, 15210 Guildford Dr. Apt. 205, Surrey, BC, V3R 0X7. 604-736-0596, www.teamsoliton.com

**May 7: Estacada Time Trials Series #3**  
Estacada, OR. See Race Series for details. Ginger Woolcock, 503-632-7459, www.obra.org

**May 7: Hatzic Valley Dizzy Chick Classic**  
Mission, BC. Restricted to Junior, Cat 3, 4 and 5 riders. Part of the junior series event. 604-274-8835, www.dizzychicks.com

**May 7: Table Rock Road Race**  
Medford, OR. Course favors the power climber with nearly 1000ft of gain per 20-mile lap. 2 separate climbs per lap with a hillcrest finish, should be nice weather. Starting at 9:30am Cat 5 men, Juniors/ U18 men and women Cat 3/4 race 33 miles. Starting at 11:15am Cat, 1/2 men - 73 miles, Cat 3 men - 73 miles, Masters 40+, Cat 4 men, Cat 1/2 women race 53 miles. Fields are limited to 75 riders due to narrow roads. Good surfaces. Mike Ripley, 541-342-1493, www.mudslingerevents.com

**May 7: WA State Masters and Juniors Road Race Championships**  
Longbranch, WA. 10.5-mile loop starting at Longbeach Improvement Center. Course is rolling with 1 steep 1/2 mile climb and 2 gradual 1/4 mile hills. Counts for WA BARR points. Part of WSBA Juniors Tour. Steve Breau, Old Town Bicycle, www.oldtownbicycle.com

**May 9: Eugene Hill Climb Series #2**  
Eugene, OR. See Race Series for details. Richard Sweet, 1456 McKinley Court, Eugene, OR, 97402. 541-517-0685, www.obra.org

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

**May 9: Spokane Twilight Series**  
Spokane, WA. Located at Williams Lake. Road race. See Race Series for details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

**May 9: Tuesday Nighter Series**  
Boise, ID. See Race Series for details. www.lostrivercycling.org

**May 9: Tuesday PIR Series**  
Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

**May 9: World Tuesday Night Championships**  
Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

**May 10: Bend Criterium/Time Trial Series**  
Bend, OR. Wednesday night racing series. Tim Plummer, www.obra.org

**May 11: Coastal Thursday Evening 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. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**May 11: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

**May 12-14: Columbia Plateau Stage Race**  
Heppner, OR. CANCELLED

**May 13: Time Trial 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 - Two 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, 541-517-0685, www.obra.org

**May 16: Pacific Raceways RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**May 16: Spokane Twilight Series**  
Spokane, WA. Located at SRP. Time trial. See Race Series for details. Baddlands Cycling Club, 509.456.0432, 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, 503-233-3636, www.obra.org

**May 16: World Tuesday Night Championships**  
Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

**May 17: Bend Criterium/Time Trial Series**  
Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, www.obra.org

**May 18: Coastal Thursday Evening 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. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**May 18: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

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

**May 20-21: Mutual of Enumclaw Stage Race**  
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 - 38mi.) 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, 503-975-8229, www.obra.org

**May 23: Eugene Hill Climb Series #4**  
Eugene, OR. See Race Series for details. Richard Sweet, 541-517-0685, www.obra.org

**May 23: Pacific Raceways Criterium Series**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**May 23: Spokane Twilight Series**  
Spokane, WA. Located at Chapman Lake. Road race. See Race Series for details. Baddlands Cycling Club, 509.456.0432, 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, 503-233-3636, www.obra.org

**May 23: World Tuesday Night Championships**  
Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

**May 24: Bend Criterium/Time Trial Series**  
Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, www.obra.org

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

**May 25: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

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

**May 27-28: Human Power Challenge 2006**

Portland, OR. 7th edition of this event fully faired streamliners, partially faired and unfaired recumbents, lowracers, velomobiles and trikes will all be racing for glory (and a few cash prizes). Road races, time trials, drag races, 200 meter flying speed trials, autocross. Electrathon America Cup Championship - three-wheeled electric vehicles one record. Edna VanGundy, Oregon Human Powered Vehicles, Portland, OR, www.ohpv.org/PIR/index.htm

**May 27: Time Trial 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 Time Trial**  
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. 541342-4583, 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, 503-975-8229, www.obra.org

**May 30: Eugene Hill Climb Series #5**  
Eugene, OR. See Race Series for details. Richard Sweet, 541-517-0685, www.obra.org

**May 30: Pacific Raceways RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, 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, 503-233-3636, www.obra.org

**May 30: World Tuesday Night Championships**  
Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

**May 31: Bend Criterium/Time Trial Series**  
Bend, OR. Wednesday night racing series. 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

**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

**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

**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

**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

**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

**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

**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

**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

**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

**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

**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

**May 31-Jun 4: Mt. Hood Cycling Classic**  
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**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. Randonneur event. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

**Apr 8-14: Central California Coast**

San Luis Obispo, CA. From Big Sur to Santa Barbara, this area boasts beautiful, unspoiled coastline, and inland valleys filled with vineyards and horse ranches. Quiet country roads, wonderful spring and fall weather, and gorgeous scenery have attracted cyclists from all over the world. 7 days, all levels. Also available: April 22. Bicycle Adventures, 800-443-6060, www.bicyleadventures.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. This 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, Mouni 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. Routes will be 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 Street store. Info at either 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.spokanebikeparks.org

**Apr 15: 200km Brevet**

Lower Mainland, BC. Randonneur event. Start at 7:00am. Mnafred Kuchenmuller, BC Randonneurs, www.randonneurs.bc.ca

**Apr 15: 50, 100km Brevet**

Fort St John, BC. Randonneur event in Peace Region 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/ibike/guyana/guyana.htm

**Apr 22: 100, 150km Brevet**

Fort St John, BC. Randonneur event in Peace Region Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

**Apr 22: 200km Southern Interior**

TBC, BC. Randonneur event. Richard Blair, 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 terrain & rural roads. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

**Apr 22: Hills are Alive**

Victoria, BC. Starts in Victoria BC, 6am. Route: Victoria, Duncan, Sooke. 300km. Don Munro, BC Randonneurs, 746-5236, www.randonneurs.bc.ca

**Apr 23-28: 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: April 30. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**Apr 23: Daffodil Classic [BAW]**

Orting, WA. 31st Annual Daffodil Classic held in the Puyallup Valley. Routes from 10 to 100 miles. Steve and Phyllis Lay, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-572-3415, www.twbc.org

**Apr 23-May 20: Fast America South**

Costa Mesa, CA. Fully supported 27-day, 2,899-mile fast bicycle tour from Costa Mesa, CA to Savannah, GA. Bill Lannon, America by Bicycle, 888-797-7057, www.abbike.com

**Apr 28-30: International Discovery Walk Festival Rides**

Vancouver, WA. 25 or 50km trail around western Vancouver. Start 9:00am to 1:00pm. Some rental bikes available. Romana Paynter, International Walk Fest, P.O. Box 2009, Vancouver, WA, 98668. 877-269-2009, www.discoverywalk.org

**Apr 28-May 1: SIR Northwest Crank**

Wenatchee, WA. 4 days of riding in the Wenatchee, Chelan, Plain area. Great to build your spring mileage. At least 2 ride options each day. Some support. Includes presentation and other events. Terry Zmrhal, Seattle International Randonneurs, www.seattlerandonneur.org

**Apr 29: 200km Signs of Spring**

Peace Region, BC. Randonneur event. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

**Apr 29: 300km Brevet**

Lower Mainland, BC. Randonneur event. Start at 6:00am. Deirdre Arscott, BC Randonneurs, www.randonneurs.bc.ca

**Apr 29: Yakima Ridges**

Yakima, WA. Featuring 25-, 50-, 75-, and 100-mile loops. 100-mile route climbs over 5400ft! Fully Supported. David Severson, Apple Valley Kiwanis, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com/rides

**Apr 30-May 14: BRA ~ SU Bike Ride Across Scenic Utah**

Utah. Incredible adventure thru 5 states, 4 Natl Parks, 5 Natl Monuments, 5 Nations. Fully supported tour thru uniquely beautiful land. Lifetime adventure. Bob Kinney, Bike 2 Bike / Tailwinds Tours, 801-677-0134, www.bike2bike.org

**Apr 30: Lilac Century Surprise [BAW]**

Spokane, WA. Distances are 15, 50 or 100 miles, including Riverside State Park, scenic river routes, and rural areas northwest of Spokane. Start times are 7:30am, 9am and 10am. Starts at Spokane Falls Community College. \$30 - \$40 with special family pricing for the 15-mile ride. Mechanical support, food stops, famous potato feed and live music at the finish. Bruce Johnson, Spokane's Aurora Northwest Rotary Club, 509-466-6756, www.northdivision.com

**Apr 30: Monster Cookie Metric Century**

Salem, OR. The Monster Cookie starts at the State Capitol Plaza Mall on the north side of the State Capitol Building. The route covers 62 miles of countryside north of Salem. The lunch stop is at Champooe State Park on the Willamette River. Checkpoint services include cookies, fruit, and other snacks, water and toilet facilities. John Maurice, Salem Bicycle Club, 1900 - 18th Ave NE, Salem, OR, 97303. 503-399-9652, www.salembicycleclub.org/

**Apr 30: SIR 200km Brevet (RUSA)**

Wenatchee, WA. Randonneur event - during the Wenatchee Camp (Northwest Crank) Terry Zmrhal, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

**MAY**

**May 1: SIR 100km Populaire (RUSA)**

Wenatchee, WA. Randonneur event open to all - during the Wenatchee Camp (Northwest Crank) Terry Zmrhal, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

**May 5-7: Fleche Pacifique**

various, BC. Randonneur event. Teams of 3 to 5 bikes compete to cover the most distance in 24 hours. Routes are designed by teams themselves and must be at least 360km. Registration deadline - 4/14. Michel Richard, BC Randonneurs, 604-739-6798, www.randonneurs.bc.ca

**May 6: May Day Metric [BAW]**

Federal Way, WA. Fully supported ride - 3 route options; challenging 50 miles, hard 100+ km and harder 100+ miles. Ride through the lesser traveled backroads, byways, and bike trails of the South Sound region. Start/Finish: Phil's South Side Cyclery in Federal Way. Socks, pie, party included. Course open at 6:30am. Phil Meyer, Phil's South Side Cyclery, 2310 SW 336th St, Federal Way, WA, 98023. 253-661-3903, www.teamtailwind.com

**May 6: Ride Around Clark County [BAW]**

Vancouver, WA. Four (18-, 34-, 67- & 100-mile options) beautiful and challenging rides through scenic Clark County. Scott Martin, Vancouver Bicycle Club, P.O. Box 1456, Vancouver, WA, 98668. 360-834-6737, www.vancouverbicycledclub.com

**May 7-12: California Wine Country Budget**

Various, CA. Tour explores Napa and Sonoma Valleys. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**May 7: Camano Climb**

Camano Island, WA. 44- or 28-mile scenic ride around Camano Island. Tim Kramer, Stanwood-Camano Kiwanis, P.O. Box 1305, Stanwood, WA, 98292. 360-629-6415, http://stanwoodvelosport.com

**May 7: Port Townsend Rhododendron Tour (Rhody Tour) [BAW]**

Port Townsend, WA. 32, 45, or 62 miles. Route follows the varied terrain of east Jefferson County's rural roads. The few hills on the half-metric century make for a pleasantly challenging ride. The full metric century is a fast rolling ride with a few good hills. Jon Muellner, Port Townsend Cycling Association, 535 Benton St., Port Townsend, WA, 98368. 360-385-7567, www.ptguide.com/rhodytour/

**May 13: 300km Brevet**

Southern Interior, BC. Randonneur event. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

**May 13: Group Health Inland Empire Century**

Richland, WA. Routes of 25, 50 and 100-miles showcase the scenic beauty of the lower Yakima Valley and travel along the Columbia and Yakima Rivers. Fully supported. Ellie Itiner, Tri-City Bicycle Club, P.O. Box 465, Richland, WA, 99352-0465. 509-627-1858, www.tricitybikedclub.org

**May 13-14: Highway to Hell**

Victoria, BC. Starts in Victoria BC, 7am. 400km. Jaye Hawthorn, BC Randonneurs, 250-380-0719, www.randonneurs.bc.ca

**May 13: Le Tour de Valley**

Silverton, OR. Enjoy 1 of 6 springtime bike rides of 10, 20, 35, 48, 65 or 100 miles through the beautiful Willamette Valley. Course open from 7am to 5pm. Start/Finish at the Oregon Garden. Spaghetti feed. Fundraiser for the Special Olympics athletes of Oregon & Washington. Jerry Foley, Bergfreunde Club, 503-649-7514, www.bergfreunde.org

**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. Dan Henry signage markers. Registration from 7:00-9:30am. Mazie Schlickeiser, Chehalis/Centralia Optimists, P.O. Box 183, Chehalis, WA, 98532. 360-262-9647

**May 13-14: SIR 400km Brevet (ACP)**

Seattle, WA. Randonneur event - First Series. Patrick Gray, Seattle International Randonneurs, 206-612-4700, www.seattlerandonneur.org

**May 13: Skagit Spring Classic [BAW]**

Burlington, WA. Gary Lorenz, Skagit Bicycle Club, P.O. Box 363, Burlington, WA, 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/events/stokr.htm

**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: Bryce & Zion**

St. George, UT. Six-day trip that will have you ride around Bryce and Zion Canyon National Park, and Cedar Breaks National Monument. Average 40 mile per day. Include 2 day off. Larry Hackstadt, Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

**May 15-19: 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. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**May 20: 400km Brevet**

Lower Mainland, BC. Randonneur event. 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 other 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 hundreds of waterfalls, including the second largest year-round waterfall in the U.S. This tour will ride through the Gorge along the beautiful scenic route, all the way to eastern Oregon to visit with the very unique Umatilla Indian Reservation. Portland Peace and Justice Center, 3848 SE Division 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 Division 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: Enumclaw Spring Century**

Enumclaw, WA. 25, 50, & 100 mile courses - Gorgeous - Well supported - Watch Mutual of Enumclaw Crit afterwards! Ti Cycles/Avanti Racing Team, 2943 NE Blakely St, Seattle, WA, 98105. 425-443-9453, www.active.com/event\_detail.cfm?event\_id=1299608

**May 20-21: Le Petit Tour de Peace - 300km**

Fort St John, BC. Randonneur event - 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 [BAW]**

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 Hoine, 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. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds two nights in Victoria, BC and a ride up Hurricane Ridge in Washington's Olympic National Park. Bicycle Adventures, P.O. Box 11219, Olympia, WA, 98508. 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, P.O. 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: 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 21-26: 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: 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 Cycling Club, 360-480-7356, www.capitalbicycledclub.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 21-28: Sandia Crest**

Albuquerque, NM. An eight-day tour of challenging and breathtaking rides and reach the summit of Sandia Crest. Average 65 mile per day. Larry Hackstadt, Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

**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.spokanebikeparks.org

**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). Jet City Velo / Byrne Specialty Gases, www.jetcityvelo.com

**May 27-28: 400km Brevet**

Southern Interior, BC. Randonneur event. 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 27-28: Pacific Rim - 600km**

Victoria, BC. Starts in Victoria, 6am. Route: Tofino. 600km. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

**May 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**

St. George, UT. You'll be camping under the clear desert sky on this tour, 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

**TRACK**

**May 4: Alpenrose Thursday Series**

Portland, OR. See Race Series for details. OBRA, 503-661-5874, www.obra.org

**May 5: Fast-Twitch Fridays**

Portland, OR. See Race Series for details. Jen Featheringill, 503-227-4439, www.obra.org

# Out.

By MAYNARD HERSHON

As *Bicycle Paper* readers who are Rivendell members will know, I outed myself in the latest Rivendell quarterly magazine, the Reader. I'm outing myself to you now. I quit riding. I'm fine physically but I haven't ridden a mile since early November of last year.

Please try to understand. I'll explain how it came about.

I wrote a piece describing an email exchange among three friends. The first guy (me) says he feels beaten down by years of abuse from careless, hostile or inept drivers - or combinations thereof. He says he hasn't seen a turn signal since...I don't know when.

His two friends reply, suggesting ways of coping that had been effective for them. One writes of his preference for low-traffic routes and his choice of bike-friendly Portland in which to live. The other suggests breathing and distancing techniques based on what he understands of Buddhist practices.

After writing that piece, I thought I was getting on top of the car-wars blues. I really did. I was using bike-rider routes. I was remembering to breathe. I was trying to think kind or uncritical thoughts about drivers, even SUV drivers, imagining that they're people too.

You'd have been proud of me. Then, in November, I had what felt like my millionth ugly experience with a motorist. A driver's sudden murderous move scared me badly. Could've killed me. Moments later I was humiliated after I followed the driver to ask why he would treat me so carelessly.

If you've been riding more than a week, you've wondered the same thing about a driver, or about 100 drivers. You too have been baffled by someone's seemingly homicidal act. Perhaps you tried to ask that worthy person the same question that occurred to me - why?

I followed him across a strip mall lot. He stopped in front of a business to drop off a passenger. I stopped five feet from his door. Never got off my bike; never said a word.

The guy came out of the car screaming profane insults at me and demanding that I "get out of his m-fin' face."

In that instant I felt I'd been allowed to see into that dude's soul, to look inside his core and see how unreal and insignificant I was in his life. Kill me with his car? Not kill me with his car? Those questions, crucial to me, don't trouble him.

Once I'd had that chilling look, I resolved never to give that guy or his brothers and sisters another shot at me. In spite of decades of involvement, employment and resolve, I got off and stayed off. I feel I've been warned. I won't ride again in this town.

Imagine: I'm a cycling writer and year-round rider for 30 years. You can bet I struggled with not riding.

I wrote a piece about what'd happened and why I'd quit. Well, I thought, you've written an anti-cycling piece for some cycling magazine. Who'll print this? What editor would risk offending advertisers, who believe bike mags should promote cycling, thus sales of their products?

Grant Petersen of Rivendell had already accepted the first piece for the Reader. I sent him the second, expecting him to turn it down cold. Remarkably, bravely, he agreed to run it.

The two pieces will appear on facing pages, he said.

We decided we'd ask readers to write me letters, critical or supportive. We'd ask them to suggest places where Tamar and I could live, where I'd feel like riding again - places that may be less hostile and callous than Tucson, the strip-mall minefield in which we reside.

Not that Tucson isn't a great place to live and work - if you're an orthopedic surgeon.

Please note that I did not say "less cycling-friendly." I don't believe cyclists have it any worse here than anyone else. It's an antagonistic, me-first place. Cars rule. If you're on foot or on two wheels, you're just a damn nuisance. Get out of my way.

One morning ride or stroll across a parking lot, dodging huge cars full of frantic, preoccupied mall shoppers, will convince you that you "don't belong here," as the penguins in "Madagascar" concluded about NYC.

A few sincere gentlemen work hard trying to make this a better town for cyclists. Good luck, guys. Don't get hit on the way to the city council meeting.

People drive cars to rides, bikes in the trunk, for good reason. They ride in groups for good reason. The bike commuter count, especially compared to rainier, colder Pacific Northwest cities, is tiny, again for good reason.

Hey... Do I sound angry? Did I want to be scared off the road after 30 years? Did I want to feel I'd betrayed every principle I'd ever espoused in print? How bad would local riding have to be to provoke me to quit in disgust? That's how bad it is here - if you ask me.

When the Rivendell Reader began to appear in people's mailboxes, email letters began to arrive - from Seattle and Portland and Holland,

Michigan. From Philly and Boston and Tallahassee, Florida. Most of the letters are long, thoughtful and empathetic. You can imagine the writers spending hours composing them. They are wonderful letters.

To date (March 7th) I have received 35 letters. One or two letter-writers have told me in some muted manner to shut up and get back on my bike. Perhaps, they say, I ought to spend more time spent meditating or trying to create my own safer, saner reality.

Almost all the letters have focused on the towns where the writers live. Some writers suggest moving to their towns; many strongly suggest taking their towns off the list. Some writers have visited places where they wish they lived, where they intend to move someday, perhaps when they retire.

A few towns get unexpected great reviews. Others are evidently nightmares. A few letter writers have developed modes of coping with our unforgiving roadways. Some have evolved riding styles or even offbeat bikes that work for them.

In my next couple of columns, I'll share some of the ideas expressed in these letters. The writers will be identified by initials and hometowns only. They're bike riders, every one, and their thoughts make fascinating reading. Trust me. I was a bike rider too. With luck, I may be again.



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