

BICYCLE PAPER

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35 YEARS AS THE NORTHWEST CYCLING AUTHORITY

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Photos by Bicycle Paper

Share the road! - These commuters benefit from the numerous advocacy programs and legislation, which give cyclists a voice.

Speaking for Washington

By KRISTEN WISEHART

In a state known for the natural beauty of its mountains, forests, waterways, and even cities, people of all ages, disciplines, and abilities love to ride in Washington. However, making this gorgeous region safe and enjoyable for bicycle enthusiasts is no walk in the park. Luckily, through numerous advocacy programs and legislation, the Bicycle Alliance of Washington (BAW) strives to make Washington state a safe-haven for cyclists.

With the conclusion of 2005, the Evergreen State saw the execution of the Safe Routes to School Program, with a grant from the Washington Traffic Safety Commission, as well as the emergence of the Share the Road License Plates to promote safety for cyclists. Legislatively, House Bill (HB) 1108, which prevents an automobile from passing if a cyclist or pedestrian is approaching from the opposite direction, and Senate Bill (SB) 5186, which allows for an inventory of bicycle and pedestrian facilities, passed successfully.

In 2006, the BAW plans to continue the fruitful endeavors of 2005, as well as delve into some cool new programs. Some of the year's activities will include an even more active Safe Routes program, Share the Road License plates galore, the birth of the Complete Streets program, a move to expand commuting, and some exciting new trail-riding opportunities.

The Safe Routes to School Program promotes child health, safety, and environmental awareness by training schools, using the National Safe Routes to School Curriculum, in implementing a strategy

to encourage children to safely bike to school. Last year, with a \$48,000 grant from the Washington Traffic Safety Commission, the BAW sponsored daylong training classes in Spokane, Tacoma, Moses Lake, Wenatchee and Bremerton. Also, an upcoming session will occur in Olympia (TBA). The Washington State Safety Commission grant ends in July, however the BAW received, in conjunction with Feet First, a Transportation Enhancement grant worth \$396,000. The organizations will use these funds to continue to offer training sessions, hold two informational conferences, expand their website, and offer additional resource materials.

While the Safe Routes to School Program inspires our ever-widening youth to get out of the car, Share the Road License Plates allow drivers to support cycling from their automobiles. The plates went on sale on January 2, 2006 (with a loan from the Department of Licensing), and 333 devotees purchased them in the first month. At the end of March, 595 plates had been sold. Dave Janis, the Bicycle Alliance of Washington Development Director, estimates that they will be able to repay the Department of Licensing, by selling about 1,000 plates, by this summer. At that time, \$28 of each tax-deductible donation will go directly to the BAW to help them continue to make Washington a wonderful place to ride. The alliance intends to continue an aggressive marketing campaign, with posters and other materials in local bike shops, to promote the decorative plates.

See "Advocacy" on page 9

Ups & Downs

Stylin' the Steeps

By TANYA ALLEN AND PENNY DECK

How many times have you had to get off your bike and walk down a steep loose descent? Ever had to hike around a rock face because it's too intimidating to ride down? Whether you're heading for the steep mountains of British Columbia, the sticky slick rock of Moab, or just your local hills, here's a skill that will be invaluable for staying on your bike when the going gets gnarly.

Braking is the first key to control for riding a steep trail. While descending, it is important to ensure both wheels are always rolling. Many riders are hesitant to use their front brake, depending mostly on their rear brake to curb their speed. However, too much pressure on the rear brake will cause the rear wheel to lock up, resulting in rear wheel skid and loss of control, not to mention, damage to the trail! Gently squeezing the rear brake lever to slow, but not completely stop, the

rotation of the rear wheel will keep your speed in check and your bike pointed in the right direction.

The majority of your stopping power lies with your front brake. While grabbing a fistful can send you flying over the bars, carefully varying the pressure on the front brake will allow the wheel to roll slowly, and help you maintain your line. Gradually increasing and decreasing how much you squeeze the brake in response to the terrain avoids the risk of tumbling over the front end of your bike. You'll be amazed at how slowly you can creep down a steep rock face with the correct amount of brake modulation.

Body position while descending is also vital. When approaching a steep descent, it's important to remember to scan the trail ahead, stand tall and centered over the bike with

"here's a skill that will be invaluable for staying on your bike when the going gets gnarly."

See "Steeps" on page 4

CHARITY

Cycling for a Cause

By ELISABETH ROSAPEPE

Flipping through the *Bicycle Paper's Northwest Racing Guide* and *Tour Guide*, there are all sorts of events to choose from- road races, time trials, mountain bike clinics, world-wide cycling tours, recreational rides... just to name a few. Tucked in between are charity rides- a different breed of event using a wide range of cycling genres to raise money and awareness for an array of causes, from organizations who fund research for diseases like cancer and diabetes, to programs that feed families in need.

But what differentiates these from any other ride? Four charity rides, chosen at random, Emerald City Lights (helping the Basket Brigade to feed families at Thanksgiving), Summit to Surf (supporting the American Diabetes Association of Oregon), Courage Classic (aiding the child abuse intervention department at Marybridge Children's Hospital), and Ride4US (raising money to buy ultrasound machines for centers providing free

services to pregnant women), shed some light on this question.

Charity rides cover various forms, from multi-day bike tours like the Courage Classic, to one-day events like Ride4US. Some of these rides are part of a series of fundraising events. The American Diabetes Association, also utilizes walks, runs, and auctions throughout the year to raise researching funds. Depending on the event, rides draw from under 100 to over 1000 participants.

Despite the differences between the various rides and causes they support, they also have a lot in common. For example, they include a good rider retention rate (as high as 50% for the Courage Classic) and an average participant age around 40. All cyclists can find a ride to fit their abilities. Some organizers vary distances to accommodate different capabilities. Summit to Surf offers eight different route options ranging from 10-100 miles, while Courage Classic focuses

See "For a Cause" on page 10

Congressman DeFazio Receives National Bicycling Award

COURTESY JONATHAN MAUS

Congressman Peter DeFazio of Springfield, Oregon received an award from the League of American Bicyclists for excellence in leadership and support for bicycling. DeFazio, the only trained bicycle mechanic in Congress, is a ranking democrat on the House Transportation Committee and the Highways, Transit and Pipelines Subcommittee. He played a key role in crafting and negotiating final approval of the 2005 Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users (SAFETEA-LU).

He helped secure optimal funding for Oregon under the bill that brings home \$2.7 billion for highway and transit projects over

the next five years, and strengthens programs for bicycling and walking, including:

1. Transportation Enhancements - this program has been increased in size and importance.
2. Safe Routes to School Program - \$617 million to create new programs and infrastructure.
3. Surface Transportation Program - flexible program that allows metro areas to fund bicycle and pedestrian projects.
4. Congestion Management and Air Quality Program - designed to decrease congestion and improve air quality.
5. Highway Safety Improvement Program - focused on increasing safety funding.

New Bike Laws for 2006

COURTESY BICYCLE TRANSPORTATION ALLIANCE

Oregon bicyclists now have two new legal rights, thanks to the work of the Bicycle Transportation Alliance (BTA) and the Oregon Legislature.

After months of work, shepherding the bill through committees, amendments, and both legislative chambers, BTA Policy and Education Director Scott Bricker and Oregon bike lawyer Ray Thomas celebrated as Governor Kulongoski signed Senate Bill 938 (SB 938) into law on June 28, 2005.

Thanks to the new law, bicyclists will be able to leave bike lanes to avoid debris and other hazardous conditions, to turn or go through an intersection, or to pass other cyclists.

The law will also allow cyclists to legally pass on the right in a shared lane of traffic when it is safe to do so. A third provision, which would have changed the law concerning bikes in crosswalks and on curb-cuts, was removed from the bill.

The changes will ease traffic flow, protect cyclists of all ages and abilities, and provide riders with legal protection in the event of crashes.

The bills passed both houses by large bipartisan majorities, and legislators across Oregon provided leadership and support.

The BTA also worked with the legislature to pass House Bill 2742, which establishes a statewide Safe Routes to School fund to help communities increase bicycling and walking to school.

Make Your Dash Count

Think of the space between the birth date and the death date on a tombstone, that is the "Dash." It represents how a person chooses to fill the small space of time termed life. As the foundation's motto states "...life is not a dress rehearsal, so make your dash count."

Hope Moore, founder of this non-profit organization both makes her dash count, and encourages others, especially young people, to do so as well. In December of 2002, she combined her passions for helping others and wine, establishing the Make the Dash Count Foundation in conjunction with the Heaven's Cave Cellar. 100% of the profits made from the wine go directly to the foundation, where a Board of Directors, comprised of young people

aged 14-18, allocates funds to organizations aiding at-risk youth. In addition to the source of income created by the winery, donations and fundraising events also generate revenue for the organization. Wine connoisseurs may already be familiar with the foundation, yet it may be new to cyclists. But, the word "Dash" conjures up an image of racing, and everybody knows the two-wheeled kind is the best. Ali Boyle, one of the organizers behind the event, states, "It is just a great way to build awareness about what we are doing."

On June 9th and 10th, for the second year in a row, the Foundation will raise additional money with the Dash Race For the Kids at the Prosser Wine and Food Park. The festivities kick-off with a criterium on Friday beginning at 6:00pm. Make the Dash Count hopes that

making the race a USCF event will prove the longevity of the event as it becomes an annual tradition, and attract more cyclists. Saturday features a stunning metric century, youth fun run, and 1-mile walk/ run. In the evening, reward a day's worth of physical exertion with a barbecue, and a silent auction. Both days end with a wine tasting!

So, make your dash count by attending either the race or the tour, both promise to be fun, scenic, and philanthropic. Register online at www.makedashcount.com.

Greg LeMond joins American Diabetes Association's 'Tour de Cure'

Three-time Tour de France champion and world renowned athlete Greg LeMond will join about 500 riders who are expected to take part in the American Diabetes Association's Tour de Cure. LeMond is the Honorary Chairperson of this year's event. More than 45 teams and many ambitious solo riders will raise over \$200,000 for

diabetes research, education and advocacy.

Tour de Cure 2006, originating at King County's Marymoor Park in Redmond, WA, features four scenic bicycle routes designed for every level of cycling expertise. The ride promotes physical fitness, which is a key component in the prevention of type 2 diabetes.

To find out more about Tour de Cure 2006, or to sign up for this year's ride, visit diabetes.org/tour, or call the American Diabetes Association at 206.282.4616.

Portable Electrolyte Hydration

Nuun, a Seattle-based company, has come up with a rather unique and nifty way to provide electrolyte hydration to the individual with an active lifestyle. Offered in three different

flavors, the compact, handy tube contains 12 tablets, which when dissolved provide 1.5 gallons of reinvigorating and refreshing liquid. Now available in stores. A more detailed review will appear in the June issue, if you can't wait visit www.nuun.com.



Chad Nicholz - Quick Shot



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Paul Clark

Associate Publisher Claire Bonin

Editorial

Inside Editor Kristen Wisahart
Editorial Intern Andrew Diolata
Writers Andrew Diolata
Maynard Hershon
Joe Kurmaskie
KC Keogh
Jonathan Maus
Erik Moen
Elisabeth Rosapepe
Matt Osborne
Kristen Wisahart

Photographers American Diabetes Assoc.
Bicycle Paper
Courage Classic
G. Cyclingisfun
Greg Descantes
Jonathan Maus - Bike
Portland.org

Illustration Chad Nichols

Art and Production

Design and Production Rick Peterson
Graphics Ryan Price
Graphics Intern Melanie Scott
Printing Consolidated Press
Advertising Claire Bonin
Will Taylor

Distribution

Distribution & Mailing Kristen Wisahart



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68 South Washington St. Seattle, WA 98104

Phone: 206.903.1333 and Fax: 206.903.8565
Toll Free: 1.888.836.5720

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President Paul Clark
paul@seattlepub.com
Vice President Jay Stilwell
jay@seattlepub.com
Vice President Ruth Clark
ruth@seattlepub.com
Publishers' Assistant Kristen Wisahart
kristen@seattlepub.com
Project Coordinator Claire Bonin
claire@seattlepub.com
Production Coordinator Rick Peterson
rick@seattlepub.com
BP Specialist Will Taylor
will@bicyclepaper.com

Bike-to-Work

By KRISTEN WISEHART & ANDREW DIOLATA

Tired of that dreadful morning commute? Weary of paying those ungodly costs to park in a dark dingy public garage? What about those skyrocketing gas prices that make you cringe everyday? If ever there was a time to park the car in the garage and hop on a bicycle, this is it. Thanks to the League of American Bicyclists, the month of May is deemed National Bike Month. 2006 marks the tradition's 50th year of promoting a healthy lifestyle, cleaner air, and an environmentally friendly form of transportation.

While Oregon chooses to hold a commuter challenge in the fall, enjoying the pleasantly cooling weather and prismatic leaves, Washington state, Idaho and British Columbia will inspire commuters to experience an alternative to the daily grind, and encourage businesses to adopt bicycle-friendly facilities, in May and June. Strategically scheduled in the warm Spring season, this is the perfect time for riders to discover, or rediscover, the joys of cycling.

To kick-off Bike Month in Washington, Cascade Bicycle Club (CBC) is hosting its second annual Vulcan Bike-to-Work Breakfast on May 2 at the Grand Hyatt in Seattle (Tickets are \$65/piece). This event presents a wonderful chance to remind King County's riders of the benefits of commuting. Guest speakers include King County Executive Ron Sims, who will also receive an award for his work on the Sammamish Trail, Seattle Mayor Greg Nickels, Group Health Cooperative CEO Scott Armstrong and Representative Ed Murray, who chairs the transportation committee. It is sure to be a fun and friendly opportunity to network with cycling advocates in the area.

The Starbucks Bike to Work Day, held May 19th, invites riders to stop at any of the 37 cycling commuter stations throughout the Puget Sound area to grab snacks, maps and commuter information on their way to work. Some stations will even offer bike check-ups! Cyclists can find these posts in the eastside, south Seattle, West Seattle, the Snohomish / Bothell area and downtown. Bike to Work Day provides the perfect opportunity for seasoned commuters to inform friends and encourage them to participate. However, if anyone can't make it to the festivities on the 19th, don't fret, because there is plenty of other excitement throughout the month.

The fourth annual "Group Health Commute Challenge" tests cyclists' strength and stamina by challenging them to ride to work as often as possible during the duration of the month. Participants who ride to work at least five times during the 30-day period qualify for great prizes. For those new to commuting, contact the Bicycle Alliance of Washington and ask about the Bike Buddy program, which is a great way to dive into the two-wheel lifestyle. While riding to work is clearly an adult activity, they are not the only ones who will benefit from the festivities.

Cascade Bicycle Club's Education Foundation is organizing Bike to School Month activities for children, such as the "Bike to School Breakfast" and numerous bike safety workshops for kids and parents. The club is also offering riding evaluations, school bike cage cleanings, and contests with prizes at various middle schools in order to cultivate a sense of cycling advocacy in young riders.

The CBC will host the UW Hubbub Bike Bash to conclude the month's events on May 25. The celebration will feature guest performances by "Lady A and the Baby Blues Funk Band" and contests with prizes.

While the enthusiasm surrounding Bike Month in Seattle is clearly intoxicating, our neighbors to the north also fervently celebrate the opportunity to spread the commuter bug in June. According to Better Environmentally Sound Transportation (BEST), Bike Month raises cycling awareness to 750,000 residents in the BC Lower Mainland. "We are reminding people about cycling," says Richard Campbell of BEST. "We want to get the community and organizations all involved." BEST accomplishes this goal by arranging oodles of events ranging from rides for children and adults, to safety workshops, and other festival activities.

Among the many festivities, BEST's Commuter Challenge is one of the highlights of the month with 80 to 100 businesses involved and over 10,000 people participating. The Com-



Photo courtesy of Bicycle Paper

Ride your bike to work on May 19, and make sure to stop at one of the commuter stations like Bike Station.

muter Challenge inspires Canadian citizens to leave the car behind, and illustrate that their city or company is the most dedicated to the two-wheeled cause, resulting in cleaner, healthier air.

Unlike the Lower-Mainland enthusiasts, Victoria BC packs their commuting festivities into one fun-filled week. However, there is certainly no shortage of exciting events, commuter camaraderie, and friendly competition. Bike to Work Week (BTWW) happens from May 29 to June 4. Throughout the week, both individuals and cycling teams compete in the BTWW Commuter Challenge to see who can get the most people to pedal, walk, skateboard, rollerblade, roll a wheelchair, or ride a foot-powered scooter to work. In case all of this commuting burns too many calories, an array of food-related events are scattered throughout the week, including the Kick-Off Lunch, Trailside Breakfast, and the Galloping Goose Barbeque. For riders feeling competitive, the Commuter Challenge Race offers cyclists an opportunity to race from one point to another against a car counter-part, following all of the rules of the road. Although Victoria securely holds the title of "Cycling Capitol of Canada", each year during BTWW, hundreds of people realize that daily commuting is a healthy and enjoyable activity.

Seattle, BC's Lower-Mainland, and Victoria exemplify how much fun getting involved in the movement to commute by bicycle offers. But, these places are not alone in their zeal. The Mount Baker Bicycle Club is hosting its 9th annual Bike to Work/Bike-to-School Day, and its first ever Bike Month Challenge (Commuter Challenge)! On May 19th, activities similar to those in Seattle and BC will happen throughout Whatcom County. "Celebration Stations" will be located throughout Bellingham for riders to gather goodies and information. The club hopes to attract up to 4,500 commuters this year! And, to the East, Idaho's Blaine County Wood River Rideshare will offer riders a similar array of swag from "Commuter Appreciation Stations" on Bike to Work Day. In other words, if you think the car air-conditioning is feeling a tad chilly, and the seatbelt too constricting, now is the time to dust off the bicycle. In all likelihood, an organization near you is waiting with bated breath to spread the joys of commuting to you.

For additional resources on finding more Bike Month activities, check with the League of American Bicyclists, www.bikeleague.org, Cascade Bike Club, www.cascade.org, the Washington Department of Transportation, www.wsdot.wa.gov, or Better Environmentally Sound Transportation, www.best.bc.ca.

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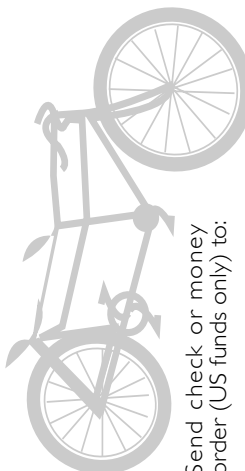
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"Steeps" from page 1

your knees and elbows slightly bent, and distribute your body weight equally over each wheel. As the terrain becomes steeper, shift your body weight back to keep your center of gravity stable. To achieve this, move your hips towards the rear wheel by extending your arms and legs.



Photo courtesy Sugoi Dirt Series

To maintain good control while descending, ensure both wheels are rolling.

Remember to keep your weight low. You may also find it helpful to lower your saddle so that it does not interfere with the movement. Keeping your weight back and low will eliminate the sensation that you're about to go over the bars.

By dropping the heel of your front leg, you can brace your body against the pedal as you descend, enhancing your stability on the bike. Pushing against the saddle with one or both thighs helps maintain control of the rear wheel. As the trail levels out, return to a position that is centered over the bike. If your weight remains too far back once the terrain levels out, you'll lose control of your steering.

These important points apply whether you are riding steep singletrack or a steep rock face. A rock face often has a sharp transition at the

start and finish, while the changes in grade may be more subtle on the trail. To help achieve the shift in body weight at a sharp transition to a steep rock face, push the front end of the bike away from you as you reach the edge by extending your arms and legs. This will automatically put your weight behind the saddle for the descent. At the bottom of the rock face, absorb the transition with your arms and legs, and re-center your body over the bike immediately after your rear wheel is past the transition. It is extremely important to avoid grabbing the front brake when you reach the base of the rock face - in fact, you should ease off on the front brake as your front wheel touches the ground, and this will let you roll smoothly through the transition.

With these tips, you will gain confidence on a variety of steep terrain. Find good places

to shed speed on the trail, such as slightly less steep or tacky sections that provide good traction. In other places, such as wet roots and loose steep stretches, it is better to just roll through them in anticipation of the next safe place to slow down. So, the next time you encounter a steep section of singletrack, or a scary rock face, remember these important tips for braking and correct body position, and you too will be stylin' the



Photo courtesy Sugoi Dirt Series

To keep the trail in good condition, don't lock the rear wheel.

steeps. Happy trails!

Tanya Allen and Penny Deck coach with the Sugoi Dirt Series Mountain Bike Camps (www.dirtseries.com). Both Tanya, a former pro-elite cross country racer, and Penny, lecturer in Kinesiology at Simon Fraser University, keep their skills dialed riding some of the steepest trails British Columbia has to offer.

UP NORTH

BC Racing Off to a Great Start

BY MATT USBORNE

The 2006 BC road racing scene kicked-off with the traditional Escape Velocity Spring Race Series. Since the opening day on March 5, seven different winners, out of ten races, have graced the podium with no one club, or team controlling the action. Along with that diversity, BC racing is seeing a revitalization of developing talent with younger race winners than in recent years.

The spring series has a little Alberta flavor this season. Jamie Sparling, 22, riding for BiciSport out of Calgary, claimed first blood. A promising road and track rider, Jamie has placed well provincially and nationally on the track, and claimed numerous regional road wins in his home province in 2005.



Photo courtesy of Greg Descantes

The veteran Scott Goguen show the youngsters how it's done at Harris Roubaix.

Another Alberta transplant who enjoyed some success is precociously talented Ryan Anderson, 18, riding for Edmonton's Juventus club - the club of Olympic Sprint Gold medalist Lori-Ann Munzer. Placing second twice in the Escape Velocity series, this young rider promises to deliver big things.

Canadian professional squad, Symmetrics, wasn't without its share of success in the early season. Looking more bumblebee-esque than ever, the yellow and black squad raked in six wins courtesy of Svein Tuft, Cory Lange, Andrew "Pinner" Pinfold, and Will Routley. These riders represented only part of the Symmetrics team, as the rest are chasing international glory in pursuit of Americas UCI tour points.

Youthful exuberance isn't the only factor in making the podium; experience still has its place. As proof, the grizzled 39-year-old veteran of BC racing, Masi-Adobe's Scott Goguen, easily took the notoriously grueling Harris Roubaix BC Cup #1. You can always count on the so-called 'big guns' of BC's racing scene to come out firing on all cylinders when the BC Cup series swings around.

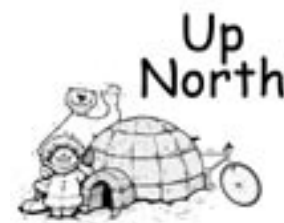
But this year, palpable anticipation and excitement built up prior to the first race. In Scott's five-day countdown diary on Masi-Adobe team's website, the tension and desire increases with each entry. "It has become quite obvious to most who have been reading our Harris-Roubaix installments that I am rather fond of this race. I have been asked many times this week why I like it so much. This is a simple answer for me. Like no other race on the road calendar, this race drums up more anticipation, contemplation and most of all trepidation. There is no other race - especially locally - that requires so much preparation either."

But the men are not the only ones performing well in the early season. Lisa Sweeny, 25, racing for the US based CPT-Colnago team has had a breakthrough season so far. Sweeny posted several podium results in recent NRC races in California, including a second place in the San Dimas stage race criterium. Expect

Sweeny's results to snowball!

Several other BC women have been basing their early season preparation and racing in the U.S. Dizzy Chicks' Moriah McGregor, 30, raced in Southern California and posted some promising results. Jenny Trew, 25, riding for Kenda Tire, has been splitting her time between the road World Cups and the track Tasmanian Christmas Carnivals in Australia. A powerful sprinter in the midst of developing her endurance skills, we can anticipate big things from Ms. Trew in any Northwest event she attends.

BC racing has certainly seen a diverse list of winners so far this spring. With various teams showcasing more depth, the racing is shaping up to be some of the best seen regionally in recent years, and there is no sign that it will let up anytime soon. Hopefully, we will see more breakthrough performances from the up and coming riders, interspersed with traditional top guns of the BC scene showing the youngsters how it is done.



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EXPANDED LINE OF ROAD BIKES

Heart Health



By Erik Moen
PT, CSCS

The heart symbolizes life, love, and vitality. Its capacity is obviously important for any endurance athlete, and researches are conducted to better understand performance and regulate training loads. There is a fraction of the bicycling industry that caters to the heart - as evidenced by the many available heart-rate monitoring devices.

The American Heart Association suggests regular aerobic exercise to maintain good heart health. While bicycling in general can be beneficial for this blood-pumping organ, any strenuous activity, such as racing, can exacerbate cardiac problems. About 335,000 people a year die of coronary heart disease without being hospitalized or admitted to an emergency room. Most of these are sudden deaths caused by cardiac arrest. Although many might think that heart issues are linked mostly to older people, healthy, young athletes can develop very serious, even fatal, undiagnosed heart troubles. Awareness and pro-activity help prevent these rare events.

Cardiac Physiology

The heart is a four-chamber organ that pumps in a coordinated fashion to move blood throughout the body. Blood passes the lungs to collect oxygen, and then delivers it to working muscles. Without a heart beat, there would be no circulation of oxygen. The heart, a smooth muscle, is stimulated to contract by the nervous

system. Electrical defects, blocked blood vessels, excessive inflammation, and structural issues involving the valves or walls can cause interruptions in normal heart function, which can lead to a heart attack, or even sudden cardiac death (SCD). SCD, also called sudden cardiac arrest, results from an abrupt loss of heart function commonly known as cardiac arrest. The victim may or may not have diagnosed heart disease. The time and mode of death are unexpected, occurring within minutes after symptoms appear. The interesting thing about sudden cardiac arrest is that in over half of the cases, it occurs without prior symptoms. SCD occurs most frequently in adults in their mid-30s to mid-40s, and affects men twice as often as women. It is not a heart attack (myocardial infarction).

Heart attacks occur when there is a blockage in one or more of the coronary arteries, preventing the heart from receiving enough oxygen-rich blood, which damages the muscle itself. In contrast, sudden cardiac arrest occurs when the electrical system to the heart malfunctions and suddenly becomes very irregular. The heart beats dangerously fast. The ventricles may flutter or quiver (ventricular fibrillation), and blood is not delivered to the body. In the first few minutes, the greatest concern is that blood flow to the brain will be reduced so drastically that a person will lose consciousness. Death results without immediate emergency treatment.

Know Some Warning Signs

Endurance athletes should make themselves aware of irregular heart signs and take heed in their presence. Conditions or situations

that might involve the heart include, but are not limited to: family history, recent or current bacterial/viral infection, irregular heart beat (arrhythmia), irregular racing heart rate (tachycardia), transient chest pains. Nausea, cold sweat, lightheadedness, irregular pain or discomfort in one or both arms, the back, neck, jaw or stomach, shortness of breath, high cholesterol, diabetes, recreational drug abuse, or taking drugs that are "pro-arrhythmic" may increase the risk for life-threatening arrhythmias (consult your physician).

Fighting Heart Attacks and Sudden Cardiac Death

The American Heart Association supports implementing the "chain of survival" to rescue people who suffer a cardiac event in the community. It consists of four components:

- Early access to medical care (calling 9-1-1 immediately)
- Early CPR
- Early defibrillation
- Early advanced care

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Erik Moen PT, CSCS is currently practicing orthopedic and sports physical therapy in Kirkland, WA. Erik specializes in work with the endurance athlete. He is nationally known for his expertise in working with the bicyclist. www.bikept.com

Editor's note: Our thoughts and prayers are with the family and friends of Recycled Cycles racer Brad Lewis, who died recently of cardiac arrest during the Boat St Criterium.

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Momentum Is Your Friend - Prologue Part 2

By JOE KURMASKIE

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

"Come on, Dad," Quinn pokes at me with a bike pump, in the same fashion I've seen him use on road kill. "Get up. We're almost over the rainbow."

I'm lying yards from afternoon rush hour traffic. The mercury tops 106 degrees and Quinn's reference is to both the Judy Garland classic and the name of the steepest hill in Kansas City... which I've failed to top.

To my left is a church, its spiraling steeple penetrating the heights that man can reach. To the right, a hospital, which will come in handy if the spots on the edges of my vision continue to grow.

Since clearing the Colorado border, I've talked up the Oz classic, even calling Kansas City its spiritual home. The boys are to be on the look out for a horse of a different color. I'd give anything at this moment if they could locate me a canister of oxygen.

It's on the humidity stoked hill of Rainbow Blvd., straddling the state lines of Kansas and Missouri, caught between the cracks, that I wish there were "do-overs" in touring.

We're nine blocks, less than two miles from our destination, but I don't know that. I can only recall it's something of an oasis, the home of close family friends, God parents more or less, and their beautiful daughters, one of whom broke my heart in all the right places years ago. Oh, and there's a pool, nestled under tall pines and lush flowering plants.

Still, Eden always comes at a price.

I can't beg, borrow or buy the strength to do what is necessary on that bike. Eyeing the angle of our slope divided by the build up of lactic acid in my joints, then carrying the remainder of the day... nope. I'd better stay here a little longer, until my math improves or time and nature grinds the hillside down to an acceptable size.

"Go Lannccceee!!!" Followed by a few yips and yehaws from the passenger side of a pick up truck. I'm too far gone to let its sarcastic undertone, or what may have been snickering from the backseat, touch me. Nothing's thrown in our direction, so there's that. Quinn wields the bike pump like an old man waving his cane at the neighborhood hooligans.

"Dad?" Lack of forward motion interrupts my five-year-old's afternoon nap. Enzo emerges

from the cave of his carrier holding a spray bottle of water. It sports a little fan attached to the nozzle.

"Do you have any chocolate?" He comes to a halt over me, stares for a moment, then shakes his head. My current state does not offer him much hope of obtaining cocoa product. I hear the little fan whirl into action. Enzo spritzes himself a few times, then, in an act of unprovoked kindness, what I choose to read as empathy, he turns the mister on his old man.

"No one's out of gas around here until I say so," Quinn barks, parroting one of my favorite lines. He gets in close, eyeing me with the disappointed glare of a high school football coach. "Get up. We're in the Emerald City."

I don't even make an attempt.

"Emerald City for you two, maybe," I say. My breathing is reminiscent of someone locked inside a medieval iron lung. "For me, it's all tornados and flying monkeys right now."

It occurs to me that if I can still make fun of my situation, there could actually be something left in the tank.

"Another minute, boys. That's all I need. Quinn, get me some of that Cliff recovery powder from the right pannier. It's in a Ziploc."

I manage a seated position without blacking out. Quinn has my water bottle in one hand and a bag of powder in the other.

"No, no... that bag's your Grandpa. I'm talking about the other Ziploc, next to the gel packs and Band-Aids."

Did I mention we have three generations on board?! After my Dad's heart blew, Thanksgiving morning of 2000, his urn ended up in my home office...When all that's left are gestures, go big.

But when the road hits this hard, every item, even your long suffering Dad, feels like a burden.

With Pop back in the bag, a few gallons of electrolyte therapy down my throat and a pair of wobbly sea legs under me for support, we soldier on. It's asking too much to straddle the bike yet, but pushing it the short distance to the top is no picnic, either, even with Quinn's help. Enzo has located the dregs of a lollipop along the floor of the trailer, silencing him for the moment.

The adventure hits rock bottom at what could be the highest point of both Kansas and Missouri. In my bleary excitement to crest the rise, I surge the bike forward faster than we've been coaxing it up the hill. Not by much but it's enough to catch Quinn in the calf with

Enzo's trailer. I can only watch as he performs a slow motion stumble forward. My stomach jumps to my throat. I'm on the wrong side of the handlebars to do anything but witness him hit the sidewalk. Quinn's bike gloves and one of the knee pads work like a charm. Little consolation to the other knee, scuffed under the pad just enough to raise a crimson patch of blood.

Quinn's rage and recriminations are perfectly natural, the only thing surprising is why it hasn't happened before now. For a seven year old, over 2000 miles into a bike adventure, he's been, with a few exceptions, Jedi-like in nature. Knocked down by the rig that has brought us all such joy, and by a father who, until now, has protected him from injury, not caused it; all this is too much of a betrayal to let stand. His outpouring of raw emotion is a Cal Ripkin Jr. hard ball to my head...Shame, exhaustion and this hapless feeling of failing my son nearly sends me over the edge.

I pull him close, a bear hug he's both encouraging and resisting with physical violence. I take a deep breath, absorb the worst of the blows, and really question the wisdom of this endeavor. Am I giving them the time of their lives on two wheels or making them do hard time in the saddle? We stay like that until his tears dry up and his breathing levels out. I'm not broken yet but for the first time on our "Boys Of Endless Summer Freedom Tour," you can see some cracks.

That's when he remembers the swimming pool.

"According to this sweat stained freebee map of Kansas City's best BBQ joints, it's nine more blocks. Just nine," I say.

Helmet to helmet, we lock eyes. "Gonna take all my strength (and probably a blood transfusion) to get us there, son. So I'll need to go radio silent... maybe you could count us down, block by block?!"

Enzo removes his lollipop. "I know you guys can do it."

And with that we have our momentum back...

Momentum... is the only force on Earth that can possibly carry you through.

But if you want to come out the other side with more than miles, then you'll have to grab

the brakes, get off the bike when your gut tells you or your legs force you, and have a good look around.

I decide we've seen enough of Rainbow Blvd. It's time to take us to the water.

"56th Ave!" Quinn calls out clear and strong, like he's a cadence jockey on the Tour de France postal team. The miles have really worked him into quite a stoker, hollering "Car Back", and "On Your Right" as though he's been riding for years.

"One more block, boys." I've been stifling back cries of anguish, choosing instead to focus the pain into a zen-like meditation of little circles, suffering in silence while tears run the length of my cheeks. I burned up the last of my fumes back on 57th Ave, then searched around for the packaging it

came in so I could burn that up also. The top of each short but deadly rolling hill is achieved by digging deep into muscle memory, then letting the enthusiasm in Quinn's voice wash over me and push us along. Anyone witnessing our caravan barreling down that blvd., looking good from tail to hood, has no idea, not a clue of the battle raging around inside.

It's that way with most of us.

"59th Ave!" My son's screaming now, a half-mad third base coach waving me in. We round the corner and it all floods back. I know where I am. It's 1980, I'm fifteen years old, fueled by lust, Little Kings beer in the bottle and Black Sabbath concert tickets. The world, and my hair, know no boundaries. It was quite a summer.

The pedals crank on one last surge of energy. I dump our rolling whale on the front lawn and crumble in a happy heap. No ticker tape parades, brass bands or medal ceremonies; The hum of crickets in the high branches our only spectators. Chain grease covers my calf, gratitude the rest of me.

I'm on my feet before the boys can locate bike pumps and spritz bottles.

"Pool's out back."

Quinn hits me with a bear hug, Enzo whoops whoops from the carrier.

We've come halfway across America, and, for the moment, all the way home.

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What's the 'Fix'ation?

BY K. C. KEOGH

Typewriters, vinyl records, Coca-Cola... maybe it has something to do with our puritanical roots, but it seems that lately, amid the technological whirlwind of modern society, all we really want is the "real thing." So, it is not surprising that fixed gear bikes have re-emerged across the Northwest. Physically challenging, aesthetically pleasing, simple to maintain and imbued with a certain kind of underground, retro "cool" factor, fixies are considered by many cyclists to be the ultimate bicycle.

A fixed gear bike connects the crank and chain ring to the rear cog without the aid of a derailleur, making it a direct drive, meaning you could ride backwards if you so desired. In other words, as clearly stated by Izette Swan, co-owner of Real Rehab, "It's really just two wheels, a crankset and a chain." They were the original bike for the masses, but are now used mainly by professional bike messengers, track cyclists at the velodrome, and casual riders following the latest trend. Many cyclists who appear to be riding fixies are actually riding single speed bikes, which have one gear but can use a freewheel for coasting. With a transmission efficiency of 99%, fixed gear bikes are near-perfect mechanical creations.

Of course, people are not. Derailleurs were invented for a reason, right? The same reason inspired the replacement of horses with cars. Humans have always been development junkies. Way back in the late 1800s, we spent 10 years perfecting a bike with gears for easier riding - so

why go back? Why make life harder? Are fixed bikes really all they are cracked up to be?

Your local bike shop is the perfect place to pose such questions. According to Dean Sabol, owner of Pedal Dynamics in Greenwood, one of the physical advantages of fixed gear bikes is that they are "good for building power in your quads and hamstrings, because you are forced to pedal slow and steady up hills." He also cites the oft-repeated benefits of an improved pedal stroke, "with power development not only on the downstroke, but also on the [back]stroke." Mike Murray, who knows a thing or two considering he runs one of the coolest tracks around, the Portland Alpenrose, concurs. He rides a fixed gear year-round, and says that there are some benefits to being forced to "use a wide variety of cadences, both high and low." However, he is keen to emphasize that having your legs whipped around at high speed does not make you a better cyclist: "I suspect that any benefit seen would also be there if you just stayed in a lower freewheel gear." Then again, many pros choose to ride fixed gear bikes for a couple of months during the winter, so there must be some benefit. However, while some riders emphasize the positive, others illustrate the risks.

An important issue to consider is whether or not you are doing damage to your body riding a fixed gear - especially if you live in a hilly area. Swan, who is also a certified physical therapist, says that "riding a fixed gear all the time can be really fatiguing on the body," though she admits she has not seen a direct correlation in her patients between riding fixed verses geared bikes in terms of knee pain. Mike Murray gets a bit more technical: "It is possible

to generate much higher tension forces in the muscle/tendon complex with eccentric contraction." This basically refers to the way your muscles will have to flex while lengthened if you are trying to brake with your legs. But it is important to remember, he says, that compared to other sports, cycling is relatively easy on the body. Most injuries stem from repetitive use of an improperly fitted bicycle, which you will get no matter what kind of bike you ride. Murray is amusingly blunt on the topic of brakes: He says that "riding without brakes has some risk of injury if you can't stop fast enough and you hit something," though he admits to riding without brakes himself when he was "young and stupid." Sabol also says that those who choose to ride brakeless are "a bit on the nuts side." You don't prove anything by being smashed on the front of a truck or mowing over the poor pedestrian that jumped out in front of you.

Despite the risks, most agree that during the winter and spring months, when the weather makes cleaning your bike an all day project, fixed gear bikes have definite advantages in terms of maintenance and cost. Murray says that, for him, "the lower maintenance is really the best thing in the winter, because the drive train will get a whole lot less mucked up by

the rain," and without using the brakes all the time, you get less grime on you and your bike. Sabol concurs, stating that they are "super simple to maintain."

The price of fixed gear bikes is also appealing for notoriously poor cyclists. Izette Swan recently converted her old road bike into a fixed gear bike for \$150, and says that an entry level track bike runs from around \$450 to \$500 - practically free when compared to your average fully loaded light weight road bike.

If you are a training road cyclist and have cash to spare, fixed gear bikes are undoubtedly a helpful training tool, but if you want to save your knees for race season, install front brakes (at least) and don't take them on team rides. If you are a messenger or casual cyclist, you can mash it all year round. Most bike shops can set you up with a fixed or single speed bike, and many will convert old bikes for you as well.

To conclude, let's return to the heart of this debate - what makes fixies so cool? Like Levi's and Converse, white T-shirts and the little black dress, they are simply classic. Either you buy into the hype or you don't. Some things are indefinable, and the feeling of being 'at one with your bike' is hard to put into words. You just have to try it.



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NEW ORLEANS

Oregon "The Land Bicycles Dream About"

By JONATHAN MAUS

On April 1 2006, 150 people filled the Eugene Hilton for the first-ever Oregon Bicycle Tourism Summit. The purpose of the Summit was to share ideas and collaborate in an effort to establish Oregon as the top cycling destination in the country. Attendees came from every corner of the state and were treated to a series of informational presentations, hands-on workshops, an exhibitor expo and networking opportunities.

The event got off to an inspiring start when Jay Graves, owner of the Bike Gallery (a 6-store chain in Portland) had all participants stand up and introduce themselves. In the crowd were several mayors, many bike shop owners, members of the media, entrepreneurs, and several Oregon-based bike industry luminaries including the founders of Bike Friday, Burley Designs, and Co-Motion Cycles (all based in Eugene).

From that moment on, it was clear that this summit would go down as the seminal moment in the history of bicycle tourism in Oregon.

During his opening speech, Graves shared a vision from a recent trip to Amsterdam where cyclists, "ride between cities on ribbons of bike-only paths."

Following Graves was former Commissioner of State Parks and long-time Oregon bicycle advocate John Blackwell. Blackwell's vast experience provided an important perspective. A self-described Francophile, Blackwell said in

order to become the number one cycling state we need to first become more bike-friendly. He said the first order of business should be to "nurture a culture of civility" on our roads so we can be like France, where a cyclists can "ride with impunity through country roads and paths."

Lending a more analytical perspective was Todd Davidson, CEO of Travel Oregon, the organization responsible for marketing and branding Oregon to the rest of the world. During his speech, Todd shared interesting statistics about how bicycles fit into Oregon's tourism mix. We learned that of the 19 million overnight trips to Oregon, that people only rode bikes about 3-5% of the time. He also made the point that 72% of visitors to Oregon say the state is "great for bicycles," and according to their survey, Oregon is ranked number one for biking in the Western region.

In order for the state to make solid gains in bike tourism, Travel Oregon must work closely with bike advocates and the bicycle business community to integrate cycling imagery and messaging into its advertising campaigns.

Tim Woods, Director of Oregon Parks and Recreation, shared with us that his organization is currently looking for a new, full-time Bicycle Tourism Coordinator for Oregon Parks and Recreation. They plan to fill this position by June or July.

Sheila Lyons, bicycle facilities manager for the Oregon Department of Transportation, relayed their progress on creating a state-wide

bike route map. She also expressed their intention of making the maps available online in the future.

After lunch, Congressman Peter DeFazio gave us his perspective from "inside the Beltway". He spoke with optimism, and told the crowd that transportation (especially bicycles) is one of the last remaining non-partisan issues on Capitol Hill. He shared encouraging information about the recently passed transportation bill, which he said was the first time large amounts of federal dollars have been set aside specifically for improving bicycle infrastructure.

After the speakers, the final part of the summit was workshop sessions where attendees were asked for their input on three different topics. These topics included website development, "Marketing the Experience", and "Growing the Resource", which dealt with infrastructure and facilities.

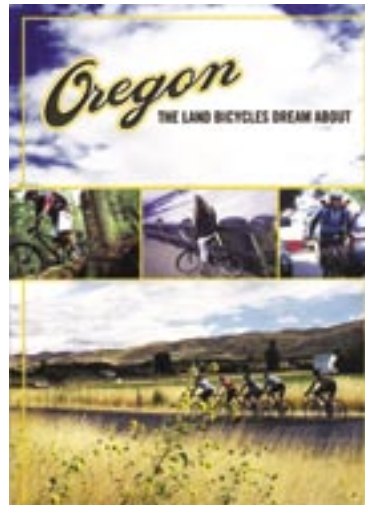
The workshops were lively and interactive, and many exciting new ideas were discussed and shared. These workshops gave participants a sense of ownership in the effort to make Oregon "the place bicycles dream about." Clearly, to achieve this dream, it will take the effort and collaboration of everyone.

For Cheryl Edwards, a bike loving entrepreneur and resident of tiny Dufur, Oregon, this

summit is what she's been dreaming about for years. Cheryl and her husband have big plans for hosting cyclists on her land, which is ideally situated at the base of Mt. Hood's famous mountain bike trails. She wants to create a hut-to-hut system and establish a bed-and-breakfast on her property. She came to the summit to tell people about her dream and share her enthusiasm for the effort. After waiting many years for this opportunity she said, "I could just about cry that they're doing this right now." Cheryl's comments echoed the enthusiasm of many people at the Summit.

With a successful summit under their belts, the future of bicycle tourism in Oregon now depends on the follow-up of attendees and organizers. To that effect, each summit participant filled out a contact form in order to stay abreast of developments and future meetings. While no clear action plan currently exists, organizers are compiling notes from the workshop sessions and will begin a follow up process to make sure the enthusiasm generated at the Summit blossoms into actual results. It will be important to maintain the momentum and turn these dreams into reality.

For more information contact Jerry Norquist at Cycle Oregon at jerry@cycleoregon.com, or 503-287-0405 x 102.



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"Advocacy" from page 1

In addition to these established programs, the BAW will continue to work towards utilizing a Complete Streets program. The philosophy behind the plan involves designing streets that allow safe access for all users, such as cyclists, pedestrians, transit riders, those with disabilities, and motor vehicles. In other words, sidewalks, bike lanes, wide shoulders, medians, etc...would be a common occurrence. Ultimately, Seattle Bicycle Master Plan will include this strategy. Rather than lobby for legislation, the organization intends to effect policy by convincing the Department of Transportation to add the program to the Bike Chapter of the Design Manual. In the meantime, the strategy is beginning to take shape. In the near future, the organization will hire a consultant to start an inventory of facilities and create a plan for implementation.

The Complete Streets program is just one of the many ways the BAW hopes to expand the number of bike commuters. The Bicycle Alliance teamed up with King County Metro to present at least ten commuting workshops, which cover everything from resources, to safety, to proper clothing. For a list of workshops, and a more detailed description of the topics covered, visit www.bicyclealliance.org.

Or, if one needs more than just a workshop to feel comfortable on the road, then the Bike Buddy program exists to help with all things commuting. Because of a lack of funding, the program was put on hiatus in 2005, however this year it is back! A new commuter (or anyone who would like a refresher, or has specific questions) joins forces with a seasoned rider. The pro will help map out a route, make sure bikes are in proper shape, provide tips for riding in traffic, figure out the best gear for the commute, or attempt to solve any other issues that may arise.

Now, once you are comfortable commuting on your bike, you may want to begin exploring other avenues of advocacy. One future possibility is the Pro Walk, Pro Bike Conference in 2008, which attracts an international cornucopia made up of government leaders, educators, health-care professionals, advocates, and anyone else dedicated to improving cycling and walking conditions. The conference was held in Seattle in 1986, and generally does not repeat locations. However, several local organizations are sending a proposal to the National Center for Bicycling and Walking to let them know that Seattle is the place to be in 2008.

But, if cycling around in traffic sounds a bit too danger-

ous, and an educational seminar is not your cup of tea, fear not, there are lots of exciting things happening in the world of bike trails.

If you are looking for some new scenery, a couple of trails recently opened. The long-anticipated Eastlake Sammamish Trail, an 11-mile path that runs from Marymoor to Issaquah, is accessible to cyclists and pedestrians in its entirety as of March 21, 2006. Just be advised that it is a gravel path for now. However, eventually it will be a 12-foot wide paved trail with gravel shoulders. Also, a portion of the Interurban trail recently opened in North Seattle. On March 18, 2006, cyclists celebrated the opening of the paved trail between North 110th Street and North 128th Street. Upon completion, the trail will run 14 miles, from Seattle to Everett.

And, if somehow these trails don't strike a rider's fancy, there still exist new possibilities in the future.

The City of Seattle will open the first segment of the Chief Sealth Trail in Seattle's Beacon Hill neighborhood at the end of the summer. For more information on this path, consult the August, 2005 issue of *Bicycle Paper*. While the Chief Sealth trail is a sure thing, another exciting trail opportunity is still in the conception phase.

King County is leading a regional effort to acquire the Burlington Northern Santa Fe Railroad Corridor. Currently, planners are estimating costs and coming up with financing options for the 40-mile

trail from Snohomish to Renton. While there is no certainty that the corridor will become a bike path, there is expressed public interest in preserving the area. If the trail dream becomes a reality, it will connect to the Centennial, Burke-Gillman, I-90, and Cedar River Trails. Imagine the safe, traffic-free mileage possibilities given that many options!

Whether your passion lies in trails, commuting, safety and education, legislation, or any other kind of advocacy, Bicycle Alliance works tirelessly to improve it. 2005 was a stellar year, and 2006 looks to be even greater in the tough struggle to make cycling a safe and wonderful experience. Basically, as stated by Barbara Culp, BAW's Executive Director, the organization will simply continue on its "core mission of making Washington State bike-friendly."

For more information on advocacy in Washington, visit www.bicyalliance.org

Keep your eyes on our June issue to find out what is happening in the world of BC advocacy!



Photo by Bicycle Paper

Bicycle Alliance of WA's goal is to expand the number of commuters by bringing the Complete Street program to the forefront of the WSDOT's priorities.

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"FOR A CAUSE" FROM PAGE 1

on extremely well supported rides to encourage a wider range of participation.

Organizers create rides that interest cyclists of all levels, in order to raise funds for a particular cause.

There are several ways for them to raise money. For most, large portions of the dollars that come in are obtained through the registration fee. Additional revenue comes from a variety of avenues.

Emerald City Lights holds a raffle, giving away prizes donated by sponsors. Courage Classic requires all participants to fundraise a minimum of \$400. For each event, 50% to 100% of money raised goes directly to the cause, the percentage depends on factors such as cash sponsorship, money raised through registration, in kind sponsorship, and free services provided by volunteers.

All of the organizers we spoke with felt that the majority of their participants were excited about fundraising, and reported that many raised extra money. Incentive prizes, ranging from t-shirts to bicycles and plasma T.V.s, help encourage some participants to bring in additional money, as well as aid parents in getting kids involved. For the most part, however, they aren't particularly influential in encouraging people to fundraise. "Participants understand the cause and are more driven by that than the

incentive prizes," says Mike Shields of the Mary Bridge Children's Foundation, who mentions that many riders donate their gifts back to the organization, or claim one of lesser value.

From time to time, organizations change the way they raise money based on feedback.

Summit to Surf, in an effort to encourage family participation, is eliminating the minimum fundraising requirement for children, while

Ride4US is doing away with it entirely. "We're trying a more 'family-friendly' pricing structure that's more in line with our family values and feedback from last year," says Diego Wendt, one of the event organizers.

One of the major obstacles facing participants can be asking for

donations. Rides such as the Courage Classic and Summit to Surf have come up with an easy internet-based solution that allows participants to set up their own web pages and send out emails to family and friends all around the nation. They, in turn, can donate directly to the organization through the secure web page. For those who are shy about fundraising, Steve Fitzer, a Courage Classic participant and consistently one of their top earners, gives this advice: "If you familiarize yourself on a personal level with the cause you are working for, it's a lot easier to ask for money. I'm not asking for money for myself- I'm asking for money to

support the kids."

Different fundraising requirements attract different types of participants. Rides like Emerald City Lights and Ride4US that only require an entry fee will draw cyclists who don't know much about the cause the ride supports. Rides like Courage Classic, which require a greater fundraising effort, likely appeal to people who are more passionate about the purpose.

While some people ride for the scenery, the difficulty of the course, or the food, some ride because they have a personal connection to the cause. Jim Burton participates in Summit to Surf because he's diabetic. Not usually a fan of organized rides, he does it simply because it supports the American Diabetes Association. Others, like Ride4US' Pastor Rob Nordlie have extremely busy schedules and want to make the events they do, count. "It's a lot more than the day you spend riding," he says. "It's literally hundreds of hours of training, as well as the effort for fundraising." Aside from supporting the cause, Angie Reeber, another Ride4US participant, saw the family-friendly event as something she could do with her young daughter. Steve Fitzer, who has raised more than \$100,000 over nine or so Courage Classic rides ("I've lost count," he says) feels that "people in the community- particularly professional people owe the community something. We need to do something to support a worthwhile cause."

And then there are those who stumble on the events by accident, participating as Bernard Glaze did, for fun. "The ride was relatively near where I live," he says of Emerald City Lights. "[The Basket Brigade] wasn't a factor in bringing me to the ride. While I was there I was glad there was that dimension. I learned more about the Basket Brigade and participated in the Christmas drive later."

Although these rides are fun and successful fundraisers, what motivates the organizers to use cycling as a means to raise money and awareness for a specific cause? "I have found that exercise and being in the outdoors and getting that good air is great. Cycling is my passion," explains Patricia Hansen, one of the organizers for Emerald City Lights and an avid cyclist. Diego Wendt of Ride4US says, "The charity grew out of my love for cycling and our cause."

Kris Bockmier, organizer of the Summit to Surf chose cycling for a different reason. She explains that they use it to promote healthy



Photo courtesy of Summit to Surf



Photo by Bicycle Paper

Some ride for the scenery...

...Others do it for the cause.

living, a healthy lifestyle, and "exercise as a way to help prevent diabetes." Mark Grantor, Courage Classic event manager, feels that it allows a larger number of people to participate. "Cycling is easier on the body than something like running, so older people can participate as well."

While all organizers feel that it takes a lot of time and effort to put on a major tour, they firmly agree that the challenges were dwarfed by the end result- raising money and awareness for their cause. And cycling events are not small time fundraisers- Bockmier reports that Summit to Surf was a close second behind their auction for fundraising in 2005, bringing in \$314,000 compared to the auction's \$370,000. The Courage Classic has raised just over \$3.7 million over the past 13 years, and hopes to reach \$5 million within the next five years. Ride4US's goal for this year is \$50,000 to purchase a new ultrasound machine for Care Net Pregnancy Centers of Pierce County.

What sets charity events apart from non-charity events is their overall atmosphere. "There is more camaraderie at the Courage Classic than at other events," Grantor says. "People are more focused and more excited about doing something for such a good cause." A sense of accomplishment for participants, both on and off the bike, combined with a sense of purpose and a community of people riding toward a common goal, make charity rides well worth the effort.

For more information, please visit the following websites:

- Summit to Surf - www.tour.diabetes.org/summit
- Emerald City Lights - www.emeraldcitylights.com
- Ride4US - www.ride4us.org
- Courage Classic - www.courageclassic.org

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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

MAY

May 1-30: Group Health Bike To Work Month

Puget Sound. Ride your bike to work. Join the 30-day Commute Challenge and win prizes. Cascade Bicycle Club, 206-517-4826, www.cascade.org

May 6: Great Northwest Swap

Bellingham, WA. Unload and Reload your recreational sports equipment Charlie Heggem, NorKa Recreation, P.O. Box 4418, Bellingham, WA, 98227. 360-303-1717360-756-9417, www.norkarecreation.com

May 13: Bell City Chase

Vancouver, BC. Urban adventure event. To conquer this 4-6 hour urban event, 2-person teams will run, walk and use public transit to navigate their way throughout the city, as they search for ChasePoints scattered in unknown locations. 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 6 pm. 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 law from a bicyclist's perspective. Learn how to pursue motorists for vehicle harassment and bring them to court, and gain an overview of traffic and insurance laws. 6:00pm-7:30pm Bicycle Transportation Alliance, 717 SW 12th Avenue, Portland, OR, 97205. 503-226-0676, www.bta4bikes.org

May 17: Ride of Silence

Seattle, WA. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. In Seattle - 20 mile ride start at Gas Works Park at 7:00 pm. In Tacoma - www.rideofsilence.org/main.php

May 19: Bike To Work Day

Puget Sound. Ride your bike to work. Stop at any of the commuter stations along the way. See website for locations. Peter Verbrugge, Cascade Bicycle Club, 206-517-4826, www.cascade.org

May 20-21: Eco Oregon

Portland, OR. Oregon's Largest Eco and Sustainability Festival, promoting bicycling throughout the state of Oregon Randy White, AM620 KPOJ, 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.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, Seattle, WA, www.jetcityvelo.com

JUNE

Jun 17: Everett Street Scramble

Everett, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 206-367-0839, www.streetscramble.com

Jun 17: Marymoor Little 100

Redmond, WA. 4 riders, 1 single speed bike, flat pedals with coaster brake. Each rider must do at least 1 lap - bike hand-offs at exchange. Beer garden and live music. Start at 4:00pm, main at 7:00pm. David Douglas, Pazzo velo, 206-932-5921, www.pazzovelo.com

Jun 20-23: IMBA Summit & World MTB Conference

Whistler, BC. Global gathering of mountain bike advocates, trailbuilders, land managers, tourism professionals, ski resort managers and members of the bike industry. The conference attendees will leave armed with new knowledge, contacts, and new bike skills. Richard Juryn, www.worldmountainbikeconference.com

Jun 21: Adventure Cycling Assoc. Party

Kent, WA. The association turns 30. Come celebrate. www.adventurecycling.org/30th/index.cfm

CAMPS

MAY

May 13-14: Sugoi Dirt Series

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

May 20-21: Sugoi Dirt Series

Calgary, AB. See description above. Also available in Edmonton on 5/27-28. Candace Shadley, 604-905-8876, www.dirtseries.com

May 26-28: DevineRIDE Women's Mtn Bike Camps

Rosland, 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, 250-362-7378, www.devineride.com

JUNE

Jun 17-18: Sugoi Dirt Series

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

Jun 23-25: DevineRIDE Women's Mtn Bike Camps

Rosland, BC. See above description. Also available June 28-30. Cindy Devine / Kirsty Exner, 250-362-7378, www.devineride.com

RACE SERIES

Feb 12-May 7: West Side MTB Series

SeaTac, WA. MTB racing with XC division. For beginner, sport and expert categories in 5 divisions. Points are awarded to top 10 finishers in each group. Overall prizes and medals to top 5 in each division and category. Races #1, #2, #4, and #5 at South Sea-Tac Park. Race #3 at North Sea-Tac Park. Norba rules. BuDu Racing, 253-334-4433, www.buduracing.com

Feb 25-May 27: Pacific NW Trail MTB Challenge Series I

Fort Steilacoom, WA. Designed by Olympic Multisport coaches and athletes for winter multisport training. Start at the Fort Steilacoom Park Main Mx Facility Tony Quinn, WA State Trail Running, Walking and Duathlon Club, 253-376-5737, www.humanmultisportspnw.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 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-Jun 4: Island Series XC

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

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, 253-376-5737, www.humanmultisportspnw.org

Mar 26-Aug 20: Oregon MTB Series

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

Apr 4-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 Crit and TT Series

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

Apr 6-Aug 31: Seward Park Crit 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, 208-587-9530, www.wildrockies.com

Apr 9-Aug 27: CBC Education Foundation - NW Juniors Racing Series

Seattle, WA. 5-event series for junior riders. All criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category recognized at the end. Overall calculated using a points system. Event dates - 4/9, 4/30, 6/4, 7/8, 8/27 identified as LAJORS. David Schilling, 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 recognized at the end. Overall standings calculated on points. Event listed as WSBA JR. David Schilling, 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, 509-456-0432, www.baddlands.org

Apr 11-Jul 18: Tuesday Nighter Series

Boise, ID. www.lostrivercycling.org

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

Kent, WA. Cat 4, and Cat 3. 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, 206-625-8333, www.buduracing.com

Apr 23-May 7: Estacada TT 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., 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, 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, 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, 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.bc.ca

May 4-Sep 28: Alpenrose Thursday Series

Portland, OR. Alpenrose velodrome. Event schedule posted on website a few days before each race night. No race on 6/15. OBRA, 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, 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, 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, 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., 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., 206-957-4555, www.velodrome.org

May 28-Sep 24: Island Series Marathon

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

May 31-Jun 28: Wood River Cup

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

Jun 1-Aug 7: Southern Oregon Thursday Nighters

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

Jun 2-Sep 1: Group Health Friday Night Track Racing

Redmond, WA. Marymoor Velodrome. Track racing for Cat 1, 2 & 3 Women and Cat 1, 2 & 3 Men. Spectator admission \$4. 7:30pm start. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jun 3-Jul 26: Hailey Criterium Series

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

Jun 5-Jul 31: True Amateur Crit Series

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

Jun 6-Aug 29: Masters & Juniors Track Races

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

Jun 6-Aug 29: Twilight Criterium Series

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

Jun 7-28: Fresh Air Duathlon

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

Jun 7-Jul 12: Mt. Tabor Series

Portland, OR. Six events - road racing on a 1.3 mile hilly loop around the upper reservoir in Mt. Tabor Park in SE Portland. Racing for all categories including Master Women and fixed gear. Weekly primes and cash pay out to top 3 places, ribbons for top 3 overall. Race start at 6 pm. Benefit the Oregon Food Bank Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jun 18-Jul 23: Larch Mtn Hill Climb Series

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

Jun 18-Aug 13: Willamette Pass DH Series

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

MULTISPORT

MAY

May 13: Mind Over Mountain Adventure Race

Ucluelel, BC. 40km - mountain biking, kayaking, trail running. Bryan Tasaka, Mind Over Mountain Event Co., 250-715-8933, www.mindovermountain.com

May 27: Pacific NW MTB Duathlon Challenge Series #3

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

JUNE

Jun 3: Gap2Gap 2005 II

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

Jun 4: Island Lake Offroad Triathlon

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, 541-389-3295, www.webcyclery.com

May 14: Salty Dog Team Relay

Salmon Arm, BC. Tom Peasgood, Skookum Cycle & Ski, 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. www.knobbytires.com

May 21: Island Series XC #5

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

May 21: Whidbey Island Mudder-Indie #4

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

May 27-28: 24 Hours Round the Clock

Spokane, WA. 24-hour relay for teams and solos. Starts at noon on Saturday and ends at noon on Sunday. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

May 27: Pickett's Charge State Championships

Bend, OR. Julie Wose, 541-382-6008, www.obra.org

May 28: 12 Mile Endurance DH MTB

Ashland, OR. Tita Soriano, 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, NS Credit Union, www.nsmfbc.com

May 31: Wood River Cup #1

Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

JUNE

Jun 3: Bavarian Bike and Brews Fest- Indie #5

Leavenworth, WA. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 miles with 1800ft of elevation and features challenging single-track, creek crossing and spectacular scenery. Part of Indie Series. Christine or James Munly, Leavenworth Fat Tire Club, 509-548-5615, www.dasradhaus.com

Jun 3: Kelly Canyon Knobby Challenge

Idaho Falls, ID. Racers start with a gravel road climb back onto double track and down the new fence line trail. A steep, technical drop down through pine forests to the scenic Hawley Bridge Gulch and back up to the switchback climbs summiing Kelly Mountain, where riders hit a rollercoaster through aspens and down Moose Run. Qualifier for NORBA championship. Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jun 4: Humberg Hurry-up

Shasta, CA. 12-mile loops with 2,000ft of elevation gain per lap. Woody, shaded trails. No public roads. Lauren Sweezy, 530-467-3129, www.obra.org

Jun 4: Island Series XC Finals

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

Jun 7: Wood River Cup #2

Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 10: Revenge of the Singletrack

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

Jun 11: Island Series Downhill Finals

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

Jun 11: Methow Valley Race - Indie Series #6

Winthrop, WA. Mark Peterson, WHIMPS, 360-733-1955, www.whimpsmb.com

Jun 11: Test Of Endurance

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

Jun 14: Wood River Cup #3

Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 17-18: T & E Cycles Challenge

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

Jun 17: Test of Metal

Squamish, BC. Marathon event. Sold out. Always room for pros. Cliff Miller, Test of Metal, 604-898-5195, www.testofmetal.com

Jun 18: Hutch's of Bend DH - WPDH #1

Willamette Pass, OR. Willamette Pass Downhill #1 See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jun 18: Idaho City Excellent Adventure

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

Jun 21: Wood River Cup #4

Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 24: 12 Hours of Cumberland Relay

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

Jun 24-25: Panorama XC/DH

Invermere, BC. Level B event Brad Bush, 250-341-4123

Jun 24-25: Soldier Mountain Cross Country and Downhill

Fairfield, ID. Epic XC. Qualifier for NORBA National Championship. Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jun 24: Surrey Bike Fest

Surrey, BC. Annual event featuring dirt jump jam, gear swap, pro demo riding, trade show and much more. Jim Richardson, SORCE, 604-538-5716, www.sorcebikeclub.org

Jun 25: Cascade Cream Puff

Oakridge, OR. America's toughest 100-mile MTB race. Riders complete three 33-mile loops. Climbing on gravel road, 50% singletrack and 18,000ft of climbing. 110-rider limit. Time limit: 15 hours. Register early. Don Person, 541-935-4996, www.puff100.netfirms.com/

Jun 25: Return on the Jedi

Grants Pass, OR. Top-rated course finishes on 5-miles of twisting single-track ("The Jedi Trail") at Sam Brown Campground. CC. Tita Soriano, 541-840-6580, www.obra.org

Jun 28: Wood River Cup #5

Sun Valley, ID. See Race Series for details. Bill Olson, 208.788.9184, www.roadanddirt.org

MOUNTAIN BIKE TOURING

Jun 17-18: Cycle Idaho

Boise, ID. Cycle from Boise to Idaho City and back to Boise. Camp over 1 night. Harley Parson, Cycle Idaho, 208-288-2327

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

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

Jun 18-24: Oregon Coast

Astoria, OR. Rite of passage for every touring cyclist. From Astoria, ride Tilamook, the Three Capes Scenic Route, the Oregon Dunes and more, finishing with some breathtaking scenery. R.E.M Event Management, 800-242-1825, www.great-explorations.com

Jun 25-Jul 30: Canadian Rockies

Banff, AB. Cycling from Banff to Jasper, following the spectacular Icefields Parkway. We take you there in style. Robbin McKinney, R.E.M Event Management, 800-242-1825, www.great-explorations.com

ROAD RACING

MAY

May 1, 15, 22, 29: Monday Night PIR

Portland, OR. See Race Series for details. May Series. Jim Anderson, 503-975-8229, www.racemondaynight.com

May 2, 9, 16, 23, 30: Eugene Hill Climb Series

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

May 2, 9, 16, 23, 30: 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, 9, 16, 23, 30: Tuesday Nighter Series

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

May 2, 9, 16, 23, 30: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

May 2, 9, 16, 23, 30: World Tuesday Night Championships

Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

May 3, 10, 17, 24, 31: Bend Crit/TT Series

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

May 4, 11, 18, 25: Coastal Thursday Evening Challenge

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

May 4, 11, 18, 25: Pacific Raceways Women's RR

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

May 4, 11, 18, 25: Seward Park Crit 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 10 km 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: 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 Breaux, Old Town Bicycle, www.oldtownbicycle.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 12-14: Columbia Plateau SR

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 14: Atomic - FloraGLO Lutein BC CUP #3

Langley, BC. Also junior series event. Atomic Racing Club, 604-540-0942, www.atomicracing.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 20: Galena Hill Climb

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

May 20-21: Mutual of Enumclaw 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 - 38 mi.) Clay Smith/O.H.P.V., 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., 541-296-1314, www.wasco75.com

May 21: Swan Island Criterium BIA

Portland, OR. Criterium race featuring all categories & kids' event. Registration opens at 8:00am. Rich Cramer, 503-356-5509, www.obra.org

May 21: Three Man Team Time Trial

Beauregard, ID. Kevin Rohrer, 435-770-9852

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 26-29: Gate City Grind

Pocatello, ID. Stage race. Idaho Cycling Enthusiasts, www.idahocycling.com

May 27-28: Human Power Challenge 06

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 America Cup Championship - three-wheeled electric vehicles one record. Edna Van-Gundy, 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, 250-595-2337, www.victoriacyclingfestival.com

May 28: Co-Motion Rehearsal State TT

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

May 28: Co-Motion Tandem State TT 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, 541-342-4583, www.co-motion.com

May 28: Mt. Constitution Hill Climb

Orcas Island, WA. Paul Hopkins, www.wsbaracing.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 NRC. Chad Sperry, Mt. Hood Cycling Classic, 541-980-2344, www.mthoodcyclingclassic.com

JUNE

Jun 1, 8, 15, 22, 29: Coastal Thursday Evening Challenge

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

Jun 1, 8: Pacific Raceways Women's RR

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

Jun 1, 8, 15, 22, 29: Seward Park Criterium Series

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

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Jun 1, 8, 15, 22, 29: Southern Oregon Thursday Nighters

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

Jun 3, 10, 17, 24: Hailey Crit Series

Hailey, ID. See Race Series for details. 208-726-0946 ext 1, www.sawtoothvelo.org

Jun 3: Sugarhouse Criterium

Salt Lake City, UT. Sugarhouse Park. 801-944-5042, www.utahcycling.com

Jun 4: Downtown Criterium

Salt Lake City, UT. Located at Pioneer Park. 801-944-5042

Jun 5, 12, 19, 26: Monday Night PIR

Portland, OR. See Race Series for details. Jim Anderson, 503-975-8229, www.obra.org

Jun 5, 12, 19, 26: True Amateur Criterium Series

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

Jun 6, 13, 20, 27: Pacific Raceways RR

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

Jun 6: Spokane Twilight Series

Spokane, WA. Located at Lincoln Park. Criterium. See Race Series for details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 6, 13, 20, 27: Twilight Crit Series

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

Jun 6, 13, 20, 27: World Tuesday Night Championships

Vancouver, BC. Road racing every dry Tuesday. Escape Velocity, www.escapevelocity.bc.ca

Jun 7, 14, 21, 28: Bend Crit/TT Series

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

Jun 7, 14, 21: Mt. Tabor Series

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

Jun 9-10: The Dash - Race For The Kids

Prosser, WA. Race and tour Prosser. Friday night USCF downtown criterium - Saturday Metric century and Kids race. Ali Boyle, Make the Dash Count, 509-832-2476, www.makethedashcount.com

Jun 9-11: Tour of Eagle Stage Race

Eagle, ID. 208-884-1925, www.georgescycles.com

Jun 10: Norm Lowe Memorial Criterium

Richmond, BC. Simon Buchanan, 604-736-0596, www.teamssoliton.com

Jun 10: Olympic Athletic Club Twilight Criterium

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

Jun 10: Oregon Rehearsal Road Race

Eugene, OR. State Championship RR part 1. Oregon Cup #4. Richard Sweet, Sweet Sports, 1456 McKinley Court, Eugene, OR, 97402. 514-517-0685, www.bicycleway.com

Jun 11-16: Lyle Pearson 200-mile Team Challenge

Boise, ID. USCF sanctioned event that will take place from Boise to Sun Valley. Each team will consist of 4 riders (men or women), and the sum of each rider's USCF category must be 10 or greater for the team. 10 sections to the race, and each team will pick (in advance) which of their riders will be responsible for each section. Mike Cooley, George's Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

Jun 13: Spokane Twilight Series

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

Jun 13: Tuesday Nighter Series

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

Jun 13, 20, 27: Tuesday PIR Series

Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

Jun 17: Brockton Criterium and Stanley Park Festival

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

Jun 17: Gannett-Roubaix

Hailey, ID. 208-726-9046 ext 1, www.sawtoothvelo.org

Jun 17: Toppenish Time Trial

Yakima, WA. Start Location is off Highway 97 on Pumphouse Road, 5 miles south of Toppenish. Damon Roberts, Chinook Cycling Club, 509-248-1910, connallykb@nwinfo.net

Jun 18: Larch Mtn Hill Climb Series #1

Corbett, OR. See Race Series for details. Ernie Conway, 503-329-7978, www.obra.org

Jun 18: Starbuck's Women's Criterium

Revsdale, WA. CANCELED

Jun 18: WA State Masters Criterium Championships

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

Jun 18: Wedgewood Westside Classic - Provincial Road Championships

Vancouver, BC. Urban cycling at its best. Challenging 13.5km loop with a major climb. Cat 1/2 men finish on a short 4.5km loop with yet another big climb. Open to all. Women, Cat 3, 4/5. Part of Point Grey Fiesta Day. Proceeds go to BC Cancer Found. Team Wedgewood, 604-836-9993, www.teamwedgewood.com

Jun 20: Spokane Twilight Series

Spokane, WA. Located at Mt. Spokane. Hill climb. See Race Series for details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 20-22: Summer Solstice Stage Race

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

Jun 23-25: Elkhorn Classic Stage Race

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

Jun 24: Gig Harbor Circuit Race

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

Jun 24: Idaho State TT Championships

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

Jun 24: Sidney Twilight Grand Prix

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

Jun 25: Race at the Edge

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

Jun 27: Spokane Twilight Series

Spokane, WA. SRP/BBQ. Time Trial. See Race Series for details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jun 29-Jul 2: Canadian Road Nationals

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

ROAD TOURING

MAY

May 1: SIR 100km Populaire (RUSA)

Wenatchee, WA. Randonneur event open to all - during the Wenatchee Camp (Northwest Crank) Terry Zmrhal, Seattle Int'l 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

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, 2310 SW 336th St, Federal Way, WA, 98023. 253-661-3903, www.teamtailwind.com

May 6: Ride Around Clark County

Vancouver, WA. Four (18-, 34-, 65- & 100-mile options) beautiful and challenging rides through scenic Clark County. Bruce Bazley, Vancouver Bicycle Club, 360-571-0202, www.vancouverbicycleclub.com

May 7-12: California Wine Country Budget

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

May 7: Camano Climb

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

May 7: Port Townsend Rhododendron Tour (Rhody Tour)

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 Mueller, Port Townsend Cycling Assoc., 360-385-7567, www.ptguide.com/rhodytour/

May 13: 300km Brevet

Southern Interior, BC. 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 Ittner, Tri-City Bicycle Club, 509-627-1858, www.tricitybikedub.org

May 13-14: Highway to Hell

Victoria, BC. Starts in Victoria BC, 7am. 400km. Jaye Haworth, 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 & WA. Jerry Foley, Bergfreunde Club, 503-649-7514, www.bergfreunde.org

May 13: Lewis County Historical Ride

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 Schlicker, Chehalis/Centralia Optimists, 360-262-9647

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

Seattle, WA. First Series. Patrick Gray, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerandonneur.org

May 13: Skagit Spring Classic

Burlington, WA. Gary Lorenz, Skagit Bicycle Club, 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, 406-293-2441, www.libbymt.com/events/stokr.htm

May 14-19: 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. Also available 9/17 Larry Hackstadt, Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

May 14-19: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Also available May 28. Bicycle Adventures, 800-443-6060, www.bicycleadventures.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.bicycleadventures.com

May 17: Ride of Silence

Seattle, WA. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. In Seattle - 20 mile ride start at Gas Works Park at 7:00 pm. www.rideofsilence.org/main.php

May 20: 400km Brevet

Lower Mainland, BC. Randonneur event. Start at 6:00am. Karen Smith, 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. The 25-mile route includes a few rolling hills along Lake Sammamish. The 50-, 70-, or 100-mile loops showcase challenging climbs and exhilarating descents. Each mile you ride and every dollar you raise helps in the fight to prevent and cure diabetes. Ruth Frobe, American Diabetes Assoc., 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, 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, 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. 100, 50, & 25 Mile Courses - Gorgeous - Well supported - Watch Mutual of Enumclaw Crit afterwards! Ti Cycles/Avanti Racing Team, 425-443-9453, www.active.com/event_detail.cfm?event_id=1299608

May 20-21: 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

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, free garment, water bottle, spaghetti dinner on Friday night, and after-ride celebration. Day entertainment. 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, 360-457-6755, www.olybikeride.com

NORTHWEST JUNIORS RACING SERIES
2006 WSBA Juniors Tour Calendar

April 9	Recycled Cycles Boat St Crit	Seattle
April 22-23	Tour of Walla Walla Stage Race	Walla Walla
April 30	First Rate Mortgage Seward Park Crit I	Seattle
May 7	Junior State Road Race Championships	Longbranch
May 13-14	Wenatchee Omnium Stage Race	Wenatchee

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Saturday, May 20, 2006

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 or call for information at (360) 457-4363.
 Proceeds benefit the Roosevelt Middle School PTO.

A Century ride through the foothills of the Olympic Mountains and along the Strait of Juan de Fuca

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 Assoc. of Oregon, 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 WA's Olympic National Park. Bicycle Adventures, 800-443-6060, www.bicycleadventures.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, 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.bicycleadventures.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 21-28: 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. Include 2 day off. Larry Hackstadt, Noo Funteers Bicycle Vacations, 866-539-2453, www.noofunteers.com

May 21-26: Santa Fe-Taos Tour

Santa Fe, NM. 6-day Tour: Bike, Hike, Raft. Highlights: Bantel National Monument, Encanted Circle. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

May 21: Two County Double Metric Century

Olympia, WA. Enjoy cycling beautiful Thurston and Lewis counties. The terrain varies with the distance you choose. 20, 35, 50, 70, 85 and 126 miles. Blaine Wheeler, Capital Bicycling Club, 360-480-7356, www.capitalbicyclingclub.org

May 21: Your Canyon For A Day

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.wa.us/BIKETOUR06/

May 26-29: 4-Day Okanagan Wine Tour

Okanagan Falls, BC. Fully supported includes 3 nights lodging, and 7 meals. Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokane parks.org

May 27-28: 400km Brevet

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

May 27-29: Century Ride of the Centuries

Pendleton, OR. 3 days fully supported riding in rolling wheat country and Blue Mountain foothills, including Tribal cultural experience and overnight at guest ranch. Rest stops, SAG wagons, mechanical support, gear transport, lunch, BBQ, entertainment, hot spring pools. Chuck Wood, Pendleton on Wheels Bike Club, 541-278-4056, www.cyclependleton.com

May 27: Crossroads Bellevue Street Scramble

Bellevue, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 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, Seattle, WA, www.jetcityvelo.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. 7th Annual. Three routes: 43 miles, metric century and century. Challenging, fun, scenic, bag-piper, great food including strawberry shortcake. Cycle For A Cause and help KITH in its charitable mission to reduce homelessness. Chris Fox, KITH, 425.576.9531, www.7hillskirkland.org

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.bicycleadventures.com

JUNE

Jun 3-4: 600km Brevet

Maple Ridge, BC. Maple Ridge to Esso. Start at 6:00 a.m. Bob Marsh, BC Randonneurs, www.randonneurs.bc.ca

Jun 3-Jul 25: Cross Country Challenge

San Francisco, CA. Fully Supported 52-day, 3,800-mile bicycle tour from San Francisco, CA to Portland, ME. America by Bicycle, 888-797-7057, www.abbike.com

Jun 3-9: Cycle Utah Spring

St. George, UT. 7-day catered and van supported event. 274 miles of beautiful scenery in the Zion and Bryce Canyon National Parks. Adventure Cycling Assoc., 800-755-2453, www.adventurecycling.org/

Jun 3-11: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned Coastal Scenic Bike Route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Along the way, we will visit organic farms, a land trust, a visionary community school, and more. Also available: June 24 and July 29. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jun 3-10: San Juan Islands - Victoria

Seattle, WA. Trip takes you cycling, hiking, and sea kayaking in the islands, plus adds 2 nights in Victoria, BC and a ride up Hurricane Ridge in WA's Olympic National Park. Also available June 24. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 3-4: SIR 600km Brevet (ACP)

Itbc, WA. First Series. Dwane Wright, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jun 3: Spring Century

Canby, OR. 50km, 100km or 100mi. Starts in Canby and heads south through the rural Willamette Valley. Start at the Clackamas County Fairgrounds. Registration open from 7-9:00am. Portland Wheelmen Touring Club, 503-257-PWTC, www.pwtc.com

Jun 3: Sunrise Apple Century Ride

Wenatchee, WA. Century bike ride. 100-mile loop along east and west side of Columbia River between Wenatchee and Chelan. Start/Finish at Walla Walla Park. Stops every 25 miles. Pre-ride gathering on Friday night. All proceeds benefit Sunrise Rotary's charity programs. Steve King, Wenatchee Sunrise Rotary, 509-664-3366, www.wenatcheesunrise.org/century

Jun 3-4: Treasure Valley MS Bike Tour

Boise, Idaho. Join us for a scenic ride through South Western Idaho with a variety of route choices. Families can meet their cyclists at Emmett City Park, enjoy the pool, and camp with cyclists overnight. Benefits the National Multiple Sclerosis Society. 50-200 miles over 2 days. Karen Jeffries, All America Chapter Idaho Division 208-336-0555, www.nationalmssociety.org/idi

Jun 4-5: 2 Day Walla Walla Wine Tour

Walla Walla, WA. Fully supported tour includes 1 night lodging and 2 meals. Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokane parks.org

Jun 4-9: Bryce-Zion Bike

St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red-rock sculptures and color-streaked canyon walls. 6 days. Also available: June 11, June 18, and June 25. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 4: Peninsula Metric Century

Southworth and Gig Harbor, WA. 2 start locations. 31, 62 or 100 miles on the waterfront and through the rolling peninsula countryside. Joyce Clifford, Tacoma Wheelmen's, 253-884-4473, www.twbc.org

Jun 5-10: 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. Also available: June 12 and June 19. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 5-9: Columbia Gorge

Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, as well as forests, mountain views, orchards, and the Columbia River over 6 days. Family version available. Also available: June 19. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 9-10: The Dash - Race For The Kids

Prosser, WA. Saturday Metric century and Kids race, Friday night USCF Criterium. Auction and wine tasting. Ali Boyle, Make the Dash Count- USCF, 509-832-2476, www.makethedashcount.com

Jun 10-11: 600km Brevet

Southern Interior, BC. Start at 5am. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

Jun 10: Bob LeBow Bike Tour "Health Care for All"

Nampa, ID. Scenic tour throughout prime Idaho agricultural areas in Canyon and Owyhee counties. Distances: 3, 10, 35, 64, or 100 miles. Start time varies with distance: 7am for century to 11:30am for shorter distances. There are some hills on the 3 longer courses, others are flat. Tour benefits Terry Reilly Health Services Zero Pay Fund. Ann Sandven, Terry Reilly Health Services, 208-467-4431, www.trhs.org

Jun 10: Chelan Century Challenge

Lake Chelan. A well supported ride in one of the most scenic venues in North America. 100 miles in 3 segments around the beautiful Lake Chelan Valley. Includes notorious McNeil Canyon. Chelan Family Ride and Boat Cruise on a charter yacht owned by Dean Martin. Don Loyd, Lake Chelan Rotary, 509-682-1500, www.centuryride.com

Jun 10-11: Le Grand Tour de Peace - 400km

Fort St John, BC. See website for details. Kim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jun 10: PetroGlyph Century

Cedar City, UT. Flat terrain thru historic southern Utah & alongside Petroglyph rock. Fun ride with many new friends. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

Jun 10: Strawberry Century

Lebanon, OR. Remember The Thrill. 56, 76 or 101 sweet miles in the beautiful Willamette Valley. Registration 7:00-10:00am Roger Gaither, Santaim Spokes Bicycle Club, 503-394-3696, www.santaimspokes.org

Jun 10: Triple Mountain Challenge

Vancouver, BC. Start at Grouse Mountain parking lot at 8:00am. Route: North Shore. Less than 200km. Danelle Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Jun 11-16: California Wine Country 6-Day

Santa Rosa, CA. Tour explores Napa and Sonoma Valleys. Includes lodging and dining, as well as a wine tasting. 4-day and budget tour available. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 11-17: Grand Illinois Trail And Parks ride

Northern Illinois, IL. GITAP is a 7-day celebration of bicycling in northern Illinois along trails, paths, and state parks. Chuck Oestreich, 309-788-1845, www.bikelib.org/gitap

Jun 11: Native Planet Classic

Winthrop, WA. Ride a reason while experiencing some of WA premiere cycling roads. Easy 28 mile, 63 mile over Washington pass and grueling 132 mile 8000ft round trip. Fully supported. Darol Tuttle, Ride 4 A Reason, www.ride4areason.org

Jun 11-16: Oregon Coast Budget

Eugene, OR. Biking, hiking. For those who want a more economical way to explore Oregon's coast, yet don't want to camp. Fully supported, this ride averages 45 miles/day. 800-443-6060, www.bicycleadventures.com

Jun 11: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through the islands and gardens of the Pacific Northwest. Fully supported! Also available June 18 & June 25. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 11: Tour de Greater Victoria

Victoria, BC. Start at the Tim Horton in Gateway Village, 8am. 200km. Michael Poplawski, BC Randonneurs, 250-882-1239, www.randonneurs.bc.ca

Jun 11-17: Tour of Tranquillity

McMinnville, OR. 7-day tour along the Oregon Coast Range and meander through the lush rain forest of the Oregon Coast Mountains, and ride through the pastoral Willamette Valley. Intermediate or above. Also available: August 27. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 11: Watermelon Rides

Rickreall, OR. Start at Polk County Fairgrounds. Routes generally flat with some rolling hills. 50, 100, 125 and 200 miles. John Henry Maurice, Salem Bicycle Club, www.salembicycleclub.org

Jun 12-Jul 6: Great Alaska Highway Ride

Fairbanks, AK. Annual ride the full length of the Alaska Highway. Pedalers Pub & Grille, 352-284-9921, www.pedalerspubandgrille.com

Jun 17: 200km Brevet

Kootenay, BC. Randonneur event. Gord Cook, BC Randonneurs, 250-367-2117, www.randonneurs.bc.ca

Jun 17: Cannonball

Seattle, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx 10km of climbing. A timed event. Excellent preparation for S2S. Redmond Cycling Club, 206-523-7404, www.redmondcyclingclub.org/

Jun 17: Everett Street Scramble

Everett, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Terry Farrah, Cascade Orienteering Club, 206-367-0839, www.streetscramble.com

Jun 17: Flying Wheels Summer Century

Redmond, WA. Largest century in WA state, with 25-, 50- and 70-mile loop options. Start/finish at Marymoor Park. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jun 17-18: Foothills Randonnee - 600km Brevet

Fort St John, BC. See website for details. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jun 17: Great Falls Tour de Cure

Cascade, MT. Start at the Wedsworth Hall. The 10-mile route is a delightful trip along Hwy. 330 east of Cascade. The 40- and 100-mile routes follow the Missouri River. The 40-mile winds along Frontage Rd. to the Craig area before returning to Cascade for the finish. The 100-mile route makes its way through the picturesque Wolf Creek Canyon. Rest stops every 10 miles. 888-diabetes

Jun 17-20: Hare & Tortoise 1000

Victoria, BC. Starts in Victoria, 3am. 1000km will bring you to Port Hardy and back. Ken Bonner, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jun 17-20: Interior 1000km

Victoria, BC. Start time and Location: TBA Eric Fergusson, 733-6657, www.randonneurs.bc.ca

Jun 17-20: Lower Mainland 1000km

Lower Mainland, BC. Randonneur event. Eric Fergusson, BC Randonneurs, www.randonneurs.bc.ca

Jun 17: Southern Interior 200km

Kootenay, BC. 200km. Start at Kootenay. Gord Cook, 250-367-2117, www.randonneurs.bc.ca

Jun 18-Aug 7: Across America North

Astoria, OR. Fully supported 50-day, 3,650-mile bicycle tour from Astoria, OR to Portsmouth, NH. America by Bicycle, 888-797-7057, www.abbike.com

Jun 18-23: Fluffy Bed in the Big Woods Tour

Bend, OR. Travel the same great route as the Towering Trees Road Tour, but stay in motels, lodges and B&B's at night. It's kind of like camping, without all of that sleeping outdoors stuff. Intermediate or above. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 18-24: Glacier National Park

Albuquerque, NM. Seven-day tour of challenging and breathtaking rides through Glacier Park, climb Logan Pass and bike Waterton National Park in Canada. Average 44 mile per day. Include 1 day off. Also available on 6/25, 8/20 and 8/27. Larry Hackstadt, Noo Funteers Bicycle Vacations, 866-539-2453, www.noofunteers.com

Jun 18-26: Northwestern Tour

Astoria, OR. Fully supported 8-day, 620-mile bicycle tour from Astoria, OR to Boise, ID. America by Bicycle, 888-797-7057, www.abbike.com

Jun 19: San Juan Islands 4-Day

Seattle, WA. Of all of our San Juan Island tours, this is the best for people with limited time or who are newer to bicycle touring. Fully supported. All levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 23-25: 3-Day Yakima Valley Wine Tour

Sunnyside, WA. Fully supported tour includes 2 nights of lodging and 7 meals. Mike Aho, Spokane Parks and recreation, 509-625-6246, www.spokane parks.org

Jun 23-30: Tour of the Wallowa

Union, OR. Seven days through mountains of NE Oregon, including Wallowa Lake, Hells Canyon. Typical 80 mile days, with support vehicle to transport gear. 480 miles. Includes two layover days. Camping or cabins. Low budget tour, with options. Larry Glickfeld, 509-782-4123, www.bikewenatchee.org

Jun 24: Ann Weatherill Memorial Ride

Walla Walla, WA. Premium metric century through scenic Walla Walla Valley. Starts and ends at L'Ecole Winery in Lowden. Live music, full lunch buffet and L'Ecole premium wines. Cost: \$80. Proceeds benefit the Ann Weatherill Memorial Fund. Patty Froke, 509.337.8668, frokpa@smmc.com

Jun 24-30: Canadian Gulf Islands

Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands-an extension of the WA's San Juan Islands. Hiking, and kayaking are included. 7 days, all levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 24-Jul 16: Combined Coast/Valley

Portland, OR. Ride both the Oregon Coast Sustainability and the Permaculture & Sustainability tours for a full 13-week experience. Also available: July 29. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jun 24-30: Cycle the Columbia Gorge

Portland, OR. Features great cycling, scenery, food, and fun. The 376-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Follows the path of Meriwether Lewis and William Clark, along the spectacular Columbia River Gorge and to Astoria on the Pacific Ocean. Adventure Cycling Assoc., 800-755-2453, www.adventurecycling.org

Jun 24: Mountain Extreme 200km (MX 200)

Vancouver, BC. Start at Westmount Park & Ride, 7am. Route: North Shore. 200km. Jeff Schlingloff, www.randonneurs.bc.ca

Jun 24: Mountain Lakes Challenge

Ashland, OR. Cycle beautiful Southern Oregon. 4 routes to choose from. Phil or Dale Hoffman, Siskiyou Velo Bike Club, 541-664-9852, www.siskiyouvelo.org

Jun 24: Mt. Adams Country Bicycle Tour

Trout Lake, WA. 48- to 80-mile scenic country bicycle tour, century possible(weather permitting, unsupported). Cookie Gilpatrick, Trout Lake Business Owners, 509-395-2468, www.troutlake.org/biketour

Jun 24: RATPOD: Ride Around the Pioneers in One Day

Dillon, MT. 157-mile ride with 7500ft of climbing. Takes place in Big Hole Valley of southwestern Montana. Benefit for Camp Make A Dream, a tuition-free camp for children and young adults with cancer. Jennifer Benton, www.ratpod.org

Jun 24-27: SIR 1000km Brevet (ACP)

Itbc, WA. Run concurrently with the Cascade 1200. Terry Zmrhal, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jun 24-27: SIR Cascade 1200

Monroe, WA. 2nd annual event for this four-day Randonneur Brevet. 90-hour time limit. Experience much beauty from the Columbia Gorge in the south to the North Cascades. Ride through the lush forests of Western WA, and the high desert of the Mid Columbia Plateau. Terry Zmrhal, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jun 24: Tour d'Organics Portland

Portland, OR. This is a bicycle ride featuring local, organic farms. Bradley Saul, OrganicAthlete, 866-258-6179, www.tourdorganics.com

Jun 24: Tour de Blast

Toutle, WA. Tour de Blast offers 80km and 135km rides with breathtaking views of Mt. St. Helens' blast zone. Well-staffed by Longview Noon Rotarians. \$40 covers T-shirt, rest stops and end-of-ride pasta feed. Limit 1,200 riders. Tom Deutsch, Longview Rotary, 360-749-2192, www.tourdeblast.com

Jun 24: Tsunami

Victoria, BC. Start at Cook Street Village, Moka House, 7am. 300km to Port Renfrew. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jun 24: White

To Condemn or Console

By MAYNARD HERSHON

Last month I admitted I'd quit riding, scared off Tucson's streets by close calls with uncaring motorists. I said I'd written an article about quitting, expecting that no cycling publication would print it.

The quarterly *Rivendell Reader*, Grant Petersen's magazine, ran the article. We asked readers to write me care of the magazine - to condemn or console. We also asked them to suggest cycling-friendly places where Tamar and I might move. Or, to warn us of areas where we would not be welcome.

Through Grant, I've received nearly 50 literate, personal, revealing letters from cyclists all over America. I plan to assemble them into a book.

Meanwhile, through Grant's generosity and the *Bicycle Paper's* willingness to take a chance, you can read excerpts from some of these letters. I'll identify writers by initials and hometown.

From BR, Bainbridge Island, WA

Greetings!

Consolation or condemnation? Neither. Get back on your bike and consider some of the following. Your perspective is too important to stop.

The story relayed in "1,001 Nightmares" hints to me of an existential issue. [Is it] time to look deeply inside, not to find blame, but to aid in assessing? A few avenues to look inside include: reading or listening to "Destructive Emotions" by Daniel Goleman; reading or listening to "The Power of Now" by Eckhart

Tolle; reading insight meditation writings on compassion and/or loving-kindness; establishing a meditation practice.

Places that appeal to me for living and riding exhibit some awareness by drivers of the frailty of a bicyclist's existence, at least a few roads less traveled or with shoulders, and public transportation to facilitate exit from the city to the hills and beyond. Examples include Ashland, OR; Portland, OR; Bainbridge Island, WA; and Port Townsend, WA.

Good luck, BR

From AW, Wenatchee, WA

Maynard,

I moved my family from the Bay Area (Fremont) to Wenatchee, WA in the fall of 2003. I grew up in WA, but was stationed in Oakland with the Navy from 1988-1993. I grew to love the area and stayed after I was discharged. I met my wife there; our two daughters were born there.

I don't need to tell you about the great Bay Area cycling community and riding. We grew weary nevertheless of the congestion, sprawl, and generally uncaring, rude populace. I lost count of the times I was verbally assaulted and almost run off the road.

Deciding to move was a leap of faith, but we've never looked back. This place is great! If you can get past the superficial redneck appearance, you'll love it.

So far, I've yet to have a negative interaction with a motorist. That's not to say it can't happen. Most of the time you're riding with almost no traffic. Once you leave town, there may be none.

Maynard, I hope you find a place for Tamar and yourself, and you can ride again.

Sincerely, AW

From DY, Sacramento, CA:

I was not surprised to hear of Maynard's experience with the SUV driver. The mentality of those drivers runs opposite to the philosophy of a bicyclist.

That seems to be true mostly here in the US. In my travels (and most likely yours) bikes seem to coexist nicely with cars elsewhere. We just came back from Buenos Aires. It's wild driving there but buses, cars, motorcycles and bikes get along fine.

I'd recommend moving to Bend, Oregon. We were there last summer to visit friends.

During our stay, I went for mountain and road rides - including a road ride to the base of Mt Bachelor. Very few cars, gentle climbing. There were lots of public trails on the mountain bike ride. My total experience was limited, but nonetheless quite pleasant.

Best of luck, DY

Anonymous

And a sad, anonymous response handed to Grant Petersen by a third party:

On a sunny, warm June morning I was riding on a two-lane road in the farm country of Washington County, Oregon. Stripes marked the ample shoulders. There was so little traffic that I noticed the sound of a motor vehicle coming up behind me.

I saw a pickup truck in my helmet mirror. The truck closed quickly, and as it came alongside me, I saw its blinking right-front turn signal.

I realized instantly that the truck was going to turn into a gravel driveway just ahead. There was a large mailbox between the driveway and me and a serious ditch on my right. I couldn't turn; there was no escape.

I grabbed both brake levers and began to skid. The truck braked hard and turned in front of me. It had a utility body with compartments on the sides. My first thought was to avoid going under the wheel.

I yelled, "NO," hit the truck body with my left side and fell to the driveway. My bike went into the ditch.

The truck parked a few yards away. The driver got out and headed into the house. He glanced at me, still crumpled in the gravel, and said, "You should learn how to ride that bike."

I wasn't badly injured, but he couldn't have known that. I figured he could probably put his hands on a hammer or wrench, so I calmed myself and called the Washington County Sheriff's department on my cell phone.

After half an hour, two sheriff's cars showed up. The deputies spoke with me and went into the house to talk to the driver. One deputy measured the skid mark from my bike. It was 20 feet long.

From the truck's skid marks, it was clear that the driver had intentionally cut me off. The deputies told me they ticketed him for making an unsafe turn. I got on my bike and finished my ride.

A week later I began another ride. Each time a car approached from behind, I pulled over and stood astride my bike. I broke off the ride and went home. Haven't ridden since. That was June 1996.



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