



Photos Courtesy of Joe Sales

Mavic Neutral Services at Sea Otter 2006 Pro Men's Road Race "Mavic is neutral, they will cheer you on whether you ride Shimano or Campy". Inset: Shimano(Left) and Campagnolo(Right) shifters .

Shampagnolo!

Campy vs Shimano, or the Debates that Never Stop

BY JOE SALES

Recently I wondered into my local bike store – Revolution Cycles in Yakima – a two-man operation, sort of an owner operator set-up, and a friendly and entertaining place to hang out, shoot the breeze and talk bikes.

Jeff Clark and Mike Gearheart opened their small shop in 2005 after working and wrenching for other shops for years. It's been clear all along that their motive for setting up their own place had as much to do with passion as it did business. These two guys really enjoy being part of the bike community and they seem to love what they do. I went by on this particular day to ask them about the Shimano 105 10 speed groupset that is new to the market this year. With the new gruppo, or groupset, whatever people are calling it these days, Shimano has brought its 10-speed system to a lower more affordable price point. Campagnolo beat Shimano to the 10-speed punch line by a few years and still offers more choices, but now both manufactures are firmly locked into selling 10 speed systems on entry level and above racing bikes.

"Shimano sucks, buy Campy" was Jeff Clark's quick answer. I think he was kidding, or at least sort of kidding but he did add, "I'm happy to sell you Shimano product for cold hard cash."

Jeff's partner Mike Gearheart, who happens to have one of the best names ever for a cycling enthusiast, also prefers Campagnolo, but he was a bit more diplomatic.

"I usually recommend Campy to novice riders primarily because I think the shifting is more intuitive, and I also think Campy shifters fit small hands better." And, he adds, "Don't forget they make a corkscrew."

And, he adds, "Don't forget they make a corkscrew."

This strong response isn't entirely unusual among enthusiastic roadies. It seems more often than not, road cyclists are highly opinionated about the decision between Shimano and Campagnolo, and have a strong preference for one company over the other -- and any apathy or indifference they may exhibit usually just means that they are riding on Shimano parts. The component debate is often so animated that often there is a fair amount of smack talk that goes on between the Shimano-itsas and the Italophiles, and while most of the jabbering is all fun and games, it can get quite difficult for a novice road cyclist, and even the more experienced amongst us, to sort out the real differences between Campagnolo and Shimano shifting systems.

The common stereotype is that Campagnolo is too expensive, its owners are snobby and it's really only obtainable by the Gucci-set; while the standard skinny on Shimano usually runs along the lines that the shifters, while perfectly functional, tend to break (not brake) easily, and that the brand is kind of mundane and boring, like driving a practical mid-priced Japanese sedan. You have to admit the Italians, in general, tend to be masters at artful product design. Have you seen a Ducatti lately? Or the lovely carbon parts on Campagnolo Record?

Part of the reason for the common assumption of Campagnolo's exclusivity is Shimano's dominance of

See "Shampagnolo" on page 10

Ups & Downs

Momentum Is Your Friend

(The Metal Cowboy And His Pint-sized Posse Take On America)

BY JOE KURMASKIE

Our outrageous pace is the logical consequence of itching to get on with it, or beyond it. It being Kansas. Specifically, the gentleman's headwinds of Kansas, named for the way they blow hot, from a slight southerly direction, in no particular hurry; languid even. Dilettantes overstaying their welcome against my scalded skin. The extra hours of roadwork in the saddle find me pondering the state's enigmatic slogan,

"Kansas: As Big As You Think."

What the hell? That's gotta be a jeopardy answer in search of a plausible question. Did someone run a contest and only adolescent boys raised on a steady diet of Beavis and Buttthead episodes entered?

I'm forced to read these six words on sign after sign, billboard and brochure. I try to engage the retiree vol-

unteer at the travel center in a debate about his state's slogan, but all I get is a vacant smile as he backs away.

"The bizarre has become commonplace. My sons are no longer tourists, but full-fledged travelers"

You know he's hoping that the day brings a few less crazy tourists through his door. I pedal along, feeling mocked and baited. And the kicker? It replaced the perfectly serviceable if not pedestrian slogan "Kansas: Simply Wonderful". Was there a lawsuit in which tourists proved beyond a reasonable doubt that the state was in fact more complicated than Nebraska and less wonderful than say, Iowa?

In defense of Kansas' mensa level branding think tank, most states have spent millions of tax dollars on equally bizarre, cryptic and inane official shout-outs. I mull them over as the miles roll by.

Connecticut: Full of Surprises (Are we talking the cash and prizes

See "Momentum" on page 4

ADVOCACY

Paving the Way for More Cyclists

BY KRISTEN WISEHART AND ANDREW DIOLATA

Throughout British Columbia, long-term campaigns and whole-hearted dedication play integral parts in creating safe and beautiful areas designed especially for cyclists. Moreover, advocacy efforts instill a robust sense of community, and a dynamic drive toward public action. In order to secure cycling as an essential form of transportation, advocates ensure that the legislature recognizes cyclists' rights and needs, and educate the community about the health and environmental benefits of riding a bike. Creative ideas become real possibilities when advocacy organizations participate in the establishment of bike lanes or paths and cycle-friendly facilities. The effectiveness of these campaigns earns British Columbia a deserved reputation as a stellar place to ride.

Victoria, Canada's cycling capital, consistently holds biking at the forefront of community interest. The

city's cycling enthusiasts support all facets of bike advocacy, including legislature, facilities, education, awareness and action.

In November 2005, the city council passed a zoning bylaw in Victoria requiring all new, or reconstructed, building developments to integrate bike-friendly elements in their designs. The law, modeled after a similar one in Saanich, states that multiple dwelling residences, as well as commercial, recreation, and institutional buildings must provide secure bicycle parking. Secure, visible bike racks will likely be placed near a building's entrance for short-term stays. For long-term parking (usually defined as a location where a bicycle will remain for more than four hours, such as a residence or an office), buildings are required to offer secure, weather-protected spaces. As parking gains convenience, many drivers will feel compelled to become

See "BC Advocacy" on page 6

2006 RAMROD Opportunity

Bicycle Alliance of Washington just received one ticket for this year's RAMROD scheduled for July 27. If you did not get in earlier, this may be your last chance to ride the event.

As this can't wait for the 12th annual auction, which won't take place until November, BAW will be hosting a "special online auction" exclusively for this item. All interested riders

must send in their bids via email to Louise McGrody at louisemc@bicyclealliance.org. The bidding will start at \$80, and participants' last names and bids will be posted daily on the BAW's website (www.bicyclealliance.org). The auction ends at noon on July 5th, and the happy winner will be announced on July 6th.

Commuters Make Impressive Showing

Starbucks Bike to Work Day and the Group Health Commute Challenge proved enormous successes. As of press time, 5,700 (about 2,000 more than last year) people enjoyed the scrumptious spring weather by pedaling to their jobs as part of the Commute Challenge, which began on May 1. Most participants ride with one of the 653 teams, while 419 cycle individually. Bike to Work Day, May 19, saw 4,300 additional riders join the ranks of the daily commuters. Collectively, Bike to Work participants and Commute Challenge riders covered 550,000 miles of the region's pavement. Not only is this challenge good for our couch-potato thighs, but the environment also benefits immensely. By riding, cyclists spared the fresh northwestern air 26,200 gallons of gas, which amounts to \$83,000 worth of fuel so far.

On Starbucks Bike to Work Day, Cascade Bicycle Club estimated that over 10,000 people, including those participating in the Commute Challenge, covered 130,000 miles, based on an

average commute of 13 miles per day. These riders reduced CO2 emissions by 130,000 lbs, or 65 tons. They also burned 4.3 million calories, which amounts to about 26,422 Fat Tire beers. Calorie burning at that level deserves a beer!

Whether riders chose to commute for the entire challenge, or just on bike to work day, the environment, the wallet and the waistline all felt the positive impact of this endeavor. While the swag at the various commuter stations, and the general camaraderie of the event certainly make for a good time, Bike to Work Day and the Commute Challenge illustrate the value of our favorite two-wheeled vehicle. So, good job Seattlites on providing us with numerical evidence of the importance of commuting, and if you missed it this year, it is never too late to start. The Group Health Commute Challenge continues until the end of May, and summer has not even begun. Everyone else is doing it, you should too!

Five Gold Medals for Whitman College's Mara Abbotts at Nationals

COURTESY USA CYCLING

Lawrence, Kansas (May 14, 2006) - With a win in Sunday's criterium at the 2006 USA Cycling Collegiate Road National Championships, Mara Abbott pulled on her third stars and stripes jersey and slung a third gold medal around her neck (from the TTT, road and criterium events) - a result that led to both an overall individual title and a Division II team title for Whitman College.

Abbott's domination of the women's Division II field began by contributing to a victory for Whitman College in the team time trial on Friday, continued with a win in the 56-mile road race on Saturday, and concluded with a first-place effort in Sunday's 55-minute crite-

rium as she outsprinted DePauw University's Jenna Boyd.

Abbott accumulated 279 points over the course of two days to solidify her overall individual title ahead of teammate Laura Valaas' 220. Together, Abbott and Valaas were largely responsible for the 492 team points credited to Whitman College; and gave their institution its second consecutive Division II national title with a slim 11-point win over Lees-McRae College.

"I was really excited for today's race", commented Abbott. "Yesterday there were a lot of strong girls, and you could just tell that it was going to be a really active race today, so we wanted to be in the front attacking and controlling things."

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Book Review

BY KRISTEN WISEHART

When you pick up Graeme Obree's *Flying Scotsman: Cycling to Triumph Through My Darkest Hours*, you will not be reading a great work of literature. Of course, Graeme Obree is not a writer, but a revered racer who broke the World Hour Record in 1993. He is, however, an excellent storyteller.

Obree brings his readers on his journey to greatness. He starts with his childhood, explaining the birth of his cycling passion through the lens of the friendless, picked-on son of a police officer. "My childhood is far more influential in my present than a childhood ought to be, so that is where my story begins." (Obree, 1) This sentence truly sets a tone of struggle that persists for the remainder of the story.

Obree illustrates his entire spectrum of growth as a racer and a man from his first experience on a track, which failed to excite him at all, to the twin risings of his place in the racing world and his struggle with depression.

While a troubled childhood, suicide attempts, and constant struggles with manic depression certainly immerse the book in despair, Obree possesses the ability to balance these personal tragedies with the brightness of personal victory. Whether, describing an amusing experience as a teenager in a youth hostel, the first time he gave in to the desire to kill himself, or a pleasant ride on an April day, he crafts his emotions in a way that brings

the reader into the experience. By paring his emotional victories with his cycling ones, the impact of success is elevated.

In an early race, the author explains, a commissaire accused him of cheating because of how well he performed. This agonizingly unfair injustice foreshadowed the luck that would follow the talented racer for a lifetime. Although he failed his shop-type classes as a schoolboy, Obree became legendary for his ability to build innovative bikes, which were eventually outlawed. This led to Obree's signature "Superman" position, in which his arms

are extended straight forward on the handlebars. In this posture, Obree, a time trialist, broke Francesco Moser's World Hour Record on the track. From there he briefly dropped out of the limelight, attempted to re-emerge as a contender for the World Cup and in the 1996 Olympics, where he didn't even place in the top ten, and finally arose as a major European racer.

Few books can capture both the adrenaline rush of a sport, and the personality of autobiography. The *Flying Scotsman* accomplishes this lofty goal, just as he achieved several others in the cycling world. While the book's audience was probably intended to be cycling enthusiasts already familiar with Graeme Obree, it's message of glory is universal.

Flying Scotsman: Cycling to Triumph Through My Darkest Hours

By Graeme Obree

244pp Velo Press \$19.95



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Portland's Bike Revelry Peaks in June

By JONATHAN MAUS

Portland's reputation as a bike friendly mecca is well known. The city is routinely mentioned in the national media and was recently noted as "Best Cycling City in the U.S." by Bicycling Magazine. This June there are three big events that exemplify the tremendous diversity and energy of the Portland bicycling community; Pedalpalooza, the Multnomah County Bike Fair, and the Portland Bike Summit.

Pedalpalooza is organized by the local non-profit group Shift to Bikes, and is the epitome of grassroots bike culture. The "two-plus weeks of bike fun" run from June 8th to June 24th and include more events than any other festival of its kind in the world.

In its fourth year, the festival began from the energy and infrastructure built during Bike-Summer, an international festival, which was held in Portland in 2002. The local organizers of BikeSummer wanted to make a similar event happen each year. At first they called it "Mini BikeSummer," and then changed the name to Pedalpalooza in 2004.

The event has grown steadily each year, and the 2006 version offers a staggering 117 different, bike-themed events. Beyond the sheer number of rides and activities, what makes Pedalpalooza unique is that all the events are created and led by individual community members. Anyone can go to the website of Shift to Bikes (www.shifftobikes.org), pick out a date on the calen-

dar, and upload the details of their ride. This year's calendar includes some interesting and creative rides like the Full Moon Bike Ride, a Bike Fashion Show, the Dead Freeways Ride, and a Bikini Bike Wash.

A fitting climax to these 17 days of fun is the Multnomah County Bike Fair (MCBF) on June 24th. MCBF takes place in Southeast Portland, and at one point last year, organizers counted over 500 bicycles parked at the event. People come from all over the greater Portland area to see everything from bike skills showcases like the Slow Bike Race and Tall Bike Jousting, to fun activities like a Marry Your Bike Booth, and t-shirt stencil making. This year's event will also host BikeCraft, a marketplace of bike-themed arts and crafts made by local artists.

For more information on the Multnomah County Bike Fair, visit www.shifftobikes.org/mcbf.

The City of Portland's Office of Transportation will also get into the act. Looking to channel the buzz of enthusiasm surrounding Pedalpalooza and the Multnomah County Bike Fair, and to chart a course to achieve "Platinum," the City of Portland will host the first ever Portland Bike Summit at Portland State University on June 17th.

According to event organizer Linda Ginenthal, the Summit is intended to, "Tell the Portland bike story. We want local cyclists, community groups, and businesses to learn about how we got here, what we're doing now, and

how they can be involved in the future."

Ginenthal is in the midst of an all-out awareness campaign and is leaving no stone unturned in spreading the word. She said, "We hope to have 500 people show up and we've invited everyone from messengers to mountain bikers."

The Portland Bike Summit will offer many opportunities for neighbors to give feedback on expanding and improving the bike network. In addition, several workshops are planned. Some of the subjects to be covered include; "New Laws for Bikes - What Strategies are on the Horizon", "Innovations in Bikeways in Portland and Abroad", and an update on the City's "I Share the Road" campaign.

The summit will also feature a business symposium designed to lay out the free and low-cost strategies and tax incentives small businesses can take advantage of while making business districts more bike-friendly.

The Summit is part of the City's larger strategy to win a Platinum Bicycle Friendly Community designation from the League of American Bicyclists. Portland's City officials, bike advocates, and politicians are very serious about becoming the first major U.S. city to be awarded the League's highest designation.

It's hard to believe that this dizzying array of bike events all happens in a span of just a few weeks. It's no wonder that Portland is known as Bike City, USA.

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

RACING NEWS

Norba Season Opener - NW riders in front

The 2006 National Mountain Bike Series (NMBS) opened in Southern California with 2005 overall series winner Geoff Kabush (Victoria, BC/Maxxis) grabbing two victories.

The cross-country race saw Kabush, Todd Wells, Jeremy Horgan-Kobelski and Barry Wicks (Corvallis, OR/Kona) clearly establish themselves as the strongest of the 89 pro men competitors, by separating from the rest of the pack after two laps. Once the significant gap was created, the foursome continued to endure dry, dusty conditions until Wicks was eventually shed from contention.

The remaining trio stuck together until the final corner, where Horgan-Kobelski and Wells tangled and went down, leaving Kabush to cross the line alone and uncontested. Horgan-Kobelski managed to place second, but Wells was passed by Wicks and eventually placed fourth. Wicks, earned a career-best bronze medal on the national

scene Saturday.

On Sunday, Canadian riders swept the pro short track events. Three-time world champion, Alison Sydor (Vancouver, BC/ Rocky Mtn), and Saturday's cross-country victor, Kabush, outpaced their respective fields to grab wins.

Sydor was one of several riders that dominated the pace in the women's race. Early on in the 20-minute contest, the 56-rider field quickly whittled down to 14. As riders continued to slowly fall off the pace, only Sydor, Sue Haywood and teammates Shonny Vanlandingham, Georgia Gould (Ketchum, ID) and Katerina Nash (CZE), remained in contention. Sydor relied on her form and power to assure herself the win on a course that left no room for error before the final corner. Nash, Haywood, Vanlandingham and Gould rounded out the podium.

In the men's event, last season's overall short track champion took his second victory of the weekend as Kabush bested a 73-rider field to take the win ahead of Jeremy Horgan-Kobelski.

The field was quickly pared down to Kabush, Horgan-Kobelski, Todd Wells, Jeremiah Bishop, Carl Decker (Bend, OR/Giant), Ryan Trebon (Corvallis, OR/Kona-Les Gets) and Adam Craig (Bend, OR/Giant).

In the end, a tactically savvy Kabush gapped his contenders, proving he was the strongest rider of the day. Horgan-Kobelski, Decker, Wells, Craig rounded the top five, while Bishop, Max Plaxton (BC), Barry Wicks, and Trebon followed.

In Downhill - April Lawyer (Bend, OR Maxxis) finished second.

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"Momentum" from page 1

variety, or snipers and ice storms - you gotta be more specific.)

Wisconsin: Stay Just A Little Longer (Could a state sound any more desperate; it's like a blind date going nowhere, or a drive by visit to a distant relative's place - "No, stay, I'll put in some pot pies and break out super yahtzee.")

Rhode Island: Hope (That's it? Who's been raiding Dan Rather's old evening news signoff rejection lists again?)

Texas: It's Like A Whole Other Country: (Setting aside grammatical issues, I was treated to a full cavity strip search in Texas once; not only did it feel like another or "whole other" country, I can tell you where: a prison in Turkey.)

Delaware: It's Good Being First (Now that's just childish bragging, coupled with some resting on one's laurels - it's been several hundred years since you've been first at anything, guys.)

Wyoming: Like No Place on Earth (Except maybe Montana, oh, and a bit like Idaho, and we do have more than a little in common with Colorado and Nebraska...)

Nevada: Wide Open (Didn't anyone on the branding committee see the double meaning in a state with legalized prostitution? Anyone? Bueller? Anyone?)

North Carolina: Raise Up (With all its civil war history, you'd think this one might have set off a few alarms. It doesn't sound a bit confrontational to anyone? Who coined it, the tourism board or the sons of the confederacy? Bonus points though for knowing how to hold a grudge.)

South Dakota: Great Faces, Great Places (An example of where less would have been

more. As George Carlin points out, the word "great" should be stricken from everyone's official record for lack of imagination. Unless the population of SD were required to belt it out in Kellogg's Tony The Tiger fashion, then we might have something.)

Idaho: Great Potatoes (See SD regarding the use of "great" - and while we're at it, so much more quality wordplay can be had using Spud over Potato. Ask former Vice President Dan Quayle how much trouble the word Potato can be.)

Michigan: Great Times, More To See (Again with the "great". This one reads like a promotional flyer for a strip club. Anyone who's been to Michigan knows that unless it's August, the only thing you'll be seeing more of is blowing snow.)

South Carolina: Smiling Faces, Beautiful Places (I speak from experience when I say that if, while searching for facilities in this fine state, you ever innocently trespass and relieve yourself along rural Pentecostal owned land - during some sort of speaking in tongues event involving snakes and Barbie dolls - you'll be greeted with neither smiling faces nor land in beautiful places.)

Illinois: Right Here, Right Now (There is something about being too specific. How the hell did we end up in this cornfield at 2am tipping cows and drinking Little Kings? Doesn't matter boys, cause we're right here, right now.)

Tennessee: Sounds Good To Me (Was this the slogan, or was it what the secretary wrote down from exuberant responses to a killer slogan that we'll never know about? My guess... the committee is too embarrassed to fess up now

that all those key chains have been printed.)

Alaska: Beyond Your Dreams, Within Your Reach (Excellent, except it's the farthest state to reach from anywhere in the USA. Though it is within a stone's throw if you reside in Russia or the Western Yukon.)

Maryland: Make It Yours (Sounds too much like a land grab hosted by the state's used car salesmen. "This weekend no reasonable offer will be refused; Tell you what, we'll throw in Delaware for the hell of it, because what are they gonna do to stop us?")

New Hampshire: Live Free or Die (Love this one, folks. But after 30 years on license plates, what's the state still doing in The Union? If it's real freedom you want, grow a pair and secede already.)

New Jersey: The Perfect Getaway (Car) (That last word must have fallen off during the printing process.)

Nebraska: Possibilities Endless (Vacation plans, finite.)

Virginia: Is For Lovers (Meaning it's damn fine for newlyweds, the conducting of affairs, rekindling old flames, celebrating Valentines Day, and generally favors the lustier among us - for monks, not so good.)

West Virginia: Wild and Wonderful (Because that no good bastard to our East snatched up the lovers slogan years ago. What? It's the best we could do. See Michigan for strip club promotional flyer.)

Ohio: So Much To Discover (Two words: Election Fraud. Could you do something about discovering that?)

Colorado: Welcome to Colorful Colorado (Not counting the sky, it's really only two colors - green and red, pine and cimarron for you artsy Crayola types.)

Iowa: Field of Opportunity (Because Field of Dreams was too expensive to acquire the Hollywood licensing rights?)

And the winners in the "we couldn't think of a damn thing" category;

- Indiana: Enjoy Indiana
- Montana: Travel Montana
- Minnesota: Explore Minnesota

There are a few standouts:

- New Mexico: Land of Enchantment
- Washington: The Evergreen State
- Kentucky: Unbridled Spirit
- Utah: Greatest Snow on Earth

But don't let me end on a positive note, not in my pained, sandblasted mood still pedaling just to keep myself conscious. For those reasons, I give you the most in your face, embattled state slogan ever:



Photo Courtesy of Joe Kurmaskie

Enzo posing next to the world's largest ball of twine.

District of Columbia: Taxation Without Representation (OK, it's not even a state and they probably just needed to spend the money before the fiscal year ended, but did revolutionaries take over the tourism committee by force and push this one into print - Is that any way to market yourself? Chalk one up for truth in advertising though. If they had some ships loaded with tea, they might consider hosting a party in the Potomac. Unfortunately, a bunch of senators would probably crash it, drink all the booze, and take their women back to Maryland.)

All I can say is our tourism boards must have excellent lobbyists, and is that pork I smell burning through the halls of congress?

"Dad, are we ever gonna stop for lunch?"

I pull the bike over at the next town and search for some BBQ. That, and shade. All is forgiven when I realize where we are... Cawker City, Kansas, Home of the World's Largest Ball of Twine.

Kansas: As Big As You Think - now it's starting to make sense.

"After lunch boys, we're gonna bag us the biggest ball of string on the planet."

They offer up enthusiasm, but no sense of confusion. The bizarre has become commonplace. My sons are no longer tourists, but full-fledged travelers.

Enzo pipes up from his covered caboose.

"We should look for the biggest cat in the world... and bring it here."

If you liked this excerpt of Joe Kurmaskie's Momentum is your friend - read the full version from Breakaway Books - coming out September 1, 2006

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From Cold and Wet to Warm and Sunny

By MATT USBORNE

BC racing season is in full swing now! This year has seen some exciting competition, with no team able to establish early dominance. But not all the racing fun was to be had in BC this month. More on that in a moment - first let's talk about what's happening at the road races up north.

The Hatzic Valley road race (May 7th) saw full-time mountain biker (MTB) and part-time roadie Andrew Kyle (Sugoi) take a great win in this very tough single day race. The route involves multiple loops that include the Stave Lake Hill, a deceptively difficult climb once it is done a half dozen times. On the time trial end of things, we also see a mix of competitive riders, with Bradley Fairall (Symmetrics) winning the Warp Speed Time Trial (TT) (May 6th) and Damien Waugh (Masi-Adobe) taking the TT at the Race the Ridge stage race (April 28-May 1). Other winners at the 'Ridge' were Scott Laliberte in the criterium, and Cory Forrest in the road race.

BC Cup #2, The Atomic Road Race, is also in the bag, with a very strong Bradley Fairall (Symmetrics) taking the win. So to summarize the Men's field so far this year; no clear-cut

dominance, but this level of competition will no doubt make every winner very deserving.

Women's road racing is also seeing a mix of winners. The difference between the Women's and the Men's racing is the stand out performances of perennial strong woman Leah Goldstein (Mighty Rider). So far Leah has taken the top spot at the Hatzic Valley road race, wins in both the road race and TT at the Race the Ridge stage race, not to mention second in The Warp Speed TT. Of course, there are many other strong women who are also leaving their mark in the Northwest. Warp Speed TT winner and World Cup track cyclist Mandy Poitras (Symmetrics) is always a factor in any race without mountains. The criterium at the Race the Ridge stage race saw Stacy Spencer (Symmetrics) take the win.

Now onto racing in sun and heat; the Caribbean! I know, it's not the normal BC scene - but it

was a heck of a lot of fun, so therefore it cannot go without mention. With racing in the Northwest heating up, but the weather decidedly schizophrenic, an invite for a racing trip to Trinidad was welcomed by me and two other Canucks. The Canadian contingent included former BC based Canadian Chris Reid (Midweek Club) as well as Calgary, Alberta based track sprinter Rene Regimbald (Synergy). With no idea what to expect other than great temperatures,



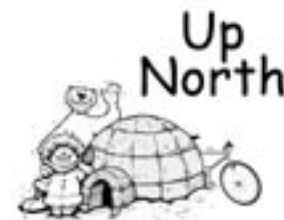
Photo Courtesy of Matt Usborne

Track racing under the sun in March - Points Race podium.

we ventured south into paradise. Now I should mention that this was track racing, not road. I should also mention that the first week's race, the "Southern Games" was on a grass track no less! Having spent a little (and I mean little) time on the track in the past, 'going grass' was scary to say the

least. With an international contingent present, our group included Brits, Guyanans, Americans as well as Canadians, not to mention national teams from across the countries in the West Indies and elsewhere. The second week we moved

back to concrete for the Palo Seco Games. Of course this concrete 500m track had to have 48 degree banking, and in one straight what



can be best described as 'braking bumps'. None of this blunted the enthusiasm, but the occasional 'white knuckle' moment was experienced by all. Of course, the rather gnarly track (and I'm comparing this to grass track mayhem) did nothing to blunt the youthful enthusiasm and heavy throttle hand of US racer Danny Holloway. At 18 he was putting on a show, and earned the nickname 'Spiderman' for his displays of bike handling prowess. The last week saw us tackle the Easter Grand Prix, a three day event held in Arima (Trinidad). The track was great, not scary, and the racing was hard and fast. We even managed to snag a win and several podiums in the process of our trip.

If you ever have the opportunity to race in the Caribbean I highly recommend it. My only words of warning surround the food that the race organizers supply. Let's just say that if you do not like chicken and rice you should bring your own supplies with you!

See you at the races!

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"BC Advocacy" from page 1

bicycle commuters.

For those new to commuting, the Greater Victoria Bike to Work society offers education courses and seminars to help commuters learn to enjoy a safe ride to work. In fact, this year, the program estimates they will reach their 1000th student! In order to accommodate this growing number of cyclists, advocates in Victoria actively seek bike lane improvements.

For example, the extensive Fort Street road enhancement is progressing nicely. Initiated in October 2005, this three-year project will eventually result in a bike lane on both sides of the street. While one already exists on a section of the thoroughfare, this project is unique in that it involves a road diet. In other words, the street's four lanes will be cut down to three in order to create the cycling space. Due to concerns about losing valuable driving room, the project originally met some criticism. However, with the aid of organizations such as the Capital Bike/Walk Society, the venture became a reality. "I made sure I was out in the media explaining, from the cycling perspective, the benefits it will have for the general community," says John Luton, Executive Director of the Capital Bike/Walk Society. Advantages include an alleviation of traffic congestion by encouraging more people to cycle rather than drive, and additional parking spaces, as bikes take up only a fraction of the extra space. With the first phase of the project already complete, despite some traffic interference, the community is grateful that the street safely accommodates riders.

With improved parking facilities, education, and lane improvements, Victoria continues to solidify its title as the cycling capitol of Canada. However, nobody wants to cycle only one of BC's lovely cities. Luckily, riders can hop on the Trans Canada Trail and pedal to the province's southern interior to the Kelowna area (although it would be quite a long ride).

Kelowna, has the widest range of bike paths and trails in Canada, relative to its small population of 105,000 residents. Overall, it features more than 220 km of bikeways running throughout the city. Each year \$500,000 of the city's budget is devoted to new and improved bicycle infrastructure, and this year, Kelowna's project calls for the construction of two new bike lanes in the northern part of the city. The first, measuring roughly 1.2 km depending on road construction, will run along Scenic Road, and connect to existing lanes on Glenmore Road and Valley Road. Another one will be created on Valley Road between Kane and Union, and will connect to work completed along Valley Road last year.

In addition to creating these new routes, Kelowna further encourages commuters to cycle by aiding in bike parking. The city reinstated a program in which the government will cover 50% of the cost of bike racks if business owners choose to install them. While these parking and lane improvements certainly help Kelowna maintain its status as one of the most sought after cycling destinations, some more improvements are still needed, especially safe access to the University of British Columbia Okanagan (UBCO) campus.

Currently, there is no secure route for cyclists coming in to the University. In fact, on the Sexsmith Road overpass, which leads to the school's entrance, the shoulder disappears completely, and cyclists must merge with traffic. A petition is circulating which asks the Mayor and city officials of Kelowna for either a bike lane on the overpass, or an alternate bike-friendly entrance to the school.

Okanagan is not the only area improving life for the cycling population. Organizations in the Lower Mainland are currently utilizing the sport as a means to benefit the less fortunate, offering much in the way of education, and improving its already vast path and lane system.

Education plays a major role in getting cyclists on the road, and keeping us safe while we're there. PEDAL (Pedal Energy Development Alternatives), a Vancouver-based non-profit organization, is dedicated to both undertakings. One of the organization's major projects making a substantial impact is the Pedal Depot. Launched just this past February, this "education and recycling space" rebuilds bikes that are donated or thrown out. Then, 100 to 200 refurbished bikes each year will be donated to the less fortunate. PEDAL also uses this space to hold monthly workshops to teach inquisitive riders the basic mechanics of a bike, and provide trouble-shooting tips. "We're just getting them comfortable working on their bikes in order to get more riders out there," says Pedal Depot Manager, Omar Bhimji. While cyclists can learn the technical personality of their bicycles from PEDAL, other organizations, such as The Vancouver Area Cycling Coalition (VACC), offer education on the art of riding.

The VACC recently implemented the "Commuter Cycling Skills Program", which offers daylong workshops that cover bike safety techniques, the rules of the road, and the positive outcome of sustaining an environmentally friendly form of transportation. In addition, a similar version of the program will be tested by the city in ten middle schools throughout Vancouver. With such an innovative educational

system in place, adults can refresh their commuting skills, and children can learn them early, before they develop any bad habits. "Spreading knowledge gives us the ability to expand the community," says the VACC's Commuter Cycling Skills coordinator, Bonnie Fenton. In addition to educating cyclists, the VACC ensures they have safe places to ride.

Among its many ventures, the VACC has been working hard to improve bike access in Vancouver. The project seeks construction of a network of bike lanes in the downtown area. The enterprise is a long-term process involving extensive planning, petitioning and, of course, construction. Although the project has been in its preparation stage for several years, cyclists are starting to see the fruits of that labor as the 1.5m wide bike lanes are opening throughout downtown. "It's a very visible improvement," states Fenton. Compared to just a year ago, the number of designated bike lanes has considerably increased. In addition to the improvements led by the VACC, organizations like Better Environmentally Sound Transportation (BEST) also help make the province a cycling haven.

BEST is an environmental organization that is highly active in bicycle advocacy. One of its ongoing endeavors is the Central Valley Greenway Campaign, which proposes \$17 million for a 20km pathway. It will link the False Creek Seawall in Vancouver, to New Westminster via Burnaby's Central Valley, and include connections to 11 skytrain stations, 23 bus routes and 11 other bikeways. The Central Valley Greenway Campaign will act as a link between neighborhoods, workplaces, schools, parks and shopping centers. In this way, the project benefits not only cyclists, but also the population as a whole.

Nothing exemplifies this community-wide positive impact like the \$1 million VanCity Award. Although the project is not yet highly publicized, the Vancouver City Savings Credit Union decided to bestow this award to the campaign way back in 2001. As stated by Greenway Campaign Director Samantha Hartley-Folz "This campaign has proved that the general community, not just the cycling community is interested." Primary funding for the project comes from various sources, such as Transport Canada, TransLink, and the three building municipalities of Burnaby, New Westminster and Vancouver. In addition, the project raises revenue through charitable donation.

Another plan, in addition to the Central Valley Greenway Campaign, that improves accessibility to safe cycling routes is the Golden Ears Bridge Project. TransLink, the Greater Vancouver Transportation Authority, is responsible for the notable undertaking. The six-lane bridge



Photo Courtesy of John Luton

Fort Street's new bike lane.

will connect Langley and Surrey to Maple Ridge and Pitt Meadows over the Fraser River. The project covers 15.1 km including the land at the head and foot of the bridge. All of this space will provide cyclist and pedestrian access via extra-wide sidewalks. These sidewalks link to several existing trails, including the Trans-Canada Trail, and will offer connections to future routes as well. In addition to the easy and safe access for commuting cyclists crossing the Fraser River, all buses that traverse the bridge will be equipped to carry bicycles (for those who want to avoid the inevitable rainstorm, or run out of steam after a one-way crossing). The project begins this spring, and estimates completion in 2009.

While advocates have Kelowna covered to the east of Vancouver, there are exciting developments all over the province. For example, the upcoming 2010 Winter Olympics resulted in some major road improvements that will be beneficial to cyclists along the Sea-to-Sky Highway.

Throughout British Columbia a myriad of advocacy organizations strive to make cycling safe. Whether lobbying for legislation, adding bike lanes, or educating the masses, advocates in Canada are giving riders a prominent voice. The ultimate result is a safer place to ride and a welcome expansion of the community. Because of this, supporters not only help riders, but also the environment, traffic congestion and health. So next time you're enjoying the fresh air from the seat of bicycle, remember to thank those out there making it possible.

For more info, or to get involved, visit:

- **Capital Bike/Walk Society (Victoria):** www.capitalbikeandwalk.org
- **i-Go (Kelowna):** www.i-go.ca
- **PEDAL (Vancouver):** www.pedalpower.org
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Common Mistakes in Endurance Bicycling



By Erik Moen
PT, CSCS

Bicycling participation is on the rise. Several factors, such as Lance Armstrong, charity rides, increased fitness awareness, and the cost of gas are helping to bring additional people to the sport. I always tell new riders that they will discover their "intolerances", or bicycling-related pain syndromes, to endurance bicycling in the first three years practicing the sport. Prolonged exposure to these syndromes may result in an overuse injury. The more aware you become of the prevalence of these problems, the more likely you are to avoid them.

First and foremost, you need not suffer through bicycling. Pain is not necessarily weakness. Common grievances, including lower back, neck, shoulder and knee pain, and numbness of the feet, hands, and saddle region, effect how long or far you can travel, and occur gradually during a ride. Significant discomfort will last well after the cessation of your ride, and may limit your motivation to keep cycling.

Successful completion of bicycling goals assumes that one does not encounter an irregular

pain-syndrome or injury. In order to accomplish this, cyclists must address some basic points that are not normally considered beyond just getting the bike. These are even more important if you are new to bicycling, and have adopted some pretty quick and lofty goals, such as attempting a century ride for the first time after two months of training. Before beginning endurance riding, ensure you have the proper bike fit, adequate flexibility, appropriate strength, and the necessary skills and training.

Bike Fit

Bicycling is the "marriage" of an adaptable body to an adjustable bicycle. The bike has greater ability to change than the body. Inappropriate matching of the two will result in an overuse injury. Special attention should be paid to the areas of contact: saddle, pedals, and handlebars. Little changes can have a huge payoff in comfort and function. A proper bicycle fit considers your body, your goals, and orthopedic history. The most appropriate times to consider a professional fitting are when a pain syndrome occurs, new equipment is acquired, and in the off-season.

Flexibility

Areas of flexibility that will have the greatest impact on bicycling will be the legs, hips and thoracic spine (mid-back). Improving this will allow for fluid motion of your engine, decrease your risk of injury and allow for better posture on the bicycle, by decreasing neck, shoulder and back pain. There are many ways to attain elasticity. Bottom line: Think pro-active motion.

Appropriate Strength

Riding a bike requires strength in the legs and back, however gains can be slow. Please understand that unrealistic last minute "cramming" will result in trauma. Muscle balance, a trendy term in the rehab world, is the concept that you have appropriate coordination and strength across a joint. It is essential to toughen hamstrings, which are often underestimated in cycling. Likewise, back muscles need specific attention. It is not appropriate to think that abdominal exercises strengthen the back. Specific back-related training is necessary.

Pedaling Skills

A common cause of injury may be a lack of pedaling skills. A low cadence, and quadriceps-biased pedaling, also known as "mashing", indicate poor pedaling. Proper long distance cadence should approach 90 revolutions per

minute. This challenging skill takes time, and is best monitored with the use of a bicycling computer that reads cadence.

Appropriate Training

Common training mistakes center around volume (how far) and intensity (how hard). Progression of both of these factors can lead to overuse injury. Consider this; an increase in volume should be done under lower intensities, and increases in intensity should mean a decrease in volume. Periodized training plans can help you avoid injuries, by accounting for appropriate progression of volume and intensity, and allowing adequate recovery periods.

This article is clearly a "teaser" for a call to action. Attention to these areas of preparation will help best prepare you for your bicycling goals. Seek out knowledgeable, qualified people in your community to best assist your needs. They will help shorten your healthy path to reaching your goals.

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

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Manual Therapy

By **CASSANDRA BOON**

Riding fast as a trail twists and turns, and flowing smoothly over roots and rocks generates a sense of exhilaration. If you don't want to feel every bump on the trail, if you're looking for a quick way to float off a drop, or if you even just want to show the kids how cool you are, a quick lesson in manual therapy can help.

The manual is a skill that is used to air off of drops, ride over consecutive bumps, or keep your front wheel aloft through puddles or mud-filled dips in the trail while only the back tire stays in contact with the ground. The rider 'coasts', with his/her weight behind the seat, arms and legs straight, and the bike held out in front.

To begin, practice this skill on flat even ground in a space that has enough room for you to get going fast enough to coast comfortably for several seconds. Stand up, pedal hard to gain speed and then coast along in your standing position with both wheels on the ground and your pedals

level. To initiate the movement, use your arms to preload / compress the front suspension of your bike, and your legs to preload / compress the rear suspension. If you ride a hardtail, use the same concept to compress the rear wheel; it is really just bending your knees, similar to the motion required to jump into the air.

Next, shift your body weight backwards and allow your front wheel to come off the ground.

Lean back and straighten your arms and legs. Use your legs to push your back wheel out in front of you, thus keeping your front tire aloft. The point of balance is actually farther back than most people realize. Keeping a finger on the rear brake at all times can save you if you get behind this balance point. Applying the back brake will abruptly bring the front wheel back down onto the ground. I also recommend using flat pedals and shoes with a soft grippy flat sole to allow you to step off behind the bike if needed.

Once you are comfortable with the manual on flat ground, it is time to

work on your timing. Draw a line on the ground, and practice doing the manual over this line. The line represents an obstacle in the trail or a drop that you are about to jump. You should

initiate your compression several feet before the line so that your front wheel begins to lift as it approaches the line. Remember the faster you ride, the earlier you will need to initiate your preload. Before you try the manual off of a real drop, be sure that you can consistently maintain the manual over the line for a second or two. Next, try it on level ground with a bit of a decline, as this will increase your speed and force you to react quickly.

Once you feel good with your manual technique, you are ready to take it through small dips and undulations, and off of a small drop. Curbs provide a good starting point, as do small ledges on the trail; scan ahead and look for these opportunities. Always spot your landings and remember to re-center your weight over the bike as you land; your landing will be smoothest if both wheels hit the ground simultaneously. With practice you'll soon find you're riding smoother and faster! Good luck and have fun!



Photo Courtesy of Sugoi Dirt Series

One sure way to improve your skills is to take part in a mountain bike camp this summer.

Cassandra Boon is a former Canadian National Downhill Mountain Bike Champion, currently studying for her Doctor of Chiropractic, and scheduled to spend her summer coaching with the Sugoi Dirt Series Mountain Bike Camps. For more information including a list of camp dates and locations, check out www.dirtseries.com.



Photo Courtesy of Sugoi Dirt Series

Lisa Sher demonstrates how to perform the manual.

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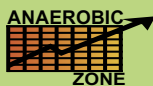
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Racing in the Northwest is not easy in the early season, the competitors are ready but the weather doesn't always cooperate. First two upper left - Harrix-Roubaix, BC. Bottom three on the left - Tahuya-Seabeck-Tahuya, WA. Upper/lower right - Tour de Willamette, OR.

Greg Descantes is a Vancouver, BC-based photographer whose clients include cycling teams, publications, websites and companies throughout North America. A passionate cycling fan and former racer, his cycling highlights include being a Tour de Gastown organizer, shooting Road and Track Worlds and capturing the excitement of bike racing in the Pacific Northwest. View more photos or order some at www.descantes.com

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"Shampagnolo" from page 1

the market, mostly due to the fact that the majority of the bikes available on the showroom floor in America come equipped with Shimano components. The biggest American bike brands—Trek, Specialized and Giant—usually don't even offer Campagnolo equipped bikes. Bike company product managers, the people who decide which parts will be available on the bikes we buy, are constantly trying to second guess the marketplace and deliver bikes that will sell.

Mark Peterson is part of the product team at Kona—a relatively small company when compared to the big American three—and he tells me that Kona has not produced a complete bike with Campagnolo parts since 1996.

"America doesn't want to pay for Campagnolo" said Peterson, "especially at the current exchange rate."

With a little effort, a road cyclist shopping for a new bike can find a relatively modest Campagnolo equipped bike on the showroom floor. Bianchi USA, the venerable Italian bicycle institution, offers several models of bikes that are available in both Shimano and Campagnolo versions including an entry level steel bike as well as a pair of aluminum bikes, a pair of all carbon bikes, and even a pair of otherwise identical cross bikes. Sky Yeager, Bianchi's USA product manager, says that it's really hard to directly compare a Shimano groupset against a Campagnolo one. "Simple minded people will try to directly compare them, but it's like trying to compare a Mac to a PC." She adds that understanding Shimano's dominance on the show room floor has to do with the huge difference in size between the two companies. "Shimano is a city, Campagnolo is a village, they are not equals. Campy is a boutique company that makes high

end road bike parts." Back at Revolution Cycles, Jeff and Mike tell me that fifty per cent of the bikes they sell are equipped with Campagnolo. Yeager confirms that this is really unusual for a bike shop: "It takes a strong dealer, a pro-active dealer to really push Campy."

Looking closely at the recent offerings from Shimano and Campagnolo, what becomes readily apparent are the striking big picture similarities. Both are centered around a brake shift integrated mechanism, both for the most part feature 10 speed cog sets, both have a version of dual pivot brakes and both companies' crank sets are now available in either a standard

racing chain ring combination, a triple chain ring combination, and, starting this year, both are available with popular and practical compact chain rings.

The most noticeable difference between the two systems lies in the ergonomics of the integrated brake hoods and shifting mechanism. Shimano has designed their shifters so the entire brake lever pivots to control up-shifts and a small tab behind the brake lever controls downshifts. Campagnolo's system does not involve the brake lever in the shifting action, but rather there is a tab behind the it for up-shifts, and a thumb-actuated lever on the inboard side of the brake hood for downshifts. Ergonomically, because of the different mechanics of the shift systems, Shimano levers are much larger and have a unique bulbous shape, while Campy levers more closely resemble old style non-integrated systems.

This difference in ergonomics is, for some roadies, the crux of the issue. Some riders are going to prefer the shape of Shimano levers and

some are going to prefer the shape of Campagnolo.

Dan Crean is a full time mechanic for Mavic's highly regarded Neutral Services. Mavic USA employs four full-time mechanics and equips them with five cars, a box truck, two BMW motorcycles, a trailer that can transport one of the support cars, a fifteen passenger van and over 120 sets of new wheels a year. Dan usually spends up to six months annually traveling North American, offering neutral support at the biggest race events in the country including this year's inaugural Tour de California and the Tour of Georgia. Dan's advice is not surprisingly quite neutral: "the hoods are one of three contact points for you on a bike, you better make sure that they feel good." With this in mind Dan recommends that riders test ride both Campagnolo and Shimano equipped bikes.

"Try and not listen to what your friend loves, or what the local shop guru is selling as the latest and greatest. Try both and then decide."

I took Dan's advice and completely ignored Mike and Jeff's bias, and tried both systems on otherwise identical Bianchi carbon 928 road bikes. A quick ride on the new 105 confirms that it shifts perfectly and the quality of the finish work is really impressive. The hoods have the new shape that was introduced with the Dura Ace and Ultegra 10 speed groups, and they fit my hands fine. The matching Campagnolo Volocce equipped bike was also excellent. The levers, while much smaller in the hand, nevertheless felt comfortable and, like Mike said, the shifting is very intuitive.

A test ride doesn't tell the whole story, however. I asked Crean about the alleged difference in durability and he told me "Shimano didn't get to where it is by building crap. Their stuff

works and it works well." But he adds that in his experience, Campagnolo is more durable and if there is an issue Campagnolo shifters can be rebuilt by a decent mechanic, while Shimano shifters, when they fail, have to be replaced, making them, in essence, disposable.

The similarities between Shimano and Campagnolo tell me that it really should come down to rider preference. There is no right answer regarding which brand is better, but most riders will know after a test ride which system they prefer whether the decision is based on ergonomics, looks, image, durability or any other consideration. Maybe even more important is just being aware that there is a choice, and then taking the time to make an informed decision.

I asked Dan what he personally rides, and he told me that after a lifetime of riding Shimano he just built up a bike with Campagnolo's Record, but, he adds:

"I think I'm going to have to switch to Sram. You know, you gotta keep up with the Joneses"

For the last few years, road cyclists, thanks to people like Mike, Jeff and Sky have at least had a choice between two companies for road bike shifting systems, but starting this summer there's a third

player; American based Sram. I asked Sky, with her determination to provide real choice in the American road bike market, if we can expect to see Sram equipped bikes in the Bianchi lineup. "Yes you can," says Sky. "I have ridden the new Sram and it's awesome."

It will be fun to hear what Mike and Jeff have to say about this new player in the road bike marketplace. I think I'll wait until they have at least seen it and tried it, although one thing is certain: more choice is always better.



Shifting mechanism, Campy(Left) vs Shimano(Right).



A back view.



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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

JUNE

Jun 17: Everett Street Scramble

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

Jun 17: Marymoor Little 100

Redmond, WA. 4 riders, 1 single speed bike, flat pedals with coaster brake. Each rider must do at least 1 lap - bike hand-offs at exchange. Beer garden and live music. Start at 4:00pm., main at 7:00pm. 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. Attendees will leave armed with new knowledge, contacts, and new bike skills. Unique opportunity to gather up-to-date information and materials addressing the rapidly evolving sport of mountain biking. www.worldmountainbikeconference.com

Jun 21: Adventure Cycling Association Party

Kent, WA. The association turns 30. Come celebrate www.adventurecycling.org

JULY

Jul 19: Ray Thomas' Bicycle Legal Clinics

Portland, OR. 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

Jul 22: Seattle Night & Day Challenge

Seattle, WA. Using a map, visit as many urban checkpoints as you can in 3, 7, or 16 hours. Cascade Orienteering Club, 206-367-0839, www.nightanddaychallenge.com

CAMPS

JUNE

Jun 17-18: Sugoi Dirt Series

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

Jun 23-25 & Jun 28-30: DevineRIDE Women's Mountain Bike Camps

Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as bike fit and maintenance seminar for riders of all levels. Cindy Devine / Kirsty Exner, 250-362-7378, www.devineride.com

JULY

Jul 8-9: Sugoi Dirt Series

Ketchum, ID. MTB camps for women. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Also available in Portland, OR July 15-16 and Bend, OR on July 23-24. Candace Shadley, 604-905-8876, www.dirtseries.com

RACE SERIES

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 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 Int'l Raceway. Tuesday Series. Jeff Mitchem, 503-233-3636, 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 events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Overall calculated using a points system. Event dates - 4/9, 4/30, 6/4, 7/8, 8/27 identified as LAJORS. David Schilling, 206-619-1355, www.wsbaracing.com

Apr 9-Aug 27: WSBA Junior Tour

Seattle, WA. 11-event series for junior riders. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Overall standings calculated on points. Event listed as WSBA JR. David Schilling, 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. BuDu Racing, 206-625-8333, www.buduracing.com

Apr 11-Aug 22: Spokane Twilight Series

Spokane, WA. 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. Baddlands CC, 509-456-0432, www.baddlands.org

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

Kent, WA. Cat 4, and Cat 3. Points awarded to the first 5. Riders with most points win. Registration opens at 5:30pm, closes at 6:50pm. Race starts at 7:00pm. BuDu Racing, 206-625-8333, www.buduracing.com

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 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 Int'l 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-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

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. 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

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 15-Aug 28: Monday Night 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. 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. Short Track XC series at Rota run. B race at 6:20pm., Shimano youth series @ 7:10pm, and A race @ 7:30pm. Registration opens at 5:00pm. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 1-Aug 7: Southern Oregon Thursday Nighters

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

Jun 5-Jul 31: True Amateur Criterium

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

Jun 6-Aug 29: Masters & Juniors 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. Traditional flat, wide open 1km course is always fast. Primes every night. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jun 7-28: Fresh Air Duathlon

Bend, OR. Have some fun and assess your fitness on this TT. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jun 7-12: 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 6pm. Benefit the Oregon Food Bank Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jun 18-Jul 12: Larch Mountain Hill Climb Series

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

Jun 18-Aug 13: Willamette Pass DH

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

Jul 10-Aug 13: Portland MTB Short Track Series

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

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

Silvana, WA. The speed and intensity of criterium racing meets the wide open tactics of road racing. Skagit Flats. James Gillette, 253-853-5316, www.broadmarkcycling.com

MULTISPORT

JUNE

Jun 3: Gap2Gap 2005

Yakima, WA. Race comprised: 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. 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 7, 14, 21 & 28: Fresh Air Duathlon

Bend, OR. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jun 17: Clean Air Duathlon MTB Benefit Challenge

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

Jun 17: Five Mile Lake Triathlon/Duathlon

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

Jun 17: Solstice Triathlon

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

Jun 24: Mind Over Mountain Adventure Race

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

JULY

Jul 1: Five Mile Lake Women's Triathlon

Federal Way, WA. 400m swim /14mi bike /5km run. Mail registration must be received by June 19. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. DuBu Racing, 253-334-4433, www.buduracing.com

Jul 9: Vashon Island Off-Road Triathlon

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

Jul 15: Clackamas River Runoff

Estacada, OR. Off-road Duathlon and Triathlon on the beautiful roller-coaster trail system in Milo McIver State Park. Rogue Multi-Sport, LLC, 503-327-5531, www.RogueMultiSport.com

Jul 16: Valley Girl Triathlon

Liberty Lake, WA. Women's only sprint distance triathlon in the Spokane area. 0.5-mile swim, 11.5-mile bike, 3-mile run. Individual and team entries. Kids' event for 12 and under. Distance varies with age. Marla Emde, 509-326-6983, www.valleygirltri.com

Jul 22-23: Moonlight Basin Off-Road Triathlon

Big Sky, MT. Saturday - short course triathlon. Sunday Nissan Xterra Points Series event - 1000 yard swim, 14-mile MTB ride, 5-mile run. Pre-race event the two weeks before. Big Sky Endurance Sports, 406-995-7138, www.moonlightbasin.com

MOUNTAIN BIKE RACING

JUNE

Jun 3: Bavarian Bike & Brews Fest- In-die #5

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

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Jun 3: Kelly Canyon Knobby Challenge
Idaho Falls, ID. Start with a gravel road climb back onto double track and down the new fence line trail. A steep, technical drop down to the scenic Hawley Bridge Gulch. Descend the Poison Flat trail, climb Kelly Mountain, and down Moose Run. Qualifier for NORBA championship. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

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

Jun 7, 14, 21 & 28: Wood River Cup
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. www.cycling.bc.ca

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

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

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

Jun 17: Test of Metal
Squamish, BC. Marathon event. Brennan Park Leisure Centre. Very demanding XC course with over 1,200m of climbing and 35km of singletrack. 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, LeMans style-start. Everyone rides the same course. Long climbs and descents, deep woods and awesome singletrack. Your chance to test yourself, one-on-one, against the best. Held in conjunction with the Idaho City Arts & Crafts Festival. Wild Rockies, www.wildrockies.com

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

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

Jun 24-25: Soldier Mountain XC/DH-Fairfield, ID. Epic XC. Qualifier for NORBA National Championship. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jun 24: Surrey Bike Fest
Surrey, BC. Annual event - dirt jump jam, gear swap, pro demo riding, trade show and 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. 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

JULY

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

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

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

Jul 2: Urban Assault Short Track Cross Country
Boise, ID. Short Track XC Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

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

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

Jul 8: Midsummer's Night MTB Race
Alega, OR. Come out and race as the sun is setting. Bring your lights as half or more of the race will take place in the dark. All OBRA Mtn categories offered as camping and fun await you. Mike Ripley, 541-342-1493, www.mudslingerevents.com

Jul 10, 17, 24 & 31: Portland MTB Short Track Series
Portland, OR. At PIR. See Race Series for details. Kris Schamp, 503-466-9007, www.portlandracing.com

Jul 15-16: Canadian Nat'l Champ.
Sun Peaks, BC. Henry Pejril, Sun Peak Resort, 250-578-7222, www.sunpeaksresort.com

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

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

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

Jul 20-23: USA Cycling MTB National Championships
Mammoth Mountain Resort, CA. www.usacycling.org

Jul 22-30: Crankworx Freeride Festival & Canada Cup
Whistler, BC. Nissan Biker X, Air Downhill, Garbanzo DH and Slopestyle Expression Session. Events open to pro, amateur and junior categories. Canada Cup XC and DH presented on the first weekend. Whistler Events Bureau, 604-938-3399, www.crankworx.com

Jul 22-23: Greenwater Gamble - Indie Series #8
Greenwater, WA. Saturday Indie Series XC MTB Race, Sunday Short Course Race (not part of the Indie series. Poker run, BBQ. www.indieseries.com

Jul 22-23: Oakridge Fat Tire Festival
Oakridge, OR. 25 categories offered from Beginner 14 and under to Pro. Singletrack with some gravel roads to connect the trails. Part of Oregon MTB Series. Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jul 23: Gear Jammer Marathon
Squamish, BC. Singletrack lovers will enjoy this course greatly. Mass start, point to point through Squamish singletrack. Limit 500 riders. "D" level race. Curtis Roberts, SORCA, 604-892-9296, www.gearjammer.ca

Jul 23-23: Tim Hortons DH Nationals
Whistler, BC. Part of Crankworx - Canada Cup XC on Saturday, and National DH on Sunday. Whistler Events Bureau, 604-905-2036, www.crankworx.com

Jul 29: Bordertown Challenge
Oasis, NV. One big loop race with deep dark woods and huge climbs as well as long descents. 12-30 miles long depending on ability. Elevation range 6000-9000ft. XC event part of the Wild Rockies Series. Ron Dillon, Wild Rockies, www.wildrockies.com

Jul 29-30: Mt Washington Canada Cup
Mount Washington, BC. Mount Washington MTB Open - XC on Saturday, DH on Sunday. Mike Manara, Mount Washington Resort, 888-231-1499 Ext. 744, www.mountwashington.ca

Jul 29-30: Shiloh's Showdown
Mt. Hood, OR. Saturday DH training and Sunday race. Mt. Hood Skibowl DH Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

MOUNTAIN BIKE TOURING

JUNE

Jun 17-18: Cycle Idaho
Boise, ID. Cycle from Boise to Idaho City and back. Camp over 1 night. Cycle Idaho, 208-288-2327

Jun 18-Jul 1: Ecuador: Andes to the Amazon
Ecuador. Fundraiser and cultural / natural heritage tour of Ecuador. Ibike Tours, 206-767-0848, www.ibike.org/ibike

Jun 18-24: Oregon Coast
Astoria, OR. Quiet farmlands and forest. Starts in Astoria, visit Tillamook, the Three Capes Scenic Route, the Oregon Dunes and more. R.E.M Event Management, 800-242-1825, www.great-explorations.com

JULY

Jul 7-9: Sea to Sky Trail Ride
D'Arcy to Whistler, BC. 50km of off-road trail ride in the spectacular Whistler area. Plenty of food and secure camping at Riverside Campground in Whistler. Robbin McKinney, R.E.M Event Management, 800.242.1825, www.great-explorations.com

Jul 15: Pedal the Pinchot
Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St Helens. 4 routes: 30, 32, 49 and 88 miles. Start line open at 6:00am / close at 6:00pm at Sweift Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

Jul 23: 12th Annual MTB Poker Run
Belfair, WA. Tahuya State Forest. For all skill levels and abilities, including families with children. Separate kids course. Marked trails through lush forest, with stations for card drawing. Best hands at the finish wins. Registration 8:00 - 11:00am at the Tahuya River Camp. Single Track Mind Cycling Club, 360-697-1491, www.stmcc.org

ROAD RACING

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. 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

Jun 1, 8, 15, 22, 29: Southern Oregon Thursday Nighters
Ashland, OR. See Race Series for details. Ed Garfield, 2338 Taylor Road, Central Point, OR, 97502. 541-840-0713, www.obra.org

Jun 3, 10, 17, 24: Hailey Criterium 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
Eugene, OR. See Race Series for details. Sal Callura, Co-Motion Classic Racing, OR, 541-747-3336, www.obra.org

Jun 6, 13, 20, 27: Pacific Raceways RR
Kent, WA. See Race Series for details. 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 Criterium
Eugene, OR. See Race Series for details. Sal Callura, Co-Motion Classic Racing. www.obra.org/schedule/2006/index.html

Jun 6, 13, 20, 27: World Tuesday Night Championships
Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

Jun 7, 14, 21: Mt. Tabor Series
Portland, OR. See Race Series for details. Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jun 9: Make the Dash Count - Criterium
Prosser, WA. Criterium race through downtown Prosser. Start at 6:30 pm. Enjoy wine tasting and live music following the race. Saturday - Metric century, BBQ and auction. The Dash raises funds for at-risk youth. Life is not a dress rehearsal, so make your dash count! Make the Dash Count Foundation, 253-265-3181, www.makethedashcount.com

Jun 9: Eagle Criterium
Eagle, ID. 208-884-1925, www.georgescycles.com

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

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

Jun 13, 27: Tuesday Nighter Series
Boise, ID. See Race Series for details. www.lostrivercycling.org

Jun 13, 20: Tuesday PIR Series
Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

Jun 14 & 21: Bend Crit & TT Series
Bend, OR. Wednesday night racing. June Series. See Race Series for details. Criterium two starts. Tim Plummer, www.bendcycling.org/series/schedule.htm

Jun 17: Brockton Criterium & Stanley Park Festival
Vancouver, BC. Technical circuit race through Vancouver's Stanley Park. Wide sweeping straightaways and narrow twisting ascents. 2.6km circuit. All categories. Part of the Stanley Park Bike Festival. Allistair Barrett, Stanley Park Bike Festival Society, 604-328-1345, www.stanleyparkbikifest.ca

Jun 17: Gannett-Roubaix
Hailey, ID. 208-726-9046, 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@nwinfn.com

Jun 18: Larch Mountain Hill Climb Series #1
Corbett, OR. See Race Series for details. Ernie Conway, 503-329-7978, www.obra.org

Jun 18: WA State Masters Criterium Championships - Seward Park
Seattle, WA. Seward Park. Raindrop shaped 0.8-mile loop. Has a 200m long hill each lap. \$20 per race or \$30 for two races. Junior races \$10. Day of race registration only - opens at 8:00am, closes 10 minutes before each race. Counts for WA BARR points. Part of WBSA 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 the Point Grey Fiesta Day. Proceeds go to the BC Cancer Foundation. Jonathan Wornell, 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. A 3-day, 4-event, timed stage race. Long challenging courses with a lot of climbing. Criterium is 1-mile flat with 6 corners. TT is flat out and back course. Men - Pro 1/2, Men 3, Men 4/5, Men masters 40+, Women Pro 1/2, Women 3/4. Activities for entire family. Nathan Hobson, 503-679-5190, www.elkhornclassic.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, 808-726-7693, www.durance.com

Jun 24: Sidney Twilight Grand Prix
Sidney, BC. Downtown Sidney - figure 8 course. Race from 6:00-9:00pm. Cat 3/5 W. Cat 4/5 M. Cat 1/3 M. 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 CC, www.baddlands.org

Jun 29-Jul 2: Canadian Road Nationals
Quebec, QC. All categories. Road, time trial and criterium. CCA, www.canadian-cycling.com

JULY

Jul 1: Capital Criterium - WA Sr Crit Championships
Olympia, WA. Twisting 0.7-mile course on the Capitol Campus. Fairly technical short uphill just before the finish. NWWC event. Counts for WA BARR points. Brandon Archibald, Olympia, WA, www.cbcracing.org

Jul 1: Conch Y Toro Yaletown Grand Prix
Vancouver, BC. Exciting and fast course which winds through historic Yaletown, making it easily accessible for spectators. Technically challenging course, reaching speeds as high as 70km per hour! Trek Red Truck Racing, 604-328-7370, www.trekredtruckracing.com

Jul 1: Oregon Rehearsal RR (part 2)
Eugene, OR. State Championship. Richard Sweet, Sweet Sports, 514-517-0685, www.bicycleyway.com



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Proceeds going to the Seattle Basket Brigade, helping to feed those in need.

Jul 2: Cycle a Downhill
Ashland, OR. Jana Jensen, www.obra.org

Jul 2: Des Moines Criterium
Des Moines, WA. Rob Anderson, www.wsbaracing.com

Jul 2: Mt. Tabor Circuit
Portland, OR. Oregon Cup #5. Nathan Hobson, 503-652-3763, www.obra.org

Jul 2: Wood River Challenge TTT
Hailey, ID. 208-726-0946, www.sawtoothvelo.org

Jul 3, 10, 17, 24, 31: Monday Night PIR
Portland, OR. See Race Series for details. Jim Anderson, 503-975-8229, www.obra.org

Jul 3, 10, 17, 24, 31: True Amateur Criterium Series
Eugene, OR. See Race Series. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.obra.org

Jul 4: Joe Matava Memorial Classic Criterium
Burien, WA. Junior State Championships. Flat course, non-technical, wide lane on smooth pavement. Counts for WA BARR points. Part of WSBA Juniors Tour. Dave Bachman, WheelSport Cycling Team, 253-852-4946, www.wheelsportcycling.com

Jul 4, 11, 18, 25: Tuesday PIR Series
Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

Jul 4, 11, 18, 25: World Tuesday Night Championships
Vancouver, BC. Road racing every dry Tuesday (rain = no race). Escape Velocity, www.escapevelocity.bc.ca

Jul 5: Bend Criterium/Time Trial Series
Bend, OR. Wednesday night racing series. July Series. Criterium. Tim Plummer, www.obra.org

Jul 5, 12, 19, 26: Hailey Criterium Series
Hailey, ID. See Race Series for details. 208-726-0946 ext 1, www.sawtoothvelo.org

Jul 5, 12: Mt. Tabor Series
Portland, OR. See Race Series for details. Clark Ritchie, River City Bicycles, 503-233-5973, www.mttaborseries.com

Jul 5-16: Road Nationals: Junior, Senior and Masters
Salt Lake City, UT. www.usacycling.org

Jul 6, 13, 20, 27: Coastal Thursday Evening Challenge
Richmond, BC. Criterium. See Race Series. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jul 6, 13: Pacific Raceways Women's RR
Kent, WA. See Race Series for details. BuDu Racing, 206-625-8333, www.buduracing.com

Jul 6, 13, 20, 27: Seward Park Criterium
Seattle, WA. See Race Series for details. David Douglas, Pozzo Velo, www.pazzovelo.com

Jul 6, 13, 20, 27: Southern Oregon Thursday Nighters
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jul 8: Redmond Derby Days
Redmond, WA. America's longest running bicycle race. Flat fast 0.5-mile loop in downtown Redmond. Racing from 2:00 - 8:00pm. Part of WSBA Juniors Tour and LAJORS Brian Oster, Pro-Motion Sports, 206-729-9972, www.promotionevents.com

Jul 9: Lonsdale Classic - Provincial Crit Championships
N. Vancouver, BC. Junior series event. Team Coastal, 604-983-2765, www.teamcoastalcycling.com

Jul 9: Ravensdale-Cumberland RR
Ravensdale, WA. Course is a rolling 28-mile loop in rural SE King County that features one very short and steep (20%) climb. 4 Corners Cycling Team, www.vision4corners.com

Jul 9: Tour De Boise
Boise, ID. 208-343-3782, www.georgescycles.com

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

Jul 11: Spokane Twilight Series
Spokane, WA. Located at SRP. Circuit race. See Race Series for details. Baddlands CC, 509-456-0432, www.baddlands.org

Jul 11, 18: Tuesday Nighter Series
Boise, ID. See Race Series. www.lostrivercycling.org

Jul 11, 18, 25: Twilight Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, www.obra.org

Jul 12, 19 & 26: Bend Crit / TT Series
Bend, OR. Wednesday night racing series. Time Trial - 12 miles Tim Plummer, www.obra.org

Jul 12-16: Cascade Cycling Classic
Bend, OR. Brad Cockman, Mt. Bachelor Ski Education Foundation, 4409 SW Dosch Rd., Portland, OR, 97239. 503-806-6943, www.cascade-classic.org

Jul 15-17: Tour de White Rock
White Rock, BC. Friday: 2-up hill climb (700m/16%); Saturday: road race with long steep climb and quick descent; Sunday: twilight criterium - 1km circuit. \$10,000 price list. UCI license not required. Part of BC Cup Series. Megan Blaker, White Rock Leisure Services, 604-541-2161, www.city.whiterock.bc.ca

Jul 16: Lake Washington Velo Circuit Race #1
Silvana, WA. See Race Series for details. Broadmark Capital Cycling Team, www.broadmarkcycling.com

Jul 18: Spokane Twilight Series
Spokane, WA. Chapman Lake course. Road race. See Race Series for details. Baddlands CC, 509-456-0432, www.baddlands.org

Jul 18: Tuesday Nighter Series
Boise, ID. See Race Series. www.lostrivercycling.org

Jul 19: Tour de Gastown
Vancouver, BC. Criterium in downtown Vancouver. Super fast 1.2km course. 2 races, Men Pro 1/2, Women Pro 1/2/3. Start at 6:00pm. \$15,000 cash prize. Part of BC Superweek. Jonathan Wornell, Wedgewood Cycling Team, www.tourdegastown.com

Jul 20-23: Co-Motion Classic Tandem Stage Race
Eugene, OR. The World's Premier Tandem Stage Race. Five stage event, a prologue, a TT, a criterium and 2 road. Kent Peterson, Sal Collura, www.co-motion.com/CC TandemRace.html

Jul 21-23: Tour de Delta
Delta, BC. Friday - Brenco Hill Climb, Saturday - Lehigh Cement Twilight Criterium, Sunday - White Spot Road Race. Final weekend of BC Superweek \$20,000 cash prizes. Part of BC Cup Series. John McMurchy, Municipality of Delta, 604-952-3545, www.tourdedelta.bc.ca

Jul 22-23: BYRDS - 3rd Annual Junior Stage Race
Boise, ID. Part of LAJORS Junior Stage Race. David Bartle, 208-377-4507, www.byrdscycle.com

Jul 22: Co-Motion Criterium
Eugene, OR. Same day and course as the Tandem Stage Race Criterium. Race your single, and then stick around to watch the greatest spectacle in bike racing. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.co-motion.com

Jul 22-23: Granby River Road Race
Grand Forks, BC. 4.2 km time trial Saturday, 7.4 km road race Sunday. Part of BC Masters Cycling Series Grand Forks CC, www.grandforkscyclingclub.com

Jul 22-23: Race Across Oregon
Portland, OR. Ultra-cycling event. Challenging 538-mile route through the Cascades. RAAM qualifier. Solo, tandem, masters, 2- & 4-person relay teams. George Thomas & Terri Gooch, 541-738-0549, www.raceacrossoregon.com

Jul 22: WA State TT Championships
Spokane, WA. Counts for WA BARR points. Part of WSBA Junior Tour. Pre-registration only. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jul 23: Larch Mountain HC Series #2
Corbett, OR. See Race Series for details. Ernie Conway, 503-329-7978, www.obra.org

Jul 23: Rosalia - Rock Lake Classic
Spokane, WA. A 64 mile road race through the rolling hills of the Palouse. Several climbs and an in-town finish. Race starts at 8:30am. Cash prizes awarded in eight categories. Spokane Rocket Velo Cycling Team, 509-467-2453, www.spokanerocketvelo.com

Jul 25: Spokane Twilight Series
Spokane, WA. Lincoln Park Criterium. See Race Series for details. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jul 25: Tuesday Night Half-Bogus Ride
Boise, ID. See Race Series for details. www.georgescycles.com

Jul 27-30: BC Summer Games
Kamloops, BC. Cycling events for participants from all zones. Need to meet qualification requirements. Cycling BC, www.cycling.bc.ca

Jul 28: Whale of a Criterium
Silverdale, WA. Flat downtown criterium on a 1-mile circuit with 7 turns. Evening event in old downtown Silverdale. Good pavement. Open to Cat 4/5 Men (start at 6:00pm), and Cat 1/2/3 men (7:00pm start). Kid's event. Cash prize. Part of Whaling Days Festival. Peter Braun, www.ridgeracing.org

Jul 29: Beaverton Grand Prix
Beaverton, OR. Dave Levy, 503-621-9670, www.obra.org

Jul 29: Garden Creek Gap
Pocatello, ID. 208-282-2503, 208-233-0951

Jul 29: Mt. Seymour HC Challenge
N. Vancouver, BC. 12.2km of the steep, unforgiving and twisting road to the summit at 1,020m. Start at Parkgate Community Centre at base of Mt. Seymour. Junior series event. Barbara Zimich, Team Coastal, 604-983-2765, www.teamcoastalcycling.com

Jul 29: Stanley Challenge
Boise, ID. RR event. Jeff Gasser, 208-867-2488

Jul 29-30: Twin City Cycling Classic
Centralia, WA. Jack Racker, www.cbcracing.org

Jul 30: Ken Meyer Memorial Criterium
Bellingham, WA. Technical 8 corner course. Slight rise to the finish, 1 hairpin turn. The course is in the heart of Bellingham. Charlie Heggem, www.meyermemorial.org

Jul 30: Pocatello Downtown Criterium
Pocatello, ID. 208-282-2503

Jul 30: Vancouver Courthouse Criterium
Vancouver, WA. Carl Anton, 360-695-7088, www.obra.org

ROAD TOURING

Jun 3: Sunrise Apple Century Ride
Wenatchee, WA. 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. Wenatchee Sunrise Rotary, 509-664-3366, www.wenatcheesunrise.org/century

Jun 3-4: Treasure Valley MS Bike Tour
Boise, Idaho. Scenic ride through SW Idaho with a variety of route choices. Families can meet 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 3: Wheels to Meals BAW
Puyallup, WA. A fundraising bike ride to support the Food Connection - Pierce County's largest food bank. Features 20 and 50 mile loops. Kevin Glackin-Coley, 253 383-5048 ext. 102

Jun 4-5: 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 BAW
Southworth and Gig Harbor, WA. 2 start locations. 31, 62 or 100 miles on the waterfront and through the rolling peninsula countryside. Tacoma Wheelmen's Bicycle Club, 253-884-4473, www.tbwc.org

Jun 5-10: Bryce-Zion Camping
St. George, UT. Camping under the clear desert sky. See the wonders of Bryce and Zion national parks, and 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: Make the Dash Count
Prosser, WA. Metric century, wine tasting, BBQ and silent auction. The Dash raises funds for at-risk youth. Visit this beautiful wine region. Also include a criterium and kid's race on Friday night. Life is not a dress rehearsal, so make your dash count! Richard Beightol, Make the Dash Count Foundation, 253-265-3181, www.makethedashcount.com

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: 7-11:30am. Some hills on the 3 longer courses, others are flat. Tour benefits Terry Reilly Health Services Zero Pay Fund. Ann Sandven, 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 Lake Chelan Valley. Includes notorious McNeil Canyon. Chelan Family Ride and Boat Cruise on a charter yacht owned by Dean Martin. Lake Chelan Rotary, 509-682-1500, www.centuryride.com

Jun 10-11: 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. Bike 2 Bike, 801-677-0134, www.bike2bike.org

Jun 10: Strawberry Century
Lebanon, OR. 56, 76 or 101 sweet miles in the Willamette Valley. Registration 7-10:00am. Santaim Spokes Bicycle Club, 503-394-3696, www.santaimspokes.org

Jun 3: Sunrise Apple Century Ride
Wenatchee, WA. 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. Wenatchee Sunrise Rotary, 509-664-3366, www.wenatcheesunrise.org/century

Jun 10: Triple Mountain Challenge
Vancouver, BC. Start at Grouse Mountain parking lot at 8:00am. Less than 200km on North Shore route. Danelle Lairlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Jun 11-17: Big Horn
Cody, WY-MT. Seven-day trip. Ride in the Absaroka, Beartooth, Pryor and Bighorn mountain ranges. Average 62 mile per day. Include 1 day off. Also available 8/6 Noo Funteers Bicycle Vacations, 866-539-2453, www.nooFunteers.com

Jun 11-16: California Wine Country
Santa Rosa, CA. 6 day tour explores Napa & 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 & Parks Ride
Illinois, IL. GITAP is a 7-day celebration of bicycling in northern Illinois along trails, paths, and state parks. Chuck Oestreich, 309-788-1845, www.bikelib.org

Jun 11: Native Planet Classic
Winthrop, WA. Ride 4 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 the coast, yet don't want to camp. Fully supported, average 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 6/18 and 6/25. 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. Meander through the lush rain forest, travel along the Coast and ride through the pastoral Willamette Valley. Intermediate or above. Also Available: August 27. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Jun 11: Watermelon Rides
Rickreall, OR. Start at Polk County Fairgrounds. Routes mostly flat with some rolling hills. 50, 100, 125 & 200 miles. Salem Bicycle Club, www.salemclub.org

Jun 17: Cannonball
Seattle, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles. Timed event. Good preparation for S2S. Redmond Cycling Club, 206-523-7404, www.redmondccyclingclub.org

Jun 17: Flying Wheels Summer Century
Redmond, WA. 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 -
Fort St John, BC. Randonneur event. 600 km Brevet. See website for details. Wim Kok, 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 along Hwy. 330 east of Cascade. The 40- and 100-mile routes follow the Missouri River. 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 18-23: Fluffy Bed in the Big Woods
Bend, OR. Same route as Towering Trees Tour, but stay in motels, lodges and B&B's. Intermediate. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

NORTHWEST JUNIORS RACING SERIES
2006 WSBA Juniors Tour Calendar

June 18	First Rate Mortgage Seward Park Crit 2	Seattle
July 4	Junior State Criterium Championships	Burien
July 8	Derby Days Criterium	Redmond
July 22	State Time Trial Championships	Cheney

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Jun 18-24: Glacier National Park
Albuquerque, NM. Challenging 7 day tour. Ride Glacier Park, climb Logan Pass and bike Waterton National Park in Canada. 44 mile per day. Available on 6/25, 8/20 and 8/27. Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

Jun 18-26: Northwestern Tour
Astoria, OR. Fully supported 8-day, 620-mile bicycle tour from Astoria, OR to Boise, ID. Bill Lannon, America by Bicycle, 888-797-7057, www.abbike.com

Jun 19: San Juan Islands 4-Day
Seattle, WA. Best for people with limited time or who are newer to bicycle touring. Fully supported. All levels. Bicycle Adventures, www.bicycleadventures.com

Jun 23-25: Yakima Valley Wine Tour
Sunnyside, WA. 3 days, fully supported tour includes 2 nights of lodging and 7 meals. Spokane Parks and recreation, 509-625-6246, www.spokane-parks.org

Jun 23-30: Tour of the Willowa
Union, OR. Seven days through mountains of NE Oregon, including Willowa Lake, Hells Canyon. 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 the largely rural, scenic Walla Walla Valley. Starts and ends at L'Ecole Winery in Lowden. Live music, full lunch buffet and L'Ecole premium wines. \$80. Proceeds benefit the Ann Weatherill Memorial Fund, through the Blue Mountain Community Foundation. Patty Froke, 509.337.8668, frokpa@smmc.com

Jun 24-30: Canadian Gulf Islands
Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands. Cycling, 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 3-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. 376-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Follows the Columbia River Gorge to Astoria on the Pacific Ocean. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jun 24: Mountain Extreme 200km
Vancouver, BC. MX 200. Start at Westmount Park & Ride, 7am. North Shore route. 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, Jennifer Benton, www.ratpod.org

Jun 24-27: SIR Cascade 1200
Monroe, WA. Four-day, 90-hour time limit. Experience much beauty from the Columbia Gorge in the south to the North Cascades. 1000 km ACP & 200 km brevet (Jun 27) also available. 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, Organic Athlete, 866-258-6179, www.tourdorganics.com

Jun 24: Tour de Blast
Toule, WA. 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. 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 Picket Herb Farm
Stanwood, WA. A full day of exercise, gardening, and good food. Start with a 23-mile ride on Camano Island. Tour White Picket Herb Farm and learn secrets to sustainable gardening. Women only. Changing Gears, 206-824-3401, www.changinggears.com

Jun 25: The Barlow Trail Century
Portland, OR. Premier event on stunning 40/60/100 mile routes over choice roads through the Sandy River Valley and Mt. Hood National Forest. Register at ORBike.com Jason Bietz, River City Bicycles, 503-233-5973, www.rivercitybicycles.com

Jun 25: Tour de Pierce
Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open from 8:00am to 3:30pm. Start/finish Western Washington Fairground. 12-mile route - flat and easy. Benefit Sprocketwoman program. Sheila Pudists, Pierce County Parks, 253-798-4177, www.piercecountywa.org/parks

Jun 25-Jul 1: Willowa Mtn Rambler
Baker City, OR. Circumnavigate the Willowa Mountains, known as the "Alps of Oregon," with a side trip to the rim of Hells Canyon. Intermediate or above. Also Available: July 9 and August 6. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Jun 26-Aug 12: Big Ride Across America
Seattle, WA. 48-day fundraising cross-country ride from Seattle to Washington, DC. Experience America! Charlie Vanderburg, American Lung Assoc. of WA, 206-441-5100, www.bigride.org

Jun 30-Jul 3: Northwest Tandem Rally
Corvallis, OR. Ride the Willamette Valley. Mild temperatures and easy access to the Pacific Ocean, the Cascade Mountains, and the high desert of Eastern Oregon. Ride one of the most bike-friendly communities in the country. Mid Valley Bicycle Club, www.nwtr.org

JULY

Jul 1-4: 1000km Brevet
Peace Region, BC. See web for details. Wim Kok, 250-785-4589, www.randonneurs.bc.ca

Jul 1: Ballard Street Scramble
Seattle, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Cascade Orienteering Club, 206-367-0839, www.streetscramble.com

Jul 1-4: Canada Day 1000 Brevet
Peace Region, BC. Wim Kok, 250-785-4589, www.randonneurs.bc.ca

Jul 1: Canada Day 139 Populaire
Fort Langley, BC. Open to everyone. Starts at Fort Langley, 8 to 9:30am. 139km. Ali Holt Roger Holt, 946-8438, www.randonneurs.bc.ca

Jul 1-8: Glacier - Banff - Jasper
Whitefish, BC. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and US. Rockies. Intermediate to advanced levels. Also available: July 8, July 15, July 22, & July 29. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 1-16: Permaculture & Sustainability
Portland, OR. Ride through the lush Willamette River Valley. Visit progressive organizations with whom we will work. Also available: Aug 5. Portland Peace & Justice Center, 503-239-8426, www.portlandpeace.org

Jul 1-8: San Juan Mountains - Part 1
Grand Junction, CO. Climb heaven with outstanding scenery - bike through the snow capped San Juan Mtns and the Collegiate Range. Fully supported. Average 83.5 mile per day, 1 day off. Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

Jul 2-7: Bryce-Zion Bike
St. George, UT. Bicycle and hike in Bryce Canyon and Zion national parks. See red rock sculptures. 6 days. Also available: July 9. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 2-7: Oregon Coast Budget
Eugene, OR. Biking, hiking. A more economical way to explore Oregon's coast, yet don't want to camp. Fully supported, this ride averages 45 miles/day. Also available 7/9 & 7/23. 800-443-6060, www.bicycleadventures.com

Jul 5-9: VanIsle 1200 Brevet
Vancouver Island, BC. Only limited support. The route is a slightly expanded version of the popular "Island End to End" 1000km route. Check website for details. Doug Latornell, BC Randonneurs, 604-734-2504, www.randonneurs.bc.ca

Jul 8-9: Bicycling and Hiking Weekend
Sequim, WA. Lavender is flourishing on the Olympic Peninsula of WA State. Weekend of bicycling and hiking around the Sequim area. Stops at Jardin du Soleil Lavender Farm, and hike to the lighthouse at the end of Dungeness Spit. Women Only. Changing Gears, 206-824-3401, www.changinggears.com

Jul 8-14: Canadian Gulf Islands
Victoria, BC. Tour the Canadian Gulf Islands. Cycling, hiking, and kayaking are included. 7 days, all levels. Also available: July 22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 8-14: Cycle the Divide Montana
Missoula, MT. 245-mile journey begins in Whitefish and ends in Lincoln. 7-day catered and van-supported event. Return shuttle included. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org/

Jul 8: Seattle to Spokane (S2S)
Seattle, WA. Ultramarathon one-day, 284-mile ride on SR-2. No support. More hills than Cannonball - total climbing 12,000ft. Start at Lake City Fred Meyer at 2:00 a.m. No official rest stop. Support drivers allowed. Redmond Cycling Club, 206-523-7404, www.redmondcyclingclub.org

Jul 8: SIR 100km Populaire (RUSA)
tbc, WA. Summer populaire - event open to all. Paul Johnson, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerandonneur.org

Jul 8: Tour of the Coeur d'Alenes
Wallace, ID. 1-day tour on the Trail of the Coeur d'Alenes. Includes breakfast, dinner and food stops. Round & Round Productions, 509-455-7657, www.roundaround.com

Jul 9-14: California Redwood
Santa Rosa, CA. Hiking and biking tour through the redwood forest. Combines California Wine Country with majestic redwood forests and the beautiful California coast. 6 days, all levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 9-15: San Juan Mountains - Part 2
Grand Junction, CO. Ride the snow capped San Juan Mtns and along the rivers in arid and semi-arid desert. Beautiful scenery. Fully supported. Average 80 mile per day, 1 day off. Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

Jul 12-16: Red-Spoke
Redmond, WA. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Redmond Rotary Club, 206-298-9288, www.redspoke.org

Jul 15-16: Group Health Seattle to Portland Bicycle Classic (STP)
Seattle, WA. Largest multi-day ride in the Northwest, up to 8,000 cyclists. Ride 200 miles in 1 or 2 days. Start parking lot University of Washington. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jul 15: Halfmoon 100 & 200km
Gibson, BC. Start at Gibson's, 9am. Route: Sunshine Coast. Robert Irvine, BC Randonneurs, 604-885-1044, www.randonneurs.bc.ca

Jul 15-21: Oregon - Crater Lake
Oakridge, OR. Bike on side roads and the Oregon Coast bike route, and hike along headland trails. Also available July 22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 15: Oregon Ultimate Road Ride
Bend, OR. 210-mile road ride from Sisters to Bend... the long way! 3 major climbs, lots of rollers in between make this one of the toughest road rides in Oregon. Fully supported. Includes maps, food stop, sag & t-shirt. Special rewards for finishers. Limit: 50 riders. Hutch's Bicycles, 541-382-6248, www.hutchsbicycles.com

Jul 15: Pedal the Pinchot
Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St. Helens. 30, 32, 49 and 88-miles. Start line open at 6:00am/ close at 6:00pm at Sweiff Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

Jul 15-16: Snake River MS Bike Tour
Idaho Falls, ID. Discover the beauty of the South Fork of the Snake River as it winds through Eastern Idaho. Overnight camping dinner and entertainment. 55-100 miles. Benefits the National MS Society - Idaho Division, 208-336-0555

Jul 16-27: Blue Mountain Magic
Troutdale, OR. Visit the western-most segment of the Oregon Trail and celebrate the magnetic beauty and allure of the Oregon. Ends in Boise, ID. Timberline Adventures, 800-417-2453, www.timbertours.com

Jul 16-22: Elkhorn Ridge Rambler
Baker City, OR. Travels through expansive ranch country of Eastern Oregon. Wind up and down impressive canyons and travel along high meadows. Intermediate and above. Also Available: Aug 6. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Jul 16-22: Tour BC
Hope, BC. 7-day supported road tour in central BC. Camping with motel options. Unforgettable cycling in British Columbia. Travel the Frazer Canyon to Lillooet, visit Kamloops, Merritt and Hope. Danelle Laidlaw, 877-606-2453, www.tour-bc.net

Jul 17-21: Mt Evans
Idaho Springs, CO. Five-day trip for those looking for a challenge, bike the highest paved highway in the USA and climb 14,264 ft. high Mt. Evans. Average 48 mile per day. Also available 7/31. Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

Jul 21-23: Cycle Oregon - The weekend
Champoeg State Park, OR. 2-day event. Discover Oregon. Tara Corbin, Cycle Oregon, 800-292-5367, www.cycleoregon.com

Jul 22-23: Back Road 400
Mill Bay, BC. Begins at Tim Horton's, 6am. 400km. R. Parker, 250-388-5365, www.randonneurs.bc.ca

Jul 22-28: Cycle Montana
Missoula, MT. 321-mile journey is highlighted by visits Bitterroot River, Big Hole Pass, Bozeman Hot Springs and more. 7-day catered and van-supported event. Optional 107-mile out-and-back ride on layover day. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org

Jul 22: Tour des Chutes
Bend, OR. Fundraiser for Lance Armstrong Foundation. 75-, 35-, 12- or 6- mile ride. \$45 entry fee includes t-shirt, livestock bracelet, after ride lunch, support, food and rest stops. Proceeds go to Lance Armstrong Foundation and a local cancer organization. Tour des Chutes, 541-389-4515, www.tourdeschutes.org

Jul 23-29: Grand Lake
Fort Collins, CO. Five days of challenging - five mountain passes with grade between six and seven percent. Beautiful scenery. Fully supported. Average 73 mile per day, 1 day off. Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

Jul 23-29: Towering Trees Road Tour
Bend, OR. This 6-day tour traverse some of the most scenic sections of the Cascade Mountains. Advanced. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Jul 27: RAMROD - Ride Around Mt. Rainier. One Day
Enumclaw, WA. Circumnavigates Mt. Rainier for 154 miles and 10,000ft. elevation gain. Lottery entry. Incomparable scenery. Redmond Cycling Club, 206-781-3903, www.redmondcyclingclub.org

Jul 28-30: Uncle Sam's 150 Classic Two-Day Bike Tour
Lakewood, WA. 2-day bike tour benefiting local US armed forces, disabled, and veterans. Day 1: 50mi. Day 2: 100mi. WA State Trail Running, Walking, & Duathlon Club, 253-376-5737, www.humanmultisportspnw.org

Jul 29-31: Rolling the Islands of the Salish Sea
Seattle, WA. IBF fundraiser and cultural/natural heritage tour from Seattle to Victoria. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Jul 29: Summit to Surf
Welches to Hood River, OR. Ride from 10 to 100 miles with up to 9600ft. elevation. All riders finish in Hood River, OR. Supports American Diabetes Association. American Diabetes Association, 800-676-4065, www.SummittoSurf.org

Jul 29-30: The ALS Association DoubleDay
Mt. Vernon, WA. Two day bike benefiting the ALS Association. ALS Association Evergreen Chapter, 425-656-1650, www.alsa-ec.org

Jul 29-Aug 5: Volcanoes of Washington
Seattle, WA. Mt. Rainier, Mt. St. Helens, Mt. Adams, Mt. Hood - all by bike, in fully supported luxury! Also available: August 12. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 30-Aug 4: Bicycle Idaho
Cour d'Alene, ID. 6-day event. Start in Coeur d'Alene. Ride along the lake and rivers of Northern Idaho. Mileage varies from 48 to 88 miles per day. Sandy Green, 541-385-5257, www.oregonbicycleride.org

Jul 30-Aug 3: San Juan Islands - Camp Anacortes
WA. 5 days, all levels, include biking, sea kayaking and hiking. Family version available. Also available: 8/28. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 30: Tour de Kitsap [EAW]
Silverdale, WA. Scenic courses in lovely Kitsap County of 12, 30, 65 and 100 miles, with theme rest stops and full SAG on each route. West Sound Cycling Club, 360-779-1819, www.westsoundcycling.com

TRACK

JUNE

Jun 1, 8, 22, 29: Alpenrose Thursday
Portland, OR. See Race Series for details. OBRA, 503-661-5874, www.obra.org

Jun 2, 9, 23, 30: Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, 503-227-4439, www.obra.org

Jun 2, 9, 16, 23, 30: Group Health Friday Night Racing
Redmond, WA. Cat 1, 2 & 3 Women and Cat 1, 2 & 3 Men. Spectator \$4. 7:30pm start. www.velodrome.org

Jun 5, 12, 19, 26: Monday Night Racing
Redmond, WA. Starts at 7pm. www.velodrome.org

Jun 6, 20, 27: Masters & Juniors Races
Portland, OR. See Race Series for details. Steve Trusdale, 503-232-1704, www.obra.org

Jun 7, 14, 28: Wednesday Night Racing
Redmond, WA. Racing for Cat 4 Women, Cat 4 Men and Masters. Start at 7:30pm www.velodrome.org

Jun 12-17: Alpenrose Six Day
Portland, OR. Only outdoor 6-day race in North America. Offers full program of activities. Website has schedule. Mike Murray, 503-661-5874, www.obra.org

Jun 24-25: Alpenrose Silver Cup
Portland, OR. Phil Sanders, 503-649-4632, www.obra.org

JULY

Jul 4, 11, 18, 25: Masters & Juniors
Portland, OR. See Race Series for details. Steve Trusdale, 503-232-1704, www.obra.org

Jul 5, 12, 19, 26: Wednesday Night
Redmond, WA. Racing for Cat 4 Women, Cat 4 Men and Masters. Start at 7:30pm www.velodrome.org

Jul 6, 13, 20, 27: Alpenrose Thursday
Portland, OR. See Race Series for details. OBRA, 503-661-5874, www.obra.org

Jul 7-9: Alpenrose Challenge
Portland, OR. Three-day racing extravaganza. Include sprint and endurance event as well as fastest lap. Nathan Hobson, 503-652-3763, www.obra.org

Jul 7, 14, 21: Group Health Friday Night
Redmond, WA. For Cat 1, 2 & 3 Women and Cat 1, 2 & 3 Men. Spectator \$4. 7:30pm. www.velodrome.org

Jul 10, 17, 24, 31: Monday Night
Redmond, WA. Starts at 7pm. www.velodrome.org

Jul 14, 21, 28: Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, 503-227-4439, www.obra.org

Jul 21-23: OBRA Track Championships
Portland, OR. Candi Murray, 503-667-6220, www.obra.org

Jul 28-30: NW Velodrome Championships
Redmond, WA. Qualifier for the national championships. Schedule to be released on the website. Marymoor Velodrome, www.velodrome.org

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Letters from Men in Funny Clothes

By MAYNARD HERSHON

Here are four more letters in response to my pieces in the Rivendell Reader about fear and loathing in the bike lane - and looking for a new, safer and more civilized home.

From: P.B. Portland, OR

Move to Portland! OK, it's more expensive, so you'll have to settle for a smaller house. It's worth it. The city is built on a more human scale than most US cities (smaller block size). There are tons of cyclists here (even in the rainy winter!), and there is good governmental and social support for riders.

My partner and I moved here in Oct 2005; we've never been happier. We're renting. We plan to buy someday, but for now we just live in the best neighborhood in the country.

We used to live in the Bay Area, which is supposedly a bike haven, but we experienced the same motorist hostility you described in your Rivendell Reader piece. Sometimes almost exactly.

There are mean, stupid or ignorant drivers here, too. I mean, God Bless America and all that. But there are tons, and tons of cyclists here, transportation cyclists even, and lots of groups and events and activism.

Just don't move to the 'burbs. Stick to inner SE (or NE) Portland and you'll be in pedal-pushin' heaven.

You can research Portland online to find out more, just like we did. Or write me for some leads if you want. Good luck.

From: J.D.K. Ishpeming, MI

I'd suggest moving up to Michigan's Upper Peninsula. A year ago I wouldn't have said that, but my job brought me here and I really like it.

The population is sparse (328,000) in a landmass of 16,452 square miles. So road rage in traffic is rare. People driving by you are generally very nice, perhaps bikers themselves.

It's fantastic for mountain biking - there's so much wilderness and so many trails, mostly 2-track from the 4-wheelers, but lots of single-track as well (some of it wide snowmobile trails). We don't have mountains, but there are lots of longish climbs and twisty descents.

There are so many streams and rivers, ponds and lakes as well as the Great Lakes. The scenery is wonderful and the wildlife varied and abundant. Lots of things to do if you are an outdoorsy person. Fishing, hiking, hunting, camping... a long list for sure.

They host several good races up here every year, and in Marquette it seems like the whole town comes out to watch.

Shortly after I arrived here, I was out on a ride and stopped at the local supermarket. Back in central Ohio, I would have gotten a few glares regarding "that man in funny clothes" at best. But up here I walk out of the market and a local guy stops and talks to me for about 1/2 hour. Really nice guy. I had the feeling we could have gone and had coffee and talked much longer. Folks up here are really nice, easy-going folks.

The downside, as all places must have, is the winter and snow. If you believe you are of sturdy enough stock and can ride through anything, no problem. But I would say wait until the snows come when it's colder than 23 degrees F - otherwise the snow is just too wet and heavy. I put cyclocross tires on my road-ish bike for the road and drop the pressures in my MTB tires to about 25 lbs - and I'm prepared to slide around.

If you are used to Tucson's warm weather, the winters may be a bit cold and long for your liking. But there are many, many people who ski (cross-county and downhill), ice skate and drive sled dogs. Snowshoeing is my own preference.

So there's my recommendation. If you like I'd be happy to elaborate more. Best of luck, Maynard. We hate to think you can't enjoy your bike.

From: T.H. Petaluma, CA.

Your recent piece in the Reader about stupid, angry motorists gave me pause. I'm almost 71 years old, ride 50 to 100 mi/week, and have been hit a couple of times.

We moved to Petaluma in Sonoma County from the (San Francisco) South Bay about a year ago. The western part of the county is mostly dairy farms; the eastern part mostly vineyards. There's almost no level ground, except in the narrow valleys where traffic dominates.

Some of our country roads have more bikes than cars. Most of the cars are big pickup trucks, bigger milk tankers or feed trucks. Mostly, they give me a good pass, lots of clearance. Occasionally, only inches of moving air provide a barrier between me and them.

When I can catch their eyes, I try to grin 'em to death. I have yelled profanity at the wind, but the last thing I want is to provoke a fight.

My juvenile sense of immortality rides with me. I worry more about the rain. The bad experience you described has to live with you for awhile, just like any bad experience. You know it goes away. Life goes on.

Get back on the bike, Maynard. Drive to the country. Ride. Feel the quads; wonder if the heart will go today on this hill, under this sky, next to this green grass.

And keep writing. I enjoy your stuff.

From: W.N. Seattle, WA

You can't give up riding your bike, as long as you're physically able to do so!

What has happened to you on Tucson's unfriendly streets is regrettable but not unusual or unexpected. Seattle is considered very bike-friendly but we still have our share of encounters with idiots in SUVs and cars.

It seems people are generally less tolerant of one another than they used to be. We can't let that change our way of life (cycling). We harm no one and actually make the world a better, quieter place.

Don't give up. Come up to the Great Northwest - it's not as cold up here as it is hot in Tucson. And the NW sounds like it's a lot more hospitable...



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