

# BICYCLEPAPER

The Longest Race ..... Page 2

The World Gather in Whistler ..... Page 10

Feed Me Real Food ..... Page 11

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Photo by Claire Bonin/Bicycle Paper

Mike Murray on the "motor" leads Woody Cox (Byrne Specialty Gas) and the rest of the Master men's field on the first lap of the Keirin race. Mike Eddy, who is tucked behind teammate Cox, won the race.

## The Best of the Best at Portland's Alpenrose Velodrome Challenge

By DAVE CAMPBELL

Now in its eighth year as North America's largest cash prize track race, the Alpenrose Velodrome Challenge (AVC) drew a top-notch field of Elite men and women, and 40+ Master riders to its steeply banked 268-meter cigar-shaped concrete track situated in Portland, Oregon's Southwest Hills. With over \$12,000 in prizes, top North American track racers, perhaps cycling's most devoted subculture, convened July 7-9th at the Alpenrose Dairy for ferocious, high-speed, high-intensity competition. What follows is an account of the most memorable moments from a superb contest in cycling's oldest discipline.

The match sprint heats make up much of the AVC program, and this year's event was exciting in every round and category. Canadian Cam McKinnon, the reigning Pan-Am Kilometer Champion (Energex), posted the top 200-meter qualifying time of 11.54 (seconds). He advanced decisively through the early rounds to meet four-time AVC Sprint Champion Stephen Alfred, the current US and Pan-Am Sprint Champion, in a power-packed final. In a classic showdown of speed-endurance versus raw acceleration, the experienced Alfred came around the talented Canadian for an impressive victory. Sprint veteran Zac Copeland (Sum Bike Team) of Portland just held off an up-and-coming Canadian, Matt Barlee (Fast Twitch Cycling), for third.

On the women's side, a margin of only 0.27 seconds separated the top four qualifiers: Becky Quinn (Spike Pro Cycling Team), Heather Van Valkenburg (Team Rubicon), Auna-Brit Erickson (Symmetrics), and An-

nette Hanson (First Rate Mortgage). San Diego's Quinn, a top performer on the World Cup circuit, advanced strongly into the finals to face Canadian National Champion Erickson, after Vancouver school teacher Van Valkenburg (who impressively won the race for third against Seattle's Hanson) was relegated for not holding her line in a hotly contested semi-final. Quinn, the most dominant rider of the weekend, controlled the race from the front to claim the win.

The Masters presented perhaps the most spirited sprinting of all, with the first eight qualifiers spread over less than half a second. Cagey local strongman Brian Abers (Team Rubicon) pulled out all the stops, and with a breathtaking freefall attack from behind the faster Chris Vogel (Blue Rain), he flew down the steepest part of the banking propelling himself into the semi-finals. Abers surprised everyone again in the next round. Starting from the rail out of turn four with a little more than a lap to go, Abers opened an enormous gap, which he carried around, to make the final against top-qualifier Roger Hernandez (Aerospace) of Miami, FL. Amazingly, Abers used a similar strategy in the finals, but this time with a lap and a half to go, which proved a bit too long. The former Central American Champion caught the local favorite with 100 meters to go for a dramatic victory. Encino's Richard Kim (Cadence/ParkPre) narrowly held off Vogel for third.

The women's five-mile Scratch Race was the only time Quinn's dominance was questioned, and the upset happened in a dramatic fashion. A gutsy Kele Murdin

See "Alpenrose" on page 9

## Downs & Ups

### Recyclable Bicycles

By LISA TILSON

Bicycles are marvelous tools that motivate children to stay active, allow adults to commute to work and create outlets for competition. Unfortunately, a new bike comes with a price tag that not everyone can afford. A helping hand, bike or money donation is all that is needed to give anyone the chance to enjoy

biking. The Pacific Northwest has many outlets to provide less fortunate adults and youth with bicycles, all of which thrive off donations.

If you are going to donate a bike, keep in mind the purpose of the donation. The organizations' main purpose is to donate the bike, not to scrap it. In addition to tangible items, time and money also benefit these organizations. Volunteers sustain these programs. A donation doesn't necessarily have to be a whole bike. You can also give parts, tools, lube, rags, storage bins and tires to most organizations.

### Washington- Bike Works

Located in the Columbia City community of Seattle, Bike Works donates bikes locally and internationally, offers educational courses, and sells and repairs bicycles.

According to Executive Director, Dara Ayres, the organization serves a community, "with some of the highest proportions of low-income and immigrant families in the city."

Bike Works youth programs include the Earn-A-Bike and Youth Ventures programs. The Earn-A-Bike program teaches participants about bike mechanics, safety and responsibility. If they complete the course, they are rewarded with a bike. The Youth Ventures Program organizes rides and community biking events for young cyclists.

"Since 1996 nearly 1500 youth have learned safe riding skills on rides and rodeos at Bike Works," says

See "Recycled Bike" on page 5

## Touring

### The Unexpected Joys of Eastern Oregon Bike Touring

By CELIA LEBER

Renee glimpses it first, a delicate tan and white creature, standing watching us from across the field. We stop to watch it, and standing still we can pick out several more. Pronghorn antelopes. As we stand along the side of the road, a warm dry wind whispers past, across the silent prairie and into the Ponderosa pines. Suddenly they run, flying across the meadow as if racing the afternoon wind. Another day of cycling in Eastern Oregon...

When I mention cycling in Eastern Oregon to friends, they look at me quizzically, apparently having visions of miles of barren desert, with skulls of cattle and unprepared cyclists littered across the sagebrush. Understandable, if you have only experienced Eastern Oregon from the window of a car

headed across the interminable open country on I-84 or Route 20. But, in reality, cycling nirvana awaits when you wander onto the back roads.

This article will introduce you to a few destinations in Eastern Oregon, and give an idea of what to expect when road touring in the area, though mountain biking opportunities also exist and are worthy of exploration.

### John Day and Prairie City

John Day and the nearby village of Prairie City are dominated by views of massive Strawberry Mountain. Its 9,038-foot summit towers over the open farms and prairie to the North. High meadows, stretching between forests of Ponderosa pine, are home to antelope, elk and mule deer. Opportunities abound for both



Photo by Ben Leber

Wallowa Mountains

See "Cycling Oregon" on page 8

## World's Longest Bike Race

By LISA TILSON

The third annual world's longest bicycle competition, The Great Divide Race, started June 23 in Port of Roosville, Montana and ended in Antelope Wells, NM. According to Tom Purvis's website, <http://greatdividerace.blogspot.com/>, eight riders entered the competition including Matthew Lee, Matthew Chester, Kevin Montgomery, John Nobile, Rudi Nadler, Kenny Maldonado, David Nice and Mike Gibney. Chester, a Sandpoint, Idaho native, was the only rider from the Pacific Northwest. For the first time in race history, three riders attempted the race with fixed-gear bikes, although none of them finished.

"The diverse nature of the regions makes for an incredible visual, sometimes spiritual experience," says [adventurecycling.org](http://adventurecycling.org). "The route offers something different every day. No day is the same as the day before-whether it be riding conditions, scenery, points of interest, or folks along the way."

Adventure Cycling's Great Divide Route,

the longest mountain bike route in the world, was first time trialed by John Stamstad in 1999. He held the record of 18 days and five hours until 2004, when Mike Curiak finished the first annual race in 16 days and 57 minutes.

"In terms of athletic performance it blows the Tour de France out of the water," says Adventure Cycling spokesman Aaron Teasdale. "It's a whole other level."

The race is not a flashy, media driven event,

but an incredible experience for the participants. There are no entry fees and no prizes, but if the riders want their time to be recorded, they have to follow a strict set of rules set out by Adventure Cycling.

"People who ride the Divide Race have no

interest in a pit crew, in having pacers, in having support, or anything like that," said Curiak in a June 23, 2006 release from Adventure Cycling. "They want the all-encompassing race, where not only do they have to ride, they have to make their own meals, fix their bike, navigate, all that stuff. They want the ultimate challenge."

In his third year participating in the event, returning champion Matthew Lee claimed his second consecutive victory to date. However his goal of breaking Curiak's record was tarnished

when he ran into monsoon weather in Colorado and a slide blocking the road on the border of New Mexico. Although he did not post a new record time, it still placed him ahead of Stamstad in the record books at 17 days, 22 hours and 30 minutes.

Six of the eight who started on June 23rd did not finish the race. Nice was one of the racers who pulled out of the race, but unfortunately it was not by choice. While he was napping on the side of the road, his bike was stolen. He had to walk about 20 miles to a greyhound station and catch a ride home.

"This has never happened before during this race," says Teasdale. "The fans and racers participating were so disappointed that this happened to him so early in the race." Nadler started to collect money, and so far fans of the race and other competitors have donated about \$1,100 to Nice for a new bike.

The only hope for a second place finish was Muldonado. According to Teasdale, he showed up with a free-ride bike, no water bladder, a heavy backpack and no helmet. Muldonado was



Courtesy of Aaron Teasdale/Adventure Cycling

The winner - Matthew Lee.

the only man left in the race after Lee finished and all the others dropped out. He regrettably pulled out of the race at Rawlins, Wyoming after 23 days. "I was just completely lacking motivation, and my body was just too worn to go on," said Muldonado on Purvis's website. "Maybe I'll be able to do it again some day."

Adventure cycling has many links and maps on their website, [www.adventurecycling.com](http://www.adventurecycling.com), for those that would like to ride the route or part of it.

## ERRATUM

In the July 06 issue of *Bicycle Paper*, we made an error in the Oregon Trail Mix column entitled "Time for a Safe Passing Law in Oregon?". It is the advocates and city council of Grants Pass, Oregon, not that of Ashland, Oregon, who enacted the safe-passing ordinance. We apologize to our readers and to both cities for any inconvenienced this may have caused.

In the July 06 issue of *Bicycle Paper*, we made a typo in the photo caption along with the article entitled "Wasco Wild West: A Race of a Different Kind". The caption under the photo on page ten should read "Todd Trzcinski" as opposed to "Tood Trzcinski".

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## LETTERS TO THE EDITOR

### Re: Maynard's article in the July 06 issue, and Idaho article.

If I understand Mr. Hershon correctly, anyone who disagrees with him on the supreme value of bicycle helmets is an idiot. Both as a cycling advocate and as a practicing family doctor, I've been one such idiot for a long time. But my opposition has never been based on an argument of personal freedom. I contest helmet laws because they constitute bad P.R. for cycling, as they reinforce the public's tendency to vastly overrate the risk of serious injury while road riding. I've been a regular wearer of protective headgear for 25 years, so I can't say I'm

actually anti-helmet, but I am rigorously anti-helmet law and anti-helmet sermons. Largely thanks to their lower risk of cardiovascular disease, cyclists, helmeted or not, live longer than non-cyclists. And the more cyclists on the road, the safer it is for every individual road user, cyclist and non-cyclist alike. So let's not overindulge in discussion about personal protection measures for people choosing to engage in healthy, relatively safe activity. The less said about helmets, the better.

On an unrelated note, I'd like to thank the

*Bicycle Paper* for its article (see August 2004, "Miles of Biking Joy in Idaho") on northern Idaho's fabulous Coeur D'Alene bike path. Incorporating it into a ride I recently did from Vancouver, BC to Missoula, Montana, this 72-mile strip of asphalt was the highlight of the entire week's route. I encourage readers to consider riding it soon, before its surface becomes rumbled by tree roots, a fate that every paved bike path through forest ultimately suffers, it seems.

**Thomas DeMarco,**  
*Whistler, BC*

## NEWS

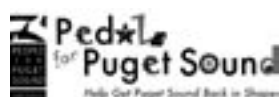
### Ride Around the Sound with People for Puget Sound

By MARK DELAURIER

To raise funds to help save the waterway, People For Puget Sound seeks bicyclists for its Ride Around Puget Sound (RAPSody) cycling team.

Celebrating its 15th anniversary this year, the grassroots environmental group is working toward restoring the Sound to health in the next 15 years.

By participating as members of "TEAM PUGETSOUND.ORG" from August 26-27, cyclists can take in the Sound's beauty, and set a course for a cleaner, healthier future.



"This is a race, but it's not about the bike. The race is to save our beautiful inland sea from the degradations that threaten its ecological health," says Brad Severtson, People For Puget Sound board member.

The route begins and ends in Tacoma and proceeds through Vashon Island, the Kitsap Peninsula, Shelton, and Olympia. Participants will experience scenic views, delicious food, and the fun of traveling with others who want to enjoy and preserve Puget Sound's splendor.

Since RAPSody is not a race, it is perfect for people who have never taken part in such

an event. The route includes numerous short hills.

The event requires an \$80 registration fee. In addition, participants may secure sponsor pledges from friends, family, and employers. For more information contact Nancy Hahn at 206-382-7007 or visit [www.pugetsound.org/index/pedal](http://www.pugetsound.org/index/pedal).

The registration deadline is August 18, 2006. The 3rd annual RAPSody ride is organized by five area bicycle clubs for the benefit of Bicycle Alliance of Washington.

*Founded in 1991, People For Puget Sound is a 501(c)(3) conservation organization working to preserve and protect Puget Sound.*

### Northwest Riders Crowd the First Step of many Podiums

#### Mountain Bike Nationals

Victoria, BC's Geoff Kabush successfully defended his Canadian National Champion title on July 15, claiming the victory in the senior Pro/Elite men cross-country event. Kabush (Maxxis), who crashed badly on the first lap, had to make up a two-minute deficit in order to catch Ricky Federau (Abbotsford, BC), on the Sun Peaks Resort course. With less than half a lap to go in the six-lap, 32 km race, Kabush passed his last opponent to win and guaranteeing himself a spot for the Worlds. BC's Neal Kindree won the Espoirs category title.

At the same time in Sonoma California, two first-time winners stood atop the cross-country podium as Ryan Trebon (Corvallis, OR/Kona-Les Gets) and Georgia Gould (Ketchum, ID/Luna) captured the US national titles in the Elite events.

On the first of four laps, Trebon attacked and escaped from the 48-rider field. By the

end of the second lap, he had a 1:30 advantage over Jeremy Horgan-Kobelski (Boulder, CO), Todd Wells (Durango, CO), Jeremiah Bishop (Harrisonburg, VA) and teammate Barry Wicks (Santa Cruz, CA).

At the 23-mile mark, Trebon led Wicks and Bishop by 1:20, and with a teammate up ahead, Wicks let Bishop do the work. Finally, Wicks rode away leaving a tired Bishop behind, to take second place. Later that weekend, Wicks added a national short track championship title to his results, while Trebon took third in that event.

In the women's cross-country, 26-year-old Georgia Gould, a relative newcomer to the Elite ranks, finished the race in solo fashion, crossing the line 1:29 ahead of Heather Irmiger (Boulder, CO) and Mary McConneloug (Chilmark, MA) to claim victory.

In the Under 23/Espoir race, Sam Schultz (Missoula, MT) took the podium top spot.

He outsprinted Sam Jurekovic (CO) to claim victory.

#### Mountain Bike Downhill

Jill Kintner (Seattle, WA/GT Bicycles) successfully defended her Pro mountain cross title. She easily sailed to a win ahead of Leanna Gerrard (Lake Tapps, WA/Bear Naked-Cannondale) after Tara Llanes (CA) tangled with Melissa Buhl (AZ) and was forced off course.

#### Road Nationals - Time Trial

A new National Champion is crowned; Ian McKissick (Recycled Cycles) claimed the stars and stripes jersey while Kenny Williams (First Rate Mortgage) took third in the event.

#### Junior Track Nationals

The junior men's 15-16 eight-kilometer scratch race ended with Jacob Rathe (Portland, OR/BBC) taking the gold medal with a move one lap out from the finish that left everyone else looking at one another. He also grabbed second in the Points Race.

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## Bureaucrats and Bigwigs Come Together for Bi-state Ride

By JONATHAN MAUS

Last Friday, a group of handpicked leaders assembled at Portland International Airport for the second annual "policymakers ride". Supported by Cycle Oregon and organized by Mike Houck of Urban Greenspaces ([www.urbangreenspaces.org](http://www.urbangreenspaces.org)), the idea behind this invite-only affair was to bring together a high-powered group of bureaucrats, planners, advocates, and politicians to experience the highs and lows of our regional bikeway network first-hand.

In addition to their tour, Cycle Oregon is working to create a statewide system of scenic bikeways. What better way to generate awareness, than to get all the decision makers on a beautiful ride, feed them, and give them free stuff (we got jerseys, gloves and socks from Pearl Izumi.)?

Judging from all the smiles and handshakes I saw, it was a big success.

The ride brought some much-needed attention to the Marine Drive bikeway that runs the entire length of the Columbia River in Portland. Some parts of it are gorgeous and safe, however dangerous gaps remain.

For instance, near Bridgeton Road, bikes are forced onto a narrow shoulder where huge freight trucks come zooming by. Fortunately, we heard from a Portland Parks planner that there's a project in the works to connect Bridgeton Road to Interstate 5, and eventually Hayden Island.

This project is still waiting for funding, but there seems to be adequate need and political support.

Beyond Marine Drive, we pedaled over to Smith and Bybee Lakes via the Columbia Slough

and Peninsula Crossing Trails. At this point, we picked up a Vancouver contingent that included Mayor Royce Pollard. It was great to see him on a bike. He told me he keeps a bike in his office at City Hall and that, "every new road in Vancouver should have a bike lane."

As we made our way across the Columbia on the I-5 bridge, it became blatantly obvious that the current crossing is woefully inadequate for bicycles.

Later in the day, at our lunch in Esther Short Park, Mayor Pollard confessed that it was his first time crossing the bridge and that it was so narrow and dicey he was forced to pull in his bike's rear-view mirror. His first-hand experience of the Columbia crossing by bicycle was precisely what this ride was all about. If Pollard really wants "the river to bind us not separate us," (as he said in his lunch-time speech) he and his staff should do whatever it takes to help make the crossing safer and more comfortable for bicycles.

They really rolled out the red carpet for us in Vancouver. The Hilton catered lunch, and it was quite elegant for a bunch of sweaty people

in Lycra. Event emcee, Jonathan Nicholas, said they only asked for some energy bars and a few porta-potties, and instead ended up with white linen and sushi.

After lunch, the ride continued west along the river in Washington, eventually winding back to the airport where a reception awaited the group.

40 miles had been covered, but more importantly nearly all the region's key decision makers now have a much better idea of the challenges and opportunities facing our bikeway network.

It will take partnerships like the ones formed on this ride to make real change happen and to move bicycle infrastructure projects to the top of the list. Thanks to Cycle Oregon and Mike Houck for putting together this important event.

*Jonathan Maus is an independent bike advocate and journalist who covers the Portland bike scene at [BikePortland.org](http://BikePortland.org). You can reach him at [jonathan@bikeportland.org](mailto:jonathan@bikeportland.org).*

## TRACK

## Friday Nights Under the Lights

By RYAN VANDERLOOP

Most of us have probably seen track cycling on television a few times. Powerful Lycra-clad racers risk life and limb at breakneck speeds on tight high-banked turns. The Group Health Velodrome at Marymoor park in Redmond, Alpenrose Velodrome in Portland, Burnaby Velodrome outside of Vancouver B.C., and Victoria's Juan de Fuca Velodrome offer a variety of programs for cyclists and opportunities for spectators to see track racing first-hand. The cyclists and frequent spectators are happy to explain how the racing works.

Next Friday night, change your normal dinner and movie plans in Seattle and head out to Marymoor Park. A variety of track races draw the best fixed gear talent the Northwest has to offer. Admission for spectators is \$4. If that doesn't convince you to make the journey and watch the races under the lights - the New Belgium beer garden may!

Weekly nighttime series races are becoming increasingly popular, and the racing field is growing in every category. The Group Health Friday night races are exclusively for Cat 1/2/3 men and women. Other categories race on Mondays and Wednesdays, with training sessions throughout the week. Spectators are

welcome to attend any of the race nights. All four velodromes publish their schedules and current news on their websites.

For kids who may be dreaming of racing someday, Marymoor and Alpenrose frequently run a Kiddie Kilo race during their regular program. Alpenrose also offers kids camps for ages 12-18 to learn the basics of riding and racing on the track, and Marymoor has youth programs and track classes throughout the season.

All four of the Northwest Velodromes provide something different in regards to venue. Marymoor, Alpenrose, and Juan de Fuca are concrete outdoor tracks, while Burnaby is a wooden track under an air-supported dome. Burnaby's 200-meter indoor facility allows racers the opportunity to train and race yearlong, while the other three are closed during the winter (cannot race on a wet track). Marymoor is a 400-meter oval with 25-degree banked corners and mildly banked straight-aways. Alpenrose's 268-meter track features a 43-degree slope, and if you aren't going at least 15 mph, you risk sliding down the embankment! With its friendly 333-meter track and 28-degree angles, Victoria is beginner-friendly.

### What is It Like?

To graduate to Friday night racing, novice racers at Marymoor must earn the appropriate

category level. After completing required track class, racers can compete on Monday nights; events are shorter and feedback is provided to the riders to help them improve their tactics, strategies, and skills.

I enrolled in the Marymoor track class with the encouragement of a few of my peers and to experience what it is like to be a rookie on the velodrome. My class consisted of about 20 students. A four-year veteran track racer and graduate of the Marymoor track program, John Fischer lead the group with help from four or five instructors who graduated as recently as this past spring. John said that they look for both veteran and fresh track racers with great personalities and the desire to share their knowledge and expertise to help run the classes.

I spoke with a few of my classmates about what brought them out to the track. Some were on local cycling teams, and teammates encouraged track racing for fitness and skill development. A few of them remarked that a friend suggested it because they could do it together. A junior cyclist picked up the sport to continue a family legacy. Another was encouraged by his Physical Therapist. The common feeling throughout the class was interest in cycling and being amongst friends.

For a beginner, there are a few things that make track very different from traditional cycling and require respect and attention. First, a track bike has a fixed gear, meaning there

is no shifting, no freewheel (no coasting) and no brakes. "Keep pedaling and you'll be OK" was the first thing I needed to learn according to Laura Moen, an experienced track racer and class instructor.

For the regular Friday night riders, racing and training are times to improve fitness and hone skills and tactics. As a novice, my mantra was "keep pedaling" as I became accustomed to the fixed gear and the dynamics of riding the banked corners. Even in my first few races, the goals were to grow used to pedaling at high speeds, ride in a close group of racers and safely get around the track. For experienced racers, basic skills become instinctual, and they utilize tactical movements. It becomes obvious by the shifting of positions that the racers are preparing to attack, or waiting for a last-minute sprint. The result is high-speed and energetic excitement that even got last Friday's crowd to do the wave! So, don't wait any longer, go to see the action or join a class and be part of it.

For more information: [www.marymoor.velodrome.org](http://www.marymoor.velodrome.org), [www.obra.org/track](http://www.obra.org/track), [www.burnabyvelodrome.ca](http://www.burnabyvelodrome.ca) or [www.gvva.bc.ca](http://www.gvva.bc.ca).

*Ryan Vanderloop is a long time triathlete embracing cycling with experience racing events from Ironman to cyclocross and MTB to time trial and most recently adding track racing to his resume. Ryan lives in Seattle and is a member of newly formed Viking Sport Seattle Cycling Team.*

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**"Recycle Bike" from page 1**

Ayres. "More than 750 youth have learned to fix bicycles in our classes, and nearly half left the program with a bicycle of their own."

In addition to the bikes that are donated to youth in Columbia City, Bike Works is also involved globally with the Bikes to Ghana program that takes bikes from Bike Works to villages in Ghana.

According to Ayres, 100% of the income generated from the shop goes back to finance the youth programs. Getting your bike fitted, or purchasing a new one at the shop also supports these programs.

David Mozer, board member of Bike Works, suggests calling the shop before dropping off a bike or bike parts. David Wiktorski, shop manager says, "We are always looking for kids bikes, right now we are looking for better quality road bikes and smaller bikes for smaller people." He also added that they also need rear wheels in good condition for repairs. Ayres pointed out that maintaining their programs requires receiving bikes for many different age groups as well as accommodating their the volunteers.

**Washington- Bicycles from Heaven**

Bicycles from Heaven is an innovative program that has provided over 10,000 bikes for the less fortunate. It is operated by the Clover Park Kiwanis Club in collaboration with the McNeil Island Prison. Bicycles are donated, refurbished by prison inmates on McNeil Island, and given to low-income families through partnering organizations.

Club members began recycling by refurbishing and donating old bikes hanging in their garages. Then they started working on bikes from Goodwill, which sells bikes, but cannot afford to keep those that aren't in good condition. Bicycles from Heaven took these "dumpster bikes" and fix them. The program evolved from there with a conversation between one of the club members, who was doing volunteer work at the prison, and one of the institution's supervisors. He received approval for the idea, and the program was launched.

Bicycles from Heaven started small with only two or three inmates and 15 to 20 bikes and grew to about ten inmates and a bike shop. The department of corrections has made a commitment to provide the space, labor, tools and a supervisor to keep the program running. According to the Director of the Bicycles from Heaven program, Roger Laybourn, the inmates meet their own goal of 100 bikes every month.

"It's win win win," says Laybourn. "It's keeping them busy, they are learning a skill they can use, and they can give something back to the community."

While Bicycles from Heaven has given thousands of bikes to Washington programs, they also donate internationally. In cooperation with rotary clubs, they have sent bikes to Ghana as well as an orphanage in Latvia.

Their success has inspired others. A similar program has been started at the Purdy Women's Correctional Facility and the Stafford Creek Prison. The Monroe Prison is slowly making steps towards starting a program as well. The Clover Park Kiwanis club is not directly involved with these other organizations, but helped them debut.

To donate to the Bicycles from Heaven program, you can contact Roger Laybourn at (253) 584-1558, or use the drop point at the Clover Park Technical College, on the eastside of building 32. They accept bike donations only.

**Idaho- SWIMBA/Sprockids**

When the program started, with a grant from REI and the Southwest Idaho Mountain Biking Association (SWIMBA), it consisted of 12 bikes and a trailer. Now, three years later, they have outgrown the trailer and are hoping to open in a new location in Boise, Idaho.

SWIMBA/Sprockids educates youth in Boise. Similar to Bike works, it teaches them how to fix bikes, be responsible, and be aware of the environment and trails in their area.

"We have grown 200% since the start of our program," says Harley Parson, director of SWIMBA/Sprockids. "We have no room, we need a building to be able to grow."

SWIMBA, Sprockids and Parson are all currently in the midst of raising funds for their new 400-square foot bike shop at the Ft. Boise Community Recreation Center. The new facility would enable Parson to add a bicycle mechanics internship with job placement, expand the community program, and add mechanics classes. The goal is to open the doors in September, however they need to raise \$8,100 before that time to make it a reality.

At this point they are in need of money donations, tools, bikes and bike racks. "The program is for children and teens ages 6-16," says Parson. "Anything that can be donated to help this cause would be great."

To reach SWIMBA/Sprockids, contact Harley Parson at (208) 288-2327.

**Oregon- Community Cycling Center**

Portland is home to the Community Cycling Center. It is packed with programs for everyone including: Create a Commuter, Get Linked, Bike Safety Clubs, Holiday Bike Drives, Summer Rides, We Cycle, Bike Mechanic Apprenticeship Program, Volunteer Program, Bike Maintenance Classes, Bike Art, Summer Bike Day Camps and a Yellow Bike Program.

According to their website, www.communitycyclingcenter.org, "The Community Cycling Center is the largest non-profit organization in the country that uses the bicycle as a tool for teaching positive life skills to youth."

They have been open since 1994 and, thanks to their long-term relationship with the Portland area; they receive a lot of support from the community. Last year alone, they accepted over 7,000 bike donations.

Unfortunately, Gabriel Graff, programs manager, says, "about 50 percent of the bikes can be fixed completely and donated, but the other half we responsibly recycle." The recycled bikes are too banged up and rusty to refurbish.

Their key programs are Bike Safety and Create-A-Commuter. The Bike Safety program provides a safe physical activity for kids after school. Create-A-Commuter serves low-income adults needing transportation, and are usually referred to them by social services. They enroll in a class and learn how to become a bike commuter. The program has calculated that the cost per trip on a bicycle in Portland is just \$0.39.

The biggest event of the year for the Community Cycling Center is the Holiday Bike Drive. The Drive gives about 1,000 bikes away to children aged three to eight in and around Portland. This is a fulfilling way to get involved with the program, because each child needs a \$50 sponsor to receive their bike and helmet.

There are four basic ways to get involved. You can donate a bike, become a volunteer, provide some money, or host a bike collection. Because the Community Cycling Center is a non-profit organization, you can receive a tax deduction for donating a bike. When you bring your bike in a mechanic will assess its value, but you can always call ahead and talk to someone at the shop if you have a question.

The center has over 1,000 volunteers annually, and appreciates any interest or help. "We really rely on support of community member and partners," Graff says. "None of



Photo courtesy of Harley Parson

**Harley Parson working with some of the Sprockids/SWIMBA kids.**

the programs are possible without donors and volunteers."

Further information about the Community Cycling Center can be found at www.communitycyclingcenter.org.

**Vancouver, BC- Our Community Bikes**

If you are in the Vancouver area, Our Community Bikes is the place to go to recycle your bike. Pedal Energy Development Alternatives (PEDAL) started the shop, and it not only sells refurbished bikes and performs bike repairs, but also offers education opportunities. The shop is a rentable workplace for knowledgeable cyclists. You can rent tools, can receive verbal instruction.

The organization donates bikes and works with many organizations such as the Ministry of Family Child Development services, Women's Shelters, Drug Rehabilitation Center, Society of Inclusionary living, Survivors of Torture, and Church Groups dealing with Refugees. In addition to their work in Vancouver, Our Community Bikes donates bikes to other countries including Togo, Guatemala and Cuba.

Annually the shop receives about 300 bikes. Johann Groebner, project manager, estimates they will receive about 500 before the end of this year. He attributes the increase to the shop's expansion.

Our Community Bikes accepts both bicycle and bicycle part donations between 11 a.m. and 6 p.m. They are located at 3238 Main Street.

**International Bicycle Fund**

If none of the places we mentioned are close to your house, hook up with the International Bicycle Fund (IBF). It is not involved directly with a bicycle donation program, but is a great resource for finding a place to offer a bike, or to help send bicycles to international locations. David Mozer, director of the IBF, recommends people interested in donating a bike to visit www.ibike.org/environment/recycling/.

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# August 7 | 2375 MILES

## East Sedalia, Missouri (Part 1)

"You could stay on the highway, but you know the Katy trail is right around the corner."

How could I have forgotten? Catching this legendary rail trail across the state of Missouri has been the plan all along. In my defense, I'm easily distracted by shiny objects and all-you-can-eat buffets. At eighty fully loaded miles per day I can't expect to remember everything, though this is a biggie. It simply slipped my heat-addled mind; that and the fact that although officials have plans to connect Kansas City with St. Louis via the Katy someday soon, this rail line converted into a 225-mile crushed-limestone bike path misses its mark on either end by fifty miles. Godspeed, you idealistic bureaucrats, Godspeed. But until then it's Highway 50 or nothing to get you out of the big city.

Once a corridor for coal and freight cars, completed or not, the Katy is still a rare find. The name comes from the Missouri-Kansas-Texas Railroad-MKT, or Katy for short. That's how our August begins; on the outskirts of Sedalia, Missouri, the distinct sound of Kevlar tires rolling onto crushed limestone.

Not fifty yards down the Katy trail everything changes. It's our first chance in 2,500 miles to forget about what could run us over. You don't always recognize tension until it goes away. My helmet mirror becomes decoration. While the limestone slows our progress down by at least a couple miles per hour, it's worth

it to roll along under the shade of tall cliffs, virtual tunnels formed by thick vegetation and real tunnels cavernous enough to hold massive train engines and loaded freight cars at one time. In addition to the nearly flat terrain and shade, there's wildlife, good fishing along the Missouri River, stunning bluffs, and caves with Native American artifacts.

On our first afternoon, we park the rig beside a wooden bridge for no other reason than we can, and because the river below is just too inviting. The deer count is up to three before I get my helmet off. Enzo has already found a tree to shimmy. The cicadas hum and buzz in surround-sound as I pass out poles and bait.

"Dad, when we cycle across Canada, I want my own bike," Enzo announces from the high branches.

The addiction will not be skipping a generation. I take pride in this knowledge; a silent, swollen pride that only a parent feels when the space between generations is still close enough to touch. Where the treeless landscape of Kansas forced me to take to the road at first light, under the hardwood canopy of the Katy we start our days as late as 10 am. I read from Huck Finn aloud by moonlight or flashlight in the tent and teach the boys how to shoot pool at local bar-and-grills that dot these converted depot towns.

An entire industry has built up around the bike. Little clusters of shops, homes and eateries which would have fallen into disrepair when

that lonesome train whistle sounded for the last time, have experienced the second coming. They've found religion all right. It's called the Church of Later Day Cyclists. B&B's with bike racks, bathrooms, shade and shuttle service at every depot station, maps to each business in town and discounts for anyone arriving on two wheels. Unlike four letter word greetings from road rage infused drivers who bellow at cyclists to get back on the sidewalks (where there aren't any) or simply those who run us off the road, into a hospital if we're lucky, the grave if we're not, everyone along the Katy has a smile and a wave for the cyclist, time to stop, chat, offer directions, even supply tips for the best experience up the trail. I know some of this is commerce at work not altruism, but far too much felt easy and sincere to be an act. If it is, then Hollywood's missing a pool of untapped talent along the Missouri River.

To be sure, there are plenty of patches where the trail remains in direct sun, the humidity recalls somewhere in Indonesia during monsoon season, and I haven't lost an ounce of rolling weight gear since the Montana purge, but I couldn't care less. We've found the heart of the ride. We're untouchable and we know it.

"Dad, was it Lewis or Clark who discovered America?" Quinn asks. We're standing beside yet another plaque commemorating the spot where Lewis took a leak and Clark maxed out his credit card. No disrespect to these audacious explorers, but enough already. We've been living in the shadow of their statues and roadside attractions since the Oregon Coast. "A man named Columbus owns that title, son. It only feels like Lewis and Clark did. Maybe they had a better PR firm."

My boys will either make future social studies teachers furious, or keep them in stitches. Either way they can already find more places on a map than a shocking number of American adults. This does not make me puff with pride over my boys as much as it dampens my hopes for the future of the Republic. Everyone calls us crazy to pedal at the height of summer, but I just laugh louder and order more drinks—just a wee thimble of scotch with a Gatorade chaser—during the worst of the afternoon heat. We camp beside cornfields and nap in the mouths of cool limestone caves after searching the dirt for arrowheads and other evidence of the past.

If you know that Jefferson City is the capitol of Missouri, you fall into one of two categories: sixth-grade honor student prepping for a geography bee, or resident of Jefferson City. As an unscientific experiment, and a cheap way to entertain myself and the boys when it's too hot to ride, we start asking people in towns leading up to J.C., "What is the Capitol of Missouri?"

Survey says:

St. Louis 6 Kansas City 4 "No, you're wrong. It's definitely St. Louis" 1 "Can I change my answer to Columbia?" 1 Jefferson City 1 (disregarded when we learn he grew up there.) "Who gives a damn? They're all bums living off the government teat and telling us what we

ought to do with our corn subsidies. If you find the capital give 'em this piece of rotten corn and tell 'em where I'd like them to . . ." 1

Something everyone along the trail does know about Jefferson City is that there's a long, dangerous bridge linking the Katy trail on the North side of the Missouri to the hotels and amenities south of the River. I reason that if they don't know their own capitol, I'm certainly not banking on any of their travel advice. This will prove costly.

As a rule, museums close on Mondays. I discover Tuesday is when most of the Katy takes the day off. From mile one out of the campground until well into the afternoon, I can't find food at any price. Cyclists, not unlike armies, travel on their stomachs. Each depot town, separated by about fifteen miles, holds the promise of nourishment. And each dashes my gastronomic hopes. Water is available at each stop, but unless I get something solid and boasting 3 or 4,000 calories, my flame will go dark soon. I've eaten all the Clif bars, and those restaurant packets of jelly and sugar are almost useless, offering up the staying power of a cheap sparkler at an Independence Day parade. Whenever some relative handed me one of those sparklers I lost all hope that we would be blowing up something big later. We wander through another two-street town off the trail. It's vacant but for a postal worker in her shotgun shack and two matching beagles, who lumber up to the boys and make nice in all the right ways. While I attempt to summon energy from winter stores of fat that no longer exist—who would believe that I'd ever miss my love handles?—the boys beg me to take two droopy-eyed beagles the rest of the way to Washington DC. I find the shade of an ancient oak and slide down against its trunk.

"Forget for a moment that these slack-jawed mutts have an owner, together their weight has gotta be in the vicinity of fifty, no, sixty extra pounds on board."

Now my arguments aren't even following convention parental lines of reasoning, or the show-stopping almighty closer line delivered by every exasperated parent at some point, "Because I said so!" But my rambling argument all makes perfect sense to me in the moment.

"Forget about the dogs. Forget 'em because unless we forage for some grub, I won't even be able to lug you guys much farther."

*Momentum Is Your Friend will be published by Breakaway Books September 1st. More excerpts and info at [www.metalcowboy.com](http://www.metalcowboy.com)*



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"Cycling Oregon" from page 1



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multi-day trips and day tours in different directions, starting each day from a central motel or B&B ("hub and spoke" format). Loops can be made to the Southeast around the Strawberry Mountain Wilderness, and generally involve camping, although the 65- and 73-mile options could be completed in a long day. The roads in this area are lightly traveled and generally well paved, and pass through an interesting mix of high grassland and different types of forest. Elevations range from about 3,000 feet in the valley to close to 6,000 feet in the mountains, but most climbs are gradual and can be easily handled by a relatively fit cyclist.

Several northern loops traverse sweeping bowls of farmland, wind up through narrow canyons into forested mountains, and then dip down into more bucolic valleys. For a longer two to three day trip (approx. 120 miles), cyclists can travel North from John Day on Rt. 395 to Long Creek, West through Monument to Kimberly, South on Rt. 19 to Rt. 26, and finally East on Rt. 26 back to the starting point. Services are limited, but small motels can be found in Monument ([www.monumentmotel.com](http://www.monumentmotel.com)) and Long Creek.

The Strawberry Mountain B&B in Prairie City is a great choice for a comfortable and friendly bed and breakfast experience, while John Day offers a variety of clean and comfortable motels.

If you are traveling with a non-cycling partner, or want to enjoy a mix of activities, great hiking trails abound in the Strawberry Mountain wilderness, and a side trip to the John Day Fossil Beds National Monument and the Painted Hills is a must. Both John Day and Prairie City have an old-time Western town feel, and boast some intriguing history. Bill at the Strawberry Mountain B&B is a great resource for local history. In John Day, check out the Kam Wah Chung Museum, a carefully preserved historic building that functioned as general store, medical clinic, post office, library, and center of Chinese social and religious life at the turn of the century. Two Chinese immigrants started this multi-purpose business back in 1887.

**Wallowa Mountains**

Found in the Northwest corner of Oregon, the Wallowa Mountains, or "Wallowas," are often known as "The Alps of Oregon." The moment you see them you understand why: steep, snow capped mountains rise abruptly from pastoral farmland dotted with historic barns and silos. The Wallowa range includes 126 peaks taller than 8,000 feet, including the 9,826-foot Matter-horn, and deep, U-shaped glacial valleys. A number of small, box-store-free towns lie at the foot of the mountains. Multi-day tours can be made around the Wallowas. One trip starts in historic Baker City, travels North through Union to Elgin, East to Enterprise,

and South to Baker City by way of Joseph and Halfway. To allow time to enjoy the scenery and explore the historic towns along the way, plan on taking six or seven days for this route.

Nearby Hell's Canyon, defining the Oregon-Idaho border, is one of the deepest canyons in North America, averaging 5,500 feet in depth over a 40-mile section of its 100-mile length, and reaching as high as 7,900 vertical feet from river to rim near Granite Creek. The canyon is home to 350 species of wildlife, including 239 known species of birds, 69 mammals and dozens of reptile and amphibian species. The Hell's Canyon area is accessed predominantly by dirt roads, thus is more suitable for mountain bike touring.

**General Advice**

Don't rely on a state road map. You will need an Oregon Atlas (map book) such as those available from Benchmark ([www.benchmarkmaps.com](http://www.benchmarkmaps.com)) and Delorme ([www.delorme.com](http://www.delorme.com)), as the best routes follow secondary and Forest Service roads. If you will be venturing off the road for a day hike or mountain bike ride, you will also want a Forest Service map and possibly a hunting unit map. Be aware that none of them will provide you with all of the information you might like, so if you are designing your own route, it may be wise to study as many maps as you can lay your hands on before going.

Don't expect a lot of services. (The upside of this is that with services comes traffic, the bane of the cyclist's existence!) The amenities that are available are generally friendly and inexpensive, but you cannot count on "winging it" when it comes to food and lodging.

Research your route in advance - and often be prepared to put in long days - if you are hoping to stay in motels and eat out. Camping tours, carrying several days of backpacking-type food, are a good option, as is traveling with an organized tour.

Expect weather extremes. Many of the areas mentioned include major changes in elevation, and a single route may pass through forested mountains, prairies, and expanses of high desert. Most of these areas are a good choice for touring Spring-Fall, but some higher elevation areas could see snow in Spring and Fall, while lower open areas can be quite hot by mid-Summer. Hailstorms occur fairly often in spring.

Bring a large hydration pack and/or several water bottles. A backpacking filtration pump or water bottle with a filtration cap is also a good idea, so that you can purify stream water as you go.

*The author is co-owner of Wild Heart Cycling, Inc., a bicycle touring company offering fully catered, environmentally friendly multi-day tours throughout Oregon. See [www.wildheartcycling.com](http://www.wildheartcycling.com).*



Wallowa Mountains known as "the Alps of Oregon".

Photo courtesy of Ben Leber



Magnificent view of the Elkhorn Mountains

Photo courtesy of Ben Leber

"Alpenrose" from page 1

(Velo Bella Kona) of Seattle attacked solo near the halfway point of the race. After quickly gaining a half-lap on a hesitant main field, the gap stabilized for what seemed an agonizing dozen laps, before her relentless determination and awesome power allowed her to lap the field and claim victory. The pro-roadie, who was "trying to make a go of it on the track," also earned the top money spot (\$63) as well as the respect of the large Alpenrose crowd. Speedy Quinn easily took the bunch sprint for second in front of the consistent VanValkenburg.

The Olympic Sprint, which showcased a breathtaking display of high-speed coordination, saw a trio of exceptionally well-muscled and powerful lads from the Burnaby Velodrome in British Columbia give a clinic on cohesion, execution, and speed. They won their third consecutive title in this event, in 54.36, only a half second off the track record. Keith Bruneau, Barlee, and Matt Chater (Fast Twitch Cycling) are so well matched that only 0.01 of a second separated their flying laps times! Locals Stephen McLaughry and Copeland brought Alpenrose legend Tim Luther out of semi-retirement and earned silver in 55.46, while Team Rubicon's Dean Tracy, Steven Beardsley, and Abers took third.

The event that attracts the biggest crowds at AVC is the Keirin. Spectators witnessed riders jockeying for the best drafting position behind the lead motorbike for six laps around the track. Then, the motorbike moved aside, leaving the door open for two laps of action packed sprinting.

All weekend, the women saw an aggressive

Murdin constantly on the front. The Keirin was no exception. She took a flyer (attacked) when the motorbike pulled off, but her valiant effort was swept up with a little over half a lap to go as both Erickson and VanValkenberg came around her on the outside going into turn three. It was the compact and explosive Quinn who miraculously bolted through the middle of the trio to power to victory with Erickson and VanValkenburg close behind.

The men's Keirin can almost be considered the exclusive property of Alfred, who won five of the last six at the AVC. The Californian, who overcame a toe strap problem in the semifinals, chased down a ferocious two-lap attack by MacKinnon, who had gapped the rest of the stacked field. It took a 41-mile per hour lap effort followed by an explosive acceleration from the big man for him to claim a much-appreciated victory. The valiant MacKinnon, content that he had played the best tactic available to him, was a clear second in front of Canadian teammates Barlee and Chater.

The grueling 110-lap Elite men's Points Race saw one of the weekend's most impressive and inspired performances by the affable Mike McCorkell (Bicisport) of Calgary. "Iron-Mike" (he finished last year's Ironman Canada Triathlon in 12:58) completely dominated the event that awarded points every five laps. First, McCorkell, with the assistance of Adam Curry (Broadmark Capitol), Seattle's Jimmy Lingwood (Recycled Cycles), and local Mikkel Bossen (CMG Racing/Alpine Mortgage) lapped the field. As soon as the foursome made contact with the main bunch, the aggressive McCorkell

immediately attacked, going clear once more, this time with local bike shop owner Molly Cameron (Veloshop) and strong Californian Giovanni Rey (VeloEuropa/CYFAC). He took a second lap on the field and assured himself the victory with 81 points. Curry, transplanted to Portland from his native New Zealand, chased valiantly and hung on for second (51) in front of the tenacious Cameron (49). Lingwood was fourth with 35, and Bossen, who crashed hard when he overlapped a wheel, impressively bounced back up, repaired his bike and finished a creditable fifth.

The Masters Points Race was hotly contested as well, with a group of five taking a lap early. Mike Eddy (Byrne Specialty Gas), Andy George (Fast Twitch Cycling), Kent Johnston (Fred Meyer/Lakeside), and Rick Adams (Specialized) were joined after a long agonizing solo chase by Team Oregon's Ernie Conway to fight out the win. Adams and Johnston faded as Marymoor legends Eddy and George fought down to the wire. Eddy took the final two sprints and the win 63-50, followed by Johnston (41) and Adams (40).

The Flying lap competition always closes the AVC racing weekend and, is a favorite of the cycling savvy, Portland crowd. Behind boisterous partisan support, VanValkenburg overcame some of her weekend's sprint disappointments, blasting to a solid 18.22 in front of Erickson (18.54) and Hanson (18.62). As the third man to start, McKinnon established the bar quite high posting a 15.35, only 0.2 of a second off Alfred's track record. It proved to be one of the biggest upsets of the event, as AVC legend Alfred, sporting the number 1 and starting last to thunderous applause, could



Photo by Claire Bonini/Bicycle Paper

Some of the Men's Miss and Out participants, where the last rider to cross the line on every second lap is eliminated.

only manage a 15.45. Portlander "Mr. Muscles" McLaughery (Bike Central) laid down a 16.06 lap for third place.

Overall, the consistency of Bacardi/Nuvo's Tom Hanley of Indiana (four top-five finishes for 15 points) allowed him to narrowly win the Weekend's Omnium in front of silky-smooth Aussie Peter Fitzpatrick (Velocity Sports), winner of the Scratch Race and Miss & Out, and Alfred, who both finished with 14 points. Quinn completely dominated the women's field with 40 points (winning six of the seven events she contested). VanValkenburg (17) and Murdin (16), who made an outstanding track debut, followed. Portland's Nathan Hobson's (Half Fast Velo) wins in the Pursuit and Scratch races combined with runner-up spots in the 500-meter and Miss & Out narrowly gave him the Masters Omnium in front of the savvy Eddy (24 to 22).

Over the course of the weekend, this year's AVC featured spectacular racing, great organization and splendid weather to the benefit of spectators and participants alike.

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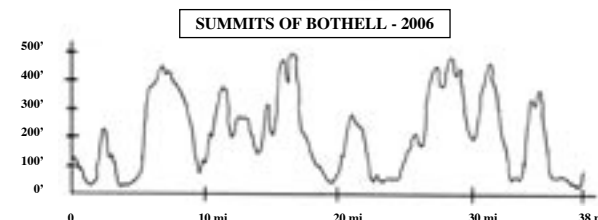
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# The World Gathers in Whistler

By JUSTIN VANDER POL, BBTC

Mountain bike advocates from across the globe gathered in Whistler, BC from June 20-23 for the 2006 IMBA Summit/World Mountain Bike Conference. Over 400 delegates, resort operators and land managers attended from 17 countries. Whistler was an ideal location for the event. The resort represents the most progressive side of mountain biking, which many other resorts and regions are trying to emulate. All were gathered to share knowledge about how to enhance and increase mountain biking opportunities worldwide.

The goal at the conference was to work hard, ride as much as possible, and enjoy food and drinks with people who share a passion for mountain biking. The most rewarding experiences occurred between sessions or on the chairlift, when mountain bikers from the far corners of the planet shared trail stories and success strategies. Delegates came from several countries including the U.S., Canada, Sri Lanka, Australia, Israel, Japan and Scotland, to name just a few. The Pacific Northwest was well represented at the conference, with advocacy groups from British Columbia, Washington, Oregon and Idaho.

Sessions were led by both the International Mountain Bicycling Association's (IMBA) staff and by experts from across the globe. The depth of knowledge of both attendees and speakers at the conference was inspiring. The people at this gathering represented the cutting edge of mountain biking.

The sharing of new ideas and strategies for gaining more mountain bike access is what this conference was all about.

## Day 1, Wednesday

The day started with a keynote speech about the 2010 Olympics, which will be held in Vancouver and Whistler, BC,

from two-time Olympian Marion Lay. Seeing 450 off-road cycling advocates in one room was inspiring.

The next session featured IMBA's Pete Webber and Jeff Jackson, of Algonquin College in Petawawa Ontario. They discussed current lawsuits, the state of liability management in our sport, and the best legal defenses. The good news was that liability is manageable, even for freeride, jumping and downhill riding areas.

After a lunch break, delegates chose between a half a dozen workshops offering a broad range of topics.

Following a hard day of work, many conference participants entered the "world's largest loonie ride". For those not familiar with this popular BC ride format, each participant plunks down a \$1 Canadian coin that happens to have a loon imprinted on the back. The ride is not timed, and all riders are encouraged to join in for a BBQ and beer afterwards. With all the IMBA delegates in town, the ride had 350 participants and provided the out-of-towners with a great sampling of Whistler's singletrack.

## Day 2, Thursday

Everyone headed into the conference, which started off with a keynote speech from IMBA Trails Specialist, Joey Kline. He has built amazing mountain bike trails all over the world, and seeing slides of his trail building successes was truly motivating. He showed slides from New Zealand, Australia, Southeast Asia, Scotland, North America, and stunning shots from Israel. Riders in the Middle East enjoy beautiful, ancient trails that pass important religious sites.

One of the greatest ideas generated at the conference was bringing together trail builders

from countries such as Saudi Arabia, Egypt, Jordan and Israel for clinics and training on the science of trails. When mountain bikers gather, all other differences and boundaries just melt away and we are first and foremost riders. The connections and ideas from this conference may, in their own small way, help bring peace to this region.

The second day concluded with a banquet dinner and show by two top Norco trials riders, Ryan Leech on a bike and Kris Holm on a unicycle. Both of them are able to do things on their cycles that are mind blowing. Kris not only pulls off ridiculous trials moves on his unicycle, but has been seen cleanly riding the technical freeride trails of Vancouver's North Shore.

## Day 3, Friday

By Friday everyone was buzzing from the energy and the pace of the week. Attendees gathered again for a keynote speech about Trails and Communities, and then broke off into more workshops.

The real value of the conference is just beginning to impact the mountain biking community. The ideas that were generated have been brought back to the home trails of each rider where they will be realized in the form of new trails, new parks, and more riders on mountain bikes.

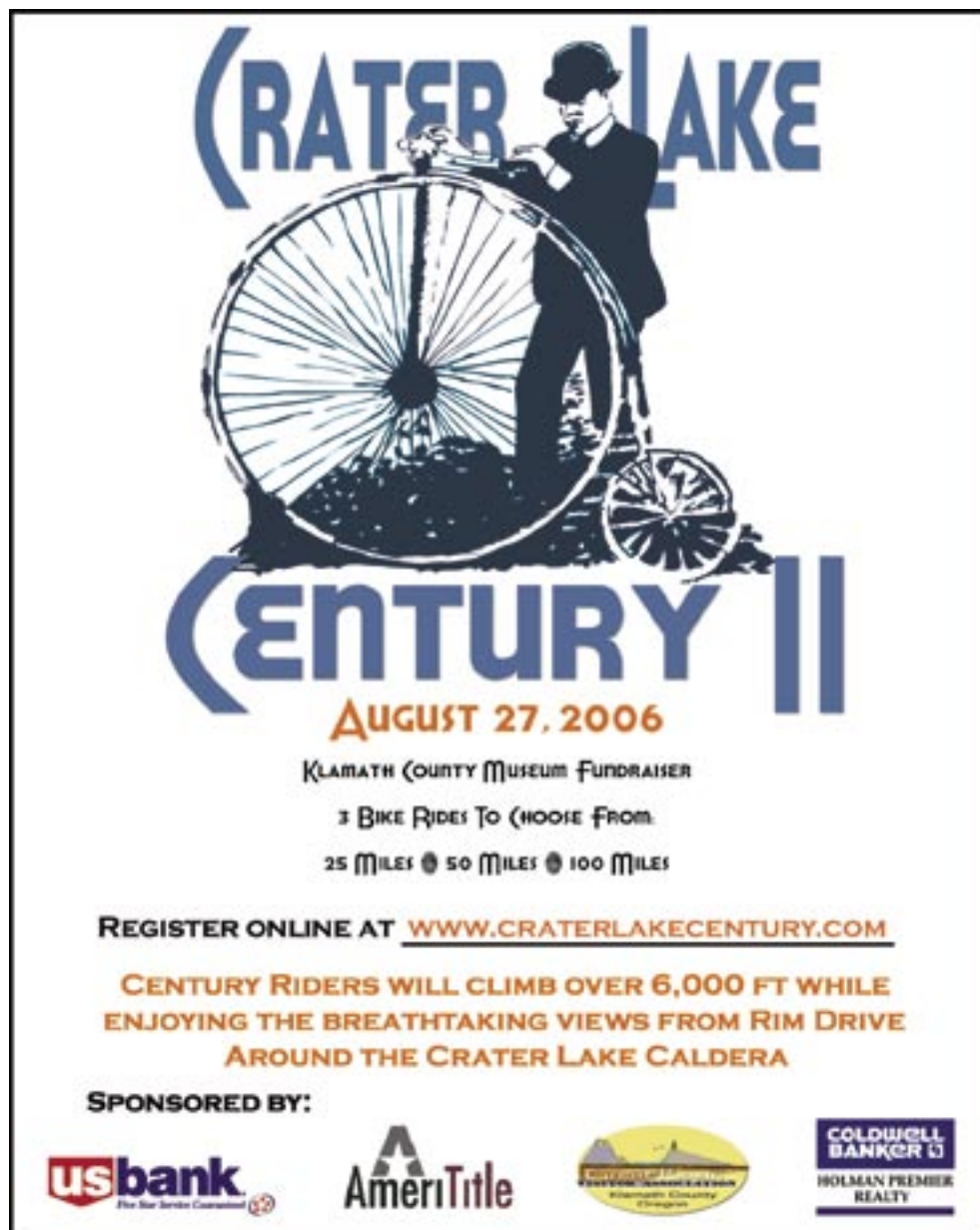
*Justin Vander Pol is Executive Director of the Backcountry Bicycle Trails Club (BBTC). Located in Seattle, they are a volunteer based nonprofit that works with land managers to maintain and develop mountain bike trail systems and parks. BBTC also offers hundreds of free mountain bike rides each year.*



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## Retro Fuel for Your Ride...Real Food!

By HEATHER KING, MS

It is a well-established fact that early Olympic marathon runners did not have access to gel shots. In fact, they raced without gels, energy bars or even sports beverages. What did they fuel themselves with? Food! Early Olympians often ate figs and dates as quick and concentrated sources of carbohydrates. Until just a few decades ago, athletes consumed pretty much the same stuff whether riding or not, but in larger quantities during activity. In recent years, loads of specialty "sports foods" have come on the market and indeed, these have offered benefits to many athletes. These products are easy to transport, usually non-perishable, and most are formulated to provide a significant amount of carbohydrates, an athlete's main fuel source. But as cyclists, we enjoy a benefit that runners and participants of many other sports can't - we can eat real food! Thanks to the non-jarring physics of a bike ride (well, at least a road ride), our stomachs can handle solid food without making us feel queasy. If you are planning to do a long ride this summer, such as RAPSODY or another century ride, you may want to think about some good old-school real food options for your ride. Because by mile 70, another gel shot may be the last thing you want to pull out of your jersey!

Hot? Thirsty? Need a little burst of sugar? Well then, nature created grapes just for you! Each one is a little ball of sugar and water, perfectly refreshing on a hot summer ride. A small bunch fits nicely in the back pocket.

Fig bars are one of those perfect cycling foods. They are bite-sized, and several of them can fit in a small baggie in your jersey pocket. Reach back, pop one while riding, and you will receive a dose of almost pure carbohydrate, both simple and complex (great for both quick and sustained energy). Look for naturally-sweetened varieties of fig bars, preferably made with whole grains and trans-fat free.

The classic PB&J is still, for many, the ultimate cyclist's lunch. The saltiness of the peanut butter is especially pleasing if you've been gulping super-sweet sports drinks. For a change of pace, try some different nut butters - almond, cashew or even soy-nut butter. Throw some dried cranberries or raisins into the sandwich for some extra carbs and anti-oxidants, and squash the whole thing into your bike bag for the afternoon break.

Last year, while staying overnight in Centralia during STP, my friends and I dined at a local restaurant that made incredible whole grain rolls. Of course, a 10-day old piece of white bread would have tasted great at that point, but these were exceptional. We wrapped several in napkins and stuffed them in our jerseys in the morning. With all the talk about eating more carbohydrates during a ride, it had never occurred to me to just eat bread...ultimate "King of the Carbs"! During the second day of riding, I would pull out a roll and munch away. They tasted even better after a little jersey-curing!

Some other ideas for real-food munchables during your ride include: whole-grain pretzel sticks, great for replenishing salt and giving you

an alternate to the sweet stuff you'll be eating and drinking; bananas, loaded with simple and complex carbs and potassium for your heart and muscles; dry cereal, such as O's, corn or wheat flakes can be stashed easily on your bike or person and can be eaten by the handful for a carbohydrate burst.

So, what happens when a ride is finished and the cyclist needs a recovery beverage? Sure, there are plenty of pre-fab powders that one can mix with some water and swill down. But a recent study out of Indiana University showed that cyclists who drank chocolate milk between rides were able to ride 50% longer on the second day than those who drank specialty sports beverages.<sup>1</sup> Chocolate milk contains excellent levels of carbohydrates and protein, both needed for restoration of glycogen, your stored fuel source, after a ride. The beverage also provides vitamins and minerals, such as vitamin D, potassium and calcium that help with recovery. For those who are lactose-intolerant or do not drink milk, chocolate soymilk has similar glycogen-building components. Choose calcium-fortified soymilk to replace some of this essential mineral that is lost during sweating.

Some of the foods you may want to avoid while actively cycling include those containing large amounts of fat and excess fiber. These elements slow down the metabolism and breakdown of carbohydrates, which is great for everyday healthy eating, but not good for the athlete who needs quick and steady fuel. Whole-grain breads and snacks do not include excess fiber, but foods like nuts and trail mix may be too fatty and fibrous for an endurance athlete. In addition, fried foods and

foods containing trans-fats should be limited, and ideally avoided, both on and off the bike. Large amounts of fruit and fruit juice, which contain a special type of sugar called fructose, can be upsetting to the stomach for some folks during riding. It is strongly recommended to try any food on a training ride before using it in an actual event.

Now you know: you are no longer limited to the standard rotation of sports drinks, energy bars and gels. Any foods that are portable, high carbohydrate and tasty will fuel you through your ride and will leave you feeling more satisfied than eating shelf-stable foil-wrapped snacks all day. So get out there and do like the ancient Olympians did - train well, ride hard and fuel yourself with real foods!

### References:

Kyle, Donald G. Athletics in Ancient Athens (Leiden: E.J. Brill, rev. ed., 1993).

1. Karp, Jason R.; Johnston, Jeanne D.; Tecklenburg, Sandy; Mickleborough, Tim; Fly, Alyce; Stager, Joel M (2004). The Efficacy of Chocolate Milk as a Recovery Aid. *Medicine & Science in Sports & Exercise*. 36(5) Supplement: S126.

*Heather King is a Seattle cyclist and Bastyr University graduate with an MS in nutrition.*

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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

### AUGUST

#### Aug 12: Tour de Fat 2006 BAW

Fremont, WA. Beer garden, bike rides, live music and entertainment in Seattle's Fremont neighborhood. Other events happening in Idaho and Oregon. New Belgium Brewery, www.newbelgium.com

### SEPTEMBER

#### Sep 1-30: Bike Commute Challenge

Oregon. Friendly competition — workplace against workplace — with benefits for companies and individual cyclists when employees bike to work during this month. The workplaces with the highest percentage of commuters by bicycle during the month win! BTA, www.bta4bikes.org

#### Sep 16: Timberline Marathon

Mt Hood, OR. A most excellent trail marathon from Timberline Lodge to Timothy Lake. Finisher medals & T-shirts. Chuck Neely, Rogue Multi-Sport, LLC, 503-327-5531, www.RogueMultiSport.com

#### Sep 20: 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

#### Sep 23: 2nd Annual Run/Walk 4 The Poor Trail Marathon Benefit Challenge

Lakewood, WA. Fort Steilacoom Park. 1mi, 5k, 10k, and Marathon. WA State Trail Running, Walking, & Duathlon Club, 253-376-5737, www.humannmultisportspnw.org

## CAMPS

### AUGUST

#### Aug 3-6: Larry Kemp Jr. Memorial Camp

Cle Elum, WA. The WSBA Junior Program, in conjunction with the Larry Kemp Memorial Fund, is hosting a weekend cycling camp. Enthusiastic cyclists from the ages of 11 to 14 are welcome to join an experienced staff of coaches, team managers, racers and mechanics at the Flying Horseshoe Ranch. Mountain bike or road welcome. Includes 3 nights lodging and all meals. Renee Duprel, WSBA, www.wsbaracing.com

#### Aug 15-16: Sugo! Dirt Series

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

### SEPTEMBER

#### Sep 9-10: Sugo! Dirt Series

Whistler, BC. Co-ed MTB camps. See above for details. Candace Shadley, 604-905-8876, www.dirtseries.com

#### Sep 15-17: DevineRIDE Women's Mountain Bike Camps

Rosland, 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

## RACE SERIES

#### 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 6 events with points awards towards overall series winner. 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 5-Aug 23: Bend Criterium /TT Series

Bend, OR. Wednesday night racing series. Time trials and criterium events. Criterium races held at Summit High School, Time Trials on Skyliners Rd. All racers must be OBRA members. Annual (\$20) or day (\$5) OBRA licenses available. Tim Plummer, www.bendcycling.org

#### Apr 6-Aug 31: Seward Park Crit Series

Seattle, WA. Every Thursday night. Short 0.8-mile raindrop-shaped loop in the park. Very good pavement, 200-meter hill each lap. \$10 per night. Juniors and women \$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. 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 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 recognize 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. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

#### Apr 11-Aug 22: Spokane Twilight Series

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

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

Kent, WA. Cat 4, and Cat 3. Points will be awarded to the first 5 finishers. At the end of the season the riders with the most points win. Registration opens at 5:30pm, closes at 6:50pm. Race starts at 7:00pm. 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. 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 Thurs. Series

Portland, OR. Alpenrose velodrome. Event schedule posted on website a few days before each race night. OBRA, 503-661-5874, www.obra.org

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

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

#### May 5-Aug 25: Fast-Twitch Fridays

Portland, OR. Alpenrose Velodrome. Sprint-oriented racing for all levels, nothing over 30 laps. Match sprint tournament every other Friday. Separate omnium racing for beginner men and women. Junior racing through July. Jen Featheringill, 503-227-4439, www.obra.org

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

Mt. Hood, OR. 5-event series, with categories and sub-categories for all level of abilities. Norba/Obra sanctioned with separate classifications. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

#### May 15-Aug 28: Monday Night Track Racing

Redmond, WA. Track racing for juniors and Cat. 5 racers. Racing starts at 7pm. 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, 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

#### Jun 1-Aug 7: Southern Oregon Thur. 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. Practice team strategy! Ed Garfield, 541-840-0713, www.obra.org

#### Jun 2-Sep 1: Group Health Friday 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 6-Aug 29: Masters & Juniors Track Races

Portland, OR. Schedule of events varies each week. Steve Trusdale, 503-232-1704, www.obra.org

#### Jun 6-Aug 29: Twilight Criterium Series

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

#### Jun 18-Aug 13: Willamette Pass DH Series

Willamette Pass, OR. Exciting fast paced technical DH races. 3 events in the series identified as WPDH. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

#### Jul 7-Sep 1: Friday Night Race League

Rosland, BC. Biweekly fun mountain bike race league for any age (call for race league rules & regulations). Red Resort Mountain. Fabianne Labonte, Red Resort, 250-362-7384, www.redresort.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, 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

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

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

#### Aug 12-Sep 9: Triple Crown Series

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

#### Sep 5-26: PIR Handicap Series

Portland, OR. 4-event race series at the speedway track. Handicap format. 3 groups starting 2 minutes apart. Cat 4 riders start first, followed by Cat 3, and Cat 1/2. All riders race the same number of laps, and contest the same sprint. All finish as a single group. Cat 3 riders may choose to start with the 1/2s. Prizes awarded based on points accumulated in primes and at the finish. Start at 6:00pm Steve Mullen, www.obra.org

#### Sep 10-Oct 28: Giant Bicycles BC Cross Series

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

#### Sep 24-Dec 3: Emerald City CX Series

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

#### Sep 30-Nov 12: Sandy Point Beach Race Series

Boise, ID. 3-event race series, raced at Sandy Points. Clinic before the start of the first race. www.idahocyclocross.com/

## MULTISPORT

### AUGUST

#### Aug 5: Satsop Triathlon/Duathlon

Elma, WA. Int'l, Sprint Triathlon, and Duathlon. Registration opens at 6:00am, closes at 8:30am. Race starts at 9:00am. Swim 400/1500m, bike 12/25 miles, run 3.1/6.2 mile BuDu Racing, 253-334-4433, www.buduracing.com

#### Aug 6: Rogue Triathlon Hellgate Challenge

Grants Pass, OR. A Southern Oregon gem! Run/bike/kayak format. Individual & team divisions. Awesome course & scenery. Rogue Multi-Sport, LLC, 503-327-5531, www.RogueMultiSport.com

#### Aug 13: XTC Off-Road Multisport Race

Campbell River, BC. McIvor Lake, full XTC 1000m swim, 24km mountain bike and a 10k trail run. Open to all levels, from new to off-road triathlon to pro-athlete. Half XTC distance also available. \$1500 Cash prize. Part of the Triathlon BC Race Series. Cove Communications, 888-788-4645, www.xtccanada.com

#### Aug 20: Apple Capital Triathlon

Wenatchee, WA. Daroga State Park. Sprint and Olympic distances. Jennifer Korfiatis, 509-665-0208, www.triwenatchee.net

#### Aug 20: Lake to Forest Triathlon

Hayden Lake, ID. Long and sprint courses in new location at beautiful Hayden Lake. Round & Round Productions, 509-455-7657, www.roundandround.com

#### Aug 20: Sisters High Cascades Off-Road Triathlon

Sisters, OR. 1000m swim in open lake water, 17-mile off-road semi-technical MTB in ponderosa pines. 10k off-road trail run. Very beautiful and challenging! Scott Buckles, No Limits Promotions, 541-408-7063, www.sistershighcascadesort.com

#### Aug 26: Lake Sammamish Triathlon

Issaquah, WA. Age group, relay, and Kids tri. Part of the proceeds will be donated to the Diabetes and Wellness Foundation. Registration opens at 5:30am, closes at 6:45am. Race starts at 7:00am. Distance: 400m swim, 14.5mi bike, 3.5 mile run. BuDu Racing, 253-334-4433, www.buduracing.com

#### Aug 27: Wild Ride Off-Road Triathlon

McCall, ID. MTB Triathlon. Xterra points event. Ron Dillon, Wild Rockies, www.wildrockies.com

### SEPTEMBER

#### Sep 2: Umpqua Ultimate Half-Iron TRI/DU

Sutherlin, OR. Endurance Triathlon & Duathlon in Southern Oregon's beautiful Land of Umpqua. Individual & team divisions. Chuck Neely, Rogue Multi-Sport, LLC, 503-327-5531, www.RogueMultiSport.com

#### Sep 9: XTC Off-Road Multisport Race

Vancouver, BC. Start at Buntzen Lake. 1500m swim, 24km mtb and a 10km trail run. Open to all levels, new to off-road triathlon to pro-athlete. Half XTC also available. Part of the Triathlon BC Junior Elite Series. Cove Communications, 888-788-4645, www.xtccanada.com

#### Sep 10: Seattle Escape from the Rock Triathlon

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

#### Sep 16: Flowing Lake Triathlon

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

#### Sep 24: Vancouver Muddy Buddy Ride & Run II

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

#### Sep 30: Mind Over Mountain Adventure Race

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

## CYCLO-CROSS

### SEPTEMBER

#### Sep 4: Labor Day Cyclocross Championships

Seatac, WA. Seatac Park - Cyclocross. Not part of Emerald City Race Series. Proceeds to support ACS junior development racing team. Brian Volkert, ASC Junior Development Racing Team, 206-243-7478, http://eteamz.active.com/ASC Racing/handouts

#### Sep 10: Giant Bicycles BC Cross Cup #1

Langley, BC. Fort Langley Cyclocross classic. See Race Series for details. Base Clement, www.steamracing.ca

#### Sep 17: Giant Bicycles BC Cross Cup #2

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

#### Sep 23: Veloshop CCX

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

#### Sep 24: Emerald City CX Series #1

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

#### Sep 24: Giant Bicycles BC Cross Cup #3

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

#### Sep 24: Hood River Cyclo-cross Classic

Hood River, OR. Kick-off the 'cross season at the Hood River Valley High School. Many categories, including kids. Jeff Lorenzon, 541-490-6837, www.discoverbicycles.com

#### Sep 30: Sandy Point Beach Race #1

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

## MOUNTAIN BIKE RACING

### AUGUST

#### Aug 5-6: 12/24 Hour MTN MTB

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

#### Aug 5-6: Bear Mtn Provincials

Mission, BC. XC, DH. "B" level event. Bear Mountain Promotions, 604-850-4603, www.bearmountainchallenge.com

#### Aug 5: Intermountain Orthopaedics White Knob Challenge

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

#### Aug 7: Portland MTB Short Track Series #5

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

#### Aug 12: Pomerelle Peaks

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

## NORTHWEST JUNIORS RACING SERIES

### 2006 WSBA Juniors Tour Calendar

August 26	State Hillclimb TT Championships	Crystal Mtn
August 27	First Rate Mortgage Seward Park Crit 3	Seattle
September 2	Blackberry Criterium	Bremerton

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 YMCA of Seattle, Voler Clothing  
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**Aug 13: Portland MTB Short Track Series Finale**  
Portland, OR. Series Grand Finale! See Race Series for details. Kris Schamp, 503-466-9007, www.portlandracing.com

**Aug 13: Pyramid Brewing DH- WPDH #3**  
Willamette Pass, OR. Downhill #3. See Race Series for details. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

**Aug 19: Island Series Marathon #2**  
Ibc, BC. See Race Series for details. www.cycling.bc.ca

**Aug 19-20: Tamarack Twister ID State Championships/Knobby Tire Series Finals**  
Tamarack Resort, ID. XC on Saturday, DH on Sunday. Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

**Aug 20: Falls City Firecracker**  
Falls City, OR. Part of Oregon MTB series. Series Final. Kevin Thompson, thompok@loswego.k12.or.us,

**Aug 26-27: Mount Washington XC, DH**  
Mount Washington, BC. Mike Manara, Mount Washington Resort, 250-334-5744, www.mountwashington.ca

SEPTEMBER

**Sep 2-3: UCI Masters MTB Worlds**  
Kamloops, BC. At Sun Peaks, new course. Open to Master racers 30+. XC and DH. Mondial du Velo, www.mondialduvelo.com

**Sep 9-10: Scotty Graham Memorial Series Finals**  
Mt. Hood, OR. Mt. Hood Skibowl Series Finals presented by Shiloh Cyclery. DH and XC events at Mt. Hood Skibowl. Friday - DH training, Saturday DH race and Sunday XC race. Mountainous, rocky course with spectacular views. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

**Sep 10: 2nd Fat Tire Festival - Poker Run**  
Federal Way, WA. Ride Dash Point. For riders of all ages and abilities. Raise money to maintain the trails and bridges. 7-mile ride at your own pace. Poker Run loop will show you all that the park has to offer. Collect the cards, best hands win prizes and cool stuff. Skills contest, snacks, free parking. Phil's South Side Cyclery, 253-661-3903, www.teamtailwind.com

**Sep 23: Cheakamus Challenge**  
Squamish to Whistler, BC. Oldest, toughest XC race in Canada. Marathon event. Endorphin Enterprises, 604-938-1799, www.cheakamuschallenge.com

**Sep 24: Island Series Marathon #3**  
Rowbotham, BC. See Race Series for details. Ramble. www.cycling.bc.ca

**Sep 24: Mt Ashland Hillclimb**  
Ashland, OR. Tita Soriano, SOMBA, 541-840-6580, springhaw@somba.org

**Sep 30-Oct 14: Gunbarrel Challenge MTB Stage Race**  
Western Australia. 1200km over 10 days - \$38k Cash Purse. Mind Over Mountain Event Co., 250-715-8933, www.gunbarrel.com.au

MOUNTAIN BIKE TOURING

AUGUST

**Aug 6: Tour de Peaks Bike Ride**  
Snoqualmie, WA. Great food, 3 road routes, 1 MTB route. Sign-in 7-10am. Snoqualmie Valley Chamber of Commerce, 425-888-4440, www.tourdepeaks.com

**Aug 7-13: Kettle Valley Trail Cycle Tour**  
Beaverdell, BC. Beaverdell to Coalmont along the Trans-Canada trail. 7-day trip. Cycle 700km through the interior of BC, viewing some of the most spectacular scenery in North America. Also available: Aug. 12 & 20. R.E.M Event Management, 800-242-1825, www.great-explorations.com

**Aug 11-13: Sunshine Coast Trail Ride**  
Hallmoon Bay, BC. Off-road trail riding that features beginner to intermediate singletrack trails and outstanding scenery. R.E.M. Event Management Inc., 800-242-1825, www.great-explorations.com

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

**Aug 19-21: Iron Horse Trail Bike Tour**  
Spokane, WA. A Scenic trip with a backdrop of the Cascade Mountains, with high peaks, towering forests and beautiful lakes. Mike Aho, Spokane Parks and recreation, 509-625-6246, www.spokane-parks.org

**Aug 26-27: Honey DoTriathlon**  
Vantage, WA. Vantage to Redmond. A 145 mile supported two-day mountain bike ride across the scenic Cascade Mountains via the John Wayne trail. Includes lodging at Snoqualmie pass. Limit of 40 riders. Mark Scheffer, Adventure Works, LLC, 360-805-6420, www.adventureworkslc.com

SEPTEMBER

**Sep 4-8: Cascade Lakes Singletrack**  
Bend, OR. See Aug 14-18 for details. Western Spirit Cycling, 435-259-8732, www.westernspirit.com

**Sep 10: 2nd Fat Tire Festival - Poker Run**  
Federal Way, WA. Ride Dash Point. For riders of all ages and abilities. Raise money to maintain the trails and bridges. 7-mile ride at your own pace. Poker Run loop will show you all that the park has to offer. Collect the cards, best hands win prizes and cool stuff. Skills contest, snacks, free parking. Phil's South Side Cyclery, 253-661-3903, www.teamtailwind.com

**Sep 16-30: South Korea: T'amhomhada Tongjokui**  
Ecuador. Explore Eastern Korea. IBF fundraiser and cultural / natural heritage tour of Ecuador. Ibike Tours, 206-767-0848, www.ibike.org/ibike

**Sep 24: Olympic Discovery Bike Adventure**  
Port Angeles, WA. Enjoy riding 50 miles on the off-road Olympic Discovery Trail. Port Angeles to Sequim. MTB with semi-slick or smooth tires or road bike with wider tires recommended. Start at City Pier. City of Port Angeles Parks and Rec., 360-417-4550, www.olympicdiscoverybike.com

ROAD RACING

AUGUST

**Aug 1, 8, 15, 22, 29: Pacific Raceways RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Aug 1: Spokane Twilight Series**  
Spokane, WA. Located at SRP. Circuit race. See Race Series for details. Baddlands Cycling Club, www.baddlands.org

**Aug 1, 8, 15, 22, 29: Tuesday Night Half-Bogus Ride**  
Boise, ID. See Race Series for details. www.georgescycles.com

**Aug 1, 8, 15, 22, 29: Tuesday PIR Series**  
Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

**Aug 1, 8, 15, 22, 29: Twilight Crit Series**  
Eugene, OR. See Race Series for details. Sal Collura, Co-Motion Classic Racing, www.obra.org

**Aug 1, 8, 15, 22, 29: World Tuesday Night Championships**  
Vancouver, BC. Escape Velocity, www.escapevelocitybc.ca

**Aug 2, 9, 16, 23, 30 : Bend Criterium/TT Series**  
Bend, OR. Wednesday night racing series. 2 & 16 = Time Trail, others = criterium. Tim Plummer, www.obra.org

**Aug 3, 10, 17, 24, 31: Coastal Thursday Evening Challenge**  
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

**Aug 3: Pacific Raceways Women's RR**  
Kent, WA. See Race Series for details. BuDu Racing, 206-625-8333, www.buduracing.com

**Aug 3, 10, 17, 24, 31: Seward Park Criterium Series**  
Seattle, WA. See Race Series for details. Pazzo Velo, www.pazzovelo.com

**Aug 3, 10, 17, 24, 31: Southern Oregon Thursday Nighters**  
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

**Aug 4-6: Fresh Air Experience Fantastic Four - FloraGLO Lutein BC Cup#6**  
Kelowna, BC. 250-764-7404, www.cycling.bc.ca

**Aug 4: Health Net Criterium**  
Portland, OR. Oregon Cup #6 (men only). Porter Childs, 503-222-5868

**Aug 5: Cougar Climb for Cancer**  
Issaquah, WA. Individual time trial up "Zoo Hill". 2.5 mile, 7% gradient. Start at 9:00am at SE 54th St and NW Newport Way. Free registration, open to all. Register by email. Optional charitable donation to American Cancer Society. Joel Blatt, 425-562-2306, climb4cancer@yahoo.com

**Aug 5: Lake Washington Velo Circuit Race Series**  
Boston Harbor - Olympia, WA. The speed and intensity of criterium racing meets the wide open tactics of road racing. Fairly flat course, low mileage. James Gillette, 253-853-5316, www.broadmarkcycling.com

**Aug 6: OBRA Time Trial Championships**  
Peoria, OR. Steve Holland, 360-891-3924, www.obra.org

**Aug 7, 14, 21, 28: Monday Night PIR**  
Portland, OR. See Race Series for details. Jim Anderson, 503-975-8229, www.obra.org

**Aug 10: Pacific Raceways Women's RR**  
Kent, WA. See Race Series for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Aug 12: BC Time Trial Championships - BloraGLO BC Cup #7**  
Squamish, BC. 38km individual TT on quiet road. BC Cup final event. Gavin Forsyth, Team Escape Velocity, 604-325-1959, www.escapevelocitybc.ca

**Aug 12: Crawfish Criterium**  
Tualatin, OR. Shari Matyus, 503-223-4984

**Aug 12: Lake Washington Velo Circuit Race Series #3**  
Carnation, WA. The speed and intensity of criterium racing meets the wide open tactics of road racing. James Gillette, 253-853-5316, www.broadmarkcycling.com

**Aug 12: Mount Harrison Hillclimb**  
Albion, ID. 4th Annual, an approx. 16-mile hillclimb to the lookout tower (9,126ft) on top of Mount Harrison. Brad Streeter, 208-323-2376, www.aerocyclos.com

**Aug 12: Triple Crown Series #1**  
Boise, ID. Mt. Harrison Hill Climb. 208-323-2376, www.lostrivercycling.org

**Aug 13: Oregon State Criterium Championships**  
Gresham, OR. Jay Martineau, 306-281-0085, www.obra.org

**Aug 13: THE Cycling Classic**  
Boise, ID. RR for Men and Women Pro 1-2. 95 miles w/ 8000ft of climbing and 54 miles w/ 4800ft of climbing respectively. Full rolling enclosure. CoreSports, 208-343-4037, www.thecyclingclassic.com

**Aug 13: WA State Team Time Trial**  
Elma, WA. Race starts near the entrance of Vance Creek Park. Course follows South Bank Rd. on an out-and-back course. Some small rollers. 4-person team. Registration opens at 7:30am, closes at 8:45am Race starts at 9:00am. All USCF Categories. Pre-registration only. Counts for BARR points. Budu Racing, www.buduracing.com

**Aug 15: Spokane Twilight Series**  
Spokane, WA. Located at Williams Lake. Road race. See Race Series for details. Baddlands CC, www.baddlands.org

**Aug 19: Mary's Peak HC Time Trial**  
Corvallis, OR. Jim Fischer, 541-990-8979, www.obra.org

**Aug 19: Mt. Erie Hill Climb**  
Anacortes, WA. Brian Ecker, www.wsbaracing.com

**Aug 20: Gear Push Time Trial**  
Auburn, WA. 10-mile course on Green Valley road near Flaming Geyser State Park. Registration begins at 7:15am, race starts at 9:00am. \$20 day of race only. BuDu Racing, 206-625-8333, www.buduracing.com

**Aug 20: Triple Crown Series #2**  
Boise, ID. Table Rock Hill Climb. See Race Series for details. 208-867-2488, www.lostrivercycling.org

**Aug 22: Spokane Twilight Series**  
Spokane, WA. Located at SRP. Time trial - last event to count for points. See Race Series for details. Baddlands CC, www.baddlands.org

**Aug 26-27: High Desert Omnium**  
Bend, OR. The RR is the last event counting toward the Oregon Cup. Tim Plummer, www.bendcycling.org

**Aug 26-27: Idaho State Championships**  
Boise, ID. Kurt Holzer, 208-890-3118

**Aug 26: WA State Hillclimb TT Championships**  
Crystal Mountain, WA. 6 miles, 1,500ft. elevation gain. Pavement in so-so conditions. Great raffle at the end. Counts for WA BARR points. Part of WSBA Juniors Tour. Wheelsport Cycling Team, 253-852-4946, www.wheelsportcycling.com

**Aug 27: Seward Park Fall Classic**  
Seattle, WA. Criterium on a 0.8-mile loop in Seward Park, one 120-degree turn and one hill. All categories. WSBA overall season awards and party. Part of WSBA Juniors Tour and LAJORS. Pazzo Velo, 206-932-5921, www.pazzovelo.com

**Aug 29: Spokane Twilight Series**  
Spokane, WA. Located at Chapman Lake - Road race. Series awards and party following the event. See Race Series for details. Baddlands CC, www.baddlands.org

SEPTEMBER

**Sep 2: Blackberry Criterium**  
Bremerton, WA. Great course in downtown Bremerton! One DH and one uphill makes this non-technical race an end-of-road-season must do! Final event in the junior tour. Part of WSBA Juniors Tour. Peter Braun, www.ridgeracing.com

**Sep 2-4: Eugene Celebration Stage Race**  
Eugene, OR. This season ending tradition has grown to 3 days. Come enjoy the beautiful scenery, and go anaerobic. Sal Collura, 541-747-3336, www.obra.org

**Sep 5, 12: PIR Handicap Series #1 & #2**  
Portland, OR. See Race Series for details. Steve Mullen, 503-788-8704

**Sep 5: Tuesday Night Half-Bogus Ride**  
Boise, ID. See Race Series. www.georgescycles.com

**Sep 7: Southern Oregon Thurs. Nighters**  
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

**Sep 9: LOTOJA CLASSIC**  
Logan, UT to Jackson, WY. RR. 1,000 Cyclists. 1 Day. 3 States. 206 Miles! 2006 marks 24th year. Brent Chambers, Epic Events, 801-546-0090, www.lotojaclassic.com

**Sep 9: Ring of Fire 12/24hr Time Trial**  
Madras, OR. Terri Gooch, 541-760-1024, www.raceacrossoregon.com

**Sep 9: Triple Crown Series #3**  
Boise, ID. Bogus Basin Hill Climb. See Race Series for details. 208-867-2488, www.lostrivercycling.org

**Sep 10: Mt. Baker Hill Climb**  
Bellingham, WA. The ultimate fitness test. 24.5 miles, 4300ft from Glacier to Artist's Point. All categories and recreational riders. Fundraising for cancer care in Northwest Washington. Charlie Heggem, Ken Meyer Memorial Foundation, www.meyermemorial.org

**Sep 10: OBRA Hillclimb Championships**  
Government Camp, OR. John Lombard, 503-805-8489

**Sep 17: Skull Hollow Roubaix**  
Bend, OR. Tim Plummer, www.bendcycling.org

**Sep 21, 26: PIR Handicap Series #3 & #4**  
Portland, OR. See Race Series for details. Steve Mullen, 503-788-8704

ROAD TOURING

AUGUST

**Aug 4-5: RSVP - Ride from Seattle to Vancouver, BC & Party**  
Seattle, WA. 183 miles of scenic backroads in western Washington. Go through Chuckanut Drive. Finish line festival. Cascade Bicycle Club, www.cascade.org

**Aug 5: 200km - The Dam Brevet**  
Fort St John, BC. Randonneur event. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

**Aug 5-6: 400km Brevet**  
Penticton, BC. Randonneur event. Gord Cook, BC Randonneurs, 250-367-2117, www.randonneurs.bc.ca

**Aug 5-11: Canadian Gulf Islands**  
Victoria, BC. Tour the sparsely-populated Canadian Gulf Islands—an extension of the same chain that forms the San Juan Islands of Washington. Cycling, hiking, and kayaking are included. 7 days, all levels. Also available: Aug 19. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**Aug 5-7: Courage Classic Bicycle Tour**  
Snoqualmie, WA. A 3-day, 172-mile, fully supported, fundraising bicycle tour to benefit Mary Bridge Children's Hospital. Ride over Snoqualmie, Blewett and Stevens passes. Average 60 miles/day. Great supports and exceptional food stops. Benefit the Child Abuse Intervention Dept. at Mary Bridge. Do it for the kids! Mary Bridge Children's Hospital, 800-392-9253, www.courageclassic.com

**Aug 5: 8 Lakes Leg Aches Bike Ride**  
Spokane, WA. Enjoy the scenic landscapes between Spokane, Medical Lake and Cheney. Starts/ends at Coeur d'Alene Park in Browne's Addition (across from Emmanuel Lutheran Church) between 8-9:00am. 3 routes to choose from, a leisurely 30-mile, a challenging 50-mile or 80-mile treks! Lutheran Community Services, 509-343-5020, www.lcsnw.org/spokane/index.html

**Aug 5-12: Glacier - Banff - Jasper**  
Whitefish, BC. 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park in Montana and Alberta. Intermediate to advanced levels. Also available: Aug 12, 19, 26. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**Aug 5-6: Gold River 600**  
Campbell River, BC. Start at Campbell river, 6am. 600km. Don Munro, BC Randonneurs, 250-746-5236, www.randonneurs.bc.ca

**Aug 5: Harrison Ford 200km**  
100 Mile House, BC. Start location at Tim Horton's at 7am. Route: Lac des Roches-Eaggen Lake- Green Lake-Lone Butte. On-road/Off-road brevet, Danelle Laidlaw, 604-421-1717, www.randonneurs.bc.ca

**Aug 5-8: Lower Mainland 1000km**  
Lower Mainland, BC. Randonneur event. Erick Fergusson, BC Randonneurs, www.randonneurs.bc.ca

**Aug 5-6: Oregon MS 150 Bike Tour**  
Forest Grove, OR. Ride with George Hincapie. 2-day fundraising ride through Oregon's wine country and woodlands. Figure-8 courses ranging from 41 to 178 miles. Fully supported. Start/finish at Pacific University. Finish line festival and rider village. Jeff Pazzdalski, National Multiple Sclerosis Society, Oregon Chapter, 503-445-8349, www.ms150oregon.com

**Aug 5-12: San Juan Islands - Victoria**  
Seattle, WA. Cycling, hiking, and sea kayaking in the islands, plus 2 nights in Victoria, and a ride up Hurricane Ridge in WA's Olympic National Park. Also available Aug. 19. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**Aug 5-6: SIR 300km Brevet (ACP)**  
Ibc, WA. Second Series. Dan Turner, Seattle Int'l Randonneurs, www.seattlerandonneur.org

**Aug 5: Southern Interior 400km**  
Penticton, BC. 300km. Start at Penticton. Tine Hoeben, www.randonneurs.bc.ca

**Aug 6-12: Big Horn**  
Cody, WY. MT. 7-day trip that will have you ride in the Absaroka, Beartooth, Pryor and Bighorn mountain ranges. Average 62 miles per day. Includes 1 day off. Also available 8/6. Nao Funteers Bicycle Vacations, 866-539-2453, www.noofunteers.com

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**EXPANDED LINE OF ROAD BIKES**

**Aug 6: Double Dawg Tandem Ride**

Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. One food stop with deluxe snacks. No long climbs, but short steep ones. \$8 tandem / \$5 single entry fee. Hutch's Bicycles, 503-382-6248, www.hutchsbicycles.com

**Aug 6-11: Oregon Coast Budget**

Eugene, OR. Biking, hiking. For those who want a more economical way to explore Oregon's coast, yet don't want to camp. Fully supported, average 45 miles/day. Available Aug. 20. Bicycle Adventures, www.bicycleadventures.com

**Aug 6-10: Parent/Child Colorado**

Silverthorne, CO. 128 miles in 5 days. Follows the paved network of bike paths linking Summit County, Vail, and Glenwood Canyon. Catered and van-supported. Ends in Glenwood. Return shuttle included. One parent per child. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org/

**Aug 6-12: Ride Idaho**

Melba, ID. 7-day fully supported ride, camping, rest stops, entertainment, and more. Visit a different part of the state. Start in Melba and finish in Lowman. Ride Idaho, 208-344-5502, www.rideidaho.org

**Aug 6: Tour de Peaks**

Snoqualmie, WA. Great food, 3 road routes, 1 MTB route. Sign-in 7-10am. Snoqualmie Valley Chamber of Commerce, 425-888-4440, www.tourdepeaks.com

**Aug 11-20: Columbia River Classic**

Spokane, WA. Ride through the heart of the Colville National Forest and climb the Selkirk and Kettle River Ranges, and the Purcells and Monashees of southern BC. Timberline Adventures, www.timbertours.com

**Aug 11-12: Oregon Coast Cycling Festival**

Gold Beach, OR. Ride along the Oregon Coast that benefits Curry Health Foundation. Part of 3-day road and MTB festival. Road rides range in distance from 10-100 miles. 3-mile kiddie ride on second day. Party at end of ride. Chip Weinert, 541-251-0063, www.oregoncoastcyclingfestival.com

**Aug 12: 400km Brevet**

Lower Mainland, BC. Start at 6am. Ivan Andrews, BC Randonneurs, www.randonneurs.bc.ca

**Aug 12: Blue Cruise Wheels for Wellness**

Meridian, ID. 100, 50, 30 and 15 miles. Each route heads south and loops back. Century elevation 2,500ft with a few challenging hills. Roberta Russell, Blue Cross of Idaho Foundation for Health, 866-482-2252, www.bcidahofoundation.org

**Aug 12: Covered Bridge Bicycle Tour**

Albany, OR. Timber Linn Park. Relaxing country ride event, 40, 68, 85 & 101-mile distances. Lightly traveled road in heart of beautiful Willamette Valley. Good food and support. Mid-Valley Bicycle Club, 541-757-6691, www.mvbc.com/

**Aug 12: Ride for Youth**

Burlington, WA. 50, 100 & 150 mile options. \$55 after July 31st or day of ride. SAG support, showers & end of ride feed included. Burlington Mid-Day Rotary, 360-770-4325, www.burlingtonmidday.org

**Aug 12-13: SIR 300km Brevet (ACP)**

Packwood, WA. Volcanoes route. James Guthalm, SIR, 206-612-4700, www.seattlerandonneur.org

**Aug 12: Torture 10,000**

Gresham, OR. Choose either the mostly flat and scenic 30-mile, the challenging 72-mile or the torture 100-mile which offers 10,000ft of climbing. Start at Mt Hood Community College. Portland Wheelmen Touring Club 503-257-PWTC, www.pwtc.com

**Aug 13: Bridge Pedal**

Portland, OR. A community celebration of the Portland and Willamette areas. Bike ride over Portland's Willamette river bridges. Event part of a 3-day festival. Limit 15,000. Bridge Pedal, Inc., 503-281-9198, http://bridgepedal.com

**Aug 13-19: Oregon Bicycle Ride**

Pendleton, OR. 7-day, 413-mile, fully-supported ride through Central Southern Oregon. Distance from 45 to 90 miles. Campsites, showers, breakfast, dinner, mechanical support and ground transportation. OBR Committee, 541-385-5257, www.oregonbicycleride.org

- Family Friendly Ride or Event
- Supports Bicycle Alliance of WA
- Supports Bicycle Transportation Alliance of OR

**Aug 13: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)**

Tenino, WA. Revel in the quiet of Thurston and Lewis county, enjoy views of Mt. Rainier, on 23-, 30-, 50-, 80- and 100-mile loops. Capital Bicycling Club, 360-480-7356, www.capitalbicycleclub.org

**Aug 14-19: Columbia Gorge**

Portland, OR. Cycling, rafting, hiking and support! Explores portions of Lewis and Clark's route, forests, mountain views, orchards, and the Columbia River over 6 days. Family version available. Also available: Aug. 28. Bicycle Adventures, www.bicycleadventures.com

**Aug 18-19: 8th Annual Recumbent Retreat**

Fort Stevens State Park, OR. West Coast Recumbent Event with rides, games, bike light parade, breakfast rides, potluck and fireside chats. 1 free event t-shirt per registration! Connie McAyeal, www.recumbentretreat.org

**Aug 18-20: Get Your Guts into Gear - GYGIG**

Seattle, WA. Pedal along the scenic roads north of Seattle in a 3-day, 210 mile loop ride. Average 70 miles per day and make two overnight camping stops. The Ride raises funds for research, education, patient support, and advocacy work for Crohn's disease and ulcerative colitis, and empowers those affected by the diseases. Get Your Guts into Gear, 718-875-2123, www.ibride.org

**Aug 19: Activity to Benefit Children (ABC) Bicycle Ride**

Mt. Angel, OR. A: Community Brunch; B: Bicycle Rides (20, 40, and 60 miles); C: Children's Trike/Bike-a-thon Jean Brougher, Providence Benedictine, 503-845-2662

**Aug 19: Hot August Days - Tour of the Columbia Basin**

Wenatchee, WA. 50-, 100-, or 150-mile bike ride from Wenatchee to Quincy, Soap Lake, Dry Falls, Waterville, Oroondo. 509-662-3461, www.hotaugustdays.com

**Aug 19-26: RAW - Ride Around Washington**

Around, WA. RAW route generally follows the second SR-97, the alignment of which comes close to the geographic middle of the state. Daily mileage vary from 40 to 90. Fully supported: meals, showers, luggage. Cascade Bicycle Club, 206-522-BIKE, www.cascade.org/raw

**Aug 19: The Vine Ride**

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2006 bike. Karl White, Wheel Help Rides, 800-390-6189, www.vineride.com

**Aug 19: Tour de Lentil**

Pullman, WA. 100km ride through the rolling hills of the Palouse region in and around Pullman. National Lentil Festival, 509-334-3565, www.lentilfest.com

**Aug 19: Victoria Fat Tire 200**

Victoria, BC. Starts at Spinnakers Brew Pub, 6am. Route: Swanigan Lake, Kapour Hill, Weeks Lake, Valentine Mountain. 200km. BC Randonneurs, www.randonneurs.bc.ca

**Aug 20-26: Glacier National Park**

Glacier, MT. 7-day tour of challenging and breathtaking rides. Glacier Park from East to West, climb Logan Pass and bike Waterton National Park in Canada. Average 44 mile per day. Includes 1 day off. Hicking and other activities available. Also on 8/27. Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

**Aug 20-31: Montana Magic**

Missoula, MT. Tour Montana and retrace parts of the Lewis and Clark expedition, including Yellowstone Country, Timberline Adventures, 800-417-2453, www.timbertours.com

**Aug 20-27: Sea to Sky Adventure: San Juan Islands/Olympics**

Edmonds, WA. Ride the Pacific seashore, through the Olympics, cycle to the summit of Hurricane Ridge, experience Port Angeles, Port Townsend and Friday Harbor, and explore the serene San Juan Islands. Timberline Adventures, 800-417-2453, www.timbertours.com

**Aug 20: Yaquina Lighthouse Century**

Newport, OR. Experience the beauty of the Oregon coast. Century, 100km and 22-mile rides. Start in Newport, 100km goes to Toledo and Elk City, century keeps going to Kernville and back. Start at 7:00am. Generally flat with some hills. SAG support and rest stops. Limit 200 riders. \$30 for either Century and \$20 for the short 22-mile ride. Yaquina Wheels Bicycle Club, 541-867-7123, www.orbike.com

**Aug 24-27: SIR 1000km Brevet (ACP)**

tbv, WA. Also includes a 400km Brevet on the weekend. SIR 206-612-4700, www.seattlerandonneur.org

**Aug 25-Sep 3: Classic Canada**

Lake Louise, AB. The rugged Purcells and Selkirks, the serene beauty of the great Columbia/ Kootenay River system and the valleys through which these waters flow. Classic Canada is adventure cycling at its best. Timberline Adventures, 800-417-2453, www.timbertours.com

**Aug 26: 200, 300, 400, 600km Lower Mainland Brevets**

Maple Ridge, BC. Start Location: Petro Canada Stn, 222700 Loughheed Hwy Maple Ridge at 6am. Various routes. These cross into the U.S., bring your passport!! Michel Richard, 739-6798, www.randonneurs.bc.ca

**Aug 26: Crater Lake Century II**

Klamath Falls, OR. Starts at Fort Klamath Museum. Century, 50-mile ride include a 3000ft climb to the Crater Lake Rim and another 3000ft over the next 30 miles. The century is rated as extremely difficult, the half as difficult and the 30-mile as easy. Pre-registration by Aug 22 - \$30, after \$45. Fee includes BBQ. Great Basin Visitor Association, 888-445-6728, www.greatbasinvisitor.org

**Aug 26-27: RAPSody - Ride Around Puget Sound**

Tacoma, WA. 165 challenging and scenic miles of up and down, with an overnight in Shelton. 206-577-6999, www.rapsodybikerider.com

**Aug 26-Sep 3: Rogue River Rambler**

Eugene, OR. Trace the river to and through the Rogue River Valley to its source. Climb Bearcamp Pass, one of the West's great high-country challenges. Timberline Adventures, www.timbertours.com

**Aug 27-Sep 1: Bryce-Zion Bike**

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

**Aug 27: Summits of Bothell (SOB)**

Bothell, WA. One SOB of a bike ride. A challenging and scenic 38-mile ride that takes cyclists up and over the community's 8 hills. Course includes climbs of 14-18% with outstanding vistas of the Cascades, Olympics and Lake Washington. Includes unlimited bottled water and energy bars, route map, profile and t-shirt. Bothell Arts Council, 425-486-8152, www.ci.bothell.wa.us

**SEPTEMBER**

**Sep 2: 200km - Quiche Brevet**

Peace Region, 75km and 150km available. Wim Kok, BC Randonneurs, www.randonneurs.bc.ca

**Sep 2-9: Glacier - Banff - Jasper**

Whitefish, BC. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park in Montana, and Alberta. Intermediate to advanced levels. Also available: Sept 9. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Sep 2-8: Oregon - Crater Lake**

Oakridge, OR. Bike on side roads and the Oregon Coast bike route, and hike along headland trails. Also available Sept 9. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Sep 3: Great Northwest Fall Tour**

Newport, WA. Enjoy a beautiful ride in the country! 15, 30, 50 or 85-mile ride. Registration is \$20 or \$30 with shirt. Food/water stops provided on all routes and a meal at the Newport City Park. Melody Geddes, Newport/Priest River Rotary Club, 509-292-5099

**Sep 3: Hutch's 100km**

Bend, OR. Metric century (62 miles) RR beginning and ending at Tumalo State Park, northwest of Bend. Mostly small rollers, and some of the best views of the Cascades. Includes maps, mechanical support, energy food and drink. \$5.00 entry. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

**Sep 3-8: Oregon Coast Budget**

Eugene, OR. Biking, hiking. For those who want a more economical way to explore Oregon's coast, yet don't want to camp. Fully supported, averages 45 miles/day. Also available Sept 17. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Sep 9-16: Amgen California Coast Classic**

San Francisco to Los Angeles, CA. Fully supported 6- to 8-day tour along the California coast to benefit the Arthritis Foundation. Scott Weaver, Arthritis Foundation - Pacific Northwest Chapter, 206-547-2707, www.californiacoastclassic.org

**Sep 9-10: Bicycle Trek for Life and Breath**

Surrey, BC. 2-day, 200km ride through the Fraser Valley. Start at Hazlemer Campground to Cultus Lake and back via a different route on Sunday. Fully supported. Fundraising event for the BC Lung Association. BC Lung Association, 604-731-5864, www.bc.lung.ca

**Sep 9-23: Big Ride Pacific Coast**

Seattle, WA. Experience the Pacific Coast by bicycle! Ride along the coast from Seattle to San Francisco, CA. Charlie Vanderburg, American Lung Association of Washington, 206-441-5100, www.bigride.org

**Sep 9-16: Cycle Oregon**

Various, OR. Cycle Oregon is a 7-day, fully supported 500 mile bicycle tour that travels through various regions of Oregon. This year visit Blue Mountains area. Cycle Oregon, 503-287-0405, www.cycleoregon.com

**Sep 9-Oct 1: Ride the West**

Portland, OR. Fully supported 23-day, 1,350-mile bicycle tour from Portland, OR to Newport Beach, CA. America by Bicycle, 888-797-7057, www.abbike.com

**Sep 9-10: Group Health MS 150 Bike Tour**

La Conner, WA. 2-day, 150-mile bike tour to increase awareness about multiple sclerosis and raise money to fund national research programs and local services. Shorter and longer options available. Fully supported rest stops every 10 miles, 6 full meals, overnight entertainment, beer garden, finish line BBQ and Rider Village. Nat'l Multiple Sclerosis Society, 800-344-4867, www.nationalmssociety.org/was/event/default.asp?e=6

**Sep 10: Headwaters Century**

Enumclaw, WA. 3 gorgeous routes (45, 65 or 100 miles) in the headwaters of the Green River. Tacoma Wheelmen's Bicycle Club, 253-272-6747, www.twbc.org

**Sep 11-16: Bryce-Zion Camping**

St. George, UT. Camp under the clear desert sky, see the wonders of Bryce and Zion national parks, 6 days. Family version available. Also: Sept 18, 25. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Sep 11-19: Sawtooth Trek**

Sawtooth Mtns, ID. Wonderful, 120-mile, 3-day recreational expedition through some of Idaho's most scenic vistas. Open to novices and advanced riders and places an emphasis on fun. Limit 125 riders. American Lung Association of Idaho, 208-344-6567, www.lungidaho.org

**Sep 16: Fifth Annual Oregon Covered Bridge Festival**

Stayton, OR. Guided and self-guided tours of six area covered bridges. Maps for the self-guided tour will be available at the festival grounds, Pioneer Park, at Marion and 7th Ave. in Stayton. Bill Cockrell, 503-399-0436, www.covered-bridges.org

**Sep 16: Sawtooth Century Ride**

Ketchum, ID. Sawtooth Velo, www.sawtoothvelo.org

**Sep 16-17: Tour des Lacs**

Spokane, WA. Spokane to Coeur d'Alene, Idaho. 2-day tour with multiple routes, mileage options and boat cruise on Lake CDA. Round & Round Productions, 509-455-7657, www.roundandround.com

**Sep 16-19: Trek Tri Island**

Seattle, WA. 3-day, 135-mile fundraising tour from Seattle to Victoria through the San Juan Islands. Ferry included. American Lung Association of Washington, 206-441-5100, www.alaw.org

**Sep 17-22: Bryce & Zion**

St. George, UT. 6-day trip around Bryce and Zion Canyon National Park, and Cedar Breaks National Monument. Average 40 mile per day. Include 2 day off. Also available 9/17. Noo Funteers Bicycle Vacations, 866-539-2453, www.nooofunteers.com

**Sep 17: Cascade Spawning Cycle**

Seattle, WA. 30-mile recreational ride around Seattle, following the salmon. Great for families. Cascade Bicycle Club, 206-522-3222, www.cascade.org

**Sep 17: Fall Isle-Lander**

Victoria, BC. Start at Cook Street Village Moka House, Cook & Oscar Victoria, 7am. Route: Saanich-Metchosin. 200km. BC Randonneurs, www.randonneurs.bc.ca

**Sep 23: Emerald City Lights Bike Ride**

Seattle, WA. Featuring a 30- or 65-mile route. Start/finish Auburn Game Farm Park. The 30-mile ride goes through Enumclaw Plateau and back. The 65-mile goes to Black Diamond, Ravensdale, Cumberland, Enumclaw Plateau. Proceeds go to The Seattle Basket Brigade which feeds families at Thanksgiving. Patricia Hansen, 425-881-0299, www.emeraldcitylights.com

**Sep 23: Fall Flatlander 200K**

Maple Ridge, BC. Start 7:00am from Maple Ridge (Hwy #7 @ 240 Street). Tour Mission, Rosedale, Ft. Langley. BC Randonneurs, www.randonneurs.bc.ca

**Sep 23: Heber Valley Century**

Heber City, UT. Autumn splendor of Wasatch Mountains. Scenic hamlets, pristine horse & farm country, with magnificent vistas & views. Bike 2 Bike, 801-677-0134.

**Sep 23: Ride the Rogue**

Rogue River, OR. A relatively flat, easy terrain through beautiful Southern Oregon. 100-, 65-, 30-mile or 6-mile family ride available. Registration begins at 7 am., with the 100-mile ride starting at 8 am., the 65- and 30-mile rides at 9 am., the Family Walk and Ride at 10 a.m. Starts/ends at Palmerton Park. Rogue River Recreational Corridor and Greenway, 541-582-1112, www.rideherogue.org

**Sep 23: Ride4US**

Tacoma, WA. One phenomenal day - The 31-, 62- & 100-mile begin with a scenic rolling tour of Vashon Island. 62-milers continue to Steilacoom riding along the water. Centurions follow Commencement Bay, attack the hills of Brown's Point - and Steilacoom. Each course ends at Pt. Defiance Park. 4 family-friendly events (Ride4US, Run4US, Walk4US & Fun4US). Food, music & discounted passes to the zoo and go-karts. Diego Wendt, Ride4US, www.ride4us.org

**Sep 23: SIR 100km Mountain Populaire**

WA. Randonneur event open to all. End of the season event for the SIR. Jan Heine, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98053. 206-612-4700, www.seattlerandonneur.org

**Sep 23: Tour de Whidbey**

Whidbey Island, WA. Challenging 100-or 50-mile routes, moderate 25-mile. Pancake breakfast and chili feed at Greenbank Farm provided. Benefit the Whidbey General Hospital Foundation. Whidbey General Hospital Foundation, 360-321-7656, www.whidbeygen.org

**Sep 23-24: Wine Country Trek**

Yakima, WA. 2 days from Yakima to Prosser and back. \$85 all inclusive. Immerse yourself in wine country! David Severson, Apple Valley Kiwanis, Prosser Kiwanis, 509-972-8803, www.desertvalley.com/rides

**Sep 30-Oct 7: Big Sur Classic**

San Francisco, CA. Eight day, incredibly scenic 502 mile coastal tour from San Francisco to Los Angeles via Big Sur. Tim Kneeland, Four Seasons Cycling Events, 818-445-4060, www.BigSlidaram.com

**Sep 30: Dam2Dam Thumbs Up! Bike Tour**

Wenatchee, WA. Help find a cure for paralysis! 25-, 50- or 100-mile ride along the beautiful Columbia River. Rocky Reach Dam to Well Dam and back. Benefits the Mike Utley Foundation for spinal cord research. Mike Utley Foundation, 800-294-4683, www.mikeutley.org

**TRACK**

**AUGUST**

**Aug 1, 8, 15, 22, 29 : Masters & Juniors**

Portland, OR. See Race Series for details. Steve Trusdale, 503-232-1704, www.obra.org

**Aug 2, 9, 16, 23, 30: Wednesday Night Track Racing**

Redmond, WA. Track racing for Cat 4 Women, Cat 4 Men and Masters. Start at 7:30pm www.velodrome.org

**Aug 3, 10, 17, 24, 31: Alpenrose Thursday Series**

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

**Aug 4, 11, 18, 25: Fast-Twitch Fridays**

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

**Aug 4, 11, 18, 25: Group Health Friday Racing**

Redmond, WA. Track racing for Cat 1, 2 & 3 Women and Cat 1, 2 & 3 Men. Spectator admission \$4. 7:30pm start. www.velodrome.org

**Aug 5: OBRA Junior and Team Event Track Championships**

Portland, OR. Alpenrose Velodrome. Candi Murray, 503-667-6220, www.obra.org

**Aug 7, 14, 21, 28: Monday Night Racing**

Redmond, WA. Racing starts at 7pm. www.velodrome.org

**Aug 8: Masters and Juniors Track Races**

Portland, OR. See Race Series for details. Steve Trusdale, 503-232-170

## The Bad Guy, Suddenly

By MAYNARD HERSHON

I'm going to give you some advice. Remember, just 'cause I offer wisdom doesn't mean I always act wisely. I don't always. But I do pay attention, and here are a few stories to illustrate what I've noticed.

In November of last year, I was scared into quitting riding. A right-turning driver barely missed me as he entered a mall parking lot. I followed him across the lot and stopped near his car.

I never said a word. I only represented disapproval. I became the bad guy.

He came out of the car screaming at me, calling me demeaning names and revealing the depth of his disregard. He couldn't have cared less if he hurt me.

His disrespect chilled me. I found I could no longer trust strangers with my life and health as we must if we ride bikes in traffic. I didn't ride again for months. I'm still scared and still can't trust drivers, even cops driving cruisers.

This spring here in Tucson, an intoxicated man with a suspended license and several DUI convictions was driving a van along a wide boulevard. Driving illegally and erratically, he was weaving in his lane and in and out of traffic.

He told the cops later that he'd been upset emotionally. He knew he was driving illegally and probably knew he was driving stupidly. He was not willing to admit to either, as we'll see, or to forgive an accuser. Accusing him was a capital offense.

A motorcyclist riding in the same direction on the same street took it upon himself to tell

the driver that he was operating his van in an unsafe manner, risking his own life and the lives of other drivers, riders and pedestrians.

Magically, instantly, the biker, sober and licensed to drive, a guy who had done nothing legally or morally wrong, became (in the driver's view) the villain.

Slighted by the biker's critical words, the van driver chased him for blocks at speed, weaving through traffic. The biker could not escape. The van smashed into the back of the motorcycle, catapulting bike and rider into the opposite lane. The rider was hit and killed.

And from the always interesting monthly, Southwest Cycling News (focusing on Austin and San Antonio, TX), here's another story not so different from the two above. The piece, *The Day I Chose Not to Take It Anymore*, was written by the Austin Cycling Association's Education Chairperson, Gilbert Martinez.

We can assume that Mr. Martinez has been riding for long enough to know whereof he speaks or writes. We know from another of his pieces in SCN that he'd just returned from a delightful, stress-free bicycle tour in France.

He's also been riding long enough to be fed up with outrageous driver abuse. Just as I am, and just as you probably are. We've had enough.

Martinez was Just Riding Along when he was instructed by a passenger in a van to ride on the (expletive deleted) sidewalk. Martinez did not respond. But when a traffic light stopped the van just ahead, Martinez rode up alongside, hopped off his bike and dropped it on its side in the grass at the roadside.

He leaned on the passenger's door and asked the young guy if he had something to say. As luck would have it, the light changed; the van drove off. But Martinez saw it turn into a mall driveway, then turn again in the mall lot and head back toward him.

As Martinez watched, the passenger stuck a handgun out the window and began shooting at him.

The guy fired three times with what turned out to be a pellet gun, though Martinez couldn't know that at the time. One pellet hit him in the shoulder and required treatment. Martinez succeeded in staying on his bike but failed to record the van's license number.

When the cops took his report, they told Martinez that there had been many other recent BB and pellet gun shootings in Austin. Cyclists and non-cyclists had been hit.

Martinez had all the feelings you would expect from a veteran cyclist who had been treated so badly for (1) riding his bike in a normal manner and (2) facing his critic after being told rudely to get off the road.

Martinez reminds us in his article that he'd done nothing illegal. But he dared to question the van passenger's judgment. By doing so he became the bad guy - who deserved, in the young dude's mind, to be shot.

Gilbert Martinez, who has evidently thought about this subject a lot, thinks we should stand up for ourselves in these situations. We should speak up when we're hassled - get right in the faces of those who misuse us. If we do, maybe they won't hassle us again.

After all, we're citizens riding our bikes, he'd say. We're within our rights. We bother no one.

That's my tendency too, to speak out, but I'd never suggest doing it and I hope I never do it

again. It's dangerous as a cracked steerer.

Some individuals need people to despise. Maybe those people, folks who need to hate, never feel capable or effective in life. Who knows? We do know that some of those folks hate cyclists. Why? Just because we're there, maybe. Pedestrians suffer too.

Those drivers get away with their hateful behavior because they're boxed up in cars, anonymous, and their victims are largely powerless. The offense takes two seconds and the offending vehicle is gone.

Another type of person gets instantly and violently angry. These folks flare up and do things they would normally never do. People who behave like that when they drive are called road ragers. Some become infuriated by the slightest hint of criticism.

Not every creep who ever bothered a cyclist is a road rager, but some are. You can't look at them through car windows and tell. They look like everyone else. You can't hear the bomb ticking.

When I'm treated the way Martinez was treated and the way I was treated last November, I get angry. I'd like to get in those drivers' faces. I'd tell them that I'm not the bad guy.

I'm just trying to ride my bike, I want to say. I'm One Less Car. I'm a taxpayer and a homeowner and they shouldn't treat me or my cycling brothers and sisters so badly.

I'm not going to do that, and I suggest you resist doing it too. Drivers don't hear your words but they sense your disapproval. Even a glance might be enough to provoke that insane rage. Please don't react to their abuse. Swallow your outrage.

Survive to ride another day.

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