



Photos by Bicycle Paper

Many have proposed giving the right-of-way to pedestrians and cyclists, ordinance 951 opposes it.

Ordinance 951 - Debate Over Trail Continues

By AMY ENSIGN

On November 9, 2006 the Lake Forest Park City Council passed Ordinance 951, setting particular guidelines and restraints on the redevelopment of the Burke-Gilman Trail. The ordinance, which was adopted six votes to one, was created due to a situation where "congestion, conflicts and (a) variety of users on multi-use and multi-purpose trails has increased to a level that requires special regulation and consideration", according to page one of the document. The ordinance maintains the direction that stop signs face along Burke-Gilman, preserving the right-of-way for motorized vehicles exiting private driveways that cross the trail. It also implements a traffic control plan that utilizes radar activated speed indication devices, as well as setbacks, screening, landscaping, fencing, and grade changes to buffer adjacent properties. Furthermore, Ordinance 951 declares that a "multi-use or multi-purpose trail facility may be allowed, added to or altered as a conditional use" meaning that conditions and limitations may be set on the trail with regard to size, location on property and screening, among other things.

On Wednesday, January 3rd 2007 the Cascade Bicycle Club appealed the ordinance to the Central Puget Sound Growth Management Hearings Board. The appeal was made on the grounds that the trail is an "essential public facility" under the 1990 Growth Management Act and is therefore exempt from the conditions set forth in Ordinance 951. According to

the Cascade Bicycle Club website, the ordinance "sets conditions on the trail that would make it impossible for King County to maintain and upgrade it while observing Federal, State, and County traffic safety standards."

The Burke-Gilman Trail Redevelopment Project, underway since 2004, is led by MacLeod Reckord, the same landscape architecture firm that designed the trail about thirty years ago. Based on the original design, cyclists and pedestrians currently must stop for vehicles exiting private driveways along the trail. This decision would be upheld by Ordinance 951 as it states, "Any conditional use for a multi-purpose trail shall require for trail crossings with driveways and minor roadways . . . a yield sign for the trail users, maintaining right-of-way to motor vehicle traffic with advance warning signs on the trail and road." However, since the trail was first designed, bike traffic along it has increased immensely, serving as many as 1,500 cyclists and pedestrians on a busy day according to an article in the Seattle Times printed January 4, 2007. Because of this, many have proposed removing the stop signs along the trail, giving right of way to the pedestrians and cyclists.

A property owners' meeting was held by King County on May 23, 2006 to discuss lakeside homeowners' concerns regarding the redevelopment project. Of the 44 people who signed in at the meeting, many con-

See "Debate" on page 6

RIDE HEALTHY

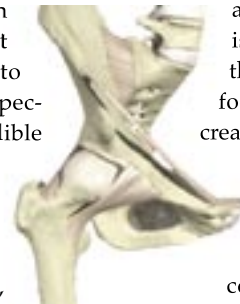
Making Sense of Floyd's Hip

Erik Moen PT, CSCS

The most amazing story at the 2006 Tour de France was Floyd Landis becoming the champion while dealing with his battered hip. I thought it would be interesting to put this injury into perspective, illustrating the incredible resilience that went into the victory.

It started on January 11, 2003 when Floyd crashed his bicycle hard, landing on his side. The accident resulted in a fracture of the neck of the femur, which is the top part of the bone near the hip socket. An injury like this requires immediate surgery, which involves stabilizing the break with metal pins. Landis' case required a second procedure in May 2003 to replace them. He promptly left for Europe the next day to prepare for the Tour de France, where he had a brilliant ride,

and helped Lance Armstrong win his fifth title. By 2004, Landis developed avascular necrosis (AVN) in his hip, which is bone death as a result of a loss of blood supply. This is a serious condition, one that took Bo Jackson out of football/baseball. Hip AVN creates important degenerative changes (osteoarthritis) that result in significant pain and loss of motion.



The severity of Floyd's condition resulted in yet another procedure in the Fall/Winter of 2004, to clean up bone and allow better motion. He had to miss a lot of base training in 2005, yet mustered a top ten finish in the Tour de France that year. However, his level of pain and motion loss continued to progress, thus limiting his ability to assume bicycling positions and training volumes consistent with racing at the

See "Floyd's Hip" on page 6

PRO RACING

Racing Pro - An interview with Tyler Farrar

By Erik Moen

Growing up in Wenatchee, Washington, Tyler Farrar played many different sports. However, it was his love for individual activities that lead him to cycling and where he is now, living in Belgium while riding Pro for the French team Cofidis. I caught up with Farrar to discuss life since turning professional cyclist, future goals, and European bicycling crowds.

EM - Now in your second year in Cofidis, what type of racer are you turning into and what are your goals for 2007?

TF - I am a sprinter. That is my main role. I am a pretty decent rider for the Classics, such as Paris-Roubaix, Tour of Flanders, Ghent-Wevelgem. Smaller races that are coming down to a field sprint, I will be racing for myself. This year in the Classics I will be riding in a support role for the bigger riders.

EM - What is your favorite race and which one would you like to win some day?

TF - That is pretty easy, Paris-Roubaix. That race is just insane.

Whether or not I win it, we'll have to wait and see, but that is definitely the coolest race that happens each year in cycling.

EM - What was your favorite race in 2006?

TF - The most fun I had was the Eindhoven Team Time Trial. That was my first ProTour event... I really like the team time trial. As a junior I spent a lot of time racing team pursuit on the track. Riding in a ProTour team time trial means you spend an hour at 54km/h swapping efforts with your teammates, it is quite an experience. The best experience was riding in a breakaway at the World Championships. I got to spend five hours off the front..., for over 200km. That was definitely the highlight of my season.

EM - What do you think of when you have to physically push yourself beyond the comfort zone?

TF - In situations like the World Championships, you are so busy working out the tactics in your mind

See "Tyler Farrar" on page 3

Velodrome Interest Grows in Idaho and Oregon

By AMY ENSIGN

Velodrome fever has hit the Pacific Northwest. With plans for an April 2008 completion date on the Idaho Velodrome and interest growing in building a similar structure in Portland, Oregon, it seems that more and more cyclists are becoming eager for a quality track racing facility near their homes.

The Idaho Velodrome, which will be located at the Eagle, Idaho Sports Complex, boasts venues for BMX, 4X, skills terrain, jump/aerials terrain, short track MTB, cyclocross, and an outdoor 333-meter concrete surface track. The idea for the structure has been around for about 30 years according to Dave Beck, President of the Idaho Velodrome and Cycling Park Association. As Beck explained, "We have a junior club here in town, it's the largest junior club in the country. We were always looking for facilities to train and introduce the sport...we were using parking lots and we began envisioning a park where we could take our kids." Through fundraising efforts of the local community this vision is steadily becoming a reality, a goal that many in the Portland area would like to accomplish for themselves.

Portland is home to the Alpenrose Dairy Velodrome, which was built to host the 1967 National Championships. Since then the out-



The aging Alpenrose Velodrome.

door track has seen better days, and some in the community are considering the possibility of creating a new structure. Mike Murray, the track manager at Alpenrose stated "Considering that it was built rapidly with very little engineering, it's amazing we're still riding on it now," in an article that appeared in The Oregonian on December 11, 2006. He, along with local cyclists Steve Brown and Stephen McLaughry, is hoping to raise enough community support to build a new indoor track to provide year-round training and racing.

In November Brown sent an e-mail to 3,000 members of the Oregon Bicycle Racing Association. In the letter he wrote, "If we are going to succeed we need to develop a workable plan... the first thing to do is put my name at the top of a list of people who will pledge \$1,000. All I need now is 99 more names to get this thing started." The community has pledged about \$20,000 so far.

Those who are interested in donating to the efforts in Portland will soon be able to visit www.portlandvelodrome.org or www.pdxvelo.org. Contributions to the Idaho Velodrome and Cycling Park are being collected and managed by the Idaho Community Foundation, and merchandise will be sold at local cycle shops to support the project. For more information, visit www.idahovelopark.org.

Many Changes for Gregg's Cycles Stores

Gregg's Aurora Cycle closed at the end of January, after over 50 years serving Seattle under the guidance



of the McAllister family until 1986 and Gregg's Cycles afterwards. The store is being renamed and relocated to Lynnwood. The new shop, Gregg's Alderwood Cycle, covers approximately 6,200 square feet and is located at 18021 Alderwood Mall Parkway.

The Bellevue store will also be moving into a new 11,000 square foot building on Bellevue Way on April 1. In addition, the main Greenlake location will be renovated, adding an extra

10,000 square feet of space, making this flagship location one of the largest such stores in the country. Both

locations will be closed a minimum amount of time, roughly less than a week.

Run by four generations of the Gregg family, the company is currently owned by Stan and Judy Gregg. It has been operating since the original store opened at its Greenlake site in 1932, with three locations now in service. Gregg's Cycle has been referenced by numerous local and trade publications for its commitment and leadership to the cycling community.

Raleigh America Recognizes its Top Dealers.

Four Northwest bike shop owners will make the trip to Palm Spring, California to attend the annual Raleigh America's Heron Council Gala. The event, which "combines business with fun in the sun", will culminate in an awards ceremony to acknowledge the efforts of the top 25 retailers. The Heron Council consists of the most elite Raleigh dealers, chosen for their increased purchase volume and achievement of outstanding sales. Recycled Cycles Inc. from Seattle, Washington top the Northwest performers and come in 10th place on the overall list, Bill's Bike Shop in Idaho Falls, Idaho ranks 14th, Paul's Bicycle Way of Life in Eugene, Oregon occupies 16th place while Silverdale Cyclery in Silverdale Washington shows up in 20th position. The company's Chief Executive Officer Bill Austin, President Steve Meineke, and Director of Sales Rickey Strawn will present each dealer with an award.



Raleigh America, Inc. is a Kent, Washington based supplier of road, mountain, comfort, BMX and recreational bicycles, as well as accessories and parts under the Raleigh, Avenir, Diamondback, and Cycle Pro brands. 2,000 independent bicycle dealers carry Raleigh and Diamondback products.

According to President Steve Meineke, "Our Heron Council dealers represent all that's great in the world of bicycling. They 'enjoy the ride' every day they open their doors; through their efforts, they are helping grow not only their businesses but the sport of cycling. We are proud to be affiliated with each of them and greatly appreciate their support of our company and brands."

Raleigh relies on its top dealers for their advice, opinions, and feedback, and believes in the importance of recognizing their continued support.

BC's Wayne Pomario Appointed to 2008 Olympics

The Canadian Cycling Association (CCA) announced on January 31st that Wayne Pomario has been appointed by the Union Cycliste Internationale (UCI) as the Chief Commissaire for the track cycling events at the 2008 Beijing Olympics.

Pomario, the current chair of the CCA Officials Committee and president of Cycling British Columbia said in a communique, "I am very happy to be appointed as chief commissaire and president. It is a great honor and although I have been working in numerous international events, I am very grateful to the UCI for having confidence in my ability to do the job."

A South Africa native, Pomario has been involved in cycling for many years as a road racer ('93 National TT champion), track

event organizer and committee member. He first started working as a commissaire while in South Africa where he became an international track expert. He moved to Canada in 1997 just after receiving his international commissaire certification.



Wayne Pomario

The track events will take place in Beijing August 15 - 19, 2008.

Para-cycling Joins UCI

On February 7th, International Paralympic Committee (IPC) President Sir Philip Craven and International Cycling Union (UCI) President Pat McQuaid signed an agreement for the transfer of governance of Cycling for persons with a disability from IPC to UCI. The signing ceremony took place at the UCI Headquarters in Aigle, Switzerland.

"Over the past few years, IPC Cycling has developed significantly. This transfer of governance will help the sport



of Para-Cycling to further develop and the true partnership with the UCI will be of benefit to all cyclists with a disability and the Paralympic Movement," commented IPC President Sir Philip Craven.

The first step to an enhanced development of Cycling for riders with a disability was made in July 2002, when IPC and UCI signed an agreement of co-operation for successful collaboration in the IPC sport of Cycling. Following several years of close collaboration between IPC and UCI, the UCI Management Committee in 2005 formally indicated their

interest in pursuing the governance and management authority role over Cycling for riders with a disability.

"The agreement for the transfer of governance of Para-Cycling from IPC to UCI crowns, I am pleased to say, several years of partnership between the UCI and IPC. The UCI is

pleased to integrate Para-Cycling in its structures, said Pat McQuaid, President of the UCI. "From now on, the UCI will

play the same role for this specialty as it does for all the other Cycling disciplines. It is one of the first International Federations to govern and develop a sport both for able-bodied athletes as well as athletes with a disability. The UCI wishes a warm welcome to all Para-Cyclists and looks forward to organizing the next UCI Para-Cycling World Championships."

The UCI and the IPC will collaborate with their respective membership to ensure the mainstreaming of Para-Cycling programs into the national and international competition and athlete development programs.

Track to the Future Auction and Dinner

The Marymoor Velodrome Association will hold its annual Track to the Future Auction and Dinner at the Mercer View Community Center on Mercer Island on March 10th. The event is held to raise money for Youth and new rider programs like PeeWee Pedalers, VeloKids, and the Kiddie Kilo.

Tickets for the evening are \$40 per person, and they include dinner, wine, Fat Tire Amber Ale, and the opportunity to bid on some

great items. Cycling gear, dinners at popular restaurants, portrait packages, and outdoor equipment, among other things, will be auctioned off.

The evening will also include an appearance from ex-pro and Tour de France veteran Frankie Andreu. For more information or to buy tickets for the event, visit www.velodrome.org or e-mail Harley Sheffield at harley@velodrome.org.



Open House in Ashland, OR

United Bicycle Parts (UBP) will hold its fourth annual Open House from March 31 to April 1. The weekend, planned for customers and dealers to take advantage of sales and visit the facility, will also include bike rides and refreshments. UBP expects that this year's event will be as successful as it has been in the past.

"Meeting our customers and friends face-to-face is extremely important for both sides,"

according to UBP owner Ron Blocher. "We really do appreciate those who take the time to attend our Open House, and in exchange we try to give them something back to make it especially worth their while."

UBP is a full-service distributor located in Ashland, Oregon. For more information, visit www.unitedbicycle.com.

Editorial

Copy Editor Kristen Wisheart

Editorial Intern Amy Ensign

Writers Claire Bonin

Amy Ensign

Maynard Hershon

Joe Kurmaskie

Tai Lee

Erik Moen

Ben Offthebike-Toolong

Ray Singforgold

Bill Thorness

Photographers

Bicycle Paper

Greg Descantes

Greg Kashatus -Tour de

Peaks

Tai Lee

U. Seymor Races

Bill Thorness

Art and Production

Design and Production Rick Peterson

Graphics Ryan Price

Graphics Intern Michelle Doran

Printing Consolidated Press

Advertising Claire Bonin

Tai Lee

Distribution

Distribution & Mailing Kristen Wisheart



Calendar Powered by
Gutenberg
Publishing System

Bicycle Paper is published 8 times per year from March to November by Seattle Publishing. Subscription is \$14 per year; \$26 for two years.

68 South Washington St. Seattle, WA 98104

Phone: 206.903.1333 and Fax: 206.903.8565
Toll Free: 1.888.836.5720

All materials appearing in Bicycle Paper are the sole property of Bicycle Paper. No reprinting or any other use is allowed without the written permission of the Publisher or Editor. Unsolicited contributions are welcome. All manuscripts should be accompanied by self-addressed, stamped envelope. Write or call for editorial guidelines and deadlines. Bicycle Paper is listed in Consumer Magazine and Agri Media Source SRDS.



President Jay Stilwell
jay@seattlepub.com

Vice President Ryan Price
ryan@seattlepub.com

Publishers' Assistant Kristen Wisheart
kristen@seattlepub.com

Project Coordinator Claire Bonin
claire@seattlepub.com

Production Coordinator Rick Peterson
rick@seattlepub.com

Publication Specialist Tai Lee
tai@seattlepub.com

"TYLER FARRAR" FROM PAGE 1

that I don't even think about the discomfort I am experiencing. There is so much thinking and adjusting your strategy within a race as the situations change that it is pretty distracting from the pain.

EM - What is it like racing in front of a large European bicycling crowd?

TF - It is insane, especially at the World Championships. There were about 300,000 people on the course. The 20km course was lined with people all the way around. The feature climb was eight or nine people deep the entire length. It was quite a rush. The noise was so loud.

EM - Who are the professional riders that you look up to?

TF - Stuart O'Grady and George Hincapie. Those two riders are guys who ride with a whole lot of class. I think they do their jobs well and with a whole lot of dignity.

EM - Do you have a favorite pre-race meal?

TF - Lots and lots of food! You go for variety during the season. You don't want to eat the



Tyler Farrar

same thing everyday. After 80 days of racing during the season, any one thing can get a little old. A big bowl of yogurt with granola, maybe some croissants or pastries with a small omelet is my favorite. A lot of guys do the pasta pre-race, but I just get so burned out on pasta (...) I get so much of it for dinner that I don't need it for breakfast as well.

EM - Do you have a favorite treat for the musette bag?

TF - My favorite thing are these little sandwich rolls with Nutella and banana. Those go down pretty

nice. I like to stick with the little cakes, pastries and sandwiches.

EM - How do you stay healthy during the season?

TF - The biggest secret is knowing when to rest and then actually taking the rest when you need it. I follow the Spring Classics by a mid-season break in June where I won't race. I build back up for the fall and the end of the season classics, World Championships, Paris Tours. If you start feeling run down or if you start feeling like you are getting a little bug,

you take the rest. Take a few days of off. I do a whole lot of training during the winter. A lot of my time during the season is race and recovery. Not going out and doing a lot of structured interval training.

EM - How have your views of being a professional bike racer changed over the years?

TF - I still think it is the coolest job that I could be doing at this time. Reality has sunk in that it is a job. For example, while visiting my parents in Wenatchee, it is 33 degrees Fahrenheit and half snowing and half raining, I still have to go do my six hour training ride. I love what I am doing. I never really realized how much racing a professional cyclist has to do until I was actually racing as a Pro.

EM - Do you have any advice/encouragement for those dreaming of being a Pro cyclist?

TF - As long as you are having fun with the sport, stick with it! Dedication to your training will take you a long ways. If you train right, sleep right and eat right it is definitely possible to make it. Try to find someone with more experience than you so that you can avoid mistakes in training and racing. I have had the privilege along my way to have really good people to give me advice. I think that makes all the difference in the world.

OPINION

Book Review: Self-Massage for Athletes

BY AMY ENSIGN

As stated by Rich Poley, author of *Self-Massage for Athletes*, "If you've ever used your own hands to work out a kink in your calf, soothe a pain in your shoulder, or relieve a cramp in your foot, this book is for you." Poley took up massage while training for his first Ironman triathlon, and soon discovered how useful a tool it could be for athletes at both professional and amateur levels. He learned techniques from reading and studying textbooks, and by attending classes on the topic. With his new book, he hopes to better educate us all on the benefits and basic skills of this practice.

Easy to navigate, this book is divided into three sections that are then subdivided into chapters. The first part, "why every athlete needs massage", introduces the concept of self-massage and makes a case for why it is a useful tool. This is a cost efficient, readily available, and easy to learn skill. As elite triathlete Marco Coelho states in chapter five, "Massage helps me avoid injury. It reduces my muscle tension

and stress." The rest of the chapters in part one, detail basic information about how muscles work and the benefits of endorphins. They are enjoyable to read but not necessary if you are just looking to learn the basics.

In "learning self-massage", the book begins to develop into a how-to manual. After a long workout that included running and biking, I turned to chapter eight, "seven simple massage strokes". The purpose of each stroke and a short description illustrated with multiple clear black and white photographs provide all the information necessary to start. Poley encourages the amateur self-masseuse to practice each of these techniques in a variety of combinations, and then details a step-by-step sample massage in chapter ten. I found his instructions easy to follow, and appreciated how simple it was to tailor my massage to fit my own personal needs.

Part three elaborates on the foundation built in the previous section. Chapters on acupressure, trigger points, and massage tools allow the reader to elaborate on the basic concepts they

have been introduced to, and information on power breathing and visualization are available to those who want to get more from their massage. I thought these chapters were interesting to read, but found myself returning to the basic techniques introduced in section two while practicing my strokes.

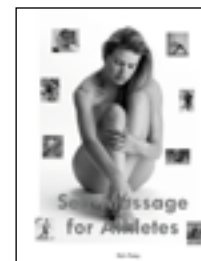
Throughout this book, Poley's tone is engaging and informative, always managing to take the subject matter seriously without coming across as a textbook. Furthermore, *Self-Massage for Athletes* works for both those who wish to read it from beginning to end and just want to look up a particular technique or stroke. Overall, this is a comprehensive and easy to read book that is appropriate for anyone interested in alleviating the muscle aches commonly associated with being an athlete.

Self-Massage For Athletes

Rich Poley

Two Hand Press, LLC

173 pages, \$19.95



BICYCLEPAPER

Northwest Source of Cycling Information since 1972

- The Northwest's most comprehensive rides calendar
- Coverage of the people, places and products of Washington, Oregon, Idaho and British Columbia
- Features all aspects of cycling
- Read, Ride, Subscribe and receive a complimentary 2007 NW Race Guide or NW Tour Guide.

Come along for the ride...

SUBSCRIBE!

one year for \$14 or two years for \$26
 FREE Tour Guide or FREE Race Guide

_____ name

_____ address

_____ city/state/zip

Send check or money order (US funds only) to:
Bicycle Paper
68 S. Washington St., Seattle WA 98104
phone: 206.903.1333 • fax: 206.903.8565
email: sales@bicyclepaper.com

Finding Cold Weather Religion In An Iowa Cornfield

By JOE METAL COWBOY KURMASKIE
(AKA The Ice Cube Cowboy this month)

Never again will I whine about pushing silver into a Northwest winter - griping about a chilly little trek down to the library in January or slogging my two-wheeled steed into the barometrically challenged elements over to the store for St. Patrick's Day supplies in March.

Few realize how good we have it here on the Left Coast. Only a handful, in my estimation, have the appropriate appreciation regarding the luxuries, the absolute joyride that is a Pacific Northwest rainy season by bicycle... or maybe I'm the last slow learner who needed an object lesson in the relativity of suffering. Then consider me schooled. There will be no more bemoaning the many ways in which rain is ruining my morning commute or that, with the wind-chill factor, it "feels like" 20F along the river during the Sunday morning loop ride with my club pals.

You see, I went to the promised land over the first weekend in February and came back a changed man - the cycling equivalent of Bill Murray's character metamorphosis in the film Groundhog Day... only the backdrop for my deep freeze drama wasn't Punxsutawney Pa., but Perry, Iowa.

"Cold enough for you?" This became the traditional greeting echoed by every taxi driver, waitress and desk clerk during my four-day stay in Des Moines, Iowa. As the entertainment for

the Iowa Bicycle Coalition Summit and Bike Night Auction (held entirely inside the climate controlled confines of the downtown Holiday Inn Conference Center - love that Midwest buffet, but people, three troughs of breakfast sausages cannot be FDA approved).

I could have laughed off the multiple feet of plowed snow along the roadways, and the icebox temperatures, if not for the fact that I had agreed to pedal as their B-list celebrity cycling author on a weekend ride in neighboring Perry, Iowa. I'm told they phoned Lance first, but he was off living strong and warm in the saddle somewhere near the equator. No doubt an umbrella sticking out of his water bottle.

Here's the Des Moines Register's quick take on the ride: "About 500 cyclists from around the state braved below-zero temperatures to participate in the 30th Annual BRR Ride, a 23-mile bike ride from Perry to Rippey and back (Bike Ride To Rippey forms the event's initials).

Yes, it was cold. The frost and icicles hanging on Bob Burnett of Norwalk show just how frigid it was Saturday. With the temperature around minus 5 degrees, negative 25 with the wind-chill, riders pedaled through one of the coldest organized rides in the country."

What that sound bite neglects is that up to 3,000 people often turn out for this event, the unofficial kick off party of RAGBRAI. Cyclists; racers to commuters and everyone else in a 1,000 mile radius who decides to become one that morning, digs out some sort of wheeled

contraption to "pedal and party" around Perry. This year most of them stayed inside church basements, gyms and bars, waving us off while the stark raving foolish in search of frostbite took to the wind.

What was I thinking? I haven't been Catholic for several decades and still I can't say no to requests involving voluntary acts of suffering with no good explanation beyond the carrot of "Character Building." I'd rather build a fire over here for potential survivors, thank you.

The facts on the ground felt more like an assault on Everest or a suicide mission than a bike ride. A few miles out of town those who had thought it would make a great bar tale were already turning around. I thought of them as "The Mensa Club Contingent." Shortly thereafter we noticed stray winter clothing and bike wheels littering the snow, people doing their best imitations of the Michelin Man in massive parkas, throwing in the towel, or "resting" along the shoulder while their lungs thawed out.

My friends at Bike World set me up on a TREK 520, that was among the lucky rigs not to have its lube and chain grease freeze, locking up the freewheel like a bank vault. I was sporting no less than eight layers - long johns, multiple River City Bicycle Logo winter tights, bibs and jerseys. Brian Duffel, the editorial cartoonist from the local newspaper took pity on me, not only lending me an extra ski mask - the one with a name that sounds like an expensive dessert, but allowed me to sit in his shadow for the headwind push to the turn around spot - a spit of buildings and three large silver silos gleaming in the morning sun. Less helpful was the number of times he told me we were almost there. Note to self: A grain silo in Iowa appears to be one mile away from anywhere - Houston, Montana, anywhere.

A local farmer took one look at my gloves and dug out a pair of camouflaged hunter's gortex models from the back of his truck.

"What's with the index fingers?" I asked. While still insulated, this digit cover was thin and offered more mobility.

"That there is your trigger finger, son." He mimed a shotgun blast motion.

Of course the only animals not holing up inside were us so a bit of hunting was probably out of the question.

Another bit of advice; never wear metal rimmed eyeglasses in Arctic conditions. At least they kept my eyes from freezing shut, but visibility was reduced to periscope level. Which was all for the best because I missed the Iowa Girls gone wild lifting of shirts and opening of parkas. I'm a married man. Besides, the roadway, while plowed and salted, was dangerous enough without those kinds of distractions.

Every time I threatened to turn back, my posse from the paper and bike shop formed a protective pace line membrane around me. When I fell off the

back I would make the sound of a llama during childbirth. This caused them to slow just enough so I could latch on again.

At the turn around we were treated to pork on a stick and firehouse chili.

"It's been dead this year!" the cute Tyson Foods volunteer said as we purchased our charity meat popsicles. "I don't think more than a hundred of you braved it the entire year."

I noticed a woman trying to rub her feet back to life in the corner of the room, sobbing softly. Another rider was drinking lite beer served in a quart milk jug. That could end badly.

But foolish behavior has its privileges. Upon my frosty return, like a survivor from the Shackleton Expedition hollering into my cell phone for directions to the church basement gym party, I realized something.

Reflecting upon my ordeal, gazing across a silent little community, all glistening and angel winged white by snowfall, a weak winter afternoon sun and a cobalt blue sky, here's what I concluded.

I'd found my below zero, frozen field of dreams while pedaling through that frat boy dare sized nightmare ride... and I'd never, ever bitch about bike fender season in the Northwest again.

Literary Rides With



The Metal Cowboy

PRODUCT REVIEW

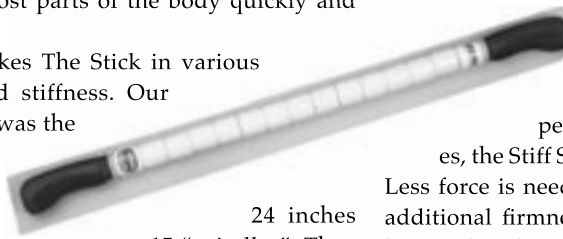
Product Review: The Stick

By TAI LEE

The Stick, from RPI of Atlanta, proves that sometimes the most effective designs are also the simplest. Best described as a segmented and flexible rolling pin, it allows the user to massage most parts of the body quickly and effectively.

RPI makes The Stick in various lengths and stiffness. Our test model was the

Original Body Stick at 24 inches long and 15 "spindles". They also make models such as the Travel Stick (17 inches) and Big Stick (30 inches long with a thicker core). The stiffer and/or shorter the Stick, the deeper it works your muscle tissue.



So how well does The Stick work? We were impressed by how quickly it handled sore muscles in the legs, arms, and neck. After just a few minutes, increased blood flow to the worked area was obvious. Bike commuters on our staff particularly enjoyed using it on sore hamstrings and calves. It's also a great tool for combating tired forearms and shoulders from time spent in front of a computer.

Our Original Body Stick model, with medium stiffness, handled most tasks very well. For people who like deeper massages, the Stiff Stick is highly recommended. Less force is needed for general use, and the additional firmness is great when persistent knots take a bit more effort.

You will be able to see and try The Stick at Seattle Bicycle Expo on March 10-11. Stop by the booth for a free massage and demonstration. Product and purchasing information are available at www.TheStick.com.

(800) 682-0570
Toll-Free Order Hotline

BikeTiresDirect.com

Over 400 different models, colors and sizes of tires in stock for immediate shipment direct to your doorstep.

Hundreds of other products at fantastic prices including bikes, frames, clothing, components, saddles, pedals, wheelsets, trainers, nutritional products and more.

Located in Portland, OR so you'll get your products fast. If you're in town, come by and visit our showroom. We're located at 6150 NE 92nd Dr. Suite 108, Portland, close to the airport.



BikeTiresDirect.com

Beyond the B-G: Three Great Spring Warm-up Trails

By BILL THORNESS

It's good to start the cycling season on paved, off-street trails. A flat, relatively uncrowded trail is a surmountable challenge if you haven't biked in a while. During shorter days with low light, there's less worry about visibility among the vehicles, and you can get your cycling agility back without needing to negotiate traffic.

Most Seattle cyclists ride the Burke-Gilman, the granddaddy of our rail-trails. But have you sampled the other flat, paved trails waiting for you around the region? From the farm country of Snohomish County to Mount Rainier's neighborhood to the ranchettes outside Olympia, new routes wait for your exploration.

Here's a quick overview of three great trails that provide modest-length spring rides with very little elevation gain.



Photo courtesy of Bill Thorness

Foothills Trail of Orting.

Centennial Trail, Snohomish County

Distance: 40.9 miles round trip

The Centennial is great for what is not there. It has lower trail traffic than many other trails, fewer road crossings and no urban areas. Although the trail is tree-lined most of the way, just beyond the trees is farm country. Since it's been recently lengthened, much of the surface is smooth and doesn't have the bumpy frost- and root-heaves of older trails. A bridle path runs next to it, so you may pass horses on your ride.

"Snohomish County has some very scenic, rural agricultural areas that you ride through," says Kristin Kinnamon, president of Snohomish County's BIKES Club. "When you come here, you're going to remember why we're called the Evergreen State."

Join this trail near its southern end. The Centennial runs from Snohomish almost to Arlington, but it has trailheads with free parking and restrooms at intervals along the way. Start at the Pilchuck Trail Head (see sidebar for driving directions) and ride north nine miles to the town of Lake Stevens, then another mile to Lake Cassidy, which has a trailside picnic area

and dock. This would be a good turnaround point for a short ride.

Continue to the trail's north end, at the Armar Road Trail Head, and you will have clocked 17 miles. It's another three miles on roads and a street-side trail to Arlington. One mile past the Armar Road Trail Head you'll find a Haggen's supermarket (continue north to 204th St., turn right and travel three blocks), which has an expansive deli and makes for a good comfort stop.

On the return, if you still have some energy, ride south two miles from your starting point into the small town of Snohomish. It's easy to find the main street, which is lined with cafes and shops. At the trail's end, continue south on Maple Avenue and you'll run right into it.

Foothills Trail, Pierce County

Distance: 29.8 miles round trip

East of Tacoma lies another rail-trail gem. The Foothills Trail runs southeast from Puyallup toward Mt. Rainier, cutting through the growing town of Orting and making it nearly all the way to Buckley. Its East Puyallup Trail Head is just south of the intersection of state highways 167 and 410.

Riding south on a clear day, you will be rewarded with incredible views of Rainier. The first section is a combined "trail with rail," so you may chug alongside a locomotive, and you cross the tracks four times. When it was solely a rail line, the route was called the Buckley Line, and it hauled freight and people along the Carbon River and South Prairie Creek, both visible and accessible on sections of the ride.

Services are at hand in downtown Orting, which is quickly turning from village to suburb. Cyclists are often seen at the Park Bench Café, which provides a hand-made wooden bike rack outside, and warming soups and inexpensive sandwiches inside. South of Orting, a rest stop donated by REI overlooks a bird-happy wetland. The trail ends at South Prairie, although there are plans to extend it to Buckley, which will make a nice connection north to Enumclaw.

A coffee kiosk and service station with groceries are found near the trail's end. All three Foothills trailheads have restrooms.

Yelm-Tenino Trail, Thurston County

Distance: 27.2 miles round trip

Going a bit further afield from Seattle, the Olympia area offers some great cycling, including two intersecting trails that provide three dozen miles (one way) of off-street riding. The Chehalis Western Trail runs south from Lacey to intersect with the Yelm-Tenino Trail, which runs parallel to State Route 507 southeast from Yelm to Tenino. Start at Yelm, which is 13 miles south of I-5 at Lacey. At six miles you'll pass through the tiny town of Rainier, where a gas station and grocery are at hand.

Just beyond Rainier is the intersection with the Chehalis Western. If you turn north here, it's a 14-mile ride to central Lacey, just off I-5. From Lacey, it's a couple of miles on the I-5 Bike Path to the edge of downtown Olympia. If you're not that ambitious, turn onto the CW anyway, and take a detour to the Monarch Sculpture Park, three miles up. Its grounds, filled with art by local sculptors, are open year round. A whimsical statue of a woman and two children balanced atop a small bike sits almost trailside.

Although a popular route for weekend cyclists from Olympia, the Y-T is deserted by King County standards. However, this is horse country too, and your two wheels at times will share the asphalt with four hooves.

The trail comes to an end at Tenino's town park. A quarry and historic museum are adjacent to the park, and in the summer the quarry hosts a public swimming hole, with an incredible stone wall rising sharply into the sky along one side. Even in cooler weather, it's worth a look before heading back. Tenino's modest main street is two blocks from the park.

The Centennial, the Foothills and the Yelm-Tenino are perhaps not right in your back yard. But if you have some time available for travel, and want to get your legs back in shape on a flat, scenic ride away from the cars, these are regional gems that deserve a trip.



Photo courtesy of Bill Thorness

Yelm-Tenino Trail.

Bill Thorness is author of the new book "Biking Puget Sound: 50 Rides from Olympia to the San Juans" (Mountaineers Books, March 2007). He will talk at an appearance at the 2007 Bike Expo, and will also appear at regional REI stores throughout the spring. He can be reached at bill@bikingpugetsound.com.

Getting There

Centennial Trail

Travel east on U.S. 2 toward Wenatchee. Take the third exit off U.S. 2 into Snohomish. Turn right onto 92nd St. S.E., then right onto Pine Street. Turn right onto Maple Avenue, which becomes Machias Road. Trail head is on right in 2 miles.

Foothills Trail

From Seattle, take the Valley Freeway, S.R. 167, south toward Auburn. Take the Highway 410 East exit, travel 1.8 miles, then take the Valley Ave. exit toward Orting. Turn right onto Valley Ave. E. (S.R. 162) and travel 0.4 miles. Turn right onto 80th St. E. and travel 0.8 miles to trail head parking on left.

Yelm-Tenino Trail

From I-5 at Lacey, follow S.R. 510 into downtown Yelm. Just prior to the first stoplight in Yelm, turn right onto Railroad Avenue, in front of City Hall. Trail head parking is one-half block on the left.

Wallingford
Bicycle Parts

Gear that satisfies.

1-888-731-3537
www.wallbike.com

NEW ORLEANS

RECYCLED CYCLES.COM
Dig through our parts bins and we promise not to dig deep into your pockets

In its 12th year of buying, selling, trading & consigning bicycles and bike gear.

1007 NE Boat Street
Seattle, WA 98105
(206) 547-4491 or (877) 298-4683
www.recycledcycles.com

team estrogen.COM
Where Style Meets the Road

Visit us online to shop our complete selection of women's cycling, triathlon and fitness apparel. Choose from hundreds of styles and colors from top brands including:

Castelli	InSport	Sheila Moon
Craft	Louis Garneau	Shebeest
Descente	Pearl Izumi	Terry
Etxe Ondo	Sidi	Tyr
Hind	Sugoi	Zoot Sports

"FLOYD'S HIP" FROM PAGE 1



By Erik Moen
PT, CSCS

professional level. Another surgery was planned immediately following the conclusion of the 2006 Tour.

The Procedure

Floyd had a surgery called hip resurfacing. It involves implanting metal parts/caps to the head of the femur and hip socket. The metal implants are called the Birmingham Hip (BH), named for the city in England where this technique originated. Performed in the UK, this surgery requires an incision approximately six to ten inches long. Access to the bone structure is gained through the gluteal muscle group. The head of the femur and the acetabulum (hip socket) are prepared by grinding the surfaces to accept the implants. The BH is considered a bone conserving procedure compared to traditional hip replacement surgery. This has obvious advantage for younger patients. Another clear benefit is better post-surgical range of motion. Total hip replacement surgery would not have allowed Landis to return to professional cycling.

Surgical Criteria

Symptoms that may qualify for hip resurfacing include substantial loss of motion and significant pain resulting in limited weight bearing capabilities, which create considerable changes to normal muscle function. Patients that meet surgical inclusion criteria are usually in pretty bad shape. Hip resurfacing is designed for people under the age of 55. Older patients may be considered candidates only if they are physically fit and demonstrate good bone density. If Floyd met the criteria prior to the 2006 Tour de France, you can imagine some of the issues he likely dealt with during the race. Think about how much hip motion is required for a drop handlebar position (aka knees to chest). You might begin to understand why his unorthodox aerodynamic time trial position included a higher torso. This most likely allowed for better "clearance" during the pedaling. Landis reportedly met his critics by producing aerodynamic test findings that declared this new position as effective as traditionally lower positions.



The Rehab Plan

Rehabilitation from the BH should occur over a one-year period, to allow the person ample time for necessary bone and muscular remodeling and to regain normal hip range of motion and muscle function. Focus is directed towards returning gluteal muscle function and power capabilities. Time immediately following the BH procedure calls for modified weight bearing, which explains why you may have seen pictures of Floyd on crutches. He will sit out the 2007 racing season to focus on recovery. Bicycling and swimming are excellent choices for rehabilitation and luckily for Floyd, cycling is a beneficial exercise because it has less weight bearing at the joints of the lower extremity than that of walking and running. The sport also helps develop the required motion and strength. Landis' pre-surgical conditioning will allow him a fairly quick return to training volumes of significance.

Floyd's Outcome

It has been three months since the procedure and the reports are glowing. It has been

reported that Landis is bicycling pain-free and that his injured hip is now stronger than the other one, which makes for an amazing tale. This is not the typical outcome. Floyd came into this procedure one of the most fit athletes in the world. That counts for something. It also helps that he is relatively young and has a life dedicated to exercise. He obviously has put in the appropriate work for this outcome.

The BH is an excellent surgical option for most young hip patients with significant degenerative changes. It is a fairly new procedure, thus there are limited studies that describe the long-term wear patterns. Floyd's hip will help educate the public about issues surrounding osteoarthritis. His website has many of the details that describe his history.

More Info:

www.birminghamhipresurfacing.com
www.floydlandis.com
www.mcminncentre.co.uk

Erik Moen PT, CSCS is a nationally known expert on bicycling injury treatment and bicycle fit. He practices physical therapy in the greater Seattle area. He is an Elite licensed coach through USA Cycling and races road, track and cyclocross. He may be reached through www.bikept.com.

FROM THE FRONT PAGE

"DEBATE" FROM PAGE 1

veyed apprehension about the proposed stop sign removal, according to the Property Owner Meeting # 2 Report. The main consideration acknowledged in the report was that "these are

important deterrents to cyclist speeding and other irresponsible behavior." Most of those present disagreed with the removal of these signs. Kevin Carrabine, President of Friends of the Burke-Gilman Trail believes, "The residents have the right to whatever belief they want. However I would urge them to not be fighting the trail improvements, they are designed to improve safety for users of the trail. I do feel as a cyclist that cyclists who want to go faster than the posted speed limit should use alternate routes."

Speeding cyclists have become an increasing problem along multi-use trails, creating potential accidents for cyclists and pedestrians alike. The current speed limit along the Burke-Gilman Trail is 15 miles per hour, though many feel that some cyclists ignore this guideline. As Kelly Wallace, a Kent resident who occasionally rides along the trail stated, "This is a huge problem. The concern with cyclists speeding is that these are the same people who don't use their turn signals or stop when they're supposed to. If they're not obeying speed laws, what other rules are they not obeying?"

Many of the Lake Forest Park residents have also expressed concern that if the stop signs are reversed, a debate will arise over who is responsible should an accident occur. As Dean Peterson, a Lake Forest Park homeowner stated in a Seattle Post Intelligencer article

dated May 26, 2005, "We need them for the liability."

Terry Reckord of MacLeod Reckord presented design schematics at the May 23rd homeowners' meeting and addressed the concerns of the community. He believes that the county should represent the residents, and that while the homeowners are concerned about their own private property rights, most support the trail and want to see it made safe. As for his opinion on the direction of the stop signs, he says, "From a design standpoint only, our viewpoint is that the smaller volume of traffic should yield. So in this case, our suggestion is that many of the current crossings be reversed."

King County Parks, which owns the section of the Burke-Gilman Trail that travels through Lake Forest Park, also plans to widen the trail by implementing a three foot shoulder on the trail's east side and a one foot shoulder on the west side made of stabilized crushed rock so that pedestrians, wheelchairs, and strollers have an alternative to move out of the way of cyclists. Some Lake Forest Park property holders have articulated worry that their private property would be negatively impacted by the suggested trail widening.

In addition, landowners are concerned about vegetation along the trail. Many do not want an extensive removal of plants to limit their privacy, though "The overarching goal will be to remove only what is necessary in order to make the trail improvements. Where it does not impact safety, vegetative screening is part of the redevelopment plan," according to the King County Burke-Gilman Trail Redevelopment Project website.

As for the legality of Ordinance 951, many feel that it is in violation with the Growth Management Act of 1990. In a letter to the City Council of Lake Forest Park dated September 28, 2006 Pam Bissonnete, Director of King County Department of Natural Resources and Parks, wrote, "I believe that if revised Ordinance 951 is enacted in its present form, it would violate the

Growth Management Act, RCW 36.70A, which dictates that local jurisdictions may not stop the construction or improvements of essential public facilities." These are the same grounds under which Cascade Bicycle Club has appealed the ordinance. Patrick

McGrath, Cascade Bicycle Club's Advocacy Organizer, says, "There are disputes between the city council and the county. I can certainly understand the city council wanting to keep a handle on their own backyard, but I think in this case the ordinance goes too far."

In a similar reflection Chuck Ayers, the Club's Advocacy Director, wrote in an online letter to the editor of the Seattle Times, "The Burke-Gilman Trail is a backbone of our regional non-motorized transportation system. Through our appeal, we seek to make the point that multi-use trails like the Burke-Gilman are essential features of our community, and the safety of users shouldn't be subject to outlandish barriers like those established in Lake Forest Park's Ordinance 951."

The Growth Management Hearings Board should reach a decision within six months about the appeal on Ordinance 951. If you are interested in contributing to the Burke-Gilman Legal Defense Fund, please contact Cascade Bicycle Club at www.cascade.org/Advocacy/burkegilmanlfp.cfm.



Photo by Tai Lee

Who should have the right-of-way?



2007 NW Racing And Tour Guides are now Available

Get your copy today at

your local bike shop and other Bicycle Paper newsstands.

Tour guide – designed for the recreational cyclists it provides useful training features, event highlights, tips, and a comprehensive Northwest calendar to help plan the season.

Racing guide – features a complete Northwest calendar, highlights teams and events and provides tips on how to race various courses. It covers road, mountain bike, track, cyclo-cross and multisport events.

Indispensable companions to your cycling season!

Also available for distribution at

Seattle Bicycle Expo and Seattle Triathlon Expo.



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.

All aspects of this event calendar are copyright 2007 *Bicycle Paper*. This calendar may not be transmitted or reproduced by any means, electronically or printed, without written consent of the publisher.

EVENTS

MARCH

Mar 2-3: 4th Annual Bike Swap

Boise, ID. Buy or sell your cycling gear (no shorts or helmets). Friday 5:30-9:30 pm, Saturday 10am-4pm. Buyers get in for \$1. Sellers: register your equipment by going to the website or call Mike. Mike Cooley, George's Cycles, 208-343-3782, www.boisebikeswap.com

Mar 10: Alice B. Toelips Awards & Auction Party

Portland, OR. Honors the individuals, businesses and organizations who worked for better cycling in OR. The auction raises funds to support the advocacy efforts and education work of the BTA. Start at 6pm, tickets required. Karen Frost, BTA, P.O. Box 9072, Portland, OR, 97207-9072. 503-226-0498, www.bta4bikes.org

Mar 10-11: Group Health Seattle Bike Expo

Seattle, WA. Over 150 exhibits of gear, active travel, rides and more. Event presented at Magnuson Park - Sandpoint. Includes bike swap meet, test ride, feature presentations. Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Mar 10: Track to the Future Dinner & Fundraiser Auction

Seattle, WA. Fundraising event for the junior programs at the velodrome. Frankie Audreu will be attending. \$40. RSVP by 2/28. Community Center at Mercer View - starts at 5:30 pm Harley Sheffield, Marymoor Velodrome Association, PO Box 53482, Bellevue, WA, 98015. 206-957-4555, www.velodrome.org

Mar 13: Bicycle Advisory Committee Meeting

Portland, OR. Second Tuesday of the month at 7pm in City Hall, Lovejoy Room. All are welcome to attend. For an agenda, contact Roger Geller at 503.823.7671

Mar 16: 5th Annual Bike Works Dinner & Auction

Seattle, WA. Bike Works largest fundraiser to be held at Gould Hall, University of Washington. Tickets are \$60 per person or \$480/table and include dinner, beer and wine. Jack Hunter, Bike Works, 3709 S. Ferdinand St, Seattle, WA, 98118. 206-725-9408, www.bikeworks.org

Mar 25: 19th Annual Seattle Area Old Bike Swap Meet

Kent, WA. Old, Vintage, Antique, Classic Bicycle Swap Meet and Show. Event is at the Kent National Guard Armory (24410 Military Rd). Mike McCormick, 2907 1/2 NW 85th St, Seattle, WA, 98117. 206-283-2850, www.geocities.com/seattleoldbikeswap/

APRIL

Apr 10: Bicycle Advisory Committee Meeting

Portland, OR. Second Tuesday of the month at 7pm in City Hall, Lovejoy Room. All are welcome to attend. For an agenda, contact Roger Geller at 503.823.7671

Apr 14-15: Seattle Triathlon Expo

Seattle, WA. Seattle's first multisport consumer show. Presented by Real Rehab Physical Therapy and Seattle Triathlon Club. Seattle Center Northwest Room. Dave Shaw, www.seattletriathlonexpo.com

Apr 21: U-District Street Scramble

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

Apr 24: Vulcan Bike To Work Breakfast

Seattle, WA. Gathering of the cycling community to prepare for Bike to Work. Peter Verbrugge, Cascade Bicycle Club, 7400 Sand Point Way, Seattle, WA, 98115. 206-517-4826, www.cascade.org

MAY

May 1-31: Bike To Work Month - Group Health Commuter Challenge

Puget Sound. Ride your bike to work. Join the 30-day Commute Challenge. Challenge your co-workers, your friends and your family to give up the gas and put the pedal to the pavement. Cascade Bicycle Club, 7400 Sand Point Way, Seattle, WA, 98115. 206-517-4826, www.cascade.org

May 8: Bicycle Advisory Committee Meeting

Portland, OR. Second Tuesday of the month at 7pm in City Hall, Lovejoy Room. All are welcome to attend. For an agenda, contact Roger Geller at 503.823.7671

May 12: Bell City Chase

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

May 12: Kids Bike Swap

Seattle, WA. Trade outgrown kids' bikes [24" wheels & smaller] for little or no cost! Or buy a bike without trading. Great selection! 10:00 a.m.-4:00 p.m. at Genesee Playfield, S. Genesee St. & 43rd Ave. S. Bike Works, 3709 S. Ferdinand St., Seattle, WA, 98118. 206-725-9408, www.scn.org/bikeworks

May 16: Ride of Silence

Various, WA. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. In Seattle - 20 mile ride start at Gas Works Park at 7:00 pm. In Tacoma - 3802 Bridgeport Way W, University Place, WA www.rideofsilence.org/main.php

May 18: Starbucks Bike To Work Day

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

May 19: Crossroads Bellevue Street Scramble

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

May 20-21: New Seasons Market Benefit BBQ

Oregon. Fundraising activity for the BTA at all New Seasons Market locations. Bicycle Transportation Alliance,

1979 SW 5th Avenue, Portland, OR, 503 226 0676, www.bta4bikes.com

May 22: Larry Kemp Memorial Ride

Seattle, WA. Ride in honor Larry Kemp's memory to raise money for WSBA junior. Donation of \$5 or more recommended. Proceeds go to WSBA Jr Larry Kemp Memorial Fund (501 C) and benefit NW junior riders. Meet at 9:00am leave at 10am from Leschi (see website to confirm time). Jet City Velo / Byrnelvent, www.jetcityvelo.com

JUNE

Jun 12: Bicycle Advisory Committee Meeting

Portland, OR. Second Tuesday of the month at 7pm in City Hall, Lovejoy Room. All are welcome to attend. For an agenda, contact Roger Geller at 503.823.7671

Jun 16: Marymoor Little 100

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

Jun 18-Aug 8: Youth Cycling Classes

Portland, OR. Learn to ride the track. Classes every Monday, Wednesday and Friday. Nathan Hobson, 503-652-3763, www.obra.org

JULY

Jul 21-22: Seattle Night & Day Challenge

Seattle, WA. Sixty checkpoints are marked on a map of Seattle. Visit as many as you can, in any order, for 16 hours. 3-hour and 7-hour options available. Participate solo or in a team of 2-5. Starts at 4pm. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-291-8520, www.nightanddaychallenge.com

SEPTEMBER

Sep 1-30: Bike Commute Challenge

Various, OR. 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! Bicycle Transportation Alliance, 1979 SW 5th Avenue, Portland, OR, 503 226 0676, www.bta4bikes.com

OCTOBER

Oct 27: Bicycle Alliance Annual Auction

Seattle, WA. Join 450 bicycling enthusiasts at the 15th Annual Bicycle Alliance Auction and help raise money to support advocacy in the state of Washington. Seattle Fisher Pavilion. It's a ton of fun. Barbara Culp, Bicycle Alliance, P.O. Box 2904, Seattle, WA, 98111. 206-224-9252, www.bicyclealliance.org

CAMPS

APRIL

Apr 21-22: Pro BMX Supercamp

Kamloops, BC. With Bubba Harris, KEn Cools and

Dingo. Kamloops BMX, www.kamloopsbmx.com/

Apr 25-Aug 22: Track Development Class

Portland, OR. Weekly events where riders can learn the basic of track racing. No class on 6/13, 7/11. Steve Garcia, 503-293-7247

Apr 26-30: NW Crank Cycling Camp

Wenatchee, WA. Multi-event, multi-day road cycling camp Terry Zmrhal, NW Crank, PO Box 3207, Kirkland, WA, 98083-3207. 425-890-3651, www.northwestcrank.com

MAY

May 12-13: Dirt Series

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

May 25-27: DevineRIDE Women's MTB Camps

Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as a bike fit and maintenance seminar for riders of all levels. Take place in Rossland, BC. Cindy Devine / Kirsty Exner, Box 1316, Rossland, BC, V0G1Y0. 250-362-7378, www.devineride.com

JUNE

Jun 2-3: Dirt Series

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

Jun 15-17: BC Women's Mtn Bike Skills Camp

Fernie, BC. Weekend skills camp for women. Spend 1 days working on downhill and bike-handling skills, and 1 days riding the trails in Fernie, working on our cross-country and climbing skills. Mike Bric, Fernie Fat-Tire Adventures, www.ferniefatire.com

Jun 16-17: Dirt Series

Bellingham, WA. MTB camps for women. See June 2-3 for description. Candace Shadley, Dirt Series, 604-905-8876, www.dirtseries.com

Jun 22-27: BC Women's Mtn Bike Skills Camp

Fernie, BC. Week long skills camp for women. Spend 2 days working on downhill and bike-handling skills, and 3 days riding the trails in Fernie, working on our cross-country and climbing skills. Mike Bric, Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefatire.com

Jun 22-24: DevineRIDE Women's MTB Camps

Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as a bike fit and maintenance seminar for riders of all levels. Take place in Rossland, BC. Cindy Devine / Kirsty Exner, Box 1316, Rossland, BC, V0G1Y0. 250-362-7378, www.devineride.com

Jun 30-Jul 1: Dirt Series

Bend, OR. MTB camps for women. See June 2-3 for detailed description. Candace Shadley, Dirt Series, 604-905-8876, www.dirtseries.com

JULY

Jul 3-10: Orkila Camp BMX / MTB / RR

Camp Orkila, WA. Camp for kids in grade 6-10. Learn BMX, mountain biking and road racing in a fun atmosphere. In partnership with Rad Racing NW YMCA Seattle, www.seattleymca.org

Jul 14-15: Dirt Series

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

Jul 20-22: BC Women's Mtn Bike Skills Camp

Fernie, BC. Weekend skills camp for women. Spend 1 day working on downhill and bike-handling skills, and 1 days riding the trails in Fernie, working on our

cross-country and climbing skills. Mike Bric, Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefatire.com

AUGUST

Aug 4-5: Dirt Series

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

Aug 18-19: Dirt Series

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

Aug 25-26: Dirt Series - (co-ed)

Blue Rive, BC. MTB camps co-ed. See above description. Candace Shadley, Dirt Series, 604-905-8876, www.dirtseries.com

SEPTEMBER

Sep 14-16: DevineRIDE Women's MTB Camps

Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as a bike fit and maintenance seminar for riders of all levels. Take place in Rossland, BC. Cindy Devine / Kirsty Exner, Box 1316, Rossland, BC, V0G1Y0. 250-362-7378, www.devineride.com

Sep 15-16: Dirt Series - (co-ed)

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

BMX SERIES

Jan 27-Sep 9: 'BMX BC Cup

Various, BC. Series of 7 events, top 3 plus finals to qualify. Top 4 + finals counts towards year end ranking. Cycling BC, www.cycling.bc.ca

BMX

MARCH

Mar 9-11: ABA Great Northwest BMX Nationals

Pasco, WA. Indoor BMX racing. Largest event of the season at Trac Arena. Part of the ABA national series. Shannon Gillette, ABA, www.ababmx.com

MAY

May 26-27: UCI International / Western National #3/4

Victoria, BC. Race on the World Championships track. UCI race on Saturday. Canadian Cycling Association, www.canadian-cycling.com

JUNE

Jun 2: Bakerview RFL

Mount Vernon, WA. Located in Bakerview Park. Bakerview BMX, www.bakerviewbmx.net

Jun 2: Medford BMX - RFL

Medford, OR. Double points. www.angelfire.com/ex-treme4/medfordbmx/LightSide.html

Jun 9: BC cup #3

Action, BC. www.cycling.bc.ca

Jun 10: Port Angeles BMX - RCQ

Port Angeles, WA. Port Angeles BMX, www.pabmx.com

Jun 16-17: Governor's Cup

Smith Rock, OR. www.smithrockbmx.com/

Jun 16: High Desert - Double

Bend, OR. www.highdesertbmx.com

Jun 22-24: Cactus Classic Nationals

Kamloops, BC. Kamloops BMX, www.kamloopsbmx.com/

JULY

Jul 6-8: Big Weekend

Smith Rock, OR. Friday - RFL, Saturday, Redline Qualifier triple points, Sunday - State Championship race, double points www.smithrockbmx.com/

Jul 7-8: High Desert - RFL/SCR

Bend, OR. Saturday RFL - double points, Sunday SCR - Double points. www.highdesertbmx.com



MISSING
OL Case #4709
NICOLE MARIE TRUJILLO
Missing Since: 12/08/2006
Missing From: Burbank, CA
OPERATION LOOKOUT
National Center for Missing Youth
1-800-LOOKOUT
1-800-566-5688
www.operationlookout.org



Davidson
Handbuilt Bicycles
Davidson Custom Titanium Bicycles
Record 10 \$6,200up
Dura Ace 10 \$5,400up
Chorus 10 \$5,200up
Ultegra 10 \$4,600up
Davidson Custom Carbon Frames
HERE NOW!
See us at Elliott Bay Bicycles
2116 Western Ave. • Seattle, WA 98121
206.441.8144 • www.davidsonbicycles.com
Mon. - Fri. 10-7 Sat. 10-6 Sun. 11-4



NEW ZEALAND AUSTRALIA • VIETNAM
Guided & fully supported
7 to 23 days
Pedaltours SINCE 1985
1 888 222 9187 www.pedaltours.co.nz



Photo by Bicycle Paper

Compton and Bessette fight for the lead at the 06 Steilacoom Grand Prix.

Jul 8: RCQ
Campbell River, BC.

Jul 22: Bakerview SCR
Mount Vernon, WA. Located in Bakerview Park. Bakerview BMX, www.bakerviewbmx.net

Jul 26-29: UCI BMX World Championships
Victoria, BC. World Championships event. All the best riders in the worlds in attendance. De Armond Management, 2661 Queenswood Dr., Victoria, BC, V8N 1X6. 250-472-7644, www.bmxworlds2007.com

AUGUST

Aug 3-5: Harbor City Nationals
Nanaimo, BC. www.nanaimobmx.com

Aug 4-5: Medford BMX - SCR / RCQ
Medford, OR. Double and triple points. www.angelfire.com/extreme4/medfordbmx/LightSide.html

Aug 18: BC Cup #5
Pitt Meadows, BC. Ridge Meadows track. 604-878-1193, www.cycling.bc.ca

Aug 19: BC Cup #5
Action, BC. www.cycling.bc.ca

Aug 24-26: ABA Canadian Borderline Nationals
Grand Forks, BC. American Bicycle Association, 250-442-3306, www.grandforksbmx.com

SEPTEMBER

Sep 8-9: BC Cup #6/7
Squamish, BC. www.cycling.bc.ca

OCTOBER

Oct 5-7: ABA Canadian Grand Nationals
Chilliwack, BC. American Bicycle Association

Oct 6: Medford BMX - Double
Medford, OR. Double points. www.angelfire.com/extreme4/medfordbmx/LightSide.html

MULTISPORT

MARCH

Mar 4: Leprechaun Sprint Duathlon
Olympia, WA. At Millersylvania State Park. 1mi run/11.5 bike/ 1 run. Starts at 2pm. Individual or team. On the Run Events, www.ontherunevents.com

Mar 17: Tri State Outfitters Spring Duathlon
Lewiston, ID. At Hells Gate State Park. No major climbs. 5-yr age group awards. Starts at 10am. 2mi. run, 12 bike, 2 run format. Lewis Clark State College.

Mar 30: Wenatchee Valley Du
Wenatchee, WA. A 3mi run, 17mi bike, 3mi run. Start at 10:00am at Confluence State Park. RSVP, www.bikewenatchee.com

APRIL

Apr 1: Dirty Du
Forest Grove, OR. Johnson Farm, Hagg Lake. Start at 10am. MTB duathlon 5.5mi trail run, 15mi MTB. www.xdevents.com

Apr 1: No Fooling Sprint Duathlon
Olympia, WA. At Millersylvania State Park. 1mi run/11.5 bike/ 1mi run. Start at 2pm. Individual or team. On the Run Events, www.ontherunevents.com

Apr 7: Easter Sprint Duathlon
Olympia, WA. At Millersylvania State Park. 1mi run/11.5 bike/ 1mi run. Starts at 2pm. Individual or team of 2 or 3. On the Run Events, www.ontherunevents.com

Apr 14: Alcoa's Ridge To River Relay (R2R)
Wenatchee, WA. Relay: nordic ski, alpine ski, run, bike, paddle - 35-mi Wenatchee course or 20-mi Columbia course. Team or individual. Start at 9:30am. www.r2r.org

Apr 15: Easter Triathlon/Duathlon
Elma, WA. At Vance Creek Park. Individual or team. Swim 300m, bike 13mi, run 3mi. Kids version too. www.ontherunevents.com

Apr 21: Wenatchee Worlds' Junior Ridge to River Relay
Wenatchee, WA. Focus on fun for "mini" racers who want to test their skills and prepare for future events. Teams of school-aged children run, paddle, bike, go over obstacle course. Start at 10:00am. www.r2r.org

Apr 29: Mt Rainier Duathlon
Enumclaw, WA. King County Fairgrounds Stadium. Long: 8.5km run, 50km bike, 6km run. Short: 2.75km

run, 25km bike, and 6km run. Start at 8am. Budu Racing, www.buduracing.com

MAY

May 19: Pole, Pedal, Paddle
Bend, OR. Teams, pair or individuals alpine ski, cross-country ski, bike, run, canoe/kayak and sprint to the finish. Mini version for kids the next day. Mt Bachelor Sports Education Foundation, www.mbsef.org

May 19: Trioba Spring Adventure Race
Ellensburg, WA. Challenging navigation, trail running and MTB race. www.trioba.com

May 26: Triathlon at Rigby Lake
Rigby, ID. Sprint, Olympic & team competition. Start at Jefferson County Lake Recreation area. www.pb-performance.com

May 27: Onion Man Triathlon
Walla Walla, WA. At Bennington lake, 1500m swim, 24.9 bike, 6.2 run. Start 9am. www.wmulisports.com

JUNE

Jun 2: Issaquan Triathlon
Issaquah, WA. Start 7am at Lake Sammamish State Park. Sprint distances, kids race and 5km trail run. www.issaquatriathlon.com

Jun 3: Hope for Youth Off-road Triathlon
Poulsbo, WA. Island Lake Camp. 400m lake swim, 10mi MTB, 4km trail run. Registration from 7:00-8:45am. Start at 9:00am. Limit 100. www.buduracing.com

Jun 9-10: Gerick's Wasa Triathlon
Cranbrook, BC. Wasa Lake. TriKids Tri, Short and Olympic Tri, \$4,800 Cash purse. RM Events Management, www.rmevents.com

Jun 16: Five Mile Lake Sprint Triathlon
Federal Way, WA. 400m lake swim, 14mi MTB, 5km trail run. Reg. 6:00-7:45am. Start 8:00am. Relay option, www.buduracing.com

Jun 16: Pine Hollow Triathlon
Wamic, OR. 300 yard swim, 10.5 bike, 8mi run. Timberline Trail Run Club, www.pinehollowtri.com

Jun 16: Spokane's Big Adventure Relay
Spokane, WA. Kayak, run, MTB, road bike at Riverside State Park. Round & Round Productions, www.roundandround.com

Jun 24: Ford Ironman Coeur D'Alene
Coeur d'Alene, ID. 2.4mi swim, 11mi bike, 26.2mi run. Ironman NA, www.ironmanca.com

Jun 28-30: USAT National Age Group Championship
Portland, OR. 1.5 swim, 40 bike, 10 run. Athletes must qualify and be 18+ by year end. Qualifier: Top 10% of age group in any USAT event. Reg. closes 30 days prior to event. www.usatriathlon.org

Jun 30-30: Clean Air Road Duathlon Benefit Challenge
Lakewood, WA. Short: 5km run, 20km bike, 5km run. Long: 10km, 40km, 5km. WA State Trail Running, Walking, Duathlon Club, www.humanmultisportspnw.org

Jun 30: Five Mile Lake Sprint Womens Triathlon
Federal Way, WA. 400m lake swim, 14mi MTB, 5km trail run. Start 8:00am. Relay option. Budu Racing, www.buduracing.com

Jun 30: Lake Padden Triathlon
Bellingham, WA. Competitive & recreational event, start at Lake Padden Bath House. 0.5mi swim, 21mi bike, 5.2mi run. www.cob.org/races

JULY

Jul 8: Lake Stevens 70.3 Triathlon
Lake Stevens, WA. At Lake Stevens Public Boat Launch. 1.2mi swim, 58mi bike, 3.1mi run. www.lakestevens70.3.com

Jul 14: Trioba 12 hour Adventure race
Ellensburg, WA. 30-50 miles, 6-12 hours. Orienteering, trail running and MTB. www.trioba.com

Jul 14: Valley Kids Triathlon
Liberty Lake, WA. Emde Sports, www.valleygirltri.com

Jul 15: BRI Triathlon at Seafair
Seattle, WA. Adult and kids distances. Start 7am at Seward Park. www.seafair.com

Jul 15: Valley Girl Triathlon
Liberty Lake, WA. SOLD OUT.

Jul 15: Xterra Vashon Offroad Triathlon
Vashon Island, WA. 800m lake swim, 12mi MTB. 6km trail run. Quartermaster Harbor. Start 8:00am. Relay option. Budu Racing, www.buduracing.com

Jul 21-22: Chelan Man Multisport Weekend
Chelan, WA. For all - Best of the US championships. Swim in Lake Chelan, run around it & bike along the river. www.chelanman.com

Jul 22: Deschutes Dash
Bend, OR. Sprint and Olympic distances. Qualifier for the "Best of the US Amateur Triathlete Competition". FreshAir Sports, www.freshairsports.com

Jul 29: Salmon Arm Classic Triathlon
Salmon Arm, BC. 1.5km swim out and back on Shuswap Lake - temp. 70 degrees. 10.5km run - hilly, 40km flat bike. No drafting. Tiffany Lomabert, www.salmonarmtriathlon.com

AUGUST

Aug 4: My First Triathlon
Harrison Mills, BC. Swim 400m, bike 20km, run 5km. Start 10am. World Endurance Sport, www.triathlons.net

Aug 4: Race the Rock
Langley, WA. Lone Lake, swim 0.5mi, bike 19.5, run 3.8mi. Individual/team, www.swparks.org

Aug 4: Satsop Triathlon/Duathlon
Elma, WA. Int'l. Sprint, and Duathlon. Start 9:00am. Swims 400/1500m, bikes 12/25mi, runs 3.1/6.2mi. www.buduracing.com

Aug 11: Bigfoot Triathlon Festival
Harrison Mills, BC. Full and half Ironman. No drafting. Start 7:00am. www.triathlons.net

Aug 12: XTC Campbell River
Campbell River, BC. Off-road multisport race. Mclvor Lake, full XTC 1000m swim, 24km MTB and a 10km trail run. Open to all. Half XTC available. \$1,500 cash prize. Triathlon BC Race Series. Cove Communications, 888-788-4645, www.xtccanada.com

Aug 17: The RUSH Triathlon
Rexburg, ID. Olympic: 1mi swim, 24.8 bike, 6.2 run. 9am start. Sprint: 0.5mi swim, 13.8mi bike, 3.1mi run. Goes at 10am. Swim in Rainbow Lake. Rex City Hall, www.rushtriathlon.com

Aug 18: Beaver Lake Triathlon
Sammamish, WA. Start/end at Beaver Lake. www.beaverlake.org

Aug 19: Apple Capital Triathlon
Wenatchee, WA. Daraga State Park. Sprint & Olympic distances. Jennifer Korfiatis, www.triwenatchee.net

Aug 19: Danskin Women's Triathlon
Seattle, WA. At Genesis Park. Swim in Lake Washington. 0.5mi, 12mi bike, 3.1mi run. www.danskin.com

Aug 19: West Plains WunderWoman Triathlon
Medical Lake, WA. Emde Sport, www.emdesports.com

Aug 25: Hells Gate Duathlon
Lewiston, ID. At Hells Gate State Park. No major climbs. 5-yr age group awards. Start 9am. 2mi run, 12mi bike, 2mi run. Lewis Clark State College.

Aug 25: Lake Sammamish Triathlon
Issaquah, WA. Age group, relay, and kids Tri. Proceeds donated to Diabetes and Wellness Foundation. Start 7:00am. 400m swim, 14.5-mi bike, 3.5mi run. Kids version. BuDu Racing, www.buduracing.com

Aug 26: 7th annual Heart of the Sound Triathlon
Vashon Island, WA. At Jensen Point Park. Adult and kids distances. Salt water swim. USAT sanctioned. www.hotstriathlon.org

Aug 26: Ironman Canada
Penticton, BC. At Okanagan Park. 3.8km swim, 180km bike, 42.2km run. www.ironman.ca

Aug 26: Wild Ride Xterra Off-Road Regional Champ
McCall, ID. Ponderosa State Park. Wild Rockies, www.wildrockies.com

SEPTEMBER

Sep 2: City of Portland Triathlon
Portland, OR. Olympic distance. Start/end at Waterfront Park. www.portlandtri.com

Sep 8: Subaru US Women's Triathlon
Federal Way. Sprint and super sprint. Steel Lake Park. Benefit the Ovarian Cancer Research Fund. www.hotstriathlon.org

Sep 8: XTC Vancouver - National Championships
Vancouver, BC. Off-road multisport race. Buntzen Lake. 1500m swim, 24km MTB, 10km trail run. Open to all. Half XTC available. Part of the Triathlon BC Junior Elite Series. Cove Communications, 888-788-4645, www.xtccanada.com

Sep 14-16: Port Angeles Senior Games
Port Angeles, WA. The Senior Games for 50+ age group. 18 different sports! www.portangelesseniorgames.com

Sep 15: Flowing Lake Triathlon
Snohomish, WA. Start at 8:00am. Swim 400m, bike 12mi, run 4km. www.buduracing.com

Sep 15: Grand Coulee Dam Triathlon
Grand Coulee, WA. Full and half distance. Swim in Banks Lake. Ride across the dam. www.thegrandcolumbian.com/

Sep 23: Vancouver Muddy Buddy Ride & Run
N. Vancouver, BC. Get dirty! Start at Camp Brick. Team of 2 (1 runs, 1 bikes). 5 obstacles, leap frog switching from bike to run through obstacles course. Free kids race. Cove Communications, www.covecommunications.ca

OCTOBER

Oct 14: Dirty Du
Yamhill, OR. Flying M Ranch. Start 10am. MTB duathlon 5mi trail run, 15mi MTB leg with 65% singletrack. www.xdevents.com

CYCLOCROSS SERIES

Sep 11-Nov 13: Cross Training Series
Boise, ID. Prepare for the cross season under expert guidance. www.idahocyclocross.com

Sep 16-Oct 8: BC Cross Cup
Various, BC. Series of 3 events raced on Lower Mainland. Overall calculated on points. More events to be added. Cycling BC, 604-737-3034, www.cycling.bc.ca

Sept 23-Nov 13: Inland NW Cyclocross Series
Various, WA. 9-event series in Spokane and Walla Walla area. Overall standings on points. Marla Emde, Emdesports.com, 509-326-6983, www.emdesports.com

Sep 29-Dec 1: Eagle Island Cross
Eagle, ID. 4-event cyclocross series. MTB friendly but remove bar-ends. All categories. A, B and C group. Overall GC based on top 3 out of 4. Prize: 1/3 entry fee for the category to top 3. Team Digestive Health Clinic, www.idahocyclocross.com

Sep 30-Dec 9: Seattle Cyclocross Series
Various, WA. Series of 8 events raced around the Seattle area. Open to all categories. Overall calculated on points. First start at 9:30am. Entry fee \$20, except

women Cat 4 and junior \$5, kids free. Race categories = age as of Dec 31, 2006. MTB without bar ends are ok. Series Finals earn double points. Registration closed 20 minutes prior to start. Jerry Baker, Marymoor Velodrome, www.seattlecyclocross.com

Oct 14-Dec 8: Sandy Point Beach Cross Race Series
Boise, ID. 4-event race series, raced at Sandy Points. Clinic before the start of the first race. www.idahocyclocross.com/

CYCLOCROSS

AUGUST

Aug 15, 22 & 29: Eugene Cross Clinic
Eugene, OR. It's never too early to get ready for 'cross. Norm Babcock, 541-520-3717

SEPTEMBER

Sep 11: Eugene Short Cross Series
Eugene, OR. Norm Babcock, 541-520-3717

Sep 15: Crosstoberfest
Kenmore, WA. St. Edward State Park. Generous cash payouts and swag, pre-race trail run, beer garden and of course, the wild and crazy team relay race. Ragnarok Racing and Second Ascent, 206-291-7773, www.ragnarokracing.com

Sep 16: Fort Langley Cross Classic
Fr Langley, BC. Alder Acres. Race features some long straight-aways, challenging hills and obstacles to make even the most experienced riders work for their space in the pack. BC Cup event. Basse Clement, 604-435-4271, www.steamerracing.ca

Sep 16: Krugers Kermesse Farm Crit
Sauvie Island, OR. Kris Schamp, 503-466-9007

Sep 18: Eugene Short Cross Series
Eugene, OR. Norm Babcock, 541-520-3717

Sep 22: Clif Bar/Hagens Berman Star-Crossed
Redmond, WA. Marymoor Velodrome - Spectacular racing under the lights. Not an ECC series race. Beer garden. Terry Buchanan, www.hagensbermancycling.com/starcrossedcx/

Sept 23: Inland NW Cross #1
Spokane, WA. See Race Series. At Highbride Park. Emde Sport, 509-326-6983, www.emdesports.com

Sep 23: Hood River CCX
Hood River, OR. Kick off the 'cross season at the Hood River Valley High School. Many categories, including kids. Jeff Lorenzon, 541-490-6387, www.discovebicycles.com

Sep 23: Rad Racing Grand Prix
Lakewood, WA. Return to Steilacoom. Toughest run up in country, great prices. Support junior program. Jim Brown, Rad Racing NW, www.radracingsnw.org

Sep 29: Eagle Island Cross #1
Eagle, ID. See Race Series. Team Digestive Health Clinic, www.idahocyclocross.com

Sep 30: Escape Velocity Cross
Vancouver, BC. BC Cup event. Bob Chew, Escape Velocity, www.escapevelocity.bc.ca

Sep 30: Seattle Cyclocross Series #1
Snohomish, WA. Location to be announced. Marymoor Velodrome, www.seattlecyclocross.com

OCTOBER

Oct 5-7: Methow Valley Fall Bike Festival
Winthrop, WA. Cyclocross race on Saturday, 10/ 6 and a XC on Sunday. Registration fees vary, Pre-reg. deadline 10/3. Methow Valley Sport Trails Assoc. 509-996-3287, www.mvsta.com

Oct 10: Road & Dirt Cross
Hailey, ID. www.roadanddirt.org

Oct 11: District Championships
Estacada, OR. 503-806-6943, www.crosscrusade.com

Oct 14: Sandy Point Beach Cross Race #1
Boise, ID. Clinic followed by racing. See Race Series. www.lostrivercycling.org

Oct 14: Seattle Cyclocross Series #2
Seattle, WA. Evergreen High School (location may move, check race website to confirm). Marymoor Velodrome, www.seattlecyclocross.com

Oct 14: Inland NW Cross #2
Spokane, WA. See Race Series. Emde Sport, 509-326-6983, www.emdesports.com

Oct 14: Vanier Park Cross Classic
Vancouver, BC. Race in Vanier Park in downtown Vancouver. BC Cup event. Krebs Cycle Club, www.krebscycycleclub.com

Oct 17: Road & Dirt Cross
Hailey, ID. www.roadanddirt.org

Oct 20: Eagle Island Cross #2
Eagle, ID. See Race Series. Team Digestive Health Clinic, www.idahocyclocross.com

Oct 21: Seattle Cyclocross Series #3
Sumner, WA. Kelly Creek course. Marymoor Velodrome, www.seattlecyclocross.com

Oct 21-22: Inland NW Cross #3/4
Walla Walla, WA. See Race Series. Emde Sport, 509-326-6983, www.emdesports.com

Oct 24: Road & Dirt Cross
Hailey, ID. www.roadanddirt.org

Oct 27-28: Cycloberfest
Hailey, ID. www.roadanddirt.org

Oct 28: Cross Crusade - Halloween Bash
Portland, OR. Johnson Farm location. 503-806-6943, www.crosscrusade.com

Oct 28: Maple Ridge Cross
Maple Ridge, BC. BC Cup event. Barry Lyster, 604-466-2016, www.racetheridge.com

Oct 28: Seattle Cyclocross Series #4
Steilacoom, WA. Marymoor Velodrome, www.seattlecyclocross.com

Oct 28: Inland NW Cross #5
Spokane, WA. See Race Series. Emde Sport, 509-326-6983, www.emdesports.com

NOVEMBER

Nov 4: Seattle Cyclocross Series #5
Auburn, WA. Donida Farms. Marymoor Velodrome, www.seattlecyclocross.com

Nov 4: Inland NW Cross #6
Spokane, WA. See Race Series. Emde Sport, 509-326-6983, www.emdesports.com

Nov 8: Bremerton Cross
Bremerton, WA. Not a Seattle cyclocross event. www.seattlecyclocross.com

Nov 10-11: Seattle Cyclocross Series #6/7
Oak Harbor, WA. Fort Flager State Park. A weekend of great racing. Marymoor Velodrome, www.seattlecyclocross.com

Nov 11: Inland NW Cross #7
Spokane, WA. See Race Series. Emde Sport, 509-326-6983, www.emdesports.com

Nov 17: 4th Annual Toys for Tots Cross Race.
Boise, ID. Bring a toy, race hard. www.lostrivercycling.org

Nov 18: Sandy Point Beach Cross Race 3
Boise, ID. Clinic followed by racing. See Race Series. www.lostrivercycling.org

Nov 18: Inland NW Cross #8
Spokane, WA. See Race Series. Finals and awards presentation. Emde Sport, 509-326-6983, www.emdesports.com

Nov 20: Eagle Island Cross #3
Eagle, ID. See Race Series. Team Digestive Health Clinic, www.idahocyclocross.com

Nov 25: Seattle Cyclocross Race #7
Seattle, WA. South SeaTac course. Marymoor Velodrome, www.seattlecyclocross.com

DECEMBER

Dec 1: Eagle Island Cross #4
Eagle, ID. See Race Series. Team Digestive Health Clinic, www.idahocyclocross.com

Dec 1-2: US Grand Prix Cyclocross
Portland, OR. Third and final event of the series. Brad Ross, 503-806-6943, www.crosscrusade.com

Dec 8: Sandy Point Beach Cross Race #4
Boise, ID. Clinic followed by racing. See Race Series. www.lostrivercycling.org

Dec 9: Seattle Cyclocross Series #8 - Finals
Sumner, WA. Kelly Creek course. Marymoor Velodrome, www.seattlecyclocross.com

Note:
* Cross Crusade schedule was not available at print time.
* Seattle Cyclocross Series locations tentative.

MTB RACE SERIES

Feb 11-Apr 15: West Side MTB Series
Black Diamond, WA. Open to all categories. Beginners start at 8:30am, Open/Expert 9:30, Sport 11:00am. For overall top 4 out of 5 results in same category, plus bonus points count. Get one point for starting. BuDu Racing, www.buduracing.com

Feb 24-Jul 21: Indie MTB Series
Various, WA. Series of 8 events raced/organized by different promoters, but regroup for points and awards. Overall standing based on points. No minimum number of races to qualify for overall. Lisa Miller, 206-291-7773, www.indieseries.com

Apr 21-Oct 7: Wild Rockies Series
Various, ID. 8-event series. Norba sanctioned except for Lava Rama. Best 6 out of 8 results counts towards final standings. All XC are run on Saturdays. Identified as part of WRS. Darren Lighthfield, Wild Rockies, 208-587-9530, www.wildrockies.com

Apr 22-Jun 24: Oregon XC Classic Series
Various, OR. Series of 7 events with points awards towards overall series winner. Event date - 4/22, 4/29, 5/5, 5/13, 5/20, 6/3, 6/24. Events listed as OR MTB Series. *tentative. www.obra.org

Apr 28-Sep 9: Mt Hood Adventure Park XC/ST Series
Mt. Hood, OR. Series of 4 events all around Mt Hood. Event in April, June, July and September. 2 short track events, 4XC. Obra sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

May 5-Sep 23: Mt Hood Adventure Park DH Series
Mt. Hood, OR. Series of 5 events all on Mt Hood. Event in May, June, July and September. Norba sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

May 20-Aug 12: BC Cup
Various, BC. Series of 5 events across the province. Open to all. Points allocated after each race toward overall standings. Events identified as BC Cup MTB. Cycling BC, 604-707-3137, www.cycling.bc.ca

May 30-Jun 30: Wood River Cup
Hailey, ID. 6th annual Short Track XC series at Rota run. B race at 6:30pm (20 min+1 lap), Shimano youth series at 7:10pm, and A race at 7:30pm (40 min + 1 lap). Registration opens at 5:00pm. New course each week. Prizes for each race and overall series. Race on 5/30, 6/6, 13, 20, 30. Bill Olson, 208.788.9184, www.roadanddirt.org

Jun 25-Jul 30: Portland MTB Short Track Series
Portland, OR. Fun and challenging 3-5 minute lap course with a lot of bumps and turns. Monday night 6-8pm on the infield of Portland Int'l Raceway. All ages, all abilities. Your choice of bike - mountain or cyclocross.

Overall cash and weekly prizes. Best 5 out of 6. Kris Schamp, 503-466-9007, www.portlandracing.com
Jul 1-Aug 12: Willamette Pass DH Series
 Willamette Pass, OR. Exciting fast paced technical DH races. 2-mile long - beginner, sport and expert/pro course. All abilities and age classes. Race fee includes 20 hours of gondola access. 3 events in the series identified as WPDH, 7/1, 7/15, 8/12. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

MTB RACING

FEBRUARY

Feb 24: Valentines Challenge- Indie #1
 Belfair, WA. At Tahuya River horse camp. Online or day of reg. Junior/Youth, Beginner, Tandem, Open/Cash, Expert, Junior Expert, Kids. Rolling hills with fun single-track. Cyclocross category offered as part of this event. www.indieseries.com

Feb 25: West Side MTB #2
 Black Diamond, WA. South SeaTac Park. See Race Series. www.budracing.com

MARCH

Mar 4: Devil's Slide MTB Race
 Lewiston, ID. XC race for everyone. www.devilsridgerace.org

Mar 4: West Side MTB #3
 South SeaTac, WA. See Race Series. www.budracing.com

Mar 24-25: Horning's MTB
 North Plains, OR. Thomas Hoffman, 503-475-3417.

Mar 25: West Side MTB #4
 Black Diamond, WA. See Race Series. www.budracing.com

APRIL

Apr 1: Capitol Forest MTB Revival - Indie #2
 Olympia, WA. At the Middle Waddle Trailhead. The old school point to point event at Capitol Forest is back. Beg. 14mi, Sport 18mi, Expert 20mi. Ragnarok Racing, www.ragnarokracing.com

Apr 8: Downhill Derby
 Kimberley, BC. DH at its best. Dan Maisonneuve, www.sk Kimberley.com

Apr 15: West Side MTB #5
 South SeaTac, WA. See Race Series. www.budracing.com

Apr 21: Barking Spider Bash
 Nampa, ID. Owyhee Front, Reynolds Creek. XC for all categories. Single speed class. Part of WRS. www.wildrockies.com

Apr 22: 21st Peak Sports Mudslinger
 Blodgett, OR. Classic epic MTB race, \$500 min cash purse, food and bread from Great Harvest provided. Part of OR MTB Series. www.mudslingerevents.com

Apr 22: SeaTac Shuffle Indie 3
 SeaTac, WA. 6mi loop, mostly singletrack with lots of ups and downs - fast and twisty. Cash payouts, except Juniors. No license required. Stiff Wick Promotions, www.indieseries.com

Apr 28-29: Bear Springs Trap ST/XC
 Mt. Hood, OR. Saturday ST, Sunday XC McCubbins Gulch. 10, 20 and 30mi. 95% singletrack. 500-2,000ft of elevation. Single lap format. Part of Mt. Hood Skibowl XC & OR MTB Series. OBRA sanctioned. Hurricane Racing, www.skibowl.com

Apr 28: Beezley Burn
 Ephrata, WA. Challenging, desert-like 7mi lap with lots of short climbs and fast descents. Jake Maedke, www.beezleyburn.com

MAY

May 5-6: On the Edge Rat Race
 Roberts Creek, BC. Marathon 48km with 1500m vertical, shorter course for kids. Sunday DH 1.7km runs 3 min, pre-race mandatory run. SCUUMB, www.theatrace.ca

May 5: Shiloh Cyclery Spring Fling DH #1
 Mt Hood, OR. DH on Mt. Hood. Course depends on snow conditions. Single run format. Part of Mt. Hood Skibowl DH Series. Norba. Hurricane Racing, www.skibowl.com

May 5-6: Spring Thaw State MTB Championships
 Ashland, OR. XC Saturday, DH Sunday. Thrilling 1.7-mile, 100% single track descent through Ashland Watershed. All classes, all ability level. Kid's Race, Biker's Bash. OR MTB Series. SOMBRA, springthaw@sombra.org

May 6: Jacksonville ST #1
 Jacksonville, OR. Richard Hogan, 541-664-8751.

May 6: Salty Dog 6 Hour Enduro
 Salmon Arm, BC. Skookum Cycle & Ski, www.skookumcycle.com

May 12-13: Annual Lava Rama
 Lava Hot Springs, ID. 13th annual. XC on Saturday, freestyle and DH on Sunday. Part of WRS. Wild Rockies, www.wildrockies.com

May 12: Junkyard Dog XC
 Surrey, BC. Cross-country MTB race at a spectator friendly urban bike park. Jim Richardson, SORCE, sorce.gotdns.com

May 13: Cascade Chainbreaker
 Bend, OR. One of the biggest races in Oregon. Fun and challenging. Tentative for OR MTB Series. www.webcyclery.com

May 13: Jacksonville Short Track #2
 Jacksonville, OR. Richard Hogan, 541-664-8751

May 19: Race Around Williams MTB
 Williams, OR. Bear Perrin, 541-761-5714, www.obra.org

May 20: Coyote Classic AMBC at Avimor
 McCall, ID. High speed rolling double-track. Tight, tech-

nical groomed singletrack; water crossings; quick steep drops; nasty little granny gear climbs. Single speeders dream. KTS and AMBC event. www.knobbytireseries.com

May 20: Falls City Firecracker
 Falls City, OR. Part of OR MTB Series. Kevin Thompson, 503-481-7662

May 20: Kamloops XC
 Kamloops, BC. BC Cup. Henry Pejril, www.cycling.bc.ca

May 20: Whidbey Island Mudder - Indie #4
 Langley, WA. 5.5mi loop w/some climbs, fast descents, and sections of singletrack! Dusty if warm & dry, muddy if wet! One Speed Promotion, www.indieseries.com

May 26-27: Pocatello XC / DH
 Pocatello, ID. Saturday XC - Very fast course in the foothills outside of town. Sunday DH. KTS event, www.knobbytireseries.com/

May 27-28: 24 Hours Round the Clock
 Spokane, WA. 24-hour relay for teams & solos. Starts noon Saturday & ends noon Sunday. Round & Round Productions, www.roundaround.com

May 27: Cow Trail Classic
 Merritt, BC. XC and kids events, BC Cup. Merritt MTB Association, www.merrittmountainbiking.com

May 27: Jacksonville ST #3
 Jacksonville, OR. Richard Hogan, 541-664-8751

May 30: Wood River Cup #1
 Hailey, ID. See Race Series. Bill Olson, www.roadanddirt.org

JUNE

Jun 2: Bavarian Bike & Brews Festival - Indie #5
 Leavenworth, WA. Gibbs Organic farms. 8.6mi lap 1800ft of elevation and challenging singletrack, creek crossing. Leavenworth Fat Tire Club, www.dasradhaus.com

Jun 3: Jacksonville ST #4
 Jacksonville, OR. Richard Hogan, 541-664-8751

Jun 3-2: Moose Chase MTB DH/XC
 Coeur d'Alene, ID. Saturday DH Coeur d'Alene Mountain. 3.5mi of tight singletrack. Sunday XC Canfield Mtn. 25mi expert, 300ft, 60% singletrack. Sport 21mi, Beginner 16. Part of KTS. Vertical Earth, www.knobbytireseries.com

Jun 3: Pickett's Charge MTB
 Bend, OR. Tentative OR MTB Series. Julie Wose, www.obra.org

Jun 6: Wood River Cup #2
 Hailey, ID. See Race Series. Bill Olson, www.roadanddirt.org

Jun 9: Idaho City Excelent Adventure
 Idaho City, ID. XC event for everyone, LeMans style start. All same course. Long climbs & descents, awesome singletrack. Part of WRS. www.wildrockies.com

Jun 9-10: Kamloops XC/DH
 Kamloops, BC. New events, DH on urban course. BC Cup MTB. Henry Pejril, www.cycling.bc.ca

Jun 9-10: Shiloh Cyclery Challenge - DH#2
 Mt. Hood, OR. DH training Saturday, racing Sunday. All age groups. 2-mile long. Mt. Hood Skibowl Series. Norba. Hurricane Racing, www.skibowl.com

Jun 10: Cliff Bar NW Singlespeed Championships
 Blodgett, OR. 50-mile MTB race, 7800ft of climbing, will decide who is the best male and female single speeder in the NW, run concurrently with Test of Endurance. www.mudslingerevents.com

Jun 10: Cyclotopia Test Of Endurance 50
 Blodgett, OR. 50-mile MTB race, 7800ft of climbing, solo, couple and/or combined time team event. Cash. www.mudslingerevents.com

Jun 13: Wood River Cup #3
 Hailey, ID. See Race Series. Bill Olson, www.roadanddirt.org

Jun 16: Test of Metal
 Squamish, BC. SOLD OUT

Jun 17: 12 Mile Super D
 Ashland, OR. DH XC race. 200 riders max. All class 12 miles. Start 9:30am. Shuttle back. Breakaway Events, www.breakawayevents.net

Jun 17: Shiloh Super Sunday 2
 Mt. Hood, OR. ST & XC events on the same day. Part of Mt. Hood Skibowl Series. OBRA sanctioned. www.skibowl.com

Jun 17: Silver Mtn DH #1
 Pocatello, ID. Knobby Tire Series, www.knobbytireseries.com/

Jun 20: Wood River Cup #4
 Hailey, ID. See Race Series. Bill Olson, www.roadanddirt.org

Jun 23: Methow Cycle & Sport Mountain Challenge - Indie Series #6
 Winthrop, WA. Mark Peterson, WHIMPS, www.whimpsmtb.com

Jun 23-24: Soldier Mountain XC/DH
 Fairfield, ID. Soldier Mountain Resort. "Epic" XC on Saturday. "Slaughter" DH on Sunday with rock drop, 1.7-mile, 1,400 vertical drop, two run format. Part of KTS. Knobby Tire Series, www.knobbytireseries.com

Jun 23-24: Super D & Oakridge Fat Tire Festival
 Oakridge, OR. Saturday 5-mi course with 70-80% DH or flat will some short climbs. Sunday, 14-35mi courses. Beg., Sport and Expert/Pro.

Part of OR MTB Series. www.oakridgefatfire.com

Jun 25: Portland MTB ST #1
 Portland, OR. See Race Series. www.portlandracing.com

Jun 30: Super D
 Willamette Pass, OR. 5-mile with 70-80% downhill or flat will some short climbs. Beg. Sport, Expert and Pro classes, plus age groups. www.oregon-adventures.com

Jun 30: Wood River Cup Finals/ State Champ.
 Hailey, ID. See Race Series. Bill Olson, www.roadanddirt.org

JULY

Jul 1: 12 Hours of Cumberland Relay
 Cumberland, BC. 12-hour race/relay on the trails south of Cumberland. Laps 1 hour for the average rider. The Riding Fool Hostel, www.ridingfool.com

Jul 1: Return on the Jedi
 Grants Pass, OR. Top-rated course finishes on 5mi of twisting singletrack ("The Jedi Trail") at Sam Brown Campground. CC. Cliff Macann, www.obra.org

Jul 1: Silver Mtn DH #2
 Pocatello, ID. Knobby Tire Series, www.knobbytireseries.com/

Jul 1: Urban Assault ST
 Boise, ID. Short Track XC in downtown Old Boise. No dirt, asphalt, multi-lap with obstacles. Part of KTS. Knobby Tire Series, www.knobbytireseries.com

Jul 1: Willamette Pass DH
 Willamette Pass, OR. See Race Series. Oregon Adventures, www.oakridgefatfire.com

Jul 2: Portland MTB ST #2
 Portland, OR. See Race Series. www.portlandracing.com

Jul 8-9: Padden MTN Pedal and Freeride Challenge - Indie #7
 Bellingham, WA. Oldest and most respected race in the Pacific NW. Extensive prize list. Great course. Big Air contest, Padden XC. Part of the Indie Series. WHIMPS, www.whimpsmtb.com

Jul 9: Portland MTB ST #3
 Portland, OR. See Race Series. www.portlandracing.com

Jul 14-15: Brundage MTB Festival
 McCall, ID. XC on Saturday - the 10.5mi loop is legendary for both its climbs and descents. The last 4.5mi are all DH on the famous Elk Trail. Sunday - DH event. Part of WRS. www.wildrockies.com

Jul 14: Super D
 Willamette Pass, OR. See June 30 listing for details. www.oregon-adventures.com

Jul 15: Gear Jammer Marathon
 Squamish, BC. Singletrack lovers will enjoy greatly. Mass start, point to point through Squamish singletrack. Limit 500 riders. SORCA, www.gearjammer.ca

Jul 15: Psychosis DH
 Golden, BC. Over 4,000ft of technical singletrack downhill. Awesome course that doesn't stop. www.cycling.bc.ca

Jul 15: State Games of Oregon XC #3
 Mt. Hood, OR. XC & ST events at Mt. Hood Skibowl. Part of Mt. Hood Skibowl XC Series. OBRA sanctioned. Hurricane Racing, www.skibowl.com

Jul 15: Willamette Pass DH
 Willamette Pass, OR. See Race Series. www.oakridgefatfire.com

Jul 16: Portland MTB ST #4
 Portland, OR. See Race Series. www.portlandracing.com

Jul 21-29: Crankworx Freeride Festival & Canada Cup
 Whistler, BC. Festival includes: Biker X, Air DH, Garbanzo DH and Slopestyle Expression Session. Pro, amateur & Junior men / women UCI Canada Cup DH on 7/29. BC Cup MTB. www.crankworx.com

Jul 21-22: State Games of OR presented Fat Tire Farm DH 3
 Mt. Hood, OR. DH is 2 miles long, with 1,500ft of elevation. Part of Mt. Hood Skibowl DH Series. Norba sanctioned. Hurricane Racing, www.skibowl.com

Jul 21-22: Tim Hortons Nat'l XC Championship

Mount Washington, BC. Canadian Nationals. All categories. BC Cup MTB. www.mountwashington.ca

Jul 23: Portland MTB ST #5
 Portland, OR. See Race Series. www.portlandracing.com

Jul 28: Galena Grinder XC and Marathon
 Galena Summit, ID. New course - 22.5-mi loop with 50% singletrack. Open category for marathon 45-mile. Part of KTS and National event. Knobby Tire Series, www.knobbytireseries.com/

Jul 30: Portland MTB ST #6
 Portland, OR. See Race Series. www.portlandracing.com

AUGUST

Aug 4-5: 12/24 Hour Mtn
 Willamette Pass, OR. 12-14 mile lap course with singletrack and some gravel roads. Beginner, Sport, Expert/Pro riders. www.oregon-adventures.com

Aug 4: 23th Intermountain Orthopaedics White Knob XC
 Mackay, ID. Norba classic event. Part of KTS. All categories. www.knobbytireseries.com

Aug 4-5: Tim Hortons Nat'l DH Championship
 Mount Washington, BC. Canadian Nationals. All categories. BC Cup. www.mountwashington.ca

Aug 5: Pomerelle Pounder
 Albion, ID. DH and freestyle events including a 5.5mi loop and the oldest and gnarliest DH course. Part of WRS. Wild Rockies, www.wildrockies.com

Aug 6: Canada Cup - UCI DH
 Mount Washington, BC. All categories, BC Cup MTB, www.mountwashington.ca

Aug 11-12: Mount Washington BC Cup XC/DH
 Mount Washington, BC. BC Cup MTB event. US riders welcome. www.mountwashington.ca

Aug 11: Super D
 Willamette Pass, OR. See June 30 listing for details. www.oregon-adventures.com

Aug 12-18: TransRockies
 Fernie, BC. SOLD OUT. www.transrockies.com

Aug 12: Willamette Pass Downhill
 Willamette Pass, OR. See Race Series. www.oakridgefatfire.com

Aug 18-19: Tamarack Twister Norba State Championships
 Donnelly, ID. XC on Saturday, DH on Sunday. Knobby Tire Series, www.knobbytireseries.com

SEPTEMBER

Sep 1-2: NW Challenge Diamond Lake
 Diamond Lake, OR. Meadowview Productions, www.northwestchallenge.com

Sep 1-2: Scotty Graham Memorial - DH #4
 Mt. Hood, OR. DH at Mt. Hood Skibowl. www.skibowl.com

Sep 9: Fat Tire Festival & Poker Run
 Federal Way, WA. Dash Point State Park. All ages and abilities. Raise money to maintain the trails. 2 or 6mi ride. Poker Run loop. Collect 5 cards. The best hands win prizes. Skills contest, bike toss, Jeep pull & more. Phil's South Side Cyclery, www.teamtailwind.com

Sep 9: Scotty Graham Memorial XC #4
 Mt. Hood, OR. Mt. Hood Skibowl Series Finals. Mountainous, rocky course with spectacular views. OBRA sanctioned. Hurricane Racing, www.skibowl.com

Sep 22: Cheakamus Challenge
 Squamish, BC. Marathon. Celebrate pain! Start at the Squamish airport end Whistler. Endorphin Enterprises, www.cheakamuschallenge.com

Sep 22-23: Shiloh's Showdown - DH #5
 Mt. Hood, OR. Saturday training, Sunday race. Mt. Hood Skibowl DH Finals. Norba. Hurricane Racing, www.skibowl.com

Sep 23: NW Cycling Conference - Collegiate XC
 tbc, ID. Hosted by B.S.U. All classes. 12-33 miles. Knobby Tire Series, www.knobbytireseries.com

Sep 30: Mt Ashland Hillclimb
 Ashland, OR. Richard Hogan, 541-664-8751

OCTOBER

Oct 7: Bogus to Boise Banzai
 Boise, ID. Norba NW Singlespeed championships. 6-mile and join 15 mi course XC loop. 16.5 miles (4100ft) descent to Boise. Regular welcome. Other categories follow. Wild Rockies, www.wildrockies.com

MTB TOURING

JUNE

Jun 15-17: Umpqua River MTB Adventure
 Bend, OR. Ride 50+ miles of singletrack on the technical North Umpqua River Trail. Ranges from steep climbs to fast, flowing, let-it-rip descents. Camp on the river with hot spring nearby. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jun 16-17: Cycle Idaho: Boise to Idaho City
 Boise ID. Two-day off road tour. 100 miles of dirt. Wild Rockies, www.wildrockies.com

Jun 22-24: Bike & Brew Weekend
 Bend, OR. The best that Bend has to offer: mountain biking and beer! Spend your days riding singletrack and evenings at Bend's favorite breweries. 47 miles of singletrack over 3 days. Also Available 7/13/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jun 29-Jul 4: Rocky Mountain Singletrack Tour
 Fernie, BC. All types of singletrack for intermediate to advanced riders. Enjoy a good solid climb, a sublime view and a sweet downhill. Also available 7/6, 7/27. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefatfire.com

JULY

Jul 1-4: Singletrack Lake Tour-Camping
 Bend, OR. Spend 4 glorious days in the Cascades riding 68+ miles of singletrack though alpine and sub-alpine forests. See snow-capped volcanic mountains as you sweat over challenging climbs and swoop down loamy descents. Also Available 7/22/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jul 6-13: Rocky Mtn. Freeride
 Fernie, BC. For advanced riders, this tour is epic: 4 days of lift-accessed riding at some of the best resorts in Canada, Fernie Alpine Resort, Kicking Horse Resort, and Panorama Mountain Resort. Also enjoy 2 days of van shuttles on Mount Seven in Golden and Mt. Swasea in Invermere. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefatfire.com

Jul 6-8: Umpqua River MTB Adventure
 Bend, OR. Ride 50+ miles of singletrack on the technical North Umpqua River Trail. See 6/15 for more details. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jul 7-8: Sea to Sky Trail Ride
 D'Arcy, BC. 150km of off-road trail ride from D'Arcy to Squamish. Plenty of food - secure camping in Whistler. Limit 250 riders. Great Explorations, 800.242.1825, www.great-explorations.com

Jul 8-11: Singletrack Lake Tour-Hotel
 Bend, OR. Spend 4 glorious days in the Cascades riding 68+ miles of singletrack though alpine and sub-alpine forests. Accommodations are in downtown Bend, fine food and vibrant nightlife. Also Available 8/19/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jul 9-15: Kettle Valley Trail 1
 Castlegar, BC. Tour starts in historical Castlegar and ends in Beaverdell, via Grand Forks, Greenwood and Rock Creek. Mostly on railbed. Great Exploration, 800-242-1825, www.great-explorations.com

Jul 13-25: Ultimate BC Tour
 Fernie, BC. Epic 12-day camping/ lodge tour to satisfy the singletrack-hungry. Best mountain biking trails in interior BC and Alberta. Strong intermediate to advanced, all-around rider. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefatfire.com

Jul 14-20: Kettle Valley Trail 2
 Beaverdell, BC. Beaverdell to Coalmont. A Classic. 34 miles/day. Also available 8/18. Great Explorations, 800-242-1825, www.great-explorations.com

Jul 19-22: Kettle Valley Trail 3
 Coalmont, BC. Coalmont to Hope, a sampler of the tour. Great Explorations, 800-242-1825, www.great-explorations.com

Redmond Cycle
 425-885-6363

16 pounds, light,
 hand built.
FAST!



Complimentary Fit-Kit with all **ORBEA** purchases.

16205 Redmond Way
 Redmond, WA 98052
www.redmondcycle.com

The Metal Cowboy is back in the literary saddle—and this time he's carrying lots of "baggage".



What happens when Dad pulls 14 feet of bicycle train and two sons over 12 mountain passes, 17 states and 4,000 miles across America? Find out in "Momentum Is Your Friend"—Joe's latest epic.

All proceeds from book sales at www.metalcowboy.com go to Camp Creative "No Child Left Inside!"

Jul 27-29: MTB Oregon #1

Oarkridge, OR. Enjoy 3 full days of unequalled singletrack riding that will leave you both exhausted and replenished. Each day offers supported ride options. Campground along the bank of the Willamette River. Randy Dreiling, 503-968-5397, www.mtbikeoregon.com

Jul 28: Pedal the Pinchot

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

AUGUST

Aug 3-5: Bike & Brew Weekend

Bend, OR. 47 miles of singletrack over 3 days. Also available 8/31. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Aug 3-10: Rocky MTN Freeride

Fernie, BC. For advanced riders: 4 days of lift-accessed riding at some of the best resorts in Canada. See 7/6 for details. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Aug 10-22: Ultimate BC Tour

Fernie, BC. Epic 12-day camping/lodge tour to satisfy the singletrack-hungry. See 7/3 for details. Also available 8/31. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Aug 11-12: 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 12-15: Singletrack Lake Tour-Camping

Bend, OR. Spend 4 days in the Cascades - 68+ miles of singletrack through alpine and sub-alpine forests. See 7/1 for details. Also Available 8/26/07, 9/2/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Aug 13-19: Kettle Valley Trail 1

Castlegar, BC. Starts in historical Castlegar. Ends in Beaverdell. See 7/9 for details. Great Explorations, 800-242-1825, www.great-explorations.com

Aug 17-19: MTB Oregon #2

Oarkridge, OR. Enjoy 3 full days of unequalled single-track riding. See July 27-29 for details. Randy Dreiling, 503-968-5397, www.mtbikeoregon.com

Aug 24-31: Rocky Mountain Singletrack Tour

Fernie, BC. All types of singletrack for intermediate to advanced riders. Also available 9/7. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Aug 24-26: Umpqua River MTB Adventure

Bend, OR. See June 15-17 for details. Also available 9/14/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

SEPTEMBER

Sep 8: Harrison Ford 200km Brevet

100 Mile House, BC. Start at Tim Horton's 100 Mile House at 7am. Route: Lac des roches-Eagen Lake- Green Lake- Lone Butte- 70 miles. BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Sep 9: Fat Tire Festival & Poker Run

Federal Way, WA. Dash Point State Park. For all. Raise money to maintain the trails and bridges. 2 or 6-mile ride. Poker Run loop to discover the park. Collect 5 cards. The best hands win prizes and cool stuff. Skills contest, bike toss, Jeep pull. BBQ, snacks and beverages. Phil's South Side Cyclery, 2310 SW 336th St, Federal Way, WA, 98023. 253-661-3903, www.teamtailwind.com

Sep 9-12: Singletrack Lake Tour-Hotel

Bend, OR. Spend 4 glorious days in the Cascades riding 68+ miles of singletrack. See 7/8 for details. Also Available 9/30/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Sep 23: 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. Dan, City of Port Angeles Park and Rec, 360-417-4550, www.olympicdiscoverybike.com

OCTOBER

Oct 5-7: Bike & Brew Weekend

Bend, OR. 47 miles of singletrack over 3 days Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Oct 5-7: Methow Valley Fall Bike Festival

Winthrop, WA. 3 days of bicycling bliss throughout the Methow Valley! Cyclocross on Saturday, and XC on Sunday. Recreational road or mountain rides and clinics. Music, beer garden and awards. Registration fees vary. Early reg. deadline 10/3. Methow Valley Sport Trails Assoc., PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 12-14: 13th Annual Bend's Big Fat Tour

Bend, OR. 1, 2, or 3 days of guided rides in Central Oregon. Fully supported group rides that encourage you to leave your tech devices at home and just enjoy the ride. Earn your "No Whiners" patch by completing all 3 days. 86 SW Century Drive, PMB 124, Bend, OR, 97702. 800-818-1902, www.bendsbigfattour.com

Oct 19-21: Umpqua River MTB Adventure

Bend, OR. Ride 50+ miles of singletrack. See June 15-17 for details. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

ROAD RACE SERIES

Jan 16-Apr 10: Cycle U Indoor TT

Seattle, WA. Weekly computerized indoor time trials. Cycle University, www.cycleu.com

Feb 24-Jun 3: Washington Cup

Various, WA. Series of 9 classic races in the state. Standings calculated for Cat 1/2 men. Cat 1/2/3 women. Overall winners get jersey, cup and cash. Points to top 20 in each event. Event dates: 2/24, 3/11-18-24-31, 4/7-14, 29 & 6/3. Identified as WA Cup. WSBA, www.wsbaracing.com

Mar 3-17: Mason Lake RR Series

Mason Lake, WA. Near Shelton. 3 Saturday series, 12-mile loop around Mason Lake. Rolling hills, no major climbs. Register day of race only at the start line in Mason Lake County Park. Points to top 10. First race starts at 9:30am. All categories. \$20 per race, UCSF annual license required. One-day license for Cat 5 and Cat 4 women. David Douglas, Pazzo Velo, 206-932-5921, www.pazzovelo.com

Mar 3-17: So Oregon TT

Medford, OR. 3-event series raced on Saturdays. First rider off at 9:00am, 1 min. intervals. Categories: Women, Men Cat 1/3, Cat 4/5, Juniors, Master 40+, tandem. Fastest 3 male & female for the series win cash. Tim Turk, 541-264-0262, www.obra.org

Mar 4-18: Banana Belt RR Series

Forest Grove, OR. One of the oldest series in Oregon. A 3-event road race series around the Henry-Hagg Lake 11-mile course. 750ft elevation gain per lap. Hills are long and steady but not steep. All categories. Points system determines the overall winners. Cash prize. Jeff Mitchem, 503-233-3636, www.obra.org

Mar 4-Apr 1: EV Spring Series

Langley, BC. 10 events on 5 consecutive weekends. 3 racing groups A, B and C at all races and a novice category for March. Take place in Langley and Abbotsford. Distance varies from 50-140km, 30-35 for novices. Overall calculated on points. Jeremy Storie, Escape Velocity CC, 604-734-4241, www.escapevelocity.bc.ca

Mar 11-Apr 29: Lyle Pearson Presents George's Spring Series

Boise, ID. 5-event series open to all categories. \$5000 total cash/merchandise for overall GC. \$1000 for Pro men. Events on 3/1, 3/18, 4/1, 4/15, 4/29. Listed as LPPS. Mike Cooley, George Cycles & Fitness, www.georgescycles.com

Mar 17-Aug 4: Women's Race

Various, WA. 6-event race series for Cat 4 women. Points awarded to top 15. Event dates - 3/17, 4/29, 5/5, 6/3, 7/1, 8/4. Listed as NWWC. www.nwwc.org

Apr 1-Aug 5: Carnation TT Series

Carnation, WA. 5 separate races with shorter lengths early in the season, a hill race mid-season, and two long races in July and August. Points based on placing

at each race. GC based on best 4 of 5. For overall men and women series winner \$1000. Junior, Master and 23-39 categories. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com

Apr 3-24: Eugene TT Series

Eugene, OR. Series of 4 events, raced every Tuesday night in April. Open to all men, Masters, women and junior categories. Steven Savich, www.obra.org

Apr 3-Aug 28: Pacific Raceways RR Series

Kent, WA. Tuesday night racing. Points awarded to top 5. 2.25-mile closed course. Registration from 5:30-6:50pm. Race starts at 7:00pm. Separate women and junior races start at 6:30 when indicated. No event on 7/17. Course varies every week. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 3-Aug 28: Tuesday PIR Series

Portland, OR. Portland International Raceway. For Cat 1/5 men, women and juniors. Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. Distances and hot spots vary depending on daylight. Cash and merchandise prizes. Bring can of food and receive discount on entry fee. First start at 6:00pm. Benefit the Oregon Food Bank. No race on 4/10 & 6/5. Jeff Mitchem, 503-233-3636, www.obra.org

Apr 5-Aug 30: First Rate Mtg Seward Park Series

Seattle, WA. Criterium racing every Tuesday night. Short 0.8-mile raindrop-shaped loop in the park. Very good pavement, 200-meter hill each lap, 140 degree turn. Race directions vary. \$10 per night. Juniors and women \$5. Registration on race day only. Opens at 4:30pm, first start at 5pm. Nightly cash and primes. Points 6 deep. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 5-27: Port of Hood River Criterium Series

Hood River, OR. Four Thursday criterium in April Paul Blackburn, 541-387-4011, www.obra.org

Apr 8-Sep 16: BC Masters Assoc. Road Series

Various, BC. Series of road races, time trials and criteriums for men and women 30+ years old. Staged in the Lower Mainland, Vancouver Island or Interior. Age group Cat: 30-34 and all subsequent in 5 year increments. Relaxed and fun atmosphere. Bill Yearwood, BC Master Assoc., 604-267-7338, www.bcmastrscycling.net

Apr 8-Sep 2: WSBA Junior Tour/LAJORS Series

Seattle, WA. Series for junior riders. Age groups: 10-12, 13-14, 15-16, 17-18. Tour: counts 14 various events, LAJORS: 5 criteriums. Winners in each category recognized at the end. Overall standings calculated on points. Event listed as Jr. Tour or LAJORS. David Schilling, Rad Racing Northwest. 206-619-1355, www.wsbaracing.com

Apr 10-Aug 28: Baddlands CC Twilight Series

Spokane, WA. Start at 6pm, registration opens at 5pm. Type of event and location vary every week. Yellow centerline rule in effect. No racing on 5/29, 7/3, 8/7. Last event to count for points is 8/21. Award party on 8/28 after the race. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 10-Jul 17: Tuesday Niter Training Ride Series

Boise, ID. Preparation for Treasure Valley Stage Race. www.lostrivercycling.org

Apr 15-Aug 11: BC Cup Road Series

Various, BC. Includes 5 road race events. Top caliber racing in BC. Overall standings and prizes based on points. Cat 1/3 men, Cat 1/3 women. Include: 4/15, 5/20, 6/10, 8/3, 8/11. Overall standings, awards and jerseys presented at Finals. Listed as BC Cup. Cycling BC, 604-737-3137, www.cycling.bc.ca

Apr 15-May 6: Estacada TT Series

Estacada, OR. 2 events, each offers a 20-mile TT for adult categories, 10-mile for younger juniors. Overall standings and awards. Ginger Woolcock, 503-632-7459, www.obra.org

Apr 18-Aug 22: Comox Valley TT Series

Comox, BC. Held the first, third and fourth Wednesday of each month. 16km race on Headquarters and Rennington Rd, (HQ) except 5/23, 6/27 and 8/22 where

the more difficult Forbidden Plateau (FP), 12km course is used. All categories, best time and points awards. Comox Valley Cycling Club, www.cvcc.ca

Apr 22-Aug 19: Comox Cup Race Series

Comox, BC. 5-race series open at A, B and C categories, provisions for junior, cadet and women upon turnout. Include 4/22 RR, 5/6 RR, 6/16-17 SR, 7/29 HC, 8/19 TT. Points for each category. Comox Valley Cycling Club, www.cvcc.ca

Apr 25-Aug 22: Bend Crit/TT Series

Bend, OR. Wednesday night racing series. Time trial or criterium events. Criterium at Summit High School, Time Trials on Skyliners Rd. All racers must be OBRA members. Annual or day. OBRA licenses available at the race. No race on 6/6 & 6/27. Tim Plummer, 541-330-8758, www.bendcycling.org

May 1-29: Hutch's Hill Climb

Eugene, OR. Open to all categories. 3.7 mi. climb featuring 800ft of elevation gain with up to 13% grade. Len Schwanaveldt, 541-345-7521, www.obra.org

May 3-Aug 30: Coastal Thursday Evening Challenge

Richmond, BC. Criterium every Thursday evening. 1.8km flat course. Open to all, A,B, C racing groups Points allocated each race. Course in Riverside Industrial Park (No 5 Rd/Steveston Hwy). Todd Hansen, Team Coastal, 604-788-1873, www.teamcoastalcycling.com

May 7-Aug 27: Monday Night Masters & Women PIR

Portland, OR. Races for Masters 30+ men (novice and experienced) and all women at the Portland International Raceway. 5 categories. Course is a flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Great place to learn bicycle racing. Registration at start/finish line. GC at the end of each month. No race 6/4. Jim Anderson, 503-975-8229, www.racemondaynight.com

May 30-Jul 18: Mt. Tabor Series

Portland, OR. Evening road circuit race on a 1.3-mile hilly loop around the upper reservoir in Mt. Tabor Park in SE Portland. All categories including Master women and fixed-gear. Weekly primes and cash to top 3 places, ribbons for top 3 overall. Final race double points. Race starts at 6pm. Benefit the Oregon Food Bank, up to \$3 discount if bring cans of food. No race on 7/4. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 4-25: True Amateur Criterium Series

Eugene, OR. Beginner criterium series on traditional safe, flat, wide open 1km course. We give instruction and coaching, cater to beginners and first time racers. Greenhill Technology Park. Registration opens at 5:45pm. Sal Collura, 541-747-3336, www.obra.org

Jun 5-Aug 28: Twilight Criterium Series

Eugene, OR. Experience the excitement of a weekend criterium every Tuesday. Traditional flat, wide open 1km course is always fast. Primes every night. Sal Collura, www.obra.org

Jun 7-Sep 6: So Oregon Champion Series

Ashland, OR. Southern Oregon Dragway - Circuit race every Thursday. Distance varies as daylight permits. Each lap is 1.2 miles with an elevation gain of 50ft. A: Cat 1/3, B: Cat 4/5. Good event to work on team strategy. Ed Garfield, 541-840-0713, www.obra.org

Jul 9-30: Women's Criterium

Eugene, OR. Series of 4 events for women only, all caliber welcome. Nancy Waggoner, 541-485-6007

Jul 21-Aug 18: Lake Washington Velo Circuit Race Series

Various, WA. Series of 3 events (7/16, 8/4 & 18). \$20/race, junior \$10/race. Day of registration only. Categories: Men Cat 1/5, Women 1/4, Master 35+. \$2500 in cash and merchandise - 5 deep. Points to top 10, more pts in last race. Sprints halfway through each race. James Gillette, 253-853-5316, www.hagensbermancycling.com

Jul 24-Aug 28: Tuesday Niter Training Ride Series

Boise, ID. Half Bogus Training Ride. Meet at 6:20pm at Bogus Rd Intersection. www.lostrivercycling.org

Jul 25-Aug 8: CMG Events/Alpine Mortgage Series

Hillsboro, OR. Series of 3 circuit races, courses to be announced. Butch Martin, 503-807-2471.

Aug 11-Sep 8: Triple Crown Series

Boise, ID. Series includes Mt. Harrison Hill Climb (8/11), Old Horseshoe Bend Hill Climb (8/19) and Bogus Basin Hill Climb (9/8). Identified as triple crown. 208-323-2376, www.lostrivercycling.org

Sep 11-25: PIR Handicap Series

Portland, OR. 3-event race series at the speedway track. Handicap format. 3 groups starting 2 minutes apart. Cat 4 riders first, then Cat 3, and Cat 1/2. All race the same number of laps, and contest the same sprint. All finish as a single group. Prizes based on points accumulated in primes and at the finish. Start at 6:00pm. Charles Warner, www.obra.org

ROAD RACING

FEBRUARY

Feb 24: Ronde Ohop Circuit Race

Eatonville, WA. 2-mile Ohop circuit: 1mi pavement and 1mi cobblestone-like hard-pack dirt. Short climb 300 meters into the dirt section. 700x25c puncture resistant tires and strong wheels recommended; Field limit: 50. WA Cup #1 Michael Pruitt, www.oxleyusa.com

Feb 25: Frostbite Time Trial

Everett, WA. 8mi, flat course on Lowell-Snohomish River Rd. Out and back. Registration at 7:15 at Rotary Park. All \$20/ Junior \$10. First off at 9:00am. All categories - cash and merchandise. Puget Sound Bicycle Racing, 206-779-0943, www.psbrcing.com

Feb 25: Jack Frost Time Trial

Vancouver, WA. 12.4 miles out and back. Start in Vancouver Lake Park. Erik Voldengren, 503-649-4632, www.obra.org

Feb 25: Limited Gear Ratio Road Race #2

Boise, ID. See Feb 17 listing for info. Boise Cycling Club, 208-343-3782, www.georgescycles.com

MARCH

Mar 3: Mason Lake RR #1
Mason Lake, WA. See Race Series. www.pazzovelo.com

Mar 3: So Oregon TT #1
Medford, OR. Antelope Rd, 13.4 miles. Start at Fire Station on Antelope Rd. See Race Series. Tim Turk, www.obra.org

Mar 4: Banana Belt RR #1
Forest Grove, OR. Road event. See Race Series. Jeff Mitchem, www.obra.org

Mar 4: EV Spring Series #1
Langley, BC. River Road - flat, square circuit beside the Fraser River in Langley. Escape Velocity, www.escapevelocity.bc.ca

Mar 4: IceBreaker Time Trial
Auburn, WA. 10-mile flat out and back course on Green Valley Rd. near Flaming Geyser State Park. Check in 7:15-8:30am. First off at 9:00am. All categories welcome. Erik Olson, Team Zoka, www.supersquadra.com

Mar 10-11: EV Spring Series #2/3
Langley, BC. Saturday - Zero Ave - rolling circuit with small hills beside the US border. Sunday - rolling circuit with small hills beside the US border. Sunday Armstrong - climbers delight - the infamous Armstrong hill. Escape Velocity, www.escapevelocity.bc.ca

Mar 10: Mason Lake RR #2
Mason Lake, WA. See Race Series. Pazzo Velo, www.pazzovelo.com

Mar 10: So Oregon TT #2
Medford, OR. Griffin Creek, 8 miles. See Race Series. Starts at Griffin Creek Elementary School. Tim Turk, 541-264-0262, www.obra.org

Mar 11: Banana Belt RR #2
Forest Grove, OR. See Race Series. Jeff Mitchem, www.obra.org

Mar 11: Lyle Pearson Presents Jason Broome TT #1
Boise, ID. 10-mile TT. First rider off at 10am, interval 30 sec. All categories. LPPS event. George Cycles & Fitness, www.georgescycles.com

Mar 11: Tour de Dung RR #1
Sequim, WA. WA Cup #2. Jason Bethel, Garage & Pettit Oil Cycling Teams, <http://racing.garagebilliards.com/>

Mar 17-18: EV Spring Series #4/5
Langley, BC. Saturday - new 16km course, Sunday - challenging RR course, Used for annual Masters RR in Bradner. Escape Velocity, www.escapevelocity.bc.ca

Mar 17: Mason Lake RR #3
Mason Lake, WA. See Race Series. NWWC #1. Pazzo Velo, www.pazzovelo.com

Mar 17: So Oregon TT #3
Medford, OR. Colver Park, 10.4 miles. See Race Series. Raffle after the race. Tim Turk, 541-264-0262, www.obra.org

Mar 18: Banana Belt RR #3
Forest Grove, OR. See Race Series. Jeff Mitchem, www.obra.org

Mar 18: Lyle Pearson Presents Slammer RR
Boise, ID. Start at the intersection of Pleasant Valley and Ten Mile Creek. Distances vary from 40 to 60 miles. LPPS stage 2. George's Cycles & Fitness, 208-343-3782, www.georgescycles.com

Mar 18: Market Street RR
Ravensdale, WA. A 9-mile loop on county roads with few small hills. Registration opens at 7:15am, start at 8:30am. Day of race reg. only. WA Cup #3. Budu Racing, www.buduracing.com

Mar 24-25: EV Spring Series #6/7
Abbotsford, BC. Saturday - Atomic BC Cup course. Sunday - Aldergrove Border Crossing - a new Zero Ave circuit, east of the border crossing. Escape Velocity, www.escapevelocity.bc.ca

Mar 24: Independence Valley RR
Rochester, WA. 19.5-mile loop with rolling hills and a few short climbs. \$10 race day, USCF license required, one-day available. WA Cup #4. Erik Anderson, www.bikecafe.net/nw/RaceFlyer/

Mar 24-25: OSU Collegiate Only Omnium
Corvallis, OR. 2-day event. Dave Varoujean

Mar 25: Tour de Dung RR #2
Sequim, WA. Garage & Pettit Oil Cycling Teams, <http://racing.garagebilliards.com/>

Mar 31-Apr 1: EV Spring Series (#8-10) - Spring Classic
Langley, BC. Saturday - Zero Ave - rolling circuit with small hills beside the US border. Sunday - new criterium course in Marrayville and River Road TT - 12km out and back. Omnium format. Escape Velocity, www.escapevelocity.bc.ca

Mar 31: Icebreaker Criterium
Eugene, OR. Traditional flat 1km criterium. 4 corner safe course wide-open finish straight. Cash prizes provided by PBC Insurance. Cat - distances: Pro 1/2 -30 mi, Cat 3- 25 mi, Cat 4/5 - 15 mi, Women & Masters - 20 mi. Sal Collura, www.obra.org

Mar 31: North Shore Circuit Race
Bellingham, WA. This traditional circuit has 575ft. of climbing per 8mi lap on quiet country roads on the North Shore of Lake Whatcom. Men 1/5, Women 1/4, Masters. WA Cup #5. Christopher Daifuku, WWWU Team, www.wwwwcycling.com/events.html

APRIL

Apr 1: Carnation TT Series #1
Carnation, WA. See Race Series. Flat course +/-15 mi. FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com/timetrial

Apr 1: Lyle Pearson Presents Birds of Prey Road Race
Boise, ID. Distance varies from 35 to 65 mi. First start at 9:30am. LPPS #3. George's Cycles & Fitness, www.georgescycles.com

Apr 1: Piece of Cake RR
Woodland, WA. 17-mile loop west of Woodland, 30 min. from Portland. Flat, likely windy, wide roads. Start in front of NW Pet Products. All categories. Reg. begins at 8:00am. First start at 10am, men 1/2- 68 mi. Junior 10-12 do 10 mi. PrestoVelo Cycling Team, 503-356-5509, www.prestovelo.com

Apr 1: Tour de Dung RR #3
Sequim, WA. Garage & Pettit Oil Cycling Teams, <http://racing.garagebilliards.com/>

Apr 3: Eugene TT Series #1
Eugene, OR. Steven Savich, www.obra.org

Apr 3: Pacific Raceways RR Series
Kent, WA. See Race Series. www.buduracing.com

Apr 5: First Rate Mtg Seward Park
Seattle, WA. See Race Series. www.pazzovelo.com

Apr 5: Port of Hood River Criterium #1
Hood River, OR. See Race Series. www.obra.org

Apr 7: 3rd Annual Rainier Roubaix
Yelm, WA. 6 mi of Belgian-style undulating forested road leading to a 4-mi circuit, which comprises 2 mi. of wide, packed gravel road & 2 mi. of paved road. Following the circuits, racers head back on main road to the finish. \$20/race. Day of race reg. only. USCF license required. One day for Cat 5 men and 4 women available. WA Cup. Rob Campbell, www.cbcracing.org

Apr 7-8: Tour of Frozen Flatlands Omnium
Spokane, WA. 2-day stage race. Cooper Jones Memorial. Saturday - 2.5mi circuit race on a flat course at Spokane Raceway Park and time trial. Sunday - RR mostly flat with small risers and uphill finish. Pre-registration only. Badlands Cycling Club, 509-456-0432, www.badlands.org

Apr 8: BC Masters Assoc. #1
Lake Cowichan, BC. 70km RR with 2 big hills. Sign up at Scout Hall. Start at 1pm. Dean Steen, 250-246-3530, www.bcmasterscycling.net

Apr 8: Brad Lewis Memorial Criterium (Boat St.)
Seattle, WA. Exciting 1mi, 6-corner course in U-District offers a challenge for even solid bike handlers. Wide and flat with good pavement. Spectator friendly. Jr. Tour/LAJORS event. Recycled Cycles, www.recycledcycles.com

Apr 10: Baddlands Twilight
Spokane, WA. Spokane Raceway Park, Airway Heights - circuit race. www.badlands.org

Apr 10: Eugene TT Series #2
Eugene, OR. Steven Savich, www.obra.org

Apr 10: Pacific Raceways w/Women & Jr
Kent, WA. Separate women/junior race. www.buduracing.com

Apr 12: First Rate Mtg Seward Park
Seattle, WA. See Race Series. Pazzo Velo, www.pazzovelo.com

Apr 12: Port of Hood River Criterium #2
Hood River, OR. See Race Series. Paul Blackburn, 541-387-4011, www.obra.org

Apr 14: Kings Valley Road Race
Kings Valley, OR. The Queen of the Oregon Classics. A rolling course perfect for the strong men/women. 19.5mi loop on good to excellent roads. Classic Events, 541-343-4833.

Apr 14: Tahuya-Seabeck-Tahuya RR (TST)
Tahuya, WA. Race on the Washington peninsula, course features 2 steep demanding climbs about 3km long that usually split the pack. 6mi loop with 5,000ft elevation gain. 1 lap for all. Liege-Bastion-Liege style. WA Cup #7 no masters round. Hagens Berman Cycling Team, www.hagensbermancycling.com

Apr 15: Estacada TT Series #1
Estacada, OR. See Race Series. Ginger Woolcock, www.obra.org

Apr 15: First Rate Mtg - Seward Park Spring Classic
Seattle, WA. Criterium. Reg. opens at 8:00am. Open to all Jr. Tour / LAJORS event. Pazzo Velo, www.pazzovelo.com

Apr 15: Harris Roubaix Classic - BC Cup #1
Pitt Meadows, BC. Race near Vancouver, fast flat 5km with 1.3km gravel section. A European classic with a BC flavor. First start at 8:00am. Men's Cat 4/5 - 50km; Women - 60km; Junior & Cat 3 Men - 70km; Cat 1/2 - 100km. Trek Red Truck Racing Team, www.trekredtruckracing.com

Apr 15: Lyle Pearson Presents Chicken Dinner Road Race
Boise, ID. Start at Lower Dam and Lake Lowell. Distance from 45 to 75 miles. LPPS #4 event. George's Cycles & Fitness, www.georgescycles.com

Apr 15: Rocky Mtn Roubaix
Missoula, MT. A 1-day spring classic! 40-60-mile road race. Jason Hobson, 208-772-8641.

Apr 17: Baddlands Twilight
Cheney WA. Chapman Lake, stage at Salnav Park. 25-mi. road circuit. www.baddlands.org

Apr 17: Eugene TT Series #3
Eugene, OR. Steven Savich, www.obra.org

Apr 17: Pacific Raceways RR Series
Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

Apr 17: Tuesday PIR
Portland, OR. See Race Series. Jeff Mitchem, www.obra.org

Apr 18: Comox Valley TT Series
Comox, BC. See Race Series. HQ course. Comox Valley Cycling Club, www.cvcc.ca

Apr 19: First Rate Mtg Seward Park
Seattle, WA. See Race Series. Pazzo Velo, www.pazzovelo.com

Apr 19: Port of Hood River Criterium #3
Hood River, OR. See Race Series. Paul Blackburn, www.obra.org

Apr 20-22: Tour of Walla Walla Stage Race
Walla Walla, WA. New Friday event for Pro 1/2 Men and optional for Cat 3 Men, Cat 1/3 Women. 7.5-mile TT (out-and-back), 1 or 2 RRs depending on cat. and 6-corner criterium. Distances vary by category. Cash prizes. No day-of-race reg. USCF sanction. Jr Tour event. Steve Rapp, www.allegrocyclery.com/toww.html

Apr 21: Tax Day Circuit Race
Pocatello, ID. Idaho Cycling Enthusiasm, www.idahocycling.com

Apr 21: U-District Street Scramble
Seattle, WA. 30 locations circled on a map. Visit as many as you can, in 90 minutes or 3 hours. Meridian Geographics, 206-367-0839, www.streetsscramble.com

Apr 22: BC Masters Assoc. #2
Abbotsford, BC. 63km road race rolling terrain. Sign in at Jubilee Hall. Start at noon. Bill Yearwood, www.bcmasterscycling.net

Apr 22: Comox Cup Race #1
Comox, BC. See Race Series. Isolum River Road Circuit - little Roubaix. Comox Valley Cycling Club, www.cvcc.ca

Apr 22: Estacada TT Series #2
Estacada, OR. See Race Series. Ginger Woolcock, 503-632-7459, www.obra.org

Apr 22: Three Rivers RR
Rainier, OR. An OBRA sanctioned event. Rolling course on good to excellent roads. Great location and prime date. Mileage dependent upon category. See website for full schedule. Richard Haight, www.threeriverscycling.com

Apr 24: Baddlands Twilight
Spokane WA. Criterium. www.baddlands.org

Apr 24: Eugene TT Series #4
Eugene, OR. Last event of the series. Steven Savich, www.obra.org

Apr 24: Pacific Raceways w/Women
Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

CYCLING ACCIDENT ATTORNEY



JOHN DUGGAN
CYCLING ATTORNEY

Member of Cascade Bicycle Club and Bicycle Alliance of Washington
Sponsor of ByrneInvent/Jet City Velo Cycling Team

206-343-1888 or 206-714-1085
johnd@warrenduggan.com
Free Consultation

ACHIEVE REAL PERFORMANCE



REAL REHAB
PHYSICAL THERAPY
reach your peak

THE ENDURANCE ATHLETE SPECIALISTS

- Physical Therapy
- Certified Coaching, Custom Training Zones and Plans
- VO2, Metabolic Testing
- Bike Fitting, Pedaling Analysis

206-706-7500
www.realrehab.com

Run4US Ride4US Walk4US

SEPTEMBER 22, 2007

RIDE4US.ORG

TACOMA WASHINGTON | POINT DEFIANCE PARK



BE OUR CHAMPION. A GREAT COURSE FOR A GREAT CAUSE.

Apr 24: Tuesday PIR

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

Apr 25: Bend Crit/TT Series

Bend, OR. Wednesday night event. See Race Series Tim Plummer, www.obra.org

Apr 26: First Rate Mtg Seward Park

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

Apr 26: Port of Hood River Criterium #4

Hood River, OR. See Race Series. Paul Blackburn, 541-387-4011, www.obra.org

Apr 28-29: Deschutes River Valley Time Trial Festival

Maupin, OR. 3 TT on quiet roads. 2 races on Saturday, 1 on Sunday. Overall GC calculated. Open to all, tandems and recumbent. George Thomas, www.obra.org

Apr 28: Eugene Roubaix

Eugene, OR. Mike Cleary, 541-520-4531.

Apr 28: Pedal Dynamics Green Valley Time Trial

Auburn, WA. 12-mile course on Green Valley Rd near Flaming Geyser State Park outside of Auburn. Start/finish at the corner of Green Valley Rd and 218th. Reg. from 7:15 - 8:30am. Race starts at 9:00am. DuBu Racing, www.buduracing.com/

Apr 28-29: Race the Ridge

Maple Ridge, BC. Stage Race. Barry Lyster, 604-466-2016, www.racetheridge.com

Apr 29: Lyle Pearson Presents Emmett-Roubaix RRe

Boise, ID. Start at Emmette City Park. First start at 10am, distance between 45-65 miles. LPPS event #5. George's Cycles & Fitness, www.georgescycles.com

Apr 29: Vance Creek Road Race

Elma, WA. Rolling hills combined with flats, one good climb. Course can be windy. WA Cup #8, NWWC #2. www.wsbaracing.com

MAY

May 1: Baddlands Twilight

Spokane WA. Riverside State Park, TT - 12-mile course. www.baddlands.org

May 1: Hutch's Hill Climb Series #1

Eugene, OR. See Race Series Len Schwanaveldt, www.obra.org

May 1: Pacific Raceways RR Series

Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

May 1: Tuesday PIR

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

May 2, 9, 16, 26, 30: Bend Crit/TT Series

Bend, OR. Wednesday racing. See Race Series. Tim Plummer, www.obra.org

May 2: Comox Valley TT Series

Comox, BC. See Race Series. HQ course. Comox Valley CC, www.cvcc.ca

May 3, 10, 17, 24, 31: Coastal Thursday Evening Challenge

Richmond, BC. See Race Series. www.teamcoastalcycling.com

May 3, 10, 17, 24, 31: First Rate Mtg Seward Park

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

May 5: Carnation TT Series #2

Carnation, WA. See Race Series. Flat course +/-15 miles. NWWC #3. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com/timetrial

May 5: Warp Speed TT

Abbotsford, BC. Lorne Badin, www.teamsoliton.com

May 6: BC Masters Assoc. Race #3

Aldergrove, BC. 16km ITT - flat. Start at Aldergrove crossing at 11:00am. Put on by the Borderline CC. Roberto Passion, 604-517-7027, www.bcmasterscycling.net

May 6: Comox Cup Race #2

Cumberland, BC. See Race Series. Minto Rd circuit includes Boulder Hill. Comox Valley CC, www.cvcc.ca

May 6: WA State Senior RR Championships

Longbeach, WA. Old Town Bicycle, www.oldtownbicycle.com/

May 7: Monday Night Masters & Women PIR

Portland, OR. See Race Series. www.racemondaynight.com

May 8: Baddlands Twilight

Cheney, WA. Williams Lake - 28-mile loop road race. www.baddlands.org

May 8: Hutch's Hillclimb Series

Eugene, OR. See Race Series. Len Schwanaveldt, 541-345-7521, www.obra.org

May 8: Pacific Raceways w/Women & Jr.

Kent, WA. See Race Series. www.buduracing.com

May 8: Tuesday PIR

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

May 12: BC Masters Assoc. #4

Shawnigan Lake, BC. 9km hill climb. Starts at West Shawnigan Lake Park at 1pm. Grade 5-10%. Dave Steen, 250-246-3530, www.bcmasterscycling.net

May 12: OBRA TTT Championships

Corvallis, OR. Mark Merklein, Capitol Velo.

May 12: Wasco Wild West 75 Tandem & Recumbent Race

The Dalles, OR. 75mi open course RR. In conjunction with a tandem event. Pro M/W, Sportsman/women, Trikes, 16 & under Juniors, C.O.P.D. trikes. Men - 4 laps (75mi.), women - 2 laps (37+mi.), Juniors & C.O.P.D. - 1 lap (18mi.). Cash prizes and earn trophies. Old Geezer (100yr total) classes. Cowboy Victory Supper

and awards at 4:00pm. Clay Smith/O.H.P.V., 541-296-1314, www.wasco75.com

May 12-13: Wenatchee Omnium Stage Race

Wenatchee, WA. TT 9 mil out and back. Criterium - 1km, 4 corners, small hill. RR - 2 loops: short loop at 12 miles with 1,400ft of climbing, or big loop at 27 miles with 2,000ft of climbing. \$10,000. Pazzo Velo, www.pazzovelo.com

May 14: Monday Night Masters & Women PIR

Portland, OR. See Race Series. www.racemondaynight.com

May 15: Baddlands Twilight

Spokane, WA. Spokane Raceway Park, Airway Heights - modified circuit race. www.baddlands.org

May 15: Hutch's Hillclimb #3

Eugene, OR. Len Schwanaveldt, 541-345-7521, www.obra.org

May 15: Pacific Raceways RR Series

Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

May 15: Tuesday PIR

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

May 16: Comox Valley TT Series

Comox, BC. See Race Series. HQ course. Comox Valley, www.cvcc.ca

May 19: BC Masters Assoc. Race #5

Maple Bay, BC. 65km RR rolling terrain. Organized by Nanaimo Bicycle. Start at 1:00pm at Moose Hall. Mike Sevco, 250-748-6457, www.bcmasterscycling.net

May 19: Galena Hill Climb

Ketchum, ID. 23 miles north of Ketchum. 5.9-mile hill climb up Galena Pass. First off at 10am, Cost \$25. All categories. Sign up on Sportsbaseline.com. Richard Feldman, 208-726-7693.

May 19-20: Mutual of Enumclaw Stage Race

Enumclaw, WA. Features flat TT, figure-8 criterium course on downtown street on day one. Sunday RR up Mud Mountain. www.mutualofenumclaw.com

May 19: Table Rock RR

Medford, OR. Course favors the power climber with nearly 1000ft. of gain per 20-mile lap. 2 separate climbs per lap with a hillcrest finish. Great surfaces, received great racer review in '06. Post race BBQ and lots of good times. Mudslinger Events, 541-342-1493, www.mudslingerevents.com

May 20: Ride to Survive

Burnaby, BC. 15 hours, 400km, 12,000ft of climbing in 1 day from Kelowna to Delta, BC to raise awareness and funds for the Canadian Cancer Society. Join the team. www.teamcoastalcycling.com

May 20: Swan Island Criterium

Portland, OR. All categories & kids' event. Registration opens at 8:00am. Course is flat and very safe wide open streets. Pat Flanagan, www.obra.org

May 20: Team Coastal - BC Cup #2

Burnaby, BC. Andrew Lea, 604-983-2765, www.teamcoastalcycling.com

May 21: Monday Night Masters & Women PIR

Portland, OR. See Race Series. www.racemondaynight.com

May 22: Baddlands Twilight

Cheney, WA. Chicken Farm road race. www.baddlands.org

May 22: Hutch's Hillclimb Series

Eugene, OR. Len Schwanaveldt, 541-345-7521, www.obra.org

May 22: Pacific Raceways w/Women

Kent, WA. Separate women. BuDu Racing, 206-625-8333, www.buduracing.com

May 22: Tuesday PIR

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

May 23: Comox Valley TT Series

Comox, BC. See Race Series. FD course. Comox Valley Cycling Club, www.cvcc.ca

May 26: BC Masters Assoc. #6

West Vancouver, BC. 12km Hill climb TT 5-10% grade. Start at the bottom of Cypress at 1pm. Double points. Bill Yearwood, www.bcmasterscycling.net

May 26: Make the Dash Count - Criterium

Prosser, WA. Criterium in downtown Prossner. Start at 6:30pm. Enjoy wine tasting and live music following the race. Saturday - Metric century. Raises funds for at-risk youth. Make the Dash Count Foundation, 253-265-3181, www.makethedashcount.com

May 27: BC Masters Assoc. #7

Sidney, BC. 65km road race rolling. Starts at noon at Deep Cove Elementary School. Helen Martindale, 250-658-1673, www.bcmasterscycling.net

May 27: SFU Kerross

Vancouver, BC. Simon Frazer University - 4.8 km course around university ground. All cats - 5 starts. First race off at 7:30, Cat 1/2 men at 1:00 pm. Between 30 & 100km. www.teamcoastalcycling.com

May 27: Silverton Road Race

Silverton, OR. www.obra.org

May 28: Monday Night Masters & Women PIR

Portland, OR. See Race Series for details. www.racemondaynight.com

May 29: Hutch's Hillclimb Series #5

Eugene, OR. Len Schwanaveldt, 541-345-7521, www.obra.org

May 29-Jun 3: Mt. Hood Cycling Classic

Hood River, OR. 6-day race features rides located in Hood River Valley. 18,000ft of climbing, 350 miles of racing, 6 stages, 4 days, 1 big post-race celebration! \$28,000 cash prize for all categories. Open to Cat 1/4

and Master 40+ men. Part of NRC calendar. Mt. Hood Cycling Classic, 541-980-2344, www.mthoodcyclingclassic.com

May 29: Pacific Raceways RR Series

Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

May 29: Tuesday PIR

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

May 30: Mt. Tabor Series

Portland, OR. See Race Series. Road circuit. Clark Ritchie, www.mttaborseries.com

JUNE

Jun 2-3: BC Masters #8/9

Penticton, BC. 10km HC, 10-12% grade on Saturday, starts at 4pm. 80km RR mostly flat on Sunday starts at 10am. Des Snider, www.bcmasterscycling.net

Jun 2: Carnation TT #3

Carnation, WA. See Race Series. Hill race, 16 miles. FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com/timetrial

Jun 2-3: Lyle Pearson 200-mile Team Challenge

Boise, ID. USCF sanctioned. From Boise to Sun Valley. Team of 4 where sum of USCF category must be 10+ for the team to qualify. 10 sections to the race, team pick (in advance) which rider is responsible for each section. George's Cycles, 208-343-3782, www.georgescycles.com

Jun 3: Ravensdale Cumberland RR

Ravensdale, WA. Loop - mostly rolling terrain with 1 short steep hill (0.15 miles at 22% in southeast King County. WA Cup #9, NWWC #4. Micheal Kopp, 425-413-3830, www.vision4corners.com

Jun 4: True Amateur Criterium Series

Eugene, OR. See Race Series. 541-747-3336, www.obra.org

Jun 5: Baddlands Twilight

Spokane WA. Criterium. www.baddlands.org

Jun 5: Pacific Raceways w/Women & Jr.

Kent, WA. www.buduracing.com

Jun 5: Twilight Criterium Series

Eugene, OR. See Race Series. Sal Callura, www.obra.org

Jun 6: Comox Valley TT Series

Comox, BC. See Race Series. HQ course. www.cvcc.ca

Jun 6: Mt. Tabor Series

Portland, OR. See Race Series. Road circuit. Clark Ritchie, www.mttaborseries.com

Jun 7: Coastal Thursday Evening Challenge

Richmond, BC. See Race Series. 604-788-1873, www.teamcoastalcycling.com

Jun 7: First Rate Mtg Seward Park Series

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

Jun 7: So Oregon Champion Series

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

Jun 8: Tour of Eagle

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

Jun 9: Second Ascent Twilight Criterium

Ballard, WA. 1km, almost flat, 4-corner criterium. Slight raise to the finish on cobbles. Reg. at start/finish area day of event only. Starts at 3:30pm. www.pazzovelo.com

Jun 10: Atomic RR-BC CUP #3

Langley, BC. Atomic Racing Club, www.atomicracing.com

Jun 10: OBRA Rehearsal Road Race

Eugene, OR. Tune up for the State Championships in the rolling hills of the Lorane Valley. Includes the McBeth climb, and the back-side of Welder's Hill. The 14-mile loop ends with a hilltop finish. Medals for some categories. Sal Callura, www.orba.org

Jun 10: THE Cycling Classic

Boise, ID. RR for Men and Women Pro 1/2. 95 miles w/ 8000ft of climbing and 54 miles w/ 4800ft of climbing respectively. Full rolling enclosure. Jonathan Denison, CoreSports, 208-343-4037, www.thecyclingclassic.com

Jun 10: WA Masters and Jr RR Championships

Elma, WA. Jr. Tour event. Jack Brodhead, www.oldtownbicycle.com

Jun 11: Monday Night Masters & Women PIR

Portland, OR. See Race Series. www.racemondaynight.com

Jun 11: True Amateur Criterium Series

Eugene, OR. See Race Series. Sal Callura, www.obra.org

Jun 12: Baddlands Twilight

Spokane, WA. Spokane Raceway Park, Airway Heights - circuit race.

Jun 12: Pacific Raceways RR

Kent, WA. BuDu Racing, www.buduracing.com

Jun 12: Tuesday PIR

Portland, OR. See Race Series. Jeff Mitchem, 503-233-3636.

Jun 12: Twilight Criterium

Eugene, OR. See Race Series. Sal Callura, www.obra.org

Jun 13: Bend Crit/TT Series

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

Jun 13: Mt. Tabor Series

Portland, OR. See Race Series. Road circuit. Clark Ritchie, www.mttaborseries.com

Jun 14: Coastal Thursday Evening Challenge

Richmond, BC. See Race Series. 604-788-1873, www.teamcoastalcycling.com

Jun 14: First Rate Mtg Seward Park Series

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

Jun 14: So Oregon Champion Series

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

Jun 16-17: Methow Valley SR

Winthrop, WA. Event start on Saturday with a TT in Mazama, followed by a criterium in Twisp. On Sunday, the RR begins and ends in Winthrop. Methow Valley Sport Trails Association, 509-996-3287, www.mvsta.com/events

Jun 16-17: Comox Cup Race Series #3 and BCMA #10/11

Cumberland, BC. See Race Series. 3 stages, omnium system. Starts at Dove Creek. 17km TT, short circuit RR, and Dove Creek circuit. TT and 65km RR are part of BC Master series. Comox Valley Cycling Club, www.cvcc.ca

Jun 17: First Rate Mtg- Seward Summer Classic

Seattle, WA. Criterium. Reg. opens at 8:00am. Open to all categories. Jr. Tour/LAJORS event. Pazzo Velo, www.pazzovelo.com

Jun 17: Mt. Tabor Circuit

Portland, OR. Mt. Tabor Park tough, 1.3 mile hilly and curvy circuit. Nathan Hobson, 503-652-3763, www.obra.org

Jun 17: OUCH

Corbett, OR. Time trial. Ernie Conway, www.obra.org

Jun 18: Monday Night Masters & Women PIR

Jul 9: Women's Criterium

Eugene, OR. Nancy Waggoner, 541-485-6007

Jul 10: Baddlands Twilight

Spokane, WA. Raceway Park, Airway Heights - modified circuit race. www.baddlands.org

Jul 10: Pacific Raceways RR

Kent, WA. BuDu Racing, www.buduracing.com

Jul 10: Tuesday PIR

Portland, OR. See Race Series. www.obra.org

Jul 10: Twilight Criterium

Eugene, OR. See Race Series. Sal Collura, www.obra.org

Jul 11: Bend Crit/TT Series

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

Jul 11-15: Cascade Cycling Classic

Bend, OR. Stage race. Mt. Bachelor Ski Education Foundation, www.cascade-classic.org

Jul 11: Escape Velocity TT #2

Langley, BC. Escape Velocity, www.escapevelocity.bc.ca

Jul 11: Mt. Tabor Series

Portland, OR. See Race Series. Road circuit. www.mttaborseries.com

Jul 12: Coastal Thursday Evening Challenge

Richmond, BC. See Race Series.

www.teamcoastalcycling.com

Jul 12: First Rate Mtg Seward Park Series

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

Jul 13-15: Tour de White Rock - BC Superweek

White Rock, BC. Friday: 2-up hill climb (700m/16%); Saturday: RR with long steep climb and quick descent; Sunday: twilight criterium - 1km circuit. \$10,000. U.S. Riders: UCI license not required. Part of BC Cup. White Rock Leisure Services, www.city.whiterock.bc.ca

Jul 14: Twilight Criterium

Idaho Fall, ID. Idaho Cycling Enthusiasm, 208-282-2503, www.idahocycling.com

Jul 16: Monday Night Masters & Women PIR

Portland, OR. See Race Series.

www.racemondaynight.com

Jul 16: Women's Criterium

Eugene, OR. Nancy Waggoner, 541-485-6007

Jul 17: Baddlands Twilight

Cheney WA. Chapman Lake, stage at Salnave Park. 31-mile road circuit. www.baddlands.org

Jul 17: Twilight Criterium

Eugene, OR. See Race Series. Sal Collura, www.obra.org

Jul 18: Bend Crit/TT Series

Bend, OR. See Race Series. Tim Plummer,

www.obra.org

Jul 18: Comox Valley TT

Comox, BC. See Race Series. HQ course. Comox Valley Cycling Club, www.cvcc.ca

Jul 18: Escape Velocity TT #3

Langley, BC. Escape Velocity, www.escapevelocity.bc.ca

Jul 18: Mt. Tabor Series

Portland, OR. See Race Series. Road circuit. Clark Ritchie, www.mttaborseries.com

Jul 18: Tour de Gastown - BC Superweek

Vancouver, BC. Criterium in downtown Vancouver. Super fast 1.2km course. Men Pro 1/2, Women Pro 1/3. Start at 6:00pm. \$15,000 cash prize. BC Superweek. Wedgewood Cycling Team, www.tourdegastown.com

Jul 19: Coastal Thursday Evening Challenge

Richmond, BC. See Race Series.

www.teamcoastalcycling.com

Jul 19-22: CoMotion Classic Tandem Stage Race

Eugene, OR. The world's premier tandem stage race. 5-stage event, a prologue, a TT, a criterium and 2 road races. A, B and C categories. www.co-motion.com

Jul 19: First Rate Mtg Seward Park

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

Jul 19: Giro de Burnaby

Burnaby, BC. Criterium.

Jul 20-22: Tour de Delta - BC Superweek

Delta, BC. Friday: 2-up Brenco hill climb, Saturday-Lehigh Cement twilight criterium, Sunday-White Spot road race 140km men, 85km women. \$20,000 cash prizes. UCI license not required. Pro 1/2, Cat 3 men, women open. BC Cup Series. Municipality of Delta, 604-952-3545, www.tourdelata.bc.ca

Jul 21: CoMotion Criterium

Eugene, OR. Same day and course as the Tandem Stage Race Criterium. Co-Motion Classic Racing, www.co-motion.com

Jul 21: Lake Washington Velo Circuit Race #1

Gig Harbor, WA. See Race Series. Skagit Flats course. Hagens Berman Cycling Team, www.hagensbermancycling.com

Jul 21-22: Race Across Oregon

Portland, OR. Challenging 538-mile route through the Cascades. RAAM qualifier. Solo, tandem, masters, 2- & 4-person relay teams. Terri Gooch, 541-760-1024, www.raceacrossoregon.com

Jul 21: Wells Fargo Twilight Criterium

Boise, ID. NRC criterium. Flat, 4-corner classic course. 1km loop. www.boisewtwilight.com

Jul 22: OUCH

Corbett, OR. Time trial. Ernie Conway, www.obra.org

Jul 22: WA State TT Championship

Tenino, WA. Jr. tour event. Erik Anderson, www.wsbaracing.com

Jul 23: Monday Night Masters & Women PIR

Portland, OR. See Race Series.

www.racemondaynight.com

Jul 23: Women's Criterium

Eugene, OR. Nancy Waggoner, 541-485-6007.

Jul 24: Baddlands Twilight

Cheney WA. Baddlands Cycling Club, www.baddlands.org

Jul 24: Pacific Raceways w/Women

Kent, WA. Separate women. BuDu Racing, www.buduracing.com

Jul 24: Tuesday PIR

Portland, OR. See Race Series. Jeff Mitchem, 503-233-3636.

Jul 24: Twilight Criterium

Eugene, OR. See Race Series. Sal Collura, www.obra.org

Jul 25: Bend Crit/TT Series

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

Jul 25-29: BYRDS - Tour of Idaho

Boise, ID. A junior only event. Stage race for riders between 10 and 18 years old. (10-14 races only 7/28-29). 5 stages for 15-18, individual and team awards. www.byrdscycle.com

Jul 25: CMG Events/Alpine Mortgage Series

Hillsboro, OR. See Race Series. Butch Martin, 503-807-2471.

Jul 25: Escape Velocity TT #4

Langley, BC. Escape Velocity, www.escapevelocity.bc.ca

Jul 26: Coastal Thursday Evening Challenge

Richmond, BC. See Race Series.

www.teamcoastalcycling.com

Jul 26: First Rate Mtg Seward Park Series

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

Jul 28-29: BC Masters #17/18

Victoria, BC. Saturday - 40-80km on rolling + hills terrain. Start at Melchiosin Rocky Point Rd. at 1pm. Counts for double points. Sunday - 30 min criterium in Oak Bay, starts at 9am. Kim Gard, www.bcmasterscycling.net

Jul 28: Garden Creek Gap RR

Pocatello, ID. 25-mi lap with a 3-mi climb through Garden Creek Gap (5-9%). 11-mile downhill follows. Finish is flat and straight. Idaho Cycling Enthusiasm, www.idahocycling.com

Jul 28: Sunset Criterium

Portland, OR. Michael Manning, 503-330-5531, www.obra.org

Jul 28-29: WA State Senior Games

Lacey, WA. TT, road and criterium open to 50+ riders. TT and RR run on a very straight & slightly undulating with just 2 turns over a 5km loop. Criterium is flat on a 0.5-mile rectangular circuit. Puget Sound Games, www.pugesoundgames.com

Jul 29: Comox Cup Race #4

Cumberland, BC. See Race Series. Hill climb Mt Washington Rd. Comox Valley Cycling Club, www.cvcc.ca

Jul 29: Vancouver Courthouse Criterium

Vancouver, WA. Carl Anton, 360-695-7088, www.obra.org

Jul 29: Whale of a Criterium

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

Jul 30: Monday Night Masters & Women PIR

Portland, OR. See Race Series.

www.racemondaynight.com

Jul 30: Women's Criterium

Eugene, OR. Nancy Waggoner, 541-485-6007.

Jul 31: Baddlands Twilight

Spokane, WA. Road Race Hill climb. Fundraiser for MS Society. www.baddlands.org

Jul 31: Pacific Raceways RR

Kent, WA. BuDu Racing, www.buduracing.com

Jul 31: Tuesday PIR

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

Jul 31: Twilight Criterium

Eugene, OR. See Race Series. Sal Collura, www.obra.org

AUGUST

Aug 1, 8, 15, 22: Bend Crit/TT Series

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

Aug 1: CMG Events/Alpine Mortgage Series

Hillsboro, OR. Butch Martin, 503-807-2471.

Aug 1: Comox Valley TT

Comox, BC. See Race Series. HQ course. www.cvcc.ca

Aug 1, 8, 15, 22, 29: Escape Velocity TT

Langley, BC. Escape Velocity, www.escapevelocity.bc.ca

Aug 2, 9, 16, 23, 30: Coastal Thursday Evening Challenge

Richmond, BC. See Race Series.

www.teamcoastalcycling.com

Aug 2, 9, 16, 23, 30: First Rate Mtg Seward Park Series

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

Aug 2, 9, 16, 23, 30: So Oregon Champion Series

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

Aug 3-5: Fresh Air Experience Fantastic Four - BC Cup

Kelowna, BC. 4 stages - HC on Friday night, BC Cup RR on Saturday morning, TT in afternoon. Criterium on Sunday. All senior, master and junior can race with seniors. Cash prize and merchandise. Heather White, 250-764-7404 www.cycling.bc.ca.

Aug 4: Lake Washington Velo Circuit Race #2

Gig Harbor, WA. NWWC #6. Hagens Berman Cycling Team, www.hagensbermancycling.com

Aug 4: NW Challenge Harrisburg Criterium

Harrisburg, OR. Part of 3-day festival. Meadowview Productions, www.northwestchallenge.com

Aug 5: Carnation TT Series #5

Carnation, WA. See Race Series. FootWorks Cycles, LLC, www.footworkscycles.com/timetrial

Aug 5: Volunteer Park Criterium

Seattle, WA. Volunteer Park - Criterium on a 0.8-mile loop inside Volunteer Park with a small 150 yard hill. Day-of registration only, opens at 8am. Jr Tour / LAJORS event. Pazzovelo, www.pazzovelo.com

Aug 6, 13, 20, 27: Monday Night Masters & Women PIR

Portland, OR. See Race Series. August series. Jim Anderson, www.racemondaynight.com

Aug 7: Pacific Raceways w/Women & Jr.

Kent, WA. BuDu Racing, www.buduracing.com

Aug 7, 14, 21, 28: Tuesday PIR

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

Aug 7, 14, 21, 28: Twilight Criterium

Eugene, OR. See Race Series. Sal Collura, www.obra.org

Aug 8: CMG Events/Alpine Mortgage Series

Hillsboro, OR. Butch Martin, 503-807-2471.

Aug 11: Crawfish Criterium

Tualatin, OR. Part of the 56th annual Crawfish Festival. Course has a fast downhill, sweeping corners and a tough little uphill before it levels off to the finish. Pavement in excellent condition. Tandem, Cat 1/5 men, Cat 1/4 & master women, kids 7-12. Start at 9:00am. Kim Rueter, http://sorellaforite.com/html/crawfishcrit.html

Aug 11-12: BC Masters #19/20

New Denver, BC. Saturday - 30 min criterium in downtown, starts at 4pm and counts for double points. Sunday - 75km RR on rolling terrain, starts at 9am. Daniel Hellyer, www.bcmasterscycling.net

Aug 11: EV ITT Provincial Championships - BC Cup #5

Langley, BC. BC cup event and provincial time trial champ. Escape Velocity, www.escapevelocity.bc.ca

Aug 11: Mt. Harrison Hill Climb

Albion, ID. Triple crown #1 Series. www.aerocyclos.com

Aug 11-12: Nooksack Omnium State Championships

Bellingham, WA. Criterium. Jr tour event. www.recycledcycles.com

Aug 11: Provincial TT Champs

Squamish, BC. Escape Velocity, www.escapevelocity.bc.ca

Aug 14: Baddlands Twilight

Spokane, WA. Four Mounds Road Race. www.baddlands.org

Aug 14: Pacific Raceways RR

Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

Aug 15: Comox Valley TT

Comox, BC. See Race Series. HQ course. Comox Valley Cycling Club, www.cvcc.ca

Aug 18: BC Masters #21

Squamish, BC. 80km team time trials on flat roads. Starts at 9am. www.bcmasterscycling.net

Aug 18: Lake Washington Velo Circuit Race Series #3

Carnation, WA. See Race Series. Carnation Farms circuit. The speed and intensity of criterium racing meets the wide open tactics of road racing. www.hagensbermancycling.com

Aug 18: Mary's Peak Hill Climb

Corvallis, OR. The 9.5mi climb up Mary's Peak Rd averages about 6-8% grade. Starts at the intersection of Mary's Peak Rd and Hwy 34 (1200 ft) and ends at the parking lot on top (3600 ft). All categories including tandems. Jim Fischer, www.eugencyclingteam.com

Aug 18: Race for a Reason

Bothell, WA. Bill Marson, 415-820-2773.

Aug 19: BC Masters #22

Langley, BC. 65km criterium on rolling terrain. Starts at 11am. www.bcmasterscycling.net

Aug 19: Old Horseshoe Bend Hill Climb

Boise, ID. 2nd event in the triple crown series. Jeff Gasser, 208-867-2488.

Aug 19: WA TTT - State Championship

Elma, WA. Start near the entrance of Vance Creek Park. Out and back course following South Banks Rd. 3-4 members per team, the finish time taken from the 3rd to cross the line. 32-mile course with 40 feet of elevation. First team off at 9am. Categories all. www.buduracing.com

Aug 19: Woodland Road Race

Woodland, WA. Road race sanctioned by OBRA. www.threeriverscycling.com

Aug 21: Baddlands Twilight

Spokane, WA. Riverside St Park, 12 miles TT. www.baddlands.org

Aug 21: Pacific Raceways w/Women

Kent, WA. Separate women. BuDu Racing, www.buduracing.com

Aug 24: Healthnet Twilight Criterium

Portland, OR. Friday evening racing. Start/finish near Portland Art Museum. Cash purse and primes. www.orbike.com

Aug 25: BC Masters #23

Cedar, BC. 63km criterium on flat roads with some rollers. Starts at noon at Cedar School. www.bcmasterscycling.net

Aug 25: Crystal Mountain Hill Climb TT Championships

Crystal Mountain, WA. 6 mi with 1,612ft. elevation gain. The course is on US Nat'l Service Land. First rider off at 11am. No day-of registration, prizes for heaviest bike, slowest and weight ratio. Jr Tour event. Wheelsport Cycling Team, www.wheelsportcycling.com

Aug 25-26: High Desert Omnium

Bend, OR. Road on the first day, criterium on the second. Tim Plummer, www.bendcycling.org

Aug 25-26: Idaho State Championships

Ibc, ID. Road Race and criterium. www.lostrivercycling.com

Aug 26: BC Masters #24

Cowichan, BC. 80km TT 2-up format on rolling roads. Starts at noon at Duncan Meadows Golf Club. www.bcmasterscycling.net

Aug 26: Seward Park Fall Classic

Sep 9: Mt. Baker Hill Climb

Bellingham, WA. 24.5 miles, 4300ft of climbing from Glacier to Artist's Point on road 542. Gradual grades until the last 2.5 miles where it turns skywards. Recreational riders start at 8am, racers at 8:30. Support the Ken Meyer Memorial Foundation. NorkaRecreation, www.norkarecreation.com

Sep 9: OBRA Hillclimb Championships tbc, OR. Hill climb time trial. Erik Voldengren, 503-818-4985.

Sep 14-16: Port Angeles Senior Games Port Angeles, WA. Open to men and women age 50+. Cycling event is a 20-mile TT. Along smooth paved roads with very light traffic. 4mi undulating uphill, followed by level traverse and DH for 4.5 mi before the turnaround. D Bellamente, www.portagelesseniorgames.com

Sep 16: Vertigo Hill Climb Challenge / BC Master #27

Comox, BC. Open to all. Hors category 16km climb 8% average grade with pitches at 12% and 16%. BC Master Assoc. #27. Comox Valley CCC www.cvcc.ca

Sep 16: Krugers Kerresse Farm Crit Sauvie Island, OR. Kris Schamp, 503-466-9007

ROAD TOURING

FEBRUARY

Feb 24: Zion Country Early Spring Century

St George, UT. Ride to Zion National Park on a leisurely route that will allow you to relax & enjoy the awesome beauty of southern Utah. Bike 2 Bike, 801-677-0134, www.bike2bike.org

Feb 25: Chilly Hilly Cycling Classic

Bainbridge Island, WA. Washington State season opener. 33-mile recreational ride around Bainbridge Island. Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 206-522-2403, www.cascade.org

MARCH

Mar 3: 100km Populaire

Seattle, WA. 100km (62mi) introductory brevet. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Mar 4-10: Big Island Ride

Big Island, HI. 271 miles of spectacular cycling, averaging 45 miles a day. Combine respectable cycling distances with plenty of opportunities for other activities. Fully supported. Tim Kneeland, Four Seasons Cycling Events, 818-445-4060, www.kneeland.com

Mar 10: Snoozeville Populaire

Hillsboro, OR. 100km - open to all. Nate Armbrust, Oregon Randonneurs, www.orrandonneurs.org/

Mar 10: Solvang Century & Half Century

Solvang, CA. 100- or 50-mile recreational bike ride. Randy Ice P.T., C.C.S., 562-690-9693, www.bikescor.com

Mar 11-17: Tucson

Tucson, AZ. If you have a hunger for the west, this trip will definitely satisfy it. Visit our website for a complete list of the exciting places you will visit. Fully supported. Trips rated energetic beginner/intermediate. Also available 3/18, 11/5 and 11/11. Noo Funteers Bicycle Vacations, www.noofunteers.com

Mar 17: 200km Brevet

Seattle, WA. 200km (124-mile) brevet. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Mar 17: 25th Anniversary McClinchy Mile Ride [EAW]

Arlington, WA. Scenic Snohomish County loops of easy 20-, flat 34-, or challenging 47- mile rolling hills rides. Short and long loop include Centennial Trails. Combine loops for metric or McClinchy century. Start at Haller Middle School. Cost \$25. Registration from 8-11:00am. Kristin Kinnamon, BIKES Club of Everett, PO Box 5242, Everett, WA, 98206. 360-658-2462, www.bikesclub.org

Mar 17: BC Randonneurs Spring Social

Lower Mainland, BC. Open to all, start at 7pm at Moose's Down Under. Ride will precede festivities. Everyone welcome. \$5. BC Randonneurs, www.randonneurs.bc.ca

Mar 17-23: Hawaii

Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Pedal from coffee plantations to the High Country, see a volcano and banyan tree forests. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Mar 18: Wet-N-Windy 50 Arrow

Bend, OR. 50-mile ride from Bend to Powell Butte and back. The weather can be a mixed bag, come prepared for anything. \$10 entry fee includes maps, mechanical support and one food stop. Leaves from Hutch's on 3rd St. at 9:00am. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Mar 22-25: Spring Equinox Dart & Arrow

Various, OR. 12-hr & 24-hr team event. Destination: Centralia, WA. Start time between Thursday noon and Saturday 7pm. Need to finish before 7am on the 25th. Randonneurs events. Susan France, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Mar 23-24: SIR Arrow

Centralia, WA. 360km, 24-hour, 5-person team event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Mar 24: SIR Dart

Centralia, WA. 180-mile, 5-person, 12-hour team event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Mar 25: Spring Week 50

Klamath Falls, OR. 50-mile road ride from Klamath Falls to Merrill and back. There are no real hills and one food stop to stay fueled. Entry fee includes course marking, maps, and energy food and drink. The weather can be a mixed bag, so dress accordingly. Start from Hutch's at 11am. \$5. Hutch's Bicycles, Klamath Ave, Klamath Falls, OR, 541-850-2453, www.hutchsbicycles.com

Mar 31: Birkie Brevet

Forest Grove, OR. Start at McMenamin's Grand Lodge. 200km start at 7am, finish by 8:30pm. \$10. This brevet starts in Forest Grove and is quickly heading into the Coast Range, down to Vernonia and back. Marcello Napolitano, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

APRIL

Apr 1: 20, 50km Brevet

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

Apr 1: Pacific Populaire

Vancouver, BC. 25, 50 and 100km. Start/Finish at Riley Park Community Center. Ride along Marine Drive, and the waterways around Vancouver and Richmond. Open to all. Start at 9:00am. Remember: Time Change Weekend!! Danelle Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Apr 7: 300km Brevet

Seattle, WA. 300km or 186-mile event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Apr 7: 50, 100km Brevet

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

Apr 7: Tour of the Cowichan Valley

Chemainus, BC. Start in Chemainus at Dancing Bean Cafe at 7am. 200km brevet. Opening event of the Van-Isle Eau de Hell week. Susan Allen, BC Randonneurs, 604-734-2504, www.randonneurs.bc.ca

Apr 7-12: VanIsle "Eau de Hell" Week

Victoria, BC. Includes Tour of the Cowichan Valley, 300, 400 and 600km Brevet. All start in Chemainus at 7am. BC Randonneurs, 250-598-4135, www.randonneurs.bc.ca

Apr 9-12: Tulip and Bays

LaConner, WA. Ride through the tulip fields of LaConner and the bays surrounding Birch Bay. Includes guide, support vehicle, 3 nights lodging and 3 meals. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokane parks.org

Apr 13-26: Tunisia: Historic North

Tunisia. Traverse the diverse cultures, fascinating lifestyles & beautiful landscapes of the coastal and Sahara zones of Tunisia. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Apr 14: 100, 150km Brevet

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

Apr 14: 200km Brevet

Burnaby, BC. Start at Burnaby Lake Sports Complex at 7am. Manfred Kuchenmuller, 604-448-8892, www.randonneurs.bc.ca

Apr 14: Three Capes Brevet

Forest Grove, OR. 300km ACP sanction. Bert Lutz, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Apr 14: Tulip Pedal 2007 [E]

LaConner, WA. Tulip Pedal features 20- and 40-mile routes near the Skagit Valley tulip fields. Start/Finish at La Conner Middle School, course open 7am to 4pm. \$20 fee includes t-shirt. Children under 14 ride free. Bill Craig, Skagit County Medic One, 2911 E College Way, Ste. C, Mount Vernon, WA, 98273. 360-428-3236, www.skagititems.com

Apr 14-26: Tunisia: Eden to Oasis

Tunisia. Explore the lush island of Djerba, cycle through the Tataouine-Matmata district, skirt the edge of the Sahara desert, and explore Cap Bon. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Apr 15: Pre-Season Century

Bend, OR. 100-mile ride from Bend to Pineville and back. No major climbs, but many small ones, 2 food stops. Entry fee includes maps, mechanical support, and energy food and drink. Come prepared for any type of weather. Leaves from Hutch's Bicycles in Bend on 3rd Street at 9:00am. Hutch's Bicycles, 820 NE 3rd St., Bend, OR, 97701. 541-382-6248, www.hutchsbicycles.com

Apr 20-22: Fleche Northwest

Port Townsend, WA. 360km minimum, destination Port Townsend. 3-5 riders per team. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Apr 21: 200km Signs of Spring

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

Apr 21: Ghost Town Century

Tooele, UT. Fun ride through Utah's historic Ghost Towns of Yesteryear Pony Express trail with awe inspiring vistas. Bike 2 Bike, 801-677-0134, www.bike2bike.org

Apr 21: Hills are Alive

Victoria, BC. Starts in Victoria BC, 6am. Route: Victoria, Duncan, Sooke. 300km brevet. Brenda Fidler, BC Randonneurs, 7250-479-7482, www.randonneurs.bc.ca

Apr 21: Malin Metric

Klamath Falls, OR. Metric century road ride from Klamath Falls to Malin and back. It is virtually a flat 60 miles with little to no traffic. Entry fee includes course marking, maps, and one food stop to stay fueled. Start from Hutch's at 10am, \$5. Hutch's Bicycles, Klamath Ave, Klamath Falls, OR, 541-850-2453, www.hutchsbicycles.com

Apr 21: Screech Owl (Night) Populaire

Newberg, OR. 100km open to all. David Rowe, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Apr 22-27: Bryce-Zion Bike

St. George, UT. Visit the most awe-inspiring and unique landscape you will ever pedal through. All levels, biking and hiking. Also available: 4/ 29. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Apr 22: Cherry of a Bike Ride

The Dalles, OR. 3rd annual fully supported bike ride offering 5 scenic loop options (25, 46, 60, 80 or 100 miles). Brochure available on the website. Wendy Palmer, 1112 Cherry Heights, The Dalles, OR, 97058. 541-296-6004, www.stmarysacademythedalles.org

Apr 22: Daffodil Classic [EAW] [E]

Orting, WA. 32nd Annual Daffodil Classic held in the Puyallup Valley. Choice of a well-marked 40, 60, 100 mile loop or a flat family-friendly paved trail option of 1-30 miles. Great Food! Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-572-3415, www.tbwc.org

Apr 22-27: Hawaii - Budget

Kona, HI. Ride the coffee plantations and lava fields of the Big Island. Tour features simple, comfortable inns and small hotels, and family-style restaurants. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Apr 27-29: International Discovery Walk Festival Rides [E]

Vancouver, WA. 25 or 50km trail around western Vancouver. Start 9:00am to 1:00pm. Some rental bikes available. Registration at Hilton Hotel between 9am-12pm. Walking and swimming activities. Romana Paynter, International Walk Fest, P.O. Box 2009, Vancouver, WA, 98668. 877-269-2009, www.discoverywalk.org

Apr 28: Group Health Yakima Ridges Century

Yakima, WA. Featuring 25-, 50-, 70-, and 100-mile loops. Winding over the ridges of the upper Yakima Valley, each route features rewarding landmarks. Includes break stops, lunch along the way, and a celebration back at the finish line. 100-mile route climbs over 5400 feet! \$40 David Severson, Apple Valley Kiwanis, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com/rides

Apr 28: Le Petit Tour de Peace - 300km Brevet

Fort St. John, BC. Randonneur event - Ride from Fort St. John to Hope, Chetwynd and back to Fort St. John. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Apr 28: Tour de Lopez

Lopez Island, WA. Make this a weekend getaway! 10, 17 & 31-mile routes through the scenic landscape of Lopez. Check-in from 9:30-11am at Odlin County Park, ends at Village Park. Lunch from 1-3pm. Sold out in 2006. LI Chamber of Commerce, P.O.Box 102, Lopez Island, WA, 98261. 360-468-4664, www.lopezisland.com

Apr 29: Lilac Century Surprise [EAW]

Spokane, WA. Distances are 15, 50 or 100 miles, including Riverside State Park, scenic river routes, and rural areas northwest of Spokane. Start times are 7:30am, 9am and 10am. Starts at Spokane Falls Community College. \$30 - \$40 with special family pricing for the 15-mile ride. Mechanical support, food stops, famous potato feed and live music at the finish. Jennifer Polella, Spokane's Aurora Northwest Rotary Club, 16504 N Fairview Road, Colbert, WA, 99005. 509-953-0791, www.northdivision.com

Apr 29: Monster Cookie Metric Century

Salem, OR. The Monster Cookie starts at the State Capitol Plaza Mall on the north side of the State Capitol Building. The route covers 62 miles of countryside north of Salem. The lunch stop is at Champoeg State Park on the Willamette River. Checkpoint services include cookies, fruit, and other snacks, water and toilet facilities. The route closes at 4pm. Mary Schmidgall, Salem Bicycle Club, 1900 - 18th Ave NE, Salem, OR, 97303. 503-399-9652, www.salembicycleclub.org/

Apr 30-Jul 14: San Juan Mountains

Grand Junction, CO. This trip is divided into 2 parts. Part 1 (8 days) averages 84 miles a day with 8,200ft of climbing. Part 2, beginning 7/8, offers 4 days in the mountains and 2 days with spectacular desert scenery. Noo Funteers Bicycle Vacations, www.noofunteers.com

Apr 30-May 4: Sedona

Sedona, AZ. Trip is great for beginner riders. View amazing erosion sculpted stone formations. 2 off days to opt for horseback riding, balloon ride, jeep tour, hiking, mountain biking, train ride, shopping or relaxing by the pool at one of our beautiful resort stopovers. Also available 9/30. Noo Funteers Bicycle Vacations, www.noofunteers.com

MAY

May 4-6: Fleche Ouragan

Various, OR. 24-hr team brevet. Destination Forest Grove, OR. 3-5 members per team. Susan France, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

May 4-6: Fleche Pacifique

Various, BC. Randonneur event. Teams of 3 to 5 bikes compete to cover the most distance in 24 hours. Routes are designed by teams themselves and must be at least 360km. Registration deadline - 4/13. Danelle Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

May 5: RACC - Ride Around Clark County [EAW]

Vancouver, WA. Four (18-, 34-, 65- & 100-mile options) beautiful and challenging rides through scenic Clark County. Bruce Bazley, Vancouver Bicycle Club, P.O. Box 1456, Vancouver, WA, 98668. 360-571-0202, www.vancouverbicycleclub.com

May 6: Bike-A-Roo Breakfast Ride

Bend, OR. 25 miles. Start at 9am. Ride followed by pancake breakfast. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

May 6-11: Bryce-Zion Bike

St. George, UT. Visit the most awe-inspiring and unique landscape you will ever pedal through. All levels, biking and hiking. Also available: 5/13, 5/20, 5/27. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

May 6-11: California Wine Country Budget

Various, CA. Visit Napa and Sonoma. Abundant riding possibilities, idyllic scenery and amazing stops. Also available: 6/3. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

May 6: May Day Metric [EAW]

Federal Way, WA. 3 challenging routes on the backroads of the S. Sound. 50 miles, 10km and 100 miles. All routes start/end at Phil's South Side Cyclery. A portion of each registration fee & all benefits donated to BAW. Free socks for pre-registered riders, free slice of pie at finish. Well staffed and stocked rest stops every 25 miles. Start: 6:30am - 10am. \$20/\$25. Phil Meyer, Phil's South Side Cyclery / Tailwind, 2310 SW 336th St, Federal Way, WA, 98023. 253-661-3903, www.maydaymetric.net

May 6: Rhody Tour [EAW]

Port Townsend, WA. 32, 45, or 62 miles. Route follows the varied terrain of east Jefferson County's rural roads. The few hills on the half-metric century make for a pleasantly challenging ride. The full metric century is a fast rolling ride with a few good hills. Jane Whicher, Port Townsend Bicycle Association, P.O. Box 681, Port Townsend, WA, 98368. 360-379-2796, www.ptbikes.org

May 6: Southside Ride

Bend, OR. 50 miles from Sunriver to Twin Lakes and back. There are no long climbs, but lots of rollers on secondary roads with little traffic. One food stop approximately halfway through. Fee includes course marking, maps, energy food and drink. Leaves from Sunriver Thrift Store on Spring River Rd. at 9:00am. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

May 12: 400km Brevet

Seattle, WA. 400km (248mi) event Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

May 12: Group Health Inland Empire Century [EAW]

Richland, WA. Ride the rivers and wheat fields of Eastern WA. Routes showcase the Columbia and Yakima rivers, through parks and over bridges. Join the traditional route in the Horse Heaven Hills. Ride an easy 25 miles or challenging 50-, 75- or 100-mile tours. Fully supported. Ellie Ittner, Tri-City Bicycle Club, P.O. Box 465, Richland, WA, 99352-0465. 509-627-1858, www.tricitybicycleclub.org

May 12-13: Highway to Hell

Victoria, BC. 400km brevet, starts at Saanich Plaza in Victoria at 3am. Lindsay Martin, BC Randonneurs, 250-477-7482, www.randonneurs.bc.ca

May 12-Jun 11: Le Grand Tour de Peace

Fort St John, BC. Randonneur event, 400km Brevet Kim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

May 12: Ride for Rachel

Puyallup, WA. This is a 30-mile leisurely paced ride on the Pierce County Foothills Trail. Proceeds benefit Rachel's Challenge School Assembly Program and the Friends of Rachel Club. Jeff Kindle, Friends of Rachel Club, 105 7th ST SW, Puyallup, WA, 98371. 253-841-8711, http://home.comcast.net/~friendsofrachel

May 12: Skagit Spring Classic [EAW] [E]

Burlington, WA. 25-, 45-, 62- and 100-mile routes through scenic Skagit and Whatcom Counties. Also a family 10-mile trail route. Food stops, post-ride meal.

Cheryl Calhoun, Skagit Bicycle Club, PO Box 363, Burlington, WA, WA 98233. 360-941-4129, <http://skagitbicycleclub.org>

May 12-13: STOKR (Scenic Tour of the Kootenai River)

Libby, MT. 2-day loop tour in scenic Western Montana. Great cause, homemade food, no traffic and fantastic community support!! Susie Rice, 1020 Idaho Ave, Libby, MT, 59923. 406-293-2441, www.stokr.org

May 16: Ride of Silence

Various, WA. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. www.rideofsilence.org/main.php

May 19: Bike for The Health of It

Goldendale, WA. Join us for a century, metric century or 40-mile ride around the scenic and historic Goldendale countryside. 20-mile ride also available. Lorraine Reynolds, Golden Event Planning, LLC, PO Box 500, Goldendale, WA, 98620. 509-773-0567, www.cityofgoldendale.com

May 19-Jun 2: BRA ~ SU Bike Ride Across Scenic Utah

Utah. Incredible road adventure: 5 States, 5 National Parks, 5 National Monuments, 5 Nations. Fully supported tour through uniquely beautiful land. Lifetime adventure. Bob Kinney, Bike 2 Bike / Tailwinds Tours, 801-677-0134, www.bike2bike.org

May 19: Crossroads Bellevue Street Scramble

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

May 19: Cycle for Independence

Boise, ID. Three routes: 10-mile, 25-mile, and Metric century. Start/finish at the River Glen Junior High School. The metric century goes through very pretty rural Idaho. Lunch is provided after riders return. Benefits the Treasure Valley Chapter of the National Federation of the Blind of Idaho. Ramona Walhof, 1301 S. Capitol Blvd., Suite C, Boise, ID, 83706. 208-343-1377, www.tvblindidaho.org

May 19: Olympic Cycling Classic

Port Angeles, WA. Altitude with Attitude. Enjoy a 100-mile or metric century ride through the foothills of the Olympic Mtns and along the Strait of Juan de Fuca. 6500ft elevation gain. New 8-mile family ride. Register on-line or at Roosevelt Middle School. Fully supported, garment, water bottle, spaghetti dinner, and after-ride celebration. Day entertainment for non-cyclists. Proceeds to RMS PTO for computer and after school programs. Wendy Hoine, Roosevelt Middle School PTO & Port Angeles Chamber of Commerce, P.O. Box 938, Port Angeles, WA, 98362. 360-457-6755, www.olybikeride.com

May 19: Reach the Beach

Portland, OR. Enjoy 1 of 5 bicycle routes (110, 100, 77, 55, or 26 miles) through Oregon's wine country, forests and little-known towns to a breathtaking finish point at Pacific City. Starts are in Portland, Corvallis, Salem, Amity and Grand Ronde. Finish: Pelican Pub. Fundraising minimum \$50. Fully supported, gourmet finish line dinner beach party, hot shower, and massage. American Lung Association of Oregon, 7420 SW Bridgeport Road, Ste. 200, Tigard, OR, 97224-7790. 503-924-4094, ext. 30, www.reachthebeach.org

May 19-26: San Juan Islands - Victoria

Seattle, WA. Cycle, hike, and sea kayak in the islands, plus spend 2 days exploring Victoria, BC - including Butchart Gardens - and finish with a ride up Hurricane Ridge in WA's Olympic National Park. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

May 19: Tour de Cure

Redmond, WA. Join honorary chair Greg LeMond and ride to raise money for a cure for diabetes. Distances from 15-mile family to 100-mile century. Begin at Marymoor Park. New scenic and challenging route takes riders up to Everett and Snohomish! Free food, music, beer garden and more. Ruth Frobe, American Diabetes Association, Metropolitan Park E. Ste. 920, 1730 Minor Ave., Seattle, WA, 98101. 888-342-2383 x 7203, www.diabetes.org/tour

May 20: Comfort Classic Sunday

Klamath Falls, OR. Casual 20-mile ride from Klamath Falls on the OC&E trail around Olean and back. The Olean store is about halfway through the ride. Course marking and maps will be provided. Begins and ends at Wiard Park in Klamath Falls at 10am. Hutch's Bicycles, Klamath Ave, Klamath Falls, OR, 541-850-2453, www.hutchsbicycles.com

May 20-25: Oregon Coast Road Tour

Eugene, OR. This vehicle-free tour travels from the farmlands of the Willamette Valley, over the majestic Coast Range to the Oregon Coast and back. Travel 50-65 miles each day. Intermediate or above. Also available: 6/3 and 9/16. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

May 20-25: Santa Fe-Taos Tour

Santa Fe, NM. Ride the Enchanted Circle, Bandelier National Monument, through the old pueblo and mining regions. Biking, hiking and river rafting. Also available: 6/10 and fall. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

May 20: Two County Double Metric Century

Olympia, WA. Enjoy cycling beautiful Thurston and Lewis counties. The terrain varies with the distance you choose. 20, 35, 50, 70, 85 and 126 miles. Blaine Wheeler, Capital Bicycling Club, PO Box 642, Olympia, WA, 98507. 360-480-7356, www.capitalbicycleclub.org

May 20: Your Canyon for a Day

Yakima, WA. The location is the Yakima River Canyon. Round trip distance is 35 miles. Primarily flat with only a couple of small hills. Riders of all levels and families

welcome. The canyon is closed to traffic, so no vehicle problems. The ride begins at 8am and goes to 4pm. Mark Peterson, 509-453-2561, www.co.yakima.wa.us/

May 22: Larry Kemp Memorial Ride

Leschi, WA. Join the Byrne Invent / Jet City Velo Team as they honor Larry's memory in a casual paced ride. Donation of \$5 or more recommended. Proceeds go to WSBA Jr Larry Kemp Memorial Fund (501 C) and benefit NW junior riders. Meet at 9:00am leave at 10am from Leschi (see website to confirm time). Dan Byrne, Jet City Velo / Byrne Invent, Seattle, WA, www.jetcityvelo.com

May 25-28: Century Ride of the Centuries (CROC)

Pendleton, OR. 3 days fully supported riding in rolling wheat country and Blue Mountain foothills, including Tribal cultural experience and overnight at guest ranch. Rest stops, SAG wagons, mechanical support, gear transport, lunch, BBQ, entertainment, hot spring pools. Susan Kelly, Pendleton on Wheels Bike Club, 414 NW 4th St. Pendleton, OR, 97801. www.croc.pendletononwheels.org

May 25-28: Okanagan British Columbia Wine Bicycle Tour

Okanagan Falls, BC. Ride backroads surrounding the area and taste some amazing wines. Includes guide, support vehicle, 3 nights lodging and 7 meals. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokanebike.com

May 26-27: Foothills Randonnee

Fort St John, BC. Randonneur event. 600km brevet. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

May 26: Make the Dash Count

Prosser, WA. Metric century, wine tasting, BBQ and silent auction. The Dash raises funds for at-risk youth. Visit this beautiful wine region. Also includes a criterium and kids' race. Life is not a dress rehearsal, so make your dash count! Richard Beightol, Make the Dash Count Foundation, 5114 Pointe Fosick Dr, Gig Harbor, WA, 253-265-3181, www.makethedashcount.com

May 26-27: Pacific Rim 600

Victoria, BC. Starts in Parksville at 6am. Route: Tofino, Lantzville and Campbell River. 600km brevet. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

May 27-28: Northwest Tandem Rally

Yakima, WA. Tandem through Yakima's wine country. View the region, and taste wine and amazing cuisine. 4 days of riding. 3 supported routes on Saturday and Sunday. David Severson, Apple Valley Kiwanis of Yakima, 10419 Summitview Ave, Yakima, WA, 98908. 509-966-4475, www.nwtr.org/2007/

May 28: 7 Hills of Kirkland

Kirkland, WA. 8th Annual. 3 routes: 43 miles, metric century and century. Challenging, fun, scenic, bagpiper, and great food including strawberry shortcake. "Cycle For A Cause" and help KITH in its charitable mission to reduce homelessness. KITH, 125 State Street, Suite B, Kirkland, WA, 98033. 425.576.9531, www.7hillskirkland.org

May 28-Jun 2: Columbia Gorge

Portland, OR. Cycling, rafting, hiking and support! Explore the waterfalls, mountains, and forests of the Columbia River Gorge, whose scenery is described as being "like Europe, only better." Family version available. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

JUNE

Jun 1-8: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through these gemlike islands off the coast of Washington State. Fully supported! Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 2-3: 600km Brevet

Seattle, WA. 600km (373mi) event. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Jun 2-8: Cycle Utah

St. George, UT. 7-day catered and van supported event. 274 miles of beautiful scenery in the Zion and Bryce Canyon National Parks. Teri Malouhney, Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org

Jun 2-9: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned Coastal Scenic Bike Route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Along the way, we will visit organic farms, a land trust, a visionary community school, and more. Also available: June 30 and July 28. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jun 2: Pioneer Century (aka Spring Century)

Canby, OR. Come ride glass smooth roads in the foothills of the Cascades in North Willamette Valley. Well stocked rest areas with lunch and mechanical support provided. 45-, 55-, and 100-mile course. 7am - 9am registration for 55- and 100-mile riders. 45-mile riders can register by 10am. Portland Wheelmen Touring Club, (503) 775-8300, www.pwtc.com

Jun 2: Wheels to Meals

Puyallup, WA. Includes 20-, 35-, and 62-mile loops through the Puyallup Valley and the surrounding area. Riders are asked to raise a minimum of \$100 to support the Food Connection, Pierce County's largest food bank. Kevin Glackin-Coley, The Food Connection, 710 South 13th Street, Tacoma, WA, 98405. 253 383-5048 ext. 102, www.wheelstomeals.com

Jun 3-8: Bryce-Zion Bike

St. George, UT. Visit the most awe-inspiring and unique landscape you will ever pedal through. All levels, biking and hiking. Also available: 6/17. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 3-8: Bryce/Zion National Parks

St George, UT. Most of your bike travels on this trip will be spent in or around Bryce Canyon National Park, Zion Canyon National Park and Cedar Breaks National Monument, all of which are full of excellent hiking trails and overlooks, accessible from the bike route. Fully supported. Also available 9/3. Nao Funteers Bicycle Vacations, www.noofunteers.com

Jun 3: 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 for all. No long climbs, but short steep ones. \$5 per riders. Starts at Hutch's on Columbia St. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, www.hutchsbicycles.com

Jun 3: Peninsula Metric Century

Southworth & Gig Harbor, WA. Choice of 29-, 44-, 62- or 100-mile routes through the scenic Kitsap Peninsula. 2 start locations (Southworth Ferry Terminal and Gig Harbor Medical Pavilion) Corkey Smith, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-884-4473, www.twbc.org

Jun 3-4: Walla Walla Wine Bike Tour

Walla Walla, WA. 2-day wine tour with a night at the historic Marcus Whitman Hotel. Includes guide, support vehicle, 2 meals and 1 night lodging. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokanebike.com

Jun 5-19: Fluffy Bed in the Big Woods Tour

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

Jun 9: 15th Annual Strawberry Century

Lebanon, OR. More Hills! More Thrills! 13-mile flat creekside family ride, 53-mile loop and improved 72 and 102 miles. The century includes a beautiful and challenging route to the north of Lebanon. Roger Gaitner, Santiam Spokes Bicycle Club, P.O.Box 739, Lebanon, OR, 98355. 503-394-3696, www.santiamspokes.org

Jun 9: Bob LeBow Bike Tour "Health Care for All"

Nampa, ID. Scenic tour throughout prime Idaho agricultural areas in Canyon and Owyhee counties. Distances: 3, 10, 35, 64, or 100 miles. Start time varies with distance: 7am for century to 11:30am for shorter distances. There are some hills on the 3 longer courses, others are flat. Tour benefits Terry Reilly Health Services Zero Pay Fund. Ann Sandven, Terry Reilly Health Services, 211 16th Avenue N., PO Box 9, Nampa, ID, 83653. 208-467-4431, www.trhs.org

Jun 9: Chelan Century Challenge

Lake Chelan. 2 separate and supported bicycle rides - 100-mile gruelling ride on mountain roads above Chelan and an easy 20-mile ride along each side of the lake. Scott McKellar, Lake Chelan Rotary, P.O. Box 601, Chelan, WA, 98816. 509-670-0044, www.centuryride.com/

Jun 9-16: Permaculture & Natural Building

Portland, OR. During this sustainable cycling adventure, we'll be contributing to some of Oregon's most well-known eco-villages. Riders will have the opportunity to engage in a diversity of educational hands-on activities, getting their hands dirty with some of the region's best natural building communities. Also available: June 16, July and August. Portland Peace and Justice Center, 3848 SE Deivision St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

Jun 9: PetroGlyph Century

Cedar City, UT. Ride along under gaze of eagles, falcons and hawks. Follow the footsteps of Spanish explorers & wagon trains. Fully supported. Bike 2 Bike, 801-677-0134, www.bike2bike.org

Jun 9-16: San Juan Islands - Victoria

Seattle, WA. Cycle, hike, and sea kayak in the islands, plus spend 2 days exploring Victoria, BC - including Butchart Gardens - and finish with a ride up Hurricane Ridge in WA's Olympic National Park. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 9: Sunrise Apple Century Ride

Wenatchee, WA. Century bike ride. 50- or 100-mile loops along east and west side of Columbia River between Wenatchee and Chelan. Start/Finish at Walla Walla Park. Stops every 25 miles. Pre-ride gathering on Friday night. All proceeds benefit Sunrise Rotary's charity programs. Wenatchee Sunrise Rotary, P.O.Box 1433, Wenatchee, WA, 98807. 509-664-3366, www.wenatcheesunrise.org/century

Jun 10: 2nd Annual Fort2Fort Ride

Port Townsend, WA. Start in Fort Worden State Park and ride along quiet roads through scenic Jefferson County to either Old Fort Townsend (a fun 16 miles roundtrip) or Fort Flagler (62 miles round trip). Benefits the Friends of Fort Worden State Park supporting projects not funded by the state parks system. Rick Sepler, The Friends of Fort Worden State Park, 200 Battery Way, Port Townsend, WA, 98368. 360-344-4459, <http://fwfriends.org/>

Jun 10-16: Big Horn/Beartooth Mountains

Cody, WY. Travel in the Absaroka, Beartooth, Pryor and Bighorn mountain ranges. Spend off-day in Cooke City, Montana, a very small town 3 miles outside the northeast corner of Yellowstone National Park. Also available 7/29. Nao Funteers Bicycle Vacations, www.noofunteers.com

Jun 10-15: Oregon Coast Budget

Portland, OR. Terrific rides through Oregon's pristine wild coastal scenery, with hot showers, great meals and a good bed at the end of each day. Also available July & August. 800-443-6060, www.bicyleadventures.com

Jun 10: Tour of Greater Victoria

Victoria, BC. Start at Cook Street Village at 7am. 200km brevet. Jay Haworth, BC Randonneurs, 250-380-0719, www.randonneurs.bc.ca

Jun 11-Jul 5: The Great Alaska Highway Ride

Dawson Creek, BC. The 9th annual ride north to Alaska along the entire length of the famed Al-Can Highway. A fully supported cycling event, traveling 1398 miles from Dawson Creek, BC to Delta Junction, Alaska. Camping with motel stays in larger towns along the route... and yes, the Al-Can Highway is paved. Pedalers Pub & Grille, 352-284-9921, www.pedalerspbandgrille.com

Jun 15-17: 1000km Randonnee

Seattle, WA. 1000km (621mi) event. Open to all. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Jun 15-16: 600km Brevet

Seattle, WA. 600km (373mi) event. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Jun 15-17: Cascade Mountain Sampler

Sisters, OR. This 3-day camping tour gradually climbs

McKenzie Pass to the most spectacular viewpoints in Oregon. Ride the historic Aufderheide Memorial Drive to West Fir's historic covered bridge. Also Available: 7/20, 8/10, 9/1. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 16: Flying Wheels Summer Century

Redmond, WA. Largest century in Washington state, with 25-, 50- and 70-mile loop options. Start/finish at Marymoor Park. Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Jun 16-19: Hare & Tortoise 1000

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

Jun 16-19: Lower Mainland & Interior 1000km Brevet

Lower Mainland, BC. Randonneur event, route negotiable. Eric Ferguson, BC Randonneurs, 604-733-6657, www.randonneurs.bc.ca

Jun 17: 400km Brevet

Seattle, WA. 400km (248mi) event. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Jun 17-Aug 6: Across America North

Astoria, OR. Fully supported 50-day, 3,650-mile bicycle tour from Astoria, OR to Portsmouth, NH. Average 80 miles/day. America by Bicycle, 888-797-7057, www.abbike.com

Jun 17-23: Grand Illinois Trail and Parks (GITAP)

Oswego, IL. Unique week-long bike ride featuring a sampling of routes on the Grand Illinois Trail combined with overnights at 5 outstanding state parks. Ride begins and ends at Oswego, then makes an extended circular tour through northern Illinois, following 3 rivers - the Illinois, the Rock, and the Fox. The route is generally flat, with mileage choices ranging from 315 to 565 miles for the week. Fully supported. Limited 160 riders. Chuck Oestreich, League of Illinois Bicyclists, 816 - 22 nd St, Rock Island, IL, 61201. 309-788-1845, www.bikelib.org/gitap

Jun 17-22: Grand Teton Mountains

Jackson, WY. Great beginner ride. This is perhaps our best trip for close-up viewing of wildlife. The Teton are teeming with antelope, bison, elk, moose, bear, deer, eagles, Canada geese, ducks, ospreys, beaver, and coyotes. Also available 8/5. Nao Funteers Bicycle Vacations, www.noofunteers.com

Jun 17-25: Northwestern Tour

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

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



Photo by Greg Kashatus/Tour de Peaks

2006 Tour de Peaks riders on Snoqualmie River Road.

Jun 19: Everett Street Scramble

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

Jun 19: Gig Harbor Street Scramble

Gig Harbor, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Kick-off event for Healthy Harbor Days. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetsscramble.com

Jun 22-24: Yakima Valley Wine Bicycle Tour

Sunnyside, WA. 3-day tour around the Yakima Valley with night spent in a Bed and Breakfast. Includes guides, support vehicle, 2 nights lodging and 7 meals. Mike Aho, Spokane Parks and Recreation, 808 W. Spokane Falls Blvd., Spokane, WA, 99201. 509-625-6246, www.spokane parks.org

Jun 23: Ann Weatherill Cycling Classic

Walla Walla, WA. Metric Century and Half Metric Century over largely rural roads in the beautiful Walla Walla Valley. Catered buffet luncheon, fine wines, live music. Patty Froke, Wheatland Wheelers, 2010 Jasper Mountain Road, Waitsburg, WA, 99361. 509-337-8668

Jun 23: Cannonball

Seattle, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx 10km of climbing. A timed event. Excellent preparation for S2S. Redmond Cycling Club, 3033 NE 103, Seattle, WA, 98125-7716. 206-523-7404, www.redmond cycling club.org/

Jun 23-24: Cycle Oregon - The Weekend

Vernonia, OR. This 2-day event is a family friendly tour that celebrates the debut of Oregon's newest State Park. Fabulous riding and an array of other activities for folks of all ages. Ingrid Nylen, Cycle Oregon, P.O. Box 15339, Portland, OR, 97293. 800-CycleOR, www.cycleoregon.com

Jun 23-29: Cycle the Columbia Gorge

Portland, OR. Features great cycling, scenery, food, and fun. The 376-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Follows the path of Meriwether Lewis and William Clark, along the spectacular Columbia River Gorge and to Astoria on the Pacific Ocean. Teri Malouhney, Adventure Cycling Assoc., 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adventurecycling.org/e55

Jun 23: Mountain Lakes Challenge

Ashland, OR. Century (7000ft), Metric Century (3600ft), 50- and 25-mile rides in the beautiful mountain country above Ashland, Oregon. Ron and Elizabeth Zell, Siskiyou Velo Club, 250 Scenic Drive, Ashland, OR, 97520. 541-482-4815, http://siskiyouvelo.org

Jun 23: Native Planet Classic

Winthrop, WA. Ride a 4 reason while experiencing some of Washington's premiere cycling roads. Ride an easy 28-mile, a 63-mile over Washington pass or grueling 132-mile 10,000ft round trip. Fully supported. Minimum donation \$50. Darol Tuttle, Ride 4 A Reason, www.ride4areason.org/npclassic/

Jun 23-23: RATPOD: Ride Around the Pioneers in One Day

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

Jun 23-24: Snake River MS Bike Tour

Idaho Falls, ID. Discover the beauty of the South Fork of the Snake River as it winds through Eastern Idaho. Families are encouraged to meet the cyclists at our overnight camp site for dinner and the evening's entertainment. 55-100 miles. Benefits the National Multiple Sclerosis society. Richard Napier, National MS Society - Idaho Division, 1674 Hill Road Suite 18, Boise, ID, 83702. 208-523-6679, www.nationalmssociety.org/idi

Jun 23-25: Strawberry Mountain Sampler

Prairie City, OR. 3-day tour that circumnavigates the Strawberry Mountain Range. It passes through some of Oregon's remote backcountry. Also Available 9/1. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 23: The Foothills 20

Midland, OR. Relaxing 20-mile road ride through the country roads of the beautiful Klamath foothills. Maps and course marking will be provided. Begins and ends at the HWY 97 South Rest area in Midland, just outside

1105, Longview, WA, 98632. 360-749-2192, www.tourdeblast.com

Jun 23: Tour of Marsh Creek Valley

Pocatello, ID. 26-, 60- or 100-mile rides. Supports the American Diabetes Association of Idaho. In memory of Jay Anderson. Idaho Cycling Enthusiasm, www.idahocycling.com

Jun 23: Tsunami

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

Jun 24: Barlow Trail Century

Gresham, OR. Portland's premier summer road century: 40- 60- 80- 100-mile routes with up to 6,500ft of climbing; scenic route into the Mt Hood National Forest, super low-traffic roads; organic food stops; live music and micro beers at the finish party! Register at ORBike.com Jason Bietz, River City Bicycles, 706 SE MLK Blvd., Portland, OR, 97214. 503-233-5973, www.rivercitybicycles.com

Jun 24-30: Glacier National Park

West Glacier, MT. Bike the Going to the Sun Highway and climb famous Logan Pass. Spectacular views. Hike and bike past an area teeming with mountain lakes, waterfalls and streams. May see wildlife. Fully supported. Also available 8/12. Noo Funteers Bicycle Vacations, www.noo funteers.com

Jun 24: Tour de Pierce

Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open from 8:00am to 3:30pm. Start/finish Western Washington Fairground. 12-mile route - flat and easy. Benefit Sprocketwoman program. Sheila Pudists, Pierce County Parks, 9112 Lakewood Drive SW, Ste. 121, Lakewood, WA, 98499. 253-798-4177, www.piercecounitywa.org/parks

Jun 24-24: Watermelon Rides

Rickreall, OR. Start at Polk County Fairgrounds. Routes generally flat with some rolling hills. 50, 100, 125 and 200 miles. John Henry Maurice, Salem Bicycle Club, P.O. Box 2224, Salem, OR, 97308. www.salem bicycle club.org

Jun 25-Aug 11: Big Ride Across America

Seattle, WA. 48-day fundraising cross-country ride from Seattle to Washington, DC. Experience America! Bridget Herzog, American Lung Assoc. of WA, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100, www.bigride.org

Jun 26-Jul 5: Northern Rockies Ride

Boise, ID. Fully supported 9-day, 704-mile bicycle tour from Boise, ID to Casper WY. America by Bicycle, 888-797-7057, www.abbike.com

Jun 29-Jul 1: Cascade Road Riding Adventure

Bend, OR. Enjoy Central Oregon's remarkable road riding on country roads and the Cascade Lakes Scenic Byway with the backdrop of the Cascade Mountain Range. Accommodations are in downtown Bend, where you will spend evenings savoring fine food and enjoying the vibrant nightlife. 74 miles in 3 days. Also Available 7/20/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jun 30-Jul 7: Glacier - Banff - Jasper

Whitefish, MT. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park, Banff and Jasper national parks. Ride the Going-to-the-Sun Road and the Icefields Parkway. Intermediate to advanced levels. Also available in July. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 30: Mt. Adams Country Bicycle Tour

Trout Lake, WA. 11-mile family fun ride, 50-mile and 100-mile country tour, fantastic scenery and wildlife, beautiful mountain views, terrific barbecue afterwards. Fun for the whole family. Fully supported. Benefiting the Trout Lake School & Trout Lake Volunteer Fire Dept. Cookie Gilpatrick, Trout Lake Business Owners, PO 259, Trout Lake, WA, 98650. 509-395-2468, www.troutlake.org/biketour

Jun 30-Jul 2: Portland to Glacier Nat'l Park

Portland, OR. 1000km randonneur brevet event Susan France, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Jun 30: Tour of Plain

Spokane, WA. The Coeur d'Alene Brewing Company's 200-mile single day ride around Lake Coeur d'Alene starting and ending at the Steamplant Grill. Wendy Bailey, Round & Round Productions, 2704 S Stone, Spokane, WA, 99223. 509-455-7647, www.roundandround.com

July

Jul 1: Canada Day 140 Populaire

Fort Langley, BC. Open to everyone. Starts at Fort Langley, 8 to 9:30am. Route: Straiton, Vedder Crossing, Huntingdon, Aldergrove. 139km. Ali Holt, BC Randonneurs, 604-946-8438, www.randonneurs.bc.ca

Jul 1-5: San Juan Islands - Family Camping

Anacortes, WA. Fully supported, we do all the work, leaving you refreshed after an active day. Trip includes hiking, biking, sea kayaking, and a whale watch. Also available 7/15, 8/5. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 1-7: Wallawa Mountain Rambler

Baker City, OR. Circumnavigate the Wallawa Mountains, known as the "Alps of Oregon," with a side trip to the rim of Hells Canyon. Intermediate or above. Also Available: 7/29 and 8/26. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 6-8: Yakima Training Camp

Yakima WA. 100, 200, 250, 300, and 400km events over 3 days. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Jul 7: Ballard Street Scramble

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

Jul 7-15: Big Ride Glacier

Seattle, WA. 1-week bike tour around and through Glacier National Park. Bridget Herzog, American Lung Assoc. of WA, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100, www.bigride.org

Jul 7-13: Cycle Montana

Missoula, MT. 321-mile journey is highlighted by visits to University of Montana, Bitterroot River, Big Hole Pass, Bozeman Hot Springs and the Museum of the Rockies. 7-day catered and van-supported event. Optional 107-mile out-and-back ride on layover day. Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adv-cycling.org/

Jul 7: Oregon Ultimate Road Ride

Sisters, OR. 210-mile road ride from Sisters to Bend...the long way! 3 major climbs with lots of rollers in between makes this one of the toughest road rides in Oregon. Go over old McKenzie Pass to Oakridge and Mount Bachelor. Fully supported. food stop every 40-miles, and t-shirt. Special rewards for finishers. Limited to 50 riders. \$60, starts at 5am. Hutch's Bicycles, 820 NE 3rd St, Bend, OR, 541-382-6248, www.hutchsbicycles.com

Jul 7-14: Permaculture & Natural Building

Portland, OR. During this sustainable cycling adventure, we'll be contributing to some of Oregon's most well-known eco-villages. Riders will have the opportunity to engage in a diversity of educational hands-on activities, getting their hands dirty with some of the region's best natural building communities. Also available: 7/14 & August. Portland Peace and Justice Center, 3848 SE Deivision St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

Jul 8-20: BEARS - Bicycle Extraordinary Airbank Roads

Fairbanks, AK. BEARS pedals from Fairbanks south to Denali National Park & Talkeetna, then west through the scenic Matanuska. Pedal the Cooper River Valley and over Thompson Pass into Valdez. Finish with a ferry through Prince William Sound and a ride down the Kenai to scenic Seward. A fully supported camping trip. Pedalers Pub & Grille, 352-284-9921, www.pedalerspubandgrille.com

Jul 8-13: California Redwoods Tour

Santa Rosa, CA. Hiking and biking tour through three redwood forest reserves. Combines Napa and Sonoma wine country with majestic redwood forests and the beautiful 'Lost Coast' of California. All levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 14-23: Back Road 400

Mill Bay, BC. Begins at Tim Horton's, 6am. 400km brevet. Buckley Bay, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jul 14-15: Group Health Seattle to Portland Bicycle Classic (STP)

Seattle, WA. Largest multi-day ride in the Northwest, up to 8,000 cyclists. Ride 200 miles in 1 or 2 days. Start parking lot University of Washington. Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98103. 206-522-3222, www.cascade.org

Jul 14-20: Kettle Valley Trail 2

Beaverdell, BC. Beaverdell to Coalmont. Classic Kettle Valley line with overnights at McCulloch Lake, Chute Lake, West Summerland, Chain Lake and Coalmont. We'll average 34 miles per day. Need hybrid or MTB bike. Robbin McKinney, Great Explorations, 800-242-1825, www.great-explorations.com

Jul 14-26: Rolling the Islands of the Salish Sea

Seattle, WA. Explore the heart and soul of multicultural western WA/BC. Highlights the cultural heritage and history, the economical and environmental diversity, and the geological complexity. Ibike Cultural Tours, 4887 Columbia Dr S, Seattle, WA, 98108. 206-767-0848, www.ibike.org/ibike

Jul 15-20: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through these gemlike islands off the coast of Washington State. Fully supported! Also available 8/26. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 15-21: Tour of Tranquillity

McMinnville, OR. During this 7-day tour we wind our way along the Oregon Coast Range. We meander through the lush rain forest of the Oregon Coast Mountains, travel along the Oregon Coast and ride through the pastoral Willamette Valley. Intermediate or above.

Also available 8/12. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 15-21: TourBC

Penticton, BC. 7-day supported road tour in BC's Okanagan and Slogan Valleys, the first famous for its weather, wineries and resorts - the second for its Hot Springs. The tour takes you to Revelsok, Castlegar, Grand Forks, Osoyoos and back to Penticton. Danelle Laidlaw, dpl Consulting, 877-606-2453, www.tourbc.net

Jul 16-20: Mt. Evans

Idaho Springs, CO. This is a great trip for someone looking for a challenge. Bike the highest paved highway in the United States by climbing 14,255ft high Mt. Evans road. Fully supported. Also available 8/28. Noo Funteers Bicycle Vacations, www.noo funteers.com

Jul 18-22: 20th Annual RedSpoke

Redmond, WA. Tour across beautiful Washington state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Redmond Rotary Club, P.O. Box 563, Redmond, WA, 98073. 206-298-9288, www.redspoke.org

Jul 19-22: Kettle Valley Trail 3

Coalmont, BC. Coalmont to Hope, it is a sampler of the tour. Follow the verdant Tulameen River Valley, stopping at idyllic Otter Lake before reaching the Coley Creek Ranch and Coquihalla Lakes the next day. Need hybrid or MTB. Robbin McKinney, Great Explorations, 800-242-1825, www.great-explorations.com

Jul 20-26: A Ride on the Wild Side

Vancouver Island, BC. 7-day trip along the south region of Vancouver Island and Salt Spring Island, combined with kayak and other activities. Women only. Changing Gears, 206-824-3401, www.changinggears.com

Jul 21-27: Cycle the Divide Montana

Missoula, MT. 245-mile journey begins in Whitefish and ends in Lincoln. 7-day catered and van-supported event. Return shuttle included. Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adv-cycling.org/

Jul 21-22: Cycle Washington Memorial Ride

Seattle, WA. Ride from Seattle's Marymoor Park to Wenatchee, over Snoqualmie and Blewett passes, in honor of bicycle accident victims. Participants can do various legs depending on their skill levels. Proceeds benefit the Jill Spanjer Foundation and the WA State RSPV Association. Brian Ropp, www.cyclewashingtonride.com

Jul 21-22: Jackson's Tour de Spa

Portland, OR. 2-day cycling tour through the Columbia Gorge to benefit the NW Sarcoma Foundation and the Children's Cancer Association. Ride will begin and end at the Bonneville Hot Springs Spa. Melissa Hill, Jackson's Tour de Spa, 3041 NW Spencer St., Portland, OR, 97229. 503-810-3713, www.jacksonstourdespa.org

Jul 21-22: Seattle Night & Day Challenge

Seattle, WA. 60 checkpoints are marked on a map of Seattle. Visit as many as you can, in any order, for 16 hours. 3-hour and 7-hour options available. Participate solo or in a team of 2-5. Starts at 4pm. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-291-8520, www.nightanddaychallenge.com

Jul 21: Tour des Chutes

Bend, OR. Choose either the 75-, 35-, 12- or 6- mile ride. \$45 entry fee (includes t-shirt, Livestrong bracelet, after ride lunch, ride support, food and rest stops. Fund-raiser for Lance Armstrong Foundation and the Cancer Survivorship Alliance. Julie Wose, Tour des Chutes committee, 930 NW Newport Ave, Bend, OR, 97701. 541-382-8018, http://tourdeschutes.org

Jul 21-28: Volcanoes of Washington

Seattle, WA. Immerse yourself in the ultimate Cascade Mountain bike experience, and take part in some of the most breathtaking scenery. 4 mountains. Experienced/strong riders. 8 days. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 22-25: Deschutes National Forest Tour

Bend, OR. Spend 4 days riding 70+ miles on scenic roads through ponderosa forests, past numerous alpine lakes all while in view of the Cascade Mountain Range. The first 2 nights will be spent in Bend with the third at Newberry National Volcanic Monument with nearby hot springs. Also available 8/5/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jul 22: Envision Financial Mayor's Ride

Ladner, BC. Fun family oriented 20km ride that takes you along the scenic Boundary Bay dyke and finishes at Holly Park School in Ladner. Starts at 10am. BBQ, clowns and activities for all. Free. Part of the Tour de Delta. Municipality of Delta, 4500 Clarence Taylor Crescent, Delta, BC, V4K 3X3. 604-952-3000, www.tourdedelta.bc.ca

Jul 22-28: Grand Lake

Fort Collins, CO. Exciting and challenging ride over 5 mountain passes. Check our website for a complete listing of the passes and national forest you will be riding through on this trip. Join us for a fully supported trip in the Colorado Rockies. Noo Funteers Bicycle Vacations, www.noo funteers.com

Jul 22-Aug 2: Sea to Sky Adventure: Olympics/N. Cascades/Rainier

Edmonds, WA. Ride the Pacific seashore, immerse yourself in the primeval forests of the Olympics, cycle to the awesome summit of Hurricane Ridge, experience the maritime magic of the quaint seaside villages. Timberline Adventures, 800-417-2453, www.timbertours.com

Jul 22: The Humid Hundred

Klamath Falls, OR. This is a hot 100-mile tour from Klamath Falls through the towns of Bonanza and Merrill, with 1 good sized hill and a few rollers to keep it interesting. Entry fee includes maps, mechanical support, and energy food/drink. Begins and ends at Wiard Park in Klamath Falls - at 8am. Hutch's Bicycles, Klamath Ave,

Klamath Falls, OR, 541-850-2453, www.hutchsbicycles.com

Jul 26: RAMROD - Ride Around Mt. Rainier, One Day

Enumclaw, WA. Circumnavigates Mt. Rainier for 154 miles and 10,000ft. elevation gain. Lottery entry. Incomparable scenery. Registration opens Feb. 1st. Redmond Cycling Club, P.O. Box 1841, Bothell, WA, 98041-1841. 206-781-3903, www.redmond cycling club.org

Jul 27-Aug 5: Columbia River Classic

Spokane, WA. Ride through the heart of the Colville National Forest and climb to the crests of the Selkirk and Kettle River Ranges of NE WA, and the Purcells and Monashees of southern BC. Follow the Columbia into Canada through the Kootenays and the beautiful Slocan Valley. Timberline Adventures, 800-417-2453, www.timbertours.com

Jul 28-29: 200 & 300km Brevet

Olympia, WA. 200km (124mi) and 300km (186mi) events. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Jul 28-29: ALS Double Bike Ride

Mt. Vernon, WA. 85-mile, 2-day Fundraising Bike Ride for ALS through the beautiful Skagit Valley Robin Hartman, The ALS Association Evergreen Chapter, 19110 66th Ave S #G-101, Kent, WA, 98032. 888-786-7257, www.alsa-ec.org

Jul 28-Aug 4: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned Coastal Scenic Bike Route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Along the way, we will visit organic farms, a land trust, a visionary community school, and more. Also available 6/30 & 7/28. Portland Peace and Justice Center, 3848 SE Deivision St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

Jul 28: Pedal the Pinchot

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

Jul 28: Ride for Youth Century

Burlington, WA. 50-, 100- & 150-mile options for beginners and advanced riders alike. Ride the famous Chuckanut Drive. SAG support, showers & end of ride feed included. Training rides start May 13 - see jointinmotion.org. Burlington Mid-day Rotary, 360-770-4325, www.burlingtonmidday.org

Jul 28: Summit to Surf

Welches to Hood River, OR. Choose a route and ride from 10 to 100 miles with up to 9600ft. elevation. All riders finish in Hood River, OR. Supports American Diabetes Association. Minimum fundraising \$100. Kris Backmier, American Diabetes Association, 380 SE Spokane Street #110, Portland, OR, 97202. 800-676-4065, www.summittosurf.org

Sprague Ave, Spokane, WA, 99201. 509-343-5020, www.lcsnw.org/events.html

Aug 4-6: Courage Classic **BAW**

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. Benefits the Child Abuse Intervention Dept. at Mary Bridge. Do it for the kids! Mark Grantor, Mary Bridge Children's Hospital, P.O. 5296, Tacoma, WA, 98415. 800-392-9253, www.courageclassic.com

Aug 4-7: Lower Mainland & Interior 1000km Brevet

Princeton, BC. Randonneur event, route negotiable. Eric Fergusson, BC Randonneurs, 604-733-6657, www.randonneurs.bc.ca

Aug 4-5: Oregon MS 150 Bike Tour

Forest Grove, OR. 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. National Multiple Sclerosis Society, Oregon Chapter, 1650 NW Naito Parkway, Suite 190, Portland, OR, 97209. 503-445-8349, www.ms150oregon.com

Aug 4-11: Permaculture & Natural Building

Portland, OR. During this sustainable cycling adventure, we'll be contributing to some of Oregon's most well-known eco-villages. Riders will have the opportunity to engage in a diversity of educational hands-on activities, getting their hands dirty with some of the region's best natural building communities. Also available: 8/11. Portland Peace and Justice Center, 3848 SE Division St, Suite 364, Portland, OR, 97202. 503-239-8426, www.portlandpeace.org

Aug 4-10: RAW - Ride Around

Washington Various, WA. RAW route changes every year. Daily mileage will vary from roughly 40 to a bit over 90. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-BIKE, www.cascade.org/raw

Aug 4: The Dam Brevet

Fort St John, BC. Randonneur event. 200km brevet Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Aug 5-22: Family Fun Colorado

Silverthorne, CO. Visit the ski towns of Colorado on over 128 miles in 5 days. Follows the paved network of bike paths linking Summit County, Vail, and Glenwood Canyon. Catered and van-supported. Ends in Glenwood. Return shuttle included. One parent per child. Adventure Cycling Association, 150 E Pine St., Missoula, MT, 59802. 800-755-2453, www.adv-cycling.org/

Aug 5: Lakes Loop Ride

Bend, OR. 500-mile ride that loops around Mt. Bachelor. Lots of descending in the first half, but seemingly more climbing in the second half. 1 food stop at approximately 2/3 around with "better than usual bike ride eats". Entry fee includes course marking, maps, energy food and drink. Leaves at 9:00am from Mt. Bachelor Main Lodge parking lot. \$5.00 entry. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

Aug 5: Mt Shasta Summit Century

Mt. Shasta, CA. 30-, 60-, 100-, 135- (16,500ft of climbing) mile route. Mountain Wheelers, 300 Pine Street, Mt. Shasta, CA, 96067. 800-326-4865, www.shastasummitcentury.com

Aug 5-12: Ride Idaho

Coeur d'Alene, ID. A unique trek through some of Idaho's most beautiful landscapes and interesting towns. The loop starts/finishes in Coeur d'Alene and covers 410 miles over 7 days with a rest day in Lewiston. Phil Sperling, Ride Idaho, 1050 W. State St., Boise, ID, 83702. 208-344-5502, www.rideidaho.org

Aug 11-17: Oregon - Crater Lake

Oakridge, OR. Ride over the Cascade Mountains to electric-blue Crater Lake. Experience some of the best cycling in the country. Also available 8/25, 9/2, 9/8. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 11-19: Rogue River Rambler

Eugene, OR. In the Rogue, coast and Cascades are joined with an incredible ride along one of the West's great wild and scenic rivers. We'll trace that river to and through the Rogue River Valley to its source in the high

Cascades near Crater Lake. Along the way, we'll climb awesome Bearcamp Pass, one of the West's great high-country challenges. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 12: Bike for your Life

Parkville, BC. Established to promote good health and a cleaner environment through cycling. Bike For Your Life has a route for all levels. 15km, 35km, 70km, 90km and 120km scenic loops with refreshment stations up and down Vancouver Island roads around Parkville. Flatter 35km loop this year. Pancake breakfast, refreshments and draw prizes. T-shirt included in fee. Bike For Your Life, PO Box 1191, Parkville, BC, V9P 2H2. 877-348-0647, www.island.net/~bikelife

Aug 12: Blue Cruise Wheels for Wellness

Meridian, ID. Charity ride. 100, 50, 30 and 15 miles. Each route heads south and loops back. Century elevation 2,500ft with a few challenging hills. Karri Ryan, Blue Cross of Idaho Foundation for Health, P.O. Box 8419, Boise, ID, 83707-2419. 866-462-2252, www.bcidahofoundation.org

Aug 12: Bridge Pedal 2004

Portland, OR. Ride across 9 of Portland's bridges without all of those annoying cars in your way. Start in the earliest waves in the morning to avoid bicycle traffic jams. Providence Rose Pedal, 1631 NE Klickitat St, Portland, OR, 97212. 503-281-9198, www.providence.org/oregon/events/

Aug 12: Covered Bridge Bicycle Tour

Albany, OR. Linn Country Fairground. Relaxing country ride event, choose from 40-, 68-, 85- & 101-mile distances. Lightly traveled road in heart of beautiful Willamette Valley. Good food and support. The 40 is flat (2 bridges), the 68 has one steep hill and 4 bridges, other distances more challenging with 5 bridges. Mid-Valley Bicycle Club, P.O. Box 1373, Corvallis, OR, 97339-1373. 541-757-6691, www.mvbc.com/

Aug 12-18: Oregon Bicycle Ride

Cave Junction, OR. 7-day, 375-mile, fully-supported ride through SW Oregon and NW California. Daily mileage 45 to 85 miles. Campsite, most meals, showers, food stops, gear transport. Sandy Green, PO Box 9363, Bend, OR, 97708. 800-413-8432, www.oregonbicycleride.org

Aug 12: Providence Bridge Pedal and Stride

Portland, OR. Community bike ride over Portland's 10 Willamette River bridges-including the top decks of the Marquam and Fremont. 36-, 24- and 14-mile options. Rick Bauman, Bridge Pedal, Inc., 1631 NE Klickitat Street, Portland, OR, 97212. 503-281-9198, www.providence.org/bridgepedal

Aug 12: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)

Tenino, WA. Revel in the quiet of Thurston and Lewis counties, enjoy views of Mt. Rainier, on 23-, 30-, 50-, 80- and 100-mile loops. Blaine Wheeler, Capital Cycling Club, PO Box 642, Olympia, WA, 98507. 360-480-7356, www.capitalbicyclub.org

Aug 13-19: Kettle Valley Trail 1

Castlegar, BC. Tour starts in historical Castlegar and ends in Beaverdell, via Grand Forks, Greenwood and Rock Creek. Incredible views of Lower Arrow Lake. Mostly on railbed. Need hybrid or mtb bike. Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

Aug 17-19: 9th Annual Recumbent Retreat

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

Aug 17-19: Cascade Road Riding Adventure

Bend, OR. Enjoy Central Oregon's remarkable road riding on country roads and the Cascade Lakes Scenic Byway with the backdrop of the Cascade Mountain Range. Accommodations are in downtown Bend, where you will spend evenings savoring fine food and enjoying the vibrant nightlife. 74 miles in 3 days. Also available 9/7/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Aug 17-18: 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, PO Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Aug 18: 200, 300, 400km Lower Mainland Brevets

Maple Ridge, BC. Start Location: Petro Canada Stn, 222700 Loughheed Hwy Maple Ridge, Corner of 228th St, 6am. Various routes. 200, 300, 400km. These brevets cross into the U.S., so bring your passport!! Michel Richard, 739-6798, www.randonneurs.bc.ca

Aug 18: Hot August Days - Tour of the Columbia Basin

Wenatchee, WA. 50-, 120-, or 150-mile bike ride from Wenatchee to Quincy, Soap Lake, Dry Falls, Waterville, Oroondo. Stops every 25 miles, meal at end of ride. Brian Ropp, 1312 A Maple, Wenatchee, WA, 98802. 509-662-3461, www.hotaugustdays.com

Aug 18: 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 2007 bike. Karl White, Wheel Help Rides, 800-390-6189, www.vineride.com

Aug 18: Tour de Lentil

Pullman, WA. 100km ride through the rolling hills of the Palouse region in and around Pullman. Start at 9:00am. Nicole Flansburg, National Lentil Festival, 415 N. Grand Ave., Pullman, WA, 99163. 800-365-6948, www.lentilfest.com

Aug 18-25: Volcanoes of Washington

Seattle, WA. Immerse yourself in the ultimate Cascade Mountain bicycle experience, and take part in some of the most breathtaking scenery. 4 mountains. Experienced/strong riders. 8 days. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 19: Ice Cream Classic

Bend, OR. 65-mile ride around Mt Bachelor followed by ice cream at Goldy's. Starts 9:00am. Gina Miller, Fresh Air Sports

Aug 19-23: San Juan Islands - Camping

Anacortes, WA. Bike, kayak and hike - and enjoy these lush islands from a variety of perspectives. Fully supported. Hot showers. Family version available. Also available: 9/2. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 25-27: Poor Men's PBP

Centralia, WA. Event include a 200, 600 and 1000km brevets ACP sanctioned. Susan France, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Aug 25-26: RAPSody - Ride Around Puget Sound

Tacoma, WA. Enjoy the scenic back roads of 5 Washington counties while supporting statewide bicycle advocacy and education on the Ride Around Puget Sound. 1 or 2-day event: 160 challenging and scenic miles of up and down, with an overnight in Shelton. Start at Tacoma Community College. Cost \$80. Bicycle Alliance of Washington, Box 112078, Tacoma, WA, 98411. 206-577-6999, www.rapsodybikeride.org

Aug 26: Crater Lake Century

Klamath Falls, OR. Start at Fort Klamath Museum. Century and 50-mile ride includes a 3000ft climb to the Crater Lake Rim. For the 100 add another 3000ft over 30 miles. The century is rated as extremely difficult, the half as difficult, and the 25-mile as easy. Pre-registration recommended, limit 125 riders on the 50 & 100. Great Basin Visitor Association, 205 Riverside Dr., Klamath Falls, OR, 97601. 888-445-6728, www.craterlakecentury.com

Aug 26: Summits of Bothell (SOB)

Bothell, WA. Annual "One S.O.B. of a bike ride!" Challenging & scenic 38-mile ride: 8 heart-pounding climbs (some 14-18%), hors categorie descents with views of the Cascades and Olympics. Elevation gain = 3250ft - 31% more vertical ft/mile than RAMROD! Reg. fee covers drinks/snacks, route map and memorable t-shirt for 1st 250 registrants. \$20 by 8/17, after \$25. Bill Wiselogle, Bothell Arts Council, 10514 NE 196th St, Bothell, WA, 98011. 425-486-8152, www.ci.bothell.wa.us

SEPTEMBER

Sep 1-4: Lower Mainland Brevet-1000km

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

Sep 2-13: Blue Mountain Magic

Troutdale, OR. 12 days (684 miles), cycle no less than 5 scenic byways through the heart of some of the west's most scenic and intriguing terrain. Ends in Boise, ID. Timberline Adventures, 800-417-2453, www.timbertours.com

Sep 2-5: Deschutes National Forest Tour

Bend, OR. Spend 4 days riding 70+ miles on scenic roads through ponderosa forests, past numerous alpine lakes all while in view of the Cascade Mountain Range. The first 2 nights will be spent in Bend with the third at Newberry National Volcanic Monument with nearby hot springs. Cog Wild Bicycle Tours, PO Box 1789, Bend, OR, 97709. 866-610-4822, www.cogwild.com

Sep 2: Great Northwest Fall Tour

Newport, WA. Choose the 15-, 30-, 50- or 85-mile route on paved county roads. T-shirt or no-shirt option, food/water stops and meal at the finish. Melody Geddes, Newport/Priest River Rotary Club, 9722 Scotia Road, Newport, WA, 99156. 509-292-5099

Sep 2: Hutch's 100km

Bend, OR. Metric century (62 miles) beginning and ending at Tumalo State Park. Mostly small rollers, and has some of the best views of the Cascades. 1 food stop at mid-point. Entry includes maps, mechanical support, energy food and drink. \$5.00 entry. Leaves at 9:00am. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

Sep 2-7: San Juan Island

Anacortes, WA. Tour Rache Harbor, Orcas Island, Deer Harbor, Moran State Park and Shaw Island. 165 miles. Timberline Adventures, 800-417-2453, www.timbertours.com

Sep 3: Quiche Brevet

Peace Region, BC. Randonneur event. 200km brevet. 75km and 150km also available. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Sep 3-6: San Juan Islands 4-Day

Seattle, WA. Of all our San Juan Island tours, this is the best for people with limited time or who are newer to bicycle touring. Fully supported. All levels. Also available: 9/25. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 8-10: 18th Annual Sawtooth Trek

Boise, ID. 2 or 3-day recreational ride through some of Idaho's most scenic vistas. 100-150 miles including the Balena and Banner summits. Open to novices and advanced riders alike and places an emphasis on fun. Limit 250 riders. Fundraising minimum \$450. Rod Leslie, American Lung Association of Idaho, 208-344-6567, www.lungidaho.org

Sep 8-9: Bicycle Trek for Life and Breath

Vancouver, BC. 2-day, 200km. Fully supported. Fundraising event for the BC Lung Association. Jessa Blades, BC Lung Association, 2675 Oak Street, Vancouver, BC, V6H 2K2. 604-731-5864, www.bc.lung.ca

Sep 8-22: Big Ride Pacific Coast

Seattle, WA. Experience the Pacific Coast by bicycle! Fully supported tour along the stunning Pacific Coast. Bridget Herzog, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100, www.bigride.org

Sep 8: Cascade Lakes

Bend, OR. 200km brevet ACP sanctioned. Scott Peterson, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Sep 8-15: Cycle Oregon

Various, OR. Fully supported, 7-day road tour that travels through some of the most magical places in Oregon. Join people from all over the world and celebrate the 20th anniversary of the ride. Ingrid Nylen, Cycle Oregon, P.O.Box 15339, Portland, OR, 97293. 800-CycleOR, www.cycleoregon.com

Sep 8: Emerald City Lights Bike Ride

Seattle, WA. Featuring a 30- or 65-mile route. Start/finish Auburn Game Farm Park. The 30-mile ride travels out to Flaming Geyser Park and goes through Enumclaw Plateau and back. The 65-mile route goes to Black Diamond, Ravensdale, Cumberland, Enumclaw Plateau and back. Proceeds go to The Seattle Basket Brigade which feeds families at Thanksgiving. Patricia Hansen, P.O.Box 872, Auburn, WA, 98071. 425-881-0299, www.emeraldcitylights.com

Sep 8: Harrison Ford 200km Brevet

100 Mile House, BC. Start location at Tim Horton's 100 Mile House, 7am. Route: Lac des roches-Eagen Lake-Green Lake-Lone Butte-70 miles. On-road/Off-road

brevet, so bring your ATB (All Terrain Bicycle)! Danella Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Sep 8: Oregon Coast Cycling Festival

Gold Beach, OR. 5 fully supported routes along the beautiful southern Oregon Coast; 3-mile ice cream cruise to a 100-mile challenge. Proceeds benefit the Curry Health Foundation. Chip Weinert, P.O. Box 441, Gold Beach, OR, 97444. 541-251-0063, www.oregoncoastcyclingfestival.com

Sep 8-Oct 1: Ride the West

Portland, OR. Fully supported 23-day, 1,350-mile bicycle tour from Portland, OR to Newport Beach, CA. Join the ride for the full distance or part of it. America by Bicycle, 888-797-7057, www.abbike.com

Sep 8-9: The Group Health MS 150 Bike Tour

La Conner, WA. Take this scenic journey through Skagit, Whatcom, and Island counties. 2-day, fully supported bike tour with route options up to 150 miles. The event is fully supported with stocked rest stops every 10 miles, 6 full meals, overnight entertainment. It benefits the National MS Society. Rosanna Jensen, National Multiple Sclerosis Society, 192 Nickerson Street, Suite 100, Seattle, WA, 98109. 800-344-4867, www.nationalmssociety.org/was

Sep 9: 100km Populaire

Seattle, WA. 100km (62mi) introductory brevet, open to all. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Sep 9: Headwaters Century

Enumclaw, WA. 3 gorgeous routes (45, 65 or 100 miles) for beginners and advanced riders alike near the headwaters of the Green River in King County, including Black Diamond and Maple Valley. Gene Smith, Tacoma Wheelmen's Bicycle Club, P.O. Box 112078, Tacoma, WA, 98411. 253-272-6747, www.twbc.org

Sep 9: Mt. Baker Hill Climb

Bellingham, WA. 24.5 miles, 4300ft of climbing from Glacier to Artist's Point on road 542. Gradual grades dominate until the last 2.5 miles where it turns skywards. Recreational riders start at 8am, racers between 8:30 and 9am. Supports the Ken Meyer Memorial Foundation. Paul Clement, NorkaRecreation, www.norkarecreation.com

Sep 9-14: Santa Fe-Taos Circle

Santa Fe, NM. Ride the Enchanted Circle, Bandelier National Monument, through the old pueblo and mining regions. Biking, hiking and river rafting. Also available: 9/30. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 9: Sunnyside Century

Bend, OR. 65-mile and century ride around Mt. Bachelor. Susan Bonacker, Sunnyside Sports, 930 NW Newport Ave., Bend, OR, 97701. 541-382-8018, www.sunnysidesports.com

Sep 10-21: Grand Canyon

St. George, UT. Biking and hiking in Cedar Breaks National Monument, Red Canyon, Bryce Canyon National Park, Coral Pink Sand Dunes State Park, The Vermilion Cliffs, Grand Canyon National Park and Zion National Park. Fully supported. Noo Funteers Bicycle Vacations, www.nooofunteers.com

Sep 15: 200km Brevet

Seattle, WA. 200km (124 mile) Brevet Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Sep 15: Basin Bike & Build

Klamath Falls, OR. 6th annual. Ride various length scenic routes around the Klamath Basin and help us raise funds to build more houses. Klamath Basin Habitat for Humanity, P.O.Box 476, Klamath Falls, OR, 97601. www.klamathbasinhth.org

Sep 15-16: Fifth Annual Oregon Covered Bridge Festival

Stayton, OR. Guided and self-guided tours of 6 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 15-16: MS Bike Tour: Idaho Bow Tie

Boise, Idaho. Join us for a scenic ride through SW Idaho with a variety of route choices. Families can meet their cyclists at Emmett City Park, enjoy the pool, and camp with cyclists overnight. Benefits the National Multiple

Available in April from The Mountaineers Books

Biking Puget Sound: 50 Rides from Olympia to the San Juans
By Bill Thorness



Explore Puget Sound on two wheels with the only guidebook dedicated to the region's major paved bike trails and on-road bike routes! Perfect for cyclists of all levels, you'll find everything you need for a safe and enjoyable outing. Each ride features turn-by-turn directions, road or trail hazards, points of interest, food and drink stops, and much more.

Bill Thorness is a freelance writer and member of the Cascade Bicycle Club. His website is bikingpugetsound.com.

\$16.95 paperback

For more information, go online to mountaineersbooks.org.

BICYCLE ADVENTURES



Biking, Hiking, Sailing, and Snorkeling in the Hawaiian Islands

New 2007 **BICYCLE ADVENTURES**
www.bicycleadventures.com
800-443-6060

WE CAN'T PROMISE EVERY WEEKEND WILL BE FANTASTIC... JUST THIS ONE.



BICYCLE TREK FOR LIFE & BREATH • SEPTEMBER 8-9, 2007

for more information or to register:
WWW.BC.LUNG.CA
1.800.665.LUNG

All Trek 2007 proceeds go towards lung health & air quality research, programs & services.

THE LUNG ASSOCIATION™
British Columbia



Photo by Bicycle Paper

The fierce competition of Kiddie Kilo during the 2006 Alpenrose Challenge.

Sclerosis Society. 50-200 miles over 2 days. Sannette Clark, National MS Society - Idaho Division, 1674 Hill Road Suite 18, Boise, ID, 83702. 208-336-0555, www.nationalmssociety.org/idi

Sep 15: Tour de Vine

Wenatchee, WA. Wander through 4 picturesque wineries, apple and pear orchards and a bakery. Alberg Sports, 25 N. Wenatchee Avenue, Wenatchee, WA, 98801. 509-663-0425, www.tourdevine.com

Sep 15-16: Tour des Lacs

Spokane, WA. Ride from Spokane to Coeur d'Alene and back. 2-day cycling tour, multiple route & mileage options, boat cruise on Lake Coeur d'Alene. Wendy Bailey - Zupan, Round & Round Productions, 509-455-7657, www.roundaround.com

Sep 15-17: Trek Tri Island

Seattle, WA. 3-day, 135-mile fundraising tour from Seattle to Victoria through the San Juan Islands. Ferry included. Bridget Herzog, American Lung Association of Washington, 2625 Third Ave, Seattle, WA, 98121. 206-441-5100, www.cleanairadventures.org/

Sep 16: Cascade Spawning Cycle

Seattle, WA. 30-mile recreational ride around Seattle, following the salmon migration. Great for families. Cascade Bicycle Club, PO Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Sep 16: Chuckanut Century Bicycle Ride

Bellingham, WA. With many routes offered you can pick your distance ranging from 25, 50, 62, 100, or the double metric century of 124 miles. Begins at 7am at the Fairhaven Park. Mount Baker Cycling club, www.mtbakerbikeclub.org

Sep 17: Fall Isle-Lander

Victoria, BC. Route to be announced. 200km brevet. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Sep 22: Heber Valley Century

Heber City, UT. Utah's most beautiful bike ride through the scenic splendor of the Wasatch mountains. Dramatic autumn beauty of Heber Valley and picturesque Jordanelle Bike 2 Bike, 801-677-0134

Sep 22-23: John Day Weekend Tour

Sisters, OR. Travel from Sisters over the McKenzie Pass to McKenzie Bridge and back via Santiam Pass. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Sep 22: 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. Ride a relatively flat course through forests, along rivers, and across valleys! Benefits the Rogue River Recreational Corridor & Greenway. Shayne Maxwell, Rogue River Greenway Foundation, P.O. Box 1439, Rogue River, OR, 97537. 541-582-4488, www.ridetherogue.org

Sep 22: Ride4US

Tacoma, WA. 1 phenomenal day - Choose from the 5-mile family ride, 25-, 50-, or 62-mile loops all begin with a scenic rolling tour of Vashon Island (following a short ferry ride). 62-milers continue to Steilacoom. Each course ends with a loop in the pristine beauty of Pt. Defiance Park. Family-friendly events (Ride4US, Run4US, Walk4US & Fun4US). Food, music & discounted passes to the zoo and go-karts. Diego Wendt, Ride4US, 401 North E St, Tacoma, WA, 98403. www.ride4us.org

Sep 22: Tour de Whidbey

Whidbey Island, WA. Challenging 100- or 50-mile routes, or a moderate 25-mile ride on beautiful Whidbey Island. Pancake breakfast and chili feed at Greenbank Farm provided. This well supported ride is a benefit for the Whidbey General Hospital Foundation. Each route offers excellent rest stops and friendly volunteers. Laura Blankenship, Whidbey General Hospital Foundation, P.O. Box 641, Coupeville, WA, 98239. 360-321-7656, www.whidbeygen.org/Tour%20de%20Whidbey-2005%20-%20Information.htm

Sep 23: Brew Ha-Ha Street Scramble

Seattle, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Part of Seattle's Fremont neighborhood Oktoberfest. Terry Farrah, Cascade Orienteering Club, 5405 NE 204th St., Lake Forest Park, WA, 98155. 206-367-0839, www.streetscramble.com

Sep 23: Fall Flatlander 200km Brevet

Maple Ridge, BC. Start 7:00am from Maple Ridge (Hwy #7 @ 240 Street). Tour Mission, Rosedale, Ft. Langley. Keith Fletcher, BC Randonneurs, 604-530-9273, www.randonneurs.bc.ca

Sep 23: Olympic Discovery Bike Adventure

Port Angeles, WA. Enjoy riding 50 miles on the off-road Olympic Discovery Trail that winds through valleys and along the shoreline of some of the most beautiful coastal scenery in the world. Port Angeles to Sequim. MTB with

restrooms. Scott McCanna, Salem Bicycle Club, 503-375-6139, www.salembicycleclub.org

Sep 27-Oct 6: Arthritis Foundation's California Coast Classic Bicycle Tour

San Francisco, CA. An 8-day tour down the coast of California that benefits the Arthritis Foundation. From SF to LA. Amy Robertson, Arthritis Foundation, 4311 Wilshire Blvd, Los Angeles, CA, 90010. 800-954-2873, www.californiacoastclassic.org

Sep 28-30: 1000km Randonnee

Seattle. 1000km (62mi) introductory brevet. Mark Thomas, Seattle Int'l Randonneurs, 13543 160th Ave NE, Redmond, WA, 98052. 206-612-4700, www.seattlerando.org

Sep 29: 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. Dani Utley, Mike Utley Foundation, P.O. Box 458, Orando, WA, 98843. 800-294-4683, www.mikeutley.org

Sep 29-30: Livestrong Challenge

Portland. OR. Rise to the Challenge - 10-, 40-, 70- or 100-mile bike ride. Lance Armstrong Foundation's (LAF) signature fundraising event, to inspire and empower people affected by cancer. Also includes a 5K run/walk. To register visit the website. \$250 minimum fundraiser requirement. Lance will be there. Lance Armstrong Challenge. 888-424-2553, www.livestrongchallenge.org

Sep 29: Tour d'Organics

Portland, OR. Features local, organic farms as the rest stop. Refuel straight from the field! 35-, 65-, or 100-mile route. Entry fee includes ride support, rest stops, and post-ride vegan meal. Bradley Saul, OrganicAthlete, PO Box 33, Graton, CA, 95444. 866-258-6179, www.tourdorganics.com

Sep 29-30: Wine Country Trek

Yakima, WA. Saturday - 60 miles through wine country from Yakima to Prosser to take in a winery tour, enjoy our famous gourmet dinner and observe the hot air balloon show. Sunday - start with hot breakfast and ride back to Yakima. Overnight camping, meals, baggage transportation included. All profits go back into Kiwanis and youth service projects. \$120 all inclusive (\$20 off early registration). David Severson, Apple Valley Kiwanis, Prosser Kiwanis, 10419 Summitview Ave, Yakima, WA, 98908. 509-972-8803, www.desertvalley.com/rides

Sep 30-Oct 5: California Wine Country 6-Day

Santa Rosa, CA. Visit 5 distinct wine-producing regions, sampling the best of each. Tour features elegant lodging, fine dining and a multi-course winemaker's dinner. 4-day and budget wine country tours available. Also available: 11/11. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

OCTOBER

Oct 5-7: Methow Valley Fall Bike Festival

Winthrop, WA. 3 days of bicycling bliss throughout the Methow Valley! Choose from 2 guided tours on Saturday: a 70-mile charity ride navigating the rural roads of the Methow Valley or a century ride through the Methow and Okanogan Valleys. Music, a potato bar, beer garden and random prizes at the Winthrop Barn and Park. Registration fees vary; Early registration deadline 10/3. Julie Muyllaert, Methow Valley Sport Trails Association, PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 6: Bingen Bikenfest

Bingen, WA. 200km brevet ACP sanctioned. John Kramer, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Oct 6: Casa's Ride Through Paradise

Klamath Falls, OR. The Annual CASA Ride through Paradise is a premier cycling event in Klamath Falls with 4 separate courses that wind through beautiful rustic countryside and accommodate all levels of cyclists. Starts at Suburban Heights Baptist Church. Suburban Heights Baptist Church, 3052 Homedale, Klamath Falls, OR, www.klamathfallsasca.org

Oct 6: Manastash Metric Century/Half Century Tour

Ellensburg, WA. A challenging 50km and 104km ride through some of Central Washington's most scenic cycling country. Michael Reilly, Ellensburg Daily Record, 1371 Bettas Road, Cle Elum, WA, 98922. 509-857-2041, www.elliel.net/XCski/

Oct 7-10: Deschutes National Forest Tour

Bend, OR. Spend 4 days riding 70+ miles on scenic roads through ponderosa forests, past numerous alpine

lakes all while in view of the Cascade Mountain Range. The first 2 nights will be spent in Bend with the third at Newberry National Volcanic Monument with nearby hot springs. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Oct 7: Harvest Century

St Paul, OR. Celebrate the coming of glorious fall by traversing rolling hills and through falling Autumn leaves around the beautiful Oregon countryside. The Northwest's last organized ride features 3 pumpkin marked courses, a ferry ride, great support, microbrews and live bluegrass music at the festive finish. Proceeds benefit Community Vision, Inc. Smith and Miller Productions Inc., 503.720.6984, www.sampros.com

Oct 7: Kitsap Color Classic

Edmonds, WA. Multiple loops from 14 to 64 miles around Kitsap Peninsula. Registration includes ferry fare. Start from Kingston or Edmonds. Cascade Bicycle Club, P.O. Box 15165, Seattle, WA, 98115. 206-522-3222, www.cascade.org

Oct 13: Vancouver Heritage Tree Bike Ride

Vancouver, WA. Part of the Old Apple Tree Festival, Vancouver Urban Forestry staff will lead a Heritage Tree Bike Ride in downtown Vancouver. The ride will begin at the festival, visit 12 downtown Heritage Trees, and end at Esther Short Park and the Farmer's Market. Ryan Duracher, Vancouver-Clark Parks and Recreation, 360-619-1108, www.vanclarkparks-rec.org

Oct 14-20: Limited Edition Epic Tour - CA

Oakridge, OR. This 8-day tour follows the routes the Discovery Team used for early-season training. Skaggs Springs, Kings Ridge, Coleman Valley Rd, etc. Be prepared for some challenging climbs. Full van support. Intermediate to advanced. Also available: 10/28. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

NOVEMBER

Nov 3: Verboort Sausage Populaire

Forest Grove, WA. 100km event open to everyone. John Kramer, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Nov 19-23: California Wine Country - 4 Day

Santa Rosa, CA. A shorter and easier version of 6-day tour, it also includes elegant lodging and fine dining, with a wine tasting dinner. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Nov 24: Wine Country Populaire

Forest Grove, WA. 112km event open to everyone. John Kramer, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

DECEMBER

Dec 2-7: Hawaii

Kona, HI. Explore on foot, bike and in the water the very best parts of the Big Island, including many hidden spots. Pedal from coffee plantations to the High Country, see a volcano and banyan tree forests. Also available: 12/27. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Dec 31-Jan 1: New Year Revolution

Avondale, AZ. Enjoy the sunny and warm climate of Arizona to escape the cold and snow of the north and Ride Out the Old Year and Ride in the New Year on your bike. Bike 2 Bike, 801-677-0134, www.bike2bike.org

JANUARY

Jan 1: Polar Bear Ride

Bend, OR. 30 mile road ride to Alfalfa and back. There are no steep climbs, but small rollers coming back into town. 10:00 am start for those that might have stayed up late the night before. Meet at Hutch's on 3rd St. at 10 a.m. Hutch's Bicycles, 820 NE 3rd St., Bend, OR, 503-382-6248, www.hutchsbicycles.com

FEBRUARY

Feb 10: Worst Day of the Year Ride

Portland, OR. 18- & 40-mile routes. Enjoy hot chili at the end of the ride. Benefits the Community Cycling Center. www.worstdayride.com

TRACK RACE SERIES

Apr 25-Aug 22: Development Class

Portland, OR. Weekly Wednesday events where riders of all ages can learn the basics of track riding and racing. Bike rental available. Safe environment. No class on 6/13, 7/11. Steve Garcia, 503-293-7247. www.obra.org

Apr 27-May 25: Pre-Season Racing Series

Redmond, WA. 5 week series to check out your fitness and ease your way into the track season. 3 self-seeded categories and a separate category for Cat 4 Men. Start at 7:30 pm, \$15 adult, \$5 junior. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 3-Sep 20: Alpenrose Thursday Series

Portland, OR. Alpenrose Velodrome. Event schedule posted on website a few days before each race night. No race on 6/14, 7/5, 7/19. Mike Murray, OBRA, 503-661-5874, www.obra.org

May 4-Aug 31: Bike Central's Fast-Twitch Fridays

Portland, OR. Alpenrose Velodrome. Sprint-oriented racing for all levels, nothing over 30 laps. Match sprinting every Friday, all categories welcome. Also run beginner omnium style races for both women and men in between sprint rounds. No race on 6/15, 7/6, 7/20, 8/10. Jen Featheringill, Bike Central, 503-227-4439, www.bike-central.com

May 14-Aug 27: Monday Night Racing

Redmond, WA. Marymoor Velodrome. Racing for juniors, Cat 4/5 women, Cat 5 and novice men racers. Racing starts at 7pm. \$15 adults, \$5 juniors. Rental bikes also available. USA Cycling license or one day license re-

quired to race (sold on site). Harley She-field, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 16-Aug 29: Wed. Night Racing

Redmond, WA. Marymoor Velodrome. Racing for Cat 4 Women, Cat 4 Men and Master A & B. Start at 7:30pm. Fee \$15 one category, \$25 for two. Must have USA cycling license or one day permit. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jun 1-Aug 31: Group Health Friday Night Racing

Redmond, WA. Marymoor Velodrome. Racing for Cat 1/3 men and women. Entry fee \$15. Spectator admission \$4 from 7:30-9:30pm. Kiddie kilo on 6/1, 6/15 and in July and August. Free. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jun 5-Aug 28: Masters & Juniors Races

Portland, OR. Track racing for Juniors and Masters. Schedule of events varies each week. No race on 6/12, 6/19. Steve Trusdale, 503-232-1704, www.obra.org

Jun 18-Aug 8: Youth Cycling Classes

Portland, OR. Learn to ride the track. Classes every Monday, Wednesday and Friday, youth only. Bike rental available. Nathan Hobson, 503-652-3763, www.obra.org

TRACK RACING

FEBRUARY

Feb 19 & 28: Wednesday Night racing

Burnaby, BC. Starts at 7pm. Burnaby Velodrome, www.burnabyvelodrome.ca

MARCH

Mar 7, 14, 21 & 28: Wed. Night racing

Burnaby, BC. Starts at 7pm. Burnaby Velodrome, www.burnabyvelodrome.ca

APRIL

Apr 25: Development Class

Portland, OR. Weekly Wednesday events for riders of all ages. Steve Garcia, 503-293-7247

Apr 27: Pre-Season Series #1

Redmond, WA. Marymoor Velodrome, www.velodrome.org

MAY

May 2-30: Development Class

Portland, OR. Weekly Wednesday events where riders can learn the basics of track riding & racing. Steve Garcia, 503-293-7247

May 4, 11, 18, 25: Bike Central's Fast-Twitch Fridays

Portland, OR. Jen Featheringill, www.bike-central.com

May 4: Pre-Season Series #2

Redmond, WA. Marymoor Velodrome, www.velodrome.org

May 10, 17, 24, 31: Alpenrose Thursday

Portland, OR. Mike Murray, www.obra.org

May 11: Pre-Season Series #3

Redmond, WA. Marymoor Velodrome, www.velodrome.org

May 12: Eric Kautsky Memorial

Portland, OR. Darrell Provencher, 503-657-0568, www.obra.org

May 14, 21, 28: Monday Night Racing

Redmond, WA. Marymoor Velodrome, www.velodrome.org

May 16, 23, 30: Wednesday Night

Redmond, WA. Marymoor Velodrome, www.velodrome.org

May 18: Pre-Season Series #4

Redmond, WA. Marymoor Velodrome, www.velodrome.org

May 25: Pre-Season Series #5

Redmond, WA. Marymoor Velodrome, www.velodrome.org

JUNE

Jun 1, 8, 22, 29: Bike Central's Fast-Twitch Fridays

Portland, OR. No race on 6/15. Jen Featheringill, Bike Central, www.bike-central.com

Jun 1, 8, 15, 22, 29: Friday Night Racing

Redmond, WA. Marymoor Velodrome, www.velodrome.org

Jun 4, 11, 18, 25: Monday Night Racing

Redmond, WA. Marymoor Velodrome, www.velodrome.org

Jun 5: Masters & Juniors Races

Portland, OR. Steve Trusdale, www.obra.org

Jun 6, 13, 20, 27: Wednesday Night

Redmond, WA. Marymoor Velodrome, www.velodrome.org

Jun 6-26: Development Class

Portland, OR. No class on 6/13. See Race Series. Steve Garcia, 503-293-7247

Jun 7, 21, 28: Alpenrose Thursday

Portland, OR. No race on 6/14. Mike Murray, www.obra.org

Jun 8: Friday Night Racing

Redmond, WA. Marymoor Velodrome, www.velodrome.org

Jun 9: OBRA Championships

Portland, OR. Candi Murray, www.obra.org

Jun 15-16: OBRA Championships

Portland, OR. Candi Murray, www.obra.org

Jun 18-29: Youth Cycling Classes

Portland, OR. Nathan Hobson, 503-652-3763, www.obra.org

Jun 22: Friday Night Racing

Redmond, WA. Marymoor Velodrome, www.velodrome.org

Jun 23-24: State Games Juniors

Portland, OR. Phil Sanders, 503-649-4632, www.obra.org

Jun 26: Masters & Juniors Races

Portland, OR. Steve Trusdale, www.obra.org

JULY

Jul 2-30: Youth Cycling Classes

Portland, OR. Nathan Hobson, 503-652-3763, www.obra.org

Jul 3, 10, 17, 24, 31: Masters & Juniors Races

Portland, OR. Steve Trusdale, www.obra.org

Dorky in Denver

By MAYNARD HERSHON

Tamar and I moved to Denver in late November. We'd visited here once or twice and liked the city, especially the remarkable bike path network.

Because Denver's linked bikeways dip UNDER cross-streets, you can ride for miles and miles without encountering your neighbors in their Escalades and Yukon Denalis. If you miss your smiling, waving contacts with them, you can always call them later. They love hearing about your ride.

Trusted friends had told Tamar and me that winters here are cold and that snow does fall. Nevertheless, we were told repeatedly and consistently, the sun appears moments later and the snow just vanishes. Gone.

Adequately attired, you can ride your bike nearly every day, people said. Snow falls; sun shines; snow disappears. Enjoy.

Looking back on our pre-move innocence, I'd say the cold was our biggest worry. We'd never ridden much (or at all) with the thermometer in the 20s. Would we be tough enough?

Before we left Tucson, Tamar bought a Mountain Hardwear winter coat and fleece under-helmet hat. I bought a pair of winter mountain bike (treaded sole, recessed cleat) shoes - Northwave near-boots with wetsuit material socks inside. We bought Pearl Izumi Lobster gloves.

We're set up now, we thought. Bring on the cold.

We were here a week, a glorious week of sunny clear days and chilly temps, of bike rides and walks and exploring our new city, when the first snow hit.

It does not please me to write that some of that snow is still on the ground, buried in piles and drifts under many inches of newer snow.

That was the first of December; this is the first of February. Sigh...

It has been cold and sunny, as we were led to expect. I wish now that 10-degree mornings were our biggest problem. There's nothing about cold we couldn't cope with after a trip to the REI flagship store or a good bike shop.

If what I hear from locals is correct, the snow that has fallen on Denver in the last couple of months is not typical. Usually, light, powdery snow falls slowly and gracefully, and then obligingly disappears. Not this season.

We've had dense, wet snow that arrives and stays. Even if the temps reach the 40s or 50s, the sunshine doesn't last long in these short winter days, nor does it come from high enough in the sky. In the long shadows of buildings or even trees, the snow endures - and turns to ice.

The city plows the major streets. In secondary streets and alleys, the passage of cars compresses the unplowed snow, creating uneven, glistening surfaces, frighteningly devoid of traction. We're talking miles of treacherous surfaces, scary even for walking.

First we bought warm, waterproof, deep-treaded winter boots for trekking through deep snow. Then the snow morphed into ice. We bought Yaktrax, rubber and wire gadgets you stretch over your shoe soles so you can walk and perhaps not fall.

After we bought the boots but before we got the Yaktrax, we fell down several times. Tamar fell suddenly on a sidewalk; I fell in soft snow. We've slipped countless times even wearing the Yaktrax, but we have not fallen.

I bought a pair of fashion-violation Shimano M324 pedals, the ones with an SPD side and a platform side. I struggle with their single-sidedness after years on lollipop-style Speedplays, but I can pedal in my warm winter boots if I like.

I can't do long rides or "training" rides now anyway. The bike paths aren't plowed and the

streets are too forbidding. I don't wear cycling clothes for short urban rides; I wear bike shorts under my jeans. And I put my nice warm boots on the platform sides of my new pedals.

Grant Petersen at Rivendell suggests that we roadies try a pair of cheap platform pedals on one of our bikes. He believes we'll be delighted by the freedom of it all. I was never convinced, but the Colorado cold has quadrupled my street-shoe mileage and y'know, I kinda like it.

After all, I'm not trying to beat my personal best time up some hill. I'm not trying to look just like Ivan Basso. I'm riding to Stella's to meet friends for coffee or I'm going to the bank or the library. I like to go to the library with warm feet.

This last week the snow has become powdery again. I've been wearing my Northwave mountain bike shoes and I've had a small epiphany. If this seems ridiculously obvious, forgive me. I've worn nothing but ventilated road shoes for years.

I love being able to walk in my cycling shoes.

If you tried to ride in Denver today in road shoes, you'd come to an icy or snowy patch, unclip, put your foot down and crash. A road shoe sole would find no grip on our roads.

In your mountain bike shoes, you have the same connectedness and control that you have in road shoes, but when you put a foot down, or when you have to walk through a slippery patch or into a tile-floored café, you have traction and comfort and even warmth.

You have all those things but you do NOT look (at all) like Ivan Basso.

So maybe you have a certain dorky feeling. But if you, like me, are riding a Bike Friday, you have that feeling anyway... and maybe you enjoy it.

Riders of tiny-wheeled bikes, recumbents and weird bikes of every shape... Answer me this: Is the dorkiness a downside, or do we kinda dig it?

These are the sorts of questions that occur to a snowbound bicycle columnist who is writing more than he's riding....



Chad Nikolz - Quick Shot

"Why do cyclists shave their legs? It's not why you think. It's for when they crash, sliding across the pavement at 30mph, the friction won't pull their leg hair out at the roots. ... Chunks of skin and flesh. Shaved legs slide nicely, leaving just surface wounds." - Abdujapitrov, infamous crasher

Yeah. But, that don't explain them colorful spandex, or their cute ankle socks.

Look... you don't ask Super Man why he wears a cape. Do you?

Sir, your head, would de cil' moule it crash?

CLIF BAR, CLIF, bikeCafe

MARKETPLACE

GET YOUR GUTS IN GEAR - The Ride for Crohn's & Colitis



New for 2007: Three fully supported scenic rides; 3 days, 210 miles each. Gear up for a great cause!

- Central Texas: Scenic back roads in the Austin area, March 23-25
- New York: Hudson River Valley, June 8-10.
- Pacific Northwest: Loop of Island County and the Skagit Valley, August 3-5.

Information and registration available online at www.ibdride.org, or contact us at info@ibdride or (718) 875-2123

ELECTRIC MOUNTAIN BIKE



www.ecobrand.net
info@ecobrand.net

- Sleek racing design, Fast and Fun to ride
- 250 watt motor, 7-speed Shimano gears
- Full battery recharge in 4 hours
- Factory Prices

The BICYCLE DOCTOR Mobile Repair Service



206-789-7336
www.BIKEDOC.com

- Since 1990 / All Work Guaranteed
- Fast, Friendly, Convenient, On-Site Service
- \$10 Off / 2 Hour Minimum With This Ad

Bicyclefit NW
 13727 460th Court SE



North Bend, WA 98045
www.BicycleFitNW.com
 Email: Les@BicycleFitNW.com
 Phone: (425) 894-7826

- Precision fitting using Wobble-Naught system.
- Ride longer, ride faster.

Experienced (over 1,000 fits!)

All About Bike and Ski



"Seattle's Best Bike and Ski Store"
 3615 N.E. 45th St.
 Seattle, WA 98105
 (206) 524-2642

- 19 years professional service
- Renting bicycles, trailers, and Trail-a-Bikes on the Burke Gillman Trail
- Ask about the "Bike Swap" specials

perfect wheels
 the conscientious bicycle shop.

www.perfectwheels.net 7009 roosevelt wy ne seattle 206.522.1933

CycleItalia.com

cycle oregon

Cascades Backroads
 September 8-15
 800- CYCLE OR
www.cycleoregon.com

WILD HEART CYCLING

Tours for the Adventurous
 Cycling Expeditions throughout Spectacular Oregon
 Toll free: 877-8-GOWILD (877-846-9453)
 Bend, OR
www.wildheartcycling.com

Order your free DVD!

Want to buy, sell or get the word out?

Classified Advertising Information and Rates

Bicycle related message only. Your ad will appear in both the print and the web site version of Bicycle Paper. Classifieds are open to individuals only (you don't need to be a subscriber). The ad must be paid in full before appearing in Bicycle Paper.

1. Type or legibly print your ad
2. Email, mail, fax or deliver it to our office
3. Include a check or money order, made out to Bicycle Paper, or call us to pay by credit card

Cost is \$0.45 per word with a minimum of \$9. Phone numbers count as one word, street numbers as one. Ads sent by US mail must include a phone number or an email address (need not be published) in case we need to contact you. Commercial classified ads also available, please contact us for details.

For additional questions, comments or concerns, contact:

BICYCLEPAPER
 68 South Washington St, Seattle WA 98104
 phone: 206-903-1333 • fax: 206-903-8565
 email: sales@bicyclepaper.com

CROSS CONCEPT

WWW.BIANCHIUSA.COM



BELIEVE

EXPERIENCE

PASSIONE CELESTE TECNOLOGIA VINCENTE

Bianchi

WWW.BIANCHIUSA.COM



REAL REHAB
HOSPITAL BIOMEDICAL
REAL PERFORMANCE

SEATTLE TRIATHLON CLUB EXPO!

Find the best products and services from vendors that cater to the multisport lifestyle.

USAT
TRIATHLON
USA

meet ironman champion **chris lieto**

What is Triathlon? **STB** **Recovery**

FREE SEMINARS*:

ENDURANCE ATHLETE NUTRITION	INJURY PREVENTION
OPEN WATER SWIM TRAINING	BUILDING TRAINING PLANS
TRIATHLON CYCLING SKILLS	FUNCTIONAL EXERCISE TECHNIQUES

*with paid expo admission

AND MUCH MORE! VISIT WWW.SEATTLETRIEXPO.COM

APRIL 14-15 2007
Seattle Center Northwest Rooms

Promotional opportunities available. Visit www.seattletriexpo.com for up-to-date information. Proceeds benefit Seattle Triathlon Club Contact: Dave Shaw, Producer. dshaw@b4consulting.com 206-954-7526

John L. Scott FOUNDATION
16TH ANNUAL
COURAGE classic
BICYCLE TOUR 2007



August 4-6, 2007

Good Fun. Good Times. Great Cause.



Spectacular scenery through three mountain passes

Snoqualmie Pass • Blewett Pass • Stevens Pass

- 172 Miles of Cycling at Your Own Pace
- Summit Lunches and Delicious Hearty Dinners
- 3 Days, 55-60 Miles/Day
- Camping Provided—Hotels Available
- Famous Rotary Rider Service Centers
- Suncadia Outdoor Cinema
- Leavenworth Beer Garden
- Hot Showers
- Top-notch Mechanics
- First Aid Support
- Festive Entertainment

MultiCare

Mary Bridge Children's Hospital & Health Center



All Proceeds Benefit The Child Abuse Intervention Department At Mary Bridge Children's Hospital

Register today at: courageclassic.org or call 253-403-4374