

BICYCLEPAPER

Carbon or Plastic..... Page 4

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Photo courtesy of Mark Brumbaugh, Brumbaugh & Associates.

Bike parking is easier to find and easy to access in Copenhagen, now we just have to hope that Northwest cities get to see that many commuters.

Copenhagen Cyclists Set Example, Seattle Takes Notice

BY AMY ENSIGN

Brian Hansen, a transportation planner in the Technical and Environmental Administration of the City of Copenhagen, came to Seattle to give a presentation on establishing and improving bicycling culture in urban areas. Audience members packed the house on Wednesday, March 7 at Seattle City Hall to enjoy *Living Beyond the Car: Lessons from Copenhagen*. Seattle City Councilmember Peter Steinbrueck introduced Hansen with the following quote from Bill Strickland's book *The Quotable Cyclist*. "The bicycle is the most efficient machine ever created. Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon."

Cycling in Copenhagen reached its peak in the 1950s. In the post-war economic struggle, bicycles offered the only source of affordable transportation for many. However, its popularity fell in the years that followed, and hit an all time low by the 1970s. The city's politicians, planners, and engineers decided to work together to improve the culture of cycling. As a result, it is known today as the city of bicycles.

Cycle traffic in Copenhagen has doubled within the past ten years, with 65 percent of the population owning bikes and 60 percent using them every day, according to Hansen. The city saves over 90,000 tons of carbon dioxide emissions every year. A rough statistic estimates that 70 percent of cyclists continue to ride, even in the winter.

This made sense to Barbara Wright, the deputy

director of the Environmental Health Services Division for Public Health in Seattle and King County. She said of her recent trip to Copenhagen, "We came in a snowstorm, they closed the airport for a day and a half. The next morning when we woke up, they had about five inches of snow. The bicycle trail and the sidewalk had been shoveled, but not the street. Their first priority was to take care of the non-motorized vehicles in the city."

This proficiency in addressing potential concerns of cyclists reflects the city's desire to make Copenhagen a safe and appealing place to ride. 34 percent of workers ride their bikes to work. The goal is to increase that number to 40 percent. Currently, the number of riders who feel safe is 57 percent, but there are hopes that this will eventually reach 80 percent. Denmark's capital wanted to reduce the number of cyclists who were seriously injured or killed by 40 percent by 2012. Ahead of schedule, they reached that goal last year.

Copenhagen achieved these results using a variety of methods. Bike lanes are separated from traffic and pedestrians by a curb, which serves as a safety barrier and helps cyclists feel protected from potential accidents. This increases the number of cyclists on the road, because one of the primary reasons residents of urban areas don't bike is that they feel it is dangerous. Hansen said of these curbs, "It's a very expensive way to build them," but he said that it's "the best and safest way to do them in our context." The new street

See "Copenhagen" on page 5

TRAVEL DESTINATION

Back To The Future: Bicycle Touring Goes Underground

BY JOE "METAL COWBOY" KURMASKIE

Bicycle touring has officially gone underground... of course many would argue that this lifestyle activity, better known as an addiction around my house, has always been on the fringe. It's that sleeper sport which causes many to shake their collective heads as we pedal by on loaded bikes for points unknown and unfathomable to them, but this time it has literally gone underground.

Just as bicycle touring appears to be gaining something of a mainstream profile, thanks in part to gas prices and the rising cost of traditional travel, the good folks at Adventure Cycling Association (ACA) unveiled the Underground Railroad Bicycle

Route (UGRR). Completed at the end of 2006, it extends 2,058 miles from tip to tail (Mobile, Alabama to Ontario, Canada). It couldn't be timelier from



Photo by Adventure Cycling Association/Dennis Coello.

Cyclists enjoying a break at the Rankin House in Ripley, Ohio.

the standpoint of blending cultural awareness, historic touring and healthy, active vacations. Designed to be more than a safe, historic South/North route in the Mid-Atlantic part of the country, the UGRR is something of an active-living outreach to the African-American community that, in the words of the route designers, "promises to introduce people of all cultural backgrounds to the adventure and health benefits of cycling and bicycle travel."

See "Metal Cowboy" on page 7

ADVOCACY

Thurston County Bridges the Gap

BY AMY ENSIGN

On Monday, February 19 2007 the Western Chehalis Trail I-5 bridge opening was celebrated with a ribbon cutting ceremony in Lacey, Washington. The bridge, which was constructed quickly after groundbreaking on July 8th of last year, marks an important step in finishing Thurston County's Bridging the Gap project.

About 200 people attended the event, which was a pleasant surprise to Thera Black, Senior Planner for Thurston Regional Planning Council who stated, "I'm thrilled with the turnout. We would have had many more people [if the weather had been nicer]." The date also had to be changed at the last minute from Saturday to Monday due to scheduling conflicts.

U.S. Representative Brian Baird and former state Representative Sandra Romero arrived to cut the ribbon and were joined by an unexpected

guest. A young boy who held the scissors before the ceremony refused to let them go. So he, Baird and Romero cut the ribbon together, a symbolic act not lost on Black who observed, "This is his bridge, this bridge will mean as much to him in 20 or 30 or 40 years as it does to us today. The full significance of this project is overwhelming."

"This is a legacy project we can all be proud of."

Baird summed it up while speaking to the crowd when he pronounced, "This is a legacy project we can all be proud of."

The Western Chehalis Trail is severed by I-5 and its parallel surface streets, Martin Way and Pacific Avenue. The Bridging the Gap project began in 2001 when the community became interested in closing the breaks in the 22-mile trail. Connecting the segments both north and south of I-5 would create a non-motorized transportation option for those within Thurston County.

See "Bridge the Gap" on page 6

Safe Routes to School Best Practices Summit

COURTESY BICYCLE ALLIANCE OF WA

You are invited to attend the free Safe Routes to School Best Practices Summit: Building Safe and Active Communities, on May 23, 2007 at the Lynnwood Convention Center in Lynnwood, Washington.

The Safe Routes to Schools summit is being held in conjunction with the first Annual Healthy Schools Summit beginning May 22nd at the same location. Educators from around the state will be in attendance.

The summit will include speakers and workshops for all interested audience including families, schools, designers, public health professionals and public safety specialists.

Conference details and registration for both days of the summit will be available in early April on the Puget Sound Educational Service District website at <http://www.psesd.org>.

The Center for Safe Routes to Schools in Washington is a partnership between the Bicycle Alliance of Washington and Feet First. For more information, contact info@saferoutes-wa.org



Cycling Enthusiasts Gather at the Seattle Bicycle Expo

On the second weekend of March, thousands of people attended the 19th Annual Group Health Seattle International Bicycle Expo and visited the 156 exhibitors that were featuring their products and services at Magnuson Park.

Presented almost three weeks later than in recent years, the event experienced a drop in attendance losing about 1,100 door entries. Cascade Bicycle Club reported that 8,541 cycling enthusiasts visited the show compared to 9,600 in 2006. The decline can be explained in part by the fact that with the racing season already in progress, many chose to race Mason Lake and Tour de Dung instead of perusing the aisles of Hangar 27.

Those who made the trip to Expo were entertained and informed by presentations from Joe Kurmaskie and Willie Weir, ex-pro racer Frankie Andreu, world-renowned collector Brett Horton, and lawyer Bob Mionske. They were also awed by the skills of trials rider Ryan Leech and the mountain bike stunt crew

amongst others. A number of short informative workshops were also on the program, and covered various topics from weight training to nutrition, bike fitting to power training, the benefits of pilates for cyclists and more.

For the 19th year, *Bicycle Paper* presented the award for Best of Show, Class Act and People's Choice to three well-deserving exhibitors. While the expo attendees voted Phil's South Side Cyclery for the People's Choice Award, Full Speed Ahead received the Class Act award for their booth arrangement and display. The combined King County Parks and Group Health Cooperative design effort helped them claim the Best of Show award for 2007. Selected amongst all who cast a vote for their favorite exhibitor, Peggy Blake won the Arkel's Tail Rider bag and Jill Janson and Robert McCarty were presented with complimentary subscriptions to the *Bicycle Paper*.



Top to bottom - Phil's South Side Cyclery, Full Speed Ahead, King County Park/Group Health.

Bicycle Transportation Alliance Honors Six Great Bike Advocates

COURTESY OF BICYCLE TRANSPORTATION ALLIANCE

On March 10th, the Bicycle Transportation Alliance (BTA) presented five Alice B. Toeclips Awards and the Bud Clark Award for Lifetime Achievement to six well-deserving local cycling advocates.

Alice B. Toeclips Awards

Oregon State Senator Ginny Burdick is a staunch supporter of bicycle and pedestrian issues. She championed the 2003 "Stop and Stay Stopped" legislation to protect the rights of walkers, and sponsored the 2005 BTA's SB 938, the legal provisions that now allow bicyclists to leave bicycle lanes and pass on the right. Her dedication also includes passing the Safe Routes to School bill through her committee. Burdick is now working on the BTA's bicycle safety bills to increase pedestrian safety and penalties for motorists who kill bicyclists and other vulnerable users of the roadway.



Ginny Burdick (left) and Michael Ronkin.



Photos by Bicycle Paper

Jonathan Maus is the journalist and photographer behind BikePortland.org. His work on tracking stolen bikes, near misses and crashes helps keep people informed, and he is remarkably successful at reaching all aspects of the bike community from geared-out wheelmen to punked-out messengers and everyone in between. In addition to documenting the local bike community, he also helped foster it by creating both the "BikeCraft Faire" and "Made in Portland Bicycle Show and Art Exhibition."

Rainier Farmer is the chair of the Alternative Transportation Advisory Committee at Oregon State University (OSU) in Corvallis. The mild-mannered, well-spoken "Superman" is a highly effective cycling advocate who deals with a myriad of issues that affect OSU, Corvallis, Benton County and beyond. His work in the Environmental Safety and Health Department has given him a keen understanding of what it takes to accomplish safe bicycle use from both the infrastructure and the cyclist standpoints. Rainier is particularly noted for his service on the OSU Alternative Transportation Advisory Committee beginning in 1996.

Kevin Chudy, the owner of Bike n' Hike stores, purchased his first quality bicycle from the Corvallis Bike N' Hike store with proceeds from his paper route. Soon enough, he was employed there, and in the late 80's he helped the company expand north, eventually opening and running four stores in the Portland metro area. As the owner of Bike N' Hike, he has been instrumental in organizing a Portland bike dealer's organization, and shares a great deal of his business success with the community by supporting races, teams, recreational rides, bike safety rodeos and other community events. He has also supported Bike Safety Education programs in Oregon by facilitating the donation of fleets of kids' bikes and by donating Bike N' Hike's assembly and mechanic services. Kevin and Bike N' Hike work overtime to improve the bicycling experience for Oregon and SW Washington cyclists of every age, interest and ability.

Kelly Puntney recently retired as trails planner with the Vancouver Clark Parks and Recreation Department. For 35 years, he secured funding, designed, wrangled easements, prepared maps and mentored others in his work to build a tremendous number of walking and biking trails. Puntney's approach to getting things done won over people from all walks of life, leading to an unmatched sense of community surrounding his projects and fostering a political climate that understands the value of urban and regional bikeways.

Bud Clark Award for Lifetime Achievement:

Michael Ronkin retired as the Oregon Department of Transportation (ODOT) Bicycle and Pedestrian Program Manager. He is a national expert on bicycle and pedestrian planning and design. His Oregon State Bicycle and Pedestrian Plan has become a model for the nation. He trained local departments of transportation around the state on how to design streets and sidewalks that make it easy and enjoyable for people to walk or bike to their destinations. He has been called "the most effective state bike coordinator in the country."

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PRODUCT REVIEW

Hed's "Bastognes" Wheels

By Tai Lee

In 2006, HED Cycling expanded beyond its well-earned reputation for aerodynamic components with new road-race wheels. The first of these models was the Bastogne, followed by a more conventionally designed Kermesse.

The Bastognes are built around HED's Sonic hubs and 27mm semi-aero rims. The front wheel uses the company's own 6/4 titanium spokes, which are double-threaded and laced to a 79 gram proprietary hub. The rear wheel uses more conventional Sapim CX-Ray spokes.

Standard Bastognes come with 18 spokes in the front, 24 spokes in the rear. A 24/28 spoke count model is available for Clydesdale/cyclocross applications. My post-holiday weight was a bit over the recommended 190lb limit, but I was assured that it was a non-issue. What I didn't tell HED was that the wheels were

going to see considerable mileage on my commuter bike with rear rack and loaded panniers, subjecting the rear wheel to more than its fair share of abuse.

I was initially concerned about the front wheel's design, with a low flange and titanium spokes. I expected it to flex significantly under heavy efforts, but this was hardly the case. The front wheel tracked confidently, and I was not able to make it act "noodly" under any circumstances.

No quarter was asked for, nor given, during the three-month test period over pothole-infested winter roads. The

wheels felt very rigid during sprinting and hard climbing. Despite the aforementioned abuse, there was no loss of spoke tension, nor was any truing needed as the wheels stayed round throughout the entire test period.

The name "Bastogne" conjures up images of battles, on and off the bike, and the wheels proved worthy of their namesake. The only time I said "nuts" was when I had to send them back to HED. Considering the

\$795 price tag and great performance, they

toe the line with wheels costing significantly

more. For more information visit

www.HedCycling.com



BOOK REVIEW

Unicycling: First Steps-First Tricks

REVIEW BY KRISTEN WISEHART

Anders-Wilkens Mager's *Unicycling: First Steps-First Tricks* presents an interesting how-to guide for a unique sport. At times, the extremely unpolished content jumps around. Also, it gets very wordy, making certain sections cumbersome. However, in general the book is very well organized, with extremely helpful illustrations and invaluable summaries at the end of each section. The conversational tone and interesting facts make it worth reading, despite some glaring flaws.

The book seems to be geared towards a young audience. The first chapter, which focuses on how others can assist a beginning-rider, encourages the reader to ask his or her parents for help. However, even for an adult, parts of the manuscript are difficult to understand. For example, when describing a free mount, Mager writes "Take your second foot from the ground, put it on the second pedal, and start pedaling

with this foot as soon as your center of gravity has moved forward and passed the axis. Take your second foot from the ground and put it on the front pedal." The reader is left wondering if this is simply a typo, or if magic must be used

to make the second foot do several tasks at once, or if riding a one-wheeled vehicle actually requires three legs.

Content also tends to erratically and inaccurately appear and disappear. Page 22 tells the audience "mounting without help is explained below." The maneuver is actually explained nine pages later. Right after the eager peddler has learned how to get on the unicycle, the author provides a tip for dismounting. He explains to place your hand in a specific position on the saddle so that when

you run away from the unicycle you won't get hurt. However, at this point in the book, the reader does not yet know how to dismount, so the point is lost.

While these imperfections certainly stand

out, once you get passed the misplaced commas and sentences that fail to begin with a capital letter, the book is useful. The Table of Contents contains symbols that clearly indicate which sections cover skill levels one, two and three. Despite the reader's ability, all of the chapters are worth perusing for fun and interesting facts about the sport. For example, it is impossible to ride a unicycle in a straight line! In addition to the entertaining information, the photographs perfectly illustrate the most essential lessons. In addition, the summaries at the end of each section state all of the significant material clearly and concisely.

In other words, while *Unicycling: First Steps-First Tricks* obviously has its issues, it is overall a good experience. When I was finished, I still had no clue how to unicycle. However, after reading about riding down stairs, or going backwards on a Giraffe (a tall unicycle with a chain), I absolutely wanted to learn! The book makes an excellent resource for those teaching unicycling, or as a supplement to lessons or another educational source.

Unicycling: First Steps-First Tricks

By Anders-Wilkens Mager
Meyer & Meyer Sport
152pp \$16.95



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Bicycling Shoe Considerations: Carbon vs. Plastic



By Erik Moen
PT, CSCS

Come on...you want them... you know you do...those coool carbon-soled-bling-bicycling shoes. There has been a large influx of these high-end carbon models lately. Previously, plastic soles dominated the market. They were considered light and stiff.

Carbon kicks it up a notch. Most manufacturers offer their own versions of cool carbon-soled bicycling shoes in order to remain competitive with the rest of the market. The selling features of the product are their lightness and increased stiffness. Companies also market the concept that carbon can be designed to be stiff in specific locations. Makers like Specialized rank their shoes with a "stiffness index". Sidi markets theirs based on the location of stiffness. Carbon products are also sold on their ability to reduce vibration. The difference in weight between the plastic and carbon shoes is pretty evident, and you will easily discern their firmness the minute you stand up to sprint.

The advantages of decreasing weight are obvious for the cyclist when performance is an issue. The lighter the body and bike relative to power output, the faster you go. End of discussion.

The benefit of increased stiffness in a shoe is arguable. Clearly, greater rigidity will allow more effective leverage and power transference from the leg to the pedal and into the drivetrain. However, there is some risk of pressure

related injuries on the plantar aspect, otherwise known as the bottom of the foot. Damage may include metatarsalgia and ischemia of vascular and neural tissues. These injuries, or pain-syndromes, are essentially a result of prolonged compression of the tissue. Metatarsalgia is basically pain at the ball of the foot. Ischemia results from prolonged compression of nerves (neural) or blood (vascular) supply, and may cause numbness, tingling and pain. And you thought the soreness from your last time trial was bad...

A research paper published in the *Foot and Ankle International Journal* discussed the 2003 study by Jarboe and Quesada, which investigated plantar pressure differences between carbon- and plastic-soled shoes, specifically, the amount of compressive force on the bottom of the foot as a result of pushing down into the pedal. The authors used a special insert to determine pressure distribution on the forefoot. All measurements were taken while subjects rode at a constant level of cadence and power while on a resistance trainer. The carbon-soled shoes were shown to be significantly stiffer than their plastic counterparts. They created 18% more peak plantar pressure than plastic-soled shoes. The authors concluded, "Competitive or professional cy-

clists suffering from metatarsalgia or ischemia should be especially careful when using carbon fiber cycling shoes because the shoes increase peak plantar pressure, which may aggravate these foot conditions."

Shoes are an important bicycling component, as they interface the body to the bicycle and are the site of large and frequent power transferences. What is the best scenario for your feet? The bottom line is that carbon-soled shoes are lighter and stiffer than their plastic counterparts. These attributes ultimately make you go faster when considering the performance equation. We know that carbon shoes are not all created equal. Some models will be stiffer than others. This is not universally disclosed to the consumer. Buyers beware. Shoes with increased stiffness can put you at risk for pressure related foot problems. The use of an orthotic, or foot-bed, may allow for better force dispersal. Be prepared to

pay more for carbon shoes. As always, an informed decision with any of your bike purchases will help you to best meet your individual needs. Have fun, play hard!

Reference: *Foot Ankle Int.* 2003 Oct;24(10):784-8. The effects of cycling shoe stiffness on forefoot pressure. Jarboe NE, and Quesada PM.



Courtesy of Erik Moen

Erik Moen PT, CSCS is a nationally known expert on bicycling injury prevention and cycle 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

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"COPENHAGEN" FROM PAGE 1

lanes being built will be approximately eight feet wide, though the city is considering widening them to ten feet.

Many lanes are also painted a bright blue color, which makes them more visible. A lot of the accidents that occur between motorists and cyclists could be avoided if drivers

were more aware of the presence of bicycles on the street. John Duggan, a cycling attorney with Warren and Duggan, and member of Cascade Bicycle Club said, "If the average car driver only sees two bikes on his way to work, it doesn't even register. If you see thousands, like in Copenhagen, you have to think about it.

Promoting the visibility of bicyclists has been key to Copenhagen's success in improving safety. When bike lanes and car lanes meet at intersections, cars making turns often hit bikes without seeing them. To eliminate this problem, Copenhagen extended bike lanes beyond car lanes, thus cyclists are ahead of and therefore more visible to motorists.

In addition to making cycling safer, a large motivation for the residents is a program that provides free bicycles for use within the



Courtesy of Jayson Antonoff, International Sustainable Solutions.

Despite considerable street traffic in Copenhagen, cyclists get noticed easily as 34% the city's workforce commutes by bike.

taxes increase the cost of purchasing a car considerably. The city has few parking spots, and the ones that do exist are extremely expensive. According to Hansen, by the time motorists find and pay for their parking spots, so much time has been spent that it actually would be faster and cheaper to ride their bikes.

Other practices implemented include car free days, separate signals for bike lanes and car lanes, and extensive bicycle surveys every two years to assess the needs of cyclists and would-be cyclists.

During the question and answer segment of the speech people asked about outreach campaigns, and the cost of Copenhagen's programs. In response to queries about the effect of cycling on the economy and whether people would still visit shopping areas if parking was limited or

removed, Hansen responded, "Why do people go to the city or the urban area? In a city you have history and culture. The main attraction in the city is people watching, people aren't fun to watch driving around in a Hummer." When asked about the

cost of making changes, Hansen stated, "If you want to do that calculation, include your health benefits, your congestion benefits. We spend eight million dollars a year in cycling infrastructure and campaigns. We spend a Hell of a lot of money on cars as well."

Living Beyond the Car was met with a warm response. Patricia Chase, creator of Inter-



Photo courtesy of Jim Mueller, JC Mueller

To help make the bike commute safer, lanes are painted blue on the street.

Near the beginning of his presentation, Hansen asked everyone who commuted regularly on their bicycles to raise their hands. Almost everyone in the room did. Reflecting the perceptions of many in attendance, Hansen remarked, "You start to wonder if it's right to have a street built for cars, you start to wonder, maybe it should be built for bikes and buses."

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"BRIDGE THE GAP" FROM PAGE 1

The origin of this project actually dates back to 1926, when the Weyerhaeuser Corporation owned and operated the Chehalis Western Railroad. In 1988 the Washington State Department of Natural Resources obtained the first segment of the corridor, and Thurston County began actively pursuing funds to keep as much of the trail intact as possible. In the 1950s it was decided that access should be provided from Washington's state capitol in Olympia to the nation's interstate highway. I-5 was routed through the heart of Tumwater and Olympia, and what would later become Lacey. Bridges were eventually built over I-5, Martin Way, and Pacific Avenue, but they were torn down during the freeway widening project of the late 1980's, creating the gap.



Photo courtesy of Thera Black

A young boy takes over ribbon cutting duties during the opening celebration.

Now residents of Lacey, Olympia, and Tumwater are combining efforts with those in Tenino, Rainier, and Yelm to build three bridges to connect the 0.6

miles that bisect the trail. As the Bridging the Gap 2006 Project Overview states, "Interstate 5 divides our communities. It segregates diverse residential communities from businesses and services, a regional medical center, major employment areas, and civic centers. It creates retail and business opportunities while at the same time restricting the ability of nearby residents to access them safely without having to drive the half mile distance through highway oriented traffic."

This project will join the Western Chehalis Trail with the region's primary east-west corridor, the Yelm-Tenino Trail. It will also connect with the Woodland Trail that is currently under construction. As Black stated, "The [Western Chehalis] trail is the backbone of our north-south non-motorized trail system, and that in itself is a reason to complete the project... This is a way for the communities to reconnect."

The cost of Bridging the Gap is estimated at about \$11 million from start to finish. The first source of financing came about in 2001 when \$500,000 from the regional Surface Transportation Program was allocated by policymakers on the Thurston Regional Planning Council, the region's Metropolitan Planning Organization. In 2003, Romero helped acquire \$2.6 million with the Washington State Legislature for the design and construction of the segment over I-5.

Two years later, U.S. Senators Patty Murray and Maria Cantwell, along with Baird, secured substantial funding for Southwest Washington's transportation needs. They were able to obtain \$58 million for the region, a portion of which has gone to the Bridging the Gap project. In a news release posted to Patty Murray's website on July 28, 2005, Cantwell stated, "We need to think of these federal funds as an investment. These are well-spent dollars that will create jobs, improve our quality of life, and literally keep our economy moving. I'm proud of the way the delegation has worked together in these tight financial times to make sure Washington gets the improvements our communities need." So far, about \$ 7.1 million have been acquired.

The organizers of Bridging the Gap feel that the benefits of this project will be seen in multiple avenues. Access to businesses, retail and medical centers, jobs, recreational opportunities, schools, and libraries will now no longer only be available to those with a motorized vehicle. All ages and income groups can benefit from the gap being closed. The region's

largest senior community borders the Western Chehalis Trail.

Advocates of this venture foresee environmental and economic benefits as well. Interest in cycling has been growing in Thurston County. Commuting by bicycle has increased 50% within the past few years, as compared to a population increase of only 10%. Furthermore, it is projected that the bridges will increase the number of people using the facility from more than 100,000 to more than 150,000 people annually within the next few years.

The continued success of Bridging the Gap can be attributed to combined efforts by the Thurston Regional Planning Council, Thurston County, the cities of Lacey and Olympia, and the Washington State Department of Transportation Olympic Region. Michael Welter, Thurston County Parks and Recreation Director, stated of the project, "It's actually been a great experience. All of the cities in the county set this up as their highest priority, we've all looked at it as a partnership project. This has been critical to our ability to get federal funding."

Design of the second bridge, the Martin Way Crossing, has already begun, with an estimated finish date of late 2007 or early 2008. Ideally the entire project will be completed within a matter of a few years, though that is largely dependent upon Thurston County's ability to obtain the remaining funds. Still, coordinators are confident that this goal will be reached, especially if the communities continue to combine their efforts.

UP NORTH

Who to Watch in BC this Season

By MATT USBORN

Where did the off-season go? It seems like it was just yesterday that we were talking about 2006 looking quite exciting - and it was. However, now that a new season is upon us, it's time to wonder, who will thrive in 2007?

No look at BC racing is complete without talking about Symmetrics, a UCI registered continental Pro team. Once again the team is headlined by Svein Tuft, the Canadian Cycling Association's national points ranking champion and 2006 National ITT champ. Since Beijing 2008 has emerged as a goal for the team, Zach Bell has also signed on to direct focus on the track scene. In addition, Symmetrics has added Geoff Kabush, multiple time NORBA off-road and Canadian National MTB champion.

The Masi-Adobe squad has made some changes as well, including adding Alistair Howard and Dan MacDonald. Howard, a Vancouver Island cyclist, is making a comeback after time away. Also signing on this year are Chris Reid of Ontario, mountain biker and all around talent Dan MacDonald, and Jonathan Gormick.

The Total Restoration Cycling Team of Kelowna is going from seven riders to 14 and adding some ladies to the mix. They are also increasing their sponsorship by welcoming Specialized Bikes. Look for rising BC talent to emerge through this team, such as Tim Sherstobitoff and recent mountain bike convert Owen Harrison.

Also new for 2007 is Team Integrale/BH Bikes/Epicenter, an ambitious first year squad headlined by long time mainstays of BC cycling,

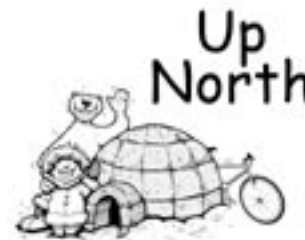
Barb and Larry Zimich and Scott Lalibete. The team is balancing experience with development, and riders like Matt Potma are eager for the season to start. The Integrale program, headed by former Pro John Restemeyer, has the ambition of growing the team to the Continental Pro level in the next couple of years.

Team Giga Bike is a Victoria, Vancouver Island-based team with promising goals. While Giga Bike is not a new squad, they have focused on improvement this season with some talented new riders. Jamie Sparling, a 2006 Alberta standout is joining them along with fellow Albertan Ryan Hopping and long time BC racer Derek McMaster.

A lower mainland team, Escape Velocity/dEVo has a long tradition of organizing events, attracting young riders, and nurturing talent. DEVo has seen many of its riders move into the Pro ranks, like Marsh Cooper. A two-time BC

Cup champ, Cooper now rides with Symmetrics.

It feels like just recently we were putting the finishing touches on one of the most competitive and hardest fought seasons in BC and the Pacific Northwest. However, with the new season upon us it won't take long to see how 2007 shapes up.



Editor's Note: Matt just completed the Tour of Pakistan with Team Integrale, he claimed two stage victories and finished third overall. He is now scheduled to race the Tour of Islamabad.

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"METAL COWBOY" FROM PAGE 1

I'm just chomping at the bit because we have another quality route from Adventure Cycling to put our wheels and passions on, parts of which I've done on my own but never as a front to back continuous ride. This route puts the best roads and historic story lines along one path, and all we have to do is pedal it. For years the organization has been advocating, mapping and trumpeting the grace and freedom of bicycle touring through its magazines, education, mapping projects and tours. The UGRR joins a host of other association sponsored routes, including the Northern and Southern Tier and TransAmerica cross country routes and what I think of as the UGRR's western states equivalent, the Great Divide Trail Route. But where the divide trail is an off-pavement mecca with vistas and mountain man moments, the Underground Railroad route is sure to bring Deep South hospitality, lush scenery and historic clarity. Hey, who can pass up grits and the Niagara Falls on the same tour?

It took three years of research and planning as a crucial team-up with the University of Pittsburgh's Center for Minority Health to create the route. It offers low traffic roads, deep river valleys and quiet wildlife refuges as it

makes its way through Tennessee, Kentucky, Ohio, and Pennsylvania up to Niagara Falls. The end-point in Owen Sound, Ontario on Lake Huron's Georgian Bay was the final destination for many freedom seekers fleeing slavery.

"The Underground Railroad Route has to be one of the most historically important bicycle journeys ever created, plus it's fantastic riding," said Jim Sayer, Adventure Cycling Association's Executive Director.

Here are some specifics provided by ACA for actually riding the route: it can be enjoyed from early spring in the south through September in the north, depending on the weather. Summers will be hot and humid. Both Alabama and Mississippi are occasionally in the path of tropical storms or hurricanes from June through November. Afternoon summer

thunderstorms are typical and sometimes accompanied by high winds and hail. In southern Ontario, the climate is highly impacted by the influence of the Great Lakes. Spring brings the beginning of the tornado season, and southern Ontario has the highest frequency of tornadoes in Canada. In summer, thunderstorms can produce heavy downpours, hail, damaging winds and occasional tornadoes.



Photo by Adventure Cycling Association/Dennis Coello

Breezing down the road on John Rankin Highway along the Tennessee-Tombigbee Waterway.

Literary Rides With



The Metal Cowboy

Historical road plaques are abundant, and riders can read about Indian massacres and the German prisoner-of-war camp in Aliceville, Alabama. One can camp at Historic Blakeley State Park where the last major battle of the Civil War was fought, occurring on the very day that General Lee surrendered in far-off Virginia. There are churches to visit while pedaling past town squares of courthouses and Confederate memorials, tall loblolly pines and the brown waters of the slow-moving Tombigbee and Tennessee rivers...it's like pedaling through a William Faulkner novel.

Other highlights include joining up with the Natchez Trace Parkway for a short stretch, a ride along the Ohio River, a 16-mile spur into downtown Cincinnati. A chance to pedal rail trails in Ohio and do some canoeing on the Little Miami State and National Scenic River. From Ashtabula into Pennsylvania and New York, you'll enjoy a long stretch of waterside riding along Lake Erie, the southern-most of the five Great Lakes. Then, after turning back inland south of Buffalo, you'll arrive at Orchard Park, home of the Pedaling History Bicycle Museum and one of the largest collections of antique and classic American bicycles to be found.

On the southern two sections of the route, services between towns are often limited, so stock up on water when you can and carry extra snacks. After entering Ohio you'll encounter towns at frequent intervals, and many campgrounds to choose from. If you are riding this route early in the spring, be aware that as you head north campgrounds might not be open yet, so call ahead or check the internet to confirm opening dates. Conversely, some cyclists may want to do the northern portions of this route

during the colors of autumn. If you do, call ahead to verify campground availability because they may close after Labor Day.

"We've all heard the story of slaves who escaped to freedom," says Dennis Coello, a veteran photographer and writer who recently rode and photographed the route for Adventure Cycling, "but here's a chance to feel that story."

The Underground Railroad Bicycle Route was created with generous financial support from Recreational Equipment, Inc. (REI), Bikes Belong, and the members of Adventure Cycling. Sally Jewell, the President and CEO of REI says, "As a company that aspires to engage more individuals in human-powered recreation, we are proud to support the route."

Beyond the work and effort and vision it took to make this route a reality, if it meant going underground to put more people atop the saddles of bicycles, I'm all for that.

Joe Metal Cowboy Kurmaskie's latest book "Momentum Is Your Friend" has been nominated for a Northwest Booksellers Award. Autographed copies, with all proceeds going to Camp Creative No Child Left Inside, are available at www.metalcowboy.com

Pan Am Championships

Of the three athletes who represented Canada at the 2007 Pan American mountain bike Championships on March 10-11 in Argentina, all are bringing home medals: two gold and one silver. The 15-member United States team fared very well bringing home eight medals.

Max Plaxton (Victoria, BC) won the Under 23 men's category, followed by Sam Schultz (Missoula, MT). Geoff Kabush (Courtenay, BC) claimed the Senior Elite men's title ahead of teammate and Victoria resident Seamus McGrath. Adam Craig (Bend, OR) and Jeremy Horgan-Kobelski (Boulder, CO) placed fourth and fifth respectively.

After the race Kabush noted, "I am very pleased with the whole team's effort today. I was unsure if I would be recovered after finishing the 13th day Tour of Cuba in February; but

obviously the racing paid off. It was a very close race and luckily I timed things perfectly."

The Pan American Championships take place yearly and represent the International Cycling Federation's designated Continental Championship. Earning international points at this competition was essential for Canada's Olympic qualification.

While the Canadian men had an impressive showing, the United States women swept the podium with Georgia Gould (Ketchum, ID) leading the charge. Gould clocked a winning time of 1:56:46 over four laps of a six-kilometer circuit.

The Continental Mountain Bike Championships are important because of the amount of international ranking points available - the primary factor in determining how many start positions countries receive at the 2008 Games in Beijing.

Quick Pro News

Washington's Tyler Farrar (Cofidis) registered his first top ten of the season when he finished 9th in the Kuurne-Brussels-Kuurne Classic in Belgium at the beginning of March.

Oregon's Chris Horner (Predictor-Lotto) claimed the 24th rank in the Paris-Nice stage race, and spent some time at the front of the pack and in breaks while working for teammate Cadel Evans. He also finished 11th overall in the Tour of California.

BC's Ryder Hesjedal (Health Net presented by Maxxis) was 10th overall in the Tour of California.

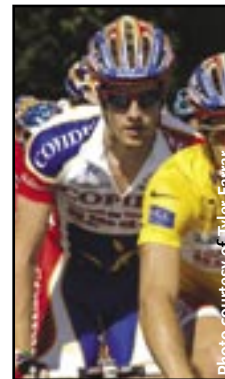


Photo courtesy of Tyler Farrar
Tyler Farrar

first event in their respective categories.

In Washington, Wines of Washington's James Stangeland in the Elite Men and Amy Schmid in the Elite women, as well as Master rider Todd Gallaher from AVA/Counterbalance, are the current Washington Cup leaders after three events, although the competition is breathing down their necks.

Burnaby Velodrome Summer Challenge - May 4-6, 2007

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Sprinters will compete in the Chariot races, a Match Sprint, ride the Flying 200m, a 500m time trial, and the no holds barred Keirin race to collect points toward the Sprint Omnium.

Novices, junior, and newcomers will race a variety of mass start events during the Saturday morning session, while the women will take on the track in the afternoon. On Saturday night, the track will be the stage to the very popular Fixie Challenge that is sure to entertain and amaze!

For a complete race schedule and for more details, visit www.burnabyvelodrome.ca.

Tour of Cuba

Svein Tuft claimed the overall victory after 14 stages in 13 days, over 1,865km at the Vuelta Ciclista a Cuba. His time trial effort in the 11th stage gave him the leader's jersey, and Symmetrics teamwork kept him on top of the podium on the last day. The team finished second overall behind Cuba.

Local Scene

Zach Winter (CMG Racing/Alpine Mortgage) and Tina Brubaker (Bike Peddler) are the leaders of the Oregon Cup after winning the



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Benefits of Riding with Safe Routes to School

By AMY ENSIGN

Like many people, Robert Ping would like to see more children walking and bicycling to school. As the new state network manager of the Safe Routes to School National Partnership, which is hosted by the Bikes Belong Coalition, he is working hard to make that dream a reality.

According to the City of Portland Office of Transportation's website, the goal of Safe Routes to School (SRTS) is "to examine the routes that children must take to get to and from school, paying particular attention to where they must cross major roads". Based on a program of five E's, education, enforcement, engineering, encouragement, and evaluation, Safe Routes employs a variety of methods to help ensure that children get safely from home to school and back again.

Safe Routes to School was actually first created in Denmark in the late 1970s to reduce the number of children injured or killed while bicycling and walking to school. Since, it has spread internationally, with similar programs appearing in New Zealand, Canada, Europe, Australia, and the United States.

In 1997 the Bronx, New York was the first to introduce Safe Routes in the U.S. The following year, two pilot programs started in Marin County, California and Arlington, Massachusetts. During the first two years of its program, Marin County Safe Routes To School witnessed

a 17 percent increase in students cycling and walking to school. From there, communities throughout the country investigated their own Safe Routes to School projects.

In July 2005, Congress passed a federal transportation bill, SAFETEA-LU (Safe Accountable Flexible Efficient Transportation Equity Act: A Legacy For Users) that allocated funds to each state for their own Safe Routes program. The National Center for Safe Routes to School website states that "Under the Safe Routes to School Federal program, each State is responsible for hiring a full-time Safe Routes to School coordinator to implement a SRTS statewide program." As of February 2007, the number of states with active Safe Routes funding processes has increased to 38. 46 states, including the District of Columbia, have full time State coordinators, and four have interim coordinators. Between 2005 and 2009, SAFETEA-LU will allocate 612 million dollars towards the project, with no state receiving less than one million dollars per year.

The plan is divided into two sections, infrastructure activities and non-infrastructure activities. According to the U.S. Department of Transportation Federal Highway Administration website, the infrastructure related projects include, "the planning, design, and construction of projects that will substantially improve the ability of students to walk and bicycle to school." These include, among other things,

making improvements to sidewalks as well as pedestrian and bicycle crossings, and building secured bicycle parking facilities.

Projects that serve to educate and create enthusiasm for cycling and walking to school fall under the non-infrastructure category. As dictated by SAFETEA-LU, each state must set aside between 10 and 30 percent of the funds for these activities.

A task force comprised of experts in transportation, health, and education has been formed to study and develop a strategy for advancing the program nationwide. In addition, the task force will create a report of their findings for Congress. Ping is excited about the opportunity to influence future decisions about Safe Routes. He wants to make sure that "Primary engineering doesn't dominate the program. There's a lot of energy around engineering, because I think that engineering submissions are the most tangible to understand." What he would like to focus on is raising awareness and enthusiasm for the benefits of cycling and walking to school. Of the challenges he has faced in the past, Ping states, "The biggest problem is the parental barrier. The parents are very afraid to let the kids get out and walk or ride their bikes."

More communities are becoming involved in Safe Routes for a variety of reasons. A grow-



Photo by Bicycle Paper

Riding to school, a great way to keep kids healthy.

ing number of studies show that children who lead inactive lives put themselves at risk for diabetes, obesity, and cardiovascular disease. Presently only 13 percent of American children walk or bike to school, compared to 66 percent that did so more than 30 years ago.

In addition to health factors, promoting an organized program for walking and biking to school would help cut down on traffic. According to the Bicycle Alliance of Washington (BAW), parents driving their children to school cause 20 to 25 percent of morning traffic. The National Highway Traffic Safety Administration reports that since 1995, an average of 137 people die annually in school transportation related accidents. Of those fatalities, 70 percent are vehicle passengers. Dave Janis, BAW's Safe Routes Program Manager believes an important aspect of the project is the safety factor. He states, "There's a lot of congestion and a lot of fatalities around school areas. Having more kids bike to school makes it a lot safer."

In Portland, Oregon, the Bicycle Transportation Alliance launched a five-year pilot program in the summer of 2005. Eight schools joined originally, and the plan is to increase that number annually. Since, the Oregon Department

See "Safe Routes" on Page 10

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Native Planet Classic or Ride for a Reason

SUBMITTED BY JEAN-PHILIPPE SOULE

On June 11, 2006, the Native Planet Outdoor Club (NPOC) proudly presented the first Native Planet (NP) Classic fundraiser. It was a unique opportunity to enjoy one of Washington's most exciting new road events and "ride4areason!"

Eager participants chose among a set of routes on low-traffic, wide-shouldered roads: an easy 28-mile ride, a metric century climbing over spectacular Washington Pass, and a 126-mile, 10,000 foot super-century, by far the most challenging supported ride in the state. The first Native Planet Classic had it all: premiere cycling roads, amazing scenery, tough rides, delicious food, strong support, great people and a fantastic cause!

The riders took part in this event not just for the breathtaking scenery and the opportunity to face new challenges, but also for the vital cause that the ride supports. Native Planet is a

Seattle-based international non-profit organization devoted to preserving indigenous cultures and empowering their people.

"Over the years, I've learned a good bit about Native Planet and the amazing work they accomplish with so few resources," said participant Shan Perera. "When they decided to organize this event to raise much-needed funds and increase awareness, I felt compelled to participate and to seek pledges. There are only a handful of organized cycling events in Washington that can rank as highly. I think I've just picked up a new annual ritual!"

Other participants shared his enthusiasm. Robert Toren told us that "the NP Classic not only makes it possible to do this ride through some of the most breathtaking scenery you'll ever see, they do it in style." Dan Wakefield volunteered that "it grabbed [his] spirit and carried [his] fat, broken body the whole way!" And Connie Crosby summed up the group

experience when she "just wanted to let [us] know that [she] loved doing the Native Planet Classic!"

On June 23rd, 2007, the NPOC will host the second annual Native Planet Classic*. The addition of Goat Creek Road will provide even more challenge, and the NP team is determined to supply participants with the best food and support of any ride in Washington, so don't miss this exciting event. Registration is now open and early birds (before May 1st) participate at a huge discount: \$39 for the Metric Century, and \$45 for the Super-Century. Teams of four or more registering early will receive an additional 10% discount. Also required is a \$50 minimum pledge raised in the name of Native Planet.

Don't just ride your bike, RIDE 4 A REASON!



Photo courtesy of Ride4areason.org

Riding up Washington Pass, a challenge filled with exhilarating scenery.

*Unable to participate in the NP classic? We also offer many multi-level weekend club rides. The NPOC also offers an exclusive French cycling tour through all the famous routes of the Tour de France including the most scenic and challenging passes of the Pyrenees. Please join us! Visit www.ride4areason.org for more information.

"SAFE ROUTES" FROM PAGE 9

of Transportation has implemented the program statewide, and appointed an advisory committee to develop administrative rules. Julie Yip, the state's SRTS Coordinator, is optimistic about this, stating, "There's a lot more conversation about children's travel methods to school, not just in Portland and Eugene. It's happening in

small communities because they see the possibility of funding. That's the beauty of it. It's creating a lot of conversation."

In Washington, the statewide program has been underway for a while. Reflecting upon how the program has gone so far, Washington Department of Transportation Safe Routes to

School Coordinator Charlotte Claybrooke says, "I think it has been a very successful program. We've had a lot of nice outcomes. Last year we began doing some outreach and workshops with classes. The target this year is to look to school communities that may have a higher need and do some outreach in those communities to help them prepare [to implement the program]." Idaho is a newcomer to SRTS. As Josephine

O'Connor, the state's Coordinator puts it, "We're still in the planning stages."

Over the next few years, all fifty states will be developing and evaluating their own Safe Routes to School programs. Though it may become elaborate, the goal is simple. As Janis summed up his own objective, "I'd like to see [kids] take away from it a commitment from them and their families to bike to school."

**If it ain't Dutch,
it ain't much.**

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

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

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EVENTS

APRIL

Apr 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: PUMP Monthly Meetings

Portland, OR. Portland United Mountain Pedalers (PUMP) monthly meeting at 7:30pm in the meeting room of the Lucky Lab, 915 S. E. Hawthorne. Everyone is welcome. www.pumpclub.org

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

May 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 am-4:00pm 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 - 12-mile ride starts at Gasworks Park at 6:30pm. Events scheduled in Tacoma, Everett (10 miles), Corvallis, Eugene, Pendleton (8-10 miles), Medford (14 miles). www.rideofsilence.org/main.php

May 18: Starbuck's 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

May 29: PUMP Monthly Meetings

Portland, OR. Portland United Mountain Pedalers (PUMP) monthly meeting at 7:30pm in the meeting room

of the Lucky Lab, 915 S. E. Hawthorne. Everyone is welcome. www.pumpclub.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 basics of track racing. No class on 6/13, 7/11. Steve Garcia, 503-293-7247

Apr 26-30: NW Crank Cycling Camp

Wenatchee, WA. Features 3 fully-supported routes each day, plus maps and cue-sheets for unsupported rambles and adventure options. \$65 fee covers route sheets and support for 5 days of riding David Rowe, Seattle Int'l Randonneurs, PO Box 2184, Lake Oswego, OR, 97035. www.northwestcrank.com

MAY

May 12-13: Dirt Series

North Vancouver, BC. MTB camps for women. Offers 2 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 Mountain Bike Camp

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

RACE SERIES

Jan 16-Apr 10: Cycle U Indoor TT

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

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

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 prizes, must complete 4 of 5 events, and must participate in the same category. If you race in all 5 events you receive a series bonus of 15 pts. Top 4 finishes plus bonus counts for overall. Get one point for starting. Rory Muller, BuDu Racing, 253-334-4433, 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

Feb 24-Jun 3: Washington Cup

Various, WA. Series of 10 classic races in the state. Standings calculated for Cat 1/2 men. Cat 1/2/3 women and Master A. Overall winners receive jersey, cup and cash. Points to top 20 in each event. Event dates: 2/24, 3/11-18-24-31, 4/7-14-28, 6/3, 7/19. Identified as WA Cup. Michael Pruitt, WSBA, www.wsbaracing.com

Mar 3-Apr 10: Cycle U Racing Classes

Seattle, WA. Intro to Racing is presented every six weeks starting on March 3rd. One hour in the classroom, 2 on the bike and you cover all the basics of bike racing. Men and women classes separately. Cycle University, www.cycleu.com

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

Boise, ID. 5-event series open to Junior under 15 to Master 50+. \$5000 total cash/merchandise for overall GC. \$1000 for Pro men. Events on 3/11, 18, 4/1, 15, 29. Listed as LPPS. Mike Cooley, George Cycles & Fitness, www.georgescycles.com

Mar 17-Aug 4: Women's Race Series

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. Events identified as WRS. WSBA, www.wsbaracing.com

Mar 18-Aug 25: Oregon Cup - Road

Various, OR. Series of 7 events for elite men and women, overall based on points. Cash prizes for top 5 in both categories. Events 3/18, 4/14, 5/27 (road race only), 6/10, 6/17, 8/24 (men only), 8/25. OBRA, www.obra.org

Apr 1-Aug 5: Carnation TT Series

Carnation, WA. Consists of 5 separate races with shorter lengths early in the season, a hill race mid-season, and two long races in July and August. Excellent training for the State TTT Championship, Ironman Coeur d'Alene, and Ironman Canada. Points given based on placing at each race. The total points - best 4 of 5 races with overall men and women series winner \$1000. Junior, Master and 23-39 categories. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com/timetrial

Apr 1-10: Cycle U Technical Classes

Seattle, WA. Boost your confidence or learn new techniques such as riding in a paceline or in a group, climbing or descending and cornering. Repeats monthly Cycle University, www.cycleu.com

Apr 3-24: Eugene Time Trial Series

Eugene, OR. Series of 4 events, raced every Tuesday night. Open to all men, masters, women and junior categories. Steven Savish, 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 5:30pm to 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. BuDu Racing, 206-625-8333, www.buduracing.com

Apr 3-Aug 28: Tuesday PIR Series

Portland, OR. Portland International Raceway. Summer race series 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, 4814 SE Harrison St. Portland, Portland, OR, 97214. 503-233-3636, www.obra.org

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

Seattle, WA. Criterium racing every Thursday 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 only \$5. Registration on race day only. Opens at 4:30pm, first start at 5pm last at 7pm. Nightly cash and primes. Pts 6 deep. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 5-27: Port of Hood River Criterium Series

Hood River, OR. Series of 4 Thursday criterium events - April 5, 12, 19, 26. Paul Blackburn, 541-387-4011, www.obra.org

Apr 7-Jun 9: The Dirty Duzen

Port Gamble, WA. 3-event race series. MTB race on rolling terrain with combination of fire road and singletrack. Non-Norba. Reg. fee \$25, kids under 12 race free. David Brumsickle, Silverdale Cyclery, 360-692-5508, www.ridgeracing.com

Apr 8-Sep 16: BC Masters 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, 604-267-7338, www.bcmasterscycling.net

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

Seattle, WA. Junior Tour: 14-event series, Lajors: 6-event series. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Overall standings calculated on points. For Lajors, best 5 out of 6 counts towards final standings. Event listed as Jr. Tour or LAJORS. David Schilling, 206-619-1355, www.wsbaracing.com

Apr 10-Aug 28: Baddlands CC Twilight Series

Spokane, WA. All races start at 6pm sharp, 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 14-Sep 29: Capital Forest MTB Race Series

Lacey, WA. 5-event series that includes 2 poker runs and 3 Super D. Events start at 10am. Registration from 8-9:00am Open to everyone. Attend a work party and get a discount on your race fee. All proceeds go to benefit Capitol Forest. Limit 105 riders per event.

Pre-reg. recommended. Mattheu Denuelle, Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/racesFOCF07.html

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. Identified as BC Cup. Cycling BC, 604-737-3137, www.cycling.bc.ca

Apr 15-May 6: Estacada TT Series

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

Apr 18-Aug 22: Comox Valley TT Series

Comox, BC. Held the first, third and fourth Wednesday of each month from April through August. 16km race on Headquarters and Rennison 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 21-Oct 7: Wild Rockies Series

Nampa, ID. 8-event series under new ownership. Norba sanctioned except for Lava Rama. Best 6 out of 8 results count towards final standings. All XC are run on Saturdays. Identified as part of WRS. Darren Lightfield, Wild Rockies, 208-587-9530, www.wildrockies.com

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 RR, ST, HC and TT. 4/22, 4/29, 5/5 5/13, 5/20, 6/3, 6/24. See individual events for location, and start times. Identified as OR MTB Series. www.obra.org

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. See individual events for location, and start times. Identified as OR MTB Series. www.obra.org

Apr 25-Aug 22: Track Development Class

Portland, OR. Weekly 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

Apr 25-Aug 22: Bend Criterium / TT Series

Bend, OR. Wednesday night racing series. Time trials and criterium events. Criterium races held at Summit High School, Time Trials on Skyliners Rd. All racers must be OBRA members. Annual (\$20) or day (\$5) OBRA licenses available at the race. No race on 6/6 & 6/27. Tim Plummer, 541-330-8758, www.bendcycling.org

Apr 27-May 25: Pre-Season Track 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 7:30pm, \$15 adult, \$5 junior. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.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 1-29: Hutch's Hill Climb Series

Eugene, OR. May hill climb series comprised of 5 Tuesday events. Open to all categories. 3.7-mile climb featuring 800ft. of elevation gain with up to 13% grade. Len Schwanaveldt, 541-345-7521, www.obra.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 3-Aug 30: Coastal Thursday Evening Challenge

Richmond, BC. Criterium every Thursday evening from May until August. 1.8km flat course. Open to all, split in 3 racing groups A, B and C. Points allocated after each race. Course in Riverside Industrial Park (No 5 Rd/Stevenson Hwy). Todd Hansen, Team Coastal, 604-788-1873, www.teamcoastalcycling.com

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.comb

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, PO Box 320, 87000 E. Hwy. 26, Government Camp, OR, 97028. 503-272-0146, www.skibowl.com

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

Portland, OR. Races for masters 30+ men (novice and experienced) and all women (any age/ability including juniors) 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 14-Aug 27: Monday Night Track Racing

Redmond, WA. Track 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. You need a USA Cycling license or purchase a one day license to race. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 16-Aug 29: Wednesday Night Track Racing

Redmond, WA. Marymoor Velodrome. Track 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

May 20-Aug 12: BC Cup DH/XC Series

Various, BC. Series of 9 events across the province. Open to all. Points allocated after each race toward overall standings. Title and jersey awarded at end of series. Events identified as BC Cup MTB. Cycling BC, 604-707-3137, www.cycling.bc.ca

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. Racing for all categories including Master Women and fixed-gear. Weekly primes and cash pay out to top 3 places, ribbons for top 3 overall. 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

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

MULTISPORT

APRIL

Apr 1: Dirty Du

Forest Grove, OR. Johnson Farm, Hagg Lake. Start time 10am. MTB duathlon 5.5 trail run, 15 miles MTB leg includes a bit of everything, including mud. Camping available. Glass blown trophies. X Dog Events, 971-223-2825, www.xdevents.com/

Apr 1: No Fooling Sprint Duathlon

Olympia, WA. Staged at Millersylvania State Park. 1-mile run/11.5 bike/ 1 run. starts at 2pm. Individual or team of 2 or 3. On the Run Events, 360-273-9684, www.ontherunevents.com

Apr 7: Easter Sprint Duathlon

Olympia, WA. Staged at Millersylvania State Park. 1-mile run/11.5 bike/ 1 run. starts at 2pm. Individual or team of 2 or 3. On the Run Events, 360-273-9684, www.ontherunevents.com

Apr 14: Alcoa's Ridge To River Relay (R2R)

Wenatchee, WA. 7th Annual event. Adult relay event is comprised of nordic ski, alpine ski, run, bike and paddle legs that span the 35-mile Wenatchee course or shorter 20-mile Columbia course. Racers may enter individually or as a team. Start at 9:30am. Jennifer Korfiatis, 509-662-8799, www.r2r.org

Apr 15: Easter Triathlon/Duathlon

Elma, WA. Staged

May 27: Onion Man Triathlon

Walla Walla, WA. Staged at Bennington lake, 1500m swim, 24.9 bike, 6.2 run. Starts at 9am. 509-529-9189, www.wmmultisports.com/

BMX

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

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

MOUNTAIN BIKE RACING

APRIL

Apr 1: Capitol Forest Mountain Bike Revival, - Indie #2

Olympia, WA. Staging at the Middle Waddle Trailhead. The race is a reintroduction of the old school point to point mountain bike event at Capitol Forest. Beginners 12-14 miles, Sport 16-18 miles, Expert 18-20 miles. Eric Atwood, Ragnarok Racing, 206-726-1175, www.ragnarokracing.com

Apr 7: The Dirty Dozen #1

Port Gamble, WA. MTB race on rolling terrain with combination of fire road and singletrack. Non-Norba. Reg. fee \$25, kids under 12 race free. David Brumsickle, Silverdale Cyclery, 360-692-5508, www.ridgeracing.com

Apr 8: Downhill Derby

Kimberley, BC. DH at its best. Dan Maisonneuve, www.skikimberley.com

Apr 14: Valley of Death Pilgrimage

Lacey, WA. Poker run mass start at 10am. Registration from 8-9:00am Open to everyone. Fall Creek parking area round trip. The loop is through some very primitive forest. The scenery is beautiful and ancient. All proceeds go to benefit Capitol Forest. Capitol Forest MTB Series #1. Matthieu Denuelle, Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/racesFOCF07.html

Apr 15: West Side MTB Series #5

South Seatac, WA. South Seatac Park. See Race Series for details. BuDu Racing, www.buduracing.com

Apr 21: Barking Spider Bash

Nampa, ID. Owyhee Front, Reynolds Creek. XC event for all categories from Beginner to Pro. 6.5-mile trail run before MTB race, and a duathlon category. Single speed class as well. part of WRS. Wild Rockies, 208-587-9530, www.wildrockies.com

Apr 22: 21st Peak Sports Mudslinger

Blodgett, OR. The NW mountain bike classic. 12-15 mile loops and sweet singletrack will test your climbing and descending skills. Post race food and awards, great competition and a \$500 cash purse. Part of OR MTB Series. Mike Ripley, 541-342-1493, www.mudslingerevents.com

Apr 22: SeaTac Shuffle - Indie #3

SeaTac, WA. 6-mile loop, mostly singletrack with lots of ups and downs - fast and twisty. Cash payouts for all categories, except Juniors. No license required. Part of the new Indie Series. Stiff Wick Promotions, 2151 S. 200th St., Seatac, WA, 98198. 206-824-7666, http://home.comcast.net/~indieseries/seatacshuffle.html

Apr 28-29: Bear Springs Trap ST/XC

Mt. Hood, OR. Saturday short track (ST), Sunday XC. XC at McCubbins Gulch. 10, 20 and 30 miles, depending on class. 95% singletrack. 500-2,000ft of elevation. Single lap format. Part of Mt. Hood Skibowl XC Series and OR MTB Series. OBRA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Apr 28: Beezley Burn

Ephrata, WA. Challenging, desert-like 7-mile lap with lots of short climbs and steep descents. Jake Moedke, 509-754-6361, www.beezleyburn.com

MAY

May 5-6: On the Edge Rat Race

Roberts Creek, BC. Saturday - Marathon 48km with 1500m vertical, shorter course for kids. Sunday - DH 1.7km course that runs about 3 minutes, pre-race mandatory run. Rod Camposano, SCUMB, 604-886-1525, www.theratrace.ca

May 5: Shiloh Cyclery Spring Fling DH #1

Mt Hood, OR. DH on Mt. Hood. Course depends on snow conditions. Single run for all categories. Part of Mt. Hood Skibowl DH Series. NORBA sanctioned. Petr Kakes, Hurricane Racing, 541-272-0240, www.skibowl.com

May 5-6: Spring Thaw State MTB Championships

Ashland, OR. XC on Saturday and DH on Sunday. DH offers a thrilling 1.7-mile, 100% single track descent through the beautiful Ashland Watershed. Classes for every age division and ability level. Kid's Race and Biker's Bash. Part of OR MTB Series. Amy Warner, SOMBRA, 541-840-6580, springthaw@sombra.org

May 5: The Dirty Dozen #2

Port Gamble, WA. MTB race on rolling terrain with combination of fire road and singletrack. Non-Norba. Reg. fee \$25, kids under 12 race free. David Brumsickle, Silverdale Cyclery, 360-692-5508, www.ridgeracing.com

May 6: Jacksonville Short Track #1

Jacksonville, OR. Richard Hogan, 541-664-8751

May 6: Salty Dog 6 Hour Enduro

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

May 12-13: Annual Lava Rama

Lava Hot Springs, ID. 13th annual event. XC on Saturday, freestyle and DH on Sunday. First DH in Idaho for 2007. XC is part of the Utah Intermountain Cup Series, and DH part of Utah State Champ. Series. 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, 604-538-5716, sorce.getdns.com

May 13: Cascade Chainbreaker

Bend, OR. One of the biggest races in Oregon. The course is fun and challenging. Part of OR MTB Series. Julie Wose, 541-38-6008, 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: 5th Annual Coyote Classic AMBC at Avimor

McCall, ID. This course, which is always prime for spring competition, features a little of this and a lot of that; high speed rolling double-track where speeds hit 40mph; tight, technical groomed singletrack trails twisting through sagebrush; get-your-socks-wet water crossings; quick steep drops; and nasty little granny gear climbs. Single speeders will dig this course. Part of KTS and AMBC/National calendar event. Cynthia Gibson, 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. New event. BC Cup MTB event. Henry Pejril, hopejril@telus.net

May 20: Whidbey Island Mudder - Indie #4

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

May 26-27: Pocatello XC / DH

Pocatello, ID. Saturday XC - Very fast course in the foothills outside of town. Sunday DH. Cynthia Gibson, Knobby Tire Series, www.knobbytireseries.com/

May 27-28: 24 Hours Round the Clock

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

May 27: Cow Trail Classic

Merritt, BC. XC and kids events, BC Cup MTB event. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

May 27: Jacksonville Short Track #3

Jacksonville, OR. Richard Hogan, 541-664-8751

May 30: Wood River Cup #1

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

Categories and distances: Pro 1/2 -30 miles, Pro 3-25 miles, Pro 4/5 - 15 miles, Women & Masters - 20 miles. Sal Collura, 541-747-3336, www.obra.org

Mar 31: North Shore Circuit Race

Bellingham, WA. Circuit race. This traditional Bellingham circuit has 575ft. of climbing per 8-mile lap on quiet country roads on the North Shore of Lake Whatcom. Men 1-5, Women 1-4, Men A, B, C, Women A, B. WA Cup #5. Christopher Daifuku, WWU Team, www.wucycling.com/events.html

APRIL

Apr 1: Carnation Time Trial Series #1

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

Apr 1: Lyle Pearson Presents Birds of Prey Road Race

Boise, ID. Stage 3 of the series. Distance varies from 35 to 65 miles. First start at 9:30am. LPPS event. George's Cycles & Fitness, www.georgescycles.com

Apr 1: Piece of Cake Road Race

Woodland, WA. 17-mile loop west of Woodland, about 30 minutes from Portland. Flat, likely windy and wide roads. Start/finish in front of NW Pet Products. Open to all categories including juniors. Registration begins at 8:00am and up to 15 min. before your start. First start at 10am, men 1/2- 68 miles. Junior 10-12 do 10 miles. Ken Finch, PrestoVelo Cycling Team, 503-356-5509, www.prestovelo.com

Apr 1: Tour de Dung Road Race #3

Sequim, WA. Jason Bethel, Garage & Pettit Oil Cycling Teams, http://racing.garagebilliards.com/

Apr 3: Eugene TT Series #1

Eugene, OR. See Race Series for details. Steven Savich, www.obra.org

Apr 3: Pacific Raceways RR Series

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

Apr 5: First Rate Mtg Seward Park Series

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

Apr 5: Port of Hood River Criterium #1

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

Apr 7: 3rd Annual Rainier Roubaix

Yelm, WA. 6 miles of Belgian-style undulating forested road leading to a 4-mile circuit. The circuit comprises 2 miles of wide, packed gravel road & 2 miles of paved road. Following the circuits, racers head back on the same 6-mile road to the finish. \$20 per race. Day of race registration only. One day license for Cat. 5 men and 4 women available. USCF annual license required for Cat 3 and above. WA Cup. www.cbcracing.org

Apr 7-8: Tour of Frozen Flatlands Omnium

Spokane, WA. 2-day stage race. Cooper Jones Memorial. Saturday - 2.5-mile circuit race on a flat course at Spokane Raceway Park and time trial. Sunday - road race, mostly flat with small risers and uphill finish. Pre-registration only. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Apr 8: BC Masters Association Race #1

Lake Cowichan, BC. 70km road race with 2 big hills. Sign up at Scout Hall. Start at 1pm. Dean Steen, BC Masters Cycling Association, 250-246-3530, www.bcmasterscycling.net

Apr 8: Brad Lewis Memorial Criterium (Boat St.)

Seattle, WA. Exciting 1-mile, 6-corner course in U-District offers a challenge for even solid bike handlers. Wide and flat with good pavement. Spectator friendly. Jr. Tour/LAJORS event. Rob Trombley, Recycled Cycles, www.recycledcycles.com

Apr 10: Baddlands CC Twilight Series

Spokane, WA. Spokane Raceway Park, Airway Heights - circuit race. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 10: Eugene TT Series #2

Eugene, OR. See Race Series for details. Steve Savich, www.obra.org

Apr 10: Pacific Raceways w/Women & Jr

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

Apr 12: First Rate Mtg Seward Park Series

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

Apr 12: Port of Hood River Criterium #2

Hood River, OR. See Race Series for details. 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. 19.5-mile loop on good to excellent roads. Oregon Cup event Scott Goldstein, Classic Events, 541-343-4833

Apr 14: Tahuya-Seabeck-Tahuya Road Race (TST)

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

Apr 15: Estacada TT #1

Estacada, OR. See Race Series for details. Ginger Woolcock, 503-632-7459, www.obra.org

Apr 15: First Rate Mtg - Seward Park Spring Classic

Seattle, WA. Criterium racing at Seward Park. Rain-drop-shaped course, 0.8 miles long with short 200m hill. Registration opens at 8:00am. Open to all categories. Jr. Tour / LAJORS event. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 15: Harris Roubaix Classic-BC Cup #1

Pitt Meadows, BC. Race near Vancouver, flat fast 5km with 1.3km gravel section. A European classic with a BC flavor. First start at 8:00am. Men's Cat 4/5 - 50km; Women's Cat 1/2/3/4 and Junior - 60km; Junior Men - 70km; Men's Cat 3 - 70km; Men's Pro & Cat 1/2 - 100km. Part of SISU BC Cup. Trek Red Truck Racing Team, 604-221-4191, www.trekrtruckracing.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. Stage 4 of the series. LPPS event. Mike Cooley, George's Cycles & Fitness, www.georgescycles.com

Apr 15: Rocky Mountain Roubaix

Missoula, MT. A 1-day spring classic! 40-60-mile road race. Jason Hobson, 208-772-8641

Apr 17: Baddlands CC Twilight Series

Cheney WA. Chapman Lake, stage at Salmave Park. 25-mile, road circuit. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 17: Eugene TT Series #3

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

Apr 18: Comox Valley TT Series

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

Apr 19: First Rate Mtg Seward Park Series

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

Apr 19: Port of Hood River Criterium #3

Hood River, OR. See Race Series for details. Paul Blackburn, 541-387-4011, 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), 1-2 RRs depending on category and 6-corner criterium. Distances vary by category. Cash prizes. No day-of-race registration. USCF sanction. Jr. Tour event. Steve Rapp, 509-527-8724, www.allegrocycling.com/toww.html

Apr 21: Tax Day Circuit Race

Pocatello, ID. Idaho Cycling Enthusiasm, www.idahocycling.com

20th Annual
APPLE CENTURY BIKE RIDE
 Organized by the WENATCHEE SUNRISE ROTARY CLUB
Saturday, June 9, 2007
 Featuring: 100 & 50-mile routes
 Fully supported open road ride
 Post ride finish line festival
 Starts at Walla Walla Park

Come and enjoy one of North Central Washington's favorite rides.
 A scenic and sunny tour from Wenatchee, WA to Silver Falls campground along the beautiful Columbia River set in the heart of apple country.

Register early - \$50 before June 3.
 Entry fees include T-shirt, all pit stop food, beverages, and the Finish Line Festival
 Late registration on site June 8 and 9.

www.APPLEBIKERIDE.com

All of the funds raised from this event goes to help needy individuals and families in our community and around the world including the Challenge Scholarship Program for "at-risk" students.

ROAD RACING

MARCH

Mar 31-Apr 1: Escape Velocity Spring Series (#8-10) - Spring Clasic

Langley, BC. Saturday - Zero Ave - rolling circuit with small hills beside the US border. Sunday - new criterium course in Mar-rayville and River Road TT - 12km out and back near the Fraser River. Overall based on points. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

Mar 31: Icebreaker Criterium

Eugene, OR. Traditional flat 1K criterium season opener. This 4 corner course is safe and has a wide-open finish straight. Cash prizes provided by PBC Insurance.

Tour de Cure
Saturday, May 19, 2007
King County's Marymoor Park
 Join us for new scenic routes and a 15-mile family ride! Sign up now and train for free!

Call (888) DIABETES or visit **www.diabetes.org/tour**

American Diabetes Association
 Care • Cure • Commitment

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, 206-367-0839, www.streetscramble.com

Apr 22: BC Masters Association Race #2

Abbotsford, BC. 63km road race rolling terrain. Sign in at Jubilee Hall. Start at noon. Bill Yearwood, BC Masters Cycling Association, 604-267-7338, www.bcmasterscycling.net

Apr 22: Comox Cup Race Series #1

Comox, BC. See Race Series for details. Tolum River Road Circuit - little Roubaix. Comox Valley Cycling Club, www.cvcc.ca

Apr 22: Estacada TT #2

Estacada, OR. See Race Series for details. Ginger Woolcock, 503-632-7459, www.obra.org

Apr 22: Three Rivers Road Race

Rainier, OR. An OBRA sanctioned road race near Rainier, Oregon. A rolling course on good to excellent roads. Great location and prime date. Mileage dependent upon category. See website for full schedule. Richard Haight, 360-575-1096, www.threeriverscycling.com

Apr 24: Baddlands CC Twilight Series

Spokane WA. Criterium. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 24: Eugene TT Series #4

Eugene, OR. See Race Series for details. Last event of the series. Steven Savish, www.obra.org

Apr 24: Pacific Raceways w/Women

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

Apr 24: Tuesday PIR

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

Apr 25: Bend Crit/TT Series

Bend, OR. Wednesday night racing. See Race Series for details. Tim Plummer, 541-330-8758, www.obra.org

Apr 26: First Rate Mtg Seward Park Series

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

Apr 26: Port of Hood River Criterium #4

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

Apr 28-29: Deschutes River Valley Time Trial Festival

Maupin, OR. 3 time trials on quiet roads over the weekend. 2 races on Saturday, 1 on Sunday. Overall GC calculated. Open to all categories, tandems and recumbent. George Thomas, 541-760-1024, 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. The start/finish is at the corner of Green Valley Rd and 218th. Registration from 7:15 - 8:30am. Race starts at 9:00am. Rory Muller, Budu Racing, 253-941-5810, 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 Road Race

Boise, ID. Start at Emmette City Park. Stage 5 in the series. First start at 10am, distance between 45-65 miles. LPPS event. Mike Cooley, George's Cycles & Fitness, 208-343-3782, 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, WRS #2. Dave Wamsley, www.wsbaracing.com

MAY

May 1: Baddlands CC Twilight Series

Spokane WA. Riverside State Park, TT - 12-mile course. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

May 1: Hutch's Hill Climb #1

Eugene, OR. See Race Series for details. Len Schwana-veldt, 541-345-7521, 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 for details. Jeff Mitchem, 503-233-3636, www.obra.org

May 2: Bend Crit/TT Series

Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, 541-330-8758, www.obra.org

May 2: Comox Valley TT Series

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

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

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

May 3: First Rate Mtg Seward Park Series

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

May 5: Carnation Time Trial Series #2

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

May 5: Warp Speed TT

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

May 6: BC Masters Association Race #3

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

May 6: BC Masters Individual Time Trial

Aldergrove, BC. Borderline Cycling Club, www.bcmasterscycling.net

May 6: Comox Cup Race Series #2

Cumberland, BC. See Race Series for details. Minto Rd circuit includes Boulder Hill. Comox Valley Cycling Club, www.cvcc.ca

May 6: WA State Senior Road Race Championships

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

May 7: Monday Night Masters & Women PIR

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

May 8: Baddlands CC Twilight Series

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

May 8: Hutch's Hill Climb #2

Eugene, OR. See Race Series for details. Len Schwana-veldt, 541-345-7521, www.obra.org

May 8: Pacific Raceways w/Women & Jr.

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

May 8: Tuesday PIR

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

May 9: Bend Crit /TT Series

Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, 541-330-8758, www.obra.org

May 10: First Rate Mtg Seward Park Series

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

May 12: BC Masters Association Race #4

Shawinigan Lake, BC. 9km hill climb. Organized by BCMCA, starts at West Shawinigan Lake Park at 1pm. Grade 5-10%. Dave Steen, BC Masters Cycling Association, 250-246-3530, www.bcmasterscycling.net

May 12: OBRA Team Time Trial Championships

Corvallis, OR. Mark Merklein, Capitol Velo

May 12: Wasco Wild West 75 Recumbent Race

The Dalles, OR. 75-mile open course road race. In

conjunction with a tandem event.Pro Men/Women, Sportsman/women, Trikes, 16 & under Juniors,C.O.P.D. trikes. Men race 4 laps (75mi.), women race 2 laps (37+mi.), Juniors & C.O.P.D. race 1 lap (18mi.). Pro entry fee \$75 and earn cash prizes. Sports entry fee \$40 and earn trophies. Junior & C.O.P.D. entry is \$25. Cowboy Victory Supper and awards at 4:00pm. Clay Smith/O.H.P.V., 541-296-1314, www.wasco75.com

May 12: Wasco Wild West 75 Tandem Race

The Dalles, OR. 75-mile open course road race. Men/men, Men/women and Old Geezer (100yr total) classes. In conjunction with a recumbent event. Clay Smith/O.H.P.V., 541-296-1314, www.wasco75.com

May 12-13: Wenatchee Omnium Stage Race

Wenatchee, WA. TT course - Rolling, 9 miles out and back. Criterium - 1km, 4 corners, small hill. Road course - 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. David Douglas, Pazzo Velo, www.pazzovelo.com

May 14: Monday Night Masters & Women PIR

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

May 15: Baddlands CC Twilight Series

Spokane, WA. Spokane Raceway Park, Airway Heights - modified circuit race. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

May 15: Hutch's Hillclimb #3

Eugene, OR. See Race Series for details. Len Schwana-veldt, 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 for details. Jeff Mitchem, 503-233-3636, www.obra.org

May 16: Bend Crit/TT Series

Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, 541-330-8758, www.obra.org

May 16: Comox Valley TT Series

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

May 17: First Rate Mtg Seward Park Series

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

May 19: BC Masters Association Race #5

Maple Bay, BC. 65km road race rolling terrain. Organized by Nanaimo Bicycle. Start at 1:00pm at Moose Hall. Mike Sevcov, BC Masters Cycling Association, 250-748-6457, www.bcmasterscycling.net

May 19: Galena Hill Climb

Ketchum, ID. Galena is located 23 miles north of Ketchum, ID. Race the 5.9-mile hill climb up Galena Pass. First riders start 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, bring climbing legs. Tricia Lawrence, www.mutualofenumclaw.com

May 19: Table Rock Road Race

Meadford, 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 2006. Post race BBQ and lots of good times. Mike Ripley, Mudslinger Events, 541-342-1493, www.mudslingerevents.com

May 20: Swan Island Criterium [B1A]

Portland, OR. Criterium race featuring all categories & kids' event. Registration opens at 8:00am. Course is flat and very safe (only 2 corners), wide open streets. Pat Flanagan, www.obra.org

May 20: Team Coastal - BC Cup #2

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

May 21: Monday Night Masters & Women PIR

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

May 22: Baddlands CC Twilight Series

Cheney, WA. Chicken Farm road race. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

May 22: Hutch's Hillclimb #4

Eugene, OR. See Race Series for details. Len Schwana-veldt, 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 for details. Jeff Mitchem, 503-233-3636, www.obra.org

May 23: Bend Crit/TT Series

Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, 541-330-8758, www.obra.org

May 23: Comox Valley TT Series

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

May 24: First Rate Mtg Seward Park Series

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

May 26: BC Masters Association Race #6

West Vancouver, BC. 12km Hill climb time trial 5-10% grade. Start at the bottom of Cypress at 1pm. Double points. Bill Yearwood, BC Masters Cycling Association, 604-267-7338, www.bcmasterscycling.net

May 26: Make the Dash Count - Criterium

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

May 27: BC Masters Association Race #7

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

May 27: SFU Kermess

Vancouver, BC. Simon Frazer University - 4.8 km course around university ground. Junior, Senior Cat 1/5 - 5 starts. First race off at 7:30am, Cat 1/2 men at 1:00pm. Distance between 30 and 100km. David Gerth, Team Coastal, www.teamcoastalcycling.com

May 27: Silverton Road Race

Silverton, OR. Road race is Oregon Cup event. Chris Myers, www.obra.org

May 28: Monday Night Masters & Women PIR

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

May 29: Hutch's Hillclimb #5

Eugene, OR. Final event of the series. Len Schwana-veldt, 541-345-7521, www.obra.org

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 for details. Jeff Mitchem, 503-233-3636, www.obra.org

May 29-Jun 3: Mt. Hood Cycling Classic

Hood River, OR. 5-day race features rides located in the picturesque Hood River Valley at the base of Mt. Hood. 18,000ft of climbing, 200 miles of racing, 6 stages, 6 days, 1 big post-race celebration! \$27,000 cash prize for all categories. Open to Cat 1/2, 3, 4 and Master 40+ men. Part of USA Cycling National Race Calendar. Chad Sperry, Mt. Hood Cycling Classic, 541-980-2344, www.mthoodcyclingclassic.com

May 30: Bend Crit/TT Series

Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, 541-330-8758, www.obra.org

May 30: Mt. Tabor Series

Portland, OR. See Race Series for details. Road circuit. Clark Ritchie, 503-936-2575, www.mttaborseries.com

May 31: First Rate Mtg Seward Park Series

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

ROAD TOURING

MARCH

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. 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, 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 200 (Tour of the Cowichan Valley), 300, 400 and 600km Brevet. All start in Chemainus at 7am. Ken Bonner, 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, 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

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, 206-612-4700, www.seattleirando.org

Apr 21: 200km Signs of Spring

Peace Region, BC. Randonneur Brevet event Wim Kok, 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. Bob Kinney, 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, 725-479-7482, 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, 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.bicyleadventures.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, 541-296-6004, www.stmarysacademythedalles.org

Apr 22: Daffodil Classic BAW

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, 253-572-3415, www.twbc.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.bicyleadventures.com

Apr 27-29: International Discovery Walk Festival Rides

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, 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, 509-972-8803, www.desertvalley.com/rides

Apr 28-May 21: Le Petit Tour de Peace - 300km Brevet

Fort St. John, BC. Randonneur event - Ride from Fort St. John to Hope, Cheswynd 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 1-3 pm. Sold out in 2006. LI Chamber of Commerce, 360-468-4664, www.lopezisland.com

Apr 29: Lilac Century Surprise BAW

Spokane, WA. Distances are 15, 50 or 100 miles, including Riverside State Park, scenic river routes, and rural areas northwest of Spokane. Start times are 7:30am, 9am and 10am. Starts at Spokane Falls Community College. \$30 - \$40 with special family pricing for the 15-mile ride. Mechanical support, food stops, famous potato feed and live music at the finish. Jennifer Polello, Spokane's Aurora Northwest Rotary Club, 509-953-0791, www.northdivision.com

Apr 29: Monster Cookie Metric Century

Salem, OR. Starts at the State Capitol Plaza Mall on the north side of the State Capitol Building. 62 miles of countryside north of Salem. Lunch stop at Champoeg State Park. Checkpoint services include cookies, fruit, and other snacks, water and toilet facilities. The route closes at 4pm. Mary Schmidgall, Salem Bicycle Club, 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.nooofunteers.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.nooofunteers.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 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 BAW

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

May 6: Bike-A-Roo Breakfast Ride

Bend, OR. 25 miles. Start at 9am. Ride followed by pancake breakfast. Susan Bonacker, Sunnyside Sports, 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.bicyleadventures.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, P.O. Box 11219, Olympia, WA, 98508. 800-443-6060, www.bicyleadventures.com

May 6: May Day Metric BAW

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: 6:30 -10am. \$20/\$25. Phil Meyer, Phil's South Side Cyclery/Tailwind, 253-661-3903, www.maydaymetric.net

May 6: Rhody Tour BAW

Port Townsend, WA. 32, 45, or 62 miles. Route follows the varied terrain of east Jefferson County's rural roads. The few hills on the half-metric century make for a pleasantly challenging ride. 100km is a fast rolling ride with a few good hills. Jane Whicher, Port Townsend Bicycle Association, 360-379-2796, www.ptbikes.org

May 6: Southside Ride

Bend, OR. 50 miles from Sunriver to Twin Lakes and back. 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, 206-612-4700, www.seattleirando.org

May 12: Group Health Inland Empire Century BAW

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, 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, 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, 253-841-8711, http://home.comcast.net/~friendsofrachel

May 12: Skagit Spring Classic BAW

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. T-shirt. \$30 pre-reg. Cheryl Calhoun, Skagit Bicycle Club, 360-757-1200, 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, 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. In Seattle - 12-mile ride starts at Gasworks Park at 6:30pm. Events scheduled in Tacoma, Everett (10 miles), Corvallis, Eugene, Pendleton (8-10 miles), Medford (14 miles). 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, 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, 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, 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. Registration on-line or at Roosevelt Middle School. Fully supported, showers, fee also includes garment, water bottle, spaghetti dinner on Friday night, and after-ride celebration. Day entertainment for non-cyclists. Proceeds to RMS PTO for computer upgrades, after school programs and student field trips. Wendy Hoine, Roosevelt Middle School PTO & Port Angeles Chamber of Commerce, 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 early 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, 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

F Family Friendly Ride or Event

BAW Supports Bicycle Alliance of WA

BTA Supports Bicycle Transportation Alliance of OR

May 19: Tour de Cure

Redmond, WA. Join honorary chair Greg LeMond and ride to raise money for a cure for diabetes. 20-, 45-, 70- and 100-mile century, 15-mile family ride. 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, 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, 541-850-2453, www.hutchsbicycles.com

May 20-25: Oregon Coast Road Tour

Eugene, OR. This vehicle-free tour travels from the farm-lands of the Willamette Valley, over the majestic Coast Range to the Oregon Coast and back. Travel 50-65 miles each day. Intermediate or above. Also available: June 3 and September 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, Banderier 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: The Santa Fe Century

Santa Fe, NM. 22th year. Fully supported. 3000 riders, 25-, 50-, 75-, 100-mile routes. rolling. Willard Chilcott, Santa Fe Century Committee, 505-982-1282, santafecentury.com

May 20: Two County Double Metric Century BAW

Olympia, WA. Enjoy cycling beautiful Thurston and Lewis counties. The terrain varies with the distance you choose. 20, 35, 50, 70, 85 and 126 miles. Blaine Wheeler, Capital Cycling Club, 360-480-7356, www.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. It is \$25/person or \$50/ family (2 adults & children under 18). Mark Peterson, 509-453-2561, www.co.yakima.wa.us/

May 22: Larry Kemp Memorial Ride

Leschi, WA. Join us as we 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 NSW junior riders. Meet at 9:00am leave at 10am from Leschi (see website to confirm time). Jet City Velo / Byrnelvent, 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. Herb Bitting, Pendleton on Wheels Bike Club, 541-276-6312, www.cyclependleton.com

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, 509-625-6246, www.spokane parks.org

May 26-27: Foothills Randonnee

Fort St. John, BC. Randonneur event. 600km brevet. Wim Kok, 250-785-4589, www.randonneurs.bc.ca

May 26: Make the Dash Count

Prosser, WA. 10-, 20-, 50-mile rides, wine tasting, BBQ and silent auction. The Dash raises funds for at-risk youth. 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, 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 or riding. 3 supported routes on Saturday and Sunday. David Severson, Apple Valley Kiwanis of Yakima, 509-966-4475, www.nwtr.org/2007/

May 27: Okanagan Shuswap Century Ride

Armstrong, BC. Choice of 14, 56 and 100km in picturesque scenery. Starts & finishes at Memorial Park Monica Nelson, COBRA, 250-764-3012, www.oscr.ca

May 28: 7 Hills of Kirkland

Kirkland, WA. 8th Annual. 3 routes: 43 miles, metric century and century. Challenging, fun, scenic, bagpipe, and great food including strawberry shortcake. "Cycle For A Cause" and help KITH in its charitable mission to reduce homelessness. KITH, 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

**Erratum: Corrected information from previous calendar:*

Aug 4-5: MS Bike Ride (MS 150)

Forest Grove, OR. 2-day fundraising ride through Oregon's wine country and woodlands. Figure-8 courses ranging from 17 to 104 miles. Shorter family rides available both days. Fully supported. Start/finish at Pacific University. Finish line festival and rider village. National Multiple Sclerosis Society, Oregon Chapter, 104 SW Clay St., Portland, OR, 97201. 800-344-4867, www.ms bikerideoregon.com

Sept 9: Emerald City Lights Bike Ride

Seattle, WA. Featuring a 18, 30- or 65-mile ride. 5 km walk. Proceeds to benefit "Our Daily Bread Basket" helping to feed families in need. Patricia Hansen, www.emeraldcitylightsbikeride.org

TRACK

APRIL

Apr 25-Aug 22: Track Development Class

Portland, OR. Weekly 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

Apr 27: Pre-Season Series #1

Redmond, WA. 3 self-seeded categories + Cat 4 Men. Start at 7:30pm. See Race Series for details. Marymoor Velodrome Assoc., www.velodrome.org

MAY

May 4, 11, 18, 25: Bike Central's Fast-Twitch Fridays

Portland, OR. See Race Series for details. Jen Featheringill, Bike Central, 503-227-4439, www.bike-central.com

May 4, 11, 18, 25: Pre-Season Series

Redmond, WA. 3 self-seeded categories + Cat 4 Men. Start at 7:30pm. See Race Series for details. Marymoor Velodrome Assoc., www.velodrome.org

May 10, 17, 24, 31: Alpenrose Thursday

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

May 12: Eric Kautsky Memorial Track Race

Portland, OR. Darell Provencher, 503-657-0568, www.obra.org

May 14, 21, 28: Monday Night Racing

Redmond, WA. Juniors, Cat 4/5 women, Cat 5 and novice men. Starts at 7pm. See Race Series for details. Marymoor Velodrome Assoc., www.velodrome.org

May 16, 23, 30: Wednesday Night

Redmond, WA. Marymoor Velodrome. Start at 7:30pm. See Race Series for details. Marymoor Velodrome Assoc., www.velodrome.org

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Would You Like Chainlube with That?

By MAYNARD HERSHON

"It's no secret to anyone who has ever endured an encounter with a grease-stained, eye-rolling, heavily sighing bicycle shop employee that customer service in this industry has historically ranged from sullen to supercilious to overtly hateful. (It's one of the few retail industries where a condition for employment seems to be utter contempt for the customer, says one industry executive)." -New York Times, Nov.6, 2006

Bicycle Retailer and Industry News Quote of the Day; January 31st, 2007

I dropped into a small, high-end bike shop last week to say hi. Several people had warned me of the owner's crankiness. After a brief taunt about something I wrote 15 years ago criticizing a (sacred cow) Campagnolo component, we had a pleasant visit.

At one point he mentioned that every one of his employees has a degree, and two or three have advanced degrees.

I tell you this not because it is exceptional, but because it's common. If that surprises you, you may underrate the employees at your usual bike shop. You probably assume that folks who work for bike shop wages are slacker low-paid players, born to lose.

Even super-savvy shop people are all-too-often assumed to be (and treated as) clerks, burger-flippers or serfs. Breaks my heart. Some of my best friends work in bike shops.

A number of them, I'm afraid, may appear to be sullen, supercilious or hateful, as the quote suggests. I believe that the retail grind wears them down. They begin in the bike biz as starry-eyed idealists from good families and good schools, and find they are treated with no respect by customers.

I'm not claiming that bike shop workers are treated worse than others who deal with the public. I'm asking my readers to give those worthy bike shop people half a chance.

We're tough, you and I. We can shrug off most styles of shoddy treatment. But when our intentions are good, when we're doing our best to do the right thing, and we're treated dismissively, we take it to heart.

I know I can't stomach being perceived as a liar or snake-oil salesman. I may become hurt and saddened, maybe sullen and hateful. I may sigh and roll my eyes. I may become the poor slob in the quote.

I may even reveal contempt for some customers in my boss's store, customers who (from their position of always-rightness) have treated me shabbily and earned every sneer of my disrespect.

We'd like to think that the shop worker could rise above ill-treatment, swallow his pride and remain a bike business professional, but he can barely pay his bills. His customer thinks he's lying. He wouldn't lie to save his life. Certainly not for eight dollars an hour.

If you're a bike shop customer, please give your mechanic or salesperson a break. Do not walk into the store pre-irritated at the prospect of another contact with a shop grunt. Your meanness does not flatter you, and your judgment may be faulty.

There is no telling how smart or creative or educated or capable the person at your shop is. Maybe he or she says hi like the not-so-useful greeter at Wal-Mart. Do not be fooled.

Very few bike shop employees or owners work in the business because it's the best job they can get.

Far more could easily work (or have worked) at something the public views as significant, prestigious and generously compensated. No one works in bike shops because the pay's good or the benefits superior to jobs at NASA, IBM or the LAPD.

There's an evangelical element to bike shop work that is often played down. If one of your customers in 100 gets cycling in his or her blood; if that individual comes in for fenders, lights, raingear, warm gloves, or to ask about endurance rides or racing, those are tiny but significant victories. Why, you've helped create a cyclist! A real rider!

People work in bike shops because they love bicycles and most bike riders. They like spending their working day around bikes. They're convinced that cycling is good: good for the doer and for the observer, as an example of what mere mortals can accomplish.

Hey, you can ride 100 miles. You can leave your car in its parking space. You can ride to work or to the tops of mountains. You can ride

to your reunion in Des Moines or your retirement dinner in a nearby suburb.

You can ride from San Francisco to LA to raise money to fight AIDS. You can ride from Milan to Bologna or from Boston to Montreal and back to Boston. You can join a bike club or start a bike club. You can change the shape of your body.

You can do things you were certain you could not do.

Okay, perhaps you will struggle a bit, but you can master those things and feel a sense of satisfaction that other areas of our lives deny us. You can ride a bike and feel good about yourself. Thousands have. So can you.

Bike shop workers see all that, and they believe that there is strength in numbers. Most feel that if drivers see lots of cyclists on our roads, we'll all be safer on our bikes in traffic. And more drivers will know someone who rides; a few may just try it for themselves.

More riders also means fewer drivers, they hope, thus cleaner air and water, lower traffic density, fewer incidents of road rage, smaller mountains of discarded car and truck tires, and less dependence on nonrenewable resources. Etc, etc.

If you're aware of a downside, write me and tell me what it is.

My readers who work in shops have been nodding in agreement as they read. While few would admit it, many are shy missionaries compromised by commerce in their efforts to spread the cycling gospel - one convert at a time.

MARKETPLACE

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Hmm...I must be lost, I think I'm supposed to be up there?



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