

# BICYCLEPAPER

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36 YEARS AS THE NORTHWEST CYCLING AUTHORITY

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MAY 2007 • FREE



Photo by Bicycle Paper

May is a great month to start riding to work. Find a buddy and discover the city through new eyes.

## Get Your Coworkers to Bike This Summer

By MICHELLE POYOUROW  
Bicycle Transportation Alliance

Chances are pretty good that you have at least one coworker who wants to bike to work, but never gets up the nerve. Bike commuting is almost a sport of its own, distinct from racing or trekking or even just riding on Saturdays, and many people need a coach and a training regime to get them started. On top of this, most communities and workplaces are engineered for car commuting and not for bike commuting.

But here are some of the strategies that I've seen work well in the Bicycle Transportation Alliance's Bike Commute Challenge, our month-long competitive bike-to-work program that attracted more than 6,000 participants last September.

### Start small

Bike commuting can be physically and mentally exhausting for new cyclists. There's no reason to expect newbies to bike every day, in nasty weather, or when they're late for work. If their first ride is stressful, they may never try again. It might be a better strategy to suggest that they start with once a week — say, on Casual Friday. Or, they can put their bikes on transit in the morning, and bike home in the evening when they can sweat with impunity. Also, they can start biking just on the dry, pretty days. Encouraging aspiring bike commuters to start small can make an otherwise intimidating change easier and more accessible.

### Be a bike buddy

It's hard to wake up early in the morning, and even harder when you're waking up early to do something you're not 100% sure you want to do! Someone who

genuinely wants to bike to work may change their mind every single morning when their alarm goes off. But knowing that a friend is picking them up at a certain time, or meeting them at a coffee shop down the street, will do a lot for their motivation.

Finding a good route to work is key. Most new bike commuters make a common mistake: they bike the streets they normally drive in their car. But the best bike routes are often not the best car routes. By acting as their guide and showing them a good route from home to work, you'll make their first ride more pleasant, increasing the chances that they'll try it again.

Plus, riding in traffic is scary for people who haven't ridden a bike since they were 12 years old. Many of the skills they'll need — like lane positioning, signaling, and making left turns — weren't taught to them when they were young. Having you there to show them those skills, and where they'll need to be applied on their new route to work, will break down that barrier.

### Throw a little breakfast party

Ask your company to set aside \$75 a month for a little bike commuters' breakfast party, say, on the first Friday of each summer month. It's not much money, but that social encouragement goes a long way! Have breakfast snacks and drinks available the hour before work starts, and then publicize it like crazy. People will make dates to bike to work together on that morning, especially if you post a bike map somewhere visible and ask people to initial where they live - then new bicyclists will be able to see who lives near them and can ask for route advice, and maybe even a Bike Buddy.

See "BTA" on page 8

## TRAVEL DESTINATION

## Tour de Cure Expands Beyond the Ride

By KAREN SMAALDERS

There is a mission behind this year's Tour de Cure — five rides in a single day that raise money for the American Diabetes Association (ADA). Rather than just gathering individuals together on May 19 at King County's Marymoor Park, this year's bike event includes a free 10-week training program to help participants get in shape. ADA Tour de Cure Manager Ruth Frobe came up with the idea to help support the organization's mission of helping to prevent diabetes and improve the lives of all those affected by it. "Regular fitness and exercise can help reduce the risk of developing diabetes, and it helps those with diabetes manage their disease," says Frobe. With that in mind, she approached some cycle and fitness experts to design a program

that addresses the needs of everyone from beginners to seasoned riders.

Frobe, who is herself a regular participant in century rides and triathlons, ran her training program idea by



Photo courtesy of K. Smalders

**Craig Udem & Ed Ewing get ready to test Micah Bonkowski.**

Bernie Boglioli and John Post of LeMond Fitness, a Tour sponsor. They immediately thought of Ed Ewing, a trainer/coach at Cycle University, a Seattle business that offers coaching, classes, bike fittings and performance testing. Cycle University owner

Craig Udem, who assisted Lance Armstrong's coach Chris Carmichael at the Tour de France in 2002-03, embraced the idea of helping cyclists of all abilities improve their skills and get in better shape. The resulting training program combines indoor and outdoor rides to help participants get fit and ready for any Tour ride:

See "Tour de Cure" on page 9

## ADVOCACY

## From Scrap Yard to R+E Cycles - Dan Towle's Story

By AMY ENSIGN

How does one decide to spend his life surrounded by bikes? To find out, I sat down with Dan Towle at R+E Cycles, amidst employee questions and multiple projects, to discuss his shop, the Wright brothers, and the future of custom bicycle production.

**AE:** What fascinates you about bicycles?

**DT:** I don't know. I've always enjoyed them. I guess there's nothing more efficient than a person on a bicycle. It's only the human that powers it. I was fascinated by the Wright brothers [when I was a kid]; they sold and repaired bikes for a living. I always thought of them as bike mechanics who invented an airplane. All the models they made to test their wing design, they made out of scrap bicycle parts.

**AE:** How did you get started in cycling?

**DT:** I grew up in a small town

— Jerome, Idaho. There was no bike shop; Western Auto was the place where people bought their bikes. My dad's gas station is where kids would bring their bikes to get fixed (tires, chains, etc.) When I was little, maybe eight or nine, I would spend the summer working at the gas station, my job was to fix any of the bikes that came in...

[Prior to] 1984 I was running a small bike shop during the summers in my hometown. I would take out a little ad for bike tune-ups, and I sold a couple of new bikes. And then when we got married, we decided we were going to move to Oregon and buy a bike shop and...after stagnating for a couple of years we were not able to save up any money, we ended up moving to Seattle because my mom was here. We stayed with her for a couple of months and then she actually moved back to Idaho. I just went to

See "Dan Towle" on page 3

# Friends of Capitol Forest Work Together to Maintain Trails

By AMY ENSIGN

The Friends of Capitol Forest [Friends] is a non-profit organization created in 2006 by Jim Graham and David Snyder to coordinate volunteers interested in constructing and maintaining the forest's trails. Based out of Olympia, this group is mostly comprised of mountain bikers, but they welcome any trail users. Their main purpose is to support the Department of Natural Resources' maintenance program for Capitol Forest's trails, roads, trail heads, and camping areas. Graham states that one of the reasons he helped found the organization was the department's lack of funding. Also, he feels that those who use the trail have a responsibility to conserve it. The group accumulated over 700 hours of volunteer work last year alone.

Lisa Miller, the manager of Ragnarök Racing and the Indie Series, hosted a race on April 1 at Capitol Forest. She has worked closely with the organization and says, "Friends of Capitol Forest have been an absolute pleasure to work with. The people behind the organization are

truly essential to the preservation and improvement to the forest and are deeply passionate about their work there." Her wish is to see the trail marking and signage improved.

Dedicated volunteers meet the first Saturday of every month for a work party. Anywhere between 12 and 30 volunteers regularly participate.

None of the members of Friends are paid employees; they all dedicate their spare time to the cause. In addition, they work with other trail use groups, like Capitol Peak Ultras, cooperatively.

This season, Friends of Capitol Forest will host a five event mountain bike race series, giving a discount to people that come to the work parties and help raise awareness of other community members. Currently they are focusing on trail restoration, re-routes, and progressing towards new trail construction. If you would like to help and have some extra time, visit [www.capitolforest.com/friendsofcapitolforest.html](http://www.capitolforest.com/friendsofcapitolforest.html) to find out more information and to view a work-party schedule.

## Barb Culp Honored

On April 24th, Cascade Bicycle Club Education Foundation presented the Doug Walker Lifetime Achievement Award to Bicycle Alliance of Washington (BAW) Executive Director Barbara Culp for her outstanding service to

the bicycle community of Washington State. The BAW Board Vice President accepted the award on behalf of Barb, who is currently riding in Europe.

# Behind the Scenes Around Washington State

Seattle, Olympia, Spokane, Yakima, WA  
The Bicycle Alliance advocates for bicyclists' rights and bike-friendly laws. It's mostly behind the scenes: sitting in hearing rooms in Olympia, meeting with decision makers in Spokane, Yakima or Wenatchee, or helping start up new advocacy organizations like the Fish Lake Action Group.

Coached by the Bicycle Alliance, Spokane Fish Lake Trail advocates requested a \$2M earmark for the trail. Senator Chris Marr heard their reasoned plea and added it to the Senate budget.

Earlier this spring, the Bicycle Alliance learned that anti-trail legislators were lining

up in Olympia to make it harder for agencies to purchase rail corridors. The Alliance staff made strategic calls around the state to mobilize rail trail advocates. With allies like the King County executive's office, the Association of Washington Cities and others, they stopped the anti-trail legislation.

No matter where you ride, the Bicycle Alliance advocates for you. It's opposition to rumble strips on the RAMROD route up Mount Rainier; it's support for driver safety education about bikes and pedestrians; it's healthy community building in Yakima; it's what our members want, no matter where they live in Washington.

## May is Bike to Work Month

There is no better time to ride your bike than during National Bike Month. Cascade Bicycle Club, in association with many clubs and cycling enthusiasts in the Puget Sound, is leading the way to offer wanna-be and seasoned commuters alike interesting opportunities to pedal to work.

The Group Health Commute Challenge, which runs from May 1 to 31, is a great way to invite your coworkers to join in the action. First, form a team of four to ten riders and sign up for the Challenge anytime between mid-April and the end of May by going to [www.cascade.org](http://www.cascade.org). Then, ride at least five times during the month, report your mileage, and see how your team stacked up against others. You

don't have a team? No worries, you can enter the solo category.

If you prefer to abstain from the month-long challenge, ride your bike to work on May 18 and celebrate Bike to Work with thousands of other cyclists who will take to the road that day. Stop at any of the 37 Commute Stations located throughout the region and grab a map, a free water bottle or a snack before going to work.

Snohomish County and Pierce County commuters can also join in the fun by visiting [www.communitytransit.org/go2/biketowork](http://www.communitytransit.org/go2/biketowork) or <http://cityoftacoma.org>. Snohomish will host the month-long event from May 18 to June 15, while Tacoma's Bike to Work Week is scheduled for May 14 to 18.

It's as beautiful as it is challenging!



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May, 2007

Volume 36 • Number 3

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Calendar Powered by  
**Gutenberg**  
Publishing System

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

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## FROM THE FRONT PAGE

### "DAN TOWLE" FROM PAGE 1

work here [R+E Cycles], my wife worked in a construction company down the street. I really liked it because they made bicycles as well as repairing them. I was the service manager for three or four years. And eventually we ended up being in a position to buy the company in 1993. I wanted to make bikes the way I wanted to make bikes.

**AE:** *How did you learn about manufacturing bicycles?*

**DT:** By doing it. Most people that I know in this industry don't have a formal education. I was always buying bikes with friends and cutting them up and making stuff out of them when I was a kid. It was always a love. I have a friend down in Salt Lake... When he and I were in 5th or 6th grade we'd go down to the local scrap yard. There were bicycles people would just junk, and we would strip the parts off that we wanted and put them on scales (scrap is sold by the pound), bring them back to my house, and make bikes. He's doing that with his teenage boys now. And I'm doing this. He calls me for parts once in a while.

**AE:** *What does a typical day at work look like for you?*

**DT:** I'll be doing anything from working at the frame shop to fixing a computer that broke down... that was one of the things that really surprised me. When we got married and we wanted to move to Oregon and buy a bike shop, we didn't think that my job would be writing a newsletter, fixing a computer, writing software. I spend so much time doing that kind of stuff. When the summer really picks up I work a lot in the repair shop, that's where I really like to work. I'll work in the frame shop when I'm needed. Fitting bicycles, I really like to do that, I like to work with customers.

**AE:** *Why is fit so important when choosing a bicycle?*

**DT:** It's the main thing that counts. If it doesn't fit right, you're just not going to ride it; it doesn't matter if it's a good deal or not.

Nobody would go out and buy a pair of shoes that are two sizes too small just because they were on sale. Fitting a bicycle isn't something that people just learn in a training seminar. It's really one of those things that people that have done it for years can look at people on a bicycle and work with them. Feedback from a customer is probably your most important tool. If someone has a bicycle they don't feel that they can go out and ride for 50 miles without pain, they're just not going to ride it. I'd hate to see that.

**AE:** *What would you consider to be your strengths and weaknesses?*

**DT:** My weakness and my strength are probably the same thing. I have a hard time accepting if I can't do something. I tend not to be able to look at things and compartmentalize them. To me, whether it's writing a newsletter or building a bicycle or anything else, it really bothers me until it's done. I love the challenge. We were selling so many bikes, and it was taking so long to get them built. We were trying to build batches of bikes to save on setup time. If it takes 20 minutes to set it up, you might as well cut 10 [bikes]. Pretty soon you've got 40, 50 bikes all in various stages of not being finished. It took my adrenaline level through the roof.

Last winter, we had just built six triples. I went and pulled the plug. It was November 21st. I said, "We're going to stop. We're going to build every bicycle one bike at a time." This seemed impossible, because it would seem inefficient. Well, why is it inefficient? Why don't



Photo courtesy of Dan Towle

Dan Towle now.

we eliminate the setup? How can we do it? This is the fun stuff, trying to solve a problem that no one has ever tried to solve. If we had a machine for each thing, it would eliminate setup time. We needed 12 machines. We didn't have room, these machines are huge, as big as refrigerators. They don't make small machines. So we decided we'd make small machines. We made all these little machines, but all they do is one thing. Everything is placed as close as we can get it together. We got it down to where we can produce four frames per day with two frame builders.

The weakness that comes along with that is not accepting what can't be done. I tried to hire someone to do the newsletter for me, and I couldn't describe how to do it. How do you get content? You just open the computer and start writing. She could do the layout, but then she needed me for the content.

**AE:** *Where do you see R+E Cycles in 10 years?*

**DT:** Hopefully right here doing the same thing we've been doing for 34 years. The bike industry seems to always support a good strong shop that knows road bicycles.

**AE:** *What do you like best about running R+E Cycles?*

**DT:** The customers. We really have great customers, they're just fun.

**AE:** *Of all that you built, which one is your favorite bike?*

**DT:** That's hard to say, I like all of them in their own way. I really like the new 14-pound steel bike that we make because it's completely against convention. It's a bike that everyone else says cannot exist. It's one of the lightest bikes in the world, it's a full, ready to ride bike, and it's made out of steel.

**AE:** *What would you say to someone interested in entering into this field?*

**DT:** Do it. Because if you love bicycles, that's really it. It's not a huge moneymaking venture. People that have tried in that way, they do fail. Be prepared to work 80 hours a week.

*If you want to find out more about Dan and his shop, visit them at 5627 University Way NE in Seattle or check them out on the web at [www.rodcycle.com](http://www.rodcycle.com).*



Photo courtesy of Dan Towle

Dan with his first chopper.

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# Everything I Really Need to Know I Learned in a Brooks Saddle

By JOE “METAL COWBOY” KURMASKIE

All I really need to know about how to live and what to do and how to be, I learned by climbing into the saddle of a bicycle and riding it as far as it would take me.

And you thought I was going to pull the mother of all acts of plagiarism and say kindergarten. No disrespect to Robert Fulghum, who in fact inspired this little ode to the bicycle as a guide to better global citizenship, but I was too busy eating paste and running away from cooties dispensed by Diane “Future Miss Pennsylvania” Giletspe (who knew), to pick up useful knowledge from the six and under set.

Alas, wisdom was not waiting for me in the sandbox. Nor, as an adult, did I drive in the direction of nirvana behind the wheel of a Chevy or Ford or even rickshaw (though we drove a long way to see Nirvana in a Toyota Corolla, summer of 1991). All I really need to know about how to navigate life starts and ends with the soothing meditations of a perfectly timed cadence.

What I’ve learned at the University of Brooks and a few correspondence courses through The College of Campy:

**Share everything:**

The road, the draft you’ve been sucking off your ride partner for the past ten miles, those extra Clif bars (not just the flavors you can barely choke down, but the ones that taste like Scooby Snacks to a bonking cyclist). Share the best route home (for sunsets, wide shoulders, animal sightings, a car only every few minutes, the one that gives you a descent AND a straightaway on the final push to your doorstep). Share that extra tube you lug along on every ride (just remember to replace it before your next shot out the gate, because that’s the second your path will be laced with glass and goat heads and you’ll no doubt curse your generosity and my name). Share what you see on the road ahead with others behind you, figuratively and literally (I once called out “glass on your left” followed by “Why Canada will always feel superior to us on your right.” We were cycling by a 120-foot long hockey stick and 2000-pound puck statue outside the Hall of Fame in Minnesota. I think it was Minnesota. It looked like a Coen Brothers’ film set). But most of all, share your love of cycling — not only for the beautiful lines, curves, simple design elegance and

earth-friendly features of a device once called a bone-shaker, but for what it does for your physical health and mental state, where it can take you in terms of possibilities, and that it is the closest thing to a fountain of youth on this planet or any other. Hey, there’s a reason both you and Einstein look so much alike on a bicycle. It’s called wonder... and Helmet Hair.

**Don’t hit:**

A curb if you want true wheels and round rims, railroad tracks at anything but an angle if you want to stay upright, or car doors as they are being opened by a distracted driver if you want to stay out of the hospital. Bicycles offer object lessons in momentum (it’s your friend all of the time) velocity (it’s your out of control lover who, at some point will rocket you to a place where you are frightened and thrilled and calling out for your mommy simultaneously) and gravity (it has no friends and should not be trusted, respected but not trusted, especially in the curves, around black ice or whenever you’ve forgotten those gloves with the good padding in them). Bicycles show us how important it is to avoid life’s collisions.

**Hydrate or die:**

There’s no deeper meaning with this one, no social context or larger vision, just drink up or die... tip back the water bottle as often as you can. It took a long bike ride in July, cramps and doing the cockroach complete with kicking leg muscle spasms on your back, all while licking the last hint of moisture from the inside of a water bottle lid to bring this message home.

**Play fair:**

Forget the constitution or the United Nations, the bicycle is the most democratic device in the world. It levels the field, any field. Anyone can learn to ride, you don’t have to be Tour de France fast to enjoy it, in fact, it’s more fun if you have something to lose (weight, seconds off your best time, a cubicle job you’ve just ridden away from). When you get onto a bicycle, no matter who you are, race and class peel away, possessions boil down to what you can carry in a few bags, and you turn back into a ten-year-old giving everyone around you the benefit of the doubt.

**The World is not flat:**

It’s all about circles in this life — the ones

you make with friends, with your choices and your cadence. Which is not to say there won’t be bumps distorting these lovely grand, geometric patterns. True story: Galileo was placed under house arrest by the Catholic Church in the 1600’s for claiming the world was round and revolved around the sun. It wasn’t until 1992 that the church admitted it had that one wrong. So try to remember that the bike and its circles will always bring you back around... if you give it long enough.

**Take a nap every afternoon:**

Preferably outside, beside your bike. And if you can swing it, by a stream, under a willow tree, or in a pasture outside a vineyard after you’ve sampled a bit of the grape. These are power naps, these are naps you’ll savor and search for and call out to at 2am on a sleepless Wednesday back home.

**Clean up your own mess:**

Dead men tell no tales, but greasy hands from chain repairs and bike maintenance leave a trail of stains Hansel could follow in a snow-storm... and a look of divorce in your mate’s eyes. The proper care of a bicycle and keeping track of all its little parts that will roll under a desk or into a heating vent can make even the most pigpen among us into a part-time neat freak. Being anal even ten percent of the time has saved more than one marriage.

**Wash your hands before you eat:**

(See the one about grease and what not)

**Warm milk and cold cookies are good for you:**

Or in our case, warm Gatorade, cold pasta out of a ziplok hanging over your handlebar bag while riding, and ice cream are good for you:

Cycling dispels the notion that everything in life has to be the perfect temperature, completely dry, always easy and without pain... as long as there’s a bit of ice cream waiting for us, cyclists will abide.

**When you go out in the world, watch out for traffic, hold hands and stick together:**

I don’t know how well the holding hands part translates to cycling (though I have seen the Dutch accomplish this in transit without much trouble, those dexterous bastards of windmill country). I do know traffic and cycling teach that in life we must presume we are invisible and make a show of our days. It’s the only way our ideas will see the light and we won’t get

crushed by every other one of us locked in rolling steel cages. Cycling has taught me this: Inside Every Car... is a person who really needs a bike ride. It’s made me want to light up the world while I’m here. Bright-colored clothing, creative thoughts, spotlights on the handlebars shining on unpopular ideas that you know in your gut to be right. And reflective tape, lots of reflective tape, that and changing things in your own life before asking others to do the same. Flashing lights too, and of course crash tested headgear if you want to stick around for the rest of the party. About sticking together — what’s a pace line or a party without friends?

**Live a balanced life:**

Too far to the left or right and you fall over — though in my case, you’ll notice that I do favor my left side. It’s probably what’s kept me from Cat 2 status AND society’s version of the victory lap (cash, prizes, public confessions and rehab) but I just can’t help myself. I can’t seem to give up on clean air, polar bears, poor people stuff like that.

**Look:**

Look around (that goes double for cyclists — too many times we put our heads down and just work the little circles with our pedals all the way home). Resist this temptation if you want to enjoy the ride on and off the bike.

**Everything dies (and everyone crashes):**

Everyone and everything falls down eventually; the Twin Towers, the Roman Empire (most of it anyway, except for the ruins still on the official tour), Kurt Vonnegut, rest in peace my hopeful cynic. Truth is, the more you worry about crashing the more likely it is you will. Riding and living tentatively is the kiss of... well, you know. Worse still, if you try to eliminate the chance of crashing, it’s the kiss of mediocrity. Try this, act as if today is the last day you’ll own a set of legs... it might be. No, I haven’t heard anything, but if I had, I’d want what you would want... one more ride.

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](http://www.metalcowboy.com)



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## Dominance: Good or Bad for BC Racing?

By MATT USBORNE

Over the past few seasons in BC road cycling we have seen the emergence of a dominant team, arguably one of the strongest Canada has ever had. In 2003, the idea was to create a place for Canada's top professional cyclists and future stars to evolve.

Fast-forward four years and Symmetrics now wins international stage races, as well as important one-day events. Not only have they succeeded in becoming Canada's premier cycling team, but they did it with an all Canadian crew.

For Canadian cycling, this is a step in the right direction. Previously, some very good squads cropped up in the national scene. The Evian team dominated Canadian cycling and raced extremely well internationally, but it no longer exists. With a few other exceptions, many Canadian teams occasionally feature in the results, but are by no means as dominant.

Another very positive spin-off is the potential for promising young riders to get a shot without having to uproot to the US or Europe. Canadian riders arguably have a much more difficult time finding a home on American squads. Many US teams prefer to have American riders - perhaps rightly so. I've seen this happen first hand. Europe is a similar story. In order to be noticed in Europe you have to flaunt your skills in front of the team directors. To do that you need to race where they race, often meaning that aspiring riders have to head across the pond.

Naturally this causes culture shock, and many a rider has come back from Europe completely cracked, never wanting to look at a bike again. Thus, Symmetrics, and similar teams, provide a vital service to the young, ultra-talented athletes that might otherwise never get the chance to fully realize their potential.

However, dominance isn't always good, especially when it comes to fostering competition at home. According to the Wiki definition, dominance (game theory) occurs when one player's strategy is better than another, no matter how the opponent plays. That seems to pretty well fit what has happened the last few years in BC. Rather than use the local races as training, Symmetrics has set about to completely dominate the scene. From early season spring races through the BC Cups and other events, they attend en masse. They have not just raced hard to prepare themselves for bigger fish, but have lined up their whole squad and crushed any competition.

Now, you may argue that there are three responses to this phenomenon:

- 1) Make your team better and give them a run for their money.
- 2) Accept that this is how the races are run and try to squeeze in a result or two.
- 3) Give up! Take up golf, yoga or tai chi, 'cause you ain't hard enough for cycling.

In fact, I agree with these responses. Certainly there have been many attempts to build a team to compete — unsuccessfully to date — but for the past couple of years there has been

much more emphasis on building a team as opposed to getting the odd strong guy. Symmetrics is a Pro team, made up of full-time, professional bike racers.

Meanwhile, part-time riders make up nearly all of that remains of the category 1/2 pack. It is always going to be a handicap to have to put in your 40 hours at work, squeeze in the odd ride and try to compete with some of North America's top guys.

The cycling scene in BC has been dominated by one team for the last few years. Their tactics are out of the same playbook every week, yet they still dominate. Why? They are very strong and any one of them could win nearly any race in the Pacific Northwest — but most important, they race as a unit, using collective strength to ride down strong riders who dare to attack them, and tag teaming those who do make the break with them. BC racing, especially on the regional level, has become rather predictable and boring. However there is light at the end of the tunnel for provincial Cat 1/2 racers; Symmetrics' A-list riders will be away for many of the local and regional races in 2007!

Can another group step up to the plate in their absence and develop a battle-hardened, cohesive team? That's the thing with dominance, some accept it, some quit, and some take a look at the key ingredients to their success, and then do what it takes to face them head on. Is 2007 the year when another squad can start to climb the ladder Symmetrics built?



## Racing News

### Road

Oregonian Doug Ollerenshaw finished second in the first stage of Tour de Georgia on April 16th. After averaging 29 mph and spending most of the 98.5 miles in the front, the HealthNet presented by Maxxis rider completed the distance in 3.24'11", 29 seconds behind Italian Daniele Contrini.

Svein Tuft of Symmetrics won the opening leg of the U.S. Open Championship in Richmond, Virginia on April 7th. The BC resident upset the race favorites by breaking away with Patrick McCarty (Slipstream-Chipotle) with 15 miles to go. On the last hill of the day, Tuft attacked and left McCarty behind for a solo victory.

### Mountain Bike

Pan American Champions Geoff Kabush (BC) and Georgia Gould (ID) won their respective cross-country events to close the mountain bike portion of the Sea Otter Classic. Kabush went hard from the get go and shed all four rivals off his wheel in the first lap. He outsprinted them to get his second victory of the weekend. He first won the time trial.

Gould took the lead in the first lap and never relented in her effort towards the top of the podium. BC's Kiara Bisaro (Team Opus) and Katerina Nash (Luna Chix) lead the chase but could not reel her in. Bisaro outsprinted Nash for second place.

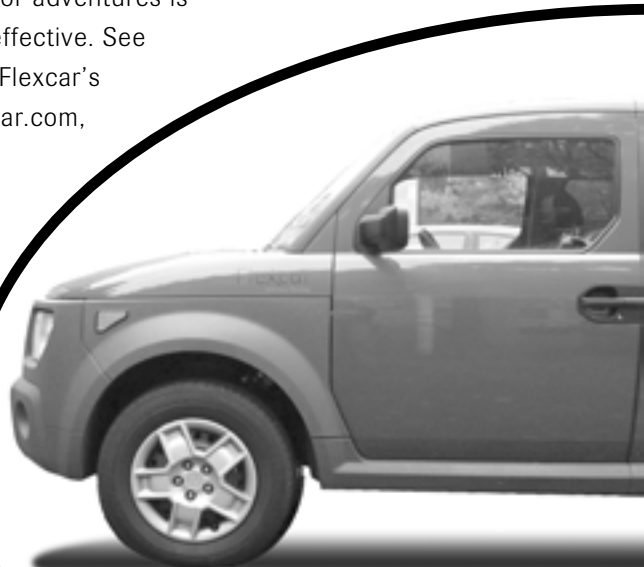
In the short track event, Ryan Trebon (Kona) took second ahead of Max Plaxton (BC), Kabush and Barry Wicks (OR). Frenchman Jean-Christophe Peraud won the race.


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# BTA Legislation Aims for Safer Cycling

By AMY ENSIGN

On August 1, 2006, Mike Wilberding was riding down Southwest Fifth Street in Beaverton, Oregon, when he was hit by a driver attempting to turn left onto Washington Avenue. Sadly, Wilberding died later at Oregon Health and Science University Hospital in Portland. The driver of the car that struck him was cited for failing to yield to a bicyclist in a bike lane.

This story adds to the growing number of motorists receiving what many believe to be excessively lenient punishments for seriously injuring or killing cyclists, an issue that has incited members of Oregon's Bicycle Transportation Alliance (BTA) to take legal action. In 2007, the BTA will focus on legislative priorities to make cycling safer, namely House Bill 3314 (Vulnerable Users of Public Right of Way) and Senate Bill 299.

Of course, automobile accidents having an impact on the safety of cyclists is certainly nothing new. The first car crash in the United States occurred in 1896 in New York City between a motorist and cyclist, according to [www.bicycleuniverse.info](http://www.bicycleuniverse.info). The cyclist was killed. According to the same source, in 2003 there were 46,000 bicycling injuries and 622 fatalities that resulted from traffic collisions in the United States. This means that cyclists account for almost two percent of the fatalities in the nation, even though they represent less than one percent of trips made. According to the National Center for Statistics and Analysis of the National Highway Traffic Safety Administration, 784 cyclists' deaths resulted from automobile crashes in 2005.

In *Bicycles and the Law*, Ray Thomas wrote, "We are tired of hearing about terrible accidents where a motorist kills or grievously injures a bicyclist by failing to give the rider a lawful share of the road and the only consequence for the motorist is a traffic ticket that doesn't even require a court appearance and includes no drivers license suspension." Thomas, who is also a legislative committee member, is currently working with the BTA on their judicial agenda.

They are seeking to create a new crime — injuring or killing vulnerable roadway users. HB3314's draft text, "Infliction of Serious Physical Injury or Death to a Vulnerable User of a Public Way," defines a vulnerable user as a bicyclist, pedestrian, motorcyclist, operator or occupant of non-enclosed piece of farm equipment, wheelchair user, skateboarder, roller blader, animal rider or other person who is not enclosed within the protective shell of a motor vehicle.

The crime would be considered a Class A Misdemeanor, which is punishable by up to one year in jail and a fine of up to 6,250 dollars. However, the defendant charged with the offense may enter into a diversion agreement if they have not already done so. If the motorist chooses this course, he or she will have to complete a certified driver training course that focuses on collision avoidance. A physical and mental exam will also be administered, and the offender will have to complete a program of community service that includes at least 200 hours of activities related to traffic safety, the rights of vulnerable users of public ways, and education to adults and juveniles on the hazards and consequences of dangerous and

negligent driving. The proposal was sent to the House Judiciary Committee in Salem on February 22, 2007.

While many support this bill, others have expressed concern that a deterrent program is not a harsh enough punishment for those who injure or kill cyclists. Scott Bricker, BTA's Transportation Alliance Policy Director, says, "I think that's an important concern. This is still more targeted at the soccer mom who is drinking her latte and is late to work and... runs over a kid. The current judicial system may not be ready to put her behind bars, but the community may think that person needs to give back to the community. We think that this is really going to be the most productive thing for everyone."

The second aspect of the BTA's campaign is Senate Bill 299. On January 29, 2007, Bricker, Thomas, and BTA board member Doug Parrow presented it to the Judiciary Committee. According to the bill, a driver is unsafely passing if he or she fails to leave three feet between the cyclist and the motor vehicle. This three-foot rule spells out clearly for motorists what until now has been left up to personal judgment. The Oregon Driver's Manual only instructs that the greater the speed difference between a motorist and a bicyclist, the more room should be allowed when passing. This ambiguous direction does not indicate what a safe passing distance is. In many cases, a motorist's idea of a safe passing distance and a cyclist's vary greatly. If this bill is passed, not granting the three-foot buffer for a cyclist will result in a Class B traffic violation, which is punishable by a \$300 fine.

Many support this three-foot rule, but others think it will be difficult, if not impossible to enforce. As he helps to revise the bill, Thomas is interested in getting the input of the police. He states, "We want to come up with laws

that the police will not think are irresponsible, we want to get them on board." Still others oppose it for



Photo by Bicycle Paper

**Many support this three-foot buffer rule.**

the burden it puts on drivers. In an article published in the Register-Guard January 30, 2007, Senator Jeff Kruse was quoted as saying, "This puts all the onus on the motor vehicle driver to make sure that the separation is there when there is nothing on the bicyclist. It's totally one-sided." Bricker disagrees. According to him, there is a clear set of statutes that require bicyclists to act like vehicles when riding on the roadway; they are not allowed to weave in and out of automobile traffic. He believes that if cyclists do their part, motorists should do the same.

Currently, Oregon law states that a person commits an offense if they drive their vehicle on the left side of the roadway in a no-passing zone. Senate Bill 299 would provide an amendment to this, stating that the provisions of this section would not apply when a roadway is too narrow for a driver of a motor vehicle and a bicyclist to travel safely side by side. The motorist may drive to the left of the center lane as long as it is safe to do so, and there is no oncoming traffic.

Many are excited about the possible changes to Oregon's legislation and what these changes mean for the future of non-motorized transportation. Whether these bills are supported or opposed, the issue of cyclists' safety on the road is receiving much-needed attention. If you would like more information on cycling legislation in Oregon, visit [www.bta4bikes.org](http://www.bta4bikes.org).

## PRODUCT REVIEW

# Endurance Max Energy

By TAI LEE

Max Energy concentrated electrolyte drink is one of many such products labeled as mostly glucose, with very little, if any, fructose.

Maltodextrin syrup is the primary ingredient (over 98%) of Max Energy. It enters the body as glucose, which is then stored as glycogen throughout the body. There are also electrolytes (salt and potassium) thrown in to help lubricate muscle tissue functions.

The most noticeable feature of Max Energy is the packaging. It comes in a plastic hip flask with a long neck and resealable cap. The 10 oz. bottle fits very nicely in a jersey pocket. The whole bottle is enough for two to four hours of continuous use, as recommended on the label.

Does it work? My first experience with Max Energy came one afternoon when my brain "bonked" at work. I cracked opened the tamper-proof seal and downed a squirt of "Jammin'

Banana," about one serving's worth (1 ounce). Within a few minutes, I could feel my brain functions returning. I finished off that first bottle by taking a couple swigs each day before the uphill ride home. A friend and I recently shared a couple of bottles on a 70-mile ride. The quick absorption of Max Energy is very noticeable, especially towards the end of a ride. The bottle is easy to grab, open, squirt, and close while on the run.

Max Energy goes down easy. It does not taste overwhelmingly sweet. The texture is



somewhat like maple syrup, and a bit of water helps to wash it down. A few of the flavors don't quite match up with the label. The "Caffeine Cola" and "Peppermint Schnapps" flavors taste different than I expected. But then again, peppermint schnapps is the last thing I would want while riding. Had I not expected to taste cola, I wouldn't have cared, as all the flavors are neutral and mild-mannered.

Overall, this is a well thought out product that delivers what it promises. For more information, check out [www.endurancemaxenergy.com](http://www.endurancemaxenergy.com).

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## Take Care



By Erik Moen  
PT, CSCS

Taking care of your equipment has important ramifications for the health of your body. Part of my day job is caring for people with bicycle injuries and bicycle-related pain syndromes. The most common areas of equipment neglect are where the body meets the bicycle, such as the pedals, bars and saddle.

Excessive wear and inappropriate screw tension cause problems with cleats. Road shoe cleats can wear fairly quickly if you spend a lot of time walking in them. Speedplay road pedals cause rapid screw abrasion, making it difficult to remove or adjust the cleat. I've had to have screws drilled out in order to make adjustments. Look and Shimano have wear indicators on their

cleats. You don't want to break a cleat during pedaling. Nothing is more embarrassing and damaging than to suddenly pull out of the pedal in a sprint or a big hill climb. If your foot rolls in and out fairly easily, or an excessively worn cleat situates your foot in an irregular tilt, your risk for knee pain increases. Storing geological samples (dirt and mud) in your cleats can create difficulty in clipping in and limit float. Dirt and water also cause rust. Rust can keep the screws in the shoe, but if you ever want to remove the screws you may run into some difficulty. Loose screws, on the other hand, will lead to an improperly positioned cleat, another quick path to a knee injury.



Photo by Rick Peterson/Bicycle Paper

**Well worn cleat ready to be changed.**

Bottom line: Check your cleats frequently for excessive wear, clean them, and make sure there is no irregular wear of the screw heads. Cleat your shoe into the pedal without your foot and assess the motion of the shoe on the pedal.

Handlebars are a frequent area of wear and

inattention. Improper handlebar or glove padding will put you at risk for discomfort and numbing. Check to make sure that the areas where your hands contact the handlebar are sufficiently covered with bar tape. Many manufacturers are making gel wraps, which vary in "squishiness." Replace your bar tape every other year or so. Bicycle gloves increase hand comfort, but the foam and gel in those will break down fairly quickly. If you are depending on padded gloves, make sure you replace them yearly.

Saddle break down seems to be occurring more often with the advent of the cut-out saddle, which has less supporting material. A worn saddle creates an environment that tips your pelvis forward, causing the sensation of you sliding forward, or the need to scoot back and increased pressure to the hands. You will also experience a significant boost in front of the saddle pressure. Not a good thing. Do the



Photo by Erik Moen

**For better comfort, change the bar tape.**

"squish test": push down in the middle of the saddle to assess sag. Easy sag makes for discomfort at hands and saddle. Not all seat posts are created equally. A seat post that allows for fine-tuning of tilt will adjust to a truly neutral saddle position for endurance riding.

Get in the habit of frequently assessing and cleaning your bicycle equipment.

Properly positioned and tensioned bicycle equipment will help ensure your safety and greater comfort and limit your risk for overuse injury. Happy Spring!

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

## FROM THE FRONT PAGE

"BTA" FROM PAGE 1

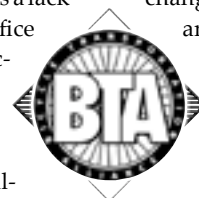
### Lobby for parking and showers

The most common workplace hurdle to bike commuting is a lack of good bike parking — but it's also one of the easiest and cheapest to overcome. Good bike parking, just like good car parking, is close to the workplace, locked up or near a parking attendant, and protected

from the rain. But some workplaces lack even exposed, unattended racks where bicyclists can park! Under these conditions, a few people will bring their bikes into their offices (if they have offices); the rest will simply drive to work. Ask your company to find or create a secure, dry, easy-to-find place where employees can park

their bikes (and be sure to point out that 12 bikes can fit into one car parking space).

The second most common hurdle is a lack of showers and lockers. Many large office buildings or industrial workplaces actually have showers and lockers but do not allow bike commuters to use them. Others have none at all. Lobby your company to make shower installation a high priority, and to make those showers easily accessible to bike commuters. If your workplace is near a gym, explore the possibility of "shower-only" memberships for your bike commuters, subsidized by your company.



### Get the money

Many companies give free or subsidized car parking or transit passes to employees. Workers are essentially "paid" a small portion of their salary in something other than cash — in this case, in transportation services. Yet bike commuters must forfeit this part of their salary entirely. The federal tax code encourages this unequal treatment by allowing companies to deduct the costs of parking or transit passes, but not the costs their bike commuters bear.

While the BTA is supporting federal legislation that will change this (ask your Senators and your Representative to support the Bicycle

Commuters Benefits Act!), some enlightened workplaces have decided not to wait for the change — they give a Bike Commuting Benefit anyway, in order to treat their workers fairly. Some simply allow bike commuters to "cash out" their parking or transit benefits. Others give gift cards to local bike shops in the same amount, or supply "shower-only" memberships at a nearby gym. Chris King

Precision Components in Portland rewards bike commuting employees with paid vacation time (and they won the Bike Commute Challenge in 2006). Ask your company to give a bike commuting benefit to employees who request it.

And if none of these tricks work on your colleagues, just remind them that gas prices are predicted to hit \$5 per gallon by 2009, and that those poor polar bears in the Arctic are drowning due to lack of ice! We can all do our part to slow global warming, and one of the easiest — and biggest — ways we can help is by biking more and driving less.

*The Bicycle Transportation Alliance works on bike advocacy and bike education in Oregon and SW Washington. For info on free adult bike commuting classes, visit <http://www.bta4bikes.org/resources/commute101.php> or call (503) 226-0676.*

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## "TOUR DE CURE" FROM PAGE 1

from the flat Lake Sammamish River Trail of the 15-mile family ride to the hilly courses of 20, 45, 70 or 100 miles in east King and south Snohomish counties.

Hitting the back roads on a century ride can be daunting early in the season, before many riders have had a chance to train after a long winter hiatus. This is especially true when the ride has a 4,200-foot elevation gain. As riders sign up for the Tour, they receive a mileage guide, are invited to join several training rides and selected spin classes at participating Golds Gym locations. Cycle University's rides focus on such aspects as "Pacelines and Group Riding" and "Climbing and Descending." A group bike fit check to assess basic fit and position are also included. Participants come to the event with bikes of all prices and ages, and Cycle University coaches help riders know what they'll be facing with a heavy older bike, or the higher gear ratio and knobby tires of a mountain bike. "People are looking for really honest feedback," says Ewing.

Undem, who has 20 years of coaching experience, likes bringing new enthusiasts into a sport he admits can be elitist. By helping people select a bike, get fitted properly, and learn riding tips that may take years to learn on their own, Undem sees beginning and intermediate riders improve dramatically. "It really opens people up to how cool cycling is," he says. "Events like Tour de Cure are creating first time athletes," says Ewing. "We want to take the mystery out of cycling and make it approachable for anyone."

To facilitate building up endurance for

the Tour, riders receive a program that breaks down their weekly miles over several days of training each week, based on exertion (heart rate). Spin class instructors apply outdoor racing techniques to their classes, but Undem still encourages participants to do the majority of their training outside. "There are some things that can only be taught in the field, like changing flats, climbing hills, riding with others and how to eat a banana at 12mph," Cycle University's Tour de Cure training flyer states.

It is a good thing to have someone urging you to stay the course when the weather is less than ideal. "I love the training Cycle University is providing," Tour rider Kathleen Myers says. "Even in the rain last weekend, we had a blast. I would have never gone out on my own that day." The program is especially valuable for those who are starting out or who have never had any coaching. "We break down mundane training into more digestible elements," says Undem. "Most people operate a lot better with deadlines and pressure."

One of those beginners is Chris Krotky, 34, who is tackling a 30-mile ride (a modified course) along with her Team Krocket teammates, all coworkers at Costco's corporate offices in Issaquah. Krotky became serious about exercising after her August 2006 diagnosis of type 2 diabetes. Since, she has lost 45 pounds and 40 inches. Approximately 10 percent of Tour participants have diabetes, a disease that affects the body's ability to produce or use insulin, a hormone that is needed to convert sugar, starches and other food into necessary energy. Paying attention to carbs and fluid intake is essential

for any athlete, but it is critical for those with diabetes.

"The odds were I was going to get diabetes with being overweight and my family history (both parents have diabetes)," says Krotky. She began training in earnest after consulting a dietician about carb intake and losing weight, and she now rides her Trek mountain bike to work and gets up at 4:00am three times a week to work out in the corporate gym. She signed up for the Tour de Cure after picking up a flyer in a bike shop. Her coworkers are her best champions and motivators, getting together every Saturday for a two-hour ride. The team picks different parks every week for a change of scenery. Recently they signed up for a company promotion to ride their bike to work at least three times each week in May. "If I wasn't signed up for the Tour de Cure, I wouldn't have done it," said teammate Michelle Acpal, and Krotky agrees. "The training program definitely keeps me on track," she says.

Another great incentive for this year's ride is the chance to meet three-time Tour de France winner Greg LeMond, honorary chairperson of the Tour de Cure rides nationwide. LeMond, whose business LeMond Fitness makes the spin bikes that Golds Gym and Cycle University uses, is a huge proponent of lifelong fitness. Those who raise at least \$2500 in this year's Tour event will be invited to a meet and greet with LeMond on May 18, the night before the Tour.

That's a big draw for cycling enthusiast Micah Bonkowski, 30, who began biking for the first time since college when he signed



Chris Krotky

up three years ago for the 25-mile ride. The ADA fundraiser seemed like a natural choice for the Bothell area resident, who had just been diagnosed with type 1 diabetes, an autoimmune disease primarily affecting children and young adults in which the body does not produce any insulin. "Being diagnosed with diabetes (in 2002) was a pretty life-changing experience," says Bonkowski. "I didn't know how to exercise with diabetes." In

collaboration with his physician and a dietician, he figured out how to do it right. "Exercise has helped a lot in controlling my blood sugar," says Bonkowski.

Bonkowski plans to bump up to the 100-mile route this year, in preparation for an even bigger goal, a 4,200-mile cross-country fundraising trip for the ADA in the summer of 2008.

For riders of any ability, the key to training successfully is to find out what motivates them, say Undem and Ewing. "Ask yourself why you are doing the ride, and that's what will get you on the bike," says Ewing. "Do you love the sport? Is your motivation raising money for diabetes? Do you want to get fit? We always ask, 'Why are you here?'" For cyclists like Krotky and Bonkowski, that answer might be "all of the above."

Registration for the American Diabetes Association's Tour de Cure is open until the day of the event, May 19. To register, go to [www.diabetes.org/tour](http://www.diabetes.org/tour) or contact Tour manager Ruth Frobe at (206) 282-4516, ext. 7203, or email her at [rfrobe@diabetes.org](mailto:rfrobe@diabetes.org).

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# Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

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

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## EVENTS

### MAY

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

Puget Sound, WA. 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](http://www.cascade.org)

#### May 6: Training with Power Lecture, Guest Speaker Richard Wharton

Redmond, WA. Author of Watts per Kilogram, Richard Wharton has become an expert in power-base training technology and using the latest in science to optimize performance. Sign up at [www.eastsidemultisport.com](http://www.eastsidemultisport.com) Mary Lassiter, Eastside Multisport, 2709 152nd Ave NE, Redmond, WA, 98052. 425-882-2819, [www.eastsidemultisport.com](http://www.eastsidemultisport.com)

#### 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](http://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! 10:00a.m.-4:00p.m. at Genesee Playfield, S. Genesee St. & 43rd Ave. S. Bike Works, 206-725-9408, [www.scn.org/bikeworks](http://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](http://www.rideofsilence.org/main.php)

#### May 18: Starbucks Bike To Work Day

Puget Sound, WA. Ride your bike to work. Stop at any of the commuter booths along the way. Join the 30-day Group Health Commute Challenge. Cascade Bicycle Club, 206-517-4826, [www.cascade.org](http://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, 206-367-0839, [www.streetscramble.com](http://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, 503 226 0676, [www.bta4bikes.com](http://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 (\$50 C) and benefit NW junior riders. Meet at 9:00am leave at 10am from Leschi (see website to confirm time). Jet City Velo / Byrnelnvent, [www.jetcityvelo.com](http://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. Also covered in our monthly meeting will be the latest ride reports and upcoming rides. Everyone is welcome. [www.pumpclub.org](http://www.pumpclub.org)

### JUNE

#### Jun 12: Bicycle Advisory Committee Meeting

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

#### Jun 16: Marymoor Little 100

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

#### Jun 18-Aug 8: Youth Cycling Classes

Portland, OR. Learn to ride the track. Classes every Monday, Wednesday and Friday. Nathan Hobson, 503-652-3763, [www.obra.org](http://www.obra.org)

#### Jun 23: 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](http://www.pumpclub.org)

## CAMPS

### 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](http://www.dirtseries.com)

#### May 25-27: DevineRIDE Women's Mountain Bike Camps

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

### JUNE

#### Jun 2-3: Dirt Series

Whistler, 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](http://www.dirtseries.com)

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

Fernie, BC. Weekend skills camp for women. Spend 1 day working on downhill and bike-handling skills, and 1 day riding the trails in Fernie, working on our cross-country and climbing skills. Mike Bric, Fernie Fat-Tire Adventures, 888-423-7849, [www.ferniefatire.com](http://www.ferniefatire.com)

#### Jun 16-17: Dirt Series

Bellingham, WA. MTB camps for women. See June 2-3 for details. Dirt Series, 604-905-8876, [www.dirtseries.com](http://www.dirtseries.com)

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

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

#### Jun 22-24: DevineRIDE Women's Mountain Bike Camps

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

#### Jun 30-Jul 1: Dirt Series

Bend, OR. MTB camps for women. See June 2-3 for details. Dirt Series, 604-905-8876, [www.dirtseries.com](http://www.dirtseries.com)

## RACE SERIES

#### Jan 27-Sep 9: BMX BC Cup

Various, BC. Series of 7 events, top 3 plus finals to qualify. Top 4 + finals counts towards year end ranking. Cycling BC, [www.cyclingbc.net](http://www.cyclingbc.net)

#### 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](http://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](http://www.wsbaracing.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](http://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](http://www.obra.org)

#### Apr 1-Aug 5: Carnation Time Trial Series

Carnation, WA. 5 separate races with shorter lengths early in the season, a hill race mid-season, and two long races in July and August. Points 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, 911 Western Ave, Suite 506, Seattle, WA, 98104. 206-632-4578, [www.footworkscycles.com/fimtrial](http://www.footworkscycles.com/fimtrial)

#### 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. Rory Muller, BuDu Racing, 206-625-8333, [www.buduracing.com](http://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, 503-233-3636, [www.obra.org](http://www.obra.org)

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

Seattle, WA. Criterion 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/night. Juniors & women \$5. Registration on race day only. Opens at 4:30pm, first start at 5pm last at 7pm. Nightly cash & primes. Pts 6 deep. Pazzo Velo, [www.pazzovelo.com](http://www.pazzovelo.com)

#### Apr 7-Jun 9: The Dirty Dozen

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](http://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](http://www.bcmasterscycling.net)

#### Apr 8-Aug 26: Seattle LAJORS Series

Seattle, WA. 6-event series for junior riders. All events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Best 5 out of 6 counts towards final standings. Event identified as LAJORS. David Schilling, 206-619-1355, [www.radracinngnw.org](http://www.radracinngnw.org)

#### Apr 8-Sep 2: WSBA Junior Tour

Seattle, WA. 14-event series for junior riders. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Overall standings calculated on points. Event listed as Jr. Tour. David Schilling, [www.wsbaracing.com](http://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](http://www.baddlands.org)

#### Apr 10-Jul 17: Tuesday Niter Training Ride Series

Boise, ID. Preparation for Treasure Valley Stage Race. [www.lostrivercycling.org](http://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 Capital Forest, 360-204-6207, [www.capitolforest.com](http://www.capitolforest.com)

#### 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 and 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](http://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](http://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](http://www.cvcc.ca)

#### Apr 21-Oct 7: Wild Rockies Series

Nampa, ID. 8-event series under new ownership. Norba sanctioned except for Lava Ram. 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](http://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 - RR, 5/6 RR, 6/16-17 SR, 7/29 HC, 8/19 TT. Points for each category. Comox Valley Cycling Club, [www.cvcc.ca](http://www.cvcc.ca)

#### 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, 5/5-13-20, 6/3-24. See individual events for location, and start times. Identified as OR MTB Series. [www.obra.org](http://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 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](http://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](http://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](http://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](http://www.obra.org)

#### May 3-Aug 30: Coastal Thursday Evening Challenge

Richmond, BC. Criterion on 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/Steveston Hwy). Todd Hansen, Team Coastal, 604-788-1873, [www.teamcoastalcycling.com](http://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, 113 SW Naito Pkwy, Portland, OR, 97204. 503-227-4439, [www.bike-central.com](http://www.bike-central.com)

#### May 5-Sep 23: Mt Hood Adventure Park DH Series

Mt. Hood, OR. Series of 5 events all on Mt Hood. Event in May, June, July and September. Norba sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, [www.skibowl.com](http://www.skibowl.com)

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

Portland, OR. Masters 30+ men (novice & 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 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](http://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. Racing starts at 7pm. \$15 adults, \$5 juniors. Rental bikes also available. USA Cycling license required or purchase a one day license to race. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://www.velodrome.org)

#### May 16-Aug 29: Wednesday Night Track Racing

Redmond, WA. Marymoor Velodrome. Racing for Cat 4 Women, Cat 4 Men and Master A & B. Start at 7:30pm. Fee \$15 one category, \$25 for two. USA cycling license required or one day permit. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://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](http://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](http://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](http://www.roadanddirt.org)

#### Jun 1-Aug 31: Group Health Friday Night Track Racing

Redmond, WA. Marymoor Velodrome. For Cat 1/3 men and women. Entry fee \$15. Spectator admission \$4 from 7:30-9:30pm. Kiddie kilo on 6/1, 6/15, in July and August. Free. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://www.velodrome.org)

#### Jun 4-25: Trueamateur Criterion Series

Eugene, OR. This beginner criterium series is on our traditional safe, flat, wide open 1km course. We give instruction and coaching. First time racers are encouraged to come out. Greenhill Technology Park. Registration opens at 5:45pm. Sal Collura, 541-747-3336, [www.obra.org](http://www.obra.org)

#### Jun 5-Aug 28: Masters & Juniors Track Races

Portland, OR. Track racing for Juniors and Masters. Schedule of events varies each week. No race on 6/12, 6/19. Steve Trusdale, 503-232-1704, [www.obra.org](http://www.obra.org)

#### Jun 5-Aug 28: Twilight Criterion Series

Eugene, OR. Experience the excitement of a weekend criterium every Tuesday. Our traditional flat, wide open 1km

## JUNE

**Jun 2: Issaquah Triathlon**

Issaquah, WA. Starts at 7am at Lake Sammamish State Park. Sprint distances, kids race and 5km trail run. 425-392-3866, [www.issaquahtri.com/](http://www.issaquahtri.com/)

**Jun 3: Hope for Youth Offroad Triathlon**

Poulsbo, WA. Island Lake Camp. Course: 400m lake swim, 10-mile MTB ride, 4k trail run. Registration opens at 7:00am, closes at 8:45am. Race starts at 9:00am. Limit 100. Rory Muller, BuDu Racing, 253-334-4433, [www.buduracing.com](http://www.buduracing.com)

**Jun 9-10: Gerick's Wasa Triathlon I**

Cranbrook, BC. Wasa Lake. TriKids Tri, Short Course Tri and Olympic Tri, spectacular race venue and destination for the entire family. \$4,800 Cash purse. RM Events Management, 250-427-0021, [www.rmevents.com](http://www.rmevents.com)

**Jun 16: Five Mile Lake Sprint Triathlon**

Federal Way, WA. Course: 400m lake swim, 14 mile MTB, 5k trail run. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. Relay option available. Rory Muller, DuBu Racing, 253-334-4433, [www.buduracing.com](http://www.buduracing.com)

**Jun 16: Pine Hollow Triathlon**

Wamic, OR. 300 yard swim, 10.5 bike, 8-mile run. Qualifier for World Championship. Short course triathlon. Timberline Trail Running Club, [www.pinehollowtri.com/](http://www.pinehollowtri.com/)

**Jun 16: Spokane's Big Adventure Relay**

Spokane, WA. Kayak, run, MTB, road bike at Riverside State Park. Round & Round Productions, 509-455-7657, [www.roundandround.com](http://www.roundandround.com)

**Jun 17: New Balance Half Ironman**

Nanaimo, BC. Norm Thibault, Multi-sports promotions, [www.island-multi-sports.com](http://www.island-multi-sports.com)

**Jun 24: Ford Ironman Coeur D'Alene**

Coeur d'Alene, ID. 2.4-mile swim, 112-mile bike, 26.2-miles run. Ironman Northamerica, 888-280-9097 x 27, [www.ironmancda.com/](http://www.ironmancda.com/)

**Jun 24: Mountians to Sound Relay**

Seattle, WA. 100 miles, 5 legs. Teams, pairs or iron. 22mi Min Bike / 50mi road bike / 12mi Paddle / Half Marathon / 10km. Chris Lewis, [www.mountaintosound.com](http://www.mountaintosound.com)

**Jun 28-30: USAT National Age Group Championship**

Portland, OR. Distance: 1.5/40/10. Athletes must qualify for this event and be 18+ by year end. Qualifier: Top 10% of your age group in any USAT sanctioned event. Limit 1,400. Registration closes 30 days prior to event. Angie Murphy, National Events Association, 719 597-9090 x104, [www.usatriathlon.org/](http://www.usatriathlon.org/)

**Jun 30-30: 5th Annual Clean Air Road Duathlon Benefit Challenge**

Lakewood, WA. 1-day duathlon. Short: 5k/20k/5k. Long: 10k/40k/5k. WA State Trail Running, Walking, & Duathlon Club, 253-376-5737, [www.humanmultisportspnw.org](http://www.humanmultisportspnw.org)

**Jun 30: Five Mile Lake Sprint Womens Triathlon**

Federal Way, WA. Course: 400m lake swim, 14-mile MTB, 5k trail run. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. Relay option available. Rory Muller, DuBu Racing, 253-334-4433, [www.buduracing.com](http://www.buduracing.com)

**Jun 30: Lake Padden Triathlon**

Bellingham, WA. Competitive and recreational event, start at Lake Padden Bath House. Full distance: .5-mile, 21 and 5.2-mile. [www.cob.org/races](http://www.cob.org/races)

## BMX

## MAY

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

Victoria, BC. Race on the World Championships track. UCI race on Saturday. Canadian Cycling Association, [www.canadian-cycling.com](http://www.canadian-cycling.com)

## JUNE

**Jun 2: Bakerview RFL**

Mount Vernon, WA. Located in Bakerview Park. Bakerview BMX, [www.bakerviewbmx.net](http://www.bakerviewbmx.net)

**Jun 2: Medford BMX - RFL**

Medford, OR. Double points. [www.angelfire.com/extreme4/medfordbmx/LightSide.html](http://www.angelfire.com/extreme4/medfordbmx/LightSide.html)

**Jun 9: BC cup #3**

Action, BC. [www.cyclingbc.net](http://www.cyclingbc.net)

**Jun 10: Port Angeles BMX - RCQ**

Port Angeles, WA. Port Angeles BMX, [www.pabmx.com](http://www.pabmx.com)

**Jun 16-17: Gouverneur's Cup**

Smith Rock, OR. [www.smithrockbmx.com/](http://www.smithrockbmx.com/)

**Jun 16: Hight Desert - Double**

Bend, OR. [www.highdesertbmx.com](http://www.highdesertbmx.com)

**Jun 22-24: Cactus Classic Nationals**

Kamloops, BC. Kamloops BMX, [www.kamloopsbmx.com/](http://www.kamloopsbmx.com/)

## MOUNTAIN BIKE RACING

## 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](http://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](http://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@somba.org](http://springthaw@somba.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 Brum-sickle, Silverdale Cyclery, 360-692-5508, [www.ridgeracing.com](http://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, Salmon Arm, BC, [www.skookumcycle.com](http://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](http://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.gotdns.com](mailto:sorce.gotdns.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](http://www.webcyclery.com)

**May 13: Jacksonville Short Track #2**

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

**May 19: Race Around Williams MTB**

Williams, OR. CANCELLED.

**May 20: 5th Annual Coyote Classic at Avimor**

McCall, ID. Always prime for spring competition, features 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 andamBC/National calendar event. Cynthia Gibson, [www.knobbytireseries.com/](http://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](mailto: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! Robert Frey, One Speed Promotion, 360-321-5884, [www.indieseries.com](http://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/](http://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](http://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](http://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](http://www.roadanddirt.org)

## JUNE

**Jun 2-3: 2nd Annual Janna Brimmer Salmon Celebration**

Salmon, ID. XC Saturday, DH Sunday. Wild Rockies, [www.wildrockies.com](http://www.wildrockies.com)

**Jun 2: Bavarian Bike and Brews Fest - Indie #5**

Leavenworth, WA. Gibbs Organic farms. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 miles with 1800ft of elevation, offers challenging singletrack, creek crossing and spectacular scenery. Part of Indie Series. Christine or James Munly, Leavenworth Fat Tire Club, 509-548-5615, [www.dasradhaus.com](http://www.dasradhaus.com)

**Jun 2-3: Moose Chase MTB DH/XC**

Coeur d'Alene, ID. Saturday DH - Coeur d'Alene Mountain. 3.5 miles of tight singletrack. Run time 5 - 7 min. Sunday XC - Canfield Min. 25-mile expert, 300ft, 60% singletrack. Sport 21-mile, beginner 16. Part of KTS series. Vertical Earth, 208-667-5503, [www.knobbytireseries.com](http://www.knobbytireseries.com)

**Jun 3: Jacksonville Short Track #4**

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

**Jun 3: Pickett's Charge MTB**

Bend, OR. OR MTB Series. Julie Wose, 541-382-6008, [www.obra.org](http://www.obra.org)

**Jun 6: Wood River Cup #2**

Hailey, ID. See Race Series for details. Bill Olson, 208.788.9184, [www.roadanddirt.org](http://www.roadanddirt.org)

**Jun 9: Idaho City Excellent Adventure**

Idaho City, ID. XC for pro to beginner, LeMans style start. Everyone rides the same course. Long climbs and descents, deep woods and awesome singletrack. Your big chance to test yourself, heads-up and one-on-one, against the best. Held in conjunction with the Idaho City Arts & Crafts Festival. Part of WRS. Wild Rockies, [www.wildrockies.com](http://www.wildrockies.com)

**Jun 9-10: Kamloops XC/DH**

Kamloops, BC. New events, DH on great urban course. BC Cup MTB event. Henry Pejril, [hopejril@telus.net](mailto:hopejril@telus.net)

**Jun 9-10: Shiloh Cyclery Challenge - DH#2**

Mt. Hood, OR. DH training on Saturday and racing on Sunday. Categories and sub categories for all age groups. 2-mile long course. Part of Mt. Hood Skibowl Series. Norba sanctioned. Petr Kakes, Hurricane Racing, 541-272-0240, [www.skibowl.com](http://www.skibowl.com)

**Jun 9: The Bliss Cruise - Super D**

Lacey, WA. Super D event. Shuttle at 10am. Registration from 8-9:00am 4 classes. Mima Porter #8 from Wedekind to Porter Creek. A smooth, long traversing descent through old hemlock forests and fast winding descents down rough, recently opened clear cuts. All proceeds go to benefit Capitol Forest. Capitol Forest

MTB Series #2. Matthieu Denuelle, Friends of Capital Forest, 360-204-6207, [www.capitolforest.com/races-FOCF07.html](http://www.capitolforest.com/races-FOCF07.html)

**Jun 9: The Dirty Dozen #3**

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 Brum-sickle, Silverdale Cyclery, 360-692-5508, [www.ridgeracing.com](http://www.ridgeracing.com)

**Jun 10: Clif Bar NW Singlespeed Champs**

Blodgett, OR. 50-mile MTB race, 7800ft of climbing. A awesome 50 miles will decide who is the best male and female single speeder in the Northwest, run concurrently with Test of Endurance. Championships racers start 15 minutes before the Test. Custom awards, great aide stations. Mike Ripley, 541-342-1493, [www.mudslingerevents.com](http://www.mudslingerevents.com)

**Jun 10: Cyclotopia Test Of Endurance 50**

Blodgett, OR. 50-mile MTB race, 7800ft of climbing, solo, couple and/or combined time team event. Cash, and 7 acres of camping. So much fun in one day. Mike Ripley, 541-342-1493, [www.mudslingerevents.com](http://www.mudslingerevents.com)

**Jun 13: Wood River Cup #3**

Hailey, ID. See Race Series for details. Bill Olson, 208.788.9184, [www.roadanddirt.org](http://www.roadanddirt.org)

**Jun 16: Test of Metal**

Squamish, BC. Marathon event. Very demanding XC course with over 1,200m of climbing and 35km of singletrack. SOLD OUT [www.testofmetal.com](http://www.testofmetal.com)

**Jun 17: 12 Mile Super D**

Ashland, OR. DH XC race. Limited to 200 riders. Starts at Mt. Ashland Ski Resort, riders will be shuttled back. All class- 12 miles. Start 9:30am. Tita Soriano, Breakaway Events, 541-840-6580, [www.breakawayevents.net](http://www.breakawayevents.net)

**Jun 17: Shiloh Super Sunday #2**

Mt. Hood, OR. Short track and XC events on the same day. Part of Mt. Hood Skibowl Series. OBRA sanctioned. Petr Kakes, Hurricane Racing, 541-272-0240, [www.skibowl.com](http://www.skibowl.com)

**Jun 17: Silver Mtn DH #1**

Pocatello, ID. Cynthia Gibson, Knobby Tire Series, [www.knobbytireseries.com/](http://www.knobbytireseries.com/)

**Jun 20: Wood River Cup #4**

Hailey, ID. See Race Series for details. Bill Olson, 208.788.9184, [www.roadanddirt.org](http://www.roadanddirt.org)

**Jun 23: Methow Cycle & Sport Mountain Challenge - Indie Series #6**

Winthrop, WA. Mark Peterson, WHIMPS, 360-733-1955, [www.whimpsmtb.com](http://www.whimpsmtb.com)

**Jun 23-24: Soldier Mountain XC/DH**

Fairfield, ID. At Soldier Mountain Resort. "Epic" XC on Saturday. "Slaughter" DH on Sunday with rock drop, 1.7-mile, 1,400 vertical drop, two run format. Part of KTS. Davey Moore, Knobby Tire Series, 208-338-1016, [www.knobbytireseries.com](http://www.knobbytireseries.com)

**Jun 23-24:****Super D &****Oakridge****Fat Tire****Festival****Oakridge, OR.****Saturday -****Super D on a 5-****mile course with****70-80% DH or****flat will some****short climbs.****Sunday, 14-35****mile courses.****Beginner, Sport****and Expert/Pro****course. Part of****OR MTB Series.****Randy Dreiling,**

Oregon Adventures, 541-968-5397, [www.oakridgefatire.com](http://www.oakridgefatire.com)

**Jun 25: Portland MTB Short Track #1**

Portland, OR. See Race Series for details. PIR's infield. Kris Schamp, 503-466-9007, [www.portlandracing.com](http://www.portlandracing.com)

**Jun 30: Super D**

Willamette Pass, OR. Super D on a 5-mile course with 70-80% downhill or flat will some short climbs. Beginner, Sport, Expert and Pro classes, plus age groups. Randy Dreiling, Oregon Adventures, 541-968-5397, [www.oregon-adventures.com](http://www.oregon-adventures.com)

**Jun 30: Wood River Cup Finals/ State Champ**

Hailey, ID. See Race Series for details. Bill Olson, 208.788.9184, [www.roadanddirt.org](http://www.roadanddirt.org)

## MOUNTAIN BIKE TOURING

**Jun 15-17: Umpqua River Mountain Bike Adventure**

Bend, OR. Ride 50+ miles of singletrack on the technical North Umpqua River Trail. Ranges from steep climbs to fast, flowing, let-it-rip descents. Camp on the river with a natural hot spring nearby. Cog Wild Bicycle Tours, 866-610-4822, [www.cogwild.com](http://www.cogwild.com)

**Jun 16-17: Cycle Idaho: Boise to Idaho City**

Boise ID. Two-day off road tour, 100 miles of dirt. Part of WRS Wild Rockies, [www.wildrockies.com](http://www.wildrockies.com)

**Jun 22-24: Bike and Brew Weekend**

Bend, OR. The best that Bend has to offer: mountain biking and beer! Spend your days riding singletrack and evenings at Bend's favorite breweries, sleeping withing stumbling distance in downtown Bend. 47 miles of singletrack over 3 days. Also Available 7/13/07. Cog Wild Bicycle Tours, 866-610-4822, [www.cogwild.com/bike\\_tours](http://www.cogwild.com/bike_tours)

**Jun 29-Jul 4: Rocky Mountain Singletrack Tour**

Fernie, BC. All types of singletrack for intermediate to advanced riders. Enjoy a good solid climb, the reward of a sublime view and a sweet downhill. Available 7/6, 7/27. Mike Brcic, Fernie Fat-Tire Adventures, 888-423-7849, [www.ferniefatire.com](http://www.ferniefatire.com)

## ROAD RACING

## MAY

**May 1: Baddlands CC Twilight Series**

Spokane WA. Riverside State Park, TT - 12-mile course. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

**May 1, 8, 15, 22: Hutch's Hill Climb**

Eugene, OR. See Race Series for details. Len Schwana-veldt, 541-345-7521, [www.obra.org](http://www.obra.org)

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### Exiting corner three at Boat Street Criterium 2005.

#### May 1: Pacific Raceways RR Series

Kent, WA. BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### May 1, 15, 22, 29: Tuesday PIR

Portland, OR. No race on 8th. See Race Series for details. Jeff Mitchem, 503-233-3636, [www.obra.org](http://www.obra.org)

#### May 2, 9, 16, 23, 30: Bend Crit/TT Series

Bend, OR. CANCELLED

#### May 2: Comox Valley TT Series

Comox, BC. See Race Series for details. HQ course.

Comox Valley Cycling Club, [www.cvcc.ca](http://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](http://www.teamcoastalcycling.com)

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

Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, [www.pazzovelo.com](http://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](http://www.footworkscycles.com/timetrial)

#### May 5: Warp Speed TT

Abbotsford, BC. Road TT. Lorne Badin, [www.teamsolliton.com](http://www.teamsolliton.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](http://www.bcmasterscycling.net)

#### May 6: BC Masters Individual Time Trial

Aldergrove, BC. Borderline Cycling Club, [www.bcmasterscycling.net](http://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](http://www.cvcc.ca)

#### May 6: WA State Sr RR Championships

Longbeach, WA. Steve Breaux, Old Town Bicycle, [www.oldtownbicycle.com/](http://www.oldtownbicycle.com/)

#### May 7, 14, 21, 28: Monday Night Masters & Women PIR

Portland, OR. See Race Series for details. May series. Jim Anderson, 503-975-8229, [www.racemondaynight.com](http://www.racemondaynight.com)

#### May 8: Baddlands CC Twilight Series

Cheney, WA. Williams Lake - 28-mile loop road race. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

#### May 8: Pacific Raceways w/Women & Jr

Kent, WA. BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### May 12: BC Masters Assoc. Race #4

Shawnigan Lake, BC. 9km hill climb. Organized by

BCMCA, starts at West Shawnigan Lake Park at 1pm. Grade 5-10%. Dave Steen, BC Masters Cycling Association, 250-246-3530, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

#### May 12: OBRA TTT Championships

Corvallis, OR. Mark Merklein, Capital 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 \$75.00 and earn cash prizes. Sports entry fee \$40.00 and earn trophies. Junior & C.O.P.D. entry is \$25.00. Cowboy Victory Supper and awards at 4:00pm. Clay Smith/O.H.P.V., 541-296-1314, [www.wasco75.com](http://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](http://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. Pazzo Velo, [www.pazzovelo.com](http://www.pazzovelo.com)

#### May 15: Baddlands CC Twilight Series

Spokane, WA. Spokane Raceway Park, Airway Heights - modified circuit race. Baddlands Cycling Club, [www.baddlands.org](http://www.baddlands.org)

#### May 15: Pacific Raceways RR Series

Kent, WA. BuDu Racing, [www.buduracing.com](http://www.buduracing.com)

#### May 16: Comox Valley TT Series

Comox, BC. See Race Series for details. HQ course. Comox Valley Cycling Club, [www.cvcc.ca](http://www.cvcc.ca)

#### May 19: BC Masters Assoc. 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](http://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. Junior Tour event. Tricia Lawrence, [www.mutualofenumclaw.com](http://www.mutualofenumclaw.com)

#### May 19: Table Rock Road Race

Medford, OR. Course favors the power climber with nearly 1000ft. of gain per 20-mile lap. 2 separate climbs per lap with a hillcrest finish. 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](http://www.mudslingerevents.com)

#### May 20: Golden City Criterium

Goldendale, WA. Bryan Foster, Golden Event Planning, LLC, 509-773-0567, [www.cityofgoldendale.com](http://www.cityofgoldendale.com)

#### May 20: Swan Island Criterium

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](http://www.obra.org)

#### May 20: Team Coastal - BC Cup #2

Burnaby, BC. Andrew Lea, Team Coastal, 604-983-2765, [www.teamcoastalcycling.com](http://www.teamcoastalcycling.com)

#### May 22: Baddlands CC Twilight Series

Cheney, WA. Chicken Farm road race. Baddlands Cycling Club, 509.456.0432, [www.baddlands.org](http://www.baddlands.org)

#### May 22: Pacific Raceways w/Women

Kent, WA. Separate women. BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### May 23: Comox Valley TT Series

Comox, BC. See Race Series for details. FD course. Comox Valley Cycling Club, [www.cvcc.ca](http://www.cvcc.ca)

#### May 26: BC Masters Assoc. 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](http://www.bcmasterscycling.net)

#### May 26: Make the Dash Count - Criterium

Prosser, WA. Criterium race through downtown Prossner. 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](http://www.makethedashcount.com)

#### May 27: BC Masters Assoc. 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](http://www.bcmasterscycling.net)

#### May 27: SFU Kermess

Vancouver, BC. Simon Fraser University - 4.8km 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](http://www.teamcoastalcycling.com)

#### May 27: Silverton Road Race

Silverton, OR. Road race is Oregon cup event Chris Myers, [www.obra.org](http://www.obra.org)

#### May 29: Hutch's Hillclimb #5

Eugene, OR. Final event of the series. Len Schwana-veldt, 541-345-7521, [www.obra.org](http://www.obra.org)

#### May 29-Jun 3: Mt. Hood Cycling Classic

Hood River, OR. 6-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](http://www.mthoodcyclingclassic.com)

#### May 29: Pacific Raceways RR Series

Kent, WA. BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### May 30: Mt. Tabor Series

Portland, OR. See Race Series for details. Road circuit. Clark Ritchie, 503-936-2575, [www.mttaborseries.com](http://www.mttaborseries.com)

### JUNE

#### Jun 2-3: BC Masters Assoc. Race #8/9

Pentiction, BC. 10km hill climb, 10-12% grade on Saturday, starts at 4pm. 80km road race mostly flat on Sunday starts at 10am. Organized by Pentiction CC. Des Snider, BC Masters Cycling Association, 250-493-3363, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

#### Jun 2: Carnation Time Trial Series #3

Carnation, WA. See Race Series for details. Hill race, 16 miles. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, [www.footworkscycles.com/timetrial](http://www.footworkscycles.com/timetrial)

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

Boise, ID. USCF sanctioned event that takes place from Boise to Sun Valley. Each team consists of 4 riders (men or women), and the sum of each rider's USCF category must be 10 or greater for the team to qualify. 10 sections to the race, and each team will pick (in advance) which of their riders is responsible for racing that portion of the course. Mike Cooley, George's Cycles, 208-343-3782, [www.georgescycles.com](http://www.georgescycles.com)

#### Jun 3: Ravensdale Cumberland RR

Ravensdale, WA. Rolling loop featuring mostly rolling terrain with 1 short steep hill (0.15 miles at 22%) in southeast King County. WA Cup #9, WRS #4. Micheal Kopp, 425-413-3830, [www.vision4corners.com](http://www.vision4corners.com)

#### Jun 4, 11, 18, 25: Trueamateur Criterium Series

Eugene, OR. See Race Series for details. Sal Collura, 541-747-3336, [www.obra.org](http://www.obra.org)

#### Jun 5: Baddlands CC Twilight Series

Spokane WA. Criterium. Baddlands Cycling Club, 509.456.0432, [www.baddlands.org](http://www.baddlands.org)

#### Jun 5: Pacific Raceways w/Women & Jr

Kent, WA. BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Jun 5, 12, 19, 26: Twilight Criterium Series

Eugene, OR. See Race Series for details. Sal Collura, [www.obra.org](http://www.obra.org)

#### Jun 6, 20, 27: Comox Valley TT Series

Comox, BC. No race on 13th. See Race Series for details. HQ course. Comox Valley Cycling Club, [www.cvcc.ca](http://www.cvcc.ca)

#### Jun 6, 13, 20, 27: Mt. Tabor Series

Portland, OR. See Race Series for details. Road circuit. Clark Ritchie, 503-936-2575, [www.mttaborseries.com](http://www.mttaborseries.com)

#### Jun 7, 14, 21, 28: Coastal Thursday Evening Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, [www.teamcoastalcycling.com](http://www.teamcoastalcycling.com)

#### Jun 7, 14, 21, 28: First Rate Mtg Seward Park Series

Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, [www.pazzovelo.com](http://www.pazzovelo.com)

#### Jun 7, 14, 21, 28: So Oregon Champion Series

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, [www.obra.org](http://www.obra.org)

#### Jun 8: Tour of Eagle

Eagle, ID. Criterium. 208-884-1925, [www.georgescycles.com](http://www.georgescycles.com)

#### Jun 9: Second Ascent Twilight Criterium

Ballard, WA. 1km, almost flat, 4-corner criterium course. Slight raise to the finish on cobbles. Registration will be at start/finish area day of event only. Starts at 3:30pm. David Douglas, [www.pazzovelo.com](http://www.pazzovelo.com)

#### Jun 10: Atomic RR - BC CUP #3

Langley, BC. Also junior series event. Sean R, Atomic Racing Club, 604-540-0942, [www.atomicracing.com](http://www.atomicracing.com)

#### Jun 10: OBRA Rehearsal Road Race

Eugene, OR. Tune up for the State Championships in the rolling hills just west of Eugene. The Lorane Valley is known for its epic rides. This course includes the McBeth climb, and the back-side of Welder's Hill. The 14-mile loop ends with a hilltop finish. Medals for some categories. Oregon Cup Sal Collura, 514-747-3336, [www.bicyclaway.com](http://www.bicyclaway.com)

#### Jun 10: THE Cycling Classic

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

#### Jun 10: WA Masters & Junior RR Championships

Elma, WA. Jr. Tour event. Jack Brodhead, [www.oldtownbicycle.com](http://www.oldtownbicycle.com)

#### Jun 11, 18, 25: Monday Night Masters & Women PIR

Portland, OR. No race on 4th. See Race Series for details. June series. Jim Anderson, 503-975-8229, [www.racemondaynight.com](http://www.racemondaynight.com)

#### Jun 12: Baddlands CC Twilight Series

Spokane, WA. Spokane Raceway Park, Airway Heights - circuit race. [www.baddlands.org](http://www.baddlands.org)

#### Jun 12: Pacific Raceways RR Series

Kent, WA. BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Jun 12, 19, 26: Tuesday PIR

Portland, OR. No race on 5th. See Race Series for details. Jeff Mitchem, 503-233-3636, [www.obra.org](http://www.obra.org)

#### Jun 13, 20: Bend Crit/TT Series

Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, 541-330-8758, [www.obra.org](http://www.obra.org)

#### Jun 16: BC Masters Assoc. Race #10

Dove Creek, BC. 16km ITT, mostly flat. Organized by Comox Valley CC. Count double. Starts at 3pm. Gord

Gesbrecht, BC Masters Cycling Association, 250-338-6642, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

#### Jun 16-17: Comox Cup Race Series #3

Cumberland, BC. See Race Series for details. 3 stages, omnium system. Starts at Dove Creek. 17km TT, short circuit RR, and Dove Creek circuit. Comox Valley Cycling Club, [www.cvcc.ca](http://www.cvcc.ca)

#### Jun 16-17: Methow Valley Stage Race

Winthrop, WA. Event start on Saturday with a time trial in Mazama, followed by a Criterium in Twisp. On Sunday, the road race begins and ends in Winthrop. Julie Muyliaert, Methow Valley Sport Trails Association, 509-996-3287, [www.mvsta.com/events](http://www.mvsta.com/events)

#### Jun 17: BC Masters Assoc. Race #11

Cumberland, BC. 65km rolling plus one steep hill. Organized by Comox Valley CC. Starts at 10am. Gord Gesbrecht, BC Masters Cycling Association, 250-338-6642, [www.bcmasterscycling.net](http://www.bcmasterscycling.net)

#### Jun 17: First Rate Mtg- Seward Summer Classic

Seattle, WA. Criterium racing at Seward Park. Raindrop-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](http://www.pazzovelo.com)

#### Jun 17: Mt. Tabor Circuit

Portland, OR. A day of racing in Mt. Tabor Park that entails a tough, 1.3-mile, hilly and curvy circuit that encircles the upper reservoir and passes the neck of the ancient volcano that formed Mt. Tabor. Each lap has 136.6ft of climb. Oregon cup Nathan Hobson, 503-652-3763, [www.obra.org](http://www.obra.org)

#### Jun 17: OUCH

Corbett, OR. CANCELLED

#### Jun 19: Baddlands CC Twilight Series

Spokane, WA. Baddlands Cycling Club, 509.456.0432, [www.baddlands.org](http://www.baddlands.org)

#### Jun 19: Pacific Raceways w/Women

Kent, WA. Separate women. BuDu Racing, 206-625-8333, [www.buduracing.com](http://www.buduracing.com)

#### Jun 22-24: Elkhorn Classic Stage Race

Baker City, OR. A 3-day, 4-event, timed stage race. Long challenging courses with a lot of climbing. Criterium is 1-mile flat with 6 corners. TT is flat out and back course. Men - Pro 1/2, Men 3, Men 4/5, Men masters 40+, Women Pro 1/2, Women 3/4. Activities for entire family. Phil de la Moite, 503-648-1772, [www.elkhornclassic.com](http://www.elkhornclassic.com)

#### Jun 23: Boston Harbor Crit - State Circuit Champ

Boston Harbor, WA. Erik Anderson, [www.wsbaracing.com](http://www.wsbaracing.com)

#### Jun 23: Idaho State TT championships

Hailey, ID. Durance Cycles, [www.durance.com](http://www.durance.com)

#### Jun 24: Wedgewood Westside Classic

Vancouver, BC. New course starting at West 16th and Blanca going counterclock wise around Pacific Spirit Regional Park. Proceeds go to the BC Cancer Foundation. Team Wedgewood, 604-836-9993, [www.teamwedgewood.com](http://www.teamwedgewood.com)

**Jun 30-Jul 1: Gate City Grind**

Pocatello, ID. Stage race with hill climb prologue. Road course is rolling, the TT is exposed to wind and rolling, standard criterium. Idaho Cycling Enthusiasts, [www.idahocycling.com](http://www.idahocycling.com)

**Jun 30-Jul 7: Tour of Utah**

Stage race event. CANCELLED

**ROAD TOURING****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/](http://www.orrandonneurs.org/)

**May 4-6: Fleche Pacifique**

Various, BC. Randonneur event. Teams of 3 to 5 bikes compete to cover the most distance in 24 hours. Routes are designed by teams themselves and must be at least 360km. Registration deadline - 4/13. Danelle Laidlaw, BC Randonneurs, 604-421-1717, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

**May 5: RACC - Ride Around Clark County**

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

**May 6-11: Bryce-Zion Bike**

St. George, UT. Visit the most awe-inspiring and unique landscape you will ever pedal through. All levels, biking and hiking. Also available: 5/13, 5/20, 5/27. Bicycle Adventures, 800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)

**May 6-11: California Wine Country Budget**

Various, CA. Visit Napa and Sonoma. Abundant riding possibilities, idyllic scenery and amazing stops. Also available: 6/3. Bicycle Adventures, 800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)

**May 6: May Day Metric**

Federal Way, WA. 3 challenging routes on the backroads of the S. Sound. 50 miles, 10km and 100 miles. All routes start/end at Phil's South Side Cyclery. A portion of each registration fee & all benefits donated to BAW. Free socks for pre-registered riders, free slice of pie at finish. Well staffed and stocked rest stops every 25 miles. Start: 6:30am - 10am. \$20/\$25. Phil Meyer, Phil's South Side Cyclery/Tailwind, 253-661-3903, [www.maydaymetric.net](http://www.maydaymetric.net)

**May 6: Rhody Tour**

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

**May 6: Southside Ride**

Bend, OR. 50 miles from Sunriver to Twin Lakes and back. There are no long climbs, but lots of rollers on secondary roads with little traffic. One food stop approximately halfway through. Fee includes course marking, maps, energy food and drink. Leaves from Sunriver Thrift Store on Spring River Rd. at 9:00am. Hutch's Bicycles, 530-382-6248, [www.hutchsbicycles.com](http://www.hutchsbicycles.com)

**May 12: 400km Brevet**

Seattle, WA. 400km (248mi) event Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, [www.seattlerando.org](http://www.seattlerando.org)

**May 12: Group Health Inland Empire Century**

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.tricitybicyclub.org](http://www.tricitybicyclub.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](http://www.randonneurs.bc.ca)

**May 12-13: Le Grand Tour de Peace**

Fort St John, BC. Randonneur event, 400km Brevet Kim Kok, BC Randonneurs, 250-785-4589, [www.randonneurs.bc.ca](http://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**

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://skagitbicyclub.org>

**May 12-13: STOKR (Scenic Tour of the Kootenai River)**

Libby, MT. 2-day loop tour in scenic Western Montana. Great cause, homemade food, no traffic and fantastic community support!! Susie Rice, 1020 Idaho Ave, Libby, MT, 59923. 406-293-2441, [www.stokr.org](http://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](http://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](http://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](http://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](http://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 Wallhof, 208-343-1377, [www.tvblindidaho.org](http://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](http://www.olybikeride.com)

**May 19: Reach the Beach**

Portland, OR. Enjoy 1 of 5 bicycle routes (110, 100, 77, 55, or 26 miles) through Oregon's wine country, forests and little-known towns to a breathtaking finish point at Pacific City. Starts are in Portland, Corvallis, Salem, 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](http://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.bicycleadventures.com](http://www.bicycleadventures.com)

**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. New Begin at Marymoor Park. New scenic and challenging route take 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](http://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](http://www.hutchsbicycles.com)

**May 20-25: Oregon Coast Road Tour**

Eugene, OR. This vehicle-free tour travels from the farmlands of the Willamette Valley, over the majestic Coast Range to the Oregon Coast and back. Travel 50-65 miles each day. Intermediate or above. Also available: June 3 and September 16. Wild Heart Cycling, 1-877-8GO-WILD, [www.wildheartcycling.com](http://www.wildheartcycling.com)

**May 20-25: Santa Fe-Taos Tour**

Santa Fe, NM. Ride the Enchanted Circle, Bandelier National Monument, through the old pueblo and mining regions. Biking, hiking and river rafting. Also available: 6/10 and fall. Bicycle Adventures, 800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)

**May 20: The Santa Fe Century**

Santa Fe, NM. 22th year. Fully supported. 3000 riders, 25-, 50-, 75-, 100-mile routes. rolling. Willard Chilcotti, Santa Fe Century Committee, 505-982-1282, [santafecentury.com](http://santafecentury.com)

**May 20: Two County Double Metric Century**

Olympia, WA. Enjoy cycling beautiful Thurston and Lewis counties. The terrain varies with the distance you choose. 20, 35, 50, 70, 85 and 126 miles. Blaine Wheeler, Capital Bicycling Club, 360-480-7356, [www.capitalbicyclub.org](http://www.capitalbicyclub.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/](http://www.co.yakima.wa.us/)

**May 22: Larry Kemp Memorial Ride**

Leschi, WA. Join the Jet City Velo Team as they honor Larry's memory in a casual paced ride. Donation of \$5 or more recommended. Proceeds go to WSBA Jr Larry Kemp Memorial Fund (501 C) and benefit NW junior riders. Meet at 9:00am leave at 10am from Leschi (see website to confirm time). Jet City Velo/Byrnelvent, Seattle, WA, [www.jetcityvelo.com](http://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](http://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](http://www.spokane parks.org)

**May 26-27: Foothills Randonnee**

Fort St John, BC. Randonneur event. 600km brevet. Wim Kok, BC Randonneurs, 250-785-4589, [www.randonneurs.bc.ca](http://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. Visit this beautiful wine region. Also includes a criterium and kids' race. Life is not a dress rehearsal, so make your dash count! Richard Beightol, Make the Dash Count Foundation, 253-265-3181, [www.makethedashcount.com](http://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](http://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/](http://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](http://www.oscr.ca)

**May 28: 7 Hills of Kirkland**

Kirkland, WA. 8th Annual. 3 routes: 43 miles, metric century and century. Challenging, fun, scenic, bag-piper, 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](http://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.bicycleadventures.com](http://www.bicycleadventures.com)

**JUNE****Jun 1-8: San Juan Islands 6-Day**

Anacortes, WA. Ride, hike and sea kayak through these gemlike islands off the coast of Washington State. Fully supported! Bicycle Adventures, 800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)

**Jun 2-3: 600km Brevet**

Seattle, WA. 600km (373mi) event. Seattle Int'l Randonneurs, 206-612-4700, [www.seattlerando.org](http://www.seattlerando.org)

**Jun 2-8: Cycle Utah**

St. George, UT. 7-day catered and van supported event. 274 miles of beautiful scenery in the Zion and Bryce Canyon National Parks. Teri Maloughney, Adventure Cycling Association, 800-755-2453, [www.adventurecycling.org/](http://www.adventurecycling.org/)

**Jun 2-9: Oregon Coast Sustainability**

Portland, OR. Oregon's world-renowned Coastal Scenic Bike Route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Along the way, we will visit organic farms, a land trust, a visionary community school, and more. Also available: June 30 and July 28. Portland Peace and Justice Center, 503-239-8426, [www.portlandpeace.org](http://www.portlandpeace.org)

**Jun 2: Pioneer Century (aka Spring Century)**

Canby, OR. Come ride glass smooth roads in the foothills of the Cascades in North Willamette Valley. Well stocked rest areas with lunch and mechanical support provided. 45-, 55-, and 100-mile course. 7am - 9am registration for 55- and 100-mile riders. 45-mile riders can register by 10am. Portland Wheelmen Touring Club, (503) 775-8300, [www.pwtc.com](http://www.pwtc.com)

**Jun 2: Wheels to Meals**

Puyallup, WA. Includes 20-, 35-, and 62-mile loops through the Puyallup Valley and the surrounding area. Riders are asked to raise a minimum of \$100 to support the Food Connection, Pierce County's largest food bank. Kevin Glackin-Coley, The Food Connection, 253-383-5048 ext. 102, [www.wheelstomeals.com](http://www.wheelstomeals.com)

**Jun 3-8: Bryce-Zion Bike**

St. George, UT. Visit the most awe-inspiring and unique landscape you will ever pedal through. All levels, biking and hiking. Also available: 6/17. Bicycle Adventures, 800-443-6060, [www.bicycleadventures.com](http://www.bicycleadventures.com)

**Jun 3-8: Bryce/Zion National Parks**

St George, UT. Most of your bike travels on this trip will be spent in or around Bryce Canyon National Park, Zion Canyon National Park and Cedar Breaks National Monument, all of which are full of excellent hiking trails and overlooks, accessible from the bike route. Fully supported. Also available 9/3. Noo Funteers Bicycle Vacations, [www.nooofunteers.com](http://www.nooofunteers.com)

**Jun 3: Double Dawg Tandem Ride**

Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. One food stop with deluxe snacks for all. No long climbs, but short steep ones. \$5 per riders. Starts at Hutch's on Columbia St. Hutch's Bicycles, 725 NW Columbia St, Bend, OR, 503-382-6248, [www.hutchsbicycles.com](http://www.hutchsbicycles.com)

**Jun 3-13: High Passes of the Pyrenees**

Seattle, WA. Average 65-80 miles and 8000ft. of climbing per day. For very fit, experienced riders. Cascade Bicycle Club, 206-522-3222, [www.cascade.org](http://www.cascade.org)

**Jun 3: Peninsula Metric Century**

Southworth & Gig Harbor, WA. Choice of 29-, 44-, 62- or 100-mile routes through the scenic Kitsap Peninsula. 2 start locations (Southworth Ferry Terminal and Gig Harbor Medical Pavilion) Corkey Smith, Tacoma Wheelmen's Bicycle Club, 253-884-4473, [www.twbc.org](http://www.twbc.org)

**Jun 3-4: Walla Walla Wine Bike Tour**

Walla Walla, WA. 2-day wine tour with a night at the historic Marcus Whitman Hotel. Includes guide, support vehicle, 2 meals and 1 night lodging. Mike Aho, Spokane Parks and Recreation, 509-625-6246, [www.spokane parks.org](http://www.spokane parks.org)

**Jun 5-19: Fluffy Bed in the Big Woods Tour**

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

**Jun 9: 15th Annual Strawberry Century**

Lebanon, OR. More Hills! More Thrills! 13-miles flat creekside family ride, 53-mile loop and improved 72 and 102 miles. The century include a beautiful and challenging route to the north of Lebanon. Roger Gaither, Santaim Spokes Bicycle Club, 503-394-3696, [www.santaimspokes.org](http://www.santaimspokes.org)

**Jun 9: Bike for your Life - Armstrong**

Armstrong, BC. Established to promote good health and a cleaner environment through cycling. Bike For Your Life has a route for all levels. 15km, 35km, 70km, and 100km. Start/Finish at Blackburn Park Lenk Tent, Bike For Your Life, 250-832-8598, [www.bikeforyourlife.com](http://www.bikeforyourlife.com)

**Jun 9: Bob LeBow Bike Tour "Health Care for All"**

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

**Jun 9: Chelan Century Challenge (f)**

Lake Chelan. 2 separate and supported bicycle rides -100-mile gruelling ride on mountain roads above Chelan and an easy 20-mile ride along each side of the lake. Scott McKellar, Lake Chelan Rotary, 509-670-0044, [www.centuryride.com/](http://www.centuryride.com/)

**Jun 9-16: Permaculture & Natural Building**

Portland, OR. During this sustainable cycling adventure, we'll be contributing to some of Oregon's most well-known eco-villages. Riders will have the opportunity to engage in a diversity of educational hands-on activities, getting their hands dirty with some of the region's best natural building communities. Also available: June 16, July and August. Portland Peace and Justice Center, 503-239-8426, [www.portlandpeace.org](http://www.portlandpeace.org)



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**Jun 9: PetroGlyph Century**

Cedar City, UT. Ride along under gaze of eagles, falcons and hawks. Follow the footsteps of Spanish explorers & wagon trains. Fully supported. Bob Kinney, Bike 2 Bike, 801-677-0134, [www.bike2bike.org](http://www.bike2bike.org)

**Jun 9-16: San Juan Islands - Victoria**

Seattle, WA. Cycle, hike, and sea kayak in the islands, plus spend 2 days exploring Victoria, BC - including Butchart Gardens - and finish with a ride up Hurricane Ridge in WA's Olympic National Park. Bicycle Adventures, 800-443-6060, [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Jun 9: Sunrise Apple Century Ride**

Wenatchee, WA. Century bike ride. 50- or 100-mile loops along east and west side of Columbia River between Wenatchee and Chelan. Start/Finish at Walla Walla Park. Stops every 25 miles. Pre-ride gathering on Friday night. All proceeds benefit Sunrise Rotary's charity programs. Wenatchee Sunrise Rotary, 509-664-3366, [www.wenatcheesunrise.org/century](http://www.wenatcheesunrise.org/century)

**Jun 10: 2th Annual Fort2Fort Ride**

Port Townsend, WA. Starts in Fort Worden State Park and ride along quiet roads through scenic Jefferson County to either Old Fort Townsend (a fun 16 miles roundtrip) or Fort Flagler (62 miles round trip). Benefits the Friends of Fort Worden State Park supporting projects not funded by the state parks system. Rick Sepler, The Friends of Fort Worden State Park, 360-344-4459, <http://fwfriends.org/>

**Jun 10-16: Big Horn/Beartooth Mountains**

Cody, WY. Travel in the Absaroka, Beartooth, Pryor and Bighorn mountain ranges. Spend off-day in Cooke City, Montana, a very small town 3 miles outside the northeast corner of Yellowstone National Park. Also available 7/29. Noo Funteers Bicycle Vacations, [www.nooofunteers.com](http://www.nooofunteers.com)

**Jun 10-15: Oregon Coast Budget**

Portland, OR. Terrific rides through Oregon's pristine wild coastal scenery, with hot showers, great meals and a good bed at the end of each day. Also available July & August. 800-443-6060, [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Jun 10: Tour of Greater Victoria**

Victoria, BC. Start at Cook Street Village at 7am. 200km brevet. Jay Haworth, BC Randonneurs, 250-380-0719, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

**Jun 11-Jul 5: The Great Alaska Highway Ride**

Dawson Creek, BC. The 9th annual ride north to Alaska along the entire length of the famed Al-Can Highway. A fully supported cycling event, traveling 1398 miles from Dawson Creek, BC to Delta Junction, Alaska. Camping with motel stays in larger towns along the route ... and yes, the Al-Can Highway is paved. Pedalers Pub & Grille, [www.pedalerspubandgrille.com](http://www.pedalerspubandgrille.com)

**Jun 15-17: 1000km Randonnee**

Seattle, WA. 1000km (621mi) event. Open to all. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, [www.seattlerando.org](http://www.seattlerando.org)

**Jun 15-16: 600km Brevet**

Seattle, WA. 600km (373mi) event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, [www.seattlerando.org](http://www.seattlerando.org)

**Jun 15-17: Cascade Mountain Sampler**

Sisters, OR. This 3-day camping tour gradually climbs McKenzie Pass to the most spectacular viewpoints in Oregon. Ride the historic Aufderheide Memorial Drive to West Fir's historic covered bridge. Also Available: 7/20, 8/10, 9/1. Wild Heart Cycling, 877-8GO-WILD, [www.wildheartcycling.com](http://www.wildheartcycling.com)

**Jun 16: 10th Annual Tour de Fronds**

Glendale & Powers, OR. 6 ride options on practically traffic-free roads, past waterfalls, wildflowers, old-growth forests, and mountain vistas. Plenty of climbing on the longer ride options. From Glendale: Out and back loops of 30 and 66 miles; and the one-way Tour de Fronds to Powers: 72 miles. From Powers: 32 and 80 miles; and the one-way Tour de Fronds to Glendale: 72 miles. Shuttles available. Paul Tamm, Umpqua Velo Club of Roseburg, 541-459-1385, [www.umpquavelo.com](http://www.umpquavelo.com)

**Jun 16: Flying Wheels Summer Century**

Redmond, WA. Largest century in Washington state,

with 25-, 50- and 70-mile loop options. Start/finish at Marymoor Park. Cascade Bicycle Club, 206-522-3222, [www.cascade.org](http://www.cascade.org)

**Jun 16-19: Hare & Tortoise 1000**

Victoria, BC. Starts in Victoria, 3am. 1000km brevet will bring you to Port Hardy and back. Ken Bonner, BC Randonneurs, 250-388-5365, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

**Jun 16-19: Lower Mainland & Interior 1000km Brevet**

Lower Mainland, BC. Randonneur event, route negotiable. Eric Fergusson, BC Randonneurs, 604-733-6657, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

**Jun 17: 400km Brevet**

Seattle, WA. 400km (248mi) event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, [www.seattlerando.org](http://www.seattlerando.org)

**Jun 17-Aug 6: Acrossamerica North**

Astoria, OR. Fully supported 50-day, 3,650-mile bicycle tour from Astoria, OR to Portsmouth, NH. Average 80 miles/day. Bill Lannon,america by Bicycle, 888-797-7057, [www.abbike.com](http://www.abbike.com)

**Jun 17-23: Grand Illinois Trail and Parks (GITAP)**

Oswego, IL. Unique week-long bike ride featuring a sampling of routes on the Grand Illinois Trail combined with overnights at 5 outstanding state parks. The route is generally flat, with mileage choices ranging from 315 to 565 miles for the week. Fully supported. Limited 160 riders. Chuck Oestreich, League of Illinois Bicycles, 309-788-1845, [www.bikelib.org/gitap](http://www.bikelib.org/gitap)

**Jun 17-22: Grand Teton Mountains**

Jackson, WY. Great beginner ride. This is perhaps our best trip for close-up viewing of wildlife. The Teton are teeming with antelope, bison, elk, moose, bear, deer, eagles, Canada geese, ducks, ospreys, beaver, and coyotes. Also available 8/5. Noo Funteers Bicycle Vacations, [www.nooofunteers.com](http://www.nooofunteers.com)

**Jun 17-25: Northwestern Tour**

Astoria, OR. Fully supported 8-day, 620-mile bicycle tour from Astoria, OR to Boise, ID. Bill Lannon,america by Bicycle, 2 Red Oak Dr., Unit A, Plaislow, NH, 03865. 888-797-7057, [www.abbike.com](http://www.abbike.com)

**Jun 19: Everett Street Scramble**

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

**Jun 19: Gig Harbor Street Scramble**

Gig Harbor, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Kick-off event for Healthy Harbor Days. Terry Farrah, Cascade Orienteering Club, 206-367-0839, [www.streetscramble.com](http://www.streetscramble.com)

**Jun 21: Ride2Survive**

Kelowna, BC. 3rd Annual One-day epic 400km ride over two mountain passes to raise funds for the Canadian Cancer Society. Leaves Kelowna at 4am, arriving in Delta before 10pm. Kerry Kunzli, Team Coastal Cycling Club, 604-590-8340, [www.ride2survive.ca](http://www.ride2survive.ca)

**Jun 22-24: Yakima Valley Wine Bicycle Tour**

Sunnyside, WA. 3-day tour around the Yakima Valley with night spent in a Bed and Breakfast. Includes guides, support vehicle, 2 nights lodging and 7 meals. Mike Aho, Spokane Parks and Recreation, 509-625-6246, [www.spokane parks.org](http://www.spokane parks.org)

**Jun 23: Ann Weatherill Cycling Classic**

Walla Walla, WA. Metric Century and Half Metric Century over largely rural roads in the beautiful Walla Walla Valley. Catered buffet luncheon, fine wines, live music. Patty Froke, Wheatland Wheelers, 509-337-8668

**Jun 23: Cannonball**

Seattle, WA. Cross state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx 10km of climbing. A timed event. Excellent preparation for S2S. Redmond Cycling Club, 206-523-7404, [www.redmond cycling club.org/](http://www.redmond cycling club.org/)

**Jun 23-24: Cycle Oregon - The weekend**

Vernonia, OR. This 2-day event is a family friendly tour that celebrates the debut of Oregon's newest State Park. Fabulous riding and an array of other activities

for folks of all ages. Ingrid Nylen, Cycle Oregon, 800-CycleOR, [www.cycleoregon.com](http://www.cycleoregon.com)

**Jun 23-29: Cycle the Columbia Gorge**

Portland, OR. Features great cycling, scenery, food, and fun. The 376-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Follows the path of Meriwether Lewis and William Clark, along the spectacular Columbia River Gorge and to Astoria on the Pacific Ocean. Teri Maloughney, Adventure Cycling Assoc., 800-755-2453, [www.adventurecycling.org/e55](http://www.adventurecycling.org/e55)

**Jun 23: Mountain Lakes Challenge**

Ashland, OR. Century (7000ft), Metric Century (3600ft), 50- and 25-mile rides in the beautiful mountain country above Ashland, Oregon. Ron and Elizabeth Zell, Siskiyou Velo Club, 541-482-4815, <http://siskiyouvelo.org>

**Jun 23: Native Planet Classic**

Winthrop, WA. Ride 4 a reason while experiencing some of Washington's premiere cycling roads. Ride an easy 28-mile, a 63-mile over Washington pass or grueling 132-mile 10,000ft round trip. Fully supported. Minimum donation \$50. Darol Tuttle, Ride 4 A Reason, [www.ride4areason.org/npc/classic/](http://www.ride4areason.org/npc/classic/)

**Jun 23-23: RATPOD: Ride Around the Pioneers in One Day**

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

**Jun 23-24: Snake River MS Bike Tour**

Idaho Falls, ID. Discover the beauty of the South Fork of the Snake River as it winds through Eastern Idaho. Families are encouraged to meet the cyclists at our overnight camp site for dinner and the evening's entertainment. 55-100 miles. Benefits the National Multiple Sclerosis society. Richard Napier, National MS Society - Idaho Division, 208-523-6679, [www.nationalmssociety.org/idi](http://www.nationalmssociety.org/idi)

**Jun 23-25: Strawberry Mountain Sampler**

Prairie City, OR. 3-day tour that circumnavigates the Strawberry Mountain Range. It passes through some of Oregon's remote backcountry. Also Available 9/1. Wild Heart Cycling, 877-8GO-WILD, [www.wildheartcycling.com](http://www.wildheartcycling.com)

**Jun 23: The Foothills 20**

Midland, OR. Relaxing 20-mile road ride through the country roads of the beautiful Klamath foothills. Maps and course marking will be provided. Begins and ends at the HWY 97 South Rest area in Midland, just outside of Klamath Falls - at 9am. Hutch's Bicycles, 541-850-2453, [www.hutchsbicycles.com](http://www.hutchsbicycles.com)

**Jun 23: Tour de Blast**

Toutle, WA. A bicycle ride into the heart of the Mount St. Helens blast zone on Spirit Lake Memorial Hwy. Fee: \$45 per rider. Registration includes T-shirt, food, drink, support, and post-race pasta feed. Brian Magnuson, Longview Rotary, 360-442-4440, [www.tourdeblast.com](http://www.tourdeblast.com)

**Jun 23: Tour of Marsh Creek Valley**

Pocatello, ID. 26-, 60- or 100-mile rides. Supports the American Diabetes Association of Idaho. In memory of Jay Anderson. Idaho Cycling Enthusiasm, [www.idahocycling.com](http://www.idahocycling.com)

**Jun 23: Tsunami**

Victoria, BC. Start at Cook Street Village, Moka House, 7am. 300km brevet to Port Renfrew. Raymond Parker, BC Randonneurs, 250-388-5365, [www.randonneurs.bc.ca](http://www.randonneurs.bc.ca)

**Jun 24: Barlow Trail Century**

Gresham, OR. Portland's premier summer road century: 40- 60- 80- 100-mile routes with up to 6,500ft of climbing; scenic route into the Mt Hood National Forest, super low-traffic roads; organic food stops; live music and micro beers at the finish party! Register at ORBike.com Jason Bietz, River City Bicycles, 503-233-5973, [www.rivercitybicycles.com](http://www.rivercitybicycles.com)

**Jun 24-30: Glacier National Park**

West Glacier, MT. Bike the Going to the Sun Highway and climb famous Logan Pass. Spectacular views. Hike and bike past an area teeming with mountain lakes, waterfalls and streams. May see wildlife. Fully supported. Also available 8/12. Noo Funteers Bicycle Vacations, [www.nooofunteers.com](http://www.nooofunteers.com)

**Jun 24: Tour de Pierce**

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

**Jun 24-24: Watermelon Rides**

Rickreall, OR. Start at Polk County Fairgrounds. Routes generally flat with some rolling hills. 50, 100, 125 and 200 miles. John Henry Maurice, Salem Bicycle Club, [www.salem bicycle club.org](http://www.salem bicycle club.org)

**Jun 25-Aug 11: Big Ride Acrossamerica**

Seattle, WA. 48-day fundraising cross-country ride from Seattle to Washington, DC. Experienceamerica! Bridget Herzog,american Lung Assoc. of WA, 206-441-5100, [www.bigride.org](http://www.bigride.org)

**Jun 26-Jul 5: Northern Rockies Ride**

Boise, ID. Fully supported 9-day, 704-mile bicycle tour from Boise, ID to Casper WY. Bill Lannon,america by Bicycle, 888-797-7057, [www.abbike.com](http://www.abbike.com)

**Jun 29-Jul 1: Cascade Road Riding Adventure**

Bend, OR. Enjoy Central Oregon's remarkable road riding on country roads and the Cascade Lakes Scenic Byway with the backdrop of the Cascade Mountain Range. Accommodations are in downtown Bend, where you will spend evenings savoring fine food and enjoying the vibrant nightlife. 74 miles in 3 days. Also Available 7/20. Cog Wild Bicycle Tours, 866-610-4822, [www.cogwild.com](http://www.cogwild.com)

**Jun 30-Jul 7: Glacier - Banff - Jasper**

Whitefish, MT. An 8-day fully supported luxury tour of the dazzling national parks in Canadian and U.S. Rockies. Tour Glacier National Park, Banff and Jasper national parks. Ride the Going-to-the-Sun Road and the Icefields Parkway. Intermediate to advanced levels. Also available in July. Bicycle Adventures, 800-443-6060, [www.bicyleadventures.com](http://www.bicyleadventures.com)

**Jun 30: Mt. Adams Country Bicycle Tour**

Trout Lake, WA. 11-mile family fun ride, 50-mile and 100-mile country tour, fantastic scenery and wildlife, beautiful mountain views, terrific barbeque afterwards. Fun for the whole family. Fully supported. Benefiting the Trout Lake School & Trout Lake Volunteer Fire Dept. Cookie Gilpatrick, Trout Lake Business Owners, 509-395-2468, [www.troutlake.org/biketour](http://www.troutlake.org/biketour)

**Jun 30-Jul 2: Portland to Glacier Nat'l Park**

Portland, OR. 1000km randonneur brevet event Susan France, Oregon Randonneurs, 503-628-7324, [www.orrandonneurs.org/](http://www.orrandonneurs.org/)

**Jun 30-Jul 8: Prairie City Bicycle Invitational**

Prairie City, OR. Join us for a day or a week of great bicycle riding in the Prairie City area, famous among veteran cyclists. Choose from a variety of mapped and characterized rides ranging in type, class, and distance. Enjoy spectacular scenery, traffic free roadways, un-crowded backcountry trails, abundant wildlife. Experienced the western hospitality and friendliness. Storie Mooser, 503-704-4631, [www.prairiecityoregon.com](http://www.prairiecityoregon.com)

**Jun 30: Tour of Plain**

Spokane, WA. The Coeur d'Alene Brewing Company's 200-mile single day ride around Lake Coeur d'Alene

starting and ending at the Steamplant Grill. Wendy Bailey, Round & Round Productions, 509-455-7647, [www.roundandround.com](http://www.roundandround.com)

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

Portland, OR. See Race Series for details. Jen Featheringill, Bike Central, 113 SW Naito Pkwy, Portland, OR, 97204. 503-227-4439, [www.bike-central.com/b](http://www.bike-central.com/b)

**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. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://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](http://www.obra.org)

**May 12: Eric Kautsky Memorial Track Race**

Portland, OR. Darell Provencher, 503-657-0568, [www.obra.org](http://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. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://www.velodrome.org)

**May 16, 23, 30: Wednesday Night**

Redmond, WA. Marymoor Velodrome. Start at 7:30pm. See Race Series for details. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://www.velodrome.org)

**JUNE****Jun 1, 8, 22, 29: Bike Central's Fast-Twitch Fridays**

Portland, OR. See Race Series for details. No racing on 15th. Jen Featheringill, Bike Central, 113 SW Naito Pkwy, Portland, OR, 97204. 503-227-4439, [www.bike-central.com/b](http://www.bike-central.com/b)

**Jun 1, 8, 15, 22, 29: Friday Night Racing**

Redmond, WA. Marymoor Velodrome. Cat 1/3 men and women. Spectator admission \$4. from 7:30-9:30pm. See Race Series for details Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://www.velodrome.org)

**Jun 4, 11, 18, 25: Monday Night Racing**

Redmond, WA. Juniors, Cat 4/5 women, Cat 5 and novice men. Starts at 7pm. See Race Series for details Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://www.velodrome.org)

**Jun 5: Masters & Juniors Races**

Portland, OR. See Race Series for details. Steve Trusdale, 503-232-1704, [www.obra.org](http://www.obra.org)

**Jun 6, 13, 20, 27: Wednesday Night**

Redmond, WA. Marymoor Velodrome. Start at 7:30pm. See Race Series for details. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, [www.velodrome.org](http://www.velodrome.org)

**Jun 7, 21, 28: Alpenrose Thursday**

Portland, OR. See Race Series for details. No racing on 14th. Mike Murray, 503-661-5874, [www.obra.org](http://www.obra.org)

**Jun 9: OBRA Track Championships**

Portland, OR. Candi Murray, 503-667-6220, [www.obra.org](http://www.obra.org)

**Jun 15-16: OBRA Track Championships**

Portland, OR. Candi Murray, 503-667-6220, [www.obra.org](http://www.obra.org)

**Jun 18-Aug 8: Youth Cycling Classes**

Portland, OR. Learn to ride the track. Classes every Monday, Wednesday and Friday from June 18 to August 8. Nathan Hobson, 503-652-3763, [www.obra.org](http://www.obra.org)

**Jun 23-24: State Games Juniors**

Portland, OR. Phil Sanders, 503-649-4632, [www.obra.org](http://www.obra.org)

**Jun 26: Masters & Juniors Races**

Portland, OR. See Race Series for details. Steve Trusdale, 503-232-1704, [www.obra.org](http://www.obra.org)

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July 1	Des Moines Criterium	Des Moines
July 4	Junior State Criterium Championships	Burien
July 7*	Derby Days Criterium	Redmond
July 22	State Time Trial Championships	Tenino

\* also the 2007 Seattle-LAJORS Series schedule



## In Velo Veritas

By MAYNARD HERSHON

Nearly 20 years ago I wrote a piece for California Bicyclist, a free monthly magazine like the Bicycle Paper, about waving or saying hi to fellow cyclists you encounter on the road.

I can't understand, I wrote, why some folks don't say hi. Are they so absorbed in their work-out, or so intent on avoiding glass or potholes, that they just don't see other riders? Does their cycling sound like fun?

Or are they, I asked, so status-conscious they won't wave at anyone but (superstars at that time) Greg LeMond or Lon Haldeman?

It's pretty much a sure thing, by the way, that when you wave at Greg or Lon, you're responding to a wave and greeting from one of them. Those guys say hi.

I was not merely trying to write provocatively. I was sincerely puzzled. Why wouldn't one rider acknowledge another, especially on a lonely road where he or she might only see one other cyclist for miles? Why not say hi?

At the time I wondered if anyone cared but me. Is anyone else concerned about cyclists saying hi? California Bicyclist's editors said they got record amounts of mail about that piece, so people did after all care about waving and saying hi to one another.

A column about waving wouldn't elicit much mail these days, would it? Waving is a non-issue. Does anyone notice or wonder or write about cyclists saying hi? I don't think so. No one cares. I'm sure we did care, back when.

We still felt we were a fraternity, we cyclists, a brotherhood. There were not so many of us. More of us had suffered through the old days of primitive bikes, equipment and clothing. There was no bike racing on TV and not much coverage in Bicycling Magazine.

Non-riders still reacted in shock to hearing that a bicycle could cost over \$200.

We wore lycra and Oakleys and had Avocet cyclometers and more rear cogs than ever, but we were still misfits and freaks hanging out or working part-time in poorly lit bike shops. We were cycling true believers, not just athletes or hobbyists who'd chosen the bicycle.

We felt that the world would be an incomparably better place if everyone rode a bike. I feel good about writing that sentence, even knowing how dated and utopian it sounds.

We were leftist in our politics, environmentalist in our sympathies and mostly useless in ball sports or team sports. Few of us had any money; those who did were self-conscious about it, never ostentatious. People who could afford to do so bought nice bikes and cool cycling clothing, but cyclists did not covet Cadillacs.

No one drove to local rides. We car-pooled to out-of-town centuries or races in our VWs and Hondas, not in wasteful vehicles like the ones that crowded us on our suburban rides.

We scorned emblems of square success. Until Greg LeMond revealed that he loved golf, I'd never met a golfer-cyclist. We belonged to bike clubs - not country clubs. Mainstream folks wondered about us, just as Dave Stoller's parents wondered about him in Breaking Away a decade earlier.

Obviously, the above observations are generalizations. There were exceptions but

they were few. We were a pretty homogeneous bunch. Collectively, we were cycling culture in the fading years of a golden age. Ask Jerry Baker, or Angel Rodriguez, or Dave Guettler.

We flocked together or at least greeted our fellow freaks in passing, with a hello or wave. Not waving was a violation, or so it seemed to many of us.

I see more cyclists now than ever. Usually they're coming in the other direction; I pass fewer and fewer as the years go by. When I do roll by someone even slower than me, I give 'em a little wave or greeting. Passing another rider in silence has always seemed rude to me. I wave or say hi.

More and more often, they don't respond. I mean cyclists with clothing like mine, bikes like mine, helmets like mine and riding positions like mine. Despite all that, despite everything we evidently have in common, they elect not to wave.

Always gives me a stab of sadness. I think: Another nail in the coffin of cycling culture as we knew it.

I'm not saying it's all bad, y'know, cycling becoming mainstream. It's different but it's not all bad. Then again, it's not all good.

There are lots of us now, and our generation has sent a hero or two up the pop charts. So we see hours of cycling on TV. We see reams of print coverage in papers and magazines from the US, UK and Australia. We choose from hundreds of cycling web sites.

We're making it possible for Trek, Specialized, Cannondale and a host of other outfits to thrive making bikes. We're supporting big-box bike shops and hundreds of smaller ones at levels they would never have imagined. There

are more craftsman frame-builders and painters than ever before.

Lots of cool people, many with the same impossibly utopian ideals they had years ago, can make a living in the bike business. Cycling - as seen on TV.

Cycling is huge in the post-Lance age. Twenty companies do well taking cycle-touring groups to Tuscany. Merlin, Seven, Litespeed and IF all survive, all serving the same consumers: a guy and his wife who're on tour in Tuscany as you read this.

They love cycling, that guy and his lovely wife. They both signed up with Carmichael Training Systems. They bought Dura-Ace triple groups for the carbon solos and the tandem. There's a Thule rack on the Audi roof. They record the Tour and catch up when they can on their wall-size TV. They support their bike shop and three online catalogs.

Look around. Those folks are cycling. Theirs is the dollar that matters. Their consumer preferences are the ones that count. Their choices make or break bike-biz heavies.

They buy Colnagos, Serottas and Madones, Carnac shoes and Assos clothing. They pay the wages of first-rate bike shop mechanics. Thank God for them, they are the YES answer to all of cycling's questions, except one - one that probably matters only to me.

Do they say hi?



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