



Photo courtesy of www.sylerneadphotography.com

Tera Card enjoys the exhilarating feeling of "getting air" in Kamloops, BC. Dirt jumping combines a number of technical skills; to learn it is fun but takes a lot of practice and some patience.

Air It Out: Learning to Dirt Jump

BY CHERYL BEATTIE, TERA CARD, AND COURTNEY NASH

Ripping through singletrack and flying downhill is always fun, but getting both wheels off the ground and into the air adds an extra element of excitement and technique to your riding. Now that bike parks small and large are popping up all over the US and Canada, there has never been a better time to learn how to jump your bike on dirt.

Dirt jumping is a skill best suited for intermediate to advanced riders. Combining speed, timing, judgment and bike handling, it requires practice and patience. Finding a suitable jump or set of jumps is the most important element when first learning. Dirt jumps, although they all look like piles of dirt, have very different characteristics, which make them easier or harder to ride. When you are first learning, the ideal jump is a small tabletop, which is a mound of dirt with a takeoff and landing that is filled in and flat in the middle. A tabletop jump is safest to learn on since you can simply land on top if you don't jump far enough. Even better is a series of tabletops of increasing size. The smallest should be about 2-3 feet high and 4-7 feet across, and not too steep in the takeoff or landing.

Your goal is to successfully get both wheels off the ground while staying balanced and stable on your bike throughout the entire jump. Before you get started, lower your seat as far as possible (you won't be using it) and set your gearing in the middle chain ring and about three to four gears down in the back.

Begin by simply rolling over the smallest of the jumps at a slow walking pace in a "neutral" position: eyes scanning ahead, standing in a relaxed and balanced position with arms and legs slightly bent and your pedals level and equally weighted. Be sure to keep at least one finger resting on each brake lever at all times. Roll over the jump, shifting your weight fore and aft with the movement of the bike so that your weight is always equally distributed over both wheels: as the bike moves up the takeoff your weight moves forward, and on the transition it shifts back. This is critical to safely and successfully learning how to jump, and is described in detail in the following sections.

The next time you roll over the jump, add a little more bend to your arms and legs, loading them so you can explode off the jump. As you reach the takeoff, or up slope of the jump, shift your body towards the front of the bike by moving your hips closer to the handlebars. Bringing your weight forward allows you to push on the front fork and apply pressure to the pedals through the feet (people often call this "pumping the tranny"). As your bike reaches the lip of the jump, pull slightly on the handlebars just enough to loft the front wheel up. At the top or the flat part of the jump, return your weight to the center of the bike, maintaining neutral position.

When the bike reaches the backside of the jump, help guide the front tire down the backside of the transition by rolling your shoulders and wrists in a

See "MTB" on page 8

TRAVEL

Traveling With Your Bike by Plane or Train

BY HELEN SCHINSKE

It's summer; it's tourist time. You want to go somewhere, and of course you want to take your bike. So how does that work? How do you pack? What happens if your bike is damaged? Can you take your bike on a train? Will you have to pay extra? Maddeningly, the answers to these questions keep changing. The only constant is that they begin with "It depends" and end with "Do your research."

Travel by air is particularly confusing, and getting more so. Cyclists have been complaining for years about airline fees for bikes as baggage, and with good reason. Unfortunately, the news from some quarters has gotten worse. The "Bikes Fly Free" program that used to be available for League of American Bicyclists members dwindled to just two airlines and finally disappeared. As of January 2007, USA Cycling membership no longer gets you vouchers for free bike transport on United. Moreover, many airlines that used to let bicycles fly free on international flights are getting much stickier about size and

weight restrictions, or even charging for any bicycle, regardless of how small it packs or how little it weighs. Northwest Airlines is among these: any bike costs \$80 each way on a domestic flight, \$130 or \$150 each way on trans-Pacific and trans-Atlantic flights respectively. United's bicycle policy seems even more rapacious. Not only will they charge you \$85 each way to take a bike on a domestic flight, if the case is over the size limit, that's another \$100 each way, and if over 50 lbs, another \$50—potentially totalling \$470 for a roundtrip domestic flight! However, Northwest gets a few more meanie points for refusing to accept liability for bicycles, or even to allow the customer to purchase excess valuation insurance.

Bottom line here: no standard bike frame will allow for anything but an oversized box or bag. If you do not have couplings on your bike that allow it to be disassembled to fit in an airline-sized bag (height+length+width=62" or 158 cm), and you don't have an airline-friendly folding bike, figure on at minimum a fee for

See "Travel" on page 9

MAYNARD HERSHON

Chroming the Carnation

BY MAYNARD HERSHON

My friend Corey (from San Antonio, TX) sent me photos of gorgeous bikes displayed at the recent Hand Made Bicycle Show in San Jose, CA. Here are my intolerant views on art bicycles, interspersed with thoughtful (and kinder) responses from Corey and from my friend Drew Devereux of Portland, OR.

Maynard: Thanks for the photos, Corey. Many of those bikes are stunners. Here's my concern: It's a short leap from ornate chain rings to Orange County Choppers. Bicycles are tools, not decoration. People should own them to ride, not to be seen on or to hang on their family room walls.

Drew: Perhaps some fancy-expensive bikes do get hung up as fireplace ornaments. What's the harm in that?

I set up a fancy Colnago anniversary bike for an over-the-hill, chubby guy. It was the beautiful bike he couldn't afford in his riding days. For all I know, he never took it off the mantel to ride it. Why make judgments about that? All bikes are good; they're the world's most efficient machines, fancy lugs or no lugs. I'd say that a fancy bike as an ornament is the exception, not the rule.

Maynard: Expensive poser motorcycles that are practically useless are an industry, but bicycles have always been built to ride. No one will ride those Hand Made bikes.

Corey: I'm not sure where this art bike stuff is headed. I don't believe it'll go as far as the chopper craziness. Bicycle people (who mostly ride) are

See "Maynard" on page 15



Cyclists and Hikers Raise Funds to Fight Cancer

By AMY ENSIGN

The second Jackson's Tour de Spa Gorge Getaway, a weekend of outdoor activities to raise money for the Northwest Sarcoma Foundation and the Children's Cancer Association, is scheduled for July 21-22, 2007 at the Bonneville Hot Springs Resort and Spa in Bonneville, WA.

The event is in honor of Jackson Hill, who passed away on September 13, 2005 after a 19-month battle with osteosarcoma. He was 12 years old. His family organized the weekend getaway as a tribute to Jackson's love of sports, and to help raise awareness of and money for his cause. Melissa, Jackson's mother, says of last year's event, "It was a really good and emotional time. Educational, too."

Osteosarcoma is the most common type of bone cancer, according to the American Cancer Society. There are roughly 900 new cases in the United States each year, about 400 of which occur in children and adolescents under 20 years old. The two non-profit organizations that will benefit from Tour de Spa are both dedicated to providing education, support and resources to survivors and their families and friends.



On Saturday, participants will decide to either hike or bicycle a predetermined course. Cyclists can choose between a 50- or a 30-mile ride "along the beautiful Columbia River, taking in the natural beauty of both Oregon and Washington." Water, snacks and lunch will be provided. As of press time, the courses were still being developed. The rides will also have SAG wagons and bike tech support.

On Sunday, attendees can choose from an array of activities, including biking, hiking, white water rafting, kayaking, windsurfing, kiteboarding and spa treatments.

Participants must raise at least \$1,000 to join the activities. In 2006, the event raised \$100,000, and this year's goal is set to \$150,000. Last year's top fundraiser, Kathy Johnston, says, "You know, I was terrified at first of the amount to raise, and it turned out to be the easiest thing. I sent almost 200 letters out to acquaintances and friends. It ended up being really rewarding, people were very generous." She raised almost \$5,000.

To register or learn more, visit www.jacksonstourdespa.org.

Bike to Work Day

May 18, 2007 was an excellent day for cycling. 19,250 people in the greater Seattle area, rode to work that morning and visited any one of the 42 commute stations, according to the statistics compiled by Cascade Bicycle

Club. This represents a 24% increase over last year's numbers.

Bike to Work Month is going strong as well. According to Cascade's Peter Verbrugge, 7500 riders and 870 teams registered for the Commuter Challenge, a 1,500 participant increase over the 2006 figures.

Ride of Silence Remembers Injured & Killed Cyclists

By AMY ENSIGN

A group of cyclists gathered on Wednesday, May 16, 2007 to participate in a nationwide Ride of Silence, a memorial to honor bicyclists who have been injured or killed while on the road. Held during Bike Safety Month, the goal of the event is to make motorists, city officials, and police aware of cyclists' legal right to ride and be safe. Seattle participant John Neller, who had heard about the event from an e-mail, says he attended "to draw people's attention to the issues."

As Gary Strauss addressed the crowd gathered at Gas Works Park in Seattle, Washington, he made his words brief and effective, reminding them, "This is a ride of silence, not a ride of aggression."

The Ride of Silence is also a time to remember and grieve. It was first held in Dallas, Texas in 2003 after endurance cyclist Larry Schwartz was hit and killed by a bus. Chris Phelan organized a ride on May 18 of that year in memory of his friend. Since then, it has become an annual event held in over 130 U.S. locations and four other countries. Bill Gobie, a Seattle participant who became more aware of this issue when he saw a cyclist struck by a police car, stated, "I think it's a good cause, and a good reason to be visible."

Before the event began volunteers lined the route, holding signs to guide the bicyclists and wave them in the right direction. Many cyclists wore cards on their backs or bags that proclaimed, "This Is a Ride of Silence." These signs served to educate bystanders about the purpose of the gathering.

Shortly after 6:30 p.m. with the help of a police car blocking the road, the participants began their 9.6-mile journey. They were encouraged to pedal no faster than 12 miles per hour, and everyone was asked to respect a rule of no talking, which was adhered to. Many cyclists in the park joined the ride as it went by or along the route as it traveled through the city.

Motorists were respectful of the fact that there were many bicycles on the road, a sign that many found to be encouraging. As Strauss reflected, "We have a right to share the road, we belong out there."

Organizers estimated that about 260 people attended in Seattle. In total 20 Northwest cities hosted events. There were roughly 40 people at both the Spokane and Olympia locations, while 100 cyclists turned out in Corvallis, Portland saw 200 and in Eugene about 250 participated in the city's first ride. Evaluating the Eugene turnout, Dwight Collins commented, "It really demonstrated the natural goodness and compassion of people, when they are determined to act in a creative and constructive way."



Leaving Gasworks Park, Seattle.

Photo by Amy Ensign/BP

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BOOK REVIEW

Ascent: The Mountains of the Tour de France

REVIEW BY HELEN SCHINSKE

Richard Yates's *Ascent: The Mountains of the Tour de France*, edited by Gabór Konrád, is an enthusiastic outpouring of the Tour's fascinating history. The sometimes breathless narrative lends the story an almost play-by-play immediacy. Humorous and dramatic incidents abound, and the eccentricities of the Tour's first organizer, newspaper publisher Henri Desgrange, are particularly well brought out. "He insisted that his race was individual, and it took another 25 years to admit that it was not, when he came out with the unforgettable phrase; 'The race will be individual but the team spirit will be tolerated.'"

Sepia-toned photographs throughout give the volume a consistent period look, which works well for the early portion, but looks a bit strange as you get towards the end. The end, by the way, comes a little sooner than you might expect. Yates covers only the first 75 years of the Tour, leaving off after the retirement of Eddy

Merckx in 1978, though a 1984 photograph of a gasping Laurent Fignon squeaks in.

Ascent appears to be aimed at serious Tour junkies. While Tour jargon is interpreted here and there, a browser will find definitions hard to locate. An appendix lists Kings of the Mountain through 2005, but not overall Tour winners. There is no glossary, and the index focuses mainly on names rather than subject headings. "Touriste-Routiers" makes it in, but the older term "isolés" does not. The various colored jerseys are inconsistently handled: green and polka-dot jerseys have entries, the famous yellow jersey does not, despite frequent mentions in the text.

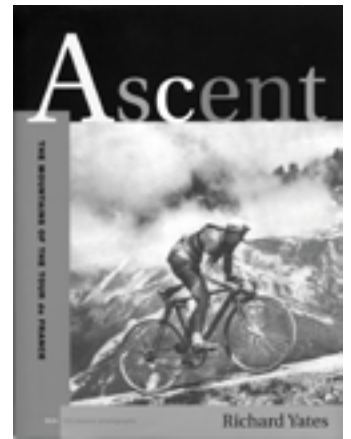
The shortcomings of the index and other reading aids make it difficult to use *Ascent* as a reference book, as fascinating as it is when read straight through. For instance, a reader trying to straighten out a number of similarly-named mountain passes will find that the index entries "Port, Col de," "Porte, Col de," and "Portet d'Aspet, Col du" all point to page 23,

which in fact refers only to the Col de Porte. Probably the 23 is a mistake for 25, where Portet, Port and Portet d'Aspet are mentioned. The cols Port and Portet are also unfortunately

omitted from the small map on the contents page. A detailed full-page map would have been very handy, ideally with references from the map to the boxed descriptions of passes, mountains and towns.

Ascent: The Mountains of the Tour de France

Richard Yates, edited by Gabór Konrád
Van der Plas Publications/Cycle Publishing
160 pages, \$29.95



PRODUCT REVIEW

CycleTime's Bike Fitting Kit

BY TAI LEE

Poor bicycle position can easily ruin the fun of riding. Many cyclists, novice and experienced alike, have never been properly fitted. This procedure is strongly recommended for those who frequently ride over an hour in duration, in order to avoid overuse injuries and increase your level of enjoyment while riding your bike.

CycleTime's Bike Fitting Kit for road bikes is a good "do-it-yourself" alternative to a professional bike fitting. The kit provides detailed instructions on how to use the included tools; a goniometer (to measure body angles), plumb line, measuring tape, level, and items

to measure hip flexibility. The user's manual gives clear details and illustrations on how to adjust saddle height, saddle angle as well as its fore/aft position, handlebar width, height, angle and reach.

We tested the Bike Fitting Kit on our own Bicycle Paper graphic designer, Michelle, who recently purchased her first road bike. The kit was easy to use and the procedures simple to follow.

Once we started the fitting, it became clear that a certain amount of experience on the part of the person performing the fitting is important. A general understanding of injuries caused by poor bike fit is handy to have but not necessary. The guide features a troubleshooting section that offers solutions for common sources of pain.

The accuracy of the included goniometer, which measures body angles at the hips and knees, is a concern. Due to the tool's small size, it was difficult to get a reliable reading and the operation had to be repeated a few times to ensure that it was right.

While not a substitute for a professional bike fitting, where fine-tuning adjustments down to the millimeter can be made, this kit is accurate enough to get you to an adequate, comfortable position, very close to where you should be, while reducing the risk of injuries.

As for our test subject, we made some drastic adjustments to saddle height and angle as well as handlebar angle. Michelle felt more comfortable on the bike immediately and had no problem adjusting to the new position.

CycleTime's Bike Fitting Kit sells for \$39.95. For more info, check out www.BikeFittingKit.com.



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Leg Length Discrepancy and How to Deal With It



By Erik Moen
PT, CSCS

Bicycling is a highly repetitive activity and a leg length difference (LLD), like any asymmetry in the body, can lead to an overuse injury or bicycle-related pain syndrome. Many "fixes" have been suggested to take care of an LLD problem, but there has been no official scientific "best fix" described in peer-reviewed literature. Thus attempts to resolve a leg length difference for the purposes of bicycling often varied. Remedies vary depending on the cause, thus the assessment and correction should be approached systematically.

Define the Location

Leg length discrepancies may occur in four locations: the tibia/fibula (lower leg), the femur (upper leg), the hip/pelvis/spine complex, and the foot. These differences may be either congenital (from birth) or acquired (from trauma or overloading). It is very important to pinpoint the exact location of the discrepancy and the true difference in length. Qualified healthcare providers can assess an LLD, as can reputable sports practitioners. The gold standard of diagnosis, however, is an X-ray scanogram.

How Much Is Too Much?

Your level of concern about this problem should be proportional to your bicycling goals. Essentially, the higher the pedaling force and

the higher the volume (mileage), the more concerned you should be about the situation. Reputable resources describe leg length differences as little as 1/8 inch (or 3 mm), as a concern. Your attention to correction for the purposes of cycling should be made when your regular rides are at or over one hour, or if you are involved in racing.

Correction Options

Ed Burke's general rule of thumb is that corrections should more often be under-compensated rather than fully corrected. The reasoning is that the bigger the correction, the more "goofy" and unreliable the fix. Correction of an LLD for bicycling is a function of location. The easiest discrepancies to remedy are tibia/fibula differences. They may be corrected by shims between foot and pedal. Differences that originate from the foot are corrected in a similar fashion, although they are best accommodated in conjunction with some form of custom footbed. Femoral leg length discrepancies are difficult to solve: the best fix I have seen comes from High Sierra Cycle Center (www.hscycle.com) with their variable length crank arms and other adjustable equipment. These are neither inexpensive nor simple. Simpler fixes come from alterations to pedal width, cleat fore/aft position and attention to saddle height for the short leg. Hip/pelvis/spine origins of LLD may not cause difficulty with cycling. Measuring bilateral knee angles

on the bicycle will best assess the presence of a LLD in this case. For example, a person with an LLD from scoliosis (a spinal curvature) may demonstrate irregularities with walking and standing but may have symmetrical knee angles when riding a bicycle. This person may require shims for walking but may not need intervention between the pedals and saddle.

Faux Leg Lengths

Apparent LLDs on the bicycle may not be a result of actual LLDs. This is good reason to have a qualified professional help assess your situation. Poor bike fit such as excessive reach to the handlebars, asymmetrical cleat positions, excessive rearward saddle and excessive saddle height as well as limited musculoskeletal mobility may result in apparent LLDs. Musculoskeletal irregularities may include tightness in hamstrings and gluteal musculature and asymmetrical weakness in hamstring, hip and foot musculature.

Strategies in dealing with leg length differences should be a function of location of the true leg length discrepancy. Not all LLDs should be treated the same on the bicycle. Your solution should include the definition of LLD location and appropriate intervention. Proper biomechanical correction will help ensure that your bicycling goals are less interrupted by pain and overuse injury.

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.

Health Prevention Tips

Kerry Mauri, a physical therapist with Queen Anne Physical Therapy, has a few suggestions for an injury-free season.

- Stretching should be part of your daily routine and is very important after your ride.
- You can stretch your calves while riding if you stand on your pedals and lower your heels. Turn your head left and right to loosen the neck and shoulders. (You don't have to do it all at the same time!)
- Knee and hip are two of the most common areas prone to cycling injuries.
- Knee pain is often caused by weak hips because it affects the way your knee moves on a downstroke of the pedal. The position of the foot on the pedal can also have a negative impact.
- Weight train the muscles used while cycling. A strong core helps with posture and reduces the risk of injury.
- Good posture is essential to injury prevention, as is bike fit. There are some physical therapists that do bike fitting. If you aren't comfortable you won't ride, no matter how expensive your bicycle is. Bike fit will help you enjoy your ride and improve your efficiency.

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Canadian Saga Never Ends

By MATT USBORNE

What is up with Canadian road cycling these days? So far the spring and early BC Cup series has drawn out the talent of both Symmetrics and of the Lazy Boyz (La-Z-Boy cycling team) as some serious up-and-comers.

Svein Tuft has been the man of the early season, with wins almost everywhere, on the boards as well as on the roads across North America and Cuba. But what has been most impressive is that locally Svein has been using his immense motor to help set up his teammates for some nice victories, including Will Routley's (Symmetrics) BC Cup #1 win.

With Symmetrics frying bigger fish in the Vuelta El Salvador BC Cup #2 provided a much more open venue for the men's Cat 1/2 field. This is where La-Z-Boy stepped up to the plate with Rob Britton and Jamie Sparling going on the offensive and placing first and second

respectively. Since then, they have continued their winning ways, claiming stage and GC, victories in Alberta's Velocity Stage race as well as the Grand Prix de Bici. Composed primarily of promising riders, this team has shown that they have the legs and attitude to step up to the plate in regional Canadian cycling.

The biggest news in BC at the moment is unfortunately off the bike. Shortly after the composition of the national team for the Pan Am Championships was announced, Symmetrics pulled all their riders from the team. With their contingent forming the backbone of the Canadian squad, and with the Canadian Cycling Association (CCA) stating that they will not send alternate riders, that means that the chance of a Canadian win at Pan Am is about as great as Paris Hilton getting a PhD.

Why take the Symmetrics guys off the team? The answer to that is complicated. According to Kevin Cunningham, owner of Symmetrics

Cycling, it is a reaction to inconsistent and often conflicting selection criteria put forth by the CCA with regards to who qualifies for the team for not only the Pan American Championships, but potentially for any race. In this case the major sticking point was that track trials weren't actually used for selecting most of the endurance track riders! Also a sticking point: providing funded spots to riders who have not been performing as well as riders who were offered unfunded spots.

The CCA decided the track endurance team prior to the trials! Doesn't that seem amazing? Here we have an event designed to qualify and select riders for the Pan Am and the team gets picked before the event actually happens. Seems rather peculiar! However, it is not the first time the CCA has selected athletes from a political as well as athletic perspective, so many in Canada have for years just shrugged it off, or become frustrated by the process. So Symmetrics is using their might in Canadian cycling to make a much needed point—that the selection process needs to be adhered to, and be transparent.

They absolutely have the right to do this, and we should applaud Mr. Cunningham for taking this stance—because individual athletes have almost no power against the governing bodies, but with so many of Canada's top riders on this team, they have the power to make an impact with their threat of non-participation.

But politics and polemics aside this spring has had amazing racing and shown off the talents of Canada's best, as well as some of BC's most promising riders. Let's hope that the racing is the hot topic of next month Up North, rather than the politics of cycling.

Note from the editor: The CCA was contacted for comments and never replied.



NEWS

BMX Worlds

UCI BMX World Championships will be held in Victoria, BC on July 26-29, 2007. 2,500 athletes aged 5 to 35+ from over 40 nations will compete for the top honors and titles. Also on the line is the gathering of important nation ranking points, which will determine the countries that will be represented when BMX debuts as an official sport of the 2008 Beijing Summer Olympics.

Redmond Cycle Supports Safe Routes to School

Giant Bicycle, The Biking Solution and the Safe Routes to School National Partnership have jointly designed a special edition Cypress DX bicycle, the purchase of which will help fund initiatives that ensure that youngsters could safely walk or ride bikes to school. For every bike sold through 28 participating Giant retailers nationwide, including Redmond

Cycle in Washington, \$20 will be donated to the program.

Whistler MTB Park

On May 19, 20 of the adrenaline-fueled Whistler Mountain Bike Park trails opened to launch the 2007 summer. From now until June 15, riders can play on weekends from 9 a.m. to 6 p.m. and weekdays from 10 a.m. to 5 p.m., while the extended daily schedule kicks in on June 16 (10 a.m. to 8 p.m.).

The Triple Play Card, offering three days of riding for \$106, is back.

Meanwhile, Whistler Blackcomb asks, "Are you obsessed with the bike park?" Riders are invited to submit entries demonstrating their obsession through photos, videos, animations or anything else creative. The contest ends August 30. Monthly, particularly obsessed participants will have the opportunity to win prizes.

To enter, vote for your favorites, or find out more, go to www.whistlerbike.com.

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Telltale Signs That Cycling Has Taken Over Your Life

(You say this as if it's a BAD thing?)

By JOE "METAL COWBOY" KURMASKIE

Hello, my name is Joe...
"Hello, Joe."

... And I'm a cycling addict. It's been ten days since I clipped in, twenty since I checked my Cateye, and a full month since I bought something I did not need off the clearance table at my local bike shop.

OK, so I've never been forced to make this confession, but if there really were a 12-step program for addicts of adventures on two wheels, friends and family would have tackled me to the ground years ago. Except for things like, say, a job, or sleep, meals and the occasional social contact with people, there's really nothing stopping any of us from dreaming, thinking, scheming or actually cycling 24/7... or close to it.

Of course it would be utter folly for you to push away from that desk you've been riding like a little corporate jockey all these years. Foolishness of the highest order for you to sublet the house or sell the farm and roll out the door for a world trek, or what about signing up for the local race series, cyclocross or every century on this season's schedule. Life could get interesting in a hurry, God forbid. So while you contemplate a few of these rash choices I've littered your lane with, let's see just how over the edge you are with this little test:

(Full disclosure: Like any good test maker, I've compiled this pop quiz from many sources over the years: my twisted brain, websites, surveys, emails from friends—but most come from cyclists in the act of pedaling, getting ready to pedal, or lying on the side of the blacktop after pedaling too far too fast, or both. In other words, experts. I would like to thank them collectively for their inspired madness... Pedal, Forest, Pedal!)

Now, pencils ready...

Are You Addicted to Cycling? Check Off

All that Apply to You (bonus points for speed, deductions for drafting).

- You know every traffic light sequence in the tri-county area, for stop-free pedaling.
- Either it's a Brooks saddle, or I will stand and pedal the whole way, thank you.
- You wear more tights than a children's theater group performing Peter Pan.
- You have eaten pasta directly out of your front bag, while pedaling.
- You have more up-to-date knowledge of bike specs, gear and camping equipment than the staff at your local shop, the reps in your community and the editors at national magazines.
- You have a killer set of bodybuilder quads and a pair of angel-hair pasta thin arms. That ten-year-old boy called again. He wants his biceps back.
- You don't hate drivers as much as pity them in their steel cages, surrounded by shockjock rhetoric and their vague anger over how it came to this.
- You think about each hill as a cyclist, even when you are driving a car.
- You calculate distances between cities by how long it would take you by bike. (21 bike days from St. Petersburg to St. Louis)
- You know how many miles you rode last night, last week, last year.
- You don't find it over-sharing to tell people you just met how many miles you rode last night, last week, last year.
- You have a Biker's Tan. (Bottom 2 / 3 of your legs, lower 1 / 2 of your arms, and two little circles on the tops of your hands).
- You get sad when your Biker's Tan fades.
- You have nothing good to say about logging trucks or RVs with living fossils behind the wheel, or anything sporting wide mirrors.
- You have lost feeling in your hands, neck and groin for substantial periods of time, but still you consider it the fair price of doing business on two wheels.

any descent are still the work of an angry god.

- You forget, much like a woman after childbirth, all the pain, headwinds, humidity and hills within days of a long ride, and start dreaming about the next.

Literary Rides With



The Metal Cowboy

- You have cockroached: bonking so badly that you have to lie on your back, pull your arms and legs tight and spasm your legs into the air to relieve the cramps. Take a picture of that sometime.
- You can say "My bicycle has been stolen!" in six different languages.
- Your bike is more expensive than your car. (If you even own one.)
- You never ask anyone in a car if the road you are on has "hills" or "climbs."
- You wave to drivers with bike racks.
- You have convinced yourself and others that protein bars are tasty. Here, try the coffee, banana, peanut butter sundae ones, they're the best.
- You have tested your hypothermic limits and found that they can be expanded with pedal speed, layering and hot cocoa.
- You agree with the statement "If everything feels in control, you just aren't going fast enough."

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.

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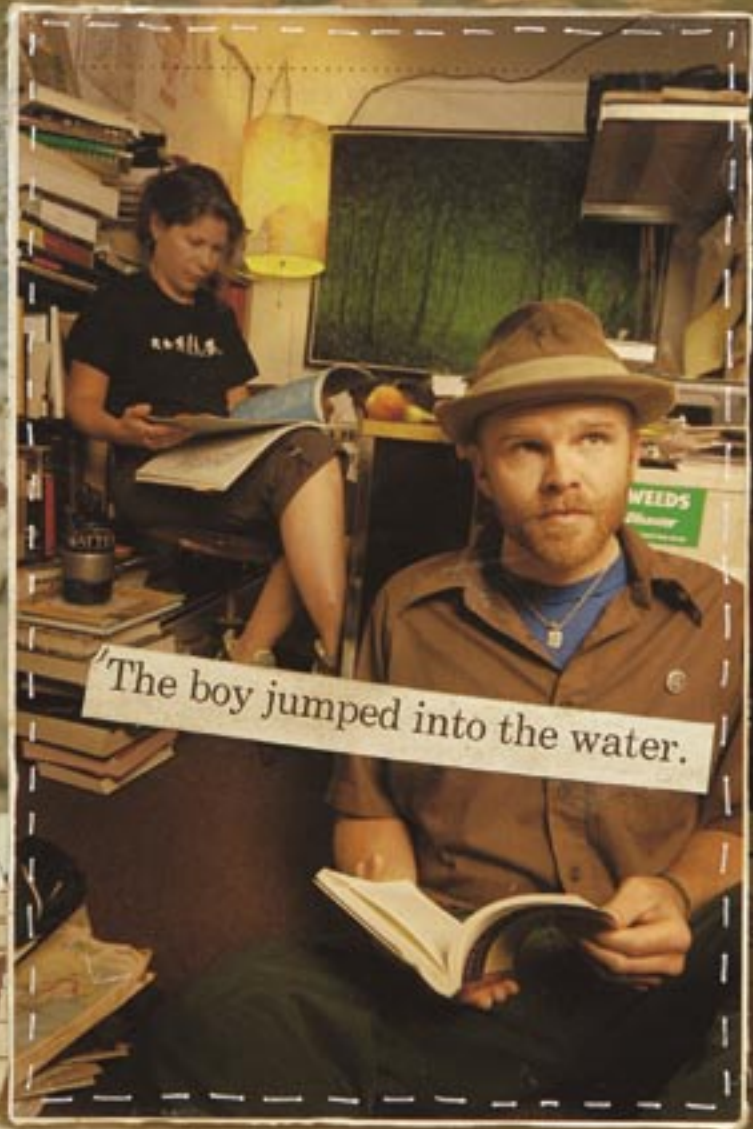
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1	2
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MAR 15 1979	
APR 01 1979	
APR 07 1979	
JUN 21 1979	

Why is water use always a dry debate among a few? When you strip it down, isn't water conservation a responsibility for all? That's why local author Laura Pritchett and publisher Todd Simmons want a more sustainable solution than the current plans to dam one of the last free-flowing rivers in Colorado. And they found many friends ready to take the plunge with them. More revealed at followyourfolly.com

Follow your folly. Ours is beer

6	7
DATE	ISSUED TO
SEP 15 1989	
SEP 21 1989	
OCT 28 1989	



"MTB" FROM PAGE 1

forward motion. Even if your front wheel did not leave the ground, practice this motion so your body gets used to it. Don't forget that on the down slope of the jump, your hips should move back slightly to compensate for the decline. To follow through afterwards, continue scanning the terrain ahead and return to your neutral riding position.

To progress your jumping, continue rolling over the jump, focusing on compressing the fork and pulling up the front wheel more to get higher loft. Next add a little more speed on the run-in and apply additional pressure to the pedals through the upward transition, generating an explosive motion off the lip of the jump. Continue to gradually add speed each time, and eventually you should experience the exhilarating feeling of both wheels leaving the ground!

Once you are "getting air," focus attention on the rear wheel and work on creating a

clawing action with your feet in order to keep the rear wheel up in the air. By pointing your feet downward on the pedals, you can apply pressure through the cranks and into the rear wheel, which helps carry it with you over the jump. Once you are able to consistently claw your pedals, carefully increase your speed so that eventually you will clear the jump and land on the backside. Once you have successfully reached the far transition on a jump repeatedly, move to the next larger jump, if available. It is very important that you always start out at the same speed you used for the previous jump, until you are used to the increased size and lip of the new jump.

If you are experiencing a "bucking" sensation, it is likely because you are keeping your weight back throughout the whole jump instead of shifting it forward on the takeoff and re-centering over the middle of the jump. This takes weight off the front wheel, and can be

very dangerous. Return to rolling the jump, working on getting your weight forward on the upward transition, until you can remain stable in the air. Another sensation you may experience when first learning is getting thrown forward after the lip of the jump; in this case, you may not be

compressing your fork in the upward transition and/or not pulling up on handlebars so that the front wheel gets air. Conversely, if after much practice you are still not getting any air, pay attention to whether you are pulling up on your fork and exploding with your legs too early.

Other things to watch out for that can inhibit your learning curve: pedaling between jumps, leaving your seat up too high, pedals not staying level throughout the jump, not maintaining neutral position, looking down instead of ahead,



Once in the air, focus your attention on the rear wheel and your body position.

and incorrect speed or gearing.

The most important part in learning this more advanced skill is to have fun and be patient. Dirt jumping combines a number of technical riding skills, so it helps to stay relaxed and positive as you move through each new progression. Once

you've learned how to spend some quality time in the air, you too will be dirt jumping for joy. Happy jumping!

Cheryl Beattie, Tera Card, and Courtney Nash coach with the Sugoi Dirt Series Mountain Bike Camps (www.dirtseries.com). Tera and Cheryl are Kamloops dirt jumpers extraordinaire, and Courtney sneaks in some jumping in Seattle, WA when she's not riding or building trails.

RACE NEWS

Tour of the Gila

Tom Peterson (Team Slipstream p/b Chipotle) finished 5th overall in the five-day Tour de Gila. The Snoqualmie rider claimed the 3rd stage victory in front of his breakaway companion. He also placed 8th in the opening time trial, and 4th in the last stage.

Ryder Hesjedal (Health Net p/b Maxxis) was 7th overall after lending his support to teammate Nathan O'Neill, who won the event.

Tour de Romandie

Oregon's Chris Horner completed the five-stage event in 5th place—46 seconds behind winner Thomas Dekker (Rabobank). Horner finished 3rd in the prologue, and in stage 4, allowing him to take over the leader's jersey. However his 7th place in the last leg of the race, a time trial, opened the door for Dekker, the stage winner, to claim the overall victory. Thanks to Horner and Cadel Evans's strong performances, Predictor Lotto won the team classification.

Tri-peaks Challenge

Team Rubicon's Aaron Tuckerman made quite an impression at the Tri-peaks Challenge. Tuckerman won the opening stage and through a huge team effort led by Kirk Carlsen, Tuckerman kept the leader's jersey for three more stages before relinquishing it after the time trial. He came in sixth in the last stage for him and the team to claim third place overall.

Pan American Road and Track Championships

Jennie Reed from Kirkland, WA captured a first win in Valencia, Venezuela on the opening day of competition. In the women's keirin, Reed led out the sprint from start to finish to edge Lizandra Guerra (CUB) in a six-woman final that also included Alberta Monique Sullivan (CAN). Reed's victory automatically qualifies her for the 2008 UCI Track World Championships in Manchester, Great Britain next March.

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"TRAVEL" FROM PAGE 1

oversized baggage. Try to keep the weight under 50 lbs to avoid an overweight charge as well. Anything over a certain weight (typically 70 or 100 lbs) will not be accepted at all and must be shipped.

Travel bicycle options are starting to look pretty good, and are now available on all types of bicycles, including recumbents and tandems. Many bicycles can be ordered with S&S bicycle torque couplings, while retrofitting a bike you already own runs about \$400. Bear in mind that some standard cases, such as that for the Ritchey Break-Away, are a tad larger than airlines would like—64" rather than 62". The difference isn't easily visible, but if you happen to get an extra-zealous agent who breaks out the tape measure, it could cost you. Investigate the many varieties of folding bicycle at www.foldsoc.co.uk. Some are best suited for commuting or easygoing rides, while others, such as the Bike Friday, are fully-featured bikes that can handle long tours with aplomb. Check the specs carefully, as not all folders are designed for air travel.

Within the US, shipping a bicycle may cost less than airline fees and be somewhat more convenient, depending on your priorities. Overnight or two-day shipping will be prohibitive, so planning ahead is essential. The ground shipping (1-5 business days) options are very competitive with airline fees, averaging around \$40 for a two-day delivery of a 50-lb. package from Seattle to Manhattan. FedEx and DHL are somewhat cheaper than UPS. Insurance is extra, about 0.5% to 0.7% of declared value. A premium travel service such as Sports Express

will run you up to 50% more than doing it yourself, though small discounts are available if you are a member of IMBA or LAB. Note that convenience shippers like Mail Boxes Etc. will also add extra fees on top of whatever the carrier charges.

Bicycle cases tend to be expensive, but may be worth it if you do a lot of traveling (they're available in sizes to fit any bike). It's also possible to rent a case for about \$50. Or you can pack your bike in a cardboard box from a local bike shop, which will usually be free (some airlines sell them, but will charge \$15 or so). It's a good idea to get two boxes, one slightly larger than the other, and telescope them. Make sure you can fit the box in whatever vehicles you are taking to or from the airport. You don't want to have to argue with a cabbie or bus driver at the last minute. You'll also need a place to store your box or case while you're off touring.

Detailed packing instructions are available on the web (see for example www.bikesport-michigan.com/features/packing-steps.shtml), but here are a few hints: It's a good idea to pack small items such as shoes and pedals in your other bag, where they are less likely to move around and cause damage. Inspections are more common these days, especially for boxes too big to go through X-ray machines, and you cannot count on airline personnel repacking your bicycle the way you left it. If possible, photograph your packing job to document condition in case of a claim for damages. Bike Friday recommends old-style toe straps for securing parts together so that the whole bike can be lifted out in one piece. S and S Machine

sells a security net to keep parts together: see www.sandsmachine.com/ac_net.htm. Don't lock a bike case if it's going as checked baggage. Airline regulations rule out inflation cartridges or aerosol lubricants, and rags



Photo courtesy of Steve Morrison

If you are traveling a lot, a hard shell case like the Trico may be a good investment.

and shop towels with lubricant residue can trigger equipment that's looking for explosives. Make sure you have all the tools necessary to reassemble and service your bike when you get there—but not in your carry-on bag, for security reasons. Electrical tape works well for marking personal fit adjustments, such as the saddle height and handlebar angle. Some airlines still recommend deflating the tires, but it's not necessary. As with any package, it's a good idea to label everything inside and out with your name and destination address.

Another option is renting a bike when you get there. While you won't generally save much money, you may save a lot of hassle, and it's an environmentally friendly option to use a bike that's already at your destination rather than packing one on a plane. Make sure the rental fleet carries a variety of sizes for a proper fit. In most areas you should not have to make do with the "anything you want, as long as it's a men's medium" approach. Many riders choose to bring their own seats and pedals, which does away with some of the uncertainty concerning a rental bike's quality and comfort. Bike rental offerings vary from first-class fleets, frequently serviced and none older than a year, to a few

beater bikes from a local shop.

Finally, taking a bike on a train can work well if your schedule and route fit into Amtrak's ever more limited services. Amtrak regulations are spelled out at www.amtrak.com (search keyword "bicycle" and click

on "Bring Your Bicycle Onboard"). Your options will vary tremendously depending on your route, so it's essential to plan well in advance. Bike rack reservations are \$5 to \$10. Check availability of bike racks at 1-800-USA-RAIL (1-800-872-7245). (Tandems and recumbents will not fit on the bike rack and must be checked.) Other options may include checking a boxed bike as baggage, checking a bike unboxed on a train with a tie-down area, and shipping a boxed bike on Amtrak Express (bicycles need not meet the usual size restrictions on Amtrak Express packages). Amtrak disclaims liability for unboxed bicycles in all situations. Checked baggage can be accepted only at certain stations on certain days, and some stops are too short for checked baggage to be unloaded, so plan accordingly. Folding bicycles can be brought into some passenger cars as carry-ons, but must be placed in the luggage storage area at the end of the car, or on the lower level on Superliners. Carry-on baggage carries no liability, and checked baggage a maximum of \$500 per passenger. Additional insurance up to \$2500 in value may be purchased. Carry-ons may be limited if the train is full.

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Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

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

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EVENTS

JUNE

Jun 12: Bicycle Advisory Committee Meeting

Portland, OR. Second Tuesday of the month at 7pm in City Hall, Lovejoy Room. All are welcome to attend. For an agenda, contact Roger Geller at 503-823-7671

Jun 16: Marymoor Little 100

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

Jun 18-Aug 8: Youth Cycling Classes

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

Jun 23: PUMP Monthly Meetings

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

CAMPS

JUNE

Jun 2-3: Dirt Series

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

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

Fernie, BC. Weekend skills camp for women. Spend 1 day working on downhill and bike-handling skills, and 1 day riding the trails in Fernie, working on our cross-country and climbing skills. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Jun 16-17: Dirt Series

Bellingham, WA. MTB camps for women. See June 2&3 for details. Dirt Series, 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. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.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, 250-362-7378, www.devineride.com

Jun 30-Jul 1: Dirt Series

Bend, OR. MTB camps for women. See June 2 & 3 for details. Dirt Series, 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.cycling.bc.ca

Feb 24-Jul 21: Indie MTB Series

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

Feb 24-Jul 19: 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. 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

Mar 18-Aug 25: Oregon Cup - Road

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

Apr 1-Aug 5: Carnation TT Series

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

Apr 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's and junior races start at 6:30 when indicated. No event on 7/17. Course varies every week. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 3-Aug 28: Tuesday PIR Series

Portland, OR. Portland International Raceway. 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

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

Seattle, WA. Criterium racing every Thursday night. Short 0.8-mile raindrop-shaped loop in the park. Very good pavement, 200-meter hill each lap, 140-degree turn. Race directions vary. \$10 per night. Juniors and women only \$5. Registration on race day only. Opens at 4:30pm, first start at 5pm last at 7pm. Nightly cash and prizes. Pts 6 deep. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 8-Sep 16: BC Masters Road Series

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

Apr 8-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, Northwest Junior Racing Series, 206-619-1355, www.radracingsnw.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, 206-619-1355, www.wsbaracing.com

Apr 10-Aug 28: Baddlands CC Twilight Series

Spokane, WA. All races start at 6pm sharp, registration opens at 5pm. Type of event and location vary every week. Yellow centerline rule in effect. No racing

on 5/29, 7/3, 8/7. Last event to count for points is 8/21. Award party on 8/28 after the race. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 10-Jul 17: Tuesday Nighter Training Ride Series

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

Apr 14-Sep 29: Capitol 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. Matheu Denuelle, Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/races/FOCF07.html

Apr 15-Aug 11: BC Cup Road Series

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

Apr 18-Aug 22: Comox Valley TT Series

Comox, BC. Held the first, third and fourth Wednesday of each month from April through August. 16km race on Headquarters and Rennison Rd (HQ) except 5/23, 6/27 and 8/22 where the more difficult Forbidden Plateau (FP), 12km course is used. All categories, best time and points awards. Comox Valley Cycling Club, www.cvcc.ca

Apr 21-Oct 7: Wild Rockies Series

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

Apr 22-Aug 19: Comox Cup Race Series

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

Apr 22-Jun 24: Oregon XC Classic Series

Various, OR. Series of 7 events with points awards towards overall series winner. Event date - 4/22-29, 5/5-13-20, 6/3-24. See individual events for location and start times. Identified as OR MTB Series. www.obra.org

Apr 25-Aug 22: Track Development Class

Portland, OR. Weekly events where riders of all ages

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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 28-Sep 9: Mt Hood Adventure Park XC/ST Series

Mt. Hood, OR. Series of 4 events all around Mt Hood. Event in April, June, July and September. 2 short track events, 4XC. OBRA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

May 3-Sep 20: Alpenrose Thursday Series

Portland, OR. Alpenrose Velodrome. Event schedule posted on website a few days before each race night. No race on 6/14, 7/5, 7/19. Mike Murray, OBRA, 503-661-5874, www.obra.org

May 3-Aug 30: Coastal Thursday Evening Challenge

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

May 4-Aug 31: Bike Central's Fast-Twitch Fridays

Portland, OR. Alpenrose Velodrome. Sprint-oriented racing for all levels, nothing over 30 laps. Match sprinting every Friday, all categories welcome. Also run beginner omnium style races for both women and men in between sprint rounds. No race on 6/15, 7/6, 7/20, 8/10. Jen Featheringill, Bike Central, 503-227-4439, www.bike-central.com

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

Mt. Hood, OR. Series of 5 events all on Mt Hood. Event in May, June, July and September. NORBA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

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

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

May 14-Aug 27: Monday Night Track

Redmond, WA. Track racing for juniors, Cat 4/5 women, Cat 5 and novice men racers. Racing starts at 7pm. \$15 adults, \$5 juniors. Rental bikes also available. USA Cycling license or one day license to race. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 16-Aug 29: Wednesday Night Track Racing

Redmond, WA. Marymoor Velodrome. Track racing for Cat 4 Women, Cat 4 Men and Master A & B. Start at 7:30pm. Fee \$15 one category, \$25 for two. Must have USA cycling license or one day permit. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

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

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

May 30-Jul 18: Mt. Tabor Series

Portland, OR. Evening road (circuit) race on a 1.3-mile hilly loop around the upper reservoir in Mt. Tabor Park in SE Portland. Racing for all categories including Master Women and fixed-gear. Weekly prizes and cash pay out to top 3 places, reborns 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.mtbabseries.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

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

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

Jun 4-25: True Amateur Criterium Series

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

Jun 5-Aug 28: Twilight Criterium Series

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

Jun 6-Aug 22: Bend Crit / TT Series

Bend, OR. Wednesday night racing series. Time trials and criterium events. Criterium races held at Summit High School, Time Trials on Skyliners Rd. All racers must be OBRA members. Annual (\$20) or day (\$5) OBRA licenses available at the race. Tim Plummer, 541-330-8758, www.bendcycling.org

Jun 7-Sep 6: So Oregon Champion Thursday Series

Ashland, OR. Southern Oregon Dragway - Circuit race. Distance varies as daylight permits. A: 18+ laps. B: 5 races each distance - 10, 12, 14 laps. Each lap is 12 miles with an elevation gain of 50ft. A - Cat 1/2/3 B - Cat 4/5. Good event to work on team strategy. Ed Garfield, 541-840-0713, www.obra.org

Jun 18-Aug 8: Youth Cycling Classes

Portland, OR. Learn to ride the track. Classes every Monday, Wednesday and Friday from 6/18 to 8/18. Nathan Hobson, 503-652-3763, www.obra.org

Jun 25-Jul 30: Portland MTB Short Track Series

Portland, OR. Fun and challenging 3-5 minute lap course with a lot of bumps and turns. Monday night 6-8pm on the infield of Portland Int'l Raceway. All ages, all abilities. Your choice of bike - mountain or cyclocross. Overall cash and weekly prizes. Best 5 out of 6. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Jul 1-Aug 12: Willamette Pass DH Series

Willamette Pass, OR. Exciting fast paced technical DH races. 2-mile downhill - beginner, sport and expert/pro course. All abilities and age classes. Race fee includes 20 hours of gondola access. 3 events in the series identified as WPDH, 7/1, 7/15, 8/12. Randy Dreiling, Oregon Adventures, 541-782-2388, www.oregon-adventures.com

Jul 9-30: Women's Criterium Series

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

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

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

Jul 24-Aug 28: Tuesday Nighter Training Ride Series

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

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

Hillsboro, OR. Series of 3 circuit races. Butch Martin, 503-807-2471

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MULTISPORT

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/

Jun 3: Hope for Youth Offroad Triathlon

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

Jun 9-10: Gerick's Wasa Triathlon

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

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. BuDu Racing, 253-334-4433, www.buduracing.com

Jun 16: Pine Hollow Triathlon

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

Jun 16: Spokane's Big Adventure Relay

Spokane, WA. Kayak, run, MTB, road bike at Riverside State Park. Round & Round Productions, 509-455-7657, www.roundandround.com

Jun 17: New Balance Half Ironman

Nanaimo, BC. May be on the 24th, need to confirmed. Norm Thibault, Multi-Sports Promotions, 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 North America, 888-280-9097 x 27, www.ironmanca.com/

Jun 24: Mountains to Sound Relay

Seattle, WA. 100 miles, 5 legs. Teams, pairs or iron. 22mi Mtn Bike / 50mi road bike / 12mi Paddle / Half Marathon / 10km. Chris Lewis, 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/

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

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. BuDu Racing, 253-334-4433, 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

MOUNTAIN BIKE RACING

JUNE

Jun 2-3: 2nd Annual Janna Brimmer Memorial

Salmon, ID. XC Saturday, DH Sunday. Wild Rockies, 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 and features challenging singletrack, creek crossing and spectacular scenery. Part of Indie Series. Leavenworth Fat Tire Club, 509-548-5615, 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. Sunday XC - Canfield Mtn. 25-mile expert, 300ft, 60% singletrack. Sport 21-mile, beginner 16. Part of KTS series. Vertical Earth, 208-667-5503, 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

Jun 6, 13, 20, 30: Wood River Cup Series

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

Jun 9: Idaho City Excellent Adventure

Idaho City, ID. XC event for pro to beginner, start at the same time, LeMans style. 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

Jun 9-10: Kamloops XC/DH

Kamloops, BC. New events, DH on great urban course. BC Cup MTB event. Henry Pejril, 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

Jun 9: The Bliss Cruise - Super D

Lacey, WA. Super D event. Shuttle at 10 am. Registration from 8-9:00am. Four 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. Friends of Capitol Forest, 360-204-6207, www.capitolforest.com

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 Brumsickle, Silverdale Cyclery, 9242 Silverdale Way, Silverdale, WA, 98383. 360-692-5508, 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, 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

Jun 16: Test of Metal

Squamish, BC. Marathon event. SOLD OUT.

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. Breakaway Events, 541-840-6580, 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

Jun 17: Silver Mtn DH #1

Pocatello, ID. Cynthia Gibson, Knobby Tire Series, www.knobbytireseries.com/

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

Winthrop, WA. Mark Peterson, WHIMPS, 360-733-1955, 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

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 with 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.oakridgetaffire.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

Jun 30: Super D

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

JULY

Jul 1: 12 Hours of Cumberland Relay

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

Jul 1: Return on the Jedi

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

Jul 1: Silver Mtn DH #2

Pocatello, ID. Cynthia Gibson, Knobby Tire Series, www.knobbytireseries.com

Jul 1: Urban Assault Short Track

Boise, ID. Short Track XC in downtown streets of Old Boise. No dirt, asphalt, multi-lap short track with obstacles. Part of KTS. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jul 1 & 15: Willamette Pass Downhill

Willamette Pass, OR. 2 mile DH course with beginner, sport and Expert/Pro course. Part of WPDH. See race series for details. Randy Dreiling, Oregon Adventures, 541-968-5397, www.oakridgetaffire.com

Jul 2, 9, 16, 23, 30: Portland MTB Short Track

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

Jul 8-9: Padden MTN Pedal and Freeride Challenge - Indie #7

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

Jul 14-15: Brundage MTB Festival

McCall, ID. Incredible trail system at the scenic Brundage Mountain ski resort near McCall, ID. XC on Saturday on the 10.5-mile loop which is legendary for both its climbs and descents. The last 4.5 miles are all DH on the famous Elk Trail. Sunday is for DH event. Part of WRS. Ron Dillon, Wild Rockies, www.wildrockies.com

Jul 14: Super D

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

Jul 15: Gear Jammer Marathon

Squamish, BC. Singletrack lovers will enjoy this course greatly. Mass start, point to point through Squamish singletrack. Limit 500 riders. Curtis Roberts, SORCA, 604-892-9296, www.gearjammer.ca

Jul 15: Psychosis DH

Golden, BC. Over 4,000ft of technical singletrack downhill. Awesome course that doesn't stop. Trevor Gavra, www.cycling.bc.ca

Jul 15: State Games of Oregon XC #3

Mt. Hood, OR. XC and ST events at Mt. Hood Skibowl. Part of Mt. Hood Skibowl XC Series. OBRA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 19-22: Tim Hortons Nat'l Championship

Mount Washington, BC. Canadian Nationals XC and

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Jul 21-29: Crankworx Freeride Festival
Whistler, BC. Festival includes: Biker X, Air DH, Garbanzo DH and Slopestyle Expression Session. With the exception of Slopestyle, all events have Pro, Amateur and Junior categories for men and women. Sebastien Fremont, Whistler Events Bureau, www.crankworx.com

Jul 21-22: Greenwater Gamble - Indie Series #8
Greenwater, WA. Saturday Indie Series. Fast and fun twisty course great for all. Sunday Short Course Race (not part of the Indie series), Poker run, BBQ. Wick, www.indieseries.com

Jul 21-22: State Games of OR presented by Fat Tire Farm DH #3
Mt. Hood, OR. DH is 2 miles long, with 1,500ft of elevation. Part of Mt. Hood Skibowl DH Series. NORBA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 21: The Berm Basher - Super D
Lacey, WA. Shuttle at 10am. Registration from 8-9am Four classes. This route from The Peak to Middle Waddell parking area is a ripping descent with a few climbs. From the top it is rough and technical, then dropping into the best berms in the forest. All proceeds go to benefit Capitol Forest. Capitol Forest MTB Series #3. Friends of Capitol Forest, www.capitolforest.com

Jul 28: Galena Grinder XC & Marathon
Galena Summit, ID. Galena is located 23 miles north of Ketchum, ID. New course - 22.5-mi loop with 50% singletrack. Open category for marathon 45-mile. Part of KTS and National event. Cynthia Gibson, Knobby Tire Series, www.knobbytireseries.com/

MOUNTAIN BIKE TOURING

JUNE

Jun 15-17: Umpqua River MTB Adventure
Bend, OR. Ride 50+ miles of singletrack on the technical North Umpqua River Trail. This lush 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

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

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. 47 miles of singletrack over 3 days. Also available 7/13. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jun 29-Jul 4: Rocky Mountain Single-track 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. Also available 7/6, 7/27. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

JULY

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

Jul 6-13: Rocky Mountain Freeride
Fernie, BC. For advanced riders, this tour is epic: 4 days of lift-accessed riding at some of the best resorts in Canada. Fernie Alpine Resort, Kicking Horse Resort, and Panorama Mountain Resort. Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Jul 6-8: Umpqua River MTB Adventure
Bend, OR. See June 15-17 for description. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jul 7-8: Sea to Sky Trail Ride
D'Arcy, BC. 150km of off-road trail ride in the spectacular Whistler area from D'Arcy to Squamish. Limit 250 riders. Great Explorations, 800-242-1825, www.great-explorations.com

Jul 8-11: Singletrack Lake Tour-Hotel
Bend, OR. Spend 4 glorious days in the Cascades riding 68+ miles of singletrack through alpine and sub-alpine forests to visit numerous lakes. Accommodations are in downtown Bend. Also available 8/19. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jul 9-15: Kettle Valley Trail 1
Castlegar, BC. Tour starts in historical Castlegar and ends in Beaverdell, via Grand Forks, Greenwood and Rock Creek. Incredible views of Lower Arrow Lake. Mostly on railbed. Robbin McKinney, Great Explorations, 305-1510 West 1st Ave, Vancouver, BC, V6J 4S3. 800-242-1825, www.great-explorations.com

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

Jul 14-20: Kettle Valley Trail 2
Beaverdell, BC. Beaverdell to Coalmont. Classic Kettle Valley line with overnights at McCulloch Lake, Chute Lake, West Summerland, Chain Lake and Coalmont. Average 34 miles per day. Great Explorations, 800-242-1825, www.great-explorations.com

Jul 19-22: Kettle Valley Trail 3
Coalmont, BC. Coalmont to Hope. Follow the verdant Tulameen River Valley, stopping at idyllic Otter Lake before reaching the Coley Creek Ranch and Coquihalla Lakes the next day. Great Explorations, 800-242-1825, www.great-explorations.com

Jul 27-29: MTB Oregon #1
Oakridge, OR. Enjoy 3 full days (or the 5-day option) of unequalled singletrack riding that will leave you both exhausted and replenished. Each day offers supported ride options. Randy Dreiling, 503-968-5397, www.mtbikeoregon.com

Jul 28: Pedal the Pinchot
Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St Helens. 4 routes: 30, 32, 49 and 88 miles. Start line opens at 6:00am closes at 6:00pm at Swift Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

ROAD RACING

JUNE

Jun 2-3: BC Masters Assoc. Race #8/9
Penitcton, BC. 10km hill climb, 10-12% grade on Saturday, starts at 4pm. 80km road race mostly flat on Sunday starts at 10am. Penitcton CC., 250-493-3363, 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

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

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. Michael Kopp, 425-413-3830, www.vision4corners.com

Jun 4, 11, 18, 25: True Amateur Criterium Series
Eugene, OR. See Race Series for details. Sal Collura, 541-747-3336, www.obra.org

Jun 5: Baddlands CC Twilight Series
Spokane, WA. Criterium. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jun 5: Pacific Raceways w/Women & Jr
Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

Jun 5, 12, 19, 26: Twilight Crit Series
Eugene, OR. See Race Series for details. Sal Collura, www.obra.org

Jun 6: Comox Valley TT Series
Comox, BC. See Race Series for details. HQ course. Comox Valley Cycling Club, 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

Jun 7, 14, 21, 28: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, 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

Jun 7, 14, 21, 28: So Oregon Champion Series
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jun 8: Tour of Eagle
Eagle, ID. Criterium. 208-884-1925, www.georgescycles.com

Jun 9: Second Ascent Twilight Criterium
Ballard, WA. 1km, almost flat, 4-corner criterium 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

Jun 10: Atomic RR - BC CUP #3
Langley, BC. Also junior series event. Sean R, Atomic Racing Club, 604-540-0942, 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.bicycley.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

Jun 10: WA Masters & Junior Road Race Championship
Elma, WA. Jr. Tour event. Jack Brodhead, www.oldtownbicycle.com

Jun 11, 18, 25: Monday Night Masters & Women PIR
Portland, OR. See Race Series for details. June series. No race on June 4. Jim Anderson, 503-975-8229, www.racemondaynight.com

Jun 12: Baddlands CC Twilight Series
Spokane, WA. Spokane Raceway Park, Airway Heights - circuit race. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jun 12: Pacific Raceways RR Series
Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

Jun 12, 19, 26: Tuesday PIR
Portland, OR. See Race Series for details. No race on June 5. Jeff Mitchem, 503-233-3636, 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

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, 250-338-6642, 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

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 Muijlaert, Methow Valley Sport Trails Association, 509-996-3287, 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

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

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

Jun 17: OUCH
Corbett, OR. CANCELLED

Jun 19: Baddlands CC Twilight Series
Spokane, WA. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jun 19: Pacific Raceways w/Women
Kent, WA. Separate women. BuDu Racing, 206-625-8333, www.buduracing.com

Jun 20: Comox Valley TT Series
Comox, BC. See Race Series for details. HQ course. Comox Valley Cycling Club, www.cvcc.ca

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 Motte, 503-648-1772, www.elkhornclassic.com

Jun 23: Boston Harbor Crit - State Circuit Champ
Boston Harbor, WA. Erik Anderson, www.wsbaracing.com

Jun 23: Idaho State TT championships
Hailey, ID. Durance Cycles, www.durance.com

Jun 24: Wedgewood Westside Classic
Vancouver, BC. New course starting at West 16th and Blanca going counterclockwise around Pacific Spirit Regional Park. Proceeds go to the BC Cancer Foundation. Jonathan Wornell, Team Wedgewood, 604-836-9993, www.teamwedgewood.com

Jun 26: Baddlands CC Twilight Series
Cheney, WA. Chicken Farm road race. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jun 26: Pacific Raceways RR Series
Kent, WA. BuDu Racing, 206-625-8333, www.buduracing.com

Jun 27: Comox Valley TT Series
Comox, BC. See Race Series for details. FD course. Comox Valley Cycling Club, www.cvcc.ca

Jun 30-Jul 2: BC Masters Assoc. Race #12/14
Kelowna, BC. Saturday - criterium organized by CO-BRA. Starts at 6pm. Sunday - hill climb 5-12% 19km starts at 9:00am from BX School in Vernon. Monday - 40 ITT (double points) mostly flat in Salmon Arm, starts at 10am. Bruce Stevens, BC Masters Cycling Association, 250-491-0314, www.bcmasterscycling.net

Jun 30: Capitol Criterium - WA Sr Crit Championships
Olympia, WA. Twisting 0.7-mile course on the Capitol Campus. Fairly technical short uphill just before the finish. Counts for WA BARR points. Yanni Papadopoulos, www.cbracing.org

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

Jul 1: Des Moines Masters' Criterium Championships
Des Moines, WA. A challenging, i.e. not flat, downtown criterium. This 4-corner course is sure to test your fitness. King/Queen of the sprints will be back! WRS #5. Jr. tour event. Rob Anderson, Puget Sound Bicycle Racing, 206-779-0943, www.psbrcing.com

Jul 1: OBRA Road Race Championship
Eugene, OR. State Championships road race 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 backside of Welder's Hill. The 14-mile loop ends with a hilltop finish. Medals. Sal Collura, 541-747-3336, www.obra.org

Jul 2, 9, 16, 23, 30: Monday Night Masters & Women PIR
Portland, OR. See Race Series for details. July series. Jim Anderson, 503-975-8229, www.racemondaynight.com

Jul 3, 10, 24, 31: Pacific Raceways
Kent, WA. 7/3 & 7/24 - women/Jr, no race 7/17 BuDu Racing, 206-625-8333, www.buduracing.com

Jul 3, 10, 24, 31: Tuesday PIR
Portland, OR. See Race Series for details. Jeff Mitchem, 503-233-3636, www.obra.org

Jul 3, 10, 17, 24, 31: Twilight Crit Series
Eugene, OR. See Race Series for details. Sal Collura, www.obra.org

Jul 4, 11, 18, 25: Bend Crit/TT Series
Bend, OR. Wednesday night racing series. See Race Series for details. Tim Plummer, 541-330-8758, www.obra.org

Jul 4: Comox Valley TT Series
Comox, BC. See Race Series for details. HQ course. Comox Valley Cycling Club, www.cvcc.ca

Jul 4, 11, 18, 25: Escape Velocity TT
Langley, BC. Escape Velocity, 604-734-4241, www.escapevelocity.bc.ca

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

Jul 5, 12, 19, 26: Coastal Thursday Challenge
Richmond, BC. Criterium. See Race Series for details. Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jul 5, 12, 19, 26: First Rate Mtg Seward Park Series
Seattle, WA. See Race Series for details. David Douglas, Pazzo Velo, www.pazzovelo.com

Jul 5-17: National Championships
Seven Springs, PA. www.usacycling.com

Jul 5, 12, 19, 26: So Oregon Champion Series
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Jul 6-8: Big Sky Cycling Classic
Missoula, MT. Previously the Ecology Classic. 2-day, 3-stage race. Total cash purse \$3,000. 1 TT and 2 RR. Open to all categories. Run as an omnium. Big Sky Cycling Classic, www.ecologycenterclassic.com

Jul 7-8: BC Masters Assoc. Race #15/16
Grand Forks, BC. Saturday - 4km HC, starts at 3pm from the Hutton School. Sunday 74km on rolling terrain. Starts at 9am, starts at Hutton School. Organized by Grand Forks CC. Sunday counts double points. Anton Kew, 250-442-0421, www.bcmasterscycling.net

Jul 7: Porcupine Hill Climb
Challenging ascent climbing 14 miles and 3800 feet. Citizen riders given 45-minute head start. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

Jul 7: Redmond Derby Days
Redmond, WA. America's longest running bicycle race. Some of the fastest cyclists in the Northwest race on a flat fast 0.5-mile loop in downtown Redmond. Racing from 2:00 - 8:00pm. Jr Tour / LAJORS event. Brian Oster, Pro-Motion Sports, 206-729-9972, www.promotionevents.com

Jul 7: Tandem TT Championships
Eugene, OR. Traditional Peoria flat 40km course. Usually a head wind in both directions!!! Tandems only, for medals. Mixed, M/M, 90+ master mixed & M/M teams. Kent Peterson, Co-Motion Cycles, 541-342-4583, www.co-motion.com

Jul 7-8: Treasure Valley Stage Race
Boise, ID. Friday - 15.5km ITT. First 10km rolling out and back with several technical corners. Finishes with a high speed 3km descent. Saturday - Kuna Butte Road Race - 20-mile loop showcases a steep steady climb



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with several shorter ones and rollers mixed in. Finish is flat and fast. Sunday Criterium - 1km course in downtown Boise with long and fast front/back stretches & tight turns. Primes and time bonuses. Team Dobbiaco, 208-412-3527, www.teamdobbiaco.com

Jul 8: Carnation Time Trial Series #4

Carnation, WA. See Race Series for details. Flat course +/-29 miles. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com/timetrial

Jul 9, 16, 23, 30: Women's Criterium

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

Jul 10, 17, 24, 31: Baddlands CC Twilight Series

Spokane, WA. Various locations. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jul 11-15: Cascade Cycling Classic

Bend, OR. Stage race. Chad Sperry, Mt. Bachelor Ski Education Foundation, 541-980-2344, www.cascade-classic.org

Jul 11, 18: Mt. Tabor Series

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

Jul 13-15: Tour White Rock - Superweek

White Rock, BC. Friday: 2-up hill climb (700m/16%); Saturday: RR with long steep climb and quick descent; Sunday: twilight criterium - 1km circuit. Opening weekend of BC Superweek. \$10,000 prize list. Part of BC Cup Series. Megan Blaker, White Rock Leisure Services, 604-541-2161, www.city.whiterock.bc.ca

Jul 14: Twilight Criterium

Idaho Falls, ID. Idaho Cycling Enthusiasts, 208-282-2503, www.idahocycling.com

Jul 18: Comox Valley TT Series

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

Jul 18: Tour de Gastown - Superweek

Vancouver, BC. Criterium in downtown Vancouver. Race in front of 30,000 spectators. Super fast 1.2km course. 2 races, Men Pro 1/2, Women Pro 1/2/3. Start at 6:00pm. \$15,000 cash prize. Wedgewood Cycling Team, www.tourdegastown.com

Jul 19-22: CoMotion Classic Tandem SR

Eugene, OR. The world's premier tandem stage race. 5-stage event, a prologue, a TT, a criterium and 2 road races. A, B and C categories. Sal Collura, 541-747-3336, www.co-motion.com

Jul 19: Giro de Burnaby - Superweek

Burnaby, BC. Criterium. www.bcsuperweek.ca

Jul 20-22: Tour de Delta - Superweek

Delta, BC. Friday: 2-up Brenco hill climb, Saturday-Lehigh Cement twilight criterium, Sunday-White Spot road race 140km men, 85km women. Final weekend of BC Superweek \$20,000 cash prizes. Pro 1-2, Cat 3 men, women open. BC Cup Series. Municipality of Delta, 604-952-3545, www.tourdedelta.bc.ca

Jul 21: CoMotion Criterium

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

Jul 21: Lake Washington Velo Circuit #1

Gig Harbor, WA. Skagit Flats course. Terry Buchanan, Hagens Berman Cycling Team, www.hagensbermancycling.com

Jul 21-22: Race Across Oregon

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

Jul 21: Walls Fargo Twilight Criterium

Boise, ID. NRC criterium. Flat, 4-corner classic course. 1km loop. 208-343-3782, www.boisewrightlightcriterium.com

Jul 22: OUCH

Corbett, OR. Time trial. Ernie Conway, 503-329-7978, www.obra.org

Jul 22: WA State TT championship

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

Jul 25-29: BYRDS - Tour of Idaho

Boise, ID. A junior only event, it is part of LAJORS Junior Stage Race for riders between 10 and 18 years old. (10-14 races only 7/28-29). 5 stages for 15-18, individual and team awards. Douglas Tobin, www.byrdsycle.com

Jul 25: CMG Events/Alpine Mortgage

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

Jul 28-29: BC Masters Race #17/18

Victoria, BC. Saturday - 40-80km on rolling + hills terrain. Start at Metchosin Rocky Point Rd. at 1pm. Counts for double points. Sunday - 30 min criterium in Oak Bay, starts at 9am. Kim Gard, BC Masters Cycling Association, 250-370-2689, www.bcmasterscycling.net

Jul 28: Garden Creek Gap RR

Pocatello, ID. 25-mile lap with an incredible 3-mile climb through Garden Creek Gap (5-9%) grade. 11-mile downhill follows with flats. Finish is flat and straight. Idaho Cycling Enthusiasts, 208-282-2503, www.idahocycling.com

Jul 28: Sunset Criterium

Portland, OR. 1km figure-8 criterium in Bethany Village shopping center. Michael Manning, 503-330-5531, www.obra.org

Jul 28-29: WA State Senior Games

Lacey, WA. Open to 50+ riders. Run on a very straight and flat course (slightly undulating) with just 2 turns over a 5K loop. Criterium is flat on a 0.5-mile rectangular circuit on new roads; super flat, fast and smooth. Puget Sound Games, www.puget-soundgames.com

Jul 29: Comox Cup Race Series #4

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

Jul 29: Vancouver Courthouse Criterium

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

Jul 29: Whale of a Criterium

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

Jul 29: 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 includes a beautiful and challenging route to the north of Lebanon. Roger Gaitner, Santiam Spokes Bicycle Club, 503-394-3696, www.santiamspokes.org

Jul 29: Bike for your Life - Armstrong

Armstrong, BC. Bike For Your Life has a route for all levels. 15km, 35km, 70km, and 100km. Start/Finish at Blackburn Park. Len Sept, Bike For Your Life, 250-832-8598, www.bikeforyourlife.com

Jul 29: 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. There are some hills on the 3 longer courses, others are flat. Benefits Terry Reilly Health Services Zero Pay Fund. Ann Sandven, 208-467-4431, www.trhs.org

Jul 29: Chelan Century Challenge

Lake Chelan. 2 separate and supported rides -100-mile gruelling ride on mountain roads above Chelan and an easy 20-mile ride along each side of the lake. Lake Chelan Rotary, 509-670-0044, www.centuryride.com

Jul 29: Permaculture & Natural Building

Portland, OR. During this sustainable cycling adventure, we'll be contributing to some of Oregon's most well-known eco-villages. Opportunity to engage in a diversity of educational hands-on activities. Also available: July and August. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jul 29: Petroglyph Century

Cedar City, UT. Ride along under gaze of eagles, falcons and hawks. Follow the footsteps of Spanish explorers & wagon trains. Fully supported. Bike 2 Bike, 801-677-0134, www.bike2bike.org

Jul 29: 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

Jul 29: 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

Jul 29: 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 (16 miles) or Fort Flagler (62 miles). Benefits the Friends of Fort Worden State Park. http://fwfriends.org/

Jul 29: 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 Yellowstone National Park. Also available 7/29. Noo Funteers Bicycle Vacations, www.noofunteers.com

Jul 29: 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.bicycleadventures.com

Jul 29: 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

vehicle, 2 meals & 1 night lodging. Spokane Parks and Recreation, 509-625-6246, www.spokane-parks.org

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

Bend, OR. 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

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Jun 10: Tour of Greater Victoria

Victoria, BC. Start at Cook Street Village at 7am. 200km brevet. Jay Haworth, BC Randonneurs, 250-380-0719, www.randonneurs.bc.ca

Jun 11-Jul 5: The Great Alaska Highway Ride

Dawson Creek, BC. The 9th annual ride north to Alaska along the entire length of the famed Al-Can Highway. Fully supported, travels 1398 miles from Dawson Creek, BC to Delta Junction, Alaska. Camping with motel stays. Pedalers Pub & Grille, 352-284-9921, 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

Jun 15-16: 600km Brevet

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

Jun 15-17: Cascade Mountain Sampler

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

Jun 16: 10th Annual Tour de Fronds

Glendale & Powers, OR. 72 mile ride between Powers and Glendale. Low traffic paved FS and BLM roads, through tall timber, past water falls, and over a great climb. 6 ride options past waterfalls, wildflowers, old-growth forests, and mountain vistas. Plenty of climbing on the longer ride options. Paul Tamm, The Umpqua Velo Club, 541-459-1385, 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

Jun 16-19: Hare & Tortoise 1000

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

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

Lower Mainland, BC. Randonneur event, route negotiable. 604-733-6657, www.randonneurs.bc.ca

Jun 17: 400k Brevet

Seattle, WA. 400km (248mi) event. Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Jun 17-Aug 6: Across America North

Astoria, OR. Fully supported 50-day, 3,650-mile bicycle tour from Astoria, OR to Portsmouth, NH. Average 80 miles/day. America by Bicycle, www.abbike.com

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

Oswego, IL. Unique week-long bike ride featuring routes on the Grand Illinois Trail. Overnights at 5 outstanding state parks. Generally flat, mileage from 315 to 565 miles. Fully supported. Limited 160 riders. League of Illinois Bicyclists, www.bikelib.org/gitap

Jun 17-22: Grand Teton Mountains

Jackson, WY. Great beginner ride. The Tetons are teeming with antelope, bison, elk, moose, bear, deer, eagles, and more. Also available 8/5. Noo Funteers Bicycle Vacations, www.noofunteers.com

Jun 17-25: Northwestern Tour

Astoria, OR. Fully supported 8-day, 620-mile bicycle tour from Astoria to Boise, ID. America by Bicycle, 888-797-7057, www.abbike.com

Jun 19: Gig Harbor Street Scramble

Gig Harbor, WA. Kick-off event for Healthy Harbor Days. Terry Farrar, Cascade Orienteering Club, 206-367-0839, www.streetscramble.com

Jun 21: 3rd Annual Ride2Survive

Kelowna, BC. 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

Jun 22-24: Yakima Valley Wine Bicycle Tour

Sunnyside, WA. 3-day tour with night spent in a Bed and Breakfast. Includes guides, support vehicle, 2 nights lodging and 7 meals. Spokane Parks and Recreation, 509-625-6246, www.spokane-parks.org

Jun 23: Ann Weatherill Cycling Classic

Walla Walla, WA. Metric century and 50km over largely rural roads in the beautiful Walla Walla



Photo by Bicycle Paper

Biking to work is fun...wheeee!

Valley. Catered buffet luncheon, fine wines, live music. 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.redmondcyclingclub.org

Jun 23-24: Cycle Oregon - The weekend

Vernonia, OR. 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. Cycle Oregon, 800-CycleOR, www.cycleoregon.com

Jun 23-29: Cycle the Columbia Gorge

Portland, OR. The 376-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Follows the Columbia River Gorge to the Pacific Ocean. Adventure Cycling Assoc., 800-755-2453, www.adventurecycling.org

Jun 23: Mountain Lakes Challenge

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

Jun 23: Native Planet Classic

Winthrop, WA. Experience some of Washington's premiere cycling roads. Easy 28-mile, a 63-mile over Washington pass or grueling 132-mile 10,000ft round trip. Fully supported. Min. donation \$50. Darol Tuttle, Ride 4 A Reason, 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, 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 can meet the cyclists at our overnight camp site for dinner and the evening's entertainment. 55-100 miles. Benefits the National Multiple Sclerosis Society. National MS Society - Idaho Division, 208-523-6679, www.nationalmssociety.org/idi

Jun 23-25: Strawberry Mountain Sampler

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

Jun 23: The Foothills 20

Midland, OR. Relaxing 20-mile road ride through the country roads of the beautiful Klamath foothills. Maps and course marking 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

Jun 23: Tour of Marsh Creek Valley
Pocatello, ID. 26-, 60- or 100-mile rides. Supports the American Diabetes Assoc. of Idaho. In memory of Jay Anderson. Idaho Cycling Enthusiasts, www.idahocycling.com

Jun 23: Tsunami
Victoria, BC. Start at Cook Street Village, Moka House, 7am. 300km brevet to Port Renfrew. BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jun 24: Barlow Trail Century
Gresham, OR. Portland's premier summer road century: 40- 60- 80- 100-mile routes with up to 6,500ft of climbing; scenic route into the Mt Hood National Forest, low-traffic roads; organic food stops; live music & micro beers at the finish party! Jason Bietz, River City Bicycles, 503-233-5973, www.rivercitybicycles.com

Jun 24-30: Glacier National Park
West Glacier, MT. Bike the Going-to-the-Sun Highway and climb famous Logan Pass. Spectacular views. May see wildlife. Fully supported. Also available 8/12. Noo Funteers Bicycle Vacations, www.nooFunteers.com

Jun 24: Tour de Pierce
Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open 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.piercetyourway.org/parks

Jun 24-24: Watermelon Rides
Ricketts, OR. Start at Polk County Fairgrounds. Routes generally flat with some rolling hills. 50, 100, 125 & 200 miles. Salem Bicycle Club, www.salembicycleclub.org

Jun 25-Aug 11: Big Ride Across America
Seattle, WA. 48-day fundraising cross-country ride from Seattle to Washington, DC. American Lung Assoc. of WA, 206-441-5100, www.bigride.org

Jun 26-Jul 5: Northern Rockies Ride
Boise, ID. Fully supported 9-day, 704-mile bicycle tour from Boise, ID to Casper WY. America by Bicycle, 888-797-7057, www.abbike.com

Jun 29-Jul 1: Cascade Road Riding Adventure
Bend, OR. Enjoy Central Oregon's remarkable road riding on country roads and the Cascade Lakes Scenic Byway with the backdrop of the Cascade Mountain Range. 74 miles in 3 days. Also available 7/20. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Jun 30-Jul 7: Glacier - Banff - Jasper
Whitefish, MT. An 8-day fully supported luxury tour of Glacier National Park, Banff and Jasper national parks. Ride the Going-to-the-Sun Road and the Icefields Parkway. Intermediate to advanced. Also available in July. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 30: Mt. Adams Country Bicycle Tour
Trout Lake, WA. 11-mile family fun ride, 50- and 100-mile country tour, fantastic scenery and wildlife, beautiful mountain views, terrific barbecue afterwards. Fully supported. Benefiting the Trout Lake School & Trout Lake Volunteer Fire Dept. Trout Lake Business Owners, 509-395-2468, www.troutlake.org/biketour

Jun 30-Jul 2: Portland to Glacier Nat'l Park
Portland, OR. 1000km brevet. Susan France, OR Randonneurs, 503-628-7324, 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. Spectacular scenery, traffic free roadways, uncrowded backcountry trails, wildlife. Experienced the western hospitality and friendliness. Storie Mooser, 503-704-4631, www.prairiecityoregon.com

Jun 30: Tour of Plain
Spokane, WA. The Coeur d'Alene Brewing Company's 200-mile single day around Lake Coeur d'Alene starts/ends at the Steamplant Grill. Round & Round Productions, 509-455-7647, www.roundandround.com

JULY

Jul 1: Canada Day 140 Populaire
Fort Langley, BC. Open to everyone. Starts at Fort Langley, 8 to 9:30am. Route: Straiton, Vedder Crossing, Huntingdon, Aldergrove. 139km. Ali Holt, BC Randonneurs, 604-946-8438, www.randonneurs.bc.ca

Jul 1-5: San Juan Islands - Family Camping
Anacortes, WA. Fully supported, leaving you refreshed after an active day. Trip includes hiking, biking, sea

kayaking, and a whale watch. Also available 7/15, 8/5. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 1-7: Wallowa Mountain Rambler
Baker City, OR. Circumnavigate the Wallowa Mountains, with a side trip to the rim of Hells Canyon. Intermediate or above. Available: 7/29 & 8/26. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Jul 6-8: Yakima Training Camp
Yakima WA. 100, 200, 250, 300, and 400km events over 3 days. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Jul 7-15: Big Ride Glacier
Seattle, WA. 1-week bike tour around and through Glacier National Park. Bridget Herzog, American Lung Assoc. of WA, 206-441-5100, www.bigride.org

Jul 7-13: Cycle Montana
Missoula, MT. 321-mile journey is highlighted by visits to University of Montana, Bitterroot River, Big Hole Pass, Bozeman Hot Springs and the Museum of the Rockies. 7-day catered and van-supported event. Optional 107-mile out-and-back ride on layover day. Adventure Cycling Association, www.adv-cycling.org/

Jul 7: Oregon Ultimate Road Ride
Sisters, OR. 210-mile road ride from Sisters to Bend... the long way! 3 major climbs with lots of rollers in between makes this one of the toughest road rides in Oregon. Go over old McKenzie Pass to Oakridge and Mount Bachelor. Fully supported, food stop every 40-miles, and t-shirt. Special rewards for finishers. Limited to 50. \$60, starts at 5am. Hutch's Bicycles, 541-382-6248, www.hutchsbicycles.com

Jul 7-14: Permaculture & Natural Building
Portland, OR. During this sustainable cycling adventure, contribute to some of Oregon's most well-known eco-villages. Opportunity to engage in educational hands-on activities. Also available: 7/14 & August. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jul 8-20: BEARS - Bicycle Extraordinary Alaskan Roads
Fairbanks, AK. From Fairbanks to Denali National Park & Talkeetna, then through the scenic Matanuska. Pedal the Cooper River Valley and over Thompson Pass into Valdez. Finish with a ferry through Prince William Sound and a ride down the Kenai to scenic Seward. A fully supported camping trip. Pedalers Pub & Grille, 352-284-9921, www.pedalerspubandgrille.com

Jul 8-13: California Redwoods Tour
Santa Rosa, CA. Hiking and biking tour through three redwood forest reserves. Combines Napa and Sonoma wine country with majestic redwood forests and the beautiful 'Lost Coast' of CA. All levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 14-23: Back Road 400
Mill Bay, BC. Begins at Tim Horton's, 6am. 400km brevet. Buckley Bay, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jul 14: Dylan Dean Generosity Bike Ride and Community Picnic
Osburn, ID. A spectacular North Idaho rails-to-trails bike path following the Coeur d'Alene River. Rides vary in length from a few miles to 104. Benefits donated to the Shoshone County Cancer Support Organization. Nancy Clough, 208-772-6245

Jul 14-15: Group Health Seattle to Portland Bicycle Classic (STP)
Seattle, WA. Largest multi-day ride in the Northwest, up to 8,000 cyclists. Ride 200 miles in 1 or 2 days. Start parking lot University of Washington. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jul 14-26: Rolling the Islands of the Salish Sea
Seattle, WA. Explore the heart and soul of multicultural western WA/BC. Highlights the cultural heritage and history, the economical and environmental diversity, and the geological complexity. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Jul 15-20: San Juan Islands 6-Day
Anacortes, WA. Ride, hike and sea kayak through these gemlike islands off the coast of Washington State. Fully supported! Also available 8/26. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 15-21: Tour of Tranquillity
McMinnville, OR. 7-day tour winds along the Oregon Coast Range. Meander through the lush rain forest of the Oregon Coast Mountains, travel along the coast and ride through the pastoral Willamette Valley. Intermediate or above. Also available 8/12. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Jul 15-21: TourBC
Penticton, BC. 7-day supported tour in BC's Okanagan and Slogan Valleys, the first famous for its weather, wineries and resorts - the second for its Hot Springs. Danelle Laidlaw, dpl CONSULTING, 877-606-2453, www.tourbc.net

Jul 16-20: Mt. Evans
Idaho Springs, CO. Looking for a challenge? Bike the highest paved highway in the US by climbing 14,255ft high Mt. Evans road. Fully supported. Available 8/28. Noo Funteers Bicycle Vacations, www.nooFunteers.com

Jul 18-22: 20th Annual RedSpoke
Redmond, WA. Tour across beautiful WA state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100. \$475 donation required. Redmond Rotary Club, 206-298-9288, www.redspoke.org

Jul 20-26: A Ride on the Wild Side
Vancouver Island, BC. 7-day trip along the south region of Vancouver Island and Salt Spring Island, combined with kayak and other activities. Women only. Changing Gears, www.changinggears.com

Jul 21-27: Cycle the Divide Montana
Missoula, MT. 245-mile journey begins in Whitefish and ends in Lincoln. 7-day catered and van-supported event. Return shuttle included. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org/

Jul 21-22: Cycle Washington Memorial Ride
Seattle, WA. Ride from Seattle's Marymoor Park to Wenatchee, over Snoqualmie and Blewett passes, in honor of bicycle accident victims. Various legs depending on their skill levels. Proceeds benefit the Jill Spanjer Foundation and the WA State RSVP Association. Brian Ropp, www.cyclewashingtonride.com

Jul 21-22: Jackson's Tour de Spa
Portland, OR. 2-day cycling tour through the Columbia Gorge to benefit the NW Sarcoma Foundation and the Children's Cancer Assoc. Begin and end at the Bonneville Hot Springs Spa. Melissa Hill, Jackson's Tour de Spa, 503-810-3713, www.jacksonstourdespa.org

Jul 21-22: Seattle Night & Day Challenge
Seattle, WA. 60 checkpoints are marked on a map. Visit as many as you can, in any order, for 16 hours. 3-hour and 7-hour options available. Participate solo or in a team of 2-5. Starts at 4pm. Cascade Orienteering Club, www.nightanddaychallenge.com

Jul 21: Tour des Chutes
Bend, OR. Choose either the 75-, 35-, 12- or 6- mile ride. \$45 entry fee includes t-shirt, Livestrong bracelet, after ride lunch, ride support, food and rest stops. Fundraiser for Lance Armstrong Foundation and the Cancer Survivorship Alliance. Julie Wose, Tour des Chutes committee, 541-382-8018, http://tourdeschutes.org

Jul 21-28: Volcanoes of Washington
Seattle, WA. Immerse yourself in the ultimate Cascade Mountain bicycle experience, and take part in some of the most breathtaking scenery. 4 mountains. Experienced/strong riders. 8 days. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 22-25: Deschutes Nat'l Forest Tour
Bend, OR. Spend 4 days riding 70+ miles on scenic roads through ponderosa forests, past numerous alpine lakes all while in view of the Cascade Mountain Range. Also available 8/5/07. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Jul 22: Envision Financial Mayor's Ride
Ladner, BC. Fun family oriented 20km ride that takes you along the scenic Boundary Bay dyke and finishes at Holly Park School in Ladner. Starts at 10am. BBQ, clowns and activities for all. Free. Part of the Tour de Delta. Municipality of Delta, 604-952-3000, www.tourdedelta.bc.ca

Jul 22-28: Grand Lake
Fort Collins, CO. Exciting and challenging ride over 5 mountain passes. Join us for a fully supported trip in the Colorado Rockies. Noo Funteers Bicycle Vacations, www.nooFunteers.com

Jul 22-Aug 2: Sea to Sky Adventure: Olympics/N. Cascades/Rainier
Edmonds, WA. Ride the Pacific seashore, immerse yourself in the primeval forests of the Olympics, cycle to the awesome summit of Hurricane Ridge, experience the maritime magic of the quaint seaside villages. Timberline Adventures, 800-417-2453, www.timbertours.com

Jul 22: The Humid Hundred
Klamath Falls, OR. Hot 100-mile tour from Klamath Falls through the towns of Bonanza and Merrill, with 1 good sized hill and a few rollers. Fee includes maps,

mechanical support, and energy food/drink. Begins/ends at Wiard Park in Klamath Falls. at 8am. Hutch's Bicycles, 541-850-2453, www.hutchsbicycles.com

Jul 26: RAMROD - Ride Around Mt. Rainier, One Day
Enumclaw, WA. Circumnavigates Mt. Rainier for 154 miles and 10,000ft. elevation gain. Lottery entry. Incomparable scenery. Redmond Cycling Club, 206-781-3903, www.redmondyclingclub.org

Jul 27-Aug 5: Columbia River Classic
Spokane, WA. Ride through the heart of the Colville National Forest and climb to the crests of the Selkirk and Kettle River Ranges of NE WA, and the Purcells and Monashees of southern BC. Follow the Columbia into Canada through the Kootenays and the beautiful Slocan Valley. Timberline Adventures, 800-417-2453, www.timbertours.com

Jul 28-29: 200 & 300km Brevet
Olympia, WA. 200km (124mi) and 300km (186mi) events. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Jul 28-29: ALS DoubleDay Bike Ride
Mt. Vernon, WA. 85-mile, 2-day Fundraising Bike Ride for ALS through the beautiful Skagit Valley. Robin Hartman, The ALS Association Evergreen Chapter, 888-786-7257, www.alsa-ec.org

Jul 28-16: Memory Ride 2007
Devens, MA. 25-, 50- or 100-mile rides staged in Devens Museum Field in Devens, MA. Ride individually or form teams. Minimum fundraising, fully supported. Benefits go to Memory Ride for Alzheimer's research. Porter Novelli, www.memoryride.org

Jul 28: Pedal the Pinchot
Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St. Helens. 4 routes: 30, 32, 49 and 88 miles. Start line opens at 6:00am closes at 6:00pm at Swift Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.pedaltheinchot.com

Jul 28: Summit to Surf
Welches to Hood River, OR. Choose a route and ride from 10 to 100 miles with up to 9600ft. elevation. All riders finish in Hood River, OR. Supports ADAO. Min. fundraising \$100. American Diabetes Assoc. of OR, 800-676-4065, www.SummittoSurf.org

Jul 29: Tour de Kitsap BAW
Silverdale, WA. Scenic courses in lovely Kitsap County of 12, 30, 65 and 100 miles, with theme rest stops and full SAG on each route. Scott Park, West Sound Cycling Club, 360-698-9842, www.westsoundcycling.com

Jul 29: Tour de Peaks Bike Ride
North Bend, WA. New location in North Bend - Start at Meadowbrook Farm. The 19th annual event, sponsored by Snoqualmie Valley Hospital, offers hilly and flat country roads meandering through the Snoqualmie Valley. Great food, 4 road rides including family 4-mile ride w/kids' activities. Live music and free prizes, plus bike raffle! Check-in time 7-10am. Snoqualmie Valley Chamber of Commerce, www.tourdepeaks.com

Jul 29-Aug 3: Washington Bicycle Ride
Mead, WA. 7-day, 380-mile, fully-supported ride in NE Washington. Daily mileage 45 to 75 miles. Campsite, most meals, showers, food stops, gear transport. 800-413-8432, www.oregonbicycleride.org

TRACK

JUNE

Jun 1, 8, 22, 29: Bike Central's Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, Bike Central, 503-227-4439, www.bike-central.com

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

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. Marymoor Velodrome Assoc., www.velodrome.org

Jun 5 & 26: Masters & Juniors Races
Portland, OR. See Race Series for details. Steve Trusdale, 503-232-1704, www.obra.org

Jun 6, 13, 20, 27: Wednesday Night
Redmond, WA. Marymoor Velodrome. Start at 7:30pm. See Race Series for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jun 7, 21, 28: Alpenrose Thursday
Portland, OR. See Race Series for details. Mike Murray, 503-661-5874, www.obra.org

Jun 9: OBRA Track Championships #1
Portland, OR. Candi Murray, www.obra.org

Jun 15-16: OBRA Track Championships #2
Portland, OR. Candi Murray, www.obra.org

Jun 23-24: State Games Juniors
Portland, OR. Phil Sanders, 503-649-4632, www.obra.org

JULY

Jul 3, 10, 17, 24, 31 : Masters & Juniors Races
Portland, OR. See Race Series for details. Steve Trusdale, 503-232-1704, www.obra.org

Jul 6-8: Alpenrose Challenge
Portland, OR. 3-day racing extravaganza. Includes sprint and endurance events as well as fastest lap competition and kids' races. Charlie Warner, 360-624-1801, www.obra.org

Jul 6, 13, 20, 27: 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. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jul 9, 16, 23, 30: Monday Night Racing
Redmond, WA. Juniors, Cat 4/5 women, Cat 5 and novice men. Starts at 7pm. See Race Series for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jul 11, 18, 25: Wednesday Night
Redmond, WA. Marymoor Velodrome. Start at 7:30pm. See Race Series for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jul 12 & 26: Alpenrose Thursday
Portland, OR. See Race Series for details. Mike Murray, 503-661-5874, www.obra.org

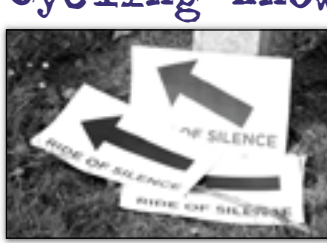
Jul 13 & 27: Bike Central's Fast-Twitch Fridays
Portland, OR. See Race Series for details. Jen Featheringill, Bike Central, 503-227-4439, www.bike-central.com

Jul 16-21: Alpenrose Six Day
Portland, OR. The only outdoor 6-day race in North America. Offers a full program of exciting track racing including Madison events. See website for schedule. Mike Murray, 503-661-5874, www.obra.org

Jul 27-28: FSA Grand Prix
Redmond, WA. Group Health Velodrome, Marymoor Park. Elite national qualifier. Minimum \$10,000 cash purse. Daytime features for individual and team timed events (Flying 200 and Sprints, 500, Kilo, Pursuits, team Sprint). Nighttime racing showcases mass start racing (Sprint Finals, Keirin, Scratch Race, Miss and Out, Points Race & Madison). Open to Elite Men/Women, and Masters. Beer garden on both nights. David Mann, JetCityVelo/MVA, 206-621-8868, www.fsagrandprix.com

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

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"MAYNARD" FROM PAGE 1

fundamentally different from chopper people (who mostly pose). My guess is, when a guy is considering owning a particular bicycle, he's not asking himself if the bike will help him get dates. I'm not so sure about prospective chopper buyers.

Drew: All over Portland I see pricey Vanillas and similar custom bikes locked up to posts, or in racks at the libraries. Those bikes are being ridden. I saw a \$5,000 Mariposa outside of a Safeway—unlocked! It had panniers on its custom racks, ready for a load of groceries.

At the show you see special load-carrying bikes, with creative solutions to engineering problems, elegantly executed. These bikes get used. At least in Portland, I see them on the road.

Maynard: I feel about art bikes the way I feel about engraved shotguns that live in safes in hunters' homes. They're objects of perfect utility perverted by adornment into perfect uselessness: "too nice to shoot."

An unused shotgun is a sad thing, I guess, but an unused bicycle is a terrible waste. Bikes are on a mission from Good. Consider what a bike can be—and an art bike won't be...

An art bike will never help anyone lose weight. Or go anywhere, even on a training loop. Every mile it travels will be in a motor vehicle. No art bike will keep a car off the road or help lengthen even one person's vital, active life. Or show a driver that he could do it too.

No art bike will save a gallon of gas or keep a speck of particulate matter out of the air or

water. Or keep a young woman from serving her country's oil industry in some far-off land. Or lower the level of angry noise and outright aggression on our streets. Or carry a jubilant new cyclist through her first 100-miler.

Unlike bikes we use, those bikes will not build bridges between people. They're exclusive, "I have one; you don't" items.

Drew: Imagine dismissing all entry level bikes as Maynard would dismiss art bikes. After all, entry level bikes are purchased because the customer is overweight and the doctor told him to start exercising. But so often the bike sits in the garage, gathering dust. Or gas prices spike, and worried commuters purchase a bike that will have the same fate, because the person just keeps on driving and paying more for gas.

We've seen these things happen but we don't dismiss those bikes for that reason. Maybe fancy bikes get ridden more miles than many utility or road bikes sold in this country.... I'll bet they do. Ask Peter Weigle, Tony Perreira or Dave Bohm; I believe they will tell you that the bikes they make are being used.

Corey: I think maybe art bike shows are venues for the fabricators to show off a bit. The builders may want their work to be seen by fellow builders—as much as by the public.

Maynard: The bicycle is repeatedly voted the greatest-ever invention. It's great because it works, not because you can light candles in front of it. You're not supposed to worship a bike; you're supposed to ride it.

Corey: I think your points about the intent

of bicycles as efficient utilitarian devices are valid. But I also respect those who use the bicycle as a means/canvas for artistic expression. If a craftsperson starts with the idea of a bicycle and, through creative vision and industrial arts skills, makes something that expands my concept of a bicycle, I can appreciate that effort.

Drew: The show is a cauldron of creative activity. The work is beautiful, and pride of craftsmanship shows through. Big manufacturers are interested in seeing the innovative ideas presented there. Some of these ideas will eventually be mass-produced.

You know, I don't have the same appreciation of highly carved, labor-intensive lugs that some have. But if Sacha White (Vanilla Bicycles) likes to spend a whole day polishing stainless steel lugs, and someone will pay him a living wage for that labor of love, more power to him.

Maynard: I don't need to ride a bike that tells the world how discerning I am as a cyclist, that I'm not easily satisfied by mass-produced items, or The Best Is Barely Good Enough. What BS!

Corey: I hear what you're saying, but I think there are other dimensions to this phenomenon of art bikes, and there's a spectrum from utility to idolatry. I don't want a useless representation of a bicycle, but even my small fleet ranges from all-weather beaters to bikes I don't like to ride if it's going to rain. Each of us has to find a comfortable place on the spectrum.

Drew: No American hand-builder is making himself rich. I hear people say that American frame-builders charge too much, but that's not

accurate. Bruce Gordon says he averaged about \$8 an hour last year when everything was tallied up. His handmade frames, as you probably know, are rideable artwork.

Hand-builders can't compete with mass-market manufacturers, so they sell wonderfully crafted stuff for those who can afford it. Most middle class people can afford their bikes, depending on the clients' priorities.

Compared even to an ordinary car, a hand-made bike is still a bargain. If such a bike fits you, pleases your sensibilities and functions as you need it to, it's worth every penny. Come up to Portland for a visit next fall, I'll bet I can convince you to go to the show!

Maynard: I'll try to do that. But I certainly don't want a bike that looks fast. No thanks. Nor do I want a bike that tells the world that I'm a connoisseur: a guy who can see beyond mere function to pure beauty.

On our little bike shop Sunday morning ride, most everyone is a non-driver or infrequent driver. This week, as we chatted over our coffees—helmets, backpacks and messenger bags strewn around the tables—we decided we like the high moral ground of not driving. We think of bikes as transport. A \$10,000 road frame that'll never be ridden is a step in the wrong direction.

Not so long ago I'd have given anything for one of those Hand Made bikes. Now they make me uneasy.

Thanks for sending the photos, Corey.

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