



Photo courtesy of Celtic Trails

Ireland, not the worst place in the world to bike. All can enjoy its beautiful coastline and breathtaking views.

A Taste of Oversea—Nine Centuries through Ireland History

By JAMIE ANDERTON

One Monday morning, about three months ago, I was browsing through the weekend's papers, and feeling not too interested in the day's editing ahead of me, when something landed on my desk to break the boredom.

An invitation from a man by the name of Paul McQuaid. From Ireland. To ride nine century rides with his tour company in June, right around the coast of Ireland. Heck, this was the sort of thing I needed, and I immediately contacted Paul by email to see what it was all about.

The response was swift and encouraging. "What we do is we take people on nine century rides around Ireland," was his opening gambit. Then it got interesting.

"Not only do you cycle nine centuries, nine 100-mile spins in a row, but you ride through nine centuries of Irish history. Day one we start on the 12th century, day two is the 13th century, and so on and so forth until we get to the 20th century," he added.

How would this work? I needn't ask. Paul had it all covered. "The night before each spin, a historian joins us and will talk about the particular century—and point up specific items relating to that century which we will see the following day. It's very interesting."

It certainly sounded novel.

But Paul—as I was later to discover—doesn't stand on ceremony, and his next sentence cut to the chase.

"Just get here. We'll pick you up from the airport. You'll love it. If you like Guinness, you'll love it even more."

My interest was sparked, sure enough, and I found myself in Ireland in June, at the mercy of this Mr. McQuaid, wondering what would unfold. I needn't have worried. What unfolded was the most amazing trip I have ever taken, through quite the most beguiling country I have visited in years, in the company of the most entertaining character I have encountered in decades, nay centuries.

Paul lived up to his promise. The nightly talks by the historians were informative and pricked our enthusiasm for the following day. Nine centuries over 11 days is a bit of a challenge, even for those of us who ride all year round and enjoy the big spins.

But when you're trekking along, watching out for a crannóg (historic Irish dwelling), or a river where a famous battle was fought, or one of those enchanting old Irish castles—well, any lingering pain from turning those wheels lightens and you find yourself sucked along.

"Irish history is very interesting. Many see it as a tragic tale, and there's no doubt we have had our share of setbacks over the years. But Irish people are proud of their heritage, and it is a pleasure for me to show our country to people like yourselves—particularly when you are willing to cycle through it and see what we have to offer," says Paul who clearly gets a great buzz out of running his tour company, and is incidentally a former top-class amateur bike racer and winner of the famous 'Ras,' Ireland's national tour.

We covered so much of Ireland, we nearly lost our bearings. Paul says the nine centuries ride will one day be as big as coast-to-coast in America—a must-do ride, an icon for those who turn wheels. "Sure, no other

See "Ireland" on Page 9

LEGISLATION

Bicycle Legislation in the Pacific Northwest—the Highlights

By HELEN SCHINSKE

Northwest bicycle advocacy organizations have been busy this year, especially in Oregon, where at least eight bills contained bicycle-related legislation. The Washington session included several bills dealing with Complete Streets issues, as well as more general transportation measures of special interest to the Bicycle Alliance of Washington (BAW), such as the cell phone and text-messaging laws. Idaho's legislators were essentially silent this year on bicycle-related matters.

The major issue in Oregon has been the Vulnerable Users Bill, HB 3314-A, which was awaiting its final vote in the Senate almost up to our press time. Scott Bricker of the Bicycle Transportation Alliance (BTA) referred to HB 3314-A as "our premier bill" and had thought it would likely

take until the end of the session, currently expected to be June 22, to get it through. The push was on this month for Oregon voters to contact their state senators to request passage of this measure, which will provide for an aggravated degree of culpability for careless drivers who injure or kill "vulnerable users" as defined under the law. Vulnerable users would include pedestrians, cyclists, and equestrians—basically anyone not protected by being enclosed in a motor vehicle. Tragically, on Friday, June 8, Timothy O'Donnell was killed when a car ran into him as he was signaling a left turn while on a ride with the Portland Velo bike club. According to the sheriff's report quoted on bikeportland.org, "The driver of the vehicle, 26-year-old Jennifer Knight of Hayden Idaho, was cited for Driving While Suspended,

See "Legislation" on page 3

JOE KURMASKIE

Anatomy of an Epic: A Cross-Canada Family Saga on Six Wheels

By JOE "METAL COWBOY" KURMASKIE

Some people just don't know when to quit.

In 2005, when I pulled my two sons 4,000 miles across America on fourteen feet of bicycle train—including a Burley trail-a-bike and a Chariot trailer—most thought me crazy. Granted, they were right on the money. Not because I would dream up a sustainable transportation Tom-Sawyer-style summer of back-breaking fun with my young hooligans (see the book *Momentum Is Your Friend* for all the mayhem and misadventure that followed), but due to the extensive documentation I have provided regarding a lifetime of curious behavior, beginning with grade school report card comments and continuing to this day. And here I thought the statement "going on your permanent record" was a toothless threat at best and at worst an Orwellian motivational tool. Live and learn. Samplings from recently unearthed progress reports:

"While we have all been entertained by Joe's contributions to class discussions, please explore an open mike venue for his continued form of expression."

"Jet pack construction should not involve school property or enlistment of janitorial staff."

And, my personal favorite, "Jr. High School student body elections are not the appropriate forum for national energy policy referendums... or AC/DC candidate theme song music."

Mind you, this was all before my sweet-sixteen birthday. We won't even crack open my employment files, some of which have been sealed by the courts. So it should come as little surprise that I've helped create a family not only willing, but also enthusiastic about rolling across Canada this summer...by bike.

Here's the thinking, scheming and planning behind this latest attempt at a life less ordinary:

See "Kurmaskie" on page 6

Thanks and Goodbye Barbara; Welcome Gordon

By HELEN SCHINSKE

BP readers will have heard that Barbara Culp is leaving the Bicycle Alliance of Washington after eight and a half years of sterling service. Gordon Black is taking over as director. During Barbara's tenure, the BAW greatly increased its presence around the state, building relationships not only with Olympia, but with cities and counties throughout Washington.

Barbara has served in many local, regional and state capacities, including stints on the WSDOT's Statewide Bike-Pedestrian Advisory Committee, the Statewide Safe Routes to School Committee,

and Mayor Nickels's Citizen Advisory Board (and we could go on). One of the chief accomplishments of BAW under her leadership was getting



Ralph Wessels honoring Barb Culp.

the Ann Weatherill Safe Passing Bill through the legislature in 2005. Barbara calls this a "bittersweet success," as the name honors a cyclist killed in a collision due to unsafe passing.

A "real people person," Barb attributes her achievements to patient relationship building through the years. She will miss those relationships, she says, but will seek out a new position that offers her a similar feeling of connection, intellectual stimulation, and making a difference—perhaps, she admits, with somewhat

fewer hours and a trifle less responsibility! This summer she plans to network and research new directions to go in, probably something to do with water issues and preventing farmland from being paved over: a cause "near and dear to me," she says. She'll also be working with Gordon Black to help smooth the transition in leadership. She looks forward to more time for bike touring, including an upcoming two-week trip in Oregon.

Gordon Black will replace her at the end of June, after finishing his second year teaching history at Bainbridge High School. Before entering on a teaching career he was a journalist; you can listen to his news reporting any time on the

KUOW web archives. He has been a bicycle advocate since joining his first bicycle club as a boy of 13 in Scotland. A founding member of the Bainbridge Island group Squeaky Wheels (which has been around since the early 90s), he has worked to improve bike access on the Washington State Ferries.

His role over the next six to nine months will be learning how the organization works, and getting a feel for how to work with the board of directors to establish short- and long-term goals. "It's a very active board, which is great—people who will really roll their sleeves up and get things done." One of Gordon's definite goals is to promote Share the Roads license plates as a way to create a long-term, fairly predictable flow of income. Each plate renewal automatically brings in \$28 (tax-deductible, of course), a much less complicated way to raise funds than events such as the annual auction.

Congratulations to Barb and Gordon, and best wishes for all their future endeavors.

Visiting Historic Seattle by Bike

By TAI LEE

Ibike Tours offers an alternative to travelers who want to venture off the beaten path. We were recently invited to participate in the Seattle Heritage Bicycle Tour, led by Ibike's founder David Mozer. As a major cultural, commercial, and immigration hub in the Pacific Northwest, Seattle offers much to discover. On a sunny spring day, the bicycle is the perfect mode of transportation to explore the city.

The tour takes about four hours and covers roughly ten miles. Along the way we were treated to snapshots of Seattle as it appeared throughout history. As the route snakes through the heart of the city, participants should be comfortable riding in traffic. Snacks and water come in handy during the stops along the route. There is plenty of time to relax and catch one's breath.

Civilization's greatest influence on the region has perhaps been the molding of the city's terrain to suit its needs. Cyclists, who are usually very aware of the lay of the land,

can be glad that many hills in Seattle are not as steep as they historically were.

Along the route, our guide pointed out many archaeological artifacts, which I had walked by daily without really being aware of their existence. Music buffs would appreciate the landmarks that chronicle the rise of world-famous artists, such as Ray Charles, Jimi Hendrix, Nirvana, and Pearl Jam. David's knowledge surrounding the impacts of

cultural minority groups is especially impressive. Native Americans, Asians, African-Americans, Europeans, and many other groups have left lasting legacies on the Emerald City.

David's encyclopedic knowledge was as amazing to an out-of-town tourist as it was to a Seattle resident like myself. The best part of this tour is that the participants set the pace. As we saw tourists zip by in buses and amphibious crafts, we appreciated the intimacy that seeing the city by bicycle afforded us.

For more information check out www.ibike.org/ibike/seattle/.



Downtown Seattle, as seen from Sturgis Park with the Equality Sculpture in the foreground.

Photo by Bicycle Paper/Tai Lee

Erratum: In last month's issue, credit for the "Air it Out" story should have been given to "Dirt Series by Rocky Mountain Bicycles".

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"LEGISLATION" FROM PAGE 1

Careless Driving, and Passing in a No Passing Zone." Public outcry over O'Donnell's death almost surely made a difference in the passage of the Vulnerable Users Bill, which was one vote short of passing in the Oregon Senate as of June 11, but passed 25 to 4 on June 18, 2007.

Oregon is one of four states in the nation that do not have vehicular homicide laws. A bill to expand the definition of criminal homicide to include aggravated vehicular homicide, HB 2740, did not make it out of the House this session.

Another measure intended to improve safety regulations for Oregon cyclists was SB 299, which, among other provisions, specified a minimum passing distance of three feet. The current version of this bill is now dead, but elements from it have been incorporated into SB 108, in a "gut and stuff" process. The safe passing distance in SB 108 is defined as "a distance that is sufficient to prevent contact with the person operating the bicycle if the person were to fall off the bicycle into the driver's lane of traffic." The resulting legislation is "more of a rural riding safety bill," according to Bricker, rather than addressing the urban safety issues that were paramount for SB 299 supporters, who plan further advocacy efforts in future legislative sessions.

Many people have been closely following the fate of Oregon's controversial "Fixie Bill," SB 729, which states that "a fixed gear bicycle is not required to be equipped with a separate brake." Senator Jason Atkinson, introducer of the proposed legislation, is a fixie fan who used to train with bicycle messengers. The new criterion is that the user be able to stop the bike within a certain distance. The burden would therefore be on the users of fixed-gear bikes to decide whether they are individually able to comply with the safe stopping distance without needing separate braking systems. As the statute being altered had to do with bicycle equipment, the House seized the opportunity to add a provision that police bicycles could use sirens (currently forbidden under ORS 815.280(b)). The bill passed the Oregon Senate and House, but the Senate subsequently voted down the addition by the House, and the bill went to a conference committee of three senators and three representatives.

In a surprise move on June 19, committee chair Sen. Ginny Burdick refused to let the bill out of committee while it contained the fixed-gear language, despite having voted for it twice before, and notwithstanding its support by four of the six committee members. The cur-

rent form of the legislation leaves the question of fixed-gear braking nearly as ill-defined as it was before.

The Velodrome Bill, SB 926 (also introduced by Sen. Atkinson), which would have provided for three different velodromes to be built using Oregon lottery funds, is essentially dead. The consensus seems to be that it attempted too much, and some lobbyists, including environmental groups and the League of Women Voters, questioned whether monies earmarked for state parks and salmon habitat should go toward such a specialized use. Measure 66 does say that lottery funds may be used for recreational areas, and much of the funding was planned to come from local sources, but those arguments didn't convince enough legislators for SB 926 to get out of the Ways and Means Committee. However, discussion concerning the bill has aroused public interest in velodromes, which Scott Bricker feels is a hopeful sign for the future. For instance, there is now some talk of a portable velodrome that could be used at the state fairgrounds and other sites. Stay tuned.

HB 3020, known as "Eric's Law" after cyclist Eric Kautzky (killed by a sleeping driver), is another bill that is still bogged down in Ways and Means, never having gotten out of the House. Its future is uncertain: if it gets out of Ways and Means, it will then have to go to a special committee. This measure would allow family members of cyclists killed in traffic accidents to request memorial signs at the site of the accident, honoring the cyclists and urging caution on the part of drivers. The cost of the signs would fall on the family members requesting them, but the Oregon DOT would be responsible for maintaining the signs for three years.

HB 2297 passed and was signed into law on June 12. It establishes a definition of a "narrow residential roadway" and sets the speed limit on such roads as 15 mph, as it is for alleys. The limit will apply to two-way streets in residential areas that are less than 18 feet across.

Finally, it appears that Oregon will soon have a Share the Road license plate, with the net proceeds of the surcharge to be divided evenly between BTA and Cycle Oregon. The bill, SB 789, was carried over numerous days, finally reaching a House vote on June 8, 2007, when it passed 40 to 6. Scott Bricker explains: "This bill creates a new license plate that will be designed to encourage people to share the road [with bicycles]. The bill states that each plate will cost \$5 per year of registration at the time of purchase. So if you are re-registering your car and buy two plates, it would cost \$20 (two plates for two years). On your new car it

would be \$40 extra, two plates for four years. You will not have to pay again when you register your car in out years. The bill calls for BTA and Cycle Oregon to help lead the design, funding, and promotion for the plate."

Several bills in Washington State this session included Complete Streets language, particularly SB 5412 and its companion bill HB 2041, which clarified the goals, objectives and responsibilities of certain transportation agencies. (From www.completestreets.org: "COMPLETE STREETS are designed and operated to enable safe access for all users. Pedestrians, bicyclists, motorists and bus riders of all ages and abilities are able to safely move along and across a complete street.") Section six of SB 5412 states in part that the Washington State Department of Transportation shall "Balance system safety and convenience through all phases of a project to accommodate all users of the transportation system, including vehicles, freight, pedestrians, bicyclists, and transit users, to safely, reliably, and efficiently provide mobility to people and goods." SB 5412 was signed into law on May 15 and will take effect on July 22, 2007.

The Mobility Education bill, HB 1588, died in committee, but may be revived in 2007-2008, the second year of the budget and bill cycle. Rep. Dave Upthegrove worked with the Bicycle Alliance of Washington and Feet First to develop this bill, which would require driver education programs to include consideration of broader transportation issues, such as mass transit, walking, and of course cycling. Eventually it is hoped that transportation issues will be part of science curriculum in K-12 education.

Other transportation bills that received BAW support were EHB 1214 and SB 5037, which prohibit hand-held cell phone use and text messaging while driving; both measures passed. The BAW also favored SB 5036, which makes permanent the Intermediate Drivers' License program that sets limits on licenses for drivers under 18. That bill too was successfully passed.

Safety issues continue to be of paramount concern to bicycle advocates, and it won't be surprising if there's a big push in 2007-2008 for a vehicular homicide law in Oregon. The BAW will definitely be working to get the Mobility Education bill revived again, too. Overall, it's been an interesting year for bicycle legislation, particularly with the Oregon session going into overtime, and next year looks like being more of the same.

To find out more about any of the mentioned bills or to get involved with future measures visit BTA at www.bta4bikes.org or BAW at www.bicyclealliance.org.

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The Arch Cleat Position Reviewed



By Erik Moen
PT, CSCS

Cyclists are always looking for ways to tweak their equipment to provide a power boost. The latest trick going around is moving the shoe cleat from the ball of the foot back to the arch. People have reported 9-10 percent power gains from this tactic. Another potential benefit of an arch cleat is lessening the load of the calf musculature during pedaling. If true, that would be a benefit for multisport athletes who must go straight from bicycling to running.

Van Sickle and Hull¹ did a study looking at varying cleat positions and their effect on pedaling economy. Bicyclists rode at 90 rpm at 90 percent of their ventilatory threshold (mean power = 203W) while using three different cleat positions. The differences in economy were not statistically significant.

Use of the arch cleat position has not been thoroughly researched. It is a somewhat radical departure from the traditional positioning and requires serious adjustment to the shoe itself.

Modifying your shoes carries many implications. Re-drilling will nullify the manufacturer's warranty, and if you are not careful will affect its structural integrity. You will need T-nuts and epoxy to create a low profile attachment of the cleat in the shoe. My favorite local resource for those is Tacoma Screw Products (www.tacomascREW.com). A reasonable foot bed will help support the arch as well as cover over the new hardware.

Such cleat position will also change how you ride. Toe overlap to the front wheel will make steering the bicycle more challenging. This is mostly an issue at low speeds and in tight places, such as transition areas in triathlons, or food stops on recreational tours. Your position

will also shift forward on the bicycle, altering weight distribution over the wheels and affecting handling. Excessive forward weight on the bicycle will challenge your ability for descending, cornering and controlling your bicycle in side wind conditions.

Forward positioning for the non-aero cyclist will most likely mean the need for a new seatpost that has no offset at the clamp. The change in cleat position will also net apparent gains in saddle height, which will require you to lower your saddle in order to maintain previous knee angle. Such cleat placement will also limit your "bunny-hopping" skills. Big deal? I would say so, as your ability to control your bicycle has a big effect on you getting to the finish line or transition area.

Appropriate research that considers physiological markers (power, VO₂, and maintenance of constant knee angles) is needed before such drastic change be made. The user most likely to benefit from the arch cleat is the multisport

athlete whose primary riding concentration is on less-technical courses and followed by a run. Any change of bicycling position via new equipment must also consider the ramifications for the position of other parts of the body. Changing cleat position must be accompanied by changes to saddle height/fore-aft and handlebar position.

Ride smartly, have fun!

1 J.R. Van Sickle, Jr. and M.L. Hull. Is economy of competitive cyclists affected by the anterior-posterior foot position on the pedal? *Journal of Biomechanics*, Volume 40, Issue 6, 2007, 1262-1267.

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 at Corpore Sano in Kenmore, WA or through his website at www.bikept.com.

RACING

BMX's Best Gather in Victoria, BC

By HELEN SCHINSKE

The BMX World Championships and World Challenge are almost upon us. Some twenty-five hundred athletes and their accompanying coaches, staff, and parents, not to mention many thousands of spectators, are set to converge on the Juan de Fuca Recreation Centre in Colwood, about ten km outside Victoria, BC, July 26-29. Victoria was chosen for its relatively central location (necessary for athletes coming from

every continent except Antarctica) and history of successful hosting of similar-sized athletic events, such as the 1994 Commonwealth Games. With so many athletes coming from abroad, and so many young athletes traveling with their families, it's expected that Victoria and nearby areas will do a booming tourist trade in the weeks surrounding the Worlds. Many travelers are expected to make the Worlds just one part of a longer vacation stay in Canada.

Bicycle motocross racing (BMX) is a young

sport, dating back only to the 1970s, and is a brash, exciting newcomer on the Olympic scene. The 2008 Summer Olympics in Beijing will be the debut of BMX racing as an Olympic sport. Results from the Victoria races will count towards country rankings and racers' individual chances of making their countries' teams. At least 35 countries will be represented in the World Championship races, and 34 in the World Challenges. The championships are for elite and junior riders, while the challenge races are for those who qualify in their age groups, which start at just five and up.

BMX racing is both an international and a family affair. While the bulk of younger riders this year are likely to be from the US and Canada, quite a few travel from further away. For example, Caroline Buchanan, 16, 7-time BMX Australian champion in her category and one of the Junior Women on the Australian team headed to Victoria, has been attending world championships around the globe since she was nine, and regrets that she will not be 19 in time to qualify for the Beijing Olympics. (Roll on, 2012.)

See "BMX" on Page 8

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A Windy Wasco Wild West Challenges Local and National Talents

BY MARTHA WALSH

World-class cyclists shared the start line with local riders at this year's Wasco Wild West 75 recumbent and tandem race just outside The Dalles, Oregon, on May 12. Now in its fourth year, Wasco drew top athletes to a great course and a tough race. The rain showers held off, but by the end of the 75-mile race, riders were contending with 40 mph winds straight off the Columbia River Gorge.

The marquee event at Wasco is the recumbent race, divided into six categories: pro men, pro women, sportsmen, sportswomen, trikes and juniors. Riders came from five states, including Kansas and Florida, to test their abilities against the likes of Rob English and Fast Freddy Markham. English, who currently lives in Eugene, holds the hour record in Great Britain

(50.15 miles, also making him fourth fastest in the world). From Freedom, California, Markham is a former world record holder and now second fastest in the world, at 53.43 miles in one hour. Other "ones to watch" were Michael Wolfe, last year's Wasco winner, and John Schlitter from St. Petersburg, Florida, who's a competitor in the 2007 Race Across America.

Most Wasco competitors rode four laps of an 18.75-mile circuit. The first ten miles are rolling and, on race day, had a strong tailwind. A right turn at the base of the first climb brings riders into the windiest section, over a one-mile climb, down a quick descent, up a shorter climb, and then down a longer descent. The last few miles of the circuit are flat and not as exposed to the wind. The entire course is rural and scenic.

The tandem field, including both mixed (male-female) and all-male bikes, started first from the Petersburg School. The recumbents began about five minutes later, and within seven or eight miles English charged his way through the tandems. He was clearly on track to beat the three-hour challenge on this course, which carries an added prize.



Courtesy of Wasco Wild West

Freddy Markham leads John Schlitter

A chase group eventually formed with Schlitter, Markham and Wolfe. The tandem race had broken completely apart in the climbs on its third lap, and this group of recumbents found a good draft when they were able to ride with a tandem. But because tandems and recumbents have different strengths on a hilly course, this was not a free ride for the smaller, lower recumbents.

In the middle of the race, a mechanical mishap forced English to stop. This left the next group of three to battle all the way to the finish. In a furious sprint, Schlitter took the win, Markham was second, and Wolfe came in third.

Portland rider John Climaldi, who finished fifth, was excited to race with some of the fastest cyclists in the world, stating, "I was glad to share the course with such giants of bicycle racing." The chance to watch world-class athletes pit athleticism and courage against each other "was all that mattered."

There was no sprinting in the tandem race. The winners, John Hatfield and Gerry Ellis, rolled across the line minutes ahead of the second-place finishers, Sal Collura and myself. The winds on the course were especially difficult for the tandems, and the exposed descents were nearly as much work as the climbs.

Race promoter Clay Smith and his volunteers put on an outstanding event, including the postrace "cowboy picnic." A full cadre of volunteers made sure everything came off smoothly, and all competitors received enthusiastic support. With a course as challenging as racers want to make it and a dedicated staff, this race will certainly bring more world-class athletes—and those who want to race against them—to Wasco County.

Results

- Recumbent: Pro Men:** 1. John Schlitter, 2. Freddy Markham, 3. Michael Wolfe, 4. Rand Milam, 5. John Climaldi, 6. Keith Kohan, 7. David Neilson, 8. Rob English; **Pro Women:** 1. Jane Machamer, 2. Laura Minor, 3. Sara Kay Carrell; **Sportsmen:** 1. Denton Coetzee, 2. Keith Garvis, 3. Gregg Burke, 4. Bill Burke, 5. Tony Tortora; **Sportswomen:** 1. Cindy Van Dusen, 2. Diane Wills, 3. Edna Van Gundy, 4. Marilyn Hayward; **Trike:** 1. Doug Foote; **Junior:** 1. Alex Kohan
Tandem: Men's: 1. John Hatfield/Gerry Ellis; **Mixed:** 1. Sal Collura/Martha Walsh, 2. Steve Hertel/Donna Hertel, 3. Henry Abel/Amy Mitchell

Martha Walsh of Seattle has been racing her single bike since 1995 and tandems since 2004. In 2006, she was part of the gold-medal mixed tandem pair for the US masters national TT championship, and more recently she stoked the winning tandem at the 2007 Oregon tandem road race championship



Courtesy of Wasco Wild West

Rob English



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"KURMASKIE" FROM PAGE 1

Bicycling Magazine has agreed to let me do a feature on family cycling, using the cross-Canada on a quad as field research.

So, after putting the final punctuation and edits on my latest book, *Adventure Dad: Rescuing Families from the Couch One Expedition at a Time*, we'll load five people onto either an S&S Coupling quad or triple tandem with attachments and hit the Great White North. Where did all these extra bodies come from since the cross-country odyssey portrayed in *Momentum Is Your Friend*?

Well, my long-suffering mate of 15 years, Beth, does not have graduate school as an excuse this time around. And we'll be hauling our latest addition, Matteo, in the Chariot trailer behind this behemoth cycling train. No, we're not practicing Catholics, just careless, so we added another young hooligan boy to the mix about a year ago. That's correct, three lads. Clearly, I did some significant karmic damage as a youngster to receive the lesson of parenting three sons in this lifetime. On the upside, somewhere in China they're building statues of me.

At any rate, this will NOT be a "How We Spent Our Summer Vacation on Two Wheels" ride, book or project. We're structuring it around the conceit that family cycling is one of the best hopes for rescuing the American Dream, or at least my version—that of a sustainable, soft impact, time-is-on-our-side American Dream in motion. From experience I know that traveling with one's family by bicycle brings them

together, gets families back in shape, in sync with each other and the natural world (no war required), while experiencing that world at a sane pace—and is much more manageable than it looks on the surface. This is true for weekend pedals to epic trips as long as they remain relatively unstructured—as in an adventure with certain boundaries rather than a race-or-death march from one destination to the next. Translation: This ramshackle carnival will be making plenty of stops, if only for Daddy to catch his breath and curse his decision-making process.

We learned the last time that the best time will be had if we don't think like traditional cyclists: the mindset that says I have to put in 50 miles before lunch or I can't call myself a real cyclist, that's out the window. This ride is about getting families off the bike enough so they can find good trouble, in their zip code or across a country. Trust me, when you have 15 hours of daylight and your only job description is bike rider, the miles come, pile up and shape you into a rolling piece of performance art that world-class athletes would envy. The trick is to make a chunk of those miles as effortless as possible. The jaw-dropping beauty of Canada won't hurt, and the fact that Beth vetoed pedaling across the prairie should help... and lest anyone forget, when I pedaled those two young hooligans across America, I only had myself fueling and grunting the entire menagerie forward (while Quinn's trail-a-bike had six gears, five were cosmetic for all the help they

provided). This time around I have two boys on dual drive trains and kickback attachments contributing real force, and an Amazonian built beauty as my prime stoker. Always the optimist, I'm going to pretend that a toddler in a trailer with heaps of equipment, diapers and whatnot snuggled between produce and sleeping bags represents a trifling amount of extra weight. But back to the promise of three additional sources of horsepower, I sleep peacefully and through the night with that knowledge. It's sure to be one heck of an outing.

For you sticklers about details, here are a few of the particulars, subject to change without notice:

- Departure: July 20-25 2007
- From: Port Angeles Ferry to Vancouver Island
- Bike: Da Vinci Designed dual drive train tandem—either a triple with trail-a-bike and trailer or a quad with trailer.
- Support: none (van, sag, etc.)
- Lodging: Tents, yurts, log cabins, and the occasional hotel
- Others: Mountain Hardwear clothing, River City Bicycles bike clothing and gear, Clif Bars, Arkel Panniers, Chariot Trailer

The plan so far—Vancouver Island, BC to Nova Scotia. We'll ride the island to Port Hardy, take the ferry through the Inner Passage to Prince Rupert, follow the Trans-Canadian Hwy to St. George, then on to Jasper and Banff. We'll cover the distance of Canada, but not via a continuous line: We'll tool all over the Rockies, take a train to Winnipeg, then pedal from there to Nova Scotia.

Beth has asked that we avoid the prairie during summer. A reasonable request, but more important, proof she wears the pants. Although, once we get rolling...

Magazine articles for *Bicycling Magazine* and *Parenting* as well as three books: *Mud, Sweat and Gears, Walk It Off (One Family, One Year, How Many Hikes Can They Do?)* and *Road Scholars: Taking Your Kids out of School Now and Then to Improve Their Education* will come out of this "voyage".

For *Mud, Sweat and Gears*, Beth will get her own rebuttal section at the end of each chapter—sort of an "OK—this is how I saw it go down." Already she's gone over my head and said I can't see it—she's sending it straight to the editor—oh, this is gonna get rowdy!

"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



BOOK REVIEW

Pilates for the Outdoor Athlete

REVIEW BY AMY ENSIGN

Here at the offices of *Bicycle Paper*, talk has turned lately toward different sports bringing new muscle soreness, even to those who are in the best of shape, cycling-wise. Inspired by our associate publisher's difficulty walking downstairs after a particularly spirited game of volleyball, the conversations have raised my awareness that while in some respects I am in pretty decent shape, in others, my flexibility (and muscle strength) could use some work. And by some, I mean a lot.

For these reasons, I was curious when Lauri Ann Stricker's *Pilates for the Outdoor Athlete* arrived on my desk. On the one hand, I am not known for my stellar ability to sit still and pay attention. On the other, this seemed like a great chance to build strength while avoiding

the weight room. I also liked that the book was created specifically with outdoor athletes in mind.

Pilates is divided into sections, which are then subdivided into chapters. The first section, "Movement Matters," introduces the history of Pilates, the biomechanics of movement, and a few guidelines for goal setting. Basically, the book assumes that the reader really is a beginner, and the information is presented in a conversational, easy-to-read tone (I particularly liked that "Chapter 1: Joseph Pilates and His Method" was subtitled "Who's the German Guy?").

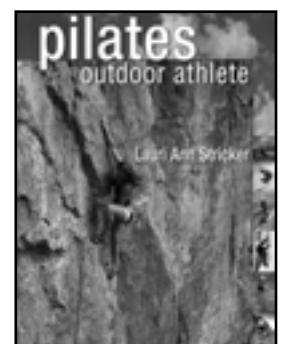
The second section, titled "The Pilates Prescription...15 Minutes a Day," is where the technical instruction begins. The chapters cover seven different sport types, including Road Cyclists and Mountain Bikers; Hikers, Backpackers, and Snowshoers; Paddlers; and Multisport, to

name a few. In each chapter, Stricker introduces the activity by discussing what muscles are used and giving tips for preventing overuse injury. She then breaks down a few 15-minute routines, designed to be performed in a specific order, "to warm up the body and spine and create a satisfying and continuous flow of movement." These would be useful, except that instructions to each individual stretch have to be looked up on a corresponding page. It was pretty interruptive to keep stopping my workout while I figured out how to do the next pose. On the other hand, the directions and photographs are clear, so once I did find the correct page number I was able to follow them fairly easily.

I enjoyed the movements outlined for cyclists. Stricker also includes a few after-riding stretches useful to those who don't have time for a full routine, but still want to limber up post-ride. These basic stretches, unlike the routines, don't have to be done in any particular order.

The remaining two sections provide additional exercises and suggestions for maximizing results, so that readers can customize the workouts to their fitness levels and goals. Overall, this book is a good introduction that provides valuable information and can help you gain strength and flexibility. For those accustomed to Pilates, however, it may be a little basic.

Pilates for the Outdoor Athlete
Lauri Ann Stricker
Fulcrum Publishing
248 pages, \$27.95



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Ding!

Ding!

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It's all right now, for I am here.



30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
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Test of Endurance 50 & Clif Bar NW Singlespeed Championships

BY MIKE RAICH

Much happened on June 9; the following is only a partial description of what really took place at the Corvallis, Oregon third annual Test of Endurance 50 / Clif Bar NW Singlespeed Championships presented by Mudslinger Events and Cyclotopia.

The 128 men and women who participated in the geared or singlespeed event in the coastal foothills northwest of Mary's Peak anticipated a hard day as each of them placed their gear in the Blodgett gym for transport to one of three aide stations, but most felt the ride/race was doable—50 miles, 7500 ft. of climbing. The week leading up to it proved to be mostly sunny, but as the Northwest would have it, on Saturday morning God installed a drip irrigation system on the coastal range and most of Oregon. For the next 30 hours it rained or drizzled and the temperatures fluctuated around 55 to 60 degrees.

The event took off at 9 a.m. with the racers establishing a fast pace from the get-go, only to see it saddle down to a more reasonable speed as most hit the "eject button," finding a safe place to crash as brakes gummed up and brake rotors wore down as the race progressed. One by one the riders challenged themselves to a feast of fir needles and mud, while the sun peeked out and went back, only to bring down more rain. The lap point and aide station #1 was stocked full with warm red potatoes, Great Harvest

honey wheat bread, and Maranatha almond butter. Six to eight volunteers helped fill bottles or assisted each rider coming through on their way to another lap around the lush green jungle dotted with sections of coastal single-track. Surprisingly most were smiling as if delighted or amused by the fact that they should have brought a front fender, and or scoffed at the suggestion, as if the mud streaming over their faces made the whole journey seem "real" and they would not have had it any other way. One by one they disappeared up the road on their way to the next aide station and the next set of challenges that lay ahead.

The race winner was Evan Plews of Capitol Subaru Cycling, who finished in three hours and 55 minutes. He was challenged by new Oregon resident, Rob English (Bike Friday) who came in eight minutes later. "That guy is for real," Evan commented after the race. In the team event competition, Team S&M "the future" Portland, led by Luke Pennington of Hood River, took the \$500 fastest team award. Capitol Subaru 40+ took the Masters title and Tim and Sue Butler won the coed division. Geoff Huber (Paul's Bicycle Way of Life) from Eugene tamed the muddy conditions in four hours 24 minutes, winning the Clif Bar NW

Singlespeed Championships. As hours ticked by, riders kept coming in one by one, while others had called it quits after the first lap, only to promise to return next year. Long-time Oregon resident Daryl Alosa of Roseburg was the last one to finish, coming in in eight hours and 53 minutes; at age 58, he is an inspiration and demonstrated great perseverance.

Many described the event as epic and tough but as John Weathers of Tigard Oregon put it, "Great race, I'll say it again, great race. I have raced mountain bikes since 1991 and you [Tests of Endurance] are rivaling Granny Gear in their mid to late 90s heyday. Great organization, attitude, volunteers, course and prizes—you just need a little more luck on the weather." Many more stories will be told about this year's race and we each take a piece of the experience that takes us away from the ordinary.



Photo by Shane Young of Oregon Velo

Winner Evan Plews tackles the course

Special thanks to Team S&M Sellwood Cycles of Portland and Capitol Subaru Cycling of Salem for their large rider turnout, and to Starker Forest and Thompson Timber

for providing land access. Thanks to all our sponsors who contributed to the success of the events.

Start planning for next year now by marking the second weekend of June 2008 for this event. For all results and more information go to www.mudslingerevents.com.

"BMX" FROM PAGE 4

The new track at Juan de Fuca reflects the dual use to which it will be put. Its W shape has double lines on the second and third straights to accommodate both elite and challenge classes. It is designed to mirror some of the features of the track that will be used in Beijing. However, no two tracks are exactly alike, which adds to the interest and unpredictability of this sport, as racers must adapt to new terrain as they travel. The construction cost of the Juan de Fuca track, originally estimated at CAN\$100,000, came in at a relatively modest CAN\$225,000—a steal when you think of the Worlds' potential impact on Victoria's tourist dollars, and the long-term impact on the popularity of the sport in the BC capital area. Two-thirds of the final cost was covered by local contractors.

The track received its first workout at the UCI Continental Cup, May 26-27, and won general accolades. The Canadian National BMX teams (men's and women's), under coach Tanya Dubnicoff, have been training on it since (the track is open for club and team training through the end of June) and hope for a home track advantage at the Worlds. The Pre-Worlds (July 20-21), however, will be held in Abbotsford near Vancouver, BC: UCI regulations now require that the Pre-Worlds not be held at the same track as the Worlds.

It's a fabulous, fascinating time to be part of a sport that is entering a new international venue—and to see how the spirit of BMX racing affects the experience of the Olympics.

For more information visit www.bmxworlds2007.com.

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"IRELAND" FROM PAGE 1

country on earth has a ride as unique as this one," he says. He's fond of an understatement.

Our ride began in the west of Ireland. Shannon, to be exact. I flew directly from New York to Shannon, where I was met by the crew at Celtic Trails and taken directly to Ennis, a busy little town just north of the airport. We stayed in a beautiful 250-year-old hotel and drank more than one pint of Guinness that night, I can tell you. You have *got* to hear Tony O'Malley play the fiddle in O'Halloran's Bar. Picture the scene—I'm in Ireland for the first time, having always had a desire to visit. I'm in a pub that could be hundreds of years old, drinking a gorgeous pint of Guinness, listening to a master play the fiddle. I've had a sumptuous dinner of wild Atlantic salmon and organic vegetables, and I'm about to ride right around the coast over the next twelve days. I almost had to pinch myself.

So by the next morning I was feeling sufficiently "strong" and ready for the lap of Ireland ahead of us (the Irish really *do* believe themselves when they say, "Guinness, for strength"!). Okay, I was terrified, and wondered on more than one occasion that morning if I had bitten off more than I could chew here. But there's something about this Celtic Trails gang that makes you forget any concerns you might have. Maybe it's a combination of things—they really do know their stuff, everywhere they go people know them, and they are supremely concerned for the welfare of their guests. (The paying guests in the group will testify to that.)

We began riding at nine, heading north along the coast. Oh my *God*, when you see this coastline you will get a thrill. I can guarantee

you of that. It is just spectacular. We passed the spot where the Spanish Armada went down off the west coast of County Clare, the Cliffs of Moher, biked along a road recently described as, 'one of the top ten most beautiful stretches of road in the world'—the road from Doolin to Ballyvaughan—rode halfway 'round Galway Bay, and ended up in a hotel overlooking the Atlantic Ocean. On my way down to the bar before dinner, for a Guinness, I told Paul, "You have ruined the rest of this trip for me today". He looked at me with a tiny bit of concern in his face and asked what I meant. "How can it get any better than that ride we just did?!" "It does," was all he said.

By the time we got right around the coast of Ireland we had traveled some of the most incredibly beautiful roads I have ever cycled upon. I have never, *ever* seen so much unspoiled and beautiful coastline in my entire life. The list of things we saw with regards to the historical aspect of the country was endless. But I have to mention a few—The Giant's Causeway, Bushmills, the oldest distillery in the world, the incredible Antrim Coast, a stretch of road that will knock your socks off, the highest sea cliffs in all of Europe, Slieve League (I was blown away by the Cliffs of Moher. And then he shows us this!). I had never even *heard* of Slieve League before I did this ride. Not even



Courtesy of Celtic Trails

Ride and follow Irish history

when I was researching stuff before I came over. So it really was quite a treat and words simply can't do it justice. Just to put in some kind of perspective, the Cliffs of Moher are spectacular, and stand 745ft tall at their highest point. Slieve League is 1925ft tall at its highest point.

We rode on stretches of "borreen" (Gaelic for 'extremely small road with grass growing in the middle of it'.... The Irish! How do they get away with it?!). We pedaled mountainous coastal roads (Kerry, prepare yourself for it). We rode past castles, thousand-year-old graveyards, memorials of the Great Famine, windmills and pubs. Lots of pubs. Pubs with grass roofs. Pubs with thatched roofs. Pubs with no roofs. And pubs that were basically someone's living room.

We literally did ride one hundred miles every day. And I can honestly say I got stronger as each day went by. What I *can't* honestly say is that my seemingly endless amount of strength was due to the seemingly endless supply of Guinness about the place. I just had so much fun with everyone in the group (all 24 of them) that the miles just seemed to fly by.

I've been riding my bike for almost 30 years now and consider myself a fair cyclist. I definitely love to ride and have ridden in some of the most beautiful places on earth. But I never imagined I would get the opportunity to take part in such a wonderful adventure as this Centuries of Ireland Tour. Paul has hit on something special here and

that word "century" has a certain draw for all "fair" cyclists. And that country, Ireland, has had its fair share of centuries, with the history to prove it.

But the history is just one—albeit crucial—part. The other element was what the Irish call the craic (Gaelic for "fun"). The nightly routine was one of fun and adventure: Paul is a social animal, and just as the history sucks you along during the day, his endless merriment captures you at night.

With Paul, when you're out, you're out. Getting to bed before 3 a.m. is an achievement. Paul radiates energy. His eyes are forever dancing in his head. When he gets a new idea, he is positively uncontrollable. He is a master of overstatement.

Damn it, he's Irish!

"I try to give people a good time—but, actually, it comes easy because I'm having a good time myself. What more do you want: the freedom of the open road, the beauty of the Irish countryside, its truly spectacular coastline and a bit of craic? Sure, when I'm on a tour, it feels like *I'm* on holiday, so I enjoy myself as much as the people who fly from all over the world to take part," he explains.

It's worth a try. If you get the weather, it's as good as you will ever do—but even in the occasional (that makes a master of understatement, I guess!) mist and, dare I say it, soft Irish rain, this historic trip around the Emerald Isle hits the spot.

Recommendations: Simple: be fit, be ready to have a fun time, and be up for a real adventure. This is not a ride for the kind of person who likes to ride 30 or 40 miles per day.

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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

JULY

Jul 21-22: Seattle Night & Day Challenge

Seattle, WA. Sixty checkpoints are marked on a map of Seattle. Visit as many as you can, in any order, for 16 hours. 3-hour and 7-hour options available. Solo or in a team of 2-5. Starts at 4pm. Cascade Orienteering Club, 206-291-8520, www.nightanddaychallenge.com

Jul 31: PUMP Monthly Meetings

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

CAMPS

JULY

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

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

Jul 14-15: Dirt Series

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

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

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

AUGUST

Aug 4-5: Dirt Series

Whistler, BC. MTB camps for women. See 7/14 for details. Dirt Series, 604-905-8876, www.dirtseries.com

Aug 19-20: Dirt Series

Fernie, BC. MTB camps for women. See 7/14 for details. Dirt Series, 604-905-8876, www.dirtseries.com

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

Blue Rive, BC. MTB camps co-ed. See 7/14 for details. Dirt Series, 604-905-8876, 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

Mar 17-Aug 4: Women's Race Series

Various, WA. 6-event race series for Cat 4 women. Points awarded to top 15. Event dates - 3/17, 4/29, 5/5, 6/3, 7/1, 8/4. Events identified as WRS. WSBA, www.wsbaracing.com

Mar 18-Aug 25: Oregon Cup - Road

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

Apr 1-Aug 5: Carnation TT Series

Carnation, WA. 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. Overall based on points - best 4 of 5 races with 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 and junior races start at 6:30 when indicated. No event on 7/17. Course varies every week. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 3-Aug 28: Tuesday PIR Series

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

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

Seattle, WA. Criterium racing every 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 & prizes. Pts 6 deep. 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, 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 - 2 poker runs and 3 Super D. Start at 10am. Register 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/event. Pre-reg. recommended. Matheu Denuelle, Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/racesFOCF07.html

Apr 15-Aug 11: BC Cup Road Series

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

Apr 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 Lighthfield, Wild Rockies, Boise, 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 25-Aug 22: Track Development Class

Portland, OR. Weekly events where riders of all ages can learn the basics of track riding and racing. Bike rental available. Safe environment. No class on 6/13, 7/11. Steve Garcia, 503-293-7247, www.obra.org

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

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

May 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. 5 event series all on Mt Hood. Event in May, June, July & September. NORBA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

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

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

May 14-Aug 27: Monday Night Track Racing

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

May 16-Aug 29: Wednesday Night Track Racing

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

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

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

May 30-Jul 18: Mt. Tabor Series

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

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

Redmond, WA. Marymoor Velodrome. Cat 1/3 men & women. Entry fee \$15. Spectator \$4 from 7:30-9:30pm. Kiddie kilo. Free. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.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 Callura, www.obra.org

Jun 6-Aug 22: Bend Criterium / Time Trial 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 25-Jul 30: Portland MTB Short Track Series

Portland, OR. Look forward to a 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 Downhill 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. 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.hagensbermancycling.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

Aug 11-Sep 8: Triple Crown Series




Boise, ID. Can you climb? Series includes Mt. Harrison Hill Climb (8/11), Old Horseshoe Bend Hill Climb (8/19) and Bogus Basin Hill Climb (9/8). 208-323-2376, www.lostrivercycling.org

MULTISPORT

JULY

Jul 7: MOMAR—Shawigan Lake

Shawigan Lake, BC. Part of Mind Over Mountain Adventure Race series. 40-50km course. 10km kayaking, 20km MTB, 10km trail running and mystery challenges. For beginners to advance racers. Moderate navigation. Solo or teams of 2 or 4. Approximated finish time 4-8 hours. Bryan Tasaka, MOMAR, 866-912-3331, www.mindovermountain.com

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



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Jul 8: Lake Stevens 70.3 Triathlon
Lake Stevens, WA. Staged at Lake Stevens Public Boat Launch. Swim: 1.2-mile, bike: 58-mile, Run: 13.1-mile. www.lakestevens70-3.com/

Jul 14: Trioba 12 hour Adventure race
Ellensburg, WA. Distance 30-50 miles, 6-12 hours. Orienteering, trail running and MTB. 253-709-8232, www.trioba.com

Jul 14: Valley Kids Triathlon
Liberty Lake, WA. Marla Emde, Emde Sports, 509-326-6983, www.valleygirltri.com

Jul 15: BRI Triathlon at Seafair
Seattle, WA. Adult and kids distances. Starts at 7am at Seward Park on Lake Washington. 206-728-0123, www.seafair.com/

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

Jul 15: Xterra Vashon Offroad Triathlon
Vashon Island, WA. Quartermaster Harbor. Course: 800m lake swim, 12-mile MTB. 6k trail run. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. Relay option available. Part of Xterra America Tour. Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Jul 21-22: ChelanMan Multisport Weekend
Chelan, WA. Events for first time triathletes to Olympic triathlon - Best of the US championships. Swim in Lake Chelan, run around it and bike along the Columbia river. 360-325-0715, www.chelanman.com

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

Jul 22: XTERRA Wild Horse Creek
Bozeman, MT. Hyalite Canyon Reservoir. 1200 yard swim, 16mi MTB, 5mi trail run. MTB is mostly single-track, running is undulating singletrack through forest. BBQ and award party. Register at active.com. Katen LeFebvre, 406-995-7138

Jul 29: Salmon Arm Classic Triathlon
Salmon Arm, BC. In its 24th year, it is the second oldest triathlon in BC. 1.5k swim out and back on Shuswap Lake - temperature 70 degrees. 10.5k run - hilly course and 40k mainly flat bike leg. No drafting. Tiffany Lombert, 250-832-0998, www.salmonarmtriathlon.com

AUGUST

Aug 4: My First Triathlon
Harrison Mills, BC. 60 miles east of Vancouver. Swim 400m, bike 20k, Run 5k. Starts at 10am. World Endurance Sport, 800-343-4466, www.triathlons.net

Aug 4: Race the Rock
Langley, WA. Start at Lone Lake, swim .5-miles, bike 19.5, run 3.8 miles. Individual or team entry. www.swparks.org

Aug 4: Satsop Triathlon/Duathlon
Elma, WA. International, Sprint Triathlon, and Duathlon. Registration opens at 6:00am, closes at 8:30am. Race starts at 9:00am. Swim 400/1500m, bike 12/25 miles, run 3.1/6.2 miles. Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Aug 11: Bigfoot Triathlon Festival
Harrison Mills, BC. 60 miles East of Vancouver. Full and half Ironman distances. No drafting. Starts at 7:00am. World Endurance Sport, 800-343-4466, www.triathlons.net

Aug 12: Spokane Centennial Trail Celebration
Spokane, WA. In-line skate marathon and 10 km on the Centennial trails. Also walk, run and cycle. Live music, lunch, t-shirts, prizes and expo. Register on-line. Friends of the Centennial Trail, www.spokanecentennialtrail.org

Aug 12: XTC Campbell River
Campbell River, BC. Off-road multisport race. Mclvor Lake, full XTC 1000m swim, 24k MTB and a 10k trail run. Open to all levels, from new to off-road triathlon to pro-athlete. Half XTC distance also available. \$1,500 Cash prize. Part of the Triathlon BC Race Series. Teri Taylor, Cove Communications, 888-788-4645, www.xtc.ca

Aug 17: The RUSH Triathlon
Rexburg, ID. Olympic: 1-mile swim, 24.8 bike, 6.2 run. 9am start. Sprint: .5-mile swim, 13.8-mile bike, 3.1-mile run goes at 10am. Swim takes place at Rainbow Lake. Rex City Hall, 208-359-3020, www.rushtriathlon.com

Aug 18: Beaver Lake Triathlon
Sammamish, WA. Start and end at Beaver Lake. 206-577-6902, www.beaverlake.org

Aug 19: Apple Capital Triathlon
Wenatchee, WA. Daraga State Park. Sprint and Olympic distances. Jennifer Korfiatis, 509-665-0208, www.triwenatchee.net

Aug 19: Danskin Women's Triathlon
Seattle, WA. Staged at Genesis Park. Swim in Lake Washington. .5-mile swim, 12-mile bike, 3.1 run. www.danskin.com/

Aug 19: West Plains WunderWoman Triathlon
Medical Lake, WA. Marla Emde, Emde Sports, 509-326-6983, www.emdesports.com

Aug 25: Hells Gate Duathlon
Lewiston, ID. Staged at Hells Gate State Park. No major climbs. 5-yr age group awards. Starts at 9am. 2/12/2 format. Mike Johnson, Lewis Clark State College

Aug 25: Lake Sammamish Triathlon
Issaquah, WA. Age group, relay, and kids tri. Registration opens at 5:30am, closes at 6:45am. Race starts at 7:00am. Distance: 400m swim, 14.5-mile bike, 3.5-mile run. Kids version available. Bu Du Racing, 253-334-4433, www.buduracing.com

Aug 26: 7th Annual Heart of the Sound Triathlon
Vashon Island, WA. Staged at Jensen Point Park. Adult and kids distances. Salt water swim. USAT sanctioned. 206-339-4342, www.hotstriathlon.org

Aug 26: Ironman Canada
Penitcton, BC. Staged at Okanagan Park. 3.8k swim, 180k bike, 42.2k run. Ironman North America, 888-280-9097 x 27, www.ironman.ca

Aug 26: Wild Ride XTERRA Off-Road Regional Champ
McCall, ID. MTB Triathlon. XTERRA points event. Ponderosa State Park. Wild Rockies, www.wildrockies.com

BMX

JULY

Jul 6-8: Big Weekend
Smith Rock, OR. Friday - RFL, Saturday, Redline Qualifier triple points, Sunday - State Championship race, double points www.smithrockbmx.com/

Jul 7-8: High Desert - RFL/SCR
Bend, OR. Saturday RFL - double points, Sunday SCR - Double points. www.highdesertbmx.com

Jul 8: RCQ
Campbell River, BC.

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

Jul 26-29: UCI BMX World Championships
Victoria, BC. World Championships event. All the best riders in the world in attendance. De Armond Management, 250-472-7644, www.bmxworlds2007.com

CYCLO-CROSS

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

MOUNTAIN BIKE RACING

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 Grasby, 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.oakridgetfartire.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. 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. All classes, plus age groups. 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, Squamish, BC, 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. Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 18-22 Tim Hortons Nat'l Championship & Canada Cup
Mount Washington, BC. Canadian Nationals and Canada Cup events for XC and DH. All categories. BC Cup MTB event. Mike Manara, 250-334-5744, www.mountwashington.ca

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. Whistler Events Bureau, 604-905-2038, 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 10 am. Registration from 8-9:00 am Four classes. 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/racesFOCF07.html

Jul 28: Galena Grinder XC and 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/

Jul 28: Padden Fanatik Duathlon
Bellingham, WA. Run 2.6, bike 14.5, run 2.6 miles. Start at Lake Padden Dog Off Leash area. www.cob.org/races

AUGUST

Aug 4-5: 12/24 Hour Mtn
Willamette Pass, OR. 12-14 mile lap course with singletrack and some gravel roads to connect the trails. Open to Beginner, Sport and Expert/Pro riders. Randy Dreiling, Oregon Adventures, 541-968-5397, www.oregon-adventures.com

Aug 4: Intermountain Orthopaedics White Knob XC
Mackay, ID. 23th annual. NORBA classic event. Part of KTS. All categories. Cynthia Gibson, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

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

Aug 11-12: Mount Washington BC Cup XC/DH
Mount Washington, BC. BC Cup MTB event. Mike Manara, Mount Washington Resort, 250-334-5744, www.mountwashington.ca

Aug 11: 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

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

Aug 12: Willamette Pass Downhill
Willamette Pass, OR. 2-mile downhill course with Beginner, Sport and Expert/Pro course. Part of WPDH. See race series for details. Randy Dreiling, Oregon Adventures, 541-968-5397, www.oakridgetfartire.com

Aug 18-19: Idaho State Championship Finals
Donnelly, ID. XC on Saturday, DH on Sunday at Tamarack Resort. Similar course as 2006. Part of National event calendar. Cynthia Gibson, 208-336-5821, www.knobbytireseries.com

Aug 18-19: Tamarack Twister NORBA State Championships
Tamarack Resort, ID. XC on Saturday, DH on Sunday. Part of KTS. Cynthia Gibson, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Aug 18: The Sooper Klassik
Lacey, WA. Super D event. Shuttle at 10 am. Registration from 8-9:00 am. Four classes. Green line 6 to Fall Creek from Capitol Peak: Point it down hill and go. One traverse in the middle but pretty much straight down. Tight, open, smooth technical this route has everything. All proceeds go to benefit Capitol Forest. Capitol Forest MTB Series #4. Matthieu Denuelle, Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/racesFOCF07.html

MOUNTAIN BIKE TOURING

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. 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. Also enjoy 2 days of van shuttles on Mount Seven in Golden and Mt. Swansea in Invermere. Mike Brcic, Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Jul 6-8: Umpqua River Mountain Bike 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/bike_tours

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2007 Washington Juniors Tour

2007 SEATTLE - LAJORS SERIES

May 19/20	Mutual of Enumclaw Stage Race	Enumclaw
June 10	Junior State Road Race Championships	Elma
June 17*	First Rate Mortgage Seward Park Crit 2	Seattle
July 1	Des Moines Criterium	Des Moines
July 4	Junior State Criterium Championships	Burien
July 7*	Derby Days Criterium	Redmond
July 22	State Time Trial Championships	Tenino

* also the 2007 Seattle-LAJORS Series schedule

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. Plenty of food - secure camping at Riverside Campground in Whistler. Limit 250 riders. Great Explorations, 800-242-1825, www.great-explorations.com

Jul 8-11: Singletrack Lake Tour-Hotel

Bend, OR. Spend 4 glorious days in the Cascades riding 68+ miles of singletrack 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/bike_tours

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 Exploration, 800-242-1825, www.great-explorations.com

Jul 13-25: Ultimate BC Tour

Fernie, BC. Epic 12-day camping/lodge tour to satisfy the singletrack-hungry. 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.ferniefatire.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 27-29: MTB Oregon #1

Oakridge, OR. Enjoy 3 full days of unequalled single-track riding in Oakridge, OR that will leave you both exhausted and replenished. Each day offers supported ride options. The campground is over 9 acres along the bank of the refreshing Willamette River. Randy Dreiling, 503-968-5397, www.mtbikeoregon.com

Jul 28: Pedal the Pinchot

Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St Helens. 4 routes: 30, 32, 49 and 88 miles. Start line opens at 6:00am/ closes at 6:00pm at Sweet Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-252-6555, www.pedaltheinchot.com

AUGUST

Aug 3-5: Bike and Brew Weekend

Bend, OR. The best that Bend has to offer: mountain biking and beer! Spend your days riding singletrack and evenings at Bend's favorite breweries, sleeping within stumbling distance in downtown Bend. 47 miles of singletrack over 3 days. Also available 8/31. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Aug 12-15: 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. Also available 8/26, 9/2. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Aug 17-19: MTB Oregon #2

Oakridge, OR. Enjoy 3 full days (or the 5-day option) of unequalled singletrack riding in Oakridge, OR that will leave you both exhausted and replenished. Each day offers supported ride options. The campground is over 9 acres along the bank of the refreshing Willamette River. Randy Dreiling, 503-968-5397, www.mtbikeoregon.com

ROAD RACING

JULY

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

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 back-side of Welder's Hill. The 14-mile loop ends with a hilltop finish. Medals. Sal Collura, 541-7473336, www.obra.org

Jul 1: Yaletown Grand Prix

Vancouver, BC. Downtown criterium on cool circuit. Fast and exciting with a lot of action. Spectator friendly course. Racing from 1:30 to 6:30. \$5,000 cash prize. Supports the Boys' and Girls' of Greater Vancouver. Paul Done, www.trekredtruckracing.com

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: Pacific Raceways w/Women & Jr.

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

Jul 3, 10, 24, 31: Tuesday PIR

Portland, OR. See Race Series for details. No race on the 17th. Jeff Mitchem, 503-233-3636, www.obra.org

Jul 3, 10, 17, 24, 31: Twilight Criterium 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 Criterium

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 Evening Challenge

Richmond, BC. Criterium. See Race Series for details. Team Coastal, 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, 406-543-5197, www.ecologycenterclassic.com

Jul 7-8: BC Masters Assoc. Race #15/16

Grand Forks, BC. Saturday - 4km hill climb, 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, BC Masters Cycling Association, 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, 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, 541-747-3336, www.co-motion.com

Jul 7-8: Treasure Valley Stage Race

Boise, ID. Friday - 15.5km ITT. First 10km is a rolling out and back with several technical corners. Finishes with a high speed 3km descent to the Boise River. Saturday - Kuna Butte Road Race - 20-mile loop showcases a steep steady climb 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 awarded during the event. Team Dobbiano, 208-412-3527, www.teamdobbiano.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 Series

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

Jul 10: Baddlands CC Twilight Series

Spokane, WA. Spokane Raceway Park, Airway Heights - modified circuit race. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jul 10: Pacific Raceways RR Series

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

Jul 11-15: Cascade Cycling Classic

Bend, OR. Stage race, no women categories. 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 de White Rock—BC Superweek

White Rock, BC. Friday: 2-up hill climb (700m/16%); Saturday: RR with long steep climb and quick descent; Sunday: twilight criterium - 1km circuit. Opening weekend of BC Superweek. \$10,000 prize list. U.S. Riders: UCI license not required. 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 17: Baddlands CC Twilight Series

Cheney WA. Chapman Lake, stage at Salmave Park. 31-mile road circuit. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

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—BC 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. Part of BC Superweek. Jonathan Wornell, Wedgewood Cycling Team, www.tourdegastown.com

Jul 19-22: CoMotion Classic Tandem Stage Race

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

Jul 19: Giro de Burnaby

Burnaby, BC. Criterium. www.cyclingbc.net

Jul 20-22: Tour de Delta—BC Superweek

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

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 Race #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: Wells Fargo Twilight Criterium

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

Jul 24: Baddlands CC Twilight Series

Cheney WA. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jul 24: Pacific Raceways w/Women

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

Jul 25: CMG Events/Alpine Mortgage Series

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. TT, road and criterium open to 50+ riders. Time trials and road race 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.pugetsoundgames.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. Carl Anton, 360-695-7088, www.obra.org

Jul 29: Whale of a Criterium

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

Jul 31: Baddlands CC Twilight Series

Spokane, WA. Road Race Hill climb. Fundraiser for MS Society. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Jul 31: Pacific Raceways RR Series

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

AUGUST

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

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

Aug 1, 8: CMG Events/Alpine Mortgage Series

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

Aug 1 & 15: Comox Valley TT Series

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

Aug 1: Escape Velocity TT #5

Langley, BC. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

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

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

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

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

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

Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

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

Kelowna, BC. 4 stages - Hill Climb on Friday night, BC Cup RR on Saturday morning, TT in the afternoon and criterium on Sunday. All senior categories, master and junior welcome to race with corresponding seniors. Cash prize and merchandise. Heather White, 250-764-7404

Aug 4: Cougar Climb for Cancer

Issaquah, WA. Individual time trial up "Zoo Hill". 2.5 mile, 7.2% average gradient. Start at 9:00 am at SE 54th St and NW Newport Way. Free registration, open to all. Register by email. Optional charitable donation to American Cancer Society gladly accepted. Joel Blatt, 425-246-6699, http://360.yahoo.com/climb4cancer

Aug 4: Lake Washington Velo Circuit Race #2

Gig Harbor, WA. WRS #6. Terry Buchanan, Hagens Berman Cycling Team, www.hagensbermancycling.com

Aug 4: NW Challenge Harrisburg Criterium

Harrisburg, OR. Criterium part of 3-day festival. Mike Allen, Meadowview Productions, 541-689-3612, www.northwestchallenge.com

Aug 5: Carnation Time Trial Series #5

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

Aug 5: Volunteer Park Criterium

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

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

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

Aug 7, 14, 21, 28: Pacific Raceways

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

Aug 7, 14, 21, 28: Tuesday PIR

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

Aug 7, 14, 21, 28: Twilight Criterium Series

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

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

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

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

Langley, BC. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

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Aug 11: 17th Annual Crawfish Criterium

Tualatin, OR. Celebrate a tradition, part of the 56th annual Crawfish Festival in Tualatin. The course consists of a fast downhill, sweeping corners and a tough little uphill rise before it levels off to the finish line. The pavement is in excellent condition. Tandem, Cat 1/5 men, Cat 1/4 & master women, kids 7-12 and Shrimp Sprint for kids under 7. Racing starts at 9:00am. Kim Rueter, 503-287-1290, <http://sorellaforte.com/html/crawfishcrit.html>

Aug 11-12: BC Masters Assoc. Race #19/20

New Denver, BC. Saturday - 30 min criterium in downtown New Denver, starts at 4pm and counts for double points. Sunday - 75km road race on rolling terrain, starts at 9am. Organized by Slogan CC. Daniel Hellyer, BC Masters Cycling Association, 250-358-2612, www.bcmasterscycling.net

Aug 11: EV ITT Provincial Championships - BC Cup #5

Langley, BC. BC cup event and provincial time trial champ. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

Aug 11: Mt. Harrison Hill Climb

Albion, ID. 1st event of the Triple crown series. www.aerocyclos.com

Aug 11-12: Nooksack Omnium State Champ

Bellingham, WA. Robert Trombley, 206-528-2242, www.recycledcycles.com

Aug 11: Provincial TT Championships

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

Aug 14, 21, 28: Baddlands CC Twilight Series

Spokane, WA. Four Mounds Road Race, Riverside State Park, 12 miles TT and Road Race - Chicken Farm. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Aug 18: BC Masters Assoc. Race #21

Squamish, BC. 80km team time trials on flat roads. Starts at 9am. Bill Yearwood, BC Masters Cycling Association, 604-267-7338, www.bcmasterscycling.net

Aug 18: Lake Washington Velo Circuit Race Series #3

Carnation, WA. Carnation Farms circuit. The speed and intensity of criterium racing meets the wide open tactics of road racing. James Gillette, 253-853-5316, www.hagensbermancycling.com

Aug 18: Mary's Peak Hill Climb TT

Corvallis, OR. The 9.5-mile climb up the wide smooth Mary's Peak Rd averages about 6-8% grade. It takes cyclists past beautiful vistas of the Willamette Valley. Start at the intersection of Mary's Peak Rd and Hwy 34 (1200 ft) and will end at the parking lot on top (3600 ft). All categories including tandems. Jim Fischer, 541-990-8979, www.eugenecyclingteam.com

Aug 18: Race for a Reason

Bothell, WA. Bill Marson, 415-820-2773

Aug 19: BC Masters Assoc. Race #22

Langley, BC. 65km criterium on rolling terrain. Starts at 11am. Peter Reichman, BC Masters Cycling Association, 604-924-3671, www.bcmasterscycling.net

Aug 19: Old Horseshoe Bend Hill Climb

Boise, ID. 2nd event in the triple crown series. Jeff Gasser, 208-867-2488

Aug 19: WA TTT - State Champship

Elma, WA. Start near the entrance of Vance Creek Park. Out and back course following South Banks Rd. 3-4 members per team, the finish time will be taken from the 3rd member to cross the finish line. 32-mile course with 40 feet of elevation. First team off at 9am. Categories all. Rory Muller, BuDu Racing, 253-941-5810, www.buduracing.com

Aug 19: Woodland Road Race

Woodland, WA. Road race sanctioned by OBRA. Richard Haight, 360-575-1096, www.threeriverscycling.com

Aug 24: Healthnet Twilight Criterium

Portland, OR. Friday evening racing. Start/finish near Portland Art Museum. Cash purse and primes. Men Oregon Cup event Porter Childs, 503-222-5868, www.orbike.com

Aug 25: BC Masters Assoc. Race #23

Cedar, BC. 63km criterium on flat roads with some rollers, starts at noon at Cedar School. Mike Sevcoy, BC Masters Cycling Association, 250-748-6457, www.bcmasterscycling.net

Aug 25: Crystal Mountain Hill Climb TT Championships

Crystal Mountain, WA. 6 miles, with approximately 1,612ft. elevation gain. The course is on US Nat'l Service Land. First rider off at 11am. No day-of registration, prizes for heaviest bike, slowest time and weight ratio. Jr Tour event. Dave Bachman, Wheelsport Cycling Team, www.wheelsportscycling.com

Aug 25-26: High Desert Omnium

Bend, OR. Road on the first day, criterium on the second. Road race part of Oregon Cup. Tim Plummer, 541-932-8758, www.bendcycling.org

Aug 25-26: Idaho State Championships

ibc, ID. Road Race and criterium. www.lostrivercycling.com

Aug 26: BC Masters Assoc. Race #24

Cowichan, BC. 80km time trial 2-up on rolling roads. Starts at noon at Duncan Meadows Golf Club. Ian Birch, BC Masters Cycling Association, 250-477-6475, www.bcmasterscycling.net

Aug 26: Seward Park Fall Classic

Seattle, WA. Criterium on a 0.8-mile loop in Seward Park, 1 120-degree turn and 1 hill. All categories. WSBA overall season awards and party. Jr. tour / LAJORS event. David Douglas, Pazzo Velo, 206-932-5921, www.pazzovelo.com

Aug 30-Sep 3: Eugene Celebration Stage Race

Eugene, OR. 4stages over 3 days ending on Labor Day. TT, Criterium, Road Race and Circuit Race. No major climbs. Cash prizes. Sal Collura, 541-747-3336, www.obra.org

ROAD TOURING

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 Holif, BC Randonneurs, 604-946-8438, www.randonneurs.bc.ca

Jul 1-5: San Juan Islands - Family Camping

Anacortes, WA. Fully supported, we do all the work, leaving you refreshed after an active day. Trip includes hiking, biking, sea kayaking, and a whale watch. Also available 7/15, 8/5. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 1-7: Wallowa Mountain Rambler

Baker City, OR. Circumnavigate the Wallowa Mountains, known as the "Alps of Oregon," with a side trip to the rim of Hells Canyon. Intermediate or above. Also available: 7/29 and 8/26. Wild Heart Cycling, 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: Ballard Street Scramble

Seattle, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Cascade Orienteering Club, 206-367-0839, www.streetsscramble.com

Jul 7-15: Big Ride Glacier

Seattle, WA. 1-week bike tour around and through Glacier National Park. Bridget Herzog, American Lung Assoc. of WA, 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, 800-755-2453, www.adv-cycling.org/

Jul 7: Oregon Ultimate Road Ride

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

Jul 7-14: Permaculture & Natural Building

Portland, OR. Contribute to some of Oregon's most well-known eco-villages. Riders have the opportunity to engage in a diversity of educational hands-on activities with some of the region's best natural building communities. Also available: August. Portland Peace & Justice Center, 503-239-8426, www.portlandpeace.org

Jul 8-20: BEARS - Bicycle Extraordinary Alaskan Roads

Fairbanks, AK. Pedal from Fairbanks south to Denali National Park & Talkeetna, then west through the scenic Matanuska. Along 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 3 redwood forest reserves. Combines Napa & Sonoma wine country with majestic redwood forests & 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 to the lake. Rides vary in length from a few miles to 104. Benefits 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 14-20: Kettle Valley Trail 2

Beaverdell, BC. Beaverdell to Coalmont. Classic Kettle Valley line with overnights at McCulloch Lake, Chute Lake, West Summerland, Chain Lake and Coalmont. We'll average 34 miles per day. Need hybrid or mtb bike. Great Explorations, 800-242-1825, www.great-explorations.com

Jul 14-26: Rolling the Islands of the Salish Sea

Seattle, WA. Explore the heart and soul of multicultural western WA/BC. Highlights the cultural heritage and history, the economical and environmental diversity, and the geological complexity. Ibike Cultural Tours, 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 Tranquility

McMinnville, OR. 7-day tour. Wind your way along the Oregon Coast Range. Meander through the lush rain forest of the Oregon Coast Mountains, travel along the Oregon Coast and ride through the pastoral Willamette Valley. Intermediate or above. Also available 8/12. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Jul 15-21: TourBC

Penticton, BC. 7-day supported road tour in BC's Okanagan and Slogan Valleys, the first famous for its weather, wineries and resorts - the second for its Hot Springs. The tour takes you to Revelsok, Castle-gar, Grand Forks, Osoyoos and back to Penticton. Danelle Laidlaw, dpl CONSULTING, 877-606-2453, www.tourbc.net

Jul 16-20: Mt. Evans

Idaho Springs, CO. This is a great trip for someone looking for a challenge. Bike the highest paved highway in the United States by climbing 14,255ft high Mt. Evans road. Fully supported. Also available 8/28. Noo Funteers Bicycle Vacations, www.nooofunteers.com

Jul 18-22: 20th Annual RedSpoke

Redmond, WA. Tour across beautiful Washington state. 5 days, 300-mile ride from Redmond to Spokane, fully supported, limited to 100 riders. \$475 donation required. Redmond Rotary Club, 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, 206-824-3401, www.changinggears.com

Jul 21-27: Cycle the Divide Montana

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

Jul 21-22: Cycle Washington Memorial Ride

Seattle, WA. Ride from Seattle's Marymoor Park to Wenatchee, over Snoqualmie and Blewett passes, in honor of bicycle accident victims. Participants can do various legs depending on their skill levels. Proceeds benefit the Jill Spanjer Foundation and the WA State RSVP Association. Brian Ropp, www.cyclewamemorialride.com

Jul 21-22: Jackson's Tour de Spa

Portland, OR. 2-day cycling tour through the Columbia Gorge to benefit the NW Sarcoma Foundation and the Children's Cancer Association. Start/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 of Seattle. Visit as many as you can, in any order, for 16 hours. 3-hour and 7-hour options available. Solo or in a team of 2-5. Starts at 4pm. Cascade Orienteering Club, 206-291-8520, www.nightanddaychallenge.com

Jul 21: Tour des Chutes

Bend, OR. Choose either the 75-, 35-, 12- or 6-mile ride. \$45 includes t-shirt, Livestrong bracelet, after ride lunch, ride support, food and rest stops. Fund-raiser for Lance Armstrong Foundation and the Cancer Survivorship Alliance. Julie Wose, Tour des Chutes committee, 541-382-8018, <http://toursdeschutes.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 with views of the Cascade Mountain Range. Also available 8/5. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Jul 22: 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. Check our website for a complete listing of the passes and national forest you will be riding through on this trip. Join us for a fully supported trip in the Colorado Rockies. Noo Funteers Bicycle Vacations, www.nooofunteers.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. A hot 100-mile tour from Klamath Falls through the towns of Bonanza and Merrill, with 1 good sized hill and a few rollers to keep it interesting. Entry fee includes maps, mechanical support, and energy food/drink. Begins and ends at Wiard Park in Klamath Falls. - at 8am. Hutch's Bicycles, 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. Laffery 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-Aug 4: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned Coastal Scenic Bike Route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Along the way, visit organic farms, a land trust, a visionary community school, and more. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jul 28: Pedal the Pinchot

Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains and ancient northwest forest. South of Mt. St. Helens. 4 routes: 30, 32, 49 and 88 miles. Start line opens at 6:00am closes at 6:00pm at Swift Forest camp. Frequent pit stops. Lunch included in entry fee. Dave Ripp, 360-225-6555, www.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 American Diabetes Association. Minimum fundraising \$100. Kris Bockmier, American Diabetes Association, 800-676-4065, www.SummittoSurf.org

Jul 29: Tour de Kitsap

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. Sue Beauvais, Snoqualmie Valley Chamber of Commerce, 425-888-4440, 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. Sandy Green, 800-413-8432, www.oregonbicycleride.org

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

Tenino-Rainier-Yelm-Bucoda-Rally
August 12, 2007

- Join us to ride through beautiful south Thurston and northern Lewis County Washington on our fully supported ride (rest stops, food and SAG support).
- 5 loops (20, 30, 50**

AUGUST

Aug 3-5: Get Your Guts into Gear—GYIG

Edmonds, WA. Pedal along the scenic roads north of Seattle in a 3-day, 210-mile loop ride. \$85 registration fee, and each rider must raise \$1900 prior to ride. Funds go to organizations on the front lines of working for the Crohn's and Colitis communities. Gear up together and make a difference! Andrea Nelson, Get Your Guts into Gear, 206-769-3000, www.lbride.org

Aug 3-7: Princeton Hill Week

Princeton, BC. Expect hills on this week of riding. Starting on the 3rd: 300, 200, 300, 200km Brevet. A 1000km is available starting on the 4th and finishing on the 7th. Ali Holt, BC Randonneurs, 604-946-8438, www.randonneurs.bc.ca

Aug 4: 8 Lakes Leg Aches

Spokane, WA. 30-, 50- or 80-mile route. David's Gourmet Pizza & prizes at the end of the ride. Pledge riders raising \$175 receive 8 Lakes designer jersey. Ride around Spokane and Cheney. Start and finish at Group Health Corp office. Christie McKee, Sexual Assault & Family Trauma (SAFeT) Response Center, 509-343-5020, www.lcsnw.org/events.html

Aug 4: 2nd Annual Tour de Whatcom

Bellingham, WA. Starts/ends in Bellingham's Fairhaven district. Choose either the 20-, 46- or 109-mile ride perfect for family outing or serious riders alike. Rest stops and support along the routes. Rural roads with great mixture of mountains, lakes and farmlands. Registration at Kendrick's Billiards. Benefit local charities of Whatcom County. G. Todd Williams, Whatcom Outdoor Expo, LLC, 360-739-9953, www.tourdewhatcom.com/

Aug 4-6: Courage Classic BAW

Snoqualmie, WA. A 3-day, 172-mile, fully supported, fundraising bicycle tour to benefit Mary Bridge Children's Hospital. Ride over Snoqualmie, Blewett and Stevens passes. Average 60 miles/day. Great supports and exceptional food stops. Benefits the Child Abuse Intervention Dept. at Mary Bridge. Do it for the kids! Mark Grantor, Mary Bridge Children's Hospital, 253-403-4374, www.courageclassic.org

Aug 4-7: Lower Mainland & Interior 1000km Brevet

Princeton, BC. Randonneur event, route negotiable. Eric Fergusson, BC Randonneurs, 604-733-6657, www.randonneurs.bc.ca

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

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

Aug 4-11: Permaculture & Natural Building

Portland, OR. Sustainable cycling adventure. Contribute to some of Oregon's eco-villages. Engage in a diversity of educational hands-on activities, with some of the region's best natural building communities. Also available: 8/11. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Aug 4-10: RAW—Ride Around Washington

Vancouver, WA. RAW route changes every year. Daily mileage varies from roughly 40 to a bit over 90. Fully supported: meals, showers, luggage. Cascade Bicycle Club, 206-522-BIKE, www.cascade.org/raw

Aug 4: The Dam Brevet

Fort St John, BC. Randonneur event. 200km brevet Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Aug 5-22: Family Fun Colorado

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

Aug 5: Lakes Loop Ride

Bend, OR. 50-mile ride that loops around Mt. Bachelor. Lots of descending in the first half, but seemingly more climbing in the second half. 1 food stop at approximately 2/3 around with "better than usual bike ride eats." Entry fee includes course marking, maps, energy food and drink. Leaves at 9:00am from Mt. Bachelor Main Lodge parking lot. \$5.00 entry. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

Aug 5-5: Mt Shasta Summit Century

Mt. Shasta, CA. 30-, 60-, 100-, 135- (16,500ft of climbing) mile route. Mountain Wheelers, 800-326-4865, www.shastasummitcentury.com

Aug 5-6: Ride for Youth Century

Burlington, WA. 50-, 100- & 150-mile options for all riders alike. SAG support, showers & end of ride feed included. Benefits the Arthritis Foundation Pacific Northwest Chapter. Training rides start May 21. Joints in Motion, 206-547-2707, www.jointsinmotion.org

Aug 5-12: Ride Idaho

Coeur d'Alene, ID. A unique trek through some of Idaho's most beautiful landscapes and interesting towns. Starts/finishes in Coeur d'Alene and covers 410 miles over 7 days with a rest day in Lewiston. Phil Sperling, Ride Idaho, 208-344-5502, www.rideidaho.org

Aug 11-17: Oregon - Crater Lake

Oakridge, OR. Ride over the Cascade Mountains to electric-blue Crater Lake. Experience some of the best cycling in the country. Also available 8/25, 9/2, 9/8. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 11-19: Rogue River Rambler

Eugene, OR. Incredible ride along one of the West's great wild and scenic rivers. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 12: Bike for your Life

Parksville, BC. Established to promote good health and a cleaner environment through cycling. Bike For Your Life has a route for all levels. 15km, 35km, 70km, 90km and 120km scenic loops with refreshment stations up and down Vancouver Island roads around Parksville. Flatter 35km loop. Pancake breakfast, and draw prizes. T-shirt included in fee. Bike For Your Life, 877-348-0647, www.island.net/~bikelife

Aug 12: Blue Cruise Wheels for Wellness

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

Aug 12: Bridge Pedal 2004

Portland, OR. Ride across 9 of Portland's bridges without all of those annoying cars in your way. Start in the earliest waves in the morning to avoid bicycle traffic jams. Providence Rose Pedal, 503-281-9198, www.providence.org/oregon/events/

Aug 12: Covered Bridge Bicycle Tour

Albany, OR. Linn County Fairground. Relaxing country ride event, choose from 40-, 68-, 85- & 101-mile distances. Lightly traveled road in heart of beautiful Willamette Valley. Good food and support. The 40 is flat (2 bridges), the 68 has one steep hill and 4 bridges, other distances more challenging with 5 bridges. Mid-Valley Bicycle Club, 541-757-6691, www.mvbc.com/

Aug 12: Group Health Cycling the Bridge

Spokane, WA. A 10km family ride from High-bridge Park to Mission Park through downtown's evolving parkland corridor. Celebrate the river with

11 crossings that showcase the Spokane River. www.cyclethebridges.com

Aug 12-18: Oregon Bicycle Ride

Cave Junction, OR. 7-day, 375-mile, fully-supported ride through SW Oregon and NW California. Daily mileage 45 to 85 miles. Campsite, most meals, showers, food stops, gear transport. Sandy Green, 800-413-8432, www.oregonbicycleride.org

Aug 12: Providence Bridge Pedal and Stride

Portland, OR. Community bike ride over Portland's 10 Willamette River bridges—including the top decks of the Marquam and Fremont. 36-, 24- and 14-mile options. Rick Bauman, Bridge Pedal, Inc., 503-281-9198, www.providence.org/bridgepedal

Aug 12: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)

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

Aug 17-19: 9th Annual Recumbent Retreat

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

Aug 17-19: Cascade Road Riding Adventure

Bend, OR. Enjoy Central Oregon's remarkable road riding on country roads and the Cascade Lakes Scenic Byway with the backdrop of the Cascade Mountain Range. 74 miles in 3 days. Also available 9/7. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Aug 17-18: RSVP - Ride from Seattle to Vancouver, BC & Party

Seattle, WA. 183 miles of scenic back roads in western Washington. Go through Chuckanut Drive. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Aug 18: 200, 300, 400km Lower Mainland Brevets

Maple Ridge, BC. Start at: Petro Canada Stn, 2227700 Loughheed Hwy Maple Ridge, Corner of 228th St, 6am. Various routes. 200, 300, 400km. These brevets cross into the U.S., so bring your passport!! Michel Richard, 739-6798, www.randonneurs.bc.ca

Aug 18: Hot August Days—Tour of the Columbia Basin

Wenatchee, WA. 50-, 120-, or 150-mile bike ride from Wenatchee to Quincy, Soap Lake, Dry Falls, Waterville, Orondo. Stops every 25 miles, meal at end of ride. Brian Ropp, 509-662-3461, www.hotaugustdays.com

Aug 18: The Vine Ride

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2007 bike. Karl White, Wheel Help Rides, 800-262-8339, www.vineride.com

Aug 18: Tour de Lentil

Pullman, WA. 100km ride through the rolling hills of the Palouse region in and around Pullman. Start at 9:00am. Nicole Flansburg, National Lentil Festival, 800-365-6948, www.lentilfest.com

Aug 18-25: Volcanoes of Washington

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

Aug 19: Ice Cream Classic

Bend, OR. 65-mile ride around Mt Bachelor followed by ice cream at Goldy's. Starts 9:00 a.m. Gina Miller, Fresh Air Sports

Aug 19-23: San Juan Islands—Camping

Anacortes, WA. Bike, kayak and hike - and enjoy

these lush islands from a variety of perspectives. Fully supported. Hot showers. Family version available. Also available: 9/2. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 25-27: Poor Men's PBB

Centralia, WA. Event include a 200, 600 and 1000 brevet ACP sanctioned. Susan France, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Aug 25-26: RAPSody—Ride Around Puget Sound

Tacoma, WA. Enjoy the scenic back roads of 5 Washington counties while supporting statewide bicycle advocacy and education on the Ride Around Puget Sound. 1 or 2-day event- 160 challenging and scenic miles of up and down, with an overnight in Shelton. Start at Tacoma Community College. Cost \$80. Bicycle Alliance of Washington, 206-577-6999, www.rapsodybikeride.com

Aug 26: Crater Lake Century

Klamath Falls, OR. Start at Fort Klamath Museum. Century riders will climb over 7,000ft and the metric century participants will go up over 5,000ft. Enjoy the brilliant blue waters of the lake. Pre-registration recommended, limit 125 riders on the 50 & 100. Bill Hasking, 541-88-1343, www.craterlakecentury.com

Aug 26: Summits of Bothell (SOB)

Bothell, WA. "One S.O.B. of a bike ride!" Challenging & scenic 38-mile ride: 8 heart-pounding climbs (some 14-18%), hors categorie descents. Elevation gain = 3250ft - 31% more vertical ft/mile than RAMROD! Drinks/snacks, route map and memorable t-shirt for 1st 250 registrants. \$20 by 8/17, after \$25. Bill Wiselogle, Bothell Arts Council, 425-486-8152, www.ci.bothell.wa.us

TRACK

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. Include sprint and endurance event 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

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

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

AUGUST

Aug 1, 8, 15, 22, 29: Wednesday Night

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

Aug 2, 9, 16, 23, 30: Alpenrose Thursday

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

Aug 3, 17, 24, 31: Bike Central's Fast-Twitch Fridays

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

Aug 3, 10, 17, 24, 31: 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

Aug 4: OBRA Junior & Team Event Track Championships

Portland, OR. Oregon championships. Candi Murray, 503-667-6220, www.obra.org

Aug 6, 13, 20, 27: 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

Aug 7, 14, 21, 28: Masters & Juniors Races

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

Aug 18-19: OBRA Masters Track Championships

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

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Quitting the Club

By MAYNARD HERSHON

I admit that I expect more from cyclists, more class or consideration, more awareness. When I see a bike rider behaving badly, I'm surprised and disappointed. Perhaps I'm impossibly old school—and honoring distinctions that no longer exist.

Perhaps in this era of cycling-for-the-mainstream we're no different from anyone else. We're Joe Sixpack on a bike, not the high-consciousness gentlefolk I remember. I hope not.

On the other hand, here's a resignation letter I sent in April to the president of a major bike club in our new hometown, Denver...

Hi J.....!

I don't believe we've met. My girlfriend and I moved to Denver in late November, just before the long Arctic winter began. If memory serves, I joined about six weeks ago, when the roads cleared and we could ride again.

I'd had no contact with the club until a woman member graciously invited me to sit with a group of Wednesday riders as they arrived at the patio outside Starbucks at REI.

That was a curious gathering; no one introduced me to anyone and the conversation at the table did not include me at all. I thought, "It's just this particular bunch of people. Surely it'll be different with different folks on other rides. No one knows me, or anything about me, after all."

Weeks later, the only human conversation I've had with a rider from your club has been with Robert Dunlap. I know his daughter

Alison, a terrific young woman, and I'll miss seeing Robert.

I've been on three rides in those weeks. As you may have heard, I crashed on the second, another Wednesday ride two weeks ago. My bruises are still fading.

The ride, listed on your site as a "casual" no-drop ride, was strung out in an inappropriate not-so-casual pace line (behind an aggressive frontrunner) on a busy, narrow road. I was last in line and did not see a patch of gravel in the roadway, nor did anyone in front of me point it out.

I was fortunate that the bottled water truck immediately behind me did not run me over.

Only the man in front of me stopped; he waited with me until we could talk to a cop about what had happened. The driver of the bottled water truck waited with us. I had three scrapes on one side and I trashed my favorite bib tights.

The rest of the Wednesday group had continued, oblivious, and finished the ride, ostensibly still nose-to-tail on the same guy's wheel—the fast guy in the slow club. The ride leader came back in her car an hour or so later to see what had happened. Nice woman.

A few days later, I filled out a club accident report and faxed it to her. I did not point a finger, but I should have. The ride is not at all as-advertised.

There was no pre-ride briefing, no safety talk. No one reminded us that we are responsible for the riders behind us. No one suggested pointing out hazards in the road. That Wednesday ride, listed on the web site as "casual" and appropriate for beginners was no place for a pace line. There were certainly no pace line skills.

Today I rode part of the Friday ride with the "casual" guys. Again, no one introduced me to anyone. Guys would talk right across me as if I weren't there, and no one knew my name or anything about me. I had to wait for lulls in the conversation, stick out my hand and say, "My name's Maynard. What's yours?"

The pace once again was too fast for a so-called casual ride. If I came off the wheel in front of me, I had to chase to get back up to that wheel. "Casual" and "suited for new riders" are not accurate descriptions of your Wednesday or Friday club rides.

Over coffee at REI at midpoint, the talk turned to drunken nights and vomiting in vans at out-of-town centuries. I was surprised again, I'm not used to hearing adolescent behavior spoken of so glowingly among adults. Again, I thought, "It's just these folks. It'll be better with other members."

On the return leg, we stopped at a McDonald's adjacent to the Bear Creek Trail. I introduced myself to the guys I had not met at REI. Again, and this seems characteristic, J....., no one introduced me to anyone. I had to do it myself.

At that point, you'll recall, I was a dues-paid member. I was made to feel like an unwelcome intruder.

At the McDonald's patio table, we talked about my move and about differences I see between where I used to live and here in Denver, where my sweetie and I are really happy. The tone of the conversation quickly became confrontational, as if six years in our old home in no way qualified me to discuss it.

I said that in my old hometown in the Southwest, I'd been disappointed that I hadn't made

more Latin friends—as I'd looked forward to doing. When I got unbelieving looks and argument, I asked if anyone there had more black friends than he had 20 years ago.

One guy, from Evergreen (note—suburban Rocky Mountain foothills town), said, "We don't get many black people in Evergreen."

The guy on my right said: "They don't like to go there. When they get that high (note—in altitude), their lips blow up."

Evidently his comment was okay with everyone around the table. No one blinked. Business as usual.

I want to remind you that it was bike riders there, grown-up guys in Carnacs and Pearl Izumi riding five-thousand-dollar bikes.

I should have just stood up and ridden off, but I sat there for another minute or so until we left the table outside McDonald's. In my mind I had already quit the club. I'm disgusted with myself for not speaking up when I should've.

No one specific thing (except the racist comment) about your club would provoke me to quit, but the series of disappointments I've experienced have done the trick. I'm outta here. I'll find a club in which I'm a better fit.

No need to refund my money, but you can cancel my newsletter subscription and take me off the membership list. Better yet, donate the money in the name of the Friday "casual" ride organizer to the ACLU. Please include his name and mailing address so they can thank him properly.

Best Regards,



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