



These Kiddie Kilo participants (right) demonstrated as much enthusiasm and were as eager to race as the “real” racers. They are the stars of the future.

Northwest Riders Dominate Portland’s Alpenrose Velodrome Challenge

By DAVE CAMPBELL

Once again the steeply banked 268-meter concrete oval at the Alpenrose Dairy hosted one of the richest and most competitive track racing events in the nation July 6–8. With a \$12,000 cash purse available for grab by the Masters, Elite men’s, and Elite women’s, racing was at it best. Now in its ninth year, the Alpenrose Velodrome Challenge (AVC) showcased competitors from five nations, but the event was ultimately dominated by the strong contingent of riders from the Pacific Northwest. Led by a powerful Canadian squad, the men won seven of the nine titles available, while the women triumphed in six of the nine contests. What follows are highlights of some of the most exciting races of the weekend.

The Kilo (1,000-meter race) field was impeded by gusting winds. Times were fairly slow until a 21-year-old from Calgary, Alberta named Felix Haspel (Synergy) lit up the track with a time of 1:11:85. His performance was ultimately enough for third place, as Fast Twitch strongman Matt Chater of BC bettered his performance with a 1:11:26, and Portland’s own Steven Beardsley (CMG/Alpine Mortgage) delighted the crowd with a time of 1:10:69 to claim victory.

“Retired” local coach and Team Rubicon sprint specialist Brian Abers qualified first in the Masters Flying 200-meter Sprint event with a time of 12.40, just in front of the ageless Andy George (Fast Twitch/Burnaby, BC). The two met in the semi-finals, and the very popular Abers used textbook tactics to advance to the finals. While showing a lot of speed and a strong grasp on race strategy, Abers doled out a valuable sprint lesson to opponent Scott Harmon

(Fred Meyer/Lakeside) to take one of the weekend’s most popular victories. Meanwhile, George defeated John Simmons (Shaw’s-GCC/California), the Masters Keirin winner, to take third.

Five-time Canadian National Sprint champion Auna-Brit Ericksen (Symmetrics) was the women’s Sprint favorite, but she qualified only second (13.45) behind the surprising newcomer Cari Higgins (13.43). Team Rubicon’s Heather VanValkenberg (Vancouver, WA) qualified third in 13.51. Jenn Featheringill (Bike Central) came through the repechage heats (reps) to reach the semi-finals against Ericksen, while VanValkenberg faced up against Kele Murdin (Team Ultralink/Seattle, WA) who defeated Higgins to advance. After losing their respective semi-finals, Featheringill and VanValkenberg had a rematch of their last state championships race, with Featheringill’s superior acceleration earning her third place. Meanwhile, Ericksen intimidated her less-experienced rival Murdin by bringing her high up on the banking early in the race, swooping down occasionally, and tempting her into the lead. Murdin took the bait and led out an early sprint, only to be rapidly overtaken in turn three by the aggressive Canadian, who—after many attempts—finally reached the top-step of the AVC Sprint podium.

The men’s Sprint tournament saw Portland’s Dean Tracy (Rubicon), Haspel, Steven McLaughery (Bike Central/Portland), BC Transplant’s Kelyn Akuna, and Canadian Matt Barlee (H&R Block) post 200-meter times within .19 seconds of each other. This narrow margin led to some extremely close races throughout

See “Alpenrose” on page 5

⚙️ MOUNTAIN BIKING TIPS

Playing It Straight: Riding Skinny Structures

By COURTNEY NASH

We’ve all probably had the experience at some point of coming around the corner on a trail to find a skinny bridge over a creek or gully. (And if you ride in areas like North Vancouver, BC, they’re practically everywhere, whether there’s a creek or not!) Even if it is just as wide as the trail and not that far off the ground, you stop and think, “How will I stay on that thing?” Learning how to ride “skinnies” not only keeps you cruising along when you encounter them on the trail, but the techniques involved are invaluable in other aspects of your riding skill set. In this article we’ll cover the basic elements of riding narrow elevated structures, as well as what to do when you need to get off them.

To start, either find a painted line on the ground or create one—a couple inches wide—using chalk or two pieces of rope. This allows you to work on the basic skills of straight-line riding without any of the consequences associated with elevated structures.

Begin by riding toward the start of the line at a moderate walking pace in a “ready” state: eyes scanning ahead, standing in a balanced position with arms and legs slightly bent, your pedals level and equally weighted. Be sure to keep at least one finger resting on each brake lever at all times, and approach the line at a speed such that you do not have to pedal while riding on it. Going in a straight line can be a bit nerve-racking at first, and your instinct may be to shift your weight

See “Skinnies” on page 10

⚙️ KIDS’ ADVOCACY

Mountain Bike Parks for Kids of All Ages

By JUSTIN VANDER POL, BBTC

When we were kids, we rode around the neighborhood on our bikes, pedaled to school, and caused harmless mischief on our two-wheeled steeds. However, more and more these days, children are watching television and riding their sofas instead of their bikes.

As cyclists and parents, we wonder how we can get our youth to embrace our love for the outdoors and for exercise. With childhood obesity soaring, it is important that kids learn to play outdoors and be happy, healthy and active.

Local mountain bike advocates think they have an answer. They are building places for kids to get hooked on the sport of mountain biking that are as appealing as video games to today’s youth. These skills parks have fun features and are located right where kids live. They can be ridden by beginner riders while also providing enough challenge for little shredders to strut their stuff. Three of these exciting youth-focused parks are now being constructed in the Puget Sound area.

Mountain bike parks are a great way to get kids into riding. They offer endless hours of entertainment in a controlled area and are designed to help kids of all ages progress in their abilities. These three new parks are all located in populated areas within major residential neighborhoods, which offer easy access without the need to drive long distances in search of distant trails.

Seattle

The I-5 Colonnade Mountain Bike Skills Park is the first project of its kind in the country, and is located underneath the deck of I-5 between Seattle’s Capitol Hill and Eastlake neighborhoods. This project has been in the works since 2000, and the novice area of the skills park is set to open in early September. The Backcountry Bicycle Trails Club (BBTC), a nonprofit mountain bike advocacy group, chose to build the beginners’ features first to give inner-city kids a place to experience the joys of riding. Without a park like this, trails and off-road cycling are too far away—and too unknown—for these kids to give the sport a try.

See “MTB Park” on page 9

Portland Cyclewear Adds New Blended Marino Wool Jersey to Fall Lineup

COURTESY OF PORTLAND CYCLEWEAR

Portland Cyclewear is introducing its first blended wool jersey: a machine washable, non-shrinking, 75% merino wool / 25% polyester fall jersey of perfection. To celebrate the jersey's unveiling, the company is adding one free wool jersey to all fall wholesale orders placed before September 7th.

"We made more quality improvements on zippers and pockets with new manufacturing

and are so happy with them we want all of our old customers and new ones to give them a try," says Chad Krueger, Portland Cyclewear owner. "So we're adding one free jersey for all wholesale orders. Or, if you just want to try a sample first, we will offer the deep discounted price of \$39.75 for bike shops and clubs."

Order online at www.portlandcyclewear.com to hold orders for October delivery.

For more information, visit Portland Cyclewear at www.portlandcyclewear.com

Erik Moen Opens New Clinic

Our own "Health Columnist" Erik Moen PT, CSCS has opened Corpore Sano LLC. He focuses on orthopedic and sports physical therapy, bicycling biomechanics and retrofit, and sports performance. Known for his work with cyclists, Moen is gearing his clinic towards the endurance athlete and those who want to get out there and be active. Fabrication of custom bicycling footbeds and performance coaching are also part

of Corpore Sano's clinical offerings.

Located in Kenmore, WA near Logboom Park/Tracy Owens Station, the clinic has sweeping views of Lake Washington and its wildlife, including eagles and herons. Corpore Sano has office hours Monday through Friday. Directions to the clinic may be found on www.BikePT.com.

Lake Forest Park's Ordinance 951 Overturned

COURTESY OF CASCADE BICYCLE CLUB

The Central Puget Sound Growth Management Hearings Board found in favor of Cascade Bicycle Club's petition that challenged the City of Lake Forest Park's Ordinance 951, which would have impeded upgrading of the Burke-Gilman Trail.

In its ruling, the Board noted that Cascade "demonstrated and convinced the Board that the Burke-Gilman Trail is an important regional

transportation and recreational facility...it is also an important non-motorized transportation facility for commuters--bicycle commuters in particular."

The case further states, "To answer the threshold question--The Burke-Gilman Trail is an essential regional public facility."

To read the complete statement, go to www.cascade.org.

Help Save Bike Access to the Continental Divide Trail

COURTESY OF IMBA

When it comes to the longest trails in the country, mountain bikes haven't been welcome. Congress banned bicycles from the Appalachian Trail before the sport evolved, and access to the Pacific Crest Trail was eliminated in 1988. With nearly 5,000 miles of iconic trail off-limits on either coast, mountain bikers have had to look to the Rocky Mountains for their taste of epic, backcountry riding.

The 3,100-mile Continental Divide National Scenic Trail (CDNST) is truly a unique resource for the off-road community. Running the spine of the Rockies from Canada to Mexico, the CDNST is largely open to bikes in non-wilderness areas.

However, bike access to the country's longest shared-use trail is now in jeopardy. The Forest Service just released a draft rule that would encourage land managers to kick bikes off existing routes, and not include them on future trails.

The proposed policy also singles out bicyclists as undesirable users that should be subjected to additional scrutiny and restrictions. These include a burden of proof that bicycling "would not substantially interfere with the nature and

purposes of the CDNST," which the Forest Service deems to be hiking and horse travel.

The CDNST is a public trail and potential users should be considered equally. It is unfair to discriminate against bicycling when scientific research has shown its impacts on the trail to be similar to hiking and less than horse travel.

With forty million participants, mountain biking is the second most popular trail activity in the country (Outdoor Industry Foundation, 2007). Mountain bikers can be valuable partners for the CDNST by helping build and maintain the trail, and by lobbying for its completion.

Take action and send comments

Ask the Forest Service to include bicycling as a central focus and purpose for the trail. File formal comments with the Forest Service. (IMBA's simple form makes it easy, and is available on the website). Rally your friends and ask them to echo your support. The Forest Service's deadline for comments is Monday, August 13.

Go to International Mountain Bicycling Association (IMBA) at www.imba.com for more details.

Tour de Fat is Back!

Grab your bike and slip into your alter-ego, because New Belgium's Tour de Fat is coming back to the Northwest. First stopping in Seattle, Washington on August 11, it hits Portland, Oregon on August 18 and Boise, Idaho the following week (August 25).

Costumes and decorated bikes reign supreme at this event. Participants come for beer, a casual ride, and entertainment provided by the

Circus Contraption, The Yard Dogs Road Show, March Fourth Marching Band, and others.

Tour de Fat raises money for the Washington Bicycle Alliance, Bike Works, Oregon's PUMP, the Bicycle Transportation Alliance, the SW Idaho Mountain Biking Association, and Treasure Valley Cycling Alliance. Admission to the Tour de Fat is free. For more information, visit www.followyourfolly.com.

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LETTER TO THE EDITOR

I read with a little dismay Maynard Hershon's recent article in your e-magazine "Chroming the Carnation." [07 *Bicycle Paper* June issue] I think the term "art bikes" is thrown around loosely, often with disdain.

I have met Maynard many a time and have always known him to be an insightful, fun individual. Lately though, it seems as if a little spice has exited from his writing, and for lack of a better way to describe it, a little Andy Rooney from *60 Minutes* has set in. That is, he used to be witty and funny. Now he is just becoming a curmudgeon.

I would like to set the record straight about "art bikes" and the gentle-persons who make them. I will be so bold as to speak for the others who make these machines, as our views are typically similar.

Every frame builder I know who occasionally makes a bicycle frame that has various levels of adornment dislikes the term "art bikes". This term implies that the bicycle will not be used—or is incapable of being used—at the highest levels for which it was designed. Unlike custom motorcycles, I have never once seen a bicycle that was first and foremost designed from an aesthetic point of view and unusable. Frame builders always start with the functional and move into various levels of refinement.

The number of these bicycles is so few as to be almost inconsequential. I am known for my artistic details, although frames that I have produced that I would put in the "artistic" category number less than a dozen, and I have been at this for 15 years. Most every day of the week, I get up, have my breakfast and coffee, and head out to the shop and make a bicycle frame. Although frame-building carries with it a mystique, the real world day-to-day grind is just like any other job. A special bicycle every once in a while is what keeps things interesting.

That is what brings me to bicycles such as [the one] Maynard saw from the Handmade Bicycle Show. Not unlike concept cars at the major industry car shows, these avenues are a place for frame builders to introduce conceptual ideas, push the limits of design and fabrication, exchange ideas, and catch up with old friends. For people who could not see past my fancy chainring (which I made to hone CNC skills I have been working on diligently) my concept tandem was more than just a pretty face. It introduced multiple design changes, which I believe to be improvements to general tandem design. The fact that it had a nice paint job or other ornate bits does not detract from its performance one bit.

There also seems to be this pervasive feeling of malaise for those that can afford elite items by

those that cannot. Some find great value in jewelry, automobiles, homes, and art; some do not. That does not mean that anyone should begrudge those individuals the pride that they may feel for these items. Most of us have a vice we spend money—and more importantly, time—on. If a customer of mine feels great pride (even for just a moment) when they mount one of my bicycles, that is great. That I have created something that may be cherished for a long time, maybe even collected someday, is my small, small legacy to what I leave behind.

I can say that as far as I know, every bicycle I have made has been used and used heavily, they have been all over the world and if I have heard anything it is that at the very least they have been conversation starters that lead to great experiences among these users.

We are in a renaissance of frame building. As frame builders we will endeavor to bring our craft to an even higher level. Maynard may not want an "art bike" and that is just fine. None of us are about art bikes. But at least I hope he can understand why we occasionally create these unusual cycles and why our customers enjoy them.

David Bohm
Bohemian Bicycles

PRODUCT REVIEW

Whip it Click-Stand

By TAI LEE

The Pacific Northwest contains a sizeable bike touring population. With countless hours logged in the saddles, it's always only a matter of time before a great cycling product comes out of this community's ingenuity. Necessity is truly the mother of invention, and Tom Nostrant's Click-Stand is one of my favorite Northwest products.

The Click-Stand is basically a tent pole turned bicycle kickstand. Whereas a typical kickstand supports the bike's weight from the chainstay, the Click-Stand holds it from above the center of gravity—the top tube providing the anchor as it rests in a rubber-coated cradle attached to the top of the pole. The bottom of the pole features a rubber tip, which grips the ground. When combining the Click-Stand point of contact with the wheels' own contact to the ground, it creates a tripod, which virtually keep the bike upright.

Rather than remaining attached to the bike, Click-Stand is a stand-alone product that can be

folded up and stored in a jersey pocket or pack. To deploy, simply hold onto the cradle while dropping the rest of the segments toward the ground. With a slight shake of the hand, an internal elastic cord guides all the segments together to create one uninterrupted pole. Each kickstand comes with two Brake-Bands, which are short pieces of elastic cord that engage the brake levers, preventing the wheels from rolling.

Any cyclist who has ever pulled over while touring knows that sometimes there aren't any places to prop a fully-loaded rig. A 70-gram Click-Stand is designed to deploy easily and support a bike loaded with 60–70 pounds of gear. It comes in handy on large group rides, where every available spot to park a bike is already taken. As a bonus feature, I discovered that it can also be used to keep my camera steady for low-light photography. (What was I saying about ingenuity?)

Each Click-Stand is custom-made. When ordering, measurements for the top tube height and width are taken to ensure that the stand fits your bike. Nostrant makes a Mini model, which folds into six shorter segments, and a Max model,



Photo Courtesy of Click-Stand

with heavier gauge tubing for heavily loaded bikes or larger frames.

Check out www.click-stand.com for more product details and ordering information.

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Preventing Heat Injuries



By Erik Moen
PT, CSCS

Did you notice how hot it has been recently? Some like it, some don't. Summer has its risks when playing outside, like heat exhaustion, heat stroke, and sunburns. However, all of these are preventable. If you know the symptoms and take precautionary measures you can lessen your chance of experiencing them.

Heat exhaustion indicators are heavy sweating, headache, nausea or vomiting, dizziness, disorientation, and cool, moist skin. Sweating is the body's natural mechanism for cooling itself. Heavy perspiration is certainly dehydrating; it involves an exodus of electrolytes from the body to the skin. You may remember the pictures of a very dehydrated, heat-exhausted Lance Armstrong after his infamous time trial in the Tour de France. Heat exhaustion should be managed by rehydration, an intake of electrolytes, and entering a cooler environment such as a pool or air-conditioned room. The main idea is to bring

down the core temperature and replenish the body's water levels.

If heat exhaustion is not remedied, increased core/body temperatures may lead to a serious medical emergency called heat stroke. Its signs are a weak and rapid pulse, shallow breathing, a body that is hot to the touch, and an absence of sweat. Should this happen, get the person to the hospital immediately.

Bicycling often means prolonged exposure to the sun, which increases your chance of developing UV-related skin damage and UV-related skin cancers. The easy way to decrease those occurrences is use of sunscreen lotions, though not all products are created equal. Be critical of your choice by reviewing *Consumer Reports* or other credible resources of information and use lotions rated SPF 30 or above. Sunscreen should be applied several times during the day, as sweating will remove its protection. Annual visits to your physician should include screening for cancerous skin changes.

The bottom line is: avoid prolonged heat exposure, use sunscreen, hydrate regularly, and use electrolytes. Sport drinks are great ways to incorporate electrolytes in your regimen. Products such as Nuun and Endurolytes by Hammer Nutrition are sugar free. Cooling strategies such as pouring water over your head, torso and feet are recommended. Remember Floyd Landis' epic breakaway in last year's Tour de France—his result was partially due to continuous water dumping on his body to keep his core temperature reasonable. Water is a great medium for heat transfer from the body to the air. Next time you ride in the heat, make a quick stop at one of the convenience stores along your route and add ice to your water bottle. Try placing ice cubes in your helmet vent holes. The gradual melting creates a wonderful cooling effect to your head. The water that trickles down your back and legs provides good temporary relief, though the ice will melt quickly.

Be safe, be smart, and be careful with exposure!



Photo courtesy of Erik Moen

Put on the sunscreen, drink a lot and enjoy riding in the sun.

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 ACTION

State Criterium Brings Top Competition to Olympia

By TARYN GERHARDT

It couldn't have been better racing conditions for the Washington State Senior Criterium Championship on Saturday, June 30.

Hosted by CBC/The Valley Athletic Club Racing team, the Capitol Criterium brought 249 cyclists from across the state to Olympia, WA, where temperatures in the 70s and blue skies greeted them.

The 0.7-mile course features several sharp turns, an uphill stretch, and some cracks in the pavement, which made it interesting and challenging.

It also started and finished on Capitol Boulevard, the street directly in front of the Capitol building.

Many of the state's top Senior category competitors came to vie for Best All-Around Road Rider (BARR) points, Criterium titles, and prizes. (Note: the official Masters category championship was held in Burien the following day.)

In the men's category 1/2, 23-year-old Aaron Johnson edged out veteran racers Brian Nelson and Kenny Williams, both First Rate Mortgage (FRM), to claim the victory.

With 40 of the 80 minutes left in the race, Nelson and Johnson broke away and maintained a

25 to 39-second advantage on the field. Although the pack tried to close the gap numerous times, their attempts were unsuccessful. In the end, Johnson out-sprinted Nelson, while Williams took the bunch sprint.

"The course was probably well suited for me because it was fast on the backside. I was in a breakaway [for] so long because the pack couldn't see us, so there wasn't urgency to catch us," Nelson said. "Our team did an awesome job of blocking. I wouldn't have been able to stay in the breakaway if [it] wasn't for them."

Williams added, "My goal for the race was to get one of the FRM guys a win. We came up a bit short, but all and all it wasn't a bad showing for us as a team."

The latest BARR standings show three FRM team members (Nelson: 1st, Chris Daifuku: 2nd, and Kenny Williams: 4th) holding onto three of the first four spots with still four races to count.

CBC/The Valley Athletic Club race team manager Carter Hick mentioned that the course and the competition were definitely fast this year.

"It's a technical course with a lot of different turns. The pavement isn't the best, but most people comment that when you're up and running, you don't notice." Hick explained. "It's

really fast on the back side with a lot of corners, allowing racers to open up a gap on the field. The front side is a gradual uphill and allows [for] another opportunity to attack. In the 1/2 race, that's where the winning move happened." Hick was also a race announcer, and he competed in the Masters and Category 3 races that day.

In the women's Category 1/3 race, Wines of Washington cyclists earned the top three podium places. Lisa Grace won, followed by Tricia Bailey and Suzie Weldon.

Complete results and BARR standings can be found at: www.wsbaracing.com.

Scenes from Canadian National Championships



Photo courtesy of Canadian Cyclist

Kiara Bisaro: 2nd place finisher in Elite Women



Photo courtesy of Canadian Cyclist

Symmetrics Andrew Randell (front) and Cam Evans followed by Kelly Benefits Dominique Peras in a breakaway with 40km to go. Evans won. Randell second. Perras third.

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"ALPENROSE" FROM PAGE 1

the day. Haspel used his speed to overcome some early tactical errors to finally meet—and ultimately overcome—Tracy in the first semi-final. For many, these two youngsters represent the future of match sprinting in the Northwest. In the second semi-final, a greatly improved Akuna gave a close race to the imposing Barlee, who eventually prevailed. Tracy won the ride-off for third, while the experienced Barlee (38 years old) triumphed over Haspel in the all-Canadian final.

The men's ten-mile Scratch event (60 laps) took only 21 minutes and nine seconds to complete, which is less than 30 seconds off the track record. Cash awarded to the top two riders on every lap kept the large field nearly single file throughout the race. When the weary group finally bunched up near the end, BMC Cycling's Chad Hartley (a professional rider who recently moved to Portland) attacked brilliantly, moving

clear with about nine laps to go. The complacent pack saw the silky smooth Hartley open the sizeable gap quickly, despite Team Rubicon's past winner Kenny Williams' (FRM) chasing efforts. Hartley rode at 31 mph to cruise in for a victory salute. Calgary's Mark McDonald attacked the field to grab second place in front of Jeff Hopkins (Jittery Joe's/Australia). Hopkins would later triumph in a spectacular Keirin final using his considerable speed and tactical sense to dispose of Barlee and Akuna.

The women's five-mile Scratch race really got the Portland crowd going. An aggressive Murdin (only in her second year of track racing) attacked a field that seemed content to sprint for lap prizes, near the halfway point of the event to open a sizeable gap. Sensing the danger, 11-time Collegiate National Champion Jenn Wangerin (Beaverton Bicycle Club) impressively bridged to the older rider. Through smooth collabora-

tion, they rapidly left the others far behind; Murdin pulled the front stretch into the wind, thus winning the most lap money. Wangerin, meanwhile, patiently waited until the final lap to explode past Murdin and win under the applause of the local crowd. Featheringill dominated the field sprint to take third.

Saturday's 30-minute Madison featured seven two-man teams who executed frequent graceful and efficient hand-slings on the steep 43-degree banks of the Portland track. The early point sprints developed into a tight race between National Madison Champion Hartley (paired with Hopkins), Rubicon's Brad Payne (paired with Daniel Harm), and the CMG/Alpine Mortgages Lingwood/Beardsley team—the local favorites. Just past the mid-race point, Hopkins attacked, which sprung BMC and Rubicon clear. Meanwhile, the Lakeside Bicycles/Fred Meyer team's crash created some chaos in the field. Hartley impressively won the final sprint, after forgoing the final exchange, to secure his team's victory 5 points ahead of Rubicon.

The women's Points race was contested in the exciting format of four deep points sprints every five laps, with double points available at the end. The riders were content to mainly sprint for points and then sit up, with only Wangerin attempting significant attacks, which all came to naught. Murdin and Higgins, the strongest riders in the race, traded the points lead frequently, with Murdin typically going long while Higgins periodically came around as they keyed off each other awaiting the final bell. However, the attentive Wangerin broke clear to collect the most final lap points and nearly stole the race. Murdin had used all her strength and barely held off Higgins in the last dash for the line to



The imposing Sprint Champion Matt Barlee



The action packed women's Scratch race got the crowd going.

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NEW ORLEANS

It Takes A Rolling Village

By JOE "METAL COWBOY" KURMASKIE

Calling the custom-made Santana Quad in my driveway a bicycle is on par with saying *Star Wars* is a little picture show, or the Grand Canyon is a geological depression. Though technically accurate, it misses the mark by a long shot. The four-seat work of art my family (Quinn, Enzo, Beth, and toddler Matteo) and I will use to cross Canada this summer is the QE2 of the bike world.

It's massive. It's heroic in length, really, making the bike, piccolo, and trailer I used to haul my two sons across America a few summers back seem downright petite.

The Santana should come with its own area code, especially after we attach the Chariot trailer for Matteo and sundry supplies (sleeping bags, fresh produce, and one very long replacement chain).

I'm afraid to take an actual measurement in case it qualifies as a long load, thus forcing me to hire an escort truck with signage and flashing lights warning others of our arrival.

But that's the beauty and absurdity of this endeavor. A cover story in *Bicycling Magazine* later this year and footage for a *Discovery Channel* project don't provide enough motivation to do something like this... The desire (or a sizeable undiagnosed chemical imbalance) has to be in your blood. You see, there will be no back up, no SAG, no support vehicle of any sort. We're tooling up Vancouver Island, catching a boat through the Inner Passage, hopping off at Prince Rupert, pedaling our way across BC to Calgary, taking a train to avoid the heat and black flies of the prairies, then putting rubber to the road again all the way to Nova Scotia.

Let you think we're the first to pioneer this sort of family riding style, I give you:

The Romp Family, who rode a quad from Vermont to Alaska seven years ago.

The Eber Family, who pedaled their two teenage girls around the world on two tandems.

The Vogel Family (John, Nancy, and twins Davy, and Daryl), who recently completed a sweeping loop of the United States and Mexico on a triple and a single. I had a chance to pick this family's brains.

Metal Cowboy (MC): Describe your best and worst day on the adventure.

Davy: Best—The day we spent the whole day building forts out of sand, rocks, sticks, and flowers. And then we destroyed them just to rebuild again!

John: Worst—Rain. As we pedaled from PA to NJ to catch a ferry to Manhattan we got caught in one monster rainstorm. We were antsy to get to Manhattan and it was supposed to be a three-day rainstorm, so we just went anyway. By the time we got to the ferry, which we missed by minutes, we were drenched!!!

Nancy: Best—I would have to say it was one of those days when Mother Nature broadsided us with her beauty. One time was when we were in San Juan Island and stood there watching whales frolicking in the waves, with blackberries at our feet, and a huge bald eagle presiding over everything from atop a tall, solitary tree at the water's edge. Or when we discovered tide pools at Yaquina Lighthouse along the Oregon coast—sea stars, sea anemones, sea urchins, etc.

MC: How did you couch this idea of riding around the Americas to the boys?

Nancy: When we first started bouncing the idea around we asked the boys what they thought of it. Of course, they were only second graders at the time and didn't have the foggiest idea of what we were talking about. They said, "Great!" like it was an afternoon outing to the zoo or something. They never did really look at it like it was something "different" or "unique" or "special". It just was.

MC: Biggest obstacle before the trip?

John: Probably just making the decision to do it! We had to quit our jobs and spend \$6000 on a bike. That's a tough decision—do we give up our safety and security on a whim, or do we live the "American Dream?"

MC: Biggest surprise about the trip (about the riding, camping, etc.)?

Davy: "It was actually fun!"

Daryl: No surprises...
Nancy: The fact that the riding took second place. In the past, when John and I used to tour, it was the hours spent in the saddle that I remember most. On this trip, it is the breaks that are most memorable.

MC: What did you learn about your family?

Davy: I learned that my parents are very determined and will do it even if I don't want to, so it doesn't do any good to argue.

Daryl: That Davy is mean.

John: I learned to interact with the kids on many levels—entertain, placate, feed them, get them to sleep, etc.

MC: What did you learn about attitudes toward cyclists?

John: It's not attitude toward cyclists in general, but attitude toward us as a family on bikes. People went out of their way to help us because of the kids. It is very different from my experience as a single male on the road.

Davy: People are nice and kind.

Daryl: They're nice.

MC: What surprised you about Mexico?

Davy: Everybody talks about how horrible Mexico is, they talk about horror stories of people robbing you or running you over with their car. But it isn't like that at all.

Daryl: They are poor.

MC: What was your diet like?

Answer: Diet? What diet? We ate anything and everything we could get our hands on. We did try to eat whole grain and healthy food, but there were times when we just couldn't. We ate a ton of peanut butter and jelly and lots of pasta and rice. We tried to cook, but there were plenty of times when cooking was just too much hassle. When you are camped out in the middle of nowhere with limited water, the idea of cooking itself isn't too bad. But then you consider all the water we would need to clean up. Of course, we could just pack dirty dishes (which we did quite a few times) but then we needed to remember they were dirty and make sure to unload the panniers to wash them the next time we found water. It was kind of awkward to carry a load of dirty dishes into a store bathroom to wash up... Of course we had our share of chocolate bars and raspberry donuts too...

MC: Did you ever consider quitting?

John: Never.

Nancy: No. Although, there was one time John talked about quitting (in Missouri), but the kids and I talked him into continuing on. He says he wasn't serious, and that he didn't even consider it.

Daryl: No. The only time it ever even occurred to me that quitting was a possibility was when my Dad was talking about it.

Davy: Once. After about a week, I decided that playing with my friends back in Boise sounded infinitely more interesting than pedaling through the Oregon desert in 105-degree heat. Mom bribed me with a trip to Disneyland. Later, I decided it was all worth it...

MC: Favorite phrases that the family made up or used during the trip?

Answer: Boogiehand.

Nancy: Davy tended to tell Daryl to "STOP!" a lot—when Daryl was talking to himself or singing or whatever. So John & Daryl made up a song that said, "STOP! in the name of Davy...For you are driving us crazy..."

MC: Favorite section/leg of trip?

Davy: Baja. It was warm and beautiful and we had a very, very great time there.

Daryl: Staying at the condo in Mexico.

Nancy: The West. (As opposed to the East.) I really liked the desert, riding through the remote stretches where we could see for forever... the incredibly stunning desert landscapes...camping out beneath massive cardons or boojum trees... I think it was just so much more remote and solitary than the East.

MC: Most memorable encounter with a person, place or thing?

Davy: Harry. We met him at the Grand Canyon and then he came down to hang out with us at Carlsbad Caverns. He's a really neat man and we all enjoyed getting to know him.

Daryl: Can't think of any one thing that comes to mind.

John: Certain people like the man in Texas who used to be a member of the KKK, the people who rescued us from the rain in NJ, the man who drove up alongside us in CA and asked if we wanted to spend the night at his house, the woman in Portland who handed us the keys to her house and told us to go on in and make ourselves comfortable—she would be there in a few hours.

Nancy: Gatorade Angels.



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.

To find out more about their adventures, visit: **Metal Cowboy's blog:** www.metalcowboy.com/blog
Romp Family: www.uncle-sams-home.com/
Eber Family: <http://bikeforbreath.org/Family.htm>
Vogel Family: <http://www.familyonbikes.com/>

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Biking Puget Sound: 50 Rides from Olympia to the San Juans

By HELEN SCHINSKE

Should we go north to Kingston and head out to Point No Point? Southeast to the Green River Gorge? Hop a ferry to Lopez? If only it weren't such a beautiful day, maybe it'd be a little easier to say something about this book other than "The descriptions of all these great rides are pushing me right out the door! Can I shove this in a pannier and go somewhere now?" Thoughtfully organized and thoroughly up to date, *Biking Puget Sound* is a great guide for those new to the area, new to cycling, or both, yet it has enough information to serve as a welcome reference for long-time area cyclists as well.

Bill Thorness is very clear on the requirements of each ride, mapping out the degree of hilliness, noting how traffic patterns change from weekday to weekend, and making sure you know which rides are most appropriate for skittish children. The tour time estimates are generous, allowing for some moseying and stops: the average speed is perhaps 10 mph or less. If you typically ride a good deal faster, adjust accordingly. Detailed route directions include precise mileage at each stage, while elevation profiles give you an immediate visual clue to the type of terrain you'll face on each ride.

Introductory material gives some brief historical background on the Puget Sound area,

general riding and safety tips, and a terse but appropriately detailed overview of local mass transport options (including buses, ferries, and trains). Commuting by bicycle and riding with children are also discussed, but less thoroughly, as a full treatment of those subjects is beyond the scope of this book. The "At-A-Glance" section toward the front of the book makes it easy to find rides by difficulty or location. Page numbers as well as ride numbers would have been handy here.

Like other guides of this type, *Biking Puget Sound* can occasionally seem fragmentary due to its focus on brief, separate rides. The maps go some way toward providing context and connections, but as Thorness recommends,

a larger, more detailed map is always a good idea. The index could be a little beefier.

This book is immensely reassuring as well as inspiring: I came away from it feeling well prepared to make decisions about where to ride next, and what would likely be the most fun.



Biking Puget Sound: 50 Rides from Olympia to the San Juans

Bill Thorness
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"MTB PARK" FROM PAGE 1

Colonnade's novice area contains twisty trails, skinnies, log rides, rock gardens, and steep rock slabs that can be ridden in an endless variety of ways. Beginning riders will appreciate the welcoming trails, while more daring riders can hone their skills on the wood and rock features scattered throughout the park.

Future phases, which will be completed by October 2008, will contain advanced trails with jumps, drops, and flow sections.

Snoqualmie

The Dirt Corps, a group of riders dedicated to building trails for kids and freeriders, have partnered with the BBTC and the city of Snoqualmie to open the first phase of the Snoqualmie Kids' Mountain Bike Park on July 14. This innovative project was boldly supported by city leaders and built by Dirt Corps' volunteers, using donated dirt and wood.

The park contains a dirt line of small, "rollable" jumps that flows through a berm into a series of small teeter-totters and skinnies. It is located in a nice grassy area where parents can keep a close eye on their little rippers. Later phases of the park development will include woodwork that will go through a grove of Douglas firs that are adjacent to the existing features.

Mayor Larsen cut the ceremonial ribbon after a short speech and a dedication from Dirt Corps members Justin Rose, Dan Saimo, and Matt Patterson were delivered to a sizeable group of Snoqualmie residents in attendance. During the ceremony the adults listened attentively while eager kids ran up and down the mountain bike skills course, blissfully unaware that it was not yet open.

At the grand opening of the park cyclists (ranging from three-year-olds on training wheels to 60-year-olds) started riding the features and grinning from ear-to-ear. Teenagers were pumping the dirt line with style and wobbly toddlers were rolling across the low ladder bridges with help from their parents. You can find the park in the back section of Fisher Creek Park on Snoqualmie Ridge.

East King County

The BBTC is working with King County on a proposal for a 120-acre mountain bike skills park in a rolling, wooded, suburban area in the eastern side of the county. This project will also focus on kids, providing freeride trails, practice features, dirt jumps, and a cross-country race course. The county is providing grant

funding through the Youth Sports Facilities Grant Program and the Community Partnership Grant Program.



Photo by Jeff Smith, Courtesy of Fifth Element Photography

Ryan Simpson at the opening of the Snoqualmie Bike Park

This exciting project should be formally announced this fall, with design work beginning this winter. Not only will the King County project provide another easily accessible place for kids to ride, it will contain the first

trail system specifically designed to be a fun and challenging cross-country mountain bike race course.

Park planners and government officials across our region now realize the potential for mountain bike skills parks as a part of their recreational facilities. Neighborhood trail systems and off-road skills parks have the ability to offer kids a way to experience our sport, develop lifelong healthy habits, and provide the young at heart places to ride their bikes, in the dirt, without having to hop into their cars.

If you know of a neighborhood park that is begging for trails, or a vacant lot that cries out for dirt jumps, contact your local parks department and tell them about these three new gems. Let them know that groups such as BBTC are more than willing to help create a great and safe place for kids.

Mountain bike parks are following the path set by skate parks during the '90s. The first few required years of work from volunteers looking to build a positive place for kids to ride. Soon after, government officials saw these parks as an asset to their communities and were actively seeking out new locations.

With a little bit of work and the right phone calls, you too might someday soon have a dirty little slice of heaven in your neighborhood.

Justin Vander Pol is the Executive Director of Backcountry Bicycle Trails Club (BBTC), a non-profit mountain bike advocacy group. Visit their website at www.bbtc.org for more details.

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"SKINNIES" FROM PAGE 1

more towards the back of your bike. Be sure to have sufficient weight on your front wheel, as this will help maintain your direction (especially important if you have to ride up something to get onto a skinny, such as a ramp). A solid setup on approach is the first step to tackling the obstacle.

The next step to riding a skinny line is to look ahead. Instinctively, your body doesn't want to go somewhere it hasn't already seen, so ride the line first with your eyes. As you approach the line, scan ahead to pick (and commit to) your entrance point. As you progress forward, move your focus further up the line, keeping a portion of your front wheel in view, while you continuously recommit your focus further along your desired path. It is also very important to look past the exit point before you reach it; otherwise you are more likely to fall once you reach the end of the line. Looking slightly ahead in this manner is the critical element to successfully ride skinnies.

Should you feel your wheels wandering once on the line, you will need to compensate in order to remain in the right direction and stay on it. That is where bike/body separation comes in handy.

This new skill allows you to change the bike's direction by leaning instead of steering it, as steering turns your front wheel too severely,

which causes you to fall off your straight line. Bike/body separation involves leaning the bike to one side, and counterbalancing that action by moving the hips, torso, and shoulders on the other side. Practice first on a flat area without a line; lower your saddle so it stays out of your way. While riding at a moderate walking pace in neutral position, initiate a right-side lean by straightening your right arm while pushing the bike away from you. As you do this, imagine a string connected to your left hip pulling your body in the opposite direction like a hula dancer—be sure to look forward, it will keep your shoulders square with your handlebars.

Repeat the exercise, leaning the bike to the left. Once you are comfortable with these movements in both directions, incorporate them while riding on your practice line. Keep your knees wide to best facilitate leaning the bike underneath you and allow your hips to shift easily in the opposite direction.

Bike/body separation also allows you to make dynamic adjustments to your balance while on your straight line, even if your trajectory does not need to change.

Once you feel comfortable with these skills while riding on the ground, progress to a flat board, ideally something four to six inches wide and eight to 12 feet long. This provides only a small elevation, yet helps you hone your focus, line commitment, and bike/body separation. It

also adds one more element: what to do when you can no longer stay on the board—as you cannot simply wander back onto it as you previously did while on the ground. Exiting a skinny requires as much commitment as getting on one. The moment you realize you will not make it to the end, intentionally move your eyes and head in the direction you want to ride off the plank, and then push your front wheel forward, shifting your hips back slightly to compensate as you roll off.

Keep practicing until you get comfortable riding to the end of the board and intentionally dismounting it midway through repeatedly. Increase the height in small increments up to about a foot off the ground. Once you can safely push your bike off a skinny at that elevation, progressively move on to senior structures with ramps at the entrance and exit points. However, for anything taller than a foot, more advanced dismounting skills such as a wheelie drop (see 2005 *Bicycle Paper* Fall issue), a manual (see 2006 *Bicycle Paper* June issue), or the "West Coast Bail" will be required.

Lastly, don't forget to breathe and think happy thoughts. Riding skinny, elevated structures can be a bit of a head trip, and it is always an exercise in confidence: if you approach them thinking you'll fail, you're more likely to cower with your weight in the back seat and look to the side where you think you'll end up instead of keeping your weight forward and focusing on the end of the line. With sufficient practice on lower skinnies, you'll build up the experience to approach higher structures with the confidence that will lead to success.

Learning how to ride straight lines will help other aspects of your riding as well: looking



Once you master riding a straight line on the ground, move to a low elevation structure like a plank.

ahead and bike/body separation are incredibly important skills for tight switchbacks, high-speed corners, or any situation on the trail where you need to pick a line and stick to it.

When it comes to skinnies, keep practicing, and the next time you roll up on one in your favorite local trail, dazzle your friends as you play it straight and coast right across like it is nothing more than a line on the ground. Happy riding!

Courtney Nash is a coach with the Dirt Series by Rocky Mountain Bicycles (www.dirtseries.com). Her favorite riding areas (like Whistler, Vancouver, and some of her local Seattle trails) are packed with skinny bridges and logs galore.



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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

AUGUST

Aug 11: Tour de Fat 2007 BAW
Fremont, WA. Beer garden, bands, bike rides, live music and entertainment in Seattle's Fremont neighborhood. Starts at 11am, parade at noon. Benefit Bicycle Alliance and Bike Works. New Belgium Brewery, www.newbelgium.com

Aug 18: Tour de Fat 2007 BTA
Portland, OR. Beer garden, bands, bike rides, live music and entertainment. Benefit Bicycle Transportation Alliance. New Belgium Brewery, www.newbelgium.com

Aug 25: Tour de Fat 2007
Boise, ID. Beer garden, bands, bike rides, live music and entertainment. Benefit SWIMBA and Treasure Valley Cycling Alliance. New Belgium Brewery, www.newbelgium.com

Aug 28: PUMP Monthly Meetings
Portland, OR. Portland United Mountain Pedalers (PUMP) monthly meeting at 7:30 pm in the meeting room of the Lucky Lab, 915 S. E. Hawthorne. Everyone is welcome. www.pumpclub.org

SEPTEMBER

Sep 1-30: Bike Commute Challenge
Various, OR. Friendly competition—workplace against workplace—with benefits for companies and individual cyclists when employees bike to work during this month. The workplaces with the highest percentage of commutes by bicycle during the month win! Bicycle Transportation Alliance, www.bta4bikes.com

Sep 1-3: West Side Invite 7
Portland, OR. Velodrome racing, alleycats, polo tourney, side events, parties, PUMP. www.portlandmessenger.org

Sep 25: PUMP Monthly Meetings
Portland, OR. Portland United Mountain Pedalers (PUMP) monthly meeting at 7:30 pm in the meeting room of the Lucky Lab, 915 S. E. Hawthorne. Everyone is welcome. www.pumpclub.org

CAMPS

AUGUST

Aug 4-5: Dirt Series
Whistler, BC. MTBcamps for women. Offers two days of top-notch small group instruction and hours of practice on the trails. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. Candace Shadley, Dirt Series, 604-905-8876, www.dirtseries.com

Aug 19-5: Dirt Series
Fernie, BC. MTBcamps for women. See description above. www.dirtseries.com

Aug 25-26: Dirt Series—(co-ed version)
Blue River, BC. MTBcamps co-ed. Candace Shadley, Dirt Series, 604-905-8876, www.dirtseries.com

SEPTEMBER

Sep 14-16: DevineRIDE Women's Mountain Bike Camps
Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as a bike fit and maintenance seminar for riders of all levels. Takes place in Rossland, BC. Cindy Devine / Kirsty Exner, 250-362-7378, www.devineride.com

Sep 15-16: Dirt Series—(co-ed version)
Blue River, BC. MTBcamps co-ed. Offers two days of top-notch small group instruction and hours of practice on the trails. Sharpen your technique, build confidence, and enjoy riding more than you ever thought possible. 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

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 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. RoryMuller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 3-Aug 28: Tuesday PIR Series
Portland, OR. Portland International Raceway. Summer race series for Cat 1/5 men, women and juniors. Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. Distances and hot spots vary depending on daylight. Cash and merchandise prizes. Bring can of food and receive discount on entry fee. First start at 6:00pm. Benefit the Oregon Food Bank. No race on 4/10 & 6/5. Jeff Mitchem, 503-233-3636, www.obra.org

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

Apr 8-Sep 16: BC Masters Road Series
Various, BC. Series of road races, time trials and criteriums for men and women 30+ years old. Staged in the Lower Mainland, Vancouver Island or Interior. Age group Cat: 30-34 and all subsequent in 5-year increments. Relaxed and fun atmosphere. Bill Yearwood, 604-267-7338, www.bcmasterscycling.net

Apr 8-Aug 26: Seattle LAJORS Series
Seattle, WA. 6-event series for junior riders. All events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category will be recognized at the end of the season. Best 5 out of 6 counts towards final standings. Event identified as LAJORS. David Schilling, NW Junior Racing Series, www.radracingsw.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 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: 8/21. Award party on 8/28 after the race. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 14-Sep 29: Capitol Forest MTB Series
Lacey, WA. 5-event series that includes 2 poker runs and 3 Super D. Events start at 10am. Registration from 8-9:00am Open to everyone. Attend a work party and get a discount on your race fee. All proceeds go to benefit Capitol Forest. Limit 105 riders per event. Pre-reg. recommended. Mattheu Denuelle, Friends of Capitol Forest, 360-204-6207, www.capitolforest.com

Apr 18-Aug 22: Comox Valley TT Series
Comox, BC. Held the first, third and fourth Wednesday of each month from April through August. 10km race on Headquarters and Rennison Rd, (HQ) except 5/23, 6/27 and 8/22 where the more difficult Forbidden Plateau (FP), 12km course is used. All categories, best time and points awards. Comox Valley Cycling Club, www.cvcc.ca

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

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

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

May 4-Aug 31: Bike Central's Fast-Twitch Fridays
Portland, OR. Alpenrose Velodrome. Sprint-oriented racing for all levels, nothing over 30 laps. Match sprinting every Friday, all categories welcome. Also run beginner omnium style races for both women and men in between sprint rounds. No race on 6/15, 7/6, 7/20, 8/10. Jen Featheringill, Bike Central, 503-227-4439, www.bike-central.com

May 5-Sep 23: Mt Hood Adventure Park DH Series
Mt. Hood, OR. Series of 5 events all on Mt Hood. Event in May, June, July and September. NORBA sanctioned. 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 place to learn bicycle racing. Reg. at start/finish. GC at the end of each month. No race 6/4. Jim Anderson, 503-975-8229, www.racemondaynight.com

May 14-Aug 27: Monday Track Racing
Redmond, WA. For juniors, Cat 4/5 women, Cat 5 and novice men. Starts at 7pm. \$15 adults, \$5 juniors. Rental bikes also available. USA Cycling license or one day license needed. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 16-Aug 29: Wednesday Track Racing
Redmond, WA. Marymoor Velodrome. 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. Events identified as BC Cup MTB. Cycling BC, 604-707-3137, www.cycling.bc.ca

Jun 1-Aug 31: Group Health Friday Track Racing
Redmond, WA. Marymoor Velodrome. For Cat 1/3 men and women. Entry fee \$15. Spectator admission \$4 from 7:30-9:30pm. Kiddie kilo on 6/1, 6/15 and in July and August. Harley Sheffield, Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jun 5-Aug 28: Masters & Juniors Track Races
Portland, OR. For Juniors and Masters. Schedule of events varies each week. No race on 6/12, 6/19. Steve Trudsdale, 503-232-1704, www.obra.org

Jun 5-Aug 28: Twilight Criterium Series
Eugene, OR. Experience the excitement of a weekend criterium every Tuesday. Our traditional flat, wide open 1km course is always fast. Primes every night. Sal Collura, www.obra.org

Jun 6-Aug 22: Bend Criterium / TT
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. 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

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

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. Bulch Martin, 503-807-2471, www.obra.org

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

Sep 11-25: PIR Handicap Series
Portland, OR. 3-event race series at the speedway track. Handicap format. 3 groups starting 2 minutes apart. Cat 4 riders start first, followed by Cat 3, and Cat 1/2. All riders race the same number of laps, and contest the same sprint. All finish as a single group. Cat 3 riders may choose to start with the 1/2s. Prizes awarded on points accumulated in primes and at the finish. Start at 6:00pm. Charles Warner, www.obra.org

Sep 16-Oct 8: BC Cross Cup
Various, BC. Series of 5 events raced on Lower Mainland. Overall calculated on points. Cycling BC, 604-737-3034, www.cycling.bc.ca

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

Sep 30-Dec 9: Seattle Cyclocross Series
Various, WA. Series of 9 events raced around the Seattle area. Open to all categories. Overall calculated on points. First start at 9:30am. Entry fee \$20, except women Cat 4 and junior \$5, kids free. Race categories = age as of Dec 31, 2007. MTB without bar ends are ok. Series Finals earn double points. Registration closed 20 minutes prior to start. Marymoor Velodrome, www.seattlecyclocross.com

MULTISPORT

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. At Lone Lake, swim .5 mile, bike 1.5 mile, run 3.8 miles. Individual or team. www.swparks.org

Aug 4: Satsop Triathlon/Duathlon
Elma, WA. International & sprint triathlon, + duathlon. Reg. opens at 6:00am, closes at 8:30am. Swim 400/1500m, bike 12/25 miles, run 3.1/6.2 miles. 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, www.triathlons.net

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

Aug 12: XTC Campbell River
Campbell River, BC. Off-road multisport race. McIvor Lake, full XTC 1000m swim, 24km MTB and a 10km trail run. Open to all levels, from new 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.xtccanada.com

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 take place at Rainbow Lake. Rex City Hall, 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. Doraga State Park. Sprint and Olympic distances. Jennifer Korfiatis, www.triwenatchee.net

Aug 19: Danskin Women's Triathlon
Seattle, WA. Women only triathlon. Staged at Genesis Park. Swim in Lake Washington. .5-mile swim, 12-mile bike, 3-mile run. www.danskin.com

Aug 19: West Plains Wunder Woman 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. Lewis Clark State College.

Aug 25: Lake Sammamish Triathlon
Issaquah, WA. Age group, relay, and kids tri. Part of the proceeds donated to the Diabetes and Wellness Foundation. Reg. 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. BuDu Racing, 253-334-4433, www.buduracing.com

Aug 26: 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
Penticton, BC. Staged at Okanagan Park. 3.8k swim, 180k bike, 42.2k run. Ironman North America, 888-280-9097 x27, www.ironman.ca

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

BMX

AUGUST

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

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

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

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

CYCLO-CROSS

AUGUST

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

SEPTEMBER

Sep 9: Fort Langley Cross Classic
Fi Langley, BC. Alder Acres. Race features some long straight-aways, challenging hills and obstacles to make even the most experienced riders work for their space in the pack. BC Cup event. Basse Clement, 604-435-4271, www.steamerracing.ca

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

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

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

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

Sep 23: Inland NW CX #1
Spokane, WA. Emde Sports, 509-326-6983, www.emdesports.com

Sep 23: Rad Racing Grand Prix
Lakewood, WA. US Gran Prix of CC returns to Steila-coom. UCI category 2 events. Jim Brown, Rad Racing NW, www.usgpcyclocross.com/

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

Sep 30: EV Grand Prix Cyclocross
Vancouver, BC. Escape Velocity, www.escapevelocity.ca

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

MOUNTAIN BIKE RACING

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: BC 4X Championships
Coquitlam, BC. Starts at 11:00am, reg 9-10am on Saturday or online. Elite and junior men and women - championship classes. Open and all class under 17 also available. MTB must have 2 of 3 26" wheels, front suspension and shifting gears. Pipeline Bike Club, www.pipelinebikepark.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 10-12: Roslyn Mountain Bike Festival
Roslyn, WA. The old time mountain bike festival starts with Friday night art-walk. Saturday poker run and short track race. Sunday Cross-country race. John Deuble, 509 649 2863, www.roslynclery.com

Aug 11: Super D / State Championships
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. An epic 7-day mountain bike race through the majestic Canadian Rockies. SOLD OUT! www.transrockies.com

Aug 12: Willamette Pass Downhill / State Championships
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.oakridgefatire.com

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

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

SEPTEMBER

Sep 1-2: NW Challenge Diamond Lake
Diamond Lake, OR. Mike Allen, Meadowview Productions, 541-689-3612, www.northwestchallenge.com

Sep 1-2: Scotty Graham Memorial—DH #4
Mt. Hood, OR. DH at Mt. Hood Skibowl. Mountainous, rocky course with spectacular views. NORBA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 9: Fat Tire Festival & Poker Run
Federal Way, WA. Dash Point State Park. For riders of all ages and abilities. Raise money to maintain the trails and bridges. 2 or 6-mile ride. Poker Run loop will show you all that the park has to offer. Collect 5 cards. The best hands win prizes and cool stuff. Skills contest, bike toss, Jeep pull. BBQ, snacks and beverages. Phil Meyer, Phil's South Side Cyclery, 253-661-3903, www.teamtailwind.com

Sep 9: Scotty Graham Memorial XC #4
Mt. Hood, OR. Mt. Hood Skibowl Series Finals. Mountainous, rocky course with spectacular views. OBRA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 22: Cheakamus Challenge
Squamish to Whistler, BC. Oldest, toughest XC race in Canada. Marathon event. Come celebrate pain! Start at the Squamish airport. Grant Lamont, Endorphin Enterprises, 604-938-1799, www.cheakamuschallenge.com

Sep 22-23: Shiloh's Showdown—DH #5
Mt. Hood, OR. Saturday DH training and Sunday race at Mt. Hood Skibowl. Mt. Hood Skibowl DH Series Finals. NORBA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 23: NW Cycling Conference XC Race—Collegiate
tbc, ID. Hosted by B.S.U. Open to all classes. Not part of ID State champ series. Distance 12-33 miles. Cynthia Gibson, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Sep 29: Who Know Jack?
Lacey, WA. Poker run mass start at 10 am. Registration from 8-9:00 am Open to everyone. From Fall Creek campground: A nice winding and traversing climb up #8, a rolling traverse across #50 and a fun descent down #6. This route is short, fun and sweet All proceeds go to benefit Capitol Forest. Capitol Forest MTB Series Finals. Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/racesFOCF07.html

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

MOUNTAIN BIKE TOURING

AUGUST

Aug 3-5: Bike and Brew Weekend
Bend, OR. The best that Bend has to offer: mountain biking and beer! Ride singletrack and visit Bend's favorite breweries. 47 miles of singletrack over 3 days. Also available 8/31. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Aug 10-22: Ultimate BC Tour
Fernie, BC. Epic 12-day camping/lodge tour to satisfy the singletrack-hungry. Some of the best mountain biking trails in interior BC and Alberta. Strong intermediate to advanced, all-around rider. Also available 8/31. Mike Bric, Fernie Fat-Tire Adventures, 888-423-7849, www.ferniefattire.com

Aug 11-12: Sunshine Coast Trail Ride
Hallmoon Bay, BC. Off-road trail riding that features beginner to intermediate singletrack trails and outstanding scenery. R.E.M. Event Management Inc., 800-242-1825, www.great-explorations.com

Aug 12-15: Singletrack Lake Tour—Camping
Bend, OR. Spend 4 glorious days in the Cascades riding 68+ miles of singletrack through alpine and sub-alpine forests to visit numerous lakes. Bring your swimsuit! Also available 8/26, 9/2. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Aug 17-19: MTB Oregon #2
Oakridge, OR. 3 full days of unequalled singletrack riding that will leave you exhausted and replenished. Each day offers supported ride options. The campground along the bank of the Willamette River. Randy Dreiling, 503-968-5397, www.mtbikeoregon.com

Aug 24-31: Rocky Mtn Singletrack Tour
Fernie, BC. All types of singletrack for intermediate to advanced riders. Enjoy a good solid climb, the reward of a sublime view and a sweet downhill. Also available 9/7. Fernie Fat-Tire Adventures, www.ferniefattire.com

Aug 24-26: Umpqua River 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. Also available 9/14. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

SEPTEMBER

Sep 9: Fat Tire Festival & Poker Run
Federal Way, WA. Dash Point State Park. For all ages and abilities. Raise money to maintain the trails and bridges. 2 or 6-mile ride. Poker Run loop will show you all that the park has to offer. Collect 5 cards. The best hands win prizes and cool stuff. Skills contest, bike toss, Jeep pull. BBQ, snacks and beverages. Phil's South Side Cyclery, 253-661-3903, www.teamtailwind.com

Sep 9-12: Singletrack Lake Tour—Hotel
Bend, OR. Spend 4 glorious days in the Cascades riding 68+ miles of singletrack through alpine and sub-alpine forests to visit numerous lakes. Accommodations are in downtown Bend. Bring your swimsuit! Also available 9/30. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Sep 23: Olympic Discovery Bike Adventure
Port Angeles, WA. 50 miles on the off-road Olympic Discovery Trail that winds through valleys and along the shoreline of some of the most beautiful coastal scenery in the world. Port Angeles to Sequim. Start at City Pier. Dan, City of Port Angeles Park and Rec, 360-417-4550, www.olympicdiscoverybike.com

ROAD RACING

AUGUST

Aug 1 & 8: CMG Events/Alpine Mortgage Series
Hillsboro, OR. Open to senior and master men and women. Registration opens at 5:35pm near start/finish. first race off at 6:05pm. Cash prize to top 5. Technical course: 1.4 mile/lap, surface varies, two 180 degree turns. Butch Martin, CMG Events, 503-807-2471, www.obra.org

Aug 1, 15, 22: Comox Valley TT Series
Comox, BC. See Race Series for details. HQ course (J8/1 & 15) FD course (8/22). Comox Valley Cycling Club, www.cvcc.ca

Aug 1, 8, 15, 22, 29: Escape Velocity TT
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 #2
Gig Harbor, WA. WRS #6. Terry Buchanan, Hagens Berman Cycling Team, www.hagensbermancycling.com

Aug 4: NW Challenge Harrisburg Crit
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. 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: Pacific Raceways
Kent, WA. 8/7 with women & Jr., 8&21—with women, 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 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. #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. 3 Races: Criterium, Time Trial, and Road Race. Cat 1-4 Men/Women, Juniors C/D and Masters A-D. Cash and prizes awarded. USCF certified event. Robert Trombley, 206-528-2242, www.norkarecreation.com/

Aug 12: OR Criterium Championships
Gresham, OR. The venerable downtown Gresham course featuring a six corner 'L' with wide, fast turns and smooth pavement. Wide finishing straight. Starts at 9:00 am, last start at 3:00pm. Registration opens at 8:00 am. Kevin Thompson, Half Fast Velo/ Cyclepath, 503-481-7662, www.obra.org

Aug 14: Baddlands CC Twilight Series
Spokane, WA. Four Mounds Road Race. 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 #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.eugenebicyclingteam.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: Future Heroes Criterium
Anacost Island, BC. Max Feldman, CVC Racing, www.cyclingbc.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 21: Baddlands CC Twilight Series
Spokane, WA. Riverside State Park, 12 miles TT. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

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 Sevco, 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. Junior Tour event. Dave Bachman, Wheelsport Cycling Team, www.wheelsportcycling.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, 541-330-8758, www.bendcycling.org

Aug 25-26: Idaho State Championships
tbc, ID. RR 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, www.pazzovelo.com

Aug 26: Warp Speed TTT
Abbotsford, BC. Road TT. www.escapevelocity.bc.ca

Aug 28: Baddlands CC Twilight Series
Cheney, WA. Road Race - Chicken Farm. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

SEPTEMBER

Sep 1-2: BC Masters Assoc. Race #25/26
Mill Bay, BC. Saturday - Short hill climb, 600m, starts at 3pm. Sunday - 65km road race on rolling to hilly roads. Starts at Cherry Point Vineyards at 11am. Counts for double. Ian Birch, BC Masters Cycling Association, 250-477-6475, www.bcmasterscycling.net

Sep 1-3: Eugene Celebration Stage Race
Eugene, OR. 4 stages over 3 days ending on Labor Day. TT, Criterium, Road Race and Circuit Race. No major climbs, but still tough so late in the season. Cash prizes. Sal Collura, 541-747-3336, www.obra.org

Sep 2: Blackberry Criterium
Bremerton, WA. Great course in downtown Bremerton! One DH and one uphill makes this non-technical race an end-of-road-season must do! Final event in the junior tour. \$5000 in cash. Joe Holmes, Ridge Racing, 360-362-1611, www.ridgeracing.com

Sep 3: Bainbridge Criterium
Winslow, WA. Joe Holmes, Ridge Racing, www.ridgeracing.com

Sep 4: Renegade Criterium
Eugene, OR. Tuesday Night after Eugene Celebration, stick around for more fun. Wide-open flat 1km, 4-corner course. Prizes and primes. Sal Collura, 541-747-3336,

Sep 6: So Oregon Champion Series
Ashland, OR. See Race Series for details. Ed Garfield, 541-840-0713, www.obra.org

Sep 8: 35th Annual Bogus Basin Hill Climb
Boise, ID. Triple Crown Finals. 16-mile mass start hill climb. 2500ft elevation gain. Mike Cooley, Boise Cycling Club, 208-343-3782, www.georgescycles.com

Sep 8: Ring of Fire 12/24hr Time Trial
Maupin, OR. 24-hour racers complete a 156-mile day loop and turn circles around Maupin all night long. 12-hour racers do a shorter version of the day route and then rip around Maupin toting up miles for the win. George Thomas, 541-760-1024,

Sep 9: Mt. Baker Hill Climb
Bellingham, WA. 24.5 miles, 4300ft of climbing from Glacier to Artist's Point on road 542. Gradual grades dominates until the last 2.5 miles where it turns skywards. Recreational riders start at 8am, racers between 8:30 and 9am. Support the Ken Meyer Memorial Foundation. Paul Clement, NorkaRecreation, www.norkarecreation.com

Sep 9: OBRA Hillclimb Championships
tbc, OR. Hill climb time trial. Erik Voldengren, 50-818-4985

Sep 14-16: Port Angeles Senior Games
Port Angeles, WA. Open to men and women age 50+. 20-mile time trial. Smooth paved roads with very light auto traffic. Starts with a 4-mile undulating uphill, followed by a nearly level traverse and a DH of about 4.5 miles before the turnaround point. D Bellamente, 360-457-7004, www.portangelesseniorgames.com

Sep 14-16: Times Colonist Cycling Festival
Victoria, BC. One hill climb, two criterium including Bastion Square in downtown Victoria, Sharon White, 250-595-2337, www.victoriacyclingfestival.com

Sep 16: BC Masters Assoc. Race #27
Mt Washington, BC. 16km hill climb to Mt Washington, long steep hill, starts at noon. Gird Gesbrecht, BC Masters Cycling Association, 250-338-6642, www.bcmasterscycling.net

Sep 16-30: Group Health Kids Bike Series
Spokane, WA. Kids from 5 to 11 years old race various distances, any bike will do. Marla Emde, Emde Sports, 509-326-6983, www.emdesports.com

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Sep 16: Krugers Kermesse Farm Crit
Sauvie Island, OR. What better to transition from summer road racing into fall cyclocross season than a criterium style race on farm roads! The race will be held at the same great location as the Kruger's Crossing cyclocross race, so expect a fun and spectator-friendly event. All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007.

Sep 16: Vertigo Hill Climb Challenge
Comox, BC. Open to all. Hors categorie 16km climb 8% average grade with pitches at 12% and 16%. Comox Valley Cycling Club, www.cvcc.ca

Sep 23 & 30: Group Health Kids Bike Series
Spokane, WA. Kids from 5 to 11 years old race various distances, any bike will do. Marla Emde, Emde Sports, 509-326-6983, www.emdesports.com

ROAD TOURING

AUGUST

Aug 3-5: Get Your Guts into Gear—GYGIG

Edmonds, WA. Pedal along the scenic roads north of Seattle in a 3-day, 210-mile loop ride. \$85 registration fee, 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.ibrideride.org

Aug 3-7: Princeton Hill Week

Princeton, BC. Expect hills on this week of riding. 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: 2nd Annual Tour de Whatcom

Bellingham, WA. Begins/ends in Bellingham's Fairhaven district. 20-, 46- or 109- mile ride perfect for family outing or serious riders alike. Rest stops and support. 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: 8 Lakes Leg Achat

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/finish at Group Health Corp office. Christie McKee, Sexual Assault & Family Trauma (SAFeT) Response Center, 509-343-5020, www.lcsw.org/events.html

Aug 4-6: Courage Classic

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. Do it for the kids! Mary Bridge Children's Hospital, 253-403-4374, www.courageclassic.org

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

Princeton, BC. 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.msbikerideoregon.com

Aug 4-11: Permaculture & Natural Building

Portland, OR. Contribute to some of Oregon's most well-known eco-villages. Riders can engage in a diversity of educational hands-on activities. Also available: 8/11. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Aug 4-10: RAW - Ride Around Washington

Various, WA. Daily mileage will vary from roughly 40 to a bit over 90. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, 206-522-BIKE, www.cascade.org/raw

Aug 4: The Dam Brevet

Fort St John, BC. 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 - 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, www.adv-cycling.org/

Aug 5: Lakes Loop Ride

Bend, OR. 500-mile ride that loops around Mt. Bachelor. Lots of descending in the first half, but seemingly more climbing in the second half. 1 food stop at approximately 2/3 around with "better than usual bike ride eats." Entry fee includes course marking, maps, energy food and drink. Leaves at 9:00am from Mt. Bachelor Main Lodge parking lot. \$5.00 entry. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

Aug 5: Mt Shasta Summit Century

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

Aug 5-6: Ride for Youth Century

Burlington, WA. 50-, 100- & 150-mile options for beginners and advanced riders. SAG support, showers & end of ride feed included. Cycle for a cure benefits the Arthritis Foundation Pacific Northwest Chapter. Andrea Pitchford, 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. 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. Trace the river to and through the Rogue River Valley to its source in the high Cascades near Crater Lake. Climb awesome Bearcamp Pass, one of the West's great high-country challenges. Timberline Adventures, 800-417-2453, www.timbertours.com

Aug 12: Bike for your Life

Parkville, BC. Route for all levels. 15-, 35-, 70-, 90- and 120km scenic loops with refreshment stations up and down Vancouver Island roads around Parkville. Flatter 35km loop this year. Pancake breakfast, refreshments and draw prizes. T-shirt included. 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: Covered Bridge Bicycle Tour

Albany, OR. Linn Country Fairground. Relaxing country ride, 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. 10km family ride from Highbridge 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. 45 to 85 miles per day. 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 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)

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

Aug 17-19: Recumbent Retreat

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

Aug 17-19: Cascade Road Adventure

Bend, OR. Enjoy Central Oregon's remarkable road riding on country roads and the Cascade Lakes Scenic Byway. Accommodations in downtown Bend. 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 WA. Go through Chuckanut Drive. Finish line festival. Cascade, 206-522-3222, www.cascade.org

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

Maple Ridge, BC. Start Location: Petro Canada Stn, 222700 Loughheed Hwy Maple Ridge, Corner of 228th St, 6am. Various routes. 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 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. 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2007 bike. Support Children Cancer Association. 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. Starts 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- 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 25-26: RAPSody - Ride Around Puget Sound

Tacoma, WA. Enjoy the scenic back roads of 5 Washington counties while supporting statewide bicycle advocacy and education. 1 or 2-day event- 160 challenging 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 25-27: Poor Men's PBP

Centralia, WA. 200, 600 and 1000 brevet ACP sanctioned. Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org

Aug 26: Crater Lake Century

Klamath Falls, OR. Start at Fort Klamath Museum. Century riders climb over 7,000ft and metric century participants over 5,000ft. Enjoy the brilliant blue waters of the lake. Pre-reg recommended, limit 225 riders. 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 with views of the Cascades and Olympics. 31% more vertical ft/mile than RAMROD! Drinks/snacks, route map and memorable t-shirt. Bill Wiselogle, Bothell Arts Council, 425-486-8152, www.ci.bothell.wa.us

SEPTEMBER

Sep 1-4: Lower Mainland Brevet—1000km

TBA, BC. Eric Fergusson, 733-6657, www.randonneurs.bc.ca

Sep 2-13: Blue Mountain Magic

Troutdale, OR. 12 days (684 miles), cycle no less than 5 scenic byways through the heart of some of the west's most scenic and intriguing terrain. Ends in Boise, ID. Timberline Adventures, 800-417-2453, www.timbertours.com

Sep 2-5: Deschutes National Forest Tour

Bend, OR. Spend 4 days riding 70+ miles on scenic roads through ponderosa forests, past numerous alpine lakes all while in view of the Cascade Mountain Range. 2 nights spent in Bend one at Newberry National Volcanic Monument with nearby hot springs. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Sep 2: Great Northwest Fall Tour

Newport, WA. Choose the 15-, 30-, 50- or 85-mile route on paved country roads. T-shirt or no-shirt option, food/water stops and meal at the finish. Newport/Priest River Rotary Club, 509-292-5099

Sep 2: Hutch's 100km

Bend, OR. Metric century (62 miles) begins/ends at Tumalo State Park. Mostly small rollers, and has some of the best views of the Cascades. 1 food stop at mid-point. Entry includes maps, mechanical support, energy food and drink. \$5. Leaves at 9:00am. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

Sep 2-7: San Juan Island

Anacortes, WA. Tour Roche Harbor, Orcas Island, Deer Harbor, Moran State Park and Shaw Island. 165 miles. Timberline Adventures, 800-417-2453, www.timbertours.com

Sep 3: Quiche Brevet

Peace Region, BC. Randonneur event. 200km Brevet. 75km and 150km also available. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Sep 3-6: San Juan Islands 4-Day

Seattle, WA. The best for people with limited time or who are newer to bicycle touring. Fully supported. All levels. Also available: 9/25. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 8-10: 18th Annual Sawtooth Trek

Boise, ID. 2 or 3-day recreational ride through some of Idaho's most scenic vistas. 100-150 miles including the Balena and Banner summits. Novices and advanced riders. Limit 250 riders. Fundraising min. \$450. American Lung Assoc. of Idaho, 208-344-6567, www.lungidaho.org

Sep 8-9: Bicycle Trek for Life and Breath

Vancouver, BC. An exhilarating and beautiful two-day, 200 km ride through the Fraser Valley in BC. The event raises money for lung disease research. Alexis Hoy, BC Lung Association, 604-731-5864, www.bc.lung.ca

Sep 8-22: Big Ride Pacific Coast

Seattle, WA. Fully supported tour along the stunning Pacific Coast. American Lung Association of Washington, 206-441-5100, www.bigride.org

Sep 8: Cascade Lakes

Bend, OR. 200km brevet ACP sanctioned. OR Randonneurs, 503-628-7324, www.orrandonneurs.org



Photo by Bicycle Paper

Done at last! Rider 3453 gives a sigh of relief as he crosses the finish line in Portland. STP 2007

Sep 8-15: Cycle Oregon

Various, OR. Fully supported, 7-day road tour that travels through some of the most magical places in Oregon. SOLD OUT. www.cycleoregon.com

Sep 8: Emerald City Lights Bike Ride

Seattle, WA. 18, 30- or 65-mile route. 5km walk. Benefit "Our Daily Bread Basket" helping to feed families in need. Patricia Hansen, 253-709-1530, www.emeraldcitylightsbikeride.org

Sep 8: Harrison Ford 200km Brevet

100 Mile House, BC. Start at Tim Horton's 100 Mile House, 7am. Route: Lac des roches-Eggen Lake-Green Lake-Lone Butte-70 miles. On and off-road brevet, bring your ATBI! Danelle Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Sep 8: Oregon Coast Cycling Festival

Gold Beach, OR. 5 fully supported routes along the southern Oregon Coast; 3-mile to a 100-mile challenge. Benefit the Curry Health Foundation. 541-251-0063, www.oregoncoastcyclingfestival.com

Sep 8-Oct 1: Ride the West

Portland, OR. Fully supported 23-day, 1,350-mile bicycle tour from Portland, OR to Newport Beach, CA. Ride the full distance or part of it. America by Bicycle, 888-797-7057, www.abbike.com

Sep 8-9: The Group Health MS 150 Bike Tour

La Conner, WA. Scenic journey through Skagit, Whatcom, and Island counties. 2-day, fully supported with route options up to 150 miles. Rest stops every 10 miles, 6 full meals, overnight entertainment. Benefits the National MS Society. National Multiple Sclerosis Society, 800-344-4867, www.nationalmssociety.org/was

Sep 9: 100km Populaire

Seattle, WA. 100km (62mi) introductory Brevet, open to all. Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Sep 9: Headwaters Century

Enumclaw, WA. 3 gorgeous routes (45, 65 or 100 miles) for beginners and advanced riders near the headwaters of the Green River in King County, includes Black Diamond and Maple Valley. Tacoma Wheelmen's Bicycle Club, 253-272-6747, www.twbc.org

Sep 9: Mt. Baker Hill Climb

Bellingham, WA. 24.5 miles, 4300ft of climbing from Glacier to Artist's Point on road 542. Gradual grades dominate until the last 2.5 miles where it turns skywards. Recreational riders start at 8am. Supports the Ken Meyer Memorial Foundation. Paul Clement, NorkaRecreation, www.norkarecreation.com

Sep 9-14: Santa Fe—Taos Tour

Santa Fe, NM. Ride the Enchanted Circle, Bandelier National Monument, through the old pueblo and mining regions. Biking, hiking and river rafting. Also available: 9/30. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 9: Sunnyside Century

Bend, OR. 65-mile and century ride around Mt. Bachelor. Sunnyside Sports, 541-382-8018, www.sunnysidesports.com

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

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Sep 10-21: Grand Canyon

St. George, UT. Biking and hiking in Cedar Breaks National Monument, Red Canyon, Coral Pink Sand Dunes State Park, The Vermilion Cliffs, Bryce Canyon, Grand Canyon and Zion National Parks. Fully supported. No Funteers Bicycle Vacations, www.nofunteers.com

Sep 15: 200km Brevet

Seattle, WA. 200km (124 mile) Brevet, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Sep 15: 6th Annual Basin Bike & Build

Klamath Falls, OR. Ride various length scenic routes around the Klamath Basin and help raise funds to build more houses. Klamath Basin Habitat for Humanity, www.klamathbasinhfh.org

Sep 15-16: Fifth Annual Oregon Covered Bridge Festival

Stayton, OR. Guided and self-guided tours of 6 area covered bridges. Maps for the self-guided tour available at the festival grounds, Pioneer Park, at Marion and 7th Ave. in Stayton. Bill Cockrell, 503-399-0436, www.covered-bridges.org

Sep 15-16: MS Bike Tour: Idaho Bow Tie

Boise, ID. Scenic ride through SW Idaho. 50-200 miles over 2 days. Families can meet their cyclists at Emmett City Park, and camp with cyclists overnight. Benefits the National MS Society. National MS Society - ID Division, 208-336-0555, www.nationalmssociety.org/idi

Sep 15: Tour de Vine

Wenatchee, WA. Wander through 4 picturesque wineries, apple and pear orchards and a bakery. Alberg Sports, 509-663-0425, www.tourdevine.com

Sep 15-16: Tour des Lacs

Spokane, WA. Spokane to Coeur d'Alene and back. 2-day cycling tour, multiple route & mileage options, boat cruise on Lake Coeur d'Alene. Round & Round Productions, 509-455-7657, www.roundandround.com

Sep 15-17: Trek Tri Island

Seattle, WA. 3-day, 135-mile fundraising tour from Seattle to Victoria through the San Juan Islands. Ferry included. American Lung Association of Washington, 206-441-5100, www.cleanairadventures.org

Sep 16: Cascade Spawning Cycle

Seattle, WA. 30-mile ride around Seattle, following the salmon migration. Great for families. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Sep 16: Chuckanut Century Bicycle Ride

Bellingham, WA. Many route - pick your distance: 25, 50, 62, 100, or the double metric century of 124 miles. Begins at 7am at the Fairhaven Park. Mount Baker Cycling club, www.mtbakerbikeclub.org

Sep 17: Fall Isle—Lander

Victoria, BC. 200km brevet. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Sep 20-23: Okanagan British Columbia Wine Bicycle Tour

Okanagan Falls, BC. Ride back-roads in the area and taste some amazing wines. Includes guide, support vehicle, 3 nights lodging & 7 meals. Spokane Parks & Recreation, 509-625-6246, www.spokane.org

Sep 22: 5th Annual Kootenai River Ride

Bonners Ferry, ID. Pedal your way along the Kootenai River. Starts at the County Fairgrounds. Choice of 100, 60 or 16km routes. First start at 8:00am. Long sleeve shirt included with reg. and potato bake feed. Bonners Ferry Rotary Club, www.ruralnorthwest.com

Sep 22: Heber Valley Century

Heber City, UT. Utah's most beautiful bike ride through the scenic splendor of the Wasatch mountains. Dramatic autumn beauty of Heber Valley and picturesque Jordanelle. Bike 2 Bike, 801-677-0134

Sep 22-23: John Day Weekend Tour

Sisters, OR. From Sisters over the McKenzie Pass to McKenzie Bridge & back via Santiam Pass. Wild Heart Cycling, 877-8GO-WILD, www.wildheartcycling.com

Sep 22: Ride the Rogue

Rogue River, OR. A relatively flat, easy terrain through beautiful Southern Oregon. 100-, 65-, 30-mile or 6-mile family ride available. Benefits the Rogue River Recreational Corridor & Greenway. Shayne Maxwell, 541-582-4488, www.ridetherogue.org

Sep 22: Ride4US

Tacoma, WA. 3rd year of Heart-Pounding Hills and Breath-Taking Scenery. Fully supported routes of 5, 25, 50 & 62 miles. While you're blowing a heart-gasket on the hills of Vashon Island, Steilacoom and Tacoma your family can enjoy the Fun4US Festival at Pi Defiance Park, with live music, inflatables, go-karts and great food. Free T-shirts & water bottles. Course opens at 7am closes at 1pm. Benefits Care Net Pregnancy Centers of Pierce County. Ride4US, www.ride4us.org

Sep 22: Tour de Whidbey

Whidbey Island, WA. Choose 25, 50 or 100 mile routes on mostly rural roads, with beautiful scenery, great rest stops, pancake breakfast, post ride chili feed. Challenging ride and varied terrain. Well supported, benefits the Whidbey General Hospital Foundation. Jan Tepper, 360-321-7656, www.whidbeygen.org

Sep 23: Brew Ha-Ha Street Scramble

Seattle, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Part of Seattle's Fremont neighborhood Oktoberfest. Cascade Orienteering Club, 206-367-0839, www.streetscramble.com

Sep 23: Fall Flatlander 200km Brevet

Maple Ridge, BC. Start 7:00am from Maple Ridge (Hwy #7 @ 240 Street). Tour Mission, Rosedale, Ft. Langley. Keith Fletcher, BC Randonneurs, 604-530-9273, www.randonneurs.bc.ca

Sep 23: Hub on Wheels

Boston, MA. 25 and 45 miles routes available. Roll out of City Hall Plaza at 8:00am and explore the greenways and the shorelines of the communities. Nicole Freedman, Boston Digital Bridge Foundation, 617-918-4343, www.hubonwheels.org

Sep 23: Olympic Discovery Bike Adventure

Port Angeles, WA. 50 miles on the off-road Olympic Discovery Trail. Port Angeles to Sequim. MTB with semi-slick or smooth tires or road bike with wider tires recommended. Start at City Pier. Dan, City of Port Angeles Park and Rec, 360-417-4550, www.olympicdiscoverybike.com

Sep 23: Peach of a Century

Salem, OR. 100-mile and 100km routes. Start/finish Chemeketa Community College. The 100-mile goes through Jefferson, Roaring River, Mehama and Stayton. The 100km is generally flat and goes through Jefferson and Stayton. Scott McCanna, Salem Bicycle Club, 503-375-6139, www.salembicycleclub.org

Sep 28-30: 1000km Randonnee

Seattle. 100km (62mi) introductory brevet. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Sep 29: Dam2Dam Thumbs Up!

Wenatchee, WA. Help find a cure for paralysis! 25-, 50- or 100-mile ride along the beautiful Columbia River. Rocky Reach Dam to Well Dam and back. Benefits the Mike Utley Foundation. 800-294-4683, www.mikeutley.org

Sep 29-30: Livestrong Challenge

Portland, OR. Rise to the Challenge - 10-, 40-, 70- or 100- mile bike ride. Lance Armstrong Foundation's (LAF) signature fundraising event. Register online. \$250 minimum fundraiser requirement. Lance will be there. Lance Armstrong Challenge, 888-424-2553, www.livestrongchallenge.org

Sep 29: Tour d'Organics

Portland, OR. Features local, organic farms as the rest stop. Refuel straight from the field! 35-, 65-, or 100-mile route. Entry fee includes ride support, rest stops, and post-ride vegan meal. Bradley Saul, Organic Athlete, 866-258-6179, www.tourdorganics.com

Sep 29-30: Wine Country Trek

Yakima, WA. Saturday - 60 miles through wine country from Yakima to Prosser, enjoy our famous gourmet dinner and observe the hot air balloon show. Sunday - start with hot breakfast and ride back to Yakima. Overnight camping, meals, baggage transportation included. All profits go back into Kiwanis and youth service projects. Apple Valley Kiwanis, Prosser Kiwanis, 509-972-8803, www.desertvalley.com/rides

Sep 30-Oct 5: California Wine Country 6-Day

Santa Rosa, CA. Visit 5 distinct wine-producing regions, sampling the best of each. Features elegant lodging, fine dining and a multi-course winemaker's dinner. 4-day and budget wine country tours available. Also on: 11/11. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

TRACK

AUGUST

Aug 1, 8, 15, 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. Harley Sheffield, 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. Harley Sheffield, 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

Aug 25: National Track Qualifier

Portland, OR. This is a USCF event. Qualification details: Top 3 men/ top 2 women in each event qualify for that discipline (sprint or endurance). Norrene Godfrey, 503-806-2215, www.trubicon.org

SEPTEMBER

Sep 6, 13, 20: Alpenrose Thursday

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

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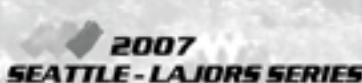
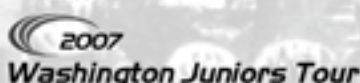
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Tips for New Group Riders, Part One—the Genial Coach Speaks

Next Month, Watch for Part Two—When the Coach Loses It and Has to be Restrained

By MAYNARD HERSHON

If you're new to cycling and enjoy riding with others (or think you might), this piece is for you. Even if you've been riding with your club or friends for a year or so and you've come to think of yourself as a skilled "expert cyclist", please read it through.

If you are offended by suggestions that you may not yet be a skilled "expert cyclist", or if you have a \$10,000 bike and can't fix a front flat in an hour (or at all), read it twice.

I crashed a month or so ago in Denver because the "experts" riding in front of me did not point out a road hazard. My friend Corey crashed in San Antonio this week because the "expert" in front of him pulled out of his pedal, wobbled, slowed, and then took Corey down.

My friend Tom in Fort Collins crashed last fall when the "expert" in front of him swerved, deflected Tom's front wheel, and put him down hard. I was injured; Corey was injured. Tom was injured, and the material in his helmet shattered as it saved his head.

When you ride with others, much of your focus should be on taking care of them. You'd like them to think protectively of you. You should think of them. It's the Titanium Rule.

We ride in line. The person or persons following cannot see as well as those in front. For as long as anyone can remember, cyclists have taken care of those behind. If we do not continue to look after one another, chaos will follow. Check out a nearby interstate.

Each of us will eventually be in front of other riders. Because of this, each of us has to learn a few important skills to protect the folks behind. That's a fact. Ignoring that reality is all too typical, just as ignoring everyday courtesies or responsibilities is all too typical.

Getting on the bus or elevator before the passengers are off is rude, but it probably won't

get anyone hurt. If you forget that there are 18 imperfectly attentive weekend warriors behind you, you will surely get people hurt.

If the man or woman following you crashes because of your casual attitude toward road safety, it is your fault. You thought only about yourself in a situation where it is vital to think of others. You should apologize, odious as it may be.

Remember, your riding friends are real. When they fall they feel pain and suffer inconvenience. Perhaps they'll need help reaching their bathrooms for a week or so.

They are not present on morning rides so that you'll have someone to draft, or to set a pace that furthers your fitness goals. They are not there to fix your flat or put your chain back on if it comes adrift. Value them as you would yourself. Remember the Titanium Rule.

Here are a few skills to learn before you embark on group rides. You learn these skills by riding your bike. You can acquire them and polish them all by yourself, endangering no one. Riding alone is cool. Try it. Dozens enjoy it.

If you become self-sufficient on your bike, you'll feel good about riding alone. You won't often need help. Learning to fix flats and do simple roadside maintenance is your responsibility. Take a class at a shop. Read a book. Try something mechanical in the privacy of your home.

I can't believe I'm writing this for a cycling newspaper. While I'm aware on some level that thousands of my readers can't fix flats, in my gut I don't believe it. I can believe that Godzilla rose from the sea and trashed NYC, but I can't believe cyclists can't fix flats.

Women who won't own small cars or drive to the mall without a cell phone because they feel so vulnerable... Proud women who stand

up and earn respect in this "man's world" ride lightly traveled country roads past the trailer homes of the cretins from Deliverance and can't fix their own flats. Who'd believe it?

Here, finally, are the skills that I (and everyone you'll ever ride with) would love for you to learn:

Ride a straight line. Is that clear? So that you are able to do that, learn to ride with just one hand. Learn to handle water bottles and drink from them so that you don't swerve suddenly, or drop your bottle under the wheels of your surprised cycling companions.

Relax on the bars; don't oversteer your bike. Don't grab the brakes. Control your bike gently, smoothly, predictably—so as not to scare the nice folks behind you.

Learn to clip in and out of your pedals, or slip your feet into and out of your toe clips smoothly and reliably. Learn how to keep your feet securely in your pedals so that you do not crash my friend Corey by unclipping suddenly, freaking out, weaving, and nearly stopping on the road in front of him.

Learn to unclip your feet from your pedals JUST before your bike comes to a complete stop. Taking a foot out of a pedal 50 yards from the stoplight is dorky off the scale.

Early unclipping tells the world you're an unskilled rider. You coast too far, disturbing the flow of the ride. You can't react quickly if the light goes green—one foot is dangling uselessly near its pedal. Learn to clip in and out. It's worth it. You can do it.

You can learn about pedals, clips and feet by riding. By stopping and starting just as you are called upon to do on the streets of your town! You can practice by leaving

your damn car where it's parked and riding your \$4,000 bike in your \$250 cycling shoes.

So that you are able to ride a straight line, **learn to look back over your shoulder** without veering to the right or left. It's a useful skill, one you'll practice every day. You can do it.

Remember (and you cannot believe how I hate typing this) **bicycles do not have brake lights.** And the person behind you cannot read your mind. If you slow or stop suddenly, unpredictably, and he or she behind you has glanced at the hottie across the way, you may hear loud scraping noises and an exclaimed curse word. You may soon hear sirens.

Point out potential road hazards. I say "potential" because I don't mean only meteor craters. Certainly you point out potholes and patches of gravel and broken glass.

If you see a potential hazard but still cannot imagine someone crashing into it, err on the side of caution. Point it out.

When you are following another rider, don't let your front wheel "overlap" that person's rear wheel. Position yourself so that if that person swerves, you won't crash.

Opinions vary about declaring to folks behind that an intersection is "clear." If it is not as clear as you claimed it was, you may bear a burden of responsibility for the carnage—a burden you'll bear gracefully, I'm sure.

I'd like to wrap this up by asking you to please point out hazards, but don't be one.



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