

TRAVEL DESTINATION

Discover the Pyrenees, Its Legends and Rides

BY DAN NORTON

The Pyrenees Mountains, which border Spain and France, are a cyclist's dream playground. The area is awash in legends and mystery, from the drama of the modern Tour de France to ancient cave paintings by a race of people long forgotten; this geographic area has it all. Every pedal stroke can bring you in contact with history and legend. The Tour de France has often been won or lost on the steep, unrelenting climbs of the Pyrenees, or as Phil Liggett vocalized it, "The Pyrenees awaits the riders like the overturned mouth of a shark, with jagged teeth pointed upwards." This is where the fiction book *The DaVinci Code* got its start, as the area played host to a crusade on its own soil when the Catholic church and the French king conspired to break the back of the Cathar heresy.

There are many ways to enjoy a bicycling trip to the Pyrenees. One is to go on a seven to 15-day guided trip. Another is to stay at a cycling camp and familiarize yourself with one particular region. Lastly, there are those brave souls who carry everything on their bikes and explore at their own pace. While I might admire the spirit of those fully loaded adventurers, I prefer to ride a fast racing bike and get the maximum enjoyment from riding hard, both up and down the many hills; and enjoy relaxing with some riding companions around a nice glass of beer, telling stories at the end of the day. This article is about staying at a cycling camp and exploring one region of the Pyrenees.

In the eastern Pyrenees lies a small town called Limoux. A large wine producing area, it is dryer and hotter

See "Pyrenees" on page 4

RACING

Co-Motion Classic—Tandem Racing for Everyone

BY MARTHA WALSH

From the "trail-a-bike" to handlebar bells, pannier racks, and the latest super-light tandem technology, a diverse collection of tandem bicycles and racers gathered for the 2007 Co-Motion Classic tandem stage race in Eugene, Oregon. After two years of temperatures pushing 100 degrees, this July weather was perfect: cloudy in the mornings, sunny and low 80s by the afternoons.

The lineup of events included a "fun ride" and rider meeting on Friday, followed by both the Kent Peterson time trial and a criterium on Saturday, and the always-epic Wolf Creek road race on Sunday.

Riders from five western states (Washington, Oregon, California, Nevada and Utah), plus representatives from Florida, New Jersey, Wisconsin, and Germany were separated into three divisions. To qualify as a Category A team, both riders had to be elite racers. The Category B group included less experienced racing pairs, father/son teams (where the father was an experienced racer)

or two strong recreational riders or Masters riders with a combined age of 100 or above. Category C was made up of adult/child (or adult/children, in one case) pairs, where the children were young beginner cyclists. Each category had both male/female (mixed) and male/male pairs, with one mother/daughter combination among the Cs. The increase in adult/child teams this year reflects "a new trend in tandem racing," said race director Sal Collura.

Racing for all categories began with a 7.5-mile time trial at Twin Oaks Community School. The course features a fast downhill start, a sharp right turn, then 3.5 miles of flat roads leading to an uphill turnaround before returning to a flat finish. Impressively, the two fastest Category A pairs, Team Zoka (Sahl/Williams) and Hutch's (Vrijmoet/Bourcier), were separated by only hundredths of a second at the finish, making the race leaders essentially tied after the first stage.

Saturday afternoon brought the riders to Greenhill Technology Park,

See "Co-Motion" on page 7



Photo by Bicycle Paper

The battle of national champions between Kathy Crampton (left) and Lyne Bessette (right) at last years Steilacoom Park race

Forecast: Cyclo-cross' Best Season Ever to Start this September

BY MELINA LAMBUTH

We are fast approaching the season of colorful leaves, new sharpened pencils, and pumpkin pies. Along with the typical associations that come with the start of a new school year, cycling has its own tradition: cyclo-cross. It's at that time that bikers and spectators from around the world join in the excitement and head out to the shorter race tracks looking for a good time and first-class entertainment.

The Northwest is no exception and in the various parts of the region, the tension is building and the expectations have been set high for what should be an incredible season. Brad Streeter, Idaho cyclo-cross representative explains, "People are excited and most of us involved are getting a feeling of large growth for this year.... We have started to pick up some local sponsors and have spectators looking forward to watching the races." The Idaho series run from September 29 to December 15.

This sentiment is echoed in Spokane, Washington, where Michael Emde of Emde Sports puts on the Inland Northwest Cyclo-cross series, which features eight races between October 7th and November 18th. Moving away from the double-header format of two events over a weekend, the new focus on only one weekly race should help draw larger crowds. Some of the chosen venues include Fort Walla Walla (October 28) and Valley Mission Park (October 14), which hosted the state championships in 2006. Although lower key when compared to the much larger Portland races, the Emde series still produces some great action that is well worth the traveling time to eastern Washington.

On the western side of the mountains, the Seattle Cyclocross Series is looking up as well. Dan Norton, co-founder of the series with Jerry Baker, comments that the growth experience over the past couple of years is to continue this season. Spread between September 30th and December 9th, the eight events plus final are open to all levels of participants, from beginner to pro racers. When talking about the races, Norton says, "I expect the sky, and I will settle for some mud." Mud definitely plays a role in this sport, as the rainy days are upon us. For the cyclists it means navigating the courses under slippery conditions, adding to the difficulty of running while carrying the bike uphill and going over barriers, and at the same time adjusting the speed to avoid sliding and falling. Already more technically challenging than other types of races, cyclo-cross has it all. That's what makes it fun—who doesn't like playing in the mud?

In order to prepare for the increase in participants as well as onlookers, the series organizers are actively recruiting people to come help out with the various activities happening on race day, including parking attendants, registration personnels, course marshals and course cleanup crew. The goal is to make the influx of people easier to handle. Norton says Seattle is looking for a lot of the expected growth to come from the women's fields, as their previous years' efforts with the Cat 4 women seeding program should begin to bear fruit. They are also currently looking at new ways to improve the race day experience for both riders and spectators. Things such as flags, music, expo tents

See "Cyclo-cross" on page 6

Raleigh Announces Voluntary Recall of 2007 Cadent Bicycles

KENT, WA—The U.S. Consumer Product Safety Commission, along with Raleigh America, recently announced a voluntary recall of about 1,200



The recall involves the 2007 Raleigh Cadent 1.0, Cadent 2.0 and Cadent carbon bicycle models with carbon forks. These were sold at Raleigh dealers nationwide from January 2007 through June 2007 for between \$660 and \$1,930. The bicycles were manufactured in China.

Raleigh Cadent bicycles. The bikes in question are equipped with Carbonage Technology carbon fiber forks. The forks can break during normal use, causing the rider to lose control, fall, and suffer injuries.

Raleigh has received three reports of such breaks, resulting in injuries including a dislocated shoulder, a concussion and a broken jaw.

dealers nationwide from January 2007 through June 2007 for between \$660 and \$1,930. The bicycles were manufactured in China.

Consumers should stop using the recalled bicycles immediately and return them to the place of purchase. Raleigh dealers will replace the forks at no charge.

Star Crossed Opens the Northwest Cyclocross Season

Full Speed Ahead Star Crossed presented by Gerk's Alpine Hut is returning on September 22nd to King County's Marymoor Park in Redmond, WA. The nation's first twilight cyclocross race kicks off the U.S. 'cross season for the sixth consecutive year under the lights of the Group Health Velodrome. The 2007 event will open a series of UCI level 'cross competition in the U.S. and launch a string of top caliber races on the West Coast.

Renowned race announcer and Velonews TV host Dave Towle states, "Star Crossed has created a model that needs to be repeated around the

country. The racers love it, and the spectators have a real opportunity to discover how intense and fun the sport really is. I can't wait to get the season started, and Star Crossed is the perfect way to do it."



With its proven formula of great racing combined with a spectator friendly course, music, a live DJ, spectator raffles and giveaways (including a Ridley Crossbow frameset), an expanded Expo area and the Deschutes Brewery beer garden; Star Crossed promises yet another successful and record-breaking event.

New Vancouver Bike Map Available

The city of Vancouver, WA has published a new "Cycling the Cities" bicycle map showing facilities, routes and trails in the Vancouver and Portland area. The complete bicycling guide contains a map of both the Vancouver urban area (north to Salmon Creek and east to Camas) and the city of Portland. Helpful cycling tips and contact information are also listed.

This new guide offers one of the few cycling maps in the country that covers more than one state. It could actually be considered an update

to the 1896 "Cyclists' Road Map of Portland District" (originally published by Cunningham and Banks and later by the Oregon Historical Society in 1973).

The city printed 10,000 copies, which will be distributed for free throughout the region at local bicycle shops (Vancouver & Portland), businesses and government offices, and through the Bicycle Transportation Alliance office in Portland.

Craig and Pendrel on Top of MTB Podium at Pan Am Games

Adam Craig (Bend, OR/Giant) captured the gold medal in the men's mountain bike contest at the 15th edition of the Pan American Games presented in Rio de Janeiro, Brazil. Catherine Pendrel (Kamloops, BC) won the women's race.

Craig, who was ranked 18th in the world going into the race, took the Outeiro Hill course by storm. The first-time Pan American Games participant attacked the field to create a gap of over two minutes on his nearest threat—a gap he sustained until the finish. Collecting

the silver and bronze medals were Brazilian Rubens Valeriano and Argentina's Dario Alejandro Gasco.

In the women's event, Mary McConneloug (MA/Kendra-Seven) took the lead on the first lap, but Pendrel reeled her in at the beginning of the second lap and never looked back, finishing one minute and 40 seconds ahead of McConneloug. Mexico's Laura Morfin rode in about three minutes later for the final spot on the podium.

Meeting and Board Elections

On Wednesday, September 12, 2007, the MVA will host its annual meeting to re-cap the season, elect directors and plan for the next year. Your presence, advice and assistance are both needed and appreciated.

There are three board positions to fill, candidates' statements are posted on the MVA

website at www.velodrome.org.



The meeting will take place at 7:00 p.m. at the Lake Washington School District headquarters building in Redmond Town Center, located at 16250 NE 47th St, Redmond, WA.

Bicycle Transportation Alliance Seeks a New Executive Director

COURTESY BICYCLE TRANSPORTATION ALLIANCE

Oregon is one of the best places to cycle in the nation, and the Bicycle Transportation Alliance (BTA) is the leading statewide organization dedicated to promoting bicycling and improving conditions for all people who want to ride their bicycle. This fast growing and very dynamic nonprofit organization is seeking a new Executive Director to lead the group in creating healthy, sustainable communities by making bicycling safer, more convenient and accessible for everyone.

Candidates must have a proven track record of success working with elected officials, government agencies, businesses, community

groups, residents and grassroots organizations. Women and minorities are strongly encouraged to apply. The deadline for application is September 20, 2007.

Minimum qualifications include five years of experience in nonprofit, issue or advocacy work; successful fundraiser; ability to manage staff and work as team player.

Salary range between \$65,000 and \$75,000 with health and retirement benefits.

Send resumes, cover letter and writing sample to: orgdev@bta4bikes.org.

To view the full job description go to www.bta4bikes.org.

Oregon's Bike to Work Month

Challenge yourself to rediscover the benefits of cycling to work. Join the expected 7,000 people in the 2007 Bike Commute Challenge and enter a friendly competition reserved exclusively for Oregon and SW Washington residents. The annual month-long event starts on September 1st.

There are many prizes available. Raffles are scheduled for people with various numbers of trips logged, for participants in various regions and for those attending the "After Party". Prizes include hotel stays, movie passes, ride registrations, meals, coffee, bike stuff, BTA gear, and more. Riders whose tally cards show seven or more bike trips will receive a 10% discount on gear and parts at various participating bike shops.

Other activities include the Challenge Mixer—September 18 from 5:00 - 8:00 p.m. This is a great opportunity to connect with other bicyclists, pick up maps, ask for commuting advice, and find out about BTA's advocacy work. On-site workshops and the October 4th "After Party" are also part of the program.

Individuals and companies can sign up for the Challenge. To register, contact the Bicycle Transportation Alliance at 503-226-0676, or visit their website at www.bta4bikes.org.



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Ten Points: A Memoir

BOOK REVIEW BY JOE KURMASKIE

Is it possible to outpace the sins of the father?

Bill Strickland, *Bicycling Magazine's* executive editor, believes with good reason that the horrific abuse he endured at the hands of his white trash dad during an Indiana childhood swallowed him whole. A successful career, a lasting marriage, and the adoration of a preschool daughter would be enough to buffer most from the storms of a muddy past. But Strickland's gains only remind him of what he has to lose. He lives in fear, not so much waiting for the hammer to fall, but for the day he brings it down upon himself and those he loves. He's waiting for the day he becomes his dad.

In the meantime, Strickland rides his bicycle like a man possessed, a stroke or two ahead of his demons, but more than a few bike lengths behind the legends who populate Emmaus, PA—arguably the cycling epicenter of America. In the spring of 2004, 39-year-old Strickland, straddling the bittersweet line between desire and physical decay, almost casually agrees to

an outlandish challenge proposed by daughter Natalie—score 10 points in a single race season. To do this he must place among the top four finishers, multiple times, during the weekly race of Olympians, up-and-comers and cycling royalty, many of whom are better in retirement than Strickland ever was at the height of his imagination.

With a setup bordering on Shakespearian, *Ten Points* could have gone the way of most modern melodramas; a story about the worried

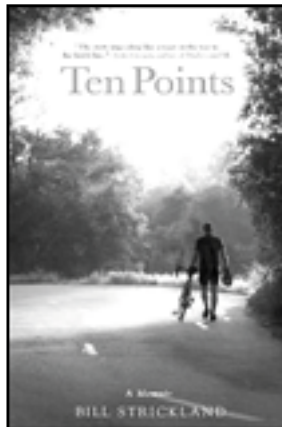
well taking on carefully constructed obstacles to feel better about themselves.

What readers get instead is a furious and immediate exorcism on two wheels; brutal, poignant and, in the end, a hard fought last flight out that hopes for better days rather than promises them.

Shifting between Strickland's present-day home life, blacktop training, heart pounding races around Emmaus and disturbing snapshots of childhood traumas he's kept from everyone until now; Strickland explores the source of his unease. Strickland Sr. is a swaggering wreck of a father; all plans, booze and bravado, who hits his son between the eyes with a hammer, then conspires with him to blame his sister for the deed, forces dog feces down his throat as a weekly menu item, puts a loaded gun in his son's mouth for a Heartland round of Russian Roulette, and offers up the teenage babysitter as his first sexual encounter.

The chaos is overwhelming, the flashbacks graphic, the abuse appalling and all the more heartbreaking because Daddy Dearest couches it as tough love

life lessons. In literary terms, Strickland takes the time to show us where his family came from and who his dad was, not just what he did. It makes the scenes of present day shortcomings—Strickland's acceptable annoyances with his daughter and unacceptable marital infidelity with a colleague—weighty and real. He has all the tools to fix a bike and the technical skills to go just a little faster on two wheels, but the faith that he is a human being of value was stolen from a deep place years ago.



Literary Rides With



The Metal Cowboy

What should not be lost in all the turmoil and fury is how funny—granted it's gallows humor at times—and exceptionally tender *Ten Points* reads, on and off the race course. It's a messy Irish street brawl of sorts where those left standing offer toothless grins and head home to tell tales and kiss loved ones. The chapters packed with cycling action are breathless. Not since Tim Krabbe's *The Rider* has a book captured the edge of disaster and marriage to pain that is a high-caliber bicycle race.

The summer race season and those coveted points seem like a talisman to a better life, but *Ten Points* does not do anything the easy way, which is why it's one of the most satisfying memoirs of any genre in years.

Rich with doubt, regret, and a man once beaten to dust forcing shape back into his days by sheer will; and the love, and understanding of his family, *Ten Points* is about doing the hard work of living.

Ten Points: A Memoir

by Bill Strickland

Hardcover, 241 pages, Hyperion, \$23.95

Joe Kurmaskie is the author of "Metal Cowboy" and "Momentum Is Your Friend". He is currently pedaling a very long tandem across Canada with his wife, Beth and their three sons aboard.

NEWS

New Bike Shop to Service the Greater Eastside

VeloceVelo Bicycles, located at 98 Front Street South in historic Issaquah, is open for business, although the official grand opening is scheduled for October during the Salmon Days celebrations.

The first bike store in Washington to offer Wiliers bikes, VeloceVelo also carries Specialized, Colnago, Pinerello and Bianchi. You can find fine cycling clothing and accessories such as Castelli (Rosso Corsa), Capo Forma and DeMarchi clothing; UVEX, Limar and

Specialized superlight D2 helmets; Sworks shoes; and more.

"Our goal is to provide superior products and services to the road, mountain, cyclo-cross and tri communities," states store manager David Wilson.

The shop currently offers a demo program where you can test drive wheels and either a road or mountain bike to get a realistic feel of how it may suit you.

Store is open Tuesday to Sunday. For more information call 425.427.6383, visit www.velocevelo.com or go visit them.



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"PYRENEES" FROM PAGE 1

than the western side of the mountains. The region is the central location for a number of foreign-based cyclists and triathletes, including an especially large contingent of New Zealand-



Medieval town of Carcassonne

Photo Courtesy of Dan Norton

ers. It is in that location that Canadian rider Chris Georgas established a very nice hotel in the medieval quarter of the town, where he welcomes cyclists of all kinds. As host, he ensures that everyone fully enjoys their trip. At *Le Monastère*, Chris and his staff lay out rides and adventures that keep all cyclists happy and thrilled. During a recent two-week stay, Chris amazed his guests with a daily ride schedule that was always interesting and varied, never covering the same roads. Map reading is a skill that was unnecessary as Chris, the always-entertaining Isabelle, and their Kiwi helper were at every intersection to point the way. French language was not a hindrance to enjoying the trip, as Chris and his staff surrounded us in a cocoon of English (with and without a New Zealand accent). In the evening, Chris' wife Fabian prepared a wonderful meal of local products gathered fresh from the market.

Some American travelers might feel hesitant toward touring overseas, because of a perceived attitude towards how they will be treated by locals. They might be interested in the story of Lt. Paul Swank, who lost his life during World War Two. He requested that his body be buried near Limoux if he were to die. He now rests in a clean and well-kept crypt, and on August 17th the people of the region come out to show the respect and gratitude they have for him.

We had a very warm and welcome reception when we arrived. Our cycling vacation

started with an easy "shake out" ride to get over jet lag and to allow Chris to evaluate our cycling wants and desires. A very nice ride from Limoux to the town of Lagrasse was perfect for a first day. After a good night's sleep, a trip to the Mediterranean was in order, so we headed out on a three to four hour one-way ride on some isolated roads to the town of Leucate, with several members of the

New Zealand national women's cycling team. Seeing the ruined castles and reading about the history of the area is one of the highlights of a guided trip, so with a lot of anticipation we headed to the town of Minerve and the remains of a Cathar castle. Riding through the Montagne Noire region was wonderful and offered some good climbing and descending along the spine of the mountain. We had quite a few days to get ready for some longer miles, and Chris laid out several options for us. I opted to head out with my sometime riding compatriot

Larry Smith (who has been known to pull over on the side of the road to take a little nap during his "bonk" periods) and rode a six to seven hour loop through the wine regions of the Pyrenees. We rode by the mountain of Bugarach, which is reputed to harbor a tunnel

to the center of the earth that the ancient Celts used (I did mention something about mystery and legends). We had a long day in the saddle but I managed to keep my riding companion from sleeping. That evening we ate at a small



Chris Georgas (left) and Jean-Luc Robin (right)

Photo Courtesy of Dan Norton

local restaurant in the town of Bugarach, under the watchful eyes of unseen beings. And what a meal it was, as all of the food had been grown and prepared from the host's farm. Days like this do not get any better for a bike rider. The next day we traveled on easy rolling terrain to the town of Mirepoix. The medieval church has a mysterious glass window that purports to show Jesus and Mary Magdalene with a small child (another one of those local legends).

As promised, on a rest-recovery day we rode to the village of Rennes le Chateau. It was a wonderful ride on small roads leading to the final four-kilometer climb up to the isolated church, where we had a fascinating lunch and tour with author Jean-Luc Robin. Robin has written extensively about the mystery of the area, which inspired Dan Brown to write *The DaVinci Code*. Pyrenees' legends can occupy a lifetime of examination.

We spent the next day riding a brevet from Limoux, with 800 of our closest friends, that took us over several small cols and great side roads through the Plateau de Sault, where the town of Montailou is located. The intrigues that occurred in this village during the Cathar Crusades (1209-1229) inspired a book, written from the Inquisition logs. Pedaling over beautiful terrain, we met the major obstacle of the day (or pleasure, depending on your viewpoint)—the climb over the Port de Pailhères, which is a hors-category

climb in the Tour de France. The way to the top is through a wonderful river valley that leads to a several-kilometer climb, which averages a 10% grade. This is a route that should not be missed by any traveling bike riders. It was

Some might argue that depending on bicycles to solve our energy crisis is naive, perhaps ridiculous. Some might even say Congress should use this energy legislation to create new energy, bring new nuclear power plants on line, use clean coal technology, energy exploration, but no, no. They want to tell the American people, stop driving, ride a bike. This is absolutely amazing..."



Photo Courtesy of Dan Norton

Long climbs are an intricate part of riding in the Limoux area—but what a view from the top!

a wonderful day, and the staff at *Le Monastère* rewarded us with an extra special dinner and regional wine. Maybe too much wine.

We headed back to the Montagne Noire area for another day of riding. The area just north of the medieval city of Carcassonne is delightful and filled with exciting climbs and descents on twisty rural roads. It is home to Laurent Jalabert and his name is written all over the roads. It makes it easy to understand how he developed into such a great rider while training here.

Our last day of riding consisted of numerous small roads around Limoux that had very short, steep climbs and quick, fast descents. It was an amazing loop that Chris had thrown together to show us a different flavor in the region. The ride is called the mini Tour of Flanders, without the miserable weather.

If you ride a bike and think that there has to be more to it than a loop around Lake Washington, I would highly recommend the region of the Pyrenees and the staff at *Le Monastère*. It is a cyclist's dream vacation. And, as Warren Miller puts it: "Go now, because next year when you finally go, you will be one year older."

For more information about *Le Monastère* visit www.lemonastere.com.

NEWS

More Benefit for Riding a Bike to Work

COURTESY BIKEPORTLAND.ORG

On August 4th, the House of Representatives passed Energy Independence legislation that amends a section of the IRS code to include "bicycles" in the definition of transportation covered by the qualified transportation fringe benefit.

Introduced earlier this year by Congressman Earl Blumenauer as H.R. 1498, the provision calls for a \$20 monthly benefit for riding a bike to work.

However, according to Blumenauer, this modest amount sparked some heated opposition—even ridicule—from other House lawmakers.

Patrick McHenry, a republican from North Carolina, stood alongside a poster depicting a 19th century bike and cyclists and said bicycles were an "antiquated" solution to the current energy crisis.

In his statement on the House floor Representative McHenry stated:

"A major component of the Democrats' energy legislation and the Democrats' answer to our energy crisis is, hold on, wait one minute, wait one minute, it is promoting the use of the bicycle.

Oh, I cannot make this stuff up. Yes, the American people have heard this. Their answer to our fuel crisis, the crisis at the pumps, is 'ride a bike.'

Democrats believe that using taxpayer funds in this bill to the tune of \$1 million a year should be devoted to the principle of 'save energy, ride a bike.'

The complete speech can be found at <http://mchenry.house.gov/multimedia/>.

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Tips to Comfortably Sit on It!



By Erik Moen
PT, CSCS

The saddle and seat post are important components on a bicycle, as they support the majority of the body weight. However, they are not created equal. Numerous scientific studies and reviews have examined the saddle as a source of urogenital issues. In a 2005 article, Leibovitch and Mor¹ describe that bicycle saddle-related symptoms vary widely, but conclude that erectile dysfunction is common in 13-24% of endurance bicyclists and that nerve entrapment/compression, resulting in numbness, occurs in 50-91% of the cases. On the other end, not much attention has been paid to the seat post. If poorly positioned or functioning, it will amplify apparent saddle related dysfunction. In fact, the combined effect of both pieces of equipment being out of alignment or

produce a very hard saddle. Covers will affect the sliding and gliding. Excess gel will have to move somewhere when weighted and can thus be a source of chafing. Some structural materials can collapse fairly quickly, making a saddle most uncomfortable. Rapid breakdown can also occur when the saddle is too lightly constructed, using less structural material than really required for than sake of saving weight. Heavier riders will see them disintegrating in a hurry.

When selecting a saddle the width of your "sit" bones, or ischial tuberosities, should be closely considered. Riders that assume a more



Photos Courtesy of Seattle Bike Supply

Seat post designs and clamping brackets do make a difference in your comfort

malfunctioning will precipitate a multitude of upper extremity and spine discomforts to accompany the basic urogenital misfortune. Some practical information could help make your butt much more comfortable.

The saddle dilemma

Selecting a saddle can be a bit challenging, considering the multitude of options available on the market. Construction and material, width and areas of decompression are all attributes to consider. Leather, vinyl, lycra-cover, gel pads, carbon and polyethylene, to name a few, are used in building them. Some materials, such as leather, require break-in periods to reach optimal comfort, while carbon fiber will always

upright stand on the bicycle should have a wider seat. Those who ride a fairly down/forward position will be best served by a more narrow saddle.

The decompression concepts were made popular as a reaction to medical literature that described the perils of prolonged exposure to a standard bicycle saddle. In response the market was flooded with cut out saddles, although they don't guarantee comfort. This was confirmed by Bressel and Larson², who studied comfort versus saddle construction. They compared three different styles of seats (standard, partial cut out and full cut out) against assumed trunk and pelvic angles with the rider's hands on top of the handlebars and in the drops. Based on participants' comments and the assumed positions, saddles with a partial cut out design may be more comfortable than a standard or complete cut out style.

The seat post impact

The obvious job of a seat post is to attach the saddle to the bike. Poorly functioning, it can make a great saddle feel like a bad one. The

post affects the saddle height, fore/aft, and tilt. It should be long enough to allow for proper saddle height adjustments. Their lengths vary, so don't shortchange yourself.

The seat fore/aft position over the seat post is adjusted by moving the saddle forward or back on its rails. The correct placement is fre-

will allow you to "test-drive" one as long as you tape the rails to avoid scratching them. Of course, when riding long distances, a good pair of cycling shorts and chamois crème can improve your overall level of comfort. Making appropriate choices will help ensure you enjoy a much happier ride.



Courtesy of Seattle Bike Supply

Multiple options are available on the market, from standard to partial and full cut out saddles

quently based on the location of knee over pedal when in a three o'clock position. Your chosen cycling discipline will determine your fore/aft post needs. For example, those in search of a more aerodynamic position frequently have their knee landing forward on the pedal. Seat post design, clamp/bracket set up and location vary depending on the manufacturers. There are set-back, neutral (clamp on top) and forward projecting posts.

Saddle tilt is determined by the way the bracket is affixed to the seat post. A common one provides for approximately three degrees of angular variation. I am not a fan of them, as they do not allow for enough fine-angle tweaking to permit the best saddle positioning. Angular "fine-tune" seat posts are your best choice when trying to ensure saddle comfort.

Be critical of your seat post and the positioning of your saddle. Try out your friends' saddles and see what works for you. Also, some shops

References:

1. Leibovitch I, Mor Y. *The Vicious Cycling: Bicycling Related Urogenital Disorders*. European Urology 47 (3) 2005: 277-86.
2. Bressel E., Larson BJ. *Bicycle Seat Designs and Their Effect on Pelvic Angle, Trunk Angle, and Comfort*. Med. Sci. Sports Exerc., Vol. 35, No. 2, pp. 327-332, 2003.

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 cyclo-cross. He may be reached at Corpore Sano in Kenmore, WA or through his website at www.bikept.com.

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"CYCLO-CROSS" FROM PAGE 1

displaying various products as well as adding good food and drink vendors would make for an improved atmosphere overall. These ideas are still in the planning phases, but some (if not all) should be implemented in the next month or so as the competition starts up.

Also on the lookout to find out new ways to spice up their already fun 'cross is Brad Ross, the Portland, Oregon Cross Crusade organizer. As he puts it, "we try to put on a party, getting people to stay for the day," and that also means giving away goofy prizes. You don't have to be on the podium to be a winner at those events; just finishing the race can win you a six-pack or other prize. For the past 18 or so years their "party" has typically seen a ten-percent participant growth every season. Last year they averaged 640 per race, and now they are preparing for 700-720.

A major change for 2007 is the inclusion of four new venues to the seven-race series, which runs from October 7th to December 2nd. Not to miss out on any of the fun, Cross Crusade will be putting on once again their annual Halloween

Cross Festival October 27th, the night before the Astoria race. This gives the riders a chance to dress up, showcase their fabulous costumes and celebrate cyclocross in a relaxed atmosphere, which makes it easy for new comers to join the party. Ross is excited for the upcoming season, and the changes as well as old traditions that will be taking place. He sees cyclo-cross as one of the easiest way to enter the sport of bicycle racing as the events and courses are short, and the friendly atmosphere creates the right environment for a great first experience. "A lot of the Crusade participants are new to cycling," Ross says. Men, women, newcomers, and old hats are all welcome at any of the Cross Crusade parties,



Elite men racers attacking the "run-up" at Steilacoom Park (2006)

including the World Single Speed 'Cross Championships (November 10-11), where participants will demonstrate how it is done using only one gear. Not to be missed is the only Crank Brother gran prix of cyclocross to be presented on the West coast. On December 1st and 2nd, the event organized by Ross and his group will provide the best opportunity available to Northwest residents to see firsthand the top elite riders

nationwide in action. This is a feast for anyone who enjoys a tactically, physically hard fought race, or simply a good show.

Our Canadian neighbors are also fans of the sport. Although the events don't draw the same numbers as in the U.S., the Giant Bicycles BC Cross Cup is continuing to grow and flourish as well. Kevin MacCuish, Director of Race Standards says, "It is going to be the strongest cyclo-cross season yet." With all the interest generated so far, Cycling BC is expecting participation to range from 100 to possibly 300 riders, depending on the race. Interestingly, MacCuish mentioned that many of the events take place in city parks, making them easily accessible to all racers and spectators. Although still finalizing the schedule as of press time, the goal is to present eight races.

One event, Star Crossed, which is not part of any series but is seen by most as the "official" start of the season, is scheduled for September 22. Run partially under the lights of the Redmond, WA Marymoor Park velodrome, the international caliber event is presented in what is considered one of the best spectator friendly environments, allowing the crowd to see nearly 90% of the racing action at all times. The following day the racers meet again, this time at the international Rad Racing GP presented at the Steilacoom Park in Lakewood, Washington.

Whichever way you look at it, there seems to be a healthy growth in the sport, and the upcoming season has the potential to be the best thus far. The races promise to be a great source of entertainment and a good opportunity for those who are just getting into the various aspects of cycling to test their skills and meet others with the same passions.

For more information:

- Inland NW Cyclocross Series—www.emdesports.com
- Cross Crusade—www.crosscrusade.com
- Seattle Cyclocross Series—<http://seattlecyclocross.com>
- Cycling BC—www.cyclingbc.net
- Star Crossed—www.hagensbermancycling.com
- Rad Racing GP—www.radracingnw.com

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“Co-MOTION” FROM PAGE 1

which offered an ideal course for tandem pairs who might have been apprehensive about the fast, close bike-handling skills usually required for criterium racing. It is wide open, with two corners and two sweeping turns. The Category C riders were excused from the stage, so the racing began with the B's. Sprint for primes kept the early racing animated, but the last prime of the 30-minute race split the field into two groups. The top four places went to father/son teams. In the A race, the male/male bikes were content to let the mixed pairs do all the work, while they took all the prime and got in all the breaks, until the last lap when their acceleration finally split the field. The male/male tandems, lead by the Chain Agents team, finished together four seconds ahead of the mixed bikes after 45 minutes of racing.

King Estate winery, which overlooks the Lorane Valley, hosted the start and finish of the final stage of the weekend. The 56-mile course took the Category A bikes on a route that included the four-mile Wolf Creek climb, some rolling wine country roads and a one-kilometer hill through the vineyards. The B's had a shorter 42-mile course—omitting some of the wine country roads—and the C's did a flat out-and-back course for a total of 26 miles.

Despite some early jumps, the A race

stayed together until halfway up the biggest climb. The Hutch's team, which still sat only a fraction of a second out of first place, attacked twice and pulled away from everyone except co-leader Team Zoka. An all-male River City team (Hatfield/Ellis) and the mixed First Rate Mortgage pair (Walsh/Walsh) chased hard and eventually caught the break. The last two miles of the race brought two hills and split the four front bikes apart, but the race leaders battled all the way to the finish and Team Zoka edged out Hutch's by only two seconds at the line. Behind them no one was ready to give up, and all the times on this stage were close.

In the B race, father/son teams ruled the day. The three Hutch's teams rode away on the long Wolf Creek climb. Although a group of six bikes chased hard to bring them back, it was to no avail as Hutch's filled all three-podium spots. With the current first and second place overall teams back in the chase group, there was plenty of motivation for hard pulls, splitting the riders apart on the last two climbs to the finish. The Landshark team, also a father/son duo, took the sprint for fourth place. The second chase group was only a few minutes back.

Some Category C riders had hoped for a social group ride, but others had a different idea. The Shepard—a father/daughter team with a



Photo by Kent Peterson

The Walsh pair working at the front of the A criterium, while the men's pairs wait behind

competitive spirit—split the race on the flat roads and then drove the pace up the finishing climb to overtake the race leaders (the Stahl—a three-person team: tandem plus “trail-a-bike”) in the overall race standings.

It is listed as a rule in the Co-Motion race bible that “riders must appear to be having fun.” The racing was fast and challenging with something for everyone: legs ached, lungs burned, but smiles prevailed and everyone really had fun. The mutual support and camaraderie throughout the weekend stretched from the seven-year-old kids to the veteran racers. The folks at Co-Motion Cycles pull out all the stops, including a large group of staff and volunteers, to put on “the nation's premier annual tandem racing event.”




Results:

Category A (7 teams): 1. Todd Sahl/Jason Williams (Team Zoka); 2. Dan Vrijmoet/Paul Bourcier (Hutch's/OIC); 3. John Hatfield/Gerry Ellis (River City); 4. Mick/Martha Walsh (First Rate Mortgage); 5. Robert Hughes/Paul Shirkey (Chain Agents).

Category B (20 teams): 1. Mike/Sam Rosenberg (Hutch's/OIC); 2. Eric/Leif Kytola (Hutch's/OIC); 3. Davis/Greg Shepherd (Hutch's/OIC); 4. Mathew Braun/Liatt Avigdor (Team SCR); 5. Chris Clemow/Doug Ben (Hutch's/OIC).

Category C (5 teams): 1. Dwan/Claire Shepard (Co-Motion); 2. Andy Stahl/McKenzie & Olallie Stahl-Wellborn (Hutch's/OIC); 3. Charlie Barbour/Sharon Hanes; 4. Anae/Emma Rosenberg (Hutch's/OIC); 5. Edsel/Royce Ing.

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Danskin Triathlon: Empowering Women, Changing Lives and Creating Athletes

By MELINA LAMBUTH

Whenever I hear of an acquaintance partaking in a triathlon I give them full credit for working towards what seems to me such an ambitious goal. Although not entirely out of shape, I definitely do not classify myself as one of the most athletic and in-shape people out there. My experience up until now has taught me to believe that it takes someone who runs, swims, and bikes on a regular (if not daily) basis to compete in such a thing as a triathlon. I, with my measly two-time-a-week swims and occasional treadmill jaunts, could never even consider putting forth the athleticism that is associated with such an in-depth and exhausting event.

However, going against event stereotypes, the Danskin Women's Triathlon is geared not only towards great athletes, but also the regular everyday woman. Held for its 18th consecutive year, it "remains the longest running multi-sports Series in the world" (www.Danskin.com/triathlon). It took place in Seattle last month for the 15th time, going through the Genesee Park, a "challenging but aesthetic course," as stated by Maggie Sullivan,

director of the Danskin Triathlon series. Over 5,000 women registered for the event, which transpired on August 19th. There was a 1/2-mile swim, followed by a 12-mile bike ride, and a 3.1-mile run/walk to end it.

I had the opportunity to speak with a few of the women who participated in this year's triathlon. It is clear that Danskin, to them, is not just another event, but also an opportunity to encourage other women. Leona Hollis, alumna of the Danskin and Seattle Triathlon Club President says, "[It] holds a special place in my heart



Carrie (2nd from right) and friends ready for the challenge

as it is truly a life changing event for many of us women. It is a testimony to us...and what we can accomplish as athletes." For newcomer Deanna Adler of Renton, Washington, it was this kind of advertisement that drew her to register in the first place. Spending

the past three years slimming down from 275 pounds, Adler was now ready to put her new body to the test. As she explains it, "The most common thing I heard was that the Danskin was such an uplifting and supportive environment and if I was going to start in triathlons, I needed to check [it out]...I like that we're all women of different shapes and sizes, different skill levels, and different types of people, but in the end, we're all women and it's great to support each other."

Various motivations brought these women out to the Genesee Park starting line. For Adler it was the desire to see what her "new body" was capable of. For others, like cancer survivor Carrie Cary of Seattle, it was to test her re-gained strength: "It is hard to feel 'strong' after going through an illness that knocks you off your feet. I was physically strong before my cancer and I desperately [want] that feeling back." This was Cary's third time doing the Danskin Triathlon. As she says, "The first time was for me and me alone.

Second time was for me, but also to enjoy the experience and get in shape. This time [was] for me, but also for my kids and friends that [did] it for the first time." Like Cary, Heddi Porter of Seattle, Washington, was also looking to regain some of the lost confidence in her physical strength. A car accident ten years past has left Porter with the inability to use her left arm: "It has been a long journey learning to feel strong and empowered again, starting with getting on a bike when my occupational therapist told me biking was 'essentially a two-handed sport.'" Physical injury can sometimes be the biggest motivator, as it is for Porter. In preparing herself for the triathlon, she did 30 to 50-mile bike rides most weekends, with her only worry being her ability to handle the bike smoothly in a crowd, when already tired from the swim.

When asked how they felt about the 12-mile bike ride as opposed to the shorter swim and run, they seemed rather enthusiastic. Adler says, "I really enjoy seeing the details along the road that you miss when you're in a car. I love the open air and the smells that you would never experience otherwise. I like the feeling of freedom I have on my bike." For Hollis, it was the amazing view of the water that made this part of the race special. Although the longer portion of the triathlon, the bike ride seems to be the most freeing and invigorating of the three parts.

Once more, the Danskin proved an exhilarating event. With comments like "it was completely the most wonderful experience of my life," and "it was great—what a high! I felt like Superwoman afterwards," it is hard not to wonder at the fulfillment these women feel, and long for it ourselves.

Five years ago, most of these women would not have been able to participate in a triathlon. Most thought it beyond their grasp—they could not possibly compete in such an athletic event. Now, in August 2007 they put their ideas about athleticism to the test, some of them for the second, third or fourth time. It was a new beginning, or for some, a reminder of one, and a



Heddi (front) feeling strong again

chance to be labeled an athlete. Hollis, four-time Danskin triathlete, is one such woman: "Since I have started doing triathlons, I think of myself as an athlete. This is big. I am a wife, a mother, a flight attendant, a sister, a best friend, a daughter...but the one that I feel I earned and never thought I would be is an 'Athlete.' Honest to goodness, sweating, aching, heart-monitor wearing, sore muscles, wear out running shoes, can change a bike flat, Athlete. This is one title that I want to keep for the rest of my life." Remarkably, all four women came in the top 50% of the finishers.

Danskin aims to boost the confidence of the everyday woman, creating a new strength within the participant, and it did just that. You can become one of these women. Grab your running shoes, swimsuit, and bike, join a club and get to work on gearing up for next year's event. Who knows, the Danskin could quite possibly change your life, and your view on yourself, just as it did for these women.



Deana (4891) in a sea of Danskin's participants

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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


SEPTEMBER

Sep 1-30: Bike Commuter Challenge
Various, OR. Month long challenge. Register as a team or individually and commute to work. Great prizes. www.bta4bikes.org

Sep 8: I-5 Colonnade Novice Area Grand Opening
Seattle, WA. Grand opening of the novice area at the I-5 Colonnade mountain bike skills park. Jon Kennedy, BBTC, 206-524-2900, www.bbtc.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

OCTOBER

Oct 27: Bicycle Alliance of Washington Annual Auction 
Seattle, WA. Join 450 bicycling enthusiasts at the 15th Annual Bicycle Alliance Auction and help raise money to support advocacy in the state of Washington. Seattle Fisher Pavilion. It's a ton of fun. Bicycle Alliance, 206-224-9252, www.bicycledalliance.org

CAMPS

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)
Blue Rive, BC. MTB camps 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. Candace Shadley, Dirt Series, 604-905-8876, www.dirtseries.com

RACE SERIES

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.bcmastrerscycling.net

Apr 14-Sep 29: Capitol Forest MTB Race Series
Lacey, WA. 5-event series that includes 2 poker runs and 3 Super D. Events start at 10am. Registration from 8-9:00am, open to everyone. Attend a work party and get a discount on your race fee. All proceeds go to benefit Capitol Forest. Limit 105 riders per event. Pre-reg. recommended. Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/racesFOCF07.html

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 28-Sep 9: Mt Hood Adventure Park XC/ST Series
Mt. Hood, OR. Series of 4 events all around Mt Hood. 2 short track events, 4XC. OBRA sanctioned. 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. Mike Murray, OBRA, 503-661-5874, www.obra.org


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. PHurricane Racing, 503-272-0146, www.skibowl.com

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 9-Nov 3: BC Cross Cup
Various, BC. Series of 8 events raced on Lower Mainland. Overall calculated on points. Cycling BC, 604-737-3034, www.cyclingbc.net

Sep 11-Nov 13: Cross Training Series
Boise, ID. Prepare for the cross season. www.idahocyclocross.com

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 based on points accumulated in primes and at the finish. Start at 6:00pm. Charles Warner, www.obra.org

Sep 16-30: Group Health Kids Bike Series 
Spokane, WA. Kids from 5 to 11 years old race various distances, any bike will do. Tons of fun and great prizes. Points calculated for overall winner. Event on 9/16, 23, 30 Marla Emde, Emde Sports, 509-326-6983, www.emdesports.com

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

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-  Supports Bicycle Transportation Alliance of OR

Sep 30-Dec 9: Seattle Cyclocross Series
Various, WA. Series of 8 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. Dan Norton, www.seattlecyclocross.com

Oct 7-Nov 18: Cross Crusade Series
Various, OR. 7-event series. \$20,000+ prizes. All fields limited to 100 racers. OBRA membership required to race. All welcome. Points awarded 18 deep in each race - series prizes awarded at end of year party. The best 4 results counts toward GC. All bikes accepted. Brad Ross, www.crosscrusade.com

Oct 14-Nov 18: Inland NW Cyclocross Series
Various, WA. 8-event series. Marla Emde, Emde Sports, 509-326-6983, www.emdesports.com

Oct 14-Dec 8: Sandy Point Beach Cross Race Series
Boise, ID. 4-event race series, at Sandy Points. Clinic before the start of the first race. www.idahocyclocross.com

MULTISPORT

SEPTEMBER


Sep 8: Subaru US Women's Triathlon
Federal Way, WA. Sprint and super sprint distances. Staged at Steel Lake Park. Benefit the Ovarian Cancer Research Fund. 773-404-2372, www.hottriatlthon.org

Sep 8: XTC Vancouver—National Championships
Vancouver, BC. Off-road multisport race. At Buntzen Lake. 1500m swim, 24k MTB and a 10k trail run. Open to all from new to off-road triathlon to pro-athlete. Half XTC also available. Half the distance, same fun. Part of the Triathlon BC Junior Elite Series. Cove Communications, 888-788-4645, www.xtccanada.com

Sep 14-16: Port Angeles Senior Games
Port Angeles, WA. The Senior Games are all about encouraging men & women age 50 and over to make exercise & fun a year-round habit. 18 different sports! 360-457-7004, www.portangelesseniorgames.com

Sep 15: Flowing Lake Triathlon
Snohomish, WA. Registration opens at 6:00am, closes at 7:45am. Race starts at 8:00am. Swim 400m, bike 12 miles, run 4k. BuDu Racing, 253-334-4433, www.buduracing.com

Sep 15: Grand Coulee Dam Triathlon
Grand Coulee, WA. Full and half distance. Amazing high desert scenery. Swim in Banks Lake. Ride across the dam. Total Health Events, 360-325-0715, www.thegrandcolumbian.com

Sep 23: Vancouver Muddy Buddy Ride & Run 
N. Vancouver, BC. Get dirty! Start at Camp Brick. Team of 2, 1 run, 1 biking. Conquer 5 obstacles, while you leap frog switching from biking and running. Obstacles consist of tire/hay bail challenges, mud pit, rope challenge, etc. Free kids race. Cove Communications, 888-788-4645, www.covecommunications.ca

Sep 29: MOMAR - Cumberland
Cumberland, BC. Part of Mind Over Mountain Adventure Race series. 40-50km course. 10 km Kayaking, 20km MTB, 10km trail running and mystery challenges. For beginners to advance racers. Moderate navigation. Solo or teams of 2 or 4. Approx. finish time 4-8 hours. Bryan Tasaka, MOMAR, www.mindovermountain.com

OCTOBER

Oct 14: Dirty Du
Yamhill, OR. Flying M Ranch. Start time 10am. MTB duathlon 5 trail run, 15-mile MTB leg with 65% singletrack. BBQ and camping. X Dog Events, 971-223-2825, www.xdevents.com

BMX

OCTOBER

Oct 5-7: ABA Canadian Grand Nat'l
Chilliwack, BC. American Bicycle Association, www.ababmx.com

Oct 6: Medford BMX - Double
Medford, OR. Double points. www.angelfire.com

CYCLO-CROSS

SEPTEMBER

Sep 3: Labor Day Cyclocross
SeaTac, WA. Des Moines Creek Park. Reg. opens at 8:00am. Brian Valkert, www.seattlecyclocross.com

Sep 8: Cyclocrazed #1
Bellingham, WA. Silver Lake State Park. In conjunction with Mt Baker Hill Climb. www.cyclocrazed.com

Sep 9: Masi-Adobe Cross Classic
Ft Langley, BC. Aldor 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, www.obra.org

Sep 15: Team Coastal 'Cross
Delta, BC. www.teamcoastalcycling.com

Sep 16: Copper Cross
SeaTac, WA. South SeaTac Park. First start at 9:30am. No USA Cycling licence required. \$20. AVA/Counterbalance Racing, www.seattlecyclocross.com

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

Sep 22: FSA Star Crossed
Redmond, WA. Marymoor Park. UCI-2 event. Starts at 2:15 pm, last race at 8:00 pm. \$20. Minimum size field = 6. www.hagensbermancycling.com

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

Sep 23: Rad Racing Grand Prix
Lakewood, WA. UCI-2 race returns to Steilacoom. Jim Brown, Rad Racing NW, www.radracingsnw.org

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

Sep 29: EV Grand Prix of Cyclocross
Vancouver, BC. Escape Velocity, www.escapevelocity.bc.ca

Sep 30: Wedgewood 'Cross
Vancouver, BC. Team Wedgewood, www.teamwedgewood.com

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

OCTOBER

Oct 5-7: Methow Valley Fall Bike Festival
Winthrop, WA. 3 days of bicycling bliss throughout the Methow Valley! Participate in a cyclocross race on Saturday, 10/6 and a cross country race Sunday, 10/7. Early registration deadline October 3. Julie Myllaert, Methow Valley Sport Trails Association, 509-996-3287, www.mvsta.com

Oct 6: 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

Oct 6: BC Cup Crescent Park Cyclo-cross
South Surrey, BC. Team Coastal, www.teamcoastalcycling.com

Oct 7: Cross Crusade #1
Portland, OR. Alpenrose Dairy. First race at 9:00am. Kiddie kilo. Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 7: Inland NW CX #1
Moscow, ID. Emde Sports, 509-326-6983, www.emdesports.com

Oct 10: Road & Dirt Cross Series
Hailey, ID. www.roadanddirt.org

Oct 11: District Championships
Estacada, OR. Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 14: Cross Crusade #2
Portland, OR. Location to be confirmed, Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 14: Inland NW CX #2
Spokane, WA. Valley Mission Park, Emde Sports, 509-326-6983, www.emdesports.com

Oct 14: Sandy Point Beach Cross #1
Boise, ID. Clinic followed by racing. See Race Series for details. www.lostrivercycling.org

Oct 14: Seattle Cyclocross Series #2
Seattle, WA. Evergreen High School. Dan Norton, www.seattlecyclocross.com

Oct 14: Vanier Park Cyclocross Classic
Vancouver, BC. Race in Vanier Park in downtown Vancouver. BC Cup event. Krebs Cycle Club, www.krebscycleclub.com

Oct 17: Road & Dirt Cross Series
Hailey, ID. www.roadanddirt.org

Oct 20: Eagle Island Cross #2
Eagle, ID. See Race Series for details. Team Digestive Health Clinic, www.idahocyclocross.com

Oct 20: Provincial Championships
Kamloops, BC. Henry Pejrl, www.cyclingbc.net

Oct 21: Inland NW CX #3
Coeur d'Alene, ID. North Idaho College, Emde Sports, 509-326-6983, www.emdesports.com

Oct 21: Cross Crusade #3
Portland, OR. Rainier High School location. Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 21: National Championships
Kamloops, BC. Henry Pejrl, www.cyclingbc.net

Oct 21: Seattle Cyclocross Series #3
Sumner, WA. Kelly Creek course. Dan Norton, www.seattlecyclocross.com

Oct 24: Road & Dirt Cross Series
Hailey, ID. www.roadanddirt.org

Oct 27: Cyclocrazed #2 - Muerto Cross
Bellingham, WA. Major points for costumes. www.cyclocrazed.com

Oct 27: Crossquiltam
Coquitlam, BC. Escape Velocity, www.escapevelocity.bc.ca

Oct 27-28: Cycloberfest
Hailey, ID. www.roadanddirt.org

Oct 27-28: Halloween Cross Festival & Cross Crusade #4
Portland, OR. Astoria Fairgrounds, Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 27-28: Inland NW CX #4/#5
Walla Walla, WA. Fort Walla Walla, Emde Sports, 509-326-6983, www.emdesports.com

Oct 28: Maple Ridge Cross
Maple Ridge, BC. BC Cup event. Barry Lyster, 604-466-2016, www.racetheridge.com

Oct 28: Seattle Cyclocross Series #4
Lakewood, WA. Fort Steilacoom Park. Dan Norton, www.seattlecyclocross.com

NOVEMBER

Nov 3: South Surrey Cyclocross
Surrey, BC. Sorce Bike club, www.sorcebikeclub.org

Nov 4: Cross Crusade #5
Portland, OR. Horning's Hideout location. Brad Ross, 503-806-6943, www.crosscrusade.com



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Nov 4: Inland NW CX #6

Spokane, WA. Riverside State Park, Emde Sports, 509-326-6983, www.emdesports.com

Nov 4: Seattle Cyclocross Series #5

Auburn, WA. Donida Farms. Dan Norton, www.seattlecyclocross.com

Nov 10-11: Seattle Cyclocross Series #6/#7

Oak Harbor, WA. Fort Flager State Park. Dan Norton, www.seattlecyclocross.com

Nov 10-11: Single Speed Qualifier & World Single Speed CX Championships

Portland, OR. Also the OBRA championships and Cross Crusade #6. Presented at Estacada Timber Park. Brad Ross, 503-806-6943, www.crosscrusade.com

Nov 11: Inland NW CX #7

Coeur d'Alene, ID. Riverstone Development. Emde Sports, 509-326-6983, www.emdesports.com

MOUNTAIN BIKE RACING

SEPTEMBER

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. 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: 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. 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. 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. All proceeds go to benefit Capitol Forest. Capitol Forest MTB Series Finals. Friends of Capitol Forest, 360-204-6207, www.capitolforest.com

Sep 30: Mt Ashland Hillclimb

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

OCTOBER

Oct 7: Bogus to Boise Banzai

Boise, ID. NORBA NW Singlespeed championships. Singlespeed riders start at 11 am on an 8-mile XC loop before going down 16.5 miles (4100ft) descent to Boise. Other categories follow. Wild Rockies, www.wildrockies.com

MOUNTAIN BIKE TOURING

SEPTEMBER

Sep 8: Harrison Ford 200km Brevet

100 Mile House, BC. Start at Tim Horton's 100 Mile House at 7am. Route: Lac des roches-Eagen Lake-Green Lake- Lone Butte- 70 miles. On-road/Off-road brevet, so bring your ATB (All Terrain Bicycle)! BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

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. 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/bike_tours

Sep 23: Olympic Discovery Bike Adventure

Port Angeles, WA. Enjoy riding 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. MTB with semi-slick or smooth tires or road bike with wider tires recommended. Start at City Pier. City of Port Angeles Park and Rec, 360-417-4550, www.olympicdiscoverybike.com

OCTOBER

Oct 5-7: Bike and Brew Weekend

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

Oct 5-7: Yakima Valley Wine Bicycle Tour

Sunnyside, WA. We haul your gear so you can cycle freely. Nights are spent in country inn. Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokanebike.org

Oct 12-14: 13th Annual Bend's Big Fat Tour

Bend, OR. 1, 2, or 3 days of guided mountain bike rides in Central Oregon. Fully supported group rides that encourage you to leave your techno devices at home and just enjoy the ride. Earn your "No Whiners" patch by completing all 3 days. 800-818-1902, www.bendsbigfattour.com

Oct 14-15: Walla Walla Wine Bike Tour

Walla Walla, WA. Include support vehicle, guides, two meals and one night of lodging. Spokane Parks and Recreation, 509-625-6246, www.spokanebike.org

Oct 19-21: Umpqua River Mountain Bike Adventure

Bend, OR. Ride 50+ miles of singletrack on the technical North Umpqua River Trail. This lush trail ranges from steep climbs to fast, flowing, let-it-rip descents. Camp on the river with a natural hot spring nearby. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

ROAD RACING

SEPTEMBER

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 totaling 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 Ken Meyer Memorial Foundation. NorkaRecreation, www.norkarecreation.com

Sep 9: OBRA Hillclimb Championships

tbc, OR. Hill climb time trial. Erik Voldengren, 503-818-4985, www.obra.org

Sep 14-16: Port Angeles Senior Games

Port Angeles, WA. The Senior Games open to men and women age 50+. Cycling event is a 20-mile time trial. Along smooth paved roads with very light auto traffic. 360-457-7004, www.portangelesseniorgames.com

Sep 14-16: Times Colonist Cycling Festival

Victoria, BC. Includes the Bastion Square criterium 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. BC Masters Cycling Association, 250-338-6642, www.bcmasterscycling.net

Sep 16, 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

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! All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007

Sep 16: Vertigo Hill Climb Challenge

Comox, BC. Open to all. Hors category 16km climb 8% average grade with pitches at 12% and 16%. Comox Valley Cycling Club, www.cvcc.ca

Sep 22: Sunset Criterium

Portland, OR. 1km figure 8 criterium in Bethany Village shopping center. \$2500 in cash prizes. First start at 12:00 noon, last race at 5:30pm. Entry fee: \$20. Registration opens at 10:30am. Michael Manning, CycleOne LLC, 503-330-5531, www.obra.org

OCTOBER

Oct 5-7: Methow Valley Fall Bike Festival

Winthrop, WA. 3 days of bicycling bliss throughout the Methow Valley! Cross country race Sunday. Music, a potato bar, beer garden and awards at the Winthrop Barn and Park. Registration fees vary by activity. Early registration deadline 10/3. Julie Muijllaert, Methow Valley Sport Trails Association, 509-996-3287, www.mvsta.com

ROAD TOURING

SEPTEMBER

Sep 8: 16th Annual Bike the Bluff

Seattle, WA. Walk or ride a 4 or 6.5 mile loop around Magnolia, then enjoy a picnic and a dip in "Pop" Mounger pool. Start at 10am at the Pop Mounger Pool. 206-675-7480, www.bikethebluff.org

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. Open to novices and advanced riders. Limit 250 riders. Fundraising minimum \$450. Rod Leslie, 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, Canada. Helps to raise money for important lung disease research. Alexis Hoy, BC Lung Assoc., 604-731-5864, www.bc.lung.ca

Sep 8-22: Big Ride Pacific Coast

Seattle, WA. Experience the Pacific Coast by bicycle! Fully supported tour along the stunning Pacific Coast. Bridget Herzog, American Lung Assoc. WA, 206-441-5100, www.bigride.org

Sep 8: Cascade Lakes

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

Sep 8-15: Cycle Oregon

Various, OR. Fully supported, 7-day road tour that travels through some of the most magical places. Cycle Oregon, 800-CycleOR, www.cycleoregon.com

Sep 8: Emerald City Lights Bike Ride

Seattle, WA. Featuring a 18, 30- or 65-mile route. 5 km walk. Proceeds to 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 location at Tim Horton's 100 Mile House, 7am. Route: Lac des roches-Eagen Lake- Green Lake- Lone Butte- 70 miles. On-road/Off-road brevet, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

Sep 8: Oregon Coast Cycling Festival

Gold Beach, OR. 5 fully supported routes along the beautiful southern Oregon Coast; 3-mile ice cream cruise to a 100-mile challenge. Proceeds 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. Join the ride for the full distance or part of it. America by Bicycle, 888-797-7057, www.abbike.com

Sep 8-9: Group Health MS 150 Bike Tour

La Conner, WA. Scenic journey through Skagit, Whatcom, and Island counties. 2-day, with route options up to 150 miles. Fully supported with stocked 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 & advanced riders alike. near headwaters of the Green River in King County, includes Black Diamond and Maple Valley. Tacoma Wheelmen's Bicycle Club, 253-272-6747, www.tbwc.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, racers 8:30 to 9am. Supports 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.bicycledadventures.com

Sep 9: Sunnyside Century

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

Sep 10-21: Grand Canyon

St. George, UT. Biking and hiking in Cedar Breaks National Monument, Red Canyon, Bryce Canyon National Park, Coral Pink Sand Dunes State Park, and more. Fully supported. Noo Funteers Bicycle Vacations, www.nooofunteers.com

Sep 15: 200km Brevet

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

Sep 15: Basin Bike & Build

Klamath Falls, OR. 6th annual Klamath Falls bicycle event. Various length, scenic routes around the Klamath Basin, help raise funds to build more houses. Klamath Basin Habitat for Humanity, www.klamathbasinhfh.org

Sep 15-16: 5th Oregon Covered Bridge Festival

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

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

Boise, Idaho. Scenic ride through SW Idaho with a variety of route choices. Families can meet their cyclists at Emmett City Park, enjoy the pool, and camp with cyclists overnight. Benefits the National Multiple Sclerosis Society. 50-200 miles over 2 days. Sannette Clark, National MS Society - Idaho 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. Ride from Spokane to Coeur d'Alene and back. 2 days, 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 Assoc. of WA, 206-441-5100, www.cleannairadventures.org

Sep 16: Cascade Spawning Cycle

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

Sep 16: Chuckanut Century Bicycle Ride

Bellingham, WA. Pick your distance ranging from 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. Route to be announced. 200km brevet. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Sep 20-23: Okanagan BC Wine Bicycle Tour

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

Sep 22: 5th Annual Kootenai River Ride

Bonnars Ferry, ID. Starts at the County Fairgrounds. Choice of 100, 60 or 16km routes. First start at 8:00 am. Long sleeve t-shirt included with registration and potato bake feed. Bonnars Ferry Rotary Club, www.ruralnorthwest.com/rotary/bike07.htm

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. Bob Kinney, Bike 2 Bike, 801-677-0134

Sep 22-23: John Day Weekend Tour

Sisters, OR. Travel from Sisters over the McKenzie Pass to McKenzie Bridge and 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 Southern Oregon. 100-, 65-, 30-mile or 6-mile family ride available. Ride a relatively flat course through forests, along rivers, and across valleys! Benefits the Rogue River Recreational Corridor & Greenway. Rogue River Greenway Foundation, 541-582-4488, www.rideherogue.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, Stellacoom and Tacoma your family can enjoy the Fun4US Festival at Pt Defiance Park. Course opens at 7am closes at 1pm. Ride4US and Walk4US at 10:00 am. 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. Benefits the Whidbey General Hospital Foundation. Jan Tepper, 360-321-7656, www.whidbey.org

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: Olympic Discovery Bike Adventure

Port Angeles, WA. 50 miles on the off-road Olympic Discovery Trail that winds through valleys and along the shoreline. Port Angeles to Sequim. MTB with semi-slick or smooth tires or road bike with wider tires recommended. Start at City Pier. 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. 100km is generally flat and goes through Jefferson and Stayton. Salem Bicycle Club, 503-375-6139, www.salem.bicycleclub.org

Sep 28-30: 100km Randonnee

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

Sep 29: Dam2Dam Thumbs Up! Bike Tour

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 for spinal cord research. Dani Utley, 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. Also includes a 5K run/walk, \$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, reststops, and post-ride vegan meal. Bradley Saul, OrganicAthlete, 866-258-6179, www.tourdorganics.com



Photo by Studio Chaton

Let's go riding!

What Killed "Ride to Work" Magazine?

By MAYNARD HERSHON

Yesterday I picked up a new-to-me magazine featuring activities and places of interest for cyclists in the Rocky Mountain states—on and off the road.

The issue I grabbed is 112 slick, heavy pages loaded with ads for (and articles about) tours, mountain towns, coffee places, brew pubs and funky bike shops employing guru mechanics with facial hair. It's a big-attitude magazine for sport-cycling adventurers.

This expensively done quarterly, like those tourist magazines you find in hotel rooms, focuses on what to do in the area, where to stay, eat, drink, shop and enjoy yourself. Unlike those tourist rags, this one's all bicycle. One hundred percent hardcore recreational cycling.

Nowhere in it (okay, once) does a writer or the subject of an interview mention riding a bike for transportation. No wonder. Bikes, lest we forget, are toys. The magazine and the bike industry are grateful that bicycles are toys, because toys can be sold to excited customers. Then newer, more expensive toys can be sold to the same easily bored customers. New toys, different toys, more impressive toys. The grown-up toy business is good—toy makers can afford to advertise their products.

And non-toys-bikes for riding to work? Boring. No excitement. No one cares if star road sprinter Tom Boonen's mom pedals to the shops on a bike like one they can buy.

Commuter bikes are more like hand tools. Once you've bought a 10mm socket, unless you're tool-crazy, you won't tire of it. You'll use it...forever. Your wrench works; your bike

works. You don't need a more expensive, more glamorous replacement for either.

As a consumer, Ms. Cycle-Commuter, you're a flop. As a human being, you're a hero.

You're a hero because riding (not driving) is good for everyone, for the water and air and the level of din and chaos we endure. Riding preserves dwindling resources, especially oil. Everyone knows this.

But few people care. Many say they care, swear in church that they care. But when no one's looking, it's homes far from jobs, three cars per family, and Energy Star appliances.

A bike commuter, as we said, is not going to buy a new \$4,000 carbon fiber, flat-bar, single-speed urban bike when the prestige wears off her old \$250 one.

She's happy with the early '80s lugged steel Bridgestone she refurbished. The fenders almost match the silver paint. And she found an old, weathered Brooks. It's all good.

She isn't buying Carmichael training, roof racks, Volvos or sports drinks either, so CTS, Thule, Volvo and Accelerade won't choose to advertise in a magazine for folks like her. Let's call it *Ride to Work Magazine*.

Sadly, *Ride to Work* would fail before the first issue was printed. Why? Who would choose to advertise in *Ride to Work*, the "we don't buy much" magazine?

Chrome, Timbaktu, Surly, Burley, Brooks, Breezer, Rivendell and the folks who make gabardine-looking knickers, maybe. People who make single-speed freewheels and fenders. Lights. Brake pads. Wool stuff. Probably there are others, but not many.

What'll *Ride to Work's* publisher do for ad revenue? His/her readers don't buy much, so they don't matter much in the marketplace. In a consumer society, the marketplace means the world. Cycle commuters make the world yawn.

Bike commuters certainly don't matter in this Rocky Mountain cycling magazine.

As green as the publishers would like their magazine to seem, their readers drive to the as-yet-unspoiled spots the magazine showcases. The thin air thrills to the roar of V8 engines and the whine of 4WD gear cases. Parking lots of local advertisers are full. Brewpub beer and \$3.25/gallon gas flow like mountain streams.

What a great country this is!

In this great country, you're not going to impress anyone by refraining from anything. No one will rave about your commitment to keeping a car off the road, to pedaling to work in all weathers. No one cares that you shredded your Chevron card.

We make our mark in the U.S. by buying goods and services. Spend and the world sits up and takes notice. Don't and nobody loves you, baby.

Perhaps that's as it should be. If a few of us are not participating in this terrific system, why should anyone notice us? We buy, therefore we are. What we buy is who we are.

We recreational athletes buy gear that presents us as keen participants and discerning consumers, gear that may not offer superiority in any aspect except coolness. We pay big money for superior coolness, pure coolness often untainted by improved function.

I'll bet there are more models of carbon stems than of fenders or affordable, effective bike lights.

After all, bicycle lights are useless. Who needs 'em? No one rides after dark. Carbon fiber stems, in contrast, are a leap in bicycle technology, saleable to thousands of cyclists, many of whom already have stems.

Here's how to be bicycle cool in the USA: Ride for sport. Buy a racer replica that'll rack up big miles on top of your car. Join a bike club and drive to all the club rides. Enter all the charity events within a 100-mile radius; drive to each one.

Act as if oil is plentiful and cheap, there's no war, roads are empty and pleasant, and the air is clean. Act as if there's nothing for you to be concerned about but your fitness.

Hey, you're cool. You've got friends. The bike on your car outside Starbucks means you appear to be a savior of the environment. You're lean, mean, and green. Cool and respected.

Ride a bike for transportation—walk the authentic low-impact walk and acknowledge that some things may in truth be amiss—and no one cares.

You could pat yourself on the back, I suppose—if you don't mind taking your hand off the bar in all this traffic.



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effort is his tireless lobbying of the City Council for a more bike friendly city. Because bicyclists are everyday people too.



Our friend Andy Thornley, Program Director of the San Francisco Bicycle Coalition does just that. On his suspension-less, everyday commuter, in spandex-less,

everyday clothes. Over the hills, potholes and fog of San Francisco. Even on moving day. But Andy's true Herculean

