



Keep riding, the Mayor wants to triple the amount of all-purpose cycling trips in Seattle by 2017

Seattle Takes Its First Step Towards Platinum

By AMY ENSIGN AND BRITTANY SCHOOLEY

Members of Seattle City Council unanimously voted on November 5, 2007 to pass the city's Bicycle Master Plan (BMP), a 10-year, \$240 million effort to "make Seattle the best community for bicycling in the United States," according to the document's Executive Summary. The plan focuses primarily on two goals, the first of which is to increase the use of cycling in Seattle for all trip purposes. This would entail tripling the amount of cycling trips made between 2007 and 2017. The second objective is to improve the safety of bicyclists throughout the city, which would mean reducing the rate of bicycle crashes by one-third during that period.

The Bike Master Plan comes at a crucial time for Seattle. In February 2005 Mayor Greg Nickels promised in a newsletter, "We're going to meet the Kyoto Protocol, despite the failure of the federal government to act on the important issue of climate disruption." The Kyoto Protocol aims to reduce global warming pollution levels by seven percent below 1990 levels by 2012. 160 countries had ratified it as of February 2006; the United States has not. In a letter released in March 2001, President George W. Bush stated, "I oppose the Kyoto Protocol because it...would cause serious harm to the U.S. economy."

On February 16, 2005, Nickels launched the U.S. Mayors Climate Protection Agreement "to advance the goals of the Kyoto Protocol through leadership and action." The participating cities of the Agreement aim to meet or beat the Kyoto Protocol targets within their own communities. A progress report issued by the Green Ribbon Commission on Climate Protection stated that between 1990 and 2005, Seattle's progress was within this goal. However, Alex Fryer of the Office of Sustainability and Environment does not see this lasting. He stated, "In the future, as we continue to grow and have

more people, our transportation emissions are expected to rise. Per capita emissions have been going down, but our transportation emissions are expected to rise...The future doesn't look quite as rosy. If trends continue, we will not meet this goal." He believes a key element to reaching the 2012 goal is providing alternatives to single occupancy vehicles, and making sure Seattle residents feel safe while cycling. As for noticing negative effects on Seattle's economy since adopting the Agreement, Fryer states, "No, we have not. And I think what we're seeing is opportunities for companies to come up and meet the needs and interests of the public...on the contrary, we're finding that it presents a lot of opportunities for jobs and the economy."

In November 2006 Seattle voters were asked to approve Proposition 1: Bridging the Gap, which aims to improve streets, bridges and bicycle and pedestrian programs, among others. The nine-year, \$365 million property tax levy was almost twice as big as any in the city's history, which prompted some to question whether it was too exorbitant. The Municipal League of King County released a statement that asserted, "A nine year levy is too long. Government accountability will be impaired because the effectiveness of the tax will not be revisited for such a long period of time." They also claimed maintenance of bridges and roads is a top priority, and allowing the government to use special property tax levies for imperative services "creates a dangerous precedent."

A business-funded group, the Washington Policy Center, released a report on the levy that called into question a practice where "low priority services are funded through the regular budget while high priority services are left unfunded...If voters are told they will

SEE "SBMP" ON PAGE 4

Racing

Many Opportunities Await Women Racers

By SARA COVICH

Women's competitive and recreational cycling in the Pacific Northwest has grown noticeably in recent years. A handful of teams have sprung up in Washington, Oregon, Idaho and British Columbia, making riding accessible and welcoming for female cyclists of all ages and abilities. The Willamette Valley Women's Cycling Team, also known as the Poplollies, is based in Eugene, Oregon, and supports about 15 competitive riders a year. In Vancouver, BC, the Chicks Cycling Club offers recreational and racing opportunities for women under the tutelage of former Canadian national team member Judy Latoski.

The governing bodies of cycling in both the U.S. and Canada (USA Cycling and the Canadian Cycling Association) have pre-defined racing categories. Category 4 riders ("Cat 4s") are beginners, having never com-

peted. Cat 4s accumulate finish points to move up to Cat 3, a field of more experienced competitors. Cat 1s and Cat 2s are considered professional or top level cyclists; many Cat 1s train full-time and travel on the national and world racing circuits. These classifications exist to keep racing fields even, although race organizers often group several categories together (but score them separately) to condense the number of fields on the road.

Jill Howe of Eugene, OR, a Poplollie since 2006, started racing as a Cat 4, but upgraded to Cat 3 by 2007—she also won the Oregon Bicycle Racing Association's (OBRA) Best All-Around Rider Competition in the Cat 4 group. Howe raced on the East Coast in high school and college, but put her cycling on hold for almost 20

SEE "WOMEN RACING" ON PAGE 6

Health

Sources of Lower Back Woes

By ERIK MOEN PT, CSCS

My back is killing me...do more sit-ups, work on your core... anyone heard this before? Back pain related to bicycling is somewhat common. It is one of the top complaints in recreational and competitive bicyclists, and is second only to anterior (front) knee aches. Similar to other overuse injuries, in that there will most likely be several contributing factors to its presence, treatment of bicycle-related low back issues involves evaluating the bicycle, the body and the pedaling skills. Thus, the notion of one simple fix, such as just doing sit-ups, will limit your success.

For the purposes of this article we will rule out people with serious spinal pathology, such as disc herniation, gross bony degeneration or congenital issues, and consider solely those that have back pain as a function of riding their bicycle. Poor flexibility of gluteals and hamstrings musculature, insufficient back strength, lack of mid-back mobility, low pedaling cadence, inadequate saddle positioning or structural integrity and irregular positioning of the handlebars in rela-

tion to the saddle (most commonly too low and far away) can all contribute to the condition.

Notice I did not say abdominal weakness. The abdominals (abs), for the purpose of endurance bicycling, are mostly used for breathing. They are minimally used for the maintenance of the cycling posture, unlike that of standing, walking or running. Attempts to use your abs for holding the bicycle position will result in you holding your breath ... that is hardly aerobic. Bottom line, if we are looking at lessening back pain, the lone attempt at doing more sit-ups will have limited impact.

Adult athletes who have sedentary desk jobs are at a fairly high risk of suffering from low back pain. Desk workers will often have poor lower extremity and mid back flexibility as well as limited strength of their stomach and back muscles. They take on the form of a "computer user": eight to 12 hours a day in a chair is a powerful deconditioning stimulus. Add a little

SEE "HEALTH" ON PAGE 3

David Douglas Retires After 17 Years as WSBA President.

COURTESY WSBA

The Washington State Bicycle Association (WSBA) announced on December 19, 2007 that David Douglas decided to make 2007 his last year as President. Since starting with WSBA in 1990, Douglas recognized what was needed to grow the sport and the organization. He took on the challenge of organizing and improving race equipment, gradually building up from a few handmade signs and a bull horn to the current collection of DOT-approved signs, lights, radios, snow fencing, safety equipment and other basics to ensure safe races. Among his accomplishments, Douglas refined the season-long jersey number system, was instrumental in setting up WSBA as a not-for-profit organization that provides grants to support a variety of cycling activities, found ways to increase opportunities for Masters and Women's racing, added prestige and recognition to the Best All-Round Rider competition and brought the organization in at the ground level when USA Cycling began its revenue-sharing program with Local Associations. WSBA was the first to sign a

contract with USA Cycling and is now the fifth largest Association in the nation.

These are just but a few of Douglas's accomplishments over the years. The amount of work he has consistently done for WSBA is colossal and reflected in the fact that three people are now needed to take on his duties. No one can possibly replace him, and he will be missed. He epitomizes the "just do it" attitude, and yet has the vision to make sure that his approach is always improving bike racing in the state of Washington.

Starting January 1st, David Visintainer became the new WSBA president. Visintainer has been involved with various teams in the Northwest over the past 10 years, and is looking forward to taking on the role to ensure Douglas's work is continued. Two new WSBA additions include Stewart Bowmer, who will manage the race calendar, and Martin Senkyrik as equipment manager.

WSBA wishes to thank David Douglas for all his hard work and wishes him the best of luck in all his new endeavors.

"Power To The Pedal" Accessory for Bicycle Competition

The push to make bicycling a regular form of transportation for people across the world is now gaining momentum in light of global problems such as pollution, rising gas prices and public health concerns. To create support for this movement, DESIGN 21: Social Design Network challenged designers across the globe to create accessories for bicycles that would encourage people to make bicycling a part of their everyday lives. The deadline for this online competition, Power To The Pedal, is April 30, 2008. The winner will be announced on May 20, 2008.

"Power To The Pedal" is looking to procure answers to design problems that prohibit bicycle use. Through accessories or add-ons, designers should make bicycling more convenient, more enjoyable, safer and easily integrated into daily lifestyles. Entries will be judged based on overall effectiveness, creativity, practicality, aesthetics and how well it responds to environmental concerns. For more information, visit www.design21sdn.com

Idaho Junior Rider Scholarship Awarded

COURTESY TEAM DOBBIACO

Team Dobbiaco announced the recipients of the 2008 Junior Rider Scholarship Program. The program was established, with the support of Carrier Corporation, to introduce a team of Junior riders (aged 13 to 18) to the sport of cycling, while providing the opportunity to achieve personal goals in life and competition. The program is not intended to be a competitive racing entity, but rather seeks to introduce younger kids to the sport of cycling, develop road and mountain bike handling skills, build camaraderie and, most importantly, have fun.

Junior riders were selected to the program by presenting to the Team Dobbiaco Board of Directors what they hoped to get out of the program, the values they would bring to the organization and other reasons why they should be selected. Expert mountain bike racer and multi-sport athlete Erik Antink will be coaching and mentoring the selected riders in 2008.

The 2008 recipients are: Koby Keene, Neil Garrett, Lauren Garrett, Keaton Keene, Matt Ferronato, Austin Edwards, Nathan Thornton, Riley Wilson and Annie Wilson.

Racing News

Simms Finishes Seventh at Cyclocross Worlds

Nanaimo, BC resident Wendy Simms (Kona) put an exclamation mark on her stellar cyclocross season with a seventh place finish at the Cyclocross World Championships in Treviso, Italy. Simms had the finest season of her career. Over the past month of European competition she found herself routinely at the front of the race, mixing it up with the best women cyclo-cross racers in the world. Again

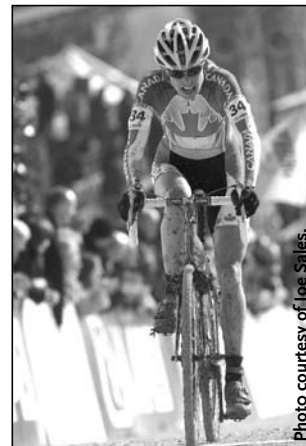


Photo courtesy of Joe Sales.

Wendy Simms

she was dueling with the eventual podium places and even leading the World Championship race for a lap.

"I certainly didn't expect to find myself leading the race at the World Championships. It just kind of happened, but I guess that's the way it works when you're at the front." As usual Simms played to her strong suit, rode the technical slick sections with ease and went to the front of the race. She would open a gap in the muddy sections, only to be reeled back in the steep 20 percent road climb. The previous five world champions picked her up one by one. "I am only upset about losing that sixth place on the last lap. I was just scribbled," she said.

Hanka Kupfernagel (Germany) won the event, followed by Marianne Vos (Netherlands) and Laurence Leboucher (France).

On the Road

Victoria, BC resident Ryder Hesjedal finished third at the Grand Prix d'Ouverture la Marseillaise in his first race with Slipstream/Chipotle.

UP NORTH

Cycling in Beautiful British Columbia

By JOE SALES

This year I'll be writing a monthly column about cycling in British Columbia, covering all that BC has to offer for the cycling enthusiast, from racing to commuting, road riding to extreme mountain biking and all things in between that make the province one of the truly great places to call home for the two-wheeled enthusiast.

Most cycling connoisseurs are well aware of the international reputation that BC enjoys as the birthplace of "North Shore" style mountain biking. Spawned on the steep wet pitches of the densely forested North Shore, a whole genre of biking was born that has given rise to a basically non-competitive style of riding that is now incredibly popular wherever mountain bikes are sold. Indeed, people from around the world make the pilgrimage to "freeride" haven to experience the gravity-fueled fun, not only in Whistler and Vancouver's North Shore, but all over the province. Later this season I'll be writing about the incredible community effort it takes to maintain those legendary Shore trails and the dedicated people behind the long-term preservation of our gravity heritage.

While the province is home to some of the very best elite level mountain bike racers in the world, a new area of growth is putting the spotlight once again on cycling in BC. Unless

you are involved in the sport, it would be easy to miss the exponential rise of endurance mountain bike racing. British Columbia is becoming the global epicenter of this new flavor. Although epic events are attracting some top-level racers, the primary source of growth comes from the "weekend warriors." Such is the popularity of these long-lasting races that the toughest challenge isn't on race day but rather the competition to register and secure a coveted spot on the start list.

The "Test of Metal" is a case in point. Run out of Squamish, this annual one-day race covers over 76 km, climbs 1,200 meters and includes 35 km of extremely challenging single-track. On paper it may not seem obscenely difficult, but in truth, it is a grueling day in the saddle for even the most race-hardened mountain bike aficionado. The real clincher to the whole experience is that the field is limited to 800 participants and for the past couple of years, registration filled in just a few hours after opening on New Years Eve. I've only made it to the start once, but the Test of Metal is easily my favorite race on the

calendar. It's like a return to the early days of mountain bike racing where all the emphasis is on creating a fun participatory challenge for all types of riders, rather than an event solely catering to the needs of elite racers and spectators. Indeed, the best way to watch it is to get in on the action and experience the adrenaline rush of lining up at the start line with 799 like-minded bike-nuts. If you want in on the fun,



The thrill of a large mass start event at TransRockies 2007.

mark your calendar now for the 2009 edition. If a single-day endurance race doesn't seem quite difficult enough, BC is also home to two multi-day mountain bike stage races: the TransRockies Challenge, now in its seventh year, and the BC Race, which returns for the second year. Both are seven-days long and raced in a two-person team format. The TransRockies is notorious as extremely challenging with unpredictable weather and long days in the saddle, but despite this the 2008 event, limited to 300 teams, sold out in just a few weeks. The earlier editions were mostly run in Alberta, but now run entirely in BC. They are attracting riders from all over the world who are looking for a BC bike vacation in the Rockies that severely tests their strength and endurance.

The BC Race returns after a hugely successful inaugural 2007 edition and, as of writing, has

nearly reached its 400 registrants limit. The race starts in Shawnigan Lake near Victoria, and concludes in Whistler after seven back-to-back long and challenging rides on some of British Columbia's most demanding single-tracks. At a time when so-called "Olympic distance" mountain bike racing seems to be on the decline, it's remarkable that these new events, which are much harder and longer, are flourishing.

As part of my 2008 "Up North" column assignment, I'll be riding both the TransRockies and the BC Race, and will bring a first hand account to *Bicycle Paper's* readers of what makes these events so popular, and what it takes to get ready for them.

In addition, I'll be taking a look at other aspects of the provincial biking scene. This will include road racing, the Burnaby Velodrome and its rapidly growing Six-Day race, as well as some of the issues facing bike commuters in Vancouver and the Lower Mainland.

Joe Sales is a BC native and has just returned to Vancouver after 18 years living in the U.S. (Did it always rain this much?) Father of three active boys, he always has a garage full of bikes. His primary occupation is "stay home dad" (i.e. head domestic mechanic), but lately has been venturing out and working as a freelance photographer.



Editorial

Editor Claire Bonin

Copy Editor Amy Ensign

Editorial Intern Sara Covich

Writers Sara Covich

Amy Ensign

Maynard Hershon

Joe Kurmaskie

Erik Moen

Brittany Schooley

Jay Stilwell

Photographers Bicycle Paper

Group Health

Kona Factory Team

Joe Kurmaskie

Tai Lee

Erik Moen

Joe Sales

TransRockies Challenge/

Dan Hudson

Art and Production

Design and Production Rick Peterson

Amy Beardemphl

Graphics Intern Paul Loovis

Printing Consolidated Press

Advertising Claire Bonin

Distribution

Distribution & Mailing Amy Ensign

Front Page

Masthead Photo:

Riders on TransRockies 2007. Photo courtesy of TransRockies Challenge/ Dan Hudson.



Calendar Powered by
Gutenberg
Publishing System

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

68 South Washington St., Seattle, WA 98104
Phone: 206-903-1333 and Fax: 206-903-8565
Toll Free: 1-888-836-5720

All materials appearing in Bicycle Paper are the sole property of Bicycle Paper. No reprinting or any other use is allowed without the written permission of the Publisher or Editor. Unsolicited contributions are welcome. All manuscripts should be accompanied by self-addressed, stamped envelope. Write or call for editorial guidelines and deadlines. Bicycle Paper is listed in Consumer Magazine and Agri Media Source SRDS.



President Jay Stilwell

jay@seattlepub.com

Vice President Ryan Price

ryan@seattlepub.com

Publishers' Assistant Amy Ensign

amy@seattlepub.com

Project Coordinator Claire Bonin

claire@seattlepub.com

Production Coordinator Rick Peterson

rick@seattlepub.com

Let the 2008 Cycling Season Begin

By JAY STILWELL - PUBLISHER

"The only thing constant in this life is change." – Francois de la Rochefoucauld

As I enter my eighth year as publisher, I can't help but wonder what the next five years will bring to Northwest cycling and *Bicycle Paper*. Many things have changed since I first started at the paper; the number of commuters, recreational cyclists and racers has grown. The quantity of events listed on the calendar has almost doubled, and there is a general awareness about cycling and its benefits that was not around back then.

This season many cycling events are returning to our region; we lost a few but added some new ones. Will this trend continue? Will cycling keep growing in coming years? Will the threat of global warming make people park their cars and try bicycle commuting for a change, or will it be business as usual? These are just a few of the questions I ask myself when looking towards the future. There are signs that indicate we are

on the right track. Participation is growing, with many events setting attendance records. More communities signed on to the Complete Streets Program, Seattle passed its Bike Master Plan, Portland is working towards Platinum status, and as Bike to Work expands to more cities, it should be easier for people to decide to ride their bikes and leave their cars at home.

For the past four months, we at *Bicycle Paper* have been busy planning, collecting and preparing for the 2008 season. This year we are launching new specialty booklets, redesigning BicyclePaper.com and, in collaboration with Harvey Grad, introducing WearYourHelmet.org. We embarked on the publication of two new guides—the *Rocky Mountain Tour Guide* and *Racing Guide*—which will supply the same quality content and calendar information to the Colorado, New Mexico, Utah and Wyoming riders as the Northwest versions do around here.

With all that is happening, we are even more committed to providing you with our highly praised print and online content, including columns by Maynard Hershon, Joe Kurmaskie and Erik Moen, and we are always seeking ways to improve upon our extensive events calendar. We are also welcoming Joe Sales as our new Up North contributor. Joe brings a lot of expertise and enthusiasm; his columns should be entertaining and informative.

Bicycle Paper staff will once again be attending various events this season, including the Group Health Seattle International Bicycle Expo, Daffodil Classic, Bike to Work, Seattle to Portland, Courage Classic, Vine Ride, the Bicycle Alliance of Washington's auction and many others races and rides. Come and see us, we'd love to chat with you.

The 37th year of our annual calendar issue fills us up with optimism. Cycling is healthy in the Northwest and a lot is happening. We look forward to sharing those stories with you.

We all wish you a great cycling season.

HEALTH

"HEALTH" FROM PAGE 1

weekend warrior aptitude on top of a limited musculoskeletal system, and it becomes a field of back pain ripe for the picking.

The back muscles are responsible for holding you in a forward tilted position over the handlebars and creating a force transfer base for the legs to produce torque on the cranks.

Greater tolerance of the bicycling posture will come through strengthening the back and working on flexibility of the hamstrings and gluteals. Appropriate flexibility of these muscles will allow you to rotate forward through the hips to better reach the bars. The best way to assess your flexibility and strength is to visit your physical therapist, or other appropriately trained healthcare provider.

To those who doubt the appropriateness of stretching, I would simply argue this: if you ever want to attain an aerodynamic or more aggressive position on the bike, or just want to pedal in comfort, you should enable your

lower extremities the mobility and flexibility required to do the task.

One of my favorite exercises is the hamstring stretch. The keys to proper execution are a slightly bent knee, flat back and squared-up pelvis to the direction of the legs. Most stretches should be held for a combined time of two minutes.

There are many ways to strengthen a back, and as long as you are making an attempt, I am mostly happy. One of the easiest and most effective exercises for your back extensors is what I

call a "down-hiller." Take a squat position, keeping your back flat and extending your arms out in front of you (doing this exercise in front of a mirror is a really nice way of ensuring the quality of execution). Hold this pose until you begin to feel a low back stimulus. To increase the difficulty, hold an object out in your hands, such as a theraball, and move it through small arcs of motion.



"Down-hiller" exercise.



The hamstrings stretch.

Minimizing low back pain risk requires a delicate balance between having the right bike fit, good pedaling skills and the appropriate development of musculoskeletal capabilities. Seek out qualified professionals to help you. It is possible to ride without low back pain!

Erik Moen PT, CSCS is a nationally recognized expert on the treatment of bicycling-related injury 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.

BICYCLEPAPER

Northwest Source of Cycling Information since 1972

The Northwest's most comprehensive rides calendar

Coverage of the people, places and products of Washington, Oregon, Idaho and British Columbia

Features all aspects of cycling

Read, Ride, Subscribe and receive a complimentary 2008 NW Race Guide or NW Tour Guide

phone: 206.903.1333 • fax: 206.903.8565
email: sales@bicyclepaper.com

Come along for the ride...

SUBSCRIBE!

Subscribe for (choose one)

- one year for \$14
- two years for \$26

and receive (choose one)

- Free Tour Guide
- Free Race Guide

name

address

city

state

zip

Send check or money order (US funds only) to:

Bicycle Paper
68 S. Washington St., Seattle WA 98104



"SBMP" FROM PAGE 1

lose the core service if they do not approve a levy, people have a strong incentive to renew the levy again and again. Many voters feel they simply have no other choice."

The levy's support, which was referred to as "slow out of the chute," by Darryl Smith in an October 2006 *Seattle Times* article, was partly attributed by some to be so because the City Council, along with Mayor Nickels, withdrew their initial 20-year, \$1.6 billion plan, and didn't submit a shorter one until September 2006. That support picked up, however, with backing from Cascade Bicycle Club (CBC), Feet First, the Sierra Club, and the Bicycle Alliance of Washington (BAW), among others. The levy was passed on November 6, 2006, securing \$27 million for bike projects.



The plan: more lanes, more trails, more bikers of all ages.

In addition to Bridging the Gap, Seattle City Council passed a Complete Streets ordinance on April 30, 2007, establishing new guidelines for street design. Complete Streets is a legal commitment to take into account everyone's roadway needs, not just drivers of motorized vehicles. Principles of the ordinance include pedestrian and bicycle safety improvements, public transit facilities accommodations, street trees and more. Seattle City council member Jan Drago said, "With a Complete Streets policy firmly in place, the city will be able to balance the needs of all users of our streets and truly offer options for getting around the city without a car."

The Bicycle Master Plan was headed by the Seattle Department of Transportation (SDOT) and a Mayor's Citizen Advisory Board (which was comprised of community leaders, advocates and citizens). Three community meetings were also held, to gain feedback from Seattle residents. "Seattle's plan doesn't reflect any one plan. It has taken cumulative thinking, and we're familiar with all of the plans out there—Europe, Australia, Chicago—and I think our plan is one of the best," says Peter Lagerway of SDOT.

The Toole Design Group, a firm based in the Washington-Baltimore region, was consulted to draft the plan. Jennifer Toole, AICP, ASLA Principal of Toole Design explained the project: "Doing the necessary level of fieldwork to provide a logical solution on a street-by-street basis can be a challenge. It's not possible to do a traffic analysis of every single street in the city." However, the Plan's creators analyzed over 600 miles of roadways, which involved all of Seattle's arterial streets.

The BMP recommends a 450-mile network of bicycle facilities that, once implemented, will ensure that more than 95 percent of Seattle's residents are within one-quarter mile of a bicycle facility. This includes 113 miles of new bicycle facilities within the next three years.

The system laid out by the Plan includes a citywide bicycle route system, and the completion of the Urban Trails and Bikeway System. Many of the key projects outlined in the plan are divided into two sub-categories: lower-cost and higher-cost projects. The first group includes: redesign the existing bicycle lanes on Dexter Avenue N; make way finding and spot intersection improvements on the West Seattle Low Level Bridge; install bicycle lanes on Delridge

Way SW; create an Interurban bicycle boulevard to Green Lake and Burke-Gilman Trail; install bicycle lanes, shared lane markings, and signs to improve the connections between Capitol Hill and the UW Campus; install shared-lane markings on 2nd and 4th Avenues to provide a north-south connection through Downtown; install bicycle lanes on Alaskan Way in Downtown; provide good bicycle connections to and from work with local transit agencies to provide adequate bicycle parking at all light rail and other major transit hubs; complete the citywide Signed Bicycle Route System; install or upgrade traffic signals to improve bicycle crossings at all intersections identified for signal improvements in the Plan; and provide bicycle access to and from the ferry when the Colman Dock Ferry Terminal is reconstructed.

The higher-cost projects include: provide a bicycle facility connection between Downtown Seattle and the UW Campus via Eastlake Avenue N; complete the Ship Canal Trail, including connections to the Fremont and Ballard bridges; construct a Chief Sealth Trail Crossing of I-5 between S Spokane Street and S Lucile Street; construct the Burke-Gilman Trail section between 11th Ave. NW and 17th Ave. NW; construct a new bicycle and pedestrian bridge across I-5 between Wallingford and the University District; provide a bicycle facility connection between the I-90 Trail and Downtown Seattle; construct multi-purpose trail connections from the SR-520 Bridge to the UW Campus and to Downtown Seattle as part of the bridge reconstruction project; improve the bicycle lanes on Alaskan Way SE, Marginal Way S between S Spokane Street and Downtown, and complete the E-3 Busway Trail between S Spokane Street and Downtown; and either rehabilitate the existing Ballard Bridge or add a new bicycle and pedestrian bridge adjacent to the Ballard Bridge.

Additional components of the Bike Master Plan suggest constructing support facilities to increase the convenience of cycling. These include "integrated bicycle and transit services, adequate bicycle parking, [and] showers at employment centers," among others.

The Plan also calls for a focus on cycling education, which will be spearheaded by CBC. The organization plans to break the city into six geographical locations, and canvass each with an intense education outreach lasting for about six months. This will consist of going door-to-door, attending meetings and community events, and distributing door hangers. Chuck Ayers, Executive Director of CBC explains that they will do "Everything we can do to educate people about environmental friendliness, [and the] health benefits...[that] cycling is safer than they perceive." Gordon Black of BAW elaborates that the education aspect will unquestionably be the most difficult aspect of the plan. "People need to know how to ride competently, confidently, and safely," says Black. "The 'bad' cyclists are becoming the minority. We have to create the right conditions and the right ambience for riders," he adds.

Throughout the next 10 years, the Bike Master Plan will be "monitored on an annual basis." This will involve regular counts of cy-

clists in various areas, with before and after counts being conducted when new facilities are built. Automatic counters will eventually be purchased to assess information 24/7 at selected locations in the city. The city will also observe the percentage of estimated 2017 bike parking demands met by lockers and bike racks at Seattle transit stations, and the number of Seattle residents participating in bicycle or pedestrian safety events or educations programs.

Funding for the BMP is expected to come from the Bridging the Gap levy and federal and state grants. The Plan also suggests establishing a bicycle facility grant match reserve fund, which would make it possible for the city to have matching funds available to take advantage of state and federal grants, "even if other city funding sources are not available." Some of the Plan's projects are expected to be "piggy-backed" onto other projects; for example, when the city replaces the Magnolia Bridge. With the Complete Streets legislation, the city is mandated to consider the needs of cyclists while working on street improvements. Though there seems to be an uncertainty thus far about where exactly all the funds for the \$240 million project will come from, many remain optimistic.

Portland, a city known for its bicycle friendliness, has faced uncertain budget issues as well. They found their Platinum Bicycle Master Plan in danger after funding was cut last April. (Portland is currently rated as "gold" by the League of American Bicyclists, but hopes to raise their standing with their updated plan.) Funding was reinstated the next month after additional revenue was located from higher

than expected business license receipts. Their current Plan, which was adopted in 1996, has not received an update in the past ten years. Mia Birk, the former bike coordinator for the city of Portland and current principal at bike and pedestrian planning firm Alta Planning and Design, helped draft the original, and is working with the city to make a complete overhaul to the current Plan. The city held monthly rides to assess how Portland could best improve their cycling infrastructure.

What Birk and her colleagues found was that in the inner part of Portland, the percentage of people who commuted by bicycle was a lot higher than those on the outskirts of the city. They deduced that a large factor in residents' decision to cycle was the connectivity among cycling facilities; essentially how easy it was for commuters to ride (and feel safe) along their entire trip. Portland, like Seattle, hopes to improve this substantially in the coming years.

As Seattle looks toward the future with their newly passed Bicycle Master Plan, many are curious to see where the city will go from here. Gordon Black of BAW states, "I think it's our job to ensure that the timeline expenditure is adhered to. It's incumbent upon every cyclist and advocate to doggedly follow this plan, otherwise it becomes another dusty report sitting on a shelf." Ayers echoes this statement, explaining that CBC will be playing a "watchdog" role. He states, "The plan is only as good as its implementation." When asked if the Plan's timeline would get extended upon funds not being met, he responds, "We don't plan on letting that happen."

HELPING HOMELESS YOUTH ONE MILE AT A TIME.

REDMOND-SPOKANE
5 DAY BIKE

www.Redspoke.org

- ⚙️ **Cadillac of bicycling tours- fully supported!**
- ⚙️ **5-Day 300-mile recreational ride.**
- ⚙️ **Raise money for homeless youth in our community - benefits "Friends of Youth" & "Hopelink"**
- ⚙️ **Your gear transported to each nights destination.**
- ⚙️ **Catered breakfast, snacks & dinner throughout the ride.**
- ⚙️ **Support stops every 15-20 miles.**
- ⚙️ **Expert mechanic available before, during & after each days ride.**
- ⚙️ **Camping or optional list of hotels provided**
- ⚙️ **Ride limited to the first 100 registrants.**
- ⚙️ **Win a signed Lance Armstrong Red-Spoke Jersey!**

July 16-20th
2008

Register Online @ www.Redspoke.org
or call Redmond Rotary (206) 298-9288

A Not-So-Petite Bon Appetit

BY JOE "METAL COWBOY" KURMASKIE

"Will there be anything else?" the waitress asked.

Considering the wreckage of empties (dishes, plates and bowls) littering the table, our answers stunned her.

It's a loaded question to a pack of cyclists on a bike tour. Of course there will. Just give us a moment to decide how much more. Allow for a palette-cleansing swig of water and a silent prayer to the heavens for inventing the touring cyclist's

diet—anything not nailed down. Give us a sec to shake the previous course into one of our hollow legs ... there, now let's have a look at the other side of that menu.

This time around I even thought about having T-shirts printed up: "Have Appetite, Will Travel" or "Will Pedal For Food." I settled for the surprise attack at eateries and roadside stands across Canada—the expressions on the faces of cooks, waiters, bussers and fellow patrons ... priceless.

Heading out of this tour, I knew we'd be going around the dark side of the culinary moon. I'd strung together and agreed to pedal the longest stretch-limo of the bike world: a

Santana triple connected to a Burley trail-a-bike, connected to a Chariot trailer, burdening myself with 18 feet of bikes, boys and most of the baggage. By my best estimates, by the time we were trying to muscle over the Canadian Rockies via the Yellowhead Highway, I was eating 8,000 calories a day and burning body fat at a rate I haven't experienced since my rubber suit days on the high school wrestling team.

Who wouldn't polish off a dozen hard-boiled eggs before noon, right out of the front handlebar bag, without a thought to their cholesterol? My only consideration was if I could shell them in the saddle without crashing.

Because this was Beth's first bike tour of any real magnitude, I felt a bit like a schoolyard drug dealer as I encouraged her to pound back another plate of fries and double down on the baby back ribs. Considering that I'd bait-and-switched her off the triple and onto her own bike early on in the tour, it was the least I could do—"appetit" teach her that all caloric concerns were null and void for the next 4,000 miles. She took to the concept like a duck to water.

Nursing a one-year-old while pedaling a fully loaded touring bike across —she earned

every bite.

There were stops for ice cream cones less than an hour after full course lunches. We'd pass out bagels pasted with thick coats of cream cheese and honey, cementing slabs of ham, peanut butter or both as holdover snacks until we could get to a real diner or grocery stop.

Then the Canucks had the audacity to post a challenge right there on the truck stop cafe wall. Alberta. Something called the trucker's dream. It consisted of a foundation of Texas toast, three patties, two slabs of ham, three over-easy eggs, two generous scoops of mashed potatoes, a river of gravy and a topper of mixed veggies as someone's afterthought to fitness, and to give it a little more altitude, not that it needed it.

"If you finish it in one sitting, we'll give you one of those mud flaps. The one with the naked

lady on it." When she said she'd hold the mashed potatoes on my toddler's order, I shook my head. "No you won't, and my wife, she's in the bathroom, but bring her a trucker's dream too."

With half the diner looking on, it wasn't even close. I made short work of the challenge and polished off excess fries and flotsam from the babies' plate. Then, not to make a point, but because I did not want to wake in the middle of the night with my stom-

ach acids churning away at emptiness, I ordered some pie à la mode.

We had nowhere to put the mud flaps, but I couldn't leave something of such folkloric value. At great personal expense I shipped them home, along with a poster of Mother Teresa from the Victoria Wax Museum. I would have given away my best Brooks saddle to witness the confused expression on the customs official inspecting that package.

Beth made me give the mud flaps to a friend

in Arizona. He displays them proudly from the fenders of his commuter bike. I hold fast to how I earned them, and count the days until our next tour, so I can eat with such reckless abandonment again.

Joe "Metal Cowboy" Kurmaskie will headline this year's Seattle

Bike Expo with new stories, rants, riffs and a slideshow from the Canadian adventure, soon to be the book "Mud, Sweat and Gears", due out September 2008.

Literary Rides With



The Metal Cowboy



The prized mud flap, now on the commuter bike.



Not quite the winning meal, but similar.



Flat Tire. Never Again!

www.stopflats.com



STOP Flats² Tire Liners are guaranteed to protect your innertube against puncture flats.*

- Hardened outer layer **STOPS** thorns, broken glass - other road & Trail debris
- Ultra-soft inner layer cushions inner tube
- Weighs less than liquid fills
- No gooey mess!
- All Sizes available from 700C to 29er's
- Ask for it by name

PREVENTING FLAT TIRES

WORLD'S MOST EXPERIENCED TIRE LINER MAKER

FOR OVER 25 YEARS

*If you get a puncture flat while using a STOPFlats brand tire line, we'll send you a brand new innertube & liner absolutely FREE!

Your Last Flat Tire Can be **YOUR LAST FLAT TIRE!**

"WOMEN RACING" FROM PAGE 1

years after graduation. "I had other priorities in my life," she says, such as moving across the country and starting a new job.

However, she felt the pull of her saddle, and started riding again in 2005 not to race, but to train for Cycle Oregon, a scenic 500-mile tour. After completing the ride, Howe says she "really enjoyed being on the bike," and pondered trying a race. She discovered the Poplollies in a newspaper article, and recalls it being "a huge leap to contact them," knowing the team was competitive. Howe wanted other women to ride with—she would probably make some friends in the process, but racing seemed "a little scary" after being away from it for so long. She overcame her anxiety and signed up to ride with the Poplollies, which she calls "one of the smartest things I've ever done."

Howe is quick to give credit to the Poplollies for getting her onto the racecourse: "I wouldn't be racing without them." She says her team always encourages race participants to do their best to finish, not necessarily to win. "Winning is nice," says Howe, "but [for me] it's more about being out there, trying hard and having fun."

Although Leah Padaca of Boise, ID started as a novice earlier in the decade, tagging along with her friends and future husband on rides, she ended up on Team Dobbiaco, which is a mixed-gender group of cyclists, runners and triathletes. Formed in 2002, Team Dobbiaco started as mostly men. However, Padaca is almost single-handedly responsible for getting more women to join: she needed riding

partners with similar ability, and the grapevine responded.

Women who want to cycle need somewhere to start, and a group training ride or class is the first step, according to Martha Walsh, a prominent figure in the Seattle cycling scene and organizer of the Team First Rate Mortgage women's group. "Beginners should take advantage of all the resources in their area," she says. Cycling clubs such as Cascade Bicycle Club in Seattle and Cycle University offer training rides geared toward novices who need to learn the basics of peline, technique and obeying the rules of the road.

The next step for a rider who has mastered the basics is finding an appropriate race. While the region caters some races to elite cyclists, many opportunities exist for Cat 3s and 4s. This spring, the Washington State Bicycle Association (WSBA) will offer a series of nine races only for Cat 3 cyclists. The purpose of this new change is to give Cat 3s the opportunity to race with their peers. "It's an exciting time for women's racing," says Walsh, who also notes the Pacific Northwest as being only the third region in the country to introduce such a series.

For younger female riders interested in the sport, the Northwest boasts several junior teams, such as Rad Racing in Olympia and the Boise Young Rider Development Squad

(BYRDS). WSBA also organizes the Seattle Lance Armstrong Junior Olympics Road Series (LAJORS), consisting of five races throughout the year. From these groups, many riders transition to adult cycling smoothly, and with racing experience.

Although Howe says women's cycling has grown "steadily but slowly," she and her fellow riders are excited about future prospects for the sport in the Pacific Northwest. Walsh points out, "Nationally, the average percentage of women racers in a region is about 10 to 15 percent [of the total number of competitors], but in ours it's more like 20 or 30 percent." She credits women's teams like the Poplollies and Washington's Group Health for giving women's racing a kick-start. "Group Health in particular has really supported Cat 4 riders," says Walsh. "They started a Cat 4-only series, and just encouraged women to get out there and race."

However, while moving forward in women's cycling, there are some small growing pains. The Mount Hood Cycling Classic, a six-day stage race held every summer in Oregon, recently eliminated several categories, including women's Cat 3 and Cat 4 (along with men's Cat 4) due to scheduling and staffing limitations. Observing the flurry of messages from angry Cat 3s on the OBRA online forum, Walsh cites the organizer's desire to bring elite cycling to Oregon, as the women's Cat 1/2 race will be the only UCI (Union Cycliste Internationale,

the governing body for international cycling events) stage race in the U.S. in 2008. In itself, it represents another form of development, but at the upper end, it provides a rare but excellent opportunity for many local Cat 1/2s to measure themselves against the elite of the sport.

Along with road and mountain bike racing, track (velodrome) and cyclo-cross (a road biking/steplechase hybrid) are also gaining popularity among women. Howe describes her first cyclo-cross race as "fun but challenging," and hopes to do more in the upcoming season. Portland, Seattle and BC already have velodromes (BC has two; one is indoor), and Boise's new Idaho Velodrome and Cycling Park is scheduled to open in April. Track cycling and cyclo-cross are demanding in different ways than mountain or road, but are seeing more women participants each year.

Perhaps the area's biggest challenge in the future will be getting more women who start racing as a Cat 4 to stick with the sport long enough to move up in the ranks and continue to compete. The formation of more women-only teams geared to all categories would also be beneficial, because as Howe notes, teams made up predominantly of men can be "a little intimidating, especially to the novice rider."

Howe, Padaca and Walsh wish to encourage every woman who is interested in cycling to look into the opportunities available to them in their area. With new rides, classes and races sprouting up each season, there truly is something for all abilities. Women's racing is certainly on the rise in the Pacific Northwest—how far it will go is anyone's guess, but it will be interesting to watch.



The larger the women's pack, the better.

PRODUCT REVIEW

Book Review: They'll Never Catch You Now

By BRITTANY SCHOOLEY

A British cyclist pushing 40, in a rut, wondering if his professional racing career is over or unfinished—that is the idea behind Ralph Hurne's most recent book, *They'll Never Catch You Now*.

This is a story following a professional cyclist's struggle of how to deal with his retirement, and whether or not to go quietly or go out "with a bang." In more literal terms, Terry Davenport has low expectations for his final year of professional cycling, and doesn't know if he should participate in the Tour de France, but is talked into the idea by his agent. The race takes on new meaning as he recruits another retiring cyclist to join his team, and receives the funding from an ailing ex-cyclist.

With no wife or girlfriend in his life, Davenport takes a liking to two different women who are polar opposites. These women, and the other relationships he has in this story, help his character evolve and help him realize how much more invested he is in the final race of his career.

The appeal of this story is that you don't necessarily have to be a cyclist to connect to the main character or the theme. Any reader can relate to those feelings and emotions of life changing events that Terry Davenport experiences in some way or another.

While the story is very relatable for a non-cyclist, there are certain parts in the book that may require the reader to know a thing or two about cycling. For example, there is an extensive description of the final race toward the end of

the book, offering a captivating account of the cyclists' experiences. At times, the reader could get lost in the way Hurne depicts that race, using terminology such as "The peloton stayed together climbing the Col de Vars. No one was going to break the Izoard coming up next."

Although the story is fictional, with certain content and players being less realistic than others, the underlying themes and emotions that the characters deal with are quite sensible. As an older cyclist who almost won a previous Tour, but came in second, Terry Davenport was nearing the end of his career and dealing with certain things that were somewhat out of his control, but in a way, still within his reach. The progression that he makes from the beginning of the story to the end, in regard to that final race is engaging and inspiring. Having a main character that is relatable for the reader is what makes the book interesting and, an enjoyable story overall.

They'll Never Catch You Now

By Ralph Hurne
Cycle Publishing/Van der Plas Publications
Paperback, 200 pages, \$14.95



Walk4US Ride4US Run4US
RIDE THE NARROWS BRIDGE

RIDE 4 US
illuminating hope

SEPTEMBER 20, 2008
RIDE4US.ORG
TACOMA WASHINGTON | POINT DEFIANCE PARK
HEART POUNDING HILLS. BREATHTAKING SCENERY. FUN FOR THE WHOLE FAMILY.

Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

All aspects of this event calendar are copyright 2008 *Bicycle Paper*. This calendar may not be transmitted or reproduced by any means, electronically or printed, without written consent of the publisher.

EVENTS

FEBRUARY

Feb 23: Seattle Bike Swap

Seattle, WA. Magnuson Park Hanger #30. New and used cycling related equipment and clothing. Blow-out prices. 100 independent sellers. Open from 9:00am to 2:00pm. David Douglas, 206-932-5921, www.pazzovelo.com

Feb 28-Mar 1: 5th Annual Bike Swap

Boise, ID. Buy or sell your cycling gear (no shorts or helmets). Friday 5:30-9:30 pm, Saturday 10am-4pm. Buyers get in for \$1. Sellers: register your equipment by going to the website or call Mike Cooley, 208-343-3782, www.boisebikeswap.com

MARCH

Mar 8-9: Group Health Seattle Bike Expo

Seattle, WA. Over 150 exhibits of gear, active travel, rides and more. Event presented at the cruise terminal 30. Photo contest. Cascade Bicycle 206-522-3222, www.cascade.org

Mar 15: Bike Works Dinner & Auction

Seattle, WA. Largest fundraising event of the year and a fun night. Takes place at Gould Hall. Auctioning off an assortment of exciting items through a silent and live auction, dinner and desert dash. Bike Works, 206-725-9408, www.bikeworks.org

Mar 15: Captial Hill Street Scramble

Seattle, WA. 30 locations circled on a map. Visit as many as you can, in any order, in 90 minutes or 3 hours. Eric Bone, Meridian Geographics, 206-291-8250, www.streetscramble.com

Mar 22: Alice B. Toeclips Awards & Auction Party

Portland, OR. Honors the individuals, businesses and organizations who worked for better cycling in OR. The auction raises funds to support the advocacy efforts and education work of the BTA. Start at 6pm, tickets required. BTA, 503-226-0498, www.bta4bikes.org

Mar 22: Track to the Future Dinner & Fundraiser Auction

Seattle, WA. Fundraising event for the junior programs at the velodrome. Community Center at Mercer View. Starts at 5:30pm Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

APRIL

Apr 4-5: Oregon Bicycle Summit

Portland, OR. www.bta4bikes.org

Apr 13: 20th Annual Seattle Area Old Bike Swap Meet

Kent, WA. Old, Vintage, Antique, Classic Bicycle Swap Meet and Show. Event is at the Kent National Guard Armory (24410 Military Rd) from 8:00am-2:00pm Mike McCormick, 206-283-2850, www.geocities.com/seattleoldbikeswap/

Apr 19: Seattle Climate Action Now

Seattle, WA. Celebrates and promotes the City of Seattle's Climate Action Now (CAN) campaign. Come to Columbia City's Seattle CAN event to learn what you can do to help stop climate change. Bike Works, 206-725-9408, www.bikeworks.org

Apr 27: U-District Street Scramble

Seattle, WA. See March 15 for description. Starts at University Heights Center. Meridian Geographics, 206-367-0839, www.streetscramble.com

MAY

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

Puget Sound. Ride your bike to work. Join the 30-day Commute Challenge. Challenge your co-workers, friends and family to give up the gas and put the pedal to the pavement. Cascade Bicycle Club, 206-517-4826, www.cascade.org

May 10: Bell City Chase

Vancouver, BC. Urban adventure, part obstacle course, part scavenger hunt. 4-6 hour event, 2-person teams run, walk and use public transit to navigate their way throughout the city, as they search for ChasePoints scattered in unknown locations. Jonathan Wornell, www.bellcitychase.com

May 10: Bike to Ghana

Seattle, WA. Partnering with the Village Bicycle Project to send bikes to Ghana. Will help people meet basic transportation needs. Help prepare and load bikes in Georgetown. Jayanthi Reddy, Bike Works, 206-725-9408, www.bikeworks.org

May 10: Kids Bike Swap

Seattle, WA. Trade outgrown kids' bikes (24" wheels & smaller) for little or no cost! Or buy a bike without trading. Affordable way to ensure your kids rides a bike that fit while they continue to grow. 10:00am-4:00pm. at Genesee Playfield, Bike Works, 206-725-9408, www.scn.org/bikeworks

May 16: Bike To Work Day

Puget Sound, WA. Ride your bike to work. Stop at any of the commuter booths along the way. Cascade Bicycle Club, www.cascade.org

May 24: Cle Elum Street Scramble

Cle Elum, WA. Using a map, visit as many neighborhood checkpoints as you can in 1 hour. Cascade Orienteering Club, streetscramble.com

JUNE

Jun 14: Cirque du Cycling

Portland, OR. Activities for the entire family. 3-mile ride to Peninsula park at 5pm, freak bikes parade, criterium racing, clowns, jugglers and more. Location Mississippi Ave. Benefit Self Enhancement Inc - a youth development organization. 503.459.4508, www.cyclingcircus.com

Jun 14: Marymoor Little 100

Redmond, WA. 4 riders, 1 single speed bike, flat pedals with coaster brake. Each rider must do at least 1 lap - bike hand-offs at exchange. Beer garden and live music. Start at 4:00pm. Alki Rubicon Team, www.alkirubiconracing.com

Jun 18-21: MTB World Summit

Park City, UT. IMBA Summits bring mountain biking advocates, land managers, ski resort professionals, trailbuilders, tourism officials and the bike industry together for collaboration, planning and celebration. IMBA, http://imba.com/summit/index.html

JULY

Jul 4: Family 4th Street Scramble

Seattle, WA. See March 15 for description. Start at Gaswork Park. Cascade Orienteering Club, 206-291-8250, www.streetscramble.com

Jul 19-20: Seattle Night & Day Challenge

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

AUGUST

Aug 2: Tour de Fat 2008

Seattle, WA. Tentative date. 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 16: Tour de Fat 2008

Portland, OR. Tentative date. Benefit Bicycle Transportation Alliance. www.newbelgium.com

Aug 23: Tour de Fat 2008

Boise, ID. Tentative date. Benefit SWIMBA & Treasure Valley Cycling Alliance. newbelgium.com

OCTOBER

Oct 18: Bicycle Alliance Annual Auction

Seattle, WA. Join 450 bicycling enthusiasts and help raise money to support advocacy in the state of Washington. Seattle Fisher Pavillion. Bicycle Alliance, 206-224-9252, www.bicycdealliance.org

CAMPS

APRIL

Apr 19-20: Dirt Series

N. Vancouver, BC. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails. Also on 5/24. Dirt Series, 604-905-8876, www.dirtseries.com

JUNE

Jun 16-Jul 11: Kids on Track

Portland, OR. 4 consecutive weeks of Monday, Wednesday and Friday sessions from 10:00-11:30am. Designed for 12- to 18-year-olds who want to learn how to ride and race a track bike in a fun, safe environment. Registration cost includes bike rental and insurance. Chris Alling, 360-609-2660, www.obra.org

JULY

Jul 12-13: Dirt Series

Bend, OR. MTB camps for women. Also available 7/19 in Hood River, on 7/26, 8/9 in Whistler, 8/30 & 9/13 in Blue River. Dirt Series, 604-905-8876, www.dirtseries.com

SEPTEMBER

Sep 3-17: Alpenrose Cross Clinic

Portland, OR. 3 weekly skill clinics to refresh your skills before the season (or learn new ones). \$5 registration. Start at 6:30pm. Registration opens at 6:00pm. Erik Tonkin, Sellwood Cycle Repair, 503-233-9392, www.sellwoodcycle.com

OCTOBER

Oct 18: S. Oregon Outlaw Cyclocross Clinic

Ashland, OR. Clinic to prepare for the series. Jena Jensen, 541-899-9190, www.obra.org

ROAD SERIES

Feb 24-Aug 10: Luna Cat 4 Women's Series

Various, WA. Series of 10 events. Points to top 15 finishers in Cat 4 events, plus points for finishing other events. Prizes for top 15 overall. Listed as Cat 4 W. 2/24 TT, 3/8 RR, 3/30 RR, 4/13 CT, 4/27 RR, 5/10 RR, 5/31 SR, 7/12 CT, 7/27 CT, 8/10 TT. WSBA, www.wsbaracing.com/women_cat4.asp

Feb 24-May 10: Luna Cat 3 Women's Series

Various, WA. Series of 9 events where Cat 3 women race on their own. Points to top 10 finishers. Listed as Cat 3 W. 2/24 TT, 3/1 RR, 3/2 TT, 3/8 RR, 3/15 RR, 3/22 RR, 4/13 CT, 4/27 RR, 5/10 RR. WSBA, www.wsbaracing.com/women_cat3.asp

Mar 1-15: Mason Lake RR Series

Mason Lake, WA. Near Shelton. 3 Saturday race series. 12-mile loop around Mason Lake. Rolling hills, no major climbs. Register day of race only at the start line in Mason Lake County Park. Points to top 10. First race starts at 9:30am. Open to all. \$20 per race, UCSF license required for Cat 3+. 1-day license \$10 for Cat 5 men and Cat 4 women. David Douglas, Pazzo Velo, 206-932-5921, www.pazzovelo.com

Mar 1-15: So Oregon TT Series

Medford, OR. First rider off at 9:00am, 1-min intervals. Ribbons to top 3 in each class after each event. Raffle after the final race. Money to the top 3 males and females. OBRA license required. 3 start locations and distances. Amy Warner, 541-601-9663, www.obra.org

Mar 2-16: Banana Belt RR Series

Forest Grove, OR. 3-event series. Race around the Henry-Hagg Lake 11-mile course. 750' elevation gain per lap. Hills are long and steady, but not steep. Open to all categories from Juniors to Master 50+. Points system determines the overall winners. Cash prize. Jeff Mitchem, 503-233-3636, www.obra.org

Mar 2-30: EV Spring Series

Langley, BC. Series comprised of 10 events on 5 consecutive weekends. 3 racing groups: A, B & C at all races, & a novice in 5 events on 3/2, 8, 23, 30. Distance varies from 50-140km, 30-35 for novices. Overall calculated on points. Race starts at 10:30am. Jeremy Storie, Escape Velocity CC, 604 734-4241, www.escapevelocity.bc.ca

Mar 16-Aug 3: Oregon Cup - Road

Various, OR. Series of 7 events for Cat 1/2 men and Cat 1/3 women, overall based on points. Cash prizes for top 5 in both categories. Events on 3/16, 4/12, 5/4 5/24, 6/1, 6/15, 8/3 (RR only), listed as "OR Cup". www.obra.org

Mar 16-Apr 27: BCC Spring Series

Boise, ID. Series of 4 road events and 1 TT. Listed as BBC. Includes Jason Broome ITT (3/16), Slam-

mer RR(3/30), Birds of Prey RR(4/6), Chicken Dinner RR (4/13) & Emmett-Roubaix (4/27). \$75 for the series online registration only at www.sportsbaseonline.com, no day of registration. \$5000 in cash and prizes for top 3 in each category. Mike Cooley, Boise CC / George's Cycles, 208-343-3782, www.georgescycles.com

Mar 18-Aug 26: 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 as "/ Women". Course varies every week. No race on 7/15. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Mar 18-Aug 26: Tuesday PIR Series

Portland, OR. Portland International Raceway. 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. Benefits the Oregon Food Bank. Jeff Mitchem, 503-233-3636, www.obra.org

Apr 1-29: Hutch's Hill Climb Series

Eugene, OR. April hill climb series comprised of 5 events. Open to all categories. 3.7-mile climb featuring 800' of elevation gain with up to 13% grade. Len Schwanaveldt, 541-968-3968, www.obra.org

Apr 3-24: Port of Hood River Criterium Series

Hood River, OR. Fun, low-key early season Crit series. Wide-open flat course, east turns, lots of room. Good for all, including beginners. 4 Thursday night events - first race off at 5:30pm. Paul Blackburn, 541-387-4011, www.discoverbicycles.com

Apr 3-Aug 28: Seward Park Criterium Series

Seattle, WA. Criterium racing every Thursday night. Short 0.8-mile raindrop-shaped loop in the park. Very good pavement, 200m 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 5:00pm, last at 7:00pm. Nightly cash and prizes. Pts 6 deep. No race on May 1. David Douglas, Pazzo Velo, www.pazzovelo.com

Apr 6-Sep 17: BC Masters Assoc. Road Series (BCMCA)

Various, BC. Series of 22 races (9 Australian Pursuit RR, 4 hill climbs, 3 ITT, 2 circuit races, 1 Crit and 1 TTT, plus 2 short hill climbs). Best 15 results count toward overall. Open to 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. BCMCA membership, CBC Citizen or UCI license needed. Bill Yearwood, BC Masters Assoc., 604-267-7338, www.bcmasterscycling.net

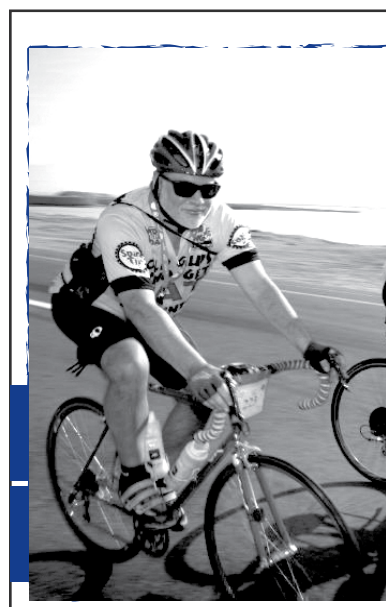
Apr 6-Jul 13: Carnation TT Series

Carnation, WA. The series consists of 3 separate races on 4/6 (short), 6/7 (hill) and 7/13 (long). Starts at 8:00am at Tolt Middle School (SR 203). Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, footworkscycles.com/timetrial

Apr 6-Aug 24: Comox Cup Race Series

Comox, BC. 5-race series open to A, B and C categories, provisions for Junior, Cadet and Women upon turnout. Includes RR, ST, HC and TT. Points for each category. Comox Valley Cycling Club, www.cvcc.ca

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



HARVEY GRAD Attorney at Law

Cycling Accident? Injury Claim?

- No Charge for Initial Consultation
- Member of Cascade Bicycle Club
- Former Member of STP Executive Committee

135 Park Ave. N Suite 200
Renton, WA 98055

425.204.1100
e-mail: harv@lawyerseattle.com

Exceptional Customer Service

Tacoma Screw Products, Inc.

Since 1946

Fasteners • Tools
Maintenance & Shop Supplies

Visit tacomascrew.com for store locations
EXPRESS ORDER Call 1 800 562-8192

Apr 8-Jul 15: Tuesday Nighter Series - Pleasant

Boise, ID. Preparation for Treasure Valley Stage Race. Meet at Ten Mile Creek Rd. and Pleasant Valley. Lost River Cycling Club, www.lostrivercycling.org

Apr 13-Aug 24: Seattle LAJORS Series
Seattle, WA. 5-event series for junior riders. All events are Critterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category receive jersey at end of the season. Prizes at each race. Best 4 out of 5 count towards final standings. Event identified as LAJORS. Event on 4/13, 5/3, 6/15, 6/28, 8/24. David Schilling, Northwest Junior Racing Series, www.radracingsnw.org

Apr 13-27: Estacada TT Series
Estacada, OR. 3-event series, each offers a 20-mile TT for adult categories, 10-mile for younger Juniors on an out and back course. Overall standings and awards at the end of the series. Registration from 8:30-9:30am, first rider off at 10:00am at Promontory Park. Geri Bossen, 503-297-2434, www.obra.org

Apr 15-Aug 26: Baddlands Twilight Series

Spokane, WA. All races start at 6:00pm sharp, registration opens at 5:00pm. Type of event and location vary every week. Yellow centerline rule in effect. Award party after the last race. No race on 5/27, 7/1, 8/5. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Apr 17-May 15: Snake River Critterium
Nampa, ID. Series of 5 Critteriums on Thursday night. Lindsay's Cyclery, 208-376-2482

May 1-Aug 31: Coastal Challenge (date to be confirmed)

Richmond, BC. Critterium every Thursday evening from May until August. 1.8km flat course. Open to all, split into 3 racing groups: A, B and C. Points allocated after each race. Todd Hansen, Team Coastal, 604-788-1873, www.teamcoastalcycling.com

May 5-Aug 25: Monday 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. Registration at start/finish line. GC at the end of each month. No race 7/21. Jim Anderson, 503-975-8229, www.racemondaynight.com

May 6-27: Hutch's TT Series

Eugene, OR. Series of 4 events. Len Schwanaveldt, 541-968-3968, www.obra.org

May 6-Jun 24: Kids Rule at PIR

Portland, OR. Neil Green, 503-319-231, www.obra.org

May 11-Jun 1: Jacksonville Forest Park Short Track

Jacksonville, OR. Series of 4 short track events raced on Sunday evenings. Short loop with some fire road, single-track and some climbing. Expert, Sport and Beginner categories. 20- to 40-min races. Scoring on points, tie broken by placing in last race. Richard Hogan, 541-664-8751

May 20-Aug 12: Holt Crit

Pocatello, ID. Series of 4 Critteriums, raced on 5/20, 6/10, 7/22, 8/12. 7-corner course, 1km long with short hill. Idaho Cycling Enthusiasts, 208-652-3532, www.idahocycling.com

May 22-Aug 21: Lindsay's TT

Nampa, ID. Series of time trials on Thursday night. Meet at Hubbard/Ten Miles Creek Rd at 7:00pm. Will Lindsay, Lindsay's Cyclery, 208-376-2482

May 29-Aug 7: So Oregon Champion Series

Ashland, OR. Thursday night racing. 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 50'. A - Cat 1/2/3 B - Cat 4/5. Good event to work on team strategy. Ed Garfield, 541-840-0713, www.obra.org

Jun 3-Aug 26: Masters & Juniors Track Races

Portland, OR. Tuesday night racing for Juniors and Masters. Schedule of events varies each week. No race on 6/24. Steve Trusdale, 503-232-1704, www.obra.org

Jun 4-Jul 9: River City Bicycles Mt. Tabor Series

Portland, OR. Challenging 6-week race series held on Wednesday evening on a 1.3-mile hilly loop around the upper reservoir in Mt. Tabor Park in SE Portland. All categories, including fixed-gear. Weekly primes and cash payout to top 3 places, ribbons for top 3 overall. Final race: double points. Race starts at 6:00pm. Benefits the Oregon Food Bank - up to \$3 discount if you bring cans of food. Race 1 or all 6, it's a lot of fun! Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jun 10-Aug 26: Twilight Critterium Series
Eugene, OR. Oregon's premiere weekly Critterium series will keep you busy every Tuesday night from June to September. Traditional flat, wide open 1km course is always fast. Primes every night. Weekly and monthly prizes. Sal Collura, 541-747-3336, www.obra.org

Jun 12-Jul 24: Fresh Air TT and Duathlon Series

Bend, OR. Series of 6 time trial events, with duathlon option. Start Thursday at 6:00pm on Skyliners Road. Use upper parking lot at Summit High. OBRA full or one-day license required. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jun 18-Aug 13: High Desert Crit Series
Bend, OR. Series of 8 races. No race on 7/30. Tim Plummer, 541-610-3322, www.bendcycling.org

Jul 19-Aug 23: Lake Washington Velo Circuit Race Series

Various, WA. Series of 3 events (7/19, 8/2-23). \$20/race, Juniors \$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, www.hagensbermancycling.com

Jul 22-Sep 2: Tuesday Nighter Series - Bogus

Boise, ID. Half Bogus Training Ride. Hill climb. Meet at 6:20pm at Bogus Rd Intersection. Georges Cycles, www.georgescycles.com

Aug 6-20: CMG Events/Alpine Mtg Series

Hillsboro, OR. Series of 3 Critterium races. 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, 503-807-2471

Aug 9-Sep 6: Triple Crown Series

Boise, ID. Can you climb? Series includes Mt. Harrison hill climb (8/9), Old Horseshoe Bend hill climb (8/16) and Bogus Basin hill climb (9/6). 208-323-2376, www.lostrivercycling.org

Sep 2-23: PIR Handicap Series

Portland, OR. 4-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

MTB SERIES

Mar 16-Sep 28: Island Cup Series

Vancouver Island, BC. Series of 20 events throughout Vancouver Island. CX, DH, Marathon. Overall calculated on points. www.arrowsmithmtbclub.com

Apr 5-Sep 27: Fluidride Cup

Port Angeles, WA / Mt Hood, OR. The Fluidride Cup is a new MTB gravity race series in the PNW. The format is 3 races at each venue, with the best 4 of 6 results used for overall standings. The series is designed around the community. Lars Sternberg, Hurricane Racing, Olympic Dirt Society, 206-384-6228, http://fluidride.com/

Apr 6-Aug 10: Indie MTB Series

Various, WA. Series of 7 events raced/organized by different promoters, but regrouped for points and awards. Overall standing based on points. No minimum number of races to qualify for overall. Age categories defined as rider's age as of 12/31/08. Lisa Miller, 206-291-7773, www.indieseries.com

Apr 6-Jun 22: Oregon MTB Series

Various, OR. Series of 8 events, with points awarded to overall series winner. Event dates - 4/6, 4/20, 5/3, 5/18, 5/25, 6/15, 6/22. See individual events for location, and start times. Event identified as OR MTB. www.obra.org

Apr 12-Sep 20: Wild Rockies Series

Nampa, ID. 8-event series. NORBA sanctioned. 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, 208-388-1971, www.wildrockies.com

May 10-Sep 28: Mt Hood Adventure Park DH Series

Mt. Hood, OR. Series of 5 events all on Mt Hood. Event on 5/10, 6/21, 7/12, 9/13, 9/27. Fluidride Cup and NORBA sanctioned. Hurricane Racing, 503-272-0146, www.skibowl.com

May 28-Jun 28: Wood River Cup

Hailey, ID. 7th annual Short Track XC series - New courses on back side of Rota-Run. B race at 6:30pm (20 min + 1 lap), Shimano youth series at 7:10pm, and a race at 7:45pm (40 min + 1 lap). Registration opens at 5:00pm. New course each week. Prizes for each race and overall series. Race on 5/28, 6/4, 11, 18, 28. Best 4 of 5 for overall standings. Bill Olson, Sun Valley Road & Dirt, 208-788-9184, www.roadanddirt.org

Jun 23-Jul 28: Portland MTB ST Series

Portland, OR. Look forward to a fun and challenging 3- to 5-minute lap course with a lot of bumps and turns. Monday night 6:00-8:00pm on the infield of Portland Int'l Raceway. All ages, all abilities. Your choice of bike - mountain or cyclo-cross. Overall cash and weekly prizes. Best 5 out of 6. Kris Schamp, www.portlandracing.com, 503-466-9007, www.portlandracing.com

Aug 10-Sep 14: Pistis Short Track Series

Grants Pass, OR. 5-event series. MTB short track racing. Alternating courses, 9 to 1.5 miles long. Vertical climbs of 100-150 ft/lap. Full complement

of categories, including a kids race for the under 12 group. Trophies and prizes will be given at last race. This event qualifies toward OBRA point totals if you have a license. Starts at 5:30pm. No race on 8/31. Steve Law, Pistis Ministries, 541-944-5566, www.pistis.us

TRACK SERIES

May 1-Sep 25: Alpenrose Thursday Series

Portland, OR. Alpenrose Velodrome. Event schedule posted on website a few days before each race night. No race on 6/26. Mike Murray, OBRA, 503-661-5874, www.obra.org

May 2-Aug 29: Fast Twitch Fridays

Portland, OR. Alpenrose Velodrome. Sprint-oriented racing for all levels, nothing over 30 laps. Match sprint tournament every other Friday. Separate omnium racing for beginner men and women. Registration opens at 5:00pm, racing starts at 6:30pm. Season pass available. No race on 6/27, 7/11, 7/18, 8/1, 8/8. Jen Featheringill, 503-227-4439, www.obra.org

May 12-Aug 25: Monday Night Racing

Redmond, WA. Track racing for Juniors, Cat 4 women, Cat 5 men. Racing starts at 7:00pm. \$15 adults, \$5 Juniors. Rental bikes also available, \$10/night. USA Cycling license or a one-day license required to race. Cancelled if raining. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 14-Aug 27: Wednesday Night Racing

Redmond, WA. Marymoor Velodrome. Track racing for all Women, Cat 4 men and Masters (35+). Starts at 7:30pm. USA Cycling license or one-day license required. Cost: \$15. Bike rental available, \$10/night. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 30-Sep 12: Friday Night Racing

Redmond, WA. Marymoor Velodrome. Track racing for Cat 1/4 men. Entry fee \$15. Spectator admission \$4, under 16 free. USA Cycling license required. Kiddie kilo on the 1st and 3rd Friday of each month. Racing starts at 7:30pm. No race on 7/4, 7/25. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jun 16-Jul 11: Kids on Track

Portland, OR. 4 consecutive weeks of Monday, Wednesday and Friday sessions from 10-11:30am. Designed for 12-18 year olds who want to learn how to ride and race a track bike in a fun, safe environment. Covers safety, bike handling, riding in group, tactics and more. Registration cost includes bike rental and insurance. Chris Alling, 360-609-2660, www.obra.org

CROSS SERIES

Sep 4-Oct 2: Thrilla Cross Series

Bend, OR. Thursday night race series (5 events). At the Cascade Lakes Brewing Co. Lodge. Start at 6:00pm. Categories: A, B and Women. Kevin Gorman, Webcylery, 541-318-6188, www.webcylery.com

Sep 28-Dec 7: Seattle Cyclocross Series

Various, WA. Series of 8 events raced around the Seattle area. Open to all categories. Overall calculated on points. Race categories - age as of Dec 31, 2008. MTB without bar ends ok. Series finals earn double points. Registration closes 20 minutes prior to start. First start 9:30am. All categories, including singlespeed and kids race. Race fee: \$20, Juniors: \$10. www.seattlecyclocross.com

Oct 5-Nov 16: Cross Crusade

Portland, OR. Largest cyclo-cross race series in the nation. Category A, B, C, Beginner and Master 35+. All bikes are legal. Pre-registration recommended, day of race registration available. Overall winner calculated on points. Kiddie Kross for 12 and under, prizes for all categories. Brad Ross, Club Vivo, 4409 SW Dosch Rd, Portland, OR, 97201. 503-806-6943, www.crosscrusade.com

Oct 18-Nov 22: S. Oregon Outlaw Cyclocross #1

Ashland, OR. 5-event series in memory of Nick Jensen. First start at 10:00am, last at 11:00am. A and B races, plus Juniors and Masters. Prize for overall series based on points. Best 4/5 counts, last race mandatory. Raffles and prizes. Location varies. Benefits Josephine County Search and Rescue. Jena Jensen, 541-899-9190

MULTISPORT

MARCH

Mar 28-29: Snake River Sprint Triathlon
Lewiston, ID. Pool swim on Friday, bike and run on Saturday. Mike Collins, Lewis-Clark State College, www.lcsc.edu

Mar 29: Wenatchee Valley Du
Wenatchee, WA. 3 mi run, 17 mi bike, 3 mi. run. Runs are an out and back format. Start at 10:00am at Confluence State Park. RSVP, 800-258-2821, www.ncwpsportsevents.com/

Mar 30: Xterra Trail Run & Back in Motion Dirty Du
Hagg Lake, OR. Off-road duathlon starts at 10:00am with 5 mi run, 12 mi MTB. Includes cyclo-

cross, single-speed, relay divisions. X Dog Events, www.xdogevents.com

APRIL

Apr 12: Alcoa's Ridge To River Relay (R2R)

Wenatchee, WA. Adult relay event - nordic ski, alpine ski, run, bike & paddle legs that span the 35 mi Wenatchee course, or shorter 20 mi Columbia course. Racers may enter individually or as a team. 800-258-2821, www.r2r.org

Apr 13: Spring Thaw Duathlon

Nine Mile Falls, WA. Emde Sports, www.valleygirltr.com

Apr 19: Wenatchee Worlds' Junior Ridge to River Relay

Wenatchee, WA. Focus on fun for "mini" racers who want to test their skills. Teams of school-aged children tackle running, paddling, biking, and an obstacle course. For kids 5-12. Start at Walla Walla Point Park. 800-258-2821, www.r2r.org

Apr 20: Wenatchee Marathon

Wenatchee, WA. Full, half, 10k and 2k for kids relay. Start at Centennial Park. 509-662-2066, www.wenatcheemarathon.com

Apr 27: Mt. Rainier Duathlon

Enumclaw, WA. Enumclaw Expo Center. Long course: 5 mi run, 29 mi bike, 4 mi run. Short course: 2 mi run, 14.4 mi bike, 4 mi run. Start 8:00am. BuDu Racing, 206-833-8866, www.buduracing.com

MAY

May 10: Fiasco in Pasco Du

Pasco, WA. Off-road course. 5km run, 30km bike, 5km run. Eric Greager, 3 Rivers Road Runners, 509-942-7137, www.3rrr.org

May 10: MOMAR - Squamish

Squamish, BC. 40 to 50km course. 10km kayaking, 20km MTB, 10km trail running and mystery challenges. For beginners to advance racers. Moderate navigation. Solo or teams of 2 or 4. Approx. finish time 4-8 hours. MOMAR, 866.912.3331, www.mindovermountain.com

May 10: Newport Sprint Tri

Newport, OR. 500m swim, 5 mi bike, 3mi run. Drafting legal for 18-23. Newport Swim Team, 541-270-1298, www.newportswimteam.com

May 17: Kids' Try-A-Tri Junior Triathlon

Kelowna, BC. Qualifier for BC Summer Games. Salmon Arm Triathlon Assoc., 250-832-0998, www.salmonarmtriathlon.com

May 17: Pole, Pedal, Paddle

Bend, OR. Teams, pairs or individuals alpine ski, cross-country ski, bike, run, canoe/kayak and sprint to the finish. Mini version for kids the next day. Mt. Bachelor Sports Education Foundation, www.mbsf.org

May 18: Spring Thaw Duathlon II

Nine Mile Falls, WA. Emde Sports, 509-326-6983, www.valleygirltr.com

May 24: Spring Festival Moses Lake Du

Moses Lake, WA. BuDu Racing, www.buduracing.com

May 25: Onion Man Triathlon Claire to check distances

Walla Walla, WA. At Bennington Lake. 1500m swim, 25 mi bike, 6 mi run. Starts at 9:00am. 509-529-9189, www.wmultisports.com

May 27: Triathlon at Rigby Lake

Rigby, ID. Sprint & Olympic distances + team competition. Starts at 8:30am at Jefferson County Lake (Rigby) Recreation area. 750-yard swim, 12 mi bike, 5km run. www.active.com

May 31: Gap2Gap 2008

Yakima, WA. Junior and adult version. Team (2-5) or individual event. Five legs: field run, MTB, kayak/canoe or skate, road bike & run. Junior version: kids 8-14. Includes run, bike, rollerblade, paddle and an obstacle course. Start/finish at Rags Hubbard Park. Yakima Greenway Foundation, 509-453-8280, www.yakimagreenway.org

JUNE

Jun 1: Hope For Youth Off-Road Triathlon

Poulsbo, WA. 400m swim, 9 mi bike, 2.4 mi trail run. Standard USAT categories. BuDu Racing, www.buduracing.com

Jun 1: Ironman 70.3 Boise

Boise, ID. 1.2 mi swim, 56 mi bike, 13 mi run. \$25,000 cash prize. Ironman, www.ironman.com

Jun 7: Granite Man Du & Tri

Jacksonville, OR. At Applegate Lake. Du: 13 mi MTB & 5 mi trail run. Triathlon: add 750m swim. Rogue Multi-sport LLC, 503-327-5531, www.roguemultisport.com

Jun 8: Beat the Train Team Triathlon

Salmon Arm, BC. Blackburn Park. 35km bike, 10km run, 8km paddle. Race day reg. 7:30am. Start 9:00am. Junior, Open, Masters, Mixed, Family, Corporate, Duo & Solo categories. Salmon Arm Triathlon Association, www.salmonarmtriathlon.com

Jun 14-15: 15th Annual Gerick's Wasa Triathlon

Cranbrook, BC. Wasa Lake. TriKids, short course and Olympic Tri. \$8,000 cash purse. BC Olympic Championships. Solo and relay categories. Start time: 8:30am. RM Events Management, 250-427-0021, www.rmevents.com

Jun 14: Five Mile Lake Sprint Triathlon

Federal Way, WA. 400m lake swim, 14 mi MTB, 5km trail run. Reg.: 6:00-7:45am. Start: 8:00am. Relay option available. BuDu Racing, www.buduracing.com

Jun 14: Pine Hollow Triathlon

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

Jun 21: Xterra Solstice Tri

LaGrande, OR. Off-road triathlon. 1km swim, 25km bike, 10km run. Morgan Lake. Solo or team. Wet/dry suit recommended. Fast rocky MTB course, run is technical. http://solsticetri.com

Jun 22: Ironman Coeur D'Alene

Coeur d'Alene, ID. 2.4 mi swim, 112 mi bike, 26.2 mi run. Pre-registration only. Ironman North America, www.ironmancda.com

Jun 22: Siuslaw River Tri

Mapleton, OR. Short off-road triathlon, 1/2 mi run, 12 mi bike, 3 mi run. Eclectic Edge Racing, http://eclecticedgeracing.com

Jun 28: Five Mile Lake Sprint Women's Triathlon

Federal Way, WA. 400m lake swim, 14 mi MTB, 5km trail run. Reg.: 6:00-7:45am. Race: 8:00am. Relay option. BuDu Racing, www.buduracing.com

Jun 28: Lake Padden Triathlon

Bellingham, WA. Competitive & recreational categories. 1st race at 8:00am, swim 1/2 mi, bike 21 mi, run 5 mi. 2nd start at 1:00pm, swim .25, bike 10 mi, run 2.6mi. Bellingham Parks & Rec, 360-647-7665, www.trihethecookie.com

Jun 29: Mountains to Sound Relay

Seattle, WA. Five Legs, 100 miles from Snoqualmie Summit to Golden Gardens, Seattle. Teams, pairs or iron. 22 mi MTB / 50 mi road bike / 12 mi paddle / half-marathon / 10km sprint. Limit 200 teams, 50 pairs, 75 solo. 206-633-1121, www.mountaintosound.com

JULY

Jul 12: Clackamas River Runoff

AUGUST

Aug 2: Race the Rock
Langley, WA. Start at Lone Lake. Swim .5 mi, bike 19.5 mi, run 3.8 mi. Individual or team entry. South Whidbey Parks and Recreation, www.swparks.org

Aug 2: Rogue Triathlon Hellgate Challenge
Grand Pass, OR. 12km run, 24-mile bike, 5-mile kayak. Rogue Multi-sport LLC, 503-327-5531, www.roguemultisport.com/

Aug 3: Satsop Olympic and Sprint Tri
Elma, WA. Vance Creek County Park. Reg. from 7:00-8:45am. Race: 9:00am. Swim 500/1500m, bike 12/25 mi, run 3/6 mi. BuDu Racing, www.buduracing.com

Aug 9: Bellingham Youth Tri
Bellingham, WA. Race for kids 6-8, 9-10, 11-13 years old divisions. Day of reg. only. Start at noon. Bellingham Park and Rec., www.trithecookie.com/

Aug 9: Bigfoot Tri Festival
Harrison Mills, BC. 60 miles east of Vancouver. Full & half Ironman distances. No drafting. Starts at 7:00am. World Endurance Sport, www.triathlons.net

Aug 9: 24 Adventure Race
Oakridge, OR. Team of 2-4 adventure race. Seventh Wave Productions, www.bigblueadventure.com

Aug 10: Haulin' Aspen
Bend, OR. Full & half trail marathon. Limit 500 runners. Fresh Air Sports, www.freshairsports.com

Aug 10: My Next Triathlon
Harrison Mills, BC. Swim 400m, bike 20km, Run 5km. Starts at 10:00am. World Endurance Sport, 800-343-4466, www.triathlons.net

Aug 10: XTC Campbell River
Campbell River, BC. Off-road multisport race. McIvor Lake, full XTC 1000m swim, 24km MTB, 10km trail run. Open to all. Half XTC distance available. Part of the Triathlon BC Race Series. Cove Communications, www.xtccanada.com

Aug 15: Aquaman Duathlon
Richland, WA. Off-road course. 2 mi run, .5 mi swim, 3 mi run. 3 Rivers Road Runners, www.3rrr.org

Aug 16: The RUSH Triathlon
Rexburg, ID. Olympic: 1 mi swim, 24.8mi bike, 6 mi run. 9:00am start. Sprint: .5 mi / 13.8 mi / 3.1 mi run, goes at 10:00am. Swim at Rainbow Lake. Limit 500. Rex City Hall, www.rushtriathlon.com

Aug 17: Apple Capital Tri
Orondo, WA. Daraga State Park. Sprint & Olympic distances. Swim, bike, run. www.triwenatchee.net

Aug 17: Danskin Women's Tri
Seattle, WA. Staged at Genesee Park. Swim in Lake Washington. 640m swim, 12 mi bike, 3 mi run. Packet pickup on 16th. 800-452-9526, www.danskin.com

Aug 17: West Plains WunderWoman Tri
Medical Lake, WA. Emde Sports, www.emdesports.com

Aug 23: Lake Sammamish Tri
Issaquah, WA. Age group, relay, and kids tri. Reg.: 5:00-6:45am. Start: 7:00am. Distance: 400m swim, 14.5 mi bike, 3.5 mi run. Kids version available. BuDu Racing, www.buduracing.com

Aug 24: XTERRA Wild Ride Tri
McCall, ID. Off-road tri: 3/4 mi swim, 19.5 mi MTB, 10km trail run. Individual and 2-3 person teams. Part of the America Tour XTERRA. Wild Rockies, www.xtterraplanet.com

Aug 24: Heart of the Sound Tri
Vashon Island, WA. At Jensen Point Park. Adult and kids distances. Salt water swim. USAT sanctioned. www.hotstriathlon.org

Aug 24: Ironman Canada
Penticton, BC. At Okanagan Park. 3.8km swim, 180km bike, 42.2km run. Ironman North America, www.ironman.ca

Aug 30: Umpqua Ultimate Olympic Duathlon/ Tri
Sutherlin, OR. Du: 40km MTB & 10km run. Triathlon: 1.5km swim, 40km bike, 10km run. Also sprint version and trail run. Rogue Multi-sport, www.roguemultisport.com

Aug 31: Portland Triathlon
Portland, OR. Held in downtown. Strives to be unique, sustainable, and a little bit weird. Part of Portland's Riverfest 2008. Olympic distance, starting and finishing in Waterfront Park. www.portlandtri.com

SEPTEMBER

Sep 6: XTC Vancouver - National Championships
Vancouver, BC. Start at Buntzen Lake. 1500m swim, 24km MTB, 10km trail run. Open to all. Half XTC available. Triathlon BC Junior Series. Cove Communications, www.xtccanada.com

Sep 12: Bogus Basin Resort Championship Trail Run
Boise, ID. 10km or 20km trail run options. Start at Bogus Basin Mountain Resort lower lodge at 6:00pm. 1800 vertical ft. Wild Rockies, www.wildrockies.com

Sep 13: Flowing Lake Tri
Snohomish, WA. Reg. from 6:00-7:45am. Race: 8:00am. 400m swim, 14 mi bike, 2 mi run. All USAT categories. BuDu Racing, www.buduracing.com

Sep 13: Grand Columbian 08
Grand Coulee, WA. Ultra, full and half distances. Swim in Banks Lake. Ride across the dam. USAT Nat'l Champ. Total Health Events, www.thegrandcolumbian.com/

Sep 20: USAT National Age Group Championship
Portland, OR. 1.5 km/40 km/10 km. Must pre-qualify and be 18+ by year end. Qualifier: Top 10% of your age group in any USAT sanctioned event. Limit 1,500. Team USA, www.usatriathlon.org/

Sep 21: Oyster Race Series
Seattle, WA. Cure triathlon monotony & try run-bike-paddle-skate-trek-climb and other stuff. 3 divisions—traditional, 6-person and family. Team-Sage Productions, www.oysterraceseries.com

Sep 21: Vancouver Muddy Buddy Ride & Run
N. Vancouver, BC. Get dirty! Start at Camp Brick. Teams of 2, 1 run, 1 bike. Conquer 5 obstacles while switching between bike and run throughout the course. Obstacles vary, mud pit, rope challenge, etc. Cove Communications, www.covecommunications.ca

Sep 27: Bellingham Traverse
Bellingham, WA. Run, MTB, road bike, trail run, paddle and trek. Registration opens June 1st. Start at 12:30pm. Solo, tandem or relay. Choose a group to give your pledges to. Bellingham Benefits, http://bellinghamtraverse.com/home.htm

Sep 27: MOMAR - Cumberland
Cumberland, BC. 40-50km course. 10km kayak, 20km MTB, 10km trail running and mystery challenges. For all. Moderate navigation. Solo or teams. Approx. finish time 4-8 hours. MOMAR, 866-912-3331, www.mindovermountain.com

OCTOBER

Oct 12: Dirty Du
Yamhill, OR. Flying M Ranch. Start time 10:00am. MTB duathlon: 5 mi trail run, 15 mi MTB leg with 65% single-track. BBQ and camping. X Dog Events, www.xdogevents.com

CYCLOCROSS

SEPTEMBER

Sep 1: Labor Day Cyclocross Championships
Seatac, WA. South Seatac Park. Not part of Seattle Cyclocross Series. Proceeds to support ASC junior team. ASC Junior Development Racing Team, 206-849-6409, www.ascracing.org

Sep 4, 11, 18, 25: Thrilla Cross Series
Bend, OR. See "Race Series" for details. Kevin Gorman, Webcycley, www.webcycley.com

Sep 6: Crosstoberfest
Kenmore, WA. Tentative - check website to confirm. 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, www.ragnarokracing.com

Sep 9, 16: Eugene Short Cross Series
Eugene, OR. At Camp Harlow. First start at 6:00pm, staggered Men B, Masters, Men C, Women B and Junior W. 6:35pm: Men A, Women A, Single-speed. 1.25-mile course. MTB and cross bike legal. Norm Babcock, 541-520-3717

Sep 14: Copper Cross
SeaTac, WA. South SeaTac Park. Tentative, see website to confirm. www.seattlecyclocross.com

Sep 20-21: Hood River Double Cross & Cross Classic
Hood River, OR. Double weekend of cross. Hood River Valley High School. Many categories, including kids. Jeff Lorenzon, 541-490-6387

Sep 20: Star-Crossed
Redmond, WA. Twilight cyclo-cross event presented at Marymoor Velodrome. Fast and spectator friendly course surrounded by a festive atmosphere. Beer garden, raffle, food and music. Race start at 2:15pm, headlining event starts at 8:00pm. www.hagensbermancycling.com

Sep 22: Rad Racing GP
Lakewood, WA. US Grand Prix of CC returns to Steilacoom. UCI category 2 events. Jim Brown, Rad Racing NW, www.usgpcyclocross.com/

Sep 27: Eagle Island Cross #1
Eagle, ID. Tentative date. www.idahocyclocross.com

Sep 27: Veloshop Cross Race
Portland, OR. Mike Bene, Veloshop, 503-314-0141

Sep 28: Battle at Barlow
Gresham, OR. Sam Barlow High School. Registration opens 8:00am. First race off at 9:00am. All categories and single-speed. Challenging, railroad tie stepped run-up and long off-camber section. Two gradual climbs per lap. Euro-style course. Cash prize and trophies. Kurt Gritman, 503-752-3496, www.obra.org

Sep 28: Seattle Cyclocross #1
Snohomish, WA. Tentative date - check website to confirm. www.seattlecyclocross.com

OCTOBER

Oct 2: Thrilla Cross Series
Bend, OR. See "Race Series" for details. Kevin Gorman, Webcycley, www.webcycley.com

Oct 4, 18: Psycho Cross #1
Eugene, OR. Sai Collura, 541-747-3336

Oct 5, 12, 19, 26: Cross Crusade
Portland, OR. See "Race Series" for details - Location to be confirmed. Brad Ross, 503-806-6943, www.crosscrusade.com

Oct 11: Eagle Island Cross #2
Eagle, ID. Tentative date. Team Digestive Health Clinic, www.idahocyclocross.com

Oct 11, 25: Salem CCX Series
Salem, OR. Evan Plews, 503-949-4879

Oct 12, 19, 26: Seattle Cyclocross
Seattle, WA. Evergreen High. Tentative - check website to confirm. www.seattlecyclocross.com

Oct 18, 25: S. Oregon Outlaw Cyclocross
Ashland, OR. See "Race Series" for details. Jena Jensen, 541-899-9190

Oct 25-26: Cycloberfest
Hailey, ID. Tentative date. www.idahocyclocross.com

NOVEMBER

Nov 1, 15: Psycho Cross
Eugene, OR. Sai Collura, 541-747-3336

Nov 1, 15, 22: S. Oregon Outlaw Cyclocross
Ashland, OR. See "Race Series" for details. Jena Jensen, 541-899-9190

Nov 2, 9, 16: Cross Crusade
Portland, OR. See "Race Series" for details. Location to be determined. Brad Ross, 503-806-6943, www.crosscrusade.com

Nov 2, 9, 23: Seattle Cyclocross
Auburn, WA. Donida Farm. FSA feature. Tentative - check website to confirm. www.seattlecyclocross.com

Nov 8: Salem CCX Series #3
Salem, OR. Evan Plews, 503-949-4879

Nov 22: Eagle Island Cross #3
Eagle, ID. Tentative date. www.idahocyclocross.com

Nov 22: Fox Hollow GP
Eugene, OR. Orion Berryman, 541-914-3390

Nov 23: Krugers Crossing
Sauvie Island, OR. Held at Kruger's Farm. Ruffed farm roads, through berry fields, pastures, barn, beer garden and corn maze. Registration starts at 7:45am. First race off at 9:00am. All categories. Cash prize, primes and raffle. Kris Schamp, 503-466-9007

DECEMBER

Dec 6: Eagle Island Cross #4
Eagle, ID. Tentative date. Team Digestive Health Clinic, www.idahocyclocross.com

Dec 7: Seattle Cyclocross #8 / Finals
Sumner, WA. Kelly Creek. Tentative - check website to confirm. Seattle Cyclocross, www.seattlecyclocross.com

Dec 11-14: USAC Nationals
Kansas City, KS. www.usacycling.org

MTB RACING

MARCH

Mar 1: Dirty Duo
North Vancouver, BC. Cross-country event. Start/finish at Jaycee House on Lillooet Rd. Fun, technical 30km of classic North Shore MTB riding. Running 15, 25 or 50km. Solo or relay - 25km run, 30km bike. Heather MacDonald, 604-990-9815, www.dirtyduo.com

Mar 2: West Side MTB Series #3
Black Diamond, WA. Black Diamond Square. See Race Series for details. BuDu Racing, www.buduracing.com

Mar 15-16: Burn the Winter Coat Weekend
Lacey, WA. Capitol Forest. Saturday: Poker Ride and cross-country race. 15-mile short loop XC, 21-mile long loop. Sunday: Super D - 6-mile + 300-2100' super downhill. Second series event on 9/6. Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/races2008.html

Mar 16: Super D Nanaimo
Nanaimo, BC. Part of Island series. arrow-smithmtbclub.com

Mar 23: Downhill Nanaimo
Nanaimo, BC. Part of Island series. arrow-smithmtbclub.com

Mar 30: Spokane Trailquest Mt. Bike Orienteering
Chatteroy, WA. Mt. Bike Orienteering. New sport to Northwest, very popular in Europe. Awards for finishing 3-race series. Spokane

Trailquest, 509-327-7220, www.spokanetrailquest.com

APRIL

Apr 5-6: Fluidride Cup #1
Port Angeles, WA. See "Race Series" for details. Olympic Dirt Society, http://fluidride.com/

Apr 6: Horning's Hustle MTB
North Plains, OR. Held in Horning Hideout. 4-mile clover leaf course with ups and downs, fire roads, single-track and fields. Kick off the season in style. OR MTB #1. 503-466-9007, www.portlandracing.com

Apr 6: Port Alberni XC
Port Alberni, BC. Cross-country event. Part of Island series. United Riders of Cumberland, www.arrowsmithmtbclub.com

Apr 6: SeaTac Shuffle - Indie #1
SeaTac, WA. SeaTac, the urban MTB oasis. Lots of rolling hills and twisty trails, located really close to home. Part of the new Indie Series. Promotions, 206-824-7666, www.indieseries.com

Apr 12: 13th Annual Barking Spider Bash
Melba, ID. Trail run starts at 9:00am, MTB races around noon. 10.5-mile loop. Beginners do 1 lap, Sports 2 and Expert/Pro 3 laps. Tasty lunch and beverages, free kids race follows awards. This is desert racing at its finest! Part of WRS. Wild Rockies, www.wildrockies.com

Apr 12: 7th Secret Ripper
North Vancouver, BC. Fromme Mountain. HC, DH or both. Ride solo or team. Up to Seventh Summit. Long intermediate shore classic DH with some pedaling. North Shore MTB Association, www.nsmba.bc.ca

Apr 13: Cumberland XC
Cumberland, BC. Cross-country event. Part of Island series. United Riders of Cumberland, www.arrowsmithmtbclub.com

Apr 13: Devil's Slide
Lewiston, ID. XC mountain bike race for everyone on the park's Devil's Slide course. Course designed by Sean Ellis. www.devilssliderace.com

Apr 13: West Side MTB #4
Black Diamond, WA. Black Diamond Square. See Race Series for details. BuDu Racing, www.buduracing.com

Apr 20: Marathon Nanaimo
Nanaimo, BC. Cross-country event. Part of Island series. Arrowsmith Bike Nanaimo, www.arrowsmithmtbclub.com

Apr 20: Peak Sports Mudslinger
Blodgett, OR. NW mountain bike classic. 12-15 mile loop; sweet single-track will test your climbing & descending skills. Post-race food & awards, great competition & \$500 cash purse. OR MTB #2. Mike Ripley, 541-342-1493, www.mudslingerevents.com

Apr 26-27: Bear Springs Trap MTB
McCubbins Gulch, OR. Saturday short track (ST), Sunday XC. 10, 20 & 30 miles, depending on class. 95% single-track. 500'-2000' of elevation. Single lap format. Part of Mt. Hood Skibowl XC Series. OR MTB #3. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Apr 26-27: Beezley Burn
Ephrata, WA. Saturday: short track, Sunday: cross-country on challenging, desert-like 7-mile loop with lots of short climbs and fast descents. Pro payout \$2000. Jake Maedke, 509-754-6361, www.beezleyburn.com

Apr 27: Parksville XC
Parksville, BC. Cross-country event. Part of Island series. Arrowsmith MTB Club, www.arrowsmithmtbclub.com

Apr 27: Spokane Trailquest MTB Orienteering
Chatteroy, WA. Mt. Bike Orienteering. New sport to Northwest, very popular in Europe. Awards for finishing 3-race series. Spokane Trailquest, 509-327-7220, www.spokanetrailquest.com

Apr 27: XC Epic 60
Parksville, BC. 60km epic mountain bike ride. Arrowsmith MTB Club, www.arrowsmithmtbclub.com/events.htm

MAY

May 3-4: Spring Thaw MTB Festival
Ashland, OR. XC on Saturday - start at 9:00am. DH on Sunday at 10:00am. DH offers a thrilling 1.7-mile, 100% single-track descent through the beautiful Ashland Watershed. Classes for every age division and ability level. Kid's Race and Biker's Bash. OR MTB. Amy Warner, 541-601-9663, www.obra.org

May 4: Coyote Classic AMBC at Avimor - KTS XC #1
Boise, ID. High speed rolling double-track. Tight, technical sagebrush single-track; get your socks wet water crossings; quick steep drops; nasty little granny gear climbs. Single-speeders' dream. Part of the AMBC Series. Fat cash for the Pros, great racing for everybody. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com/

May 4: Parksville DH
Parksville, BC. DH event. Part of Island series. Arrowsmith MTB Club, arrowsmithmtbclub.com

May 4: Salty Dog 6 Hour Enduro
Salmon Arm, BC. Tom Peasgood, Skookum Cycle & Ski, Salmon Arm, BC, www.skookumcycle.com

May 4: West Side MTB #5
Black Diamond, WA. See Race Series for details. BuDu Racing, www.buduracing.com

May 10: 1st Annual Ore Crusher
Squamish, BC. Lap race at Cheekeye. Fan area. Distance: 40km. Test of Metal, 604-898-5195, testofmetal.com

May 10: Sagebrush Scramble - ST
Boise, ID. Wind it up and get it on! Action-packed short track racing just 23 miles SE of Boise! Racing and BBQ starts at noon. Come race, hang out and have fun! Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

May 10-11: Shiloh Cyclery Spring Fling - DH#1/FR Cup#2
Mt Hood, OR. DH on Mt. Hood. Course depends on snow conditions. Single run for all categories. Part of Mt. Hood Skibowl DH Series. FR Cup. Petr Kakes, Hurricane Racing, 541-272-0240, www.skibowl.com

May 11: Cascade Chainbreaker
Bend, OR. One of the biggest races in Oregon. The course is fun and challenging. Kevin Gorman, Webcycley, 888-759-2453, www.webcycley.com

May 11: Jacksonville Forest Park ST #1
Jacksonville, OR. See "Race Series" for details. Richard Hogan, 541-664-8751. www.obra.org

May 11: Super D
Victoria, BC. Part of Island series. Rider's Cycle, www.arrowsmithmtbclub.com

May 18: Falls City Firecracker
Falls City, OR. 4.5-mile loop with 1000' of climbing per lap, great single-track. Similar course as 2007 without the "impossible climb." Registration opens at 8:00am. OR MTB #5. Kevin Thompson, 503-481-7662, www.halfastvelo.com/firecracker_race.htm

May 18: Jacksonville Forest Park ST #2
Jacksonville, OR. See "Race Series" for details. Richard Hogan, 541-664-8751. www.obra.org

May 18: Marathon Port Alberni
Port Alberni, BC. Part of Island series. Alberni Valley Riders, www.arrowsmithmtbclub.com

May 18: Race the Ranch
Kamloops, BC. Downhill - BC Cup #1. Henry Pejril, www.cyclingbc.net

Family Friendly Ride or Event
EAW Supports Bicycle Alliance of WA
BIA Supports Bicycle Transportation Alliance of Oregon

Tour de Cure American Diabetes Association

Ride 15, 20, 45, 70 or 100 miles for diabetes.

MAY 17
Marymoor Park

Sign up at (888) - DIABETES or diabetes.org/tour

May 18: Whidbey Island Mudder - Indie #2
Langley, WA. The 5.5-mi loop features some climbs, a few fast descents, and sections of single-track! If it's warm and dry, the course can get dusty; watch out for mud if it's wet! One Speed Promotion, 360-321-5884, www.indieseries.com

May 24-25: 24 Hours Round the Clock
Spokane, WA. 24-hour relay for teams and solos. Starts at noon on Saturday and ends at noon on Sunday. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

May 25: Cow Trail Classic
Merriitt, BC. XC and kids events, BC Cup XC #1. Merriitt MTB Association, 250-378-5856, www.merriittmountainbiking.com

May 25: DH Cumberland
Cumberland, BC. Part of Island series. United Rider of Cumberland, www.arrowsmithmtbclub.com

May 25: Jacksonville Forest Park ST #3
Jacksonville, OR. See "Race Series" for details. Richard Hogan, 541-664-8751, www.obra.org

May 25: Spokane Trailquest Mt. Bike Orienteering
Chatterory, WA. Mt. Bike Orienteering, third in a 3-race series. New sport to Northwest, very popular in Europe. Awards for finishing 3-race series. Spokane Trailquest, 509-327-7220, www.spokanetrailquest.com

May 25: XC Duncan
Duncan, BC. Part of Island series. Experience Cycling, www.arrowsmithmtbclub.com

May 28: Wood River Cup #1
Hailey, ID. See "Race Series" for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

May 31-Jun 1: Moose Chase MTB DH & XC
Coeur d'Alene, ID. Saturday DH Coeur d'Alene Mountain, a 3.5-mi drop down tight single-track! Sunday XC Canfield Mountain. Big racing and big fun! Single-track galore! 25 mi Pro/Expert, 21 mi Sport, and 16 mi Beginner. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com/

May 31-Jun 1: On the Edge Rat Race
Roberts Creek, BC. Saturday: marathon: 48km with 1500m vertical, shorter course for kids. BC Provincial Marathon championships. Sunday: DH 1.7km course that runs about 3 minutes, mandatory pre-race run. Rod Composano, SCUMB, 604-886-1525, www.SCRatRace.com

JUNE

Jun 1: 50km Campbell River
Campbell River, BC. Part of Island series. CR Cycling Club, www.arrowsmithmtbclub.com

Jun 1: High School Race
Nanaimo, BC. Part of Island series. Arrowsmith Bikes Nanaimo, www.arrowsmithmtbclub.com

Jun 1: Jacksonville Forest Park ST #4
Jacksonville, OR. See "Race Series" for details. Richard Hogan, 541-664-8751, www.obra.org

Jun 4: Wood River Cup #2
Hailey, ID. See "Race Series" for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

Jun 7-8: 3rd Annual Janna Brimmer Memorial
Salmon, ID. Trail run, XC and DH MTB races. DH at 2:30pm on Saturday. Runners start at 9:00am Sunday, 10km trail run starts around noon. Beginners - 2 laps, Sports - 3, and Pro/Experts - 4. Duke Foundation is providing a great lunch. Free kids' race Sunday. Part of WRS. Wild Rockies, www.wildrockies.com

Jun 7: Bavarian Bike & Brews Fest - Indie #3
Leavenworth, WA. Gibbs Organic Farms. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 mi with 1800' of elevation, and features challenging single-track, creek crossing and spectacular scenery. Part of Indie Series.

Leavenworth Fat Tire Club, 509-548-5615, www.dasradhaus.com

Jun 7-8: Fluidride Cup #3
Port Angeles, WA. See "Race Series" for details. Olympic Dirt Society, <http://fluidride.com/>

Jun 7: Junkyard Dog XC
Surrey, BC. XC race. Start/finish at South Surrey Athletic Park. Great family spectator event, easy urban access. Good climbing with tight twisting technical single-track. BC Cup. SORCE, 604-538-5716, www.sorcebikeclub.org

Jun 7-8: XC Port Alice
Port Alice, BC. 2 cross-country events, back to back. Part of Island series. Nitro Club, www.arrowsmithmtbclub.com

Jun 11: Wood River Cup #3
Hailey, ID. See "Race Series" for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

Jun 14-15: City Creek - KTS XC #3/ DH #1
Pocatello, ID. Saturday XC, Sunday DH. All single-track that's fast out of the gate, and puts you on the edge! A 1-run format. After a day of downhill action, great awards, BBQ burgers and free beer! Knobby Tire Series, 208-338-1016, www.knobbytireseries.com/

Jun 14-15: Squilchucker
Wenatchee, WA. XC and DH racing is back at Squilchuck State Park. www.triwenatchee.com

Jun 14: Test of Metal
Squamish, BC. Marathon event. SOLD OUT. www.testofmetal.com

Jun 15: Clif Bar NW Singlespeed Championships
Blodgett, OR. Mike Ripley, 541-342-1493, www.mudslingerevents.com

Jun 15: DH Port Alberni
Port Alberni, BC. 2 cross-country events back to back. Part of Island series. Nitro Club, www.arrowsmithmtbclub.com

Jun 15: Test Of Endurance 50
Blodgett, OR. 50 mi MTB race, 7800' of climbing, solo, couple and/or combined time team event. Cash and 7 acres of camping. So much fun in one day. OR MTB #6. Mike Ripley, Mudslinger Events, 541-342-1493, www.mudslingerevents.com

Jun 18: Wood River Cup #4
Hailey, ID. See Race Series for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

Jun 21: 12 Hours of Cumberland Relay
Cumberland, BC. The 12 Hours of Cumberland is a 12-hour race/relay on the trails south of Cumberland (access via the yellow gate). Laps are approximately 1 hour for the average rider. From 8:00am to 8:00pm. United Riders of Cumberland, 250-336-8250, www.arrowsmithmtbclub.com

Jun 21: Epic Soldier Mtn. March XC - KTS XC #4
Fairfield, ID. Truly an epic cross country event. High altitude climbing to over 8000', long fast descents, technical single-track & river crossings. The scenery is unbelievable. Awards and BBQ after. XC #4 Part of KTS. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jun 21: My First Mountain Bike Race
Surrey, BC. Grassroots beginner MTB race at a spectatorfriendly urban bike park. Start at 10:00am. No license required. SORCE, 604-538-5716, www.sorcebikeclub.org

Jun 21: Red Mountain XC
Mission, BC. Tentative. www.cyclingbc.net

Jun 21-22: Shiloh Cyclery Challenge - DH #2
Mt. Hood, OR. DH training on Saturday and racing on Sunday. Categories and sub-categories for all age groups. 2 mi course. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jun 21: Surrey Bike Fest
Surrey, BC. Celebrates the South Surrey Bike Park's 10th anniversary. Features a fun race, trade show,

dirt jump jam, BBQ, trials demo team, a sports swap & movie session. SORCE, 604-538-3716, www.sorcebikeclub.org

Jun 22: Adruum Challenge DH
Mission, BC. www.adruumchallenge.com

Jun 22: Methow Cycle & Sport Mountain Challenge - Indie #4
Winthrop, WA. Come celebrate the Summer Solstice in the Methow Valley. Incredible riding and great racing. Make a weekend of it! Categories for all ages and abilities. Part of Indie series. Joe Brown, 509-996-3645, www.indieseries.com

Jun 22: Picketts Charge
Bend, OR. XC racing for all levels. Pro/Elite/Expert: 30-35 mi Sport: 20 mi, Beginner: 10-15 mi. Day of registration opens from 8:30-9:30am. Racing starts at 10:00am. Cash purse and raffles. OR MTB Finals. Julie Wose, 541-382-6008, www.obra.org

Jun 22: Soldier Mountain Slaughter DH - KTS DH #3
Fairfield, ID. Very fast. From the start riders twist down through a forest of pine trees. The ride is technical and action packed! Two run format, single best time. Great awards sponsored by Scott USA. Part of KTS DH #3. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jun 23: Portland MTB ST #1
Portland, OR. See "Race Series" for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Jun 28-Jul 4: BC Bike Race
Victoria, BC. Race from Victoria to Whistler - the ultimate single-track experience - covers 600km and climbs just over 10,000m. 400-team limit. BC Bike Race, 778-846-5746, www.bcbikerace.com

Jun 28-29: Return on the Jedi DH/ST/XC
Grants Pass, OR. Saturday DH: Top rated course finishes on 5 miles of twisting single-track ("The Jedi Trail") at Sam Brown Campground. Saturday: ST. Sunday: XC. State championships for ST/XC. Cliff McCann, 541-659-4104, www.obra.org

Jun 28-29: Willamette Pass Super D & DH #1
Willamette Pass, OR. Saturday: Super D on a 5-mile course with 70-80% downhill, or flat with some short climbs. Beginner, Sport, Expert and Pro classes, plus age groups. Sunday: DH. Oregon Adventures, 541-968-5397, www.oregon-adventures.com

Jun 28: Wood River Cup #5 - Finals
Hailey, ID. Saturday race. Idaho State short track Championships. See "Race Series" for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

Jun 29: Cascade Cream Puff 100
Oakridge, OR. America's toughest 100-mile MTB race. Riders complete three 33-mile loops. Climbing on gravel road, 50% single-track and 18000' of climbing. 110-rider limit. Time limit: 15 hours. Register early. Scott Taylor, 541-517-4278, www.cascadecreampuff.com

Jun 29: Mad Trapper
Panorama, BC. Downhill - BC Cup. Panorama Resort, 250-341-3019, www.panoramaresort.com

Jun 29: Race the Ranch
Kamloops, BC. Cross-country - BC Cup and Canada Cup. Henry Pejril, www.cyclingbc.net

Jun 30: Portland MTB ST #2
Portland, OR. See "Race Series" for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

JULY

Jul 1: Canada Day Speed Trials
Nelson, BC. 2-up trial competition, includes ramps, teeter-totters and more. Nelson Cycling Club, www.nelsoncyclingclub.org

Jul 4: USAC Marathon Nat'l Championships
Breckenridge, CO, www.usacycling.org.

Jul 7: Portland MTB ST #3
Portland, OR. See "Race Series" for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Jul 11-13: Brundage MTB Festival
McCall, ID. XC race at 10:30am on Saturday. Lemans style start, and everybody does the same 15.5 mi course. After XC race is done move to mass start Super D around 1:00pm. Ride the chairlift and experience the thrill of Zorro and a 10-min mix of XC and DH. Lunch provided by CIMBA and Polarpak, following the races on Saturday. Free kids' race on Saturday. Brundage Bomber DH starts at 1:00pm on Sunday. Part of WRS. Wild Rockies, www.wildrockies.com

Jul 11-13: Canadian Nat'l Championships
Beaure, QC. Mt Ste Anne. DH and marathon. Gesteve, www.gesteve.com

Jul 12-13: State Games of Oregon presented by Fat Tire Farm FR Cup #4
Mt. Hood, OR. DH at Mt. Hood Skibowl #3. Series. FR Cup event #4. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 13: Padden MTN Pedal - Indie #5
Bellingham, WA. The Padden race is back and just keeps on keeping on. The oldest race in Washington for a reason - because folks keep coming. Categories for all ages and abilities. Proud to be part of the Indie Series. Mark Peterson, 360-733-1955, www.indieseries.com

Jul 13: West Coast Racing
Lower Mainland, BC. XC event - BC Cup. West Coast Racing, www.westcoastracing.ca

Jul 14: Portland MTB ST #4
Portland, OR. See "Race Series" for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Jul 17-20: USAC MTB Nationals
Mt. Snow, VT. www.usacycling.org

Jul 19-20: Bear Mountain Challenge
Mission, BC. 4 minutes of perfectly groomed single-track that consistently draws the fastest racers in the country. XC, DH. "B" level event. Gary Harder, www.fvmba.com

Jul 19-20: Canadian Nat'l XC Championships
Beaure, QC. Mt. Ste Anne. XC - World Cup the following weeks. Gesteve, www.gesteve.com

Jul 19: Gorge Games Short Track
Mt Hood, OR. Chad Sperry, 541-980-2344, www.obra.org

Jul 19-20: Willamette Pass Super D & DH #2
Willamette Pass, OR. Saturday: Super D on a 5 mi course with 70-80% downhill, or flat with some short climbs. Beginner, Sport, Expert and Pro classes, plus age groups. Sunday: DH. Oregon Adventures, 541-968-5397, www.oregon-adventures.com

Jul 20: State Games of Oregon
Mt. Hood, OR. XC events at Mt. Hood Skibowl. Part of Mt. Hood Skibowl XC Series. OBRA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 21: Portland MTB ST #5
Portland, OR. See "Race Series" for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

Jul 26-27: 24 Hours of Adrenaline
Canmore, AB. 2008 World Championships at the Canmore Nordic Center. 200 solos compete for \$20,000. Teams of 4, 5 or 10 persons. Twenty4 Sports, inc., www.24hoursofadrenaline.com

Jul 26: Galena Grinder Marathon and XC #5
Galena Summit, ID. Part of the USAC National Marathon Calendar. Marathon XC racing doesn't get any better than Galena. Spectacular course, post race BBQ, awards and unlimited food and

fun! XC #5. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jul 27: Gear Jammer Epic
Squamish, BC. 47km point-to-point race for single-track lovers. Mass start, point-to-point through Squamish single-track. Limit 500 riders. Start at 11:00am from Alice Lake Rd. SORCA, 604-892-9296, www.gearjammer.ca

Jul 27: Roslyn MTB Festival - Indie #6
Roslyn, WA. Welcome the Roslyn MTB Festival to the Indie Series! Join us for some great XC racing on amazing mountain bike terrain. Sun, fun and good times. Longer loop than in 2007. Poker ride. All proceeds to Roslyn Library. Part of Indie Series. Roslyn Cyclery, 509-649-2863, roslyncyclery.com

Jul 28: Portland MTB ST #6
Portland, OR. See "Race Series" for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

AUGUST

Aug 2: Bromont World Cup
Bromont, QC. XC, DH and 4X. mondialduvelo.com

Aug 2: Intermountain Orthopaedics White Knob Challenge
Mackay, ID. Racers always come back for the White Knob Challenge; 2008 will be the 24th annual! Great racing, lots of food and a big bunch of prizes! KTS XC #6. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Aug 2-3: USAC 24 Hour MTB Nationals
Wausau, WI. www.usacycling.org

Aug 3: Psychosis DH
Golden, BC. Over 4000' of technical single-track downhill. Awesome course that doesn't stop. The world's most demanding DH race. www.psychosis.ca

Aug 9-17: Kokanee Crankworx
Whistler, BC. The most groundbreaking gravity-fueled mountain bike festival in the history of all things badass. 9 action packed days featuring the sport's most fearless and talented athletes. Events Whistler, www.crankworx.com

Aug 10: Pistis Short Track #1
Grants Pass, OR. See "Race Series" for details. Pistis Ministries, 541-944-5566, www.pistis.us

Aug 10: Ragnarok's Race of the Gods - Indie Ragnar
Greenwater, WA. Ragnarok Racing, the biking Gods, will be hosting a killer MTB race set in the idyllic shadows of Mt. Rainier. Also serving as the Indie Series final. Some special surprises are in store. Ragnarok Racing, 206-291-7773, www.indieseries.com

Aug 10-16: TransRockies
Panorama, BC. An epic 7-day MTB stage race through the majestic Canadian Rockies. 600km, 12000 vertical meters of elevation, 350 riders. Limit 175 teams. Panorama to Fernie. Transrockies Inc, 403-668-7537, www.transrockies.com

Aug 16: Silver Creek Pedal & Plunge
Garden Valley, ID. New to the 2008 Knobby Tire Series Calendar. A XC race that starts and finishes at Silver Creek Plunge Hot Springs in the Boise National Forest Mountains. Less than a 2-hour drive from Boise. Part of KTS XC. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Aug 16-17: Willamette Pass Super D & DH #3
Willamette Pass, OR. Saturday: Super D on a 5-mile course with 70-80% downhill, or flat with some short climbs. Beginner, Sport, Expert and Pro classes, plus age groups. Sunday: DH. Oregon Adventures, 541-968-5397, www.oregon-adventures.com

Aug 17: Pistis Short Track #2
Grants Pass, OR. See "Race Series" for details. Steve Law, Pistis Ministries, 541-944-5566, www.pistis.us

Aug 23-24: Fluidride Cup #5
Port Angeles, WA. See "Race Series" for details. Olympic Dirt Society, <http://fluidride.com/>

CYCLING ACCIDENT ATTORNEY



JOHN DUGGAN
CYCLING ATTORNEY

Member of Cascade Bicycle Club and Bicycle Alliance of Washington
Sponsor of ByrneInvent and Caffè Appassionato Cycling Teams

206-343-1888 or 206-714-1085

johnd@warrenduggan.com

Free Consultation

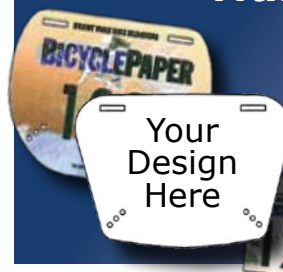
BICYCLE PAPER CUSTOM RACE EQUIPEMENT

★ **Bike and Body Numbers**

★ **Banners, Fencing, and Flags**

★ **Jerseys**

★ **Wristbands, Pins, and Other Necessities**



sales@bicyclepaper.com 206.903.1333

Aug 23: Seven Summit

Rossland, BC. Marathon cross-country event. Revolution Cycles, 250-362-0079, www.revolutioncycles.ca

Aug 24: Sun Peaks

Kamloops, BC. DH BC Cup and Canada Cup. Henry Pejril, 250-578-5411, www.sunpeaksresort.com

Aug 24: Pistis Short Track #3

Grants Pass, OR. See "Race Series" for details. Steve Law, Pistis Ministries, 541-944-5566, www.pistis.us

Aug 30-Sep 1: Tamarack Resort - NMTBS & KTS Finals

McCall, ID. State championship finals. Knobby Tire Series Finals held in conjunction with National Mountain Bike Series Finals. Come join us all for a spectacular weekend of racing at Tamarack Resort. Mountain bike racing at its best. XC, DH, 4X or DS, ST & Super D. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Aug 31: Mount Washington DH

Mount Washington, BC. Downhill BC Cup and Canada Cup. Mike Manara, Mount Washington Resort, 250-334-5744, www.mountwashington.ca

SEPTEMBER

Sep 6-7: Burn the Winter Coat Weekend

Lacey, WA. Capitol Forest. Saturday: XC race. 15-mile short loop XC, 21-mile long loop. Sunday: Super D - 6-mile + 300-2100' super downhill. Final series award presented. King and Queen shall be crowned and receive \$500. Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/races2008.html

Sep 7: Dash Point Fat Tire Fest

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's South Side Cyclerly, 253-661-3903, www.teamtailwind.com

Sep 7: Pistis Short Track #4

Grants Pass, OR. See "Race Series" for details. Steve Law, Pistis Ministries, 541-944-5566, www.pistis.us

Sep 13-14: Scotty Graham Memorial DH #4

Mt. Hood, OR. Downhill event. Saturday training, Sunday race. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 14: Bogus to Boise BANZAI Super D

Boise, ID. Bogus Basin Mountain Resort. Good fun for beginners to the top pro racers. All categories. Start on top of Deer Point chairlift with LeMans before 16.5-mile Banzai DH adventure. Finish line party at the Boise Co-Op. Part of WRS. Wild Rockies, www.wildrockies.com

Sep 14: Marathon Duncan

Port Alberni, BC. Cross-country event. Part of Island series. Experience Cycling, www.arrowsmithmtbclub.com

Sep 14: Mt. Ashland Hill Climbing Championships

Ashland, OR. TT up Mt. Ashland. Start at Lithia Park. 18 miles. All categories. Start at 9:00am. Follows old Spring Thaw route on 2060, then 2080 to join access road after Bull Gap. Last two miles paved. 6500' elevation. Richard Hogan, 541-664-8751, www.obra.org

Sep 14: Pistis Short Track #5

Grants Pass, OR. See "Race Series" for details. Pistis Ministries, 541-944-5566, www.pistis.us

Sep 20: Cheakamus Challenge Fall Classic

Squamish to Whistler, BC. Oldest, toughest XC race in Canada. Marathon event. Come celebrate pain! Starts at the Squamish airport, finishes in Whistler. Grant Lamont, www.cheakamuschallenge.com

Sep 20-21: NCCA Collegiate Championships DH, ST & XC

Boise, ID. USA Cycling/NCCA Regional Conference - Series championship for Wild Rockies and for the Northwest Collegiate Conference. Saturday - ST at 10:00am. "Kamikaze" DH at 2:00pm on new course, Sunday - "Samurai" at noon, WRS finals. Wild Rockies, www.wildrockies.com

Sep 27-28: Shiloh's Showdown - Series Finals

Mt. Hood, OR. Saturday DH training and Sunday race at Mt. Hood Skibowl. DH Series Finals. FR Cup series finals. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 28: Rhododendron Ramble

Parksville, BC. 60km epic mountain bike ride. Arrowsmith MTB Club, www.arrowsmithmtbclub.com/events.htm

OCTOBER

Oct 26-28: USAC Collegiate MTB Nationals

Banner Elk, NC. www.usacycling.org

MTB TOURING

Feb 23: Harmonic Convergence SS

Portland, OR. Meet at Gearhart Park (1-5 exit 36) at 10:00am. Ride the wet, rooky, loggy Harmony Trails. Refreshment mid-ride. Dinner afterward. Intermediate rider level. Best enjoyed on single-speed bike. David Blan, 503-317-8682, www.pumpclub.org

MARCH

Mar 15: Burn the Winter Coat Weekend

Lacey, WA. Capitol Forest. Poker Ride. Fun spring event weekend to dust off the cobwebs and scratch that winter mtb itch. 5 card short loop (15mi), 7 cards long loop (21mi). Matthew Denuelle, Friends of Capitol Forest, 360-204-6207, www.capitolforest.com/races2008.html

Mar 15: Ides of March

Scappoose, OR. PUMP, www.pumpclub.org

MAY

May 30-Jun 1: Bike and Brew Weekend

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

JUNE

Jun 7: Poker Ride at the Pavilion

Pocatello, ID. Ride 15 miles on the famous City Creek Trail and collect chips. Check your hand and relax. Old Town Pocatello, 208-478-2418,

Jun 13-15: Umpqua River MTB Adventure

Bend, OR. Ride 50+ miles of single-track on the technical North Umpqua River Trail. This lush trail ranges from steep climbs to fast, flowing, let-it-rip descents. Also available 7/18, 8/15. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Jun 21-22: 11th Annual Idaho City MTB Tour

Boise, ID. Boise to Idaho City. A recreational adventure with proceeds benefiting SWIMBA, BYRDS, and IVCP. Ride begins and ends at Fort Boise Armory. Fully supported, all meals and snacks provided in the cost. Sag wagon available to those who want to do a shorter variation of the tour. 45mi each day with 18000' total for the weekend. Darren Lightfield, Wild Rockies, 208-587-9530, www.swimba.org

JULY

Jul 11-13: Bike and Brew Weekend

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

Jul 12: Mt. Hood Wild Ride

Mt. Hood, OR. Ride anywhere from 9 to 90 miles on some of the best Mt. Hood trails. Met at Dog River Trailhead. Non-guided rides. PUMP, www.pumpclub.org

Jul 12-13: Sea to Sky Trail Ride

D'Arcy, BC. 150 km of off-road trail ride in the spectacular Whistler area from D'Arcy to Squamish. Plenty of food - secure camping at Riverside Campground in Whistler. Limit 250 riders. Robbin McKinney, Great Explorations, 800-242-1825, www.great-explorations.com

Jul 18-20: Mt Bike Oregon #1

Oakridge, OR. Enjoy 3 full days (or the 5-day option) of unequalled single-track riding in Oakridge, OR that will leave you both exhausted and replenished. Each day offers supported ride options. The campground is over 9 acres along the bank of the refreshing Willamette River. Limit 300 riders. Randy Dreiling, 541-782-2388, www.mtbikeoregon.com

Jul 26: Pedal the Pinchot

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

AUGUST

Aug 8-9: Sunshine Coast Trail Ride

Halfmoon Bay, BC. Off-road trail riding that features beginner to intermediate single-track trails and outstanding scenery. This event promises to be exciting, with intermediate single-track and outstanding scenery. Great Explorations, 800-242-1825, www.great-explorations.com

Aug 9: Tour de Tillamook

Tillamook, OR. PUMP, www.pumpclub.org

Aug 15-17: Mt Bike Oregon #2

Oakridge, OR. Enjoy 3 full days of unequalled single-track riding in Oakridge, OR that will leave you both exhausted and replenished. Each day offers supported ride options. The campground is over 9 acres along the bank of the refreshing Willamette River. Limit 300 riders. Randy Dreiling, 541-782-2388, www.mtbikeoregon.com

Aug 22-23: Bike and Brew Weekend

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

SEPTEMBER

Sep 12-14: Umpqua River MTB Adventure

Bend, OR. Ride 50+ miles of single-track on the technical North Umpqua River Trail. This lush trail ranges from steep climbs to fast, flowing, let-it-rip descents. Also available 7/18, 8/15. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Sep 21: Olympic Discovery Bike Adventure

Port Angeles, WA. Enjoy riding 50 miles 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 28: Rhododendron Ramble

Parksville, BC. 60km epic mountain bike ride. Arrowsmith MTB Club, www.arrowsmithmtbclub.com/events.htm

OCTOBER

Oct 3-5: Bike and Brew Weekend

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

Oct 4-5: Methow Valley Fall Bike Festival

Winthrop, WA. 2 days of bicycling bliss throughout the Methow Valley! Music, a potato bar, beer garden & random prizes at the Winthrop Barn & Park. Races and tours. Julie Muyliaert, Methow Valley Sport Trails Association, PO Box 147, Winthrop, WA, 98862. 509-996-3287, www.mvsta.com

Oct 17-19: 14th 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. 86 SW Century Drive, PMB 124, Bend, OR, 97702. 800-818-1902, www.bendbigfattour.com

ROAD RACING

FEBRUARY

Feb 16: Limited Gear Ratio Road Race

Boise, ID. 15-mile loop on rolling terrain on South Cole Rd. Sign up at 10:00am. Gear limit 70" (39 x 15, 42 x 16 or 52 x 20). No fixed-gears allowed. 30-mile at 12:15pm, 15-mile at 12:20pm. Entry fee: \$10. Mike Cooley, George's Cycles, 208-343-3782, www.georgescycles.com

Feb 17: Cherry Pie Road Race

Corvallis, OR. The new 26-mile course is located northwest of Albany and features many rolling hills and an uphill finish. Neutral roll-out start from Adair Park. New tandem class offered. Distance: 1 or 2 laps. First start at 10:00am. Jim Fisher, 541-990-8979, www.eugenecyclingteam.com

Feb 24: Frostbite Time Trial

Everett, WA. 8-mile out and back flat course on Lowell-Snohomish River Rd. Course starts at the county line and heads east along S-L River Rd. towards Snohomish. Reg. opens from 7:15 to 8:30am at Rotary Park. All \$20 except Junior, \$10. The first rider off at 9:00am. Men, Women, Junior and Masters - cash and merchandise. Rob Anderson, Puget Sound Bicycle Racing, 206-779-0943, www.psbracing.com/frostbiteTT2007.html

Feb 24: Jack Frost Time Trial

Vancouver, WA. 12.4 miles out and back. Start in Vancouver Lake Park. Cat 4, 3 W Series #1. Erik Voldengren, 503-649-4632, www.obra.org

MARCH

Mar 1: Mason Lake RR #1

Mason Lake, WA. Cat 3 W #2. See "Race Series" for details. www.pazzovelo.com

Mar 1: So Oregon TT #1

Medford, OR. Antelope Rd. - start at fire station. 13.4 miles. See "Race Series" for details.

Mar 2: Banana Belt RR #1

Forest Grove, OR. See "Race Series" for details. www.obra.org

Mar 2: EV Spring Series #1

Langley, BC. River Road - flat, square circuit beside the Fraser River in Langley. A, B, C, Novice. See "Race Series" for details. www.escapevelocity.bc.ca

Mar 2: Ice Breaker TT

Auburn, WA. 10-mile flat out and back course on Green Valley Rd. near Flaming Geyser State Park.

Check in from 7:15-8:30am. First riders start at 9:00am. All categories welcome. Cat 3 W Series #3. Cucina Fresca Cycling Team, www.supersquadra.com

Mar 8-9: EV Spring Series #2/3

Langley, BC. Saturday: Zero Ave - rolling circuit with small hills beside the US border. Novice included. Sunday: Armstrong - climbers delight - the infamous Armstrong hill. See "Race Series" for details. www.escapevelocity.bc.ca

Mar 8: Mason Lake RR #2

Mason Lake, WA. Cat 4 W Series #2 & Cat 3 #4. See "Race Series" for details. www.pazzovelo.com

Mar 8: So Oregon TT #2

Medford, OR. Griffin Creek course. Start at Griffin Creek Elementary School. 8 miles. See "Race Series" for details. www.obra.org

Mar 9: Banana Belt RR #2

Forest Grove, OR. See "Race Series" for details. www.obra.org

Mar 9: Tour de Dung RR #1

Sequim, WA. One of the oldest and most popular races in WA. Takes place in the rain shadow of the Olympic Mountain Range. One of a few dry racing venues in the spring calendar. A 12-mile, very flat chip-seal surfaced course (2-3 rollers), windy. Day of registration only. First start: Dungeness State Park & Rec at 10:00am. Jason Bethel, Garage Racing, Krysisports and Pettit Oil Racing teams., 2026-282-5575, http://racing.garagebilliards.com

Mar 15-16: EV Spring #4/5

Langley, BC. Saturday: New Snake Course, Sunday: Bradner course, challenging road race. See "Race Series" for details. www.escapevelocity.bc.ca

Mar 15: Mason Lake RR #3

Mason Lake, WA. Cat 3 W Series #5. See "Race Series" for details. www.pazzovelo.com

Mar 15: So Oregon TT #3

Medford, OR. Colver Park, 10.4 miles. Starts at Colver Park. See "Race Series" for details.

Mar 16: Banana Belt RR #3

Forest Grove, OR. Circuit. See "Race Series" for details.

Mar 16: Jason Broome TT- BBC #1

Boise, ID. 10-mile. Check in 8:30-9:30am. First rider off at 10:00am, intervals are 30 seconds. From Junior to Master 50+. Start at exit 671 on I-84. See "Race Series" for details.

Mar 16: Market Street RR

Ravensdale, WA. The course is a 9-mile loop on county roads. Has a few small hills. Registration opens at 7:15am, first group off at 8:30am. Day of race registration only. Budu Racing, 253-334-4433, www.buduracing.com

Mar 18: Pacific Raceways #1

Kent, WA. Start at 6:45pm. See "Race Series" for details.

Mar 22-23: EV Spring #6/7

Abbotsford, BC. Saturday: atomic road course. Sunday: Aldergrove Border Crossing - Zero Ave circuit, east of the border crossing. Novice on Sunday. See "Race Series" for details.

Mar 22: Independence Valley RR

Rochester, WA. 19.5-mile loop with rolling hills and a few short climbs. \$10 race day, USCF license required and available. Cat 3 W Series #6. Erik Anderson, 360-870-5025, www.bikecafe.net/nw/RaceFlyer/

Mar 25: Pacific Raceways #2

Kent, WA. Start at 6:45pm. See "Race Series" for details.

Mar 29-31: Devo Spring Classic - EV Spring Series (#8/10)

Langley, BC. Saturday: Zero Ave - rolling circuit with small hills beside the US border. Sunday: Old Yale Criterium (includes novice), and River Road TT - 12km out and back TT near the Fraser River. Overall based on points. See "Race Series" for details.

Need A Helmet?

View locations and events to purchase helmets at low cost or free.

Find tips on proper fit and safety, warranties, see who distributes them, when to change them, and more!

Wearyourhelmet.org
Your source for everything helmet related.

A collaboration between Bicycle Paper and Harvey Grad, Attorney at Law

RECYCLED CYCLES .COM

DIG THROUGH OUR PARTS BINS AND WE PROMISE NOT TO DIG DEEP INTO YOUR POCKETS.

In its 13th year of buying, selling, trading & consigning bicycles and bike gear.

1007 NE Boat Street Seattle WA 98105

206.547.4491 www.recycledcycles.com 877.298.4683

DIG THROUGH OUR PARTS BINS AND WE PROMISE NOT TO DIG DEEP INTO YOUR POCKETS.

In its 13th year of buying, selling, trading & consigning bicycles and bike gear.

1007 NE Boat Street Seattle WA 98105

206.547.4491 www.recycledcycles.com 877.298.4683

Mar 29: North Shore Circuit Race
Bellingham, WA. Circuit race. Traditional circuit has 575' of climbing per 8-mile lap on quiet country roads on the North Shore of Lake Whatcom. Men 1-5, Women 1-4, Men A, B, C, Women A, B. First start at 9:00am. Day of reg. only, opens at 7:00am. Phil Elsasser, WWU Team, C/O Campus Recreation, www.wucycling.com/events.html

Mar 29: Tour de Dung RR #2
Sequim, WA. A 12-mile, very flat chip-seal surfaced course (2-3 rollers) windy. Day of registration only. First start Dungeness State Park & Rec at 10:00am. Jason Bethel, http://racing.garagebilliards.com/

Mar 30: Piece of Cake RR
Woodland, WA. 17-mile loop west of Woodland, about 30 minutes from Portland. Flat, likely windy and wide roads. Start/finish in front of NW Pet Products. Open to all categories including Juniors. Reg. at 8:00am and up to 15 min. before your start. First start at 10:00am, men Cat 1/2: 68 mi. Junior 10-12:10 mi. PrestoVelo Cycling Team, 503-235-8050, www.prestoVELO.com

Mar 30: Slammer RR - BBC #2
Boise, ID. Start at the intersection of Pleasant Valley and Ten Mile Creek. 40 to 60 miles. First start at 10:00am. See "Race Series" for details. Mike Cooley, Boise CC / George's Cycles, 208-343-3782, www.georgescycles.com

Mar 30: Snohomish RR
Snohomish, WA. 11-mile loop, rolling with a couple short climbs and one longer climb. 3-mile neutral roll out to the race course. Open to Masters, Cat 1-5 men and women. Day of registration only, \$25. One day available \$10. Registration and start at Chain Lake Elementary School, two miles north of Monroe. Steve Fisher, www.wsba.org

APRIL

Apr 1, 8, 15, 22, 29: Hutch's Hill Climb
Eugene, OR. Open to all. See "Race Series" for details. www.obra.org

Apr 1, 15, 29: Pacific Raceways
Kent, WA. Flat course. See "Race Series" for details. www.buduracing.com

Apr 1, 8, 15, 22, 29: Tuesday PIR
Portland, OR. Circuit race. See "Race Series" for details. www.obra.org

Apr 3, 10, 17, 24: Port of Hood River Criterium
Hood River, OR. See "Race Series" for details. www.obra.org

Apr 3, 10, 17, 24: Seward Park Criterium Series
Seattle, WA. See "Race Series" for details. www.pazzovelo.com

Apr 3-6: Willamette Stage Race
Eugene, OR. Guaranteed to shake out your winter training efforts and propel you to new highs or lows. 4-stage event. Prologue: 6.6km fast & flat. Alpine RR: short but hilly. Planning Mill Crit: fast 1km course. King Estates RR: long & hard. The weather is unpredictable, as is the intense competition, as you make your way down fast descents and climbs. Sal Collura, 541-521-6529, willamettesr.com

Apr 5-6: Tour of Frozen Flatlands Omnium
Spokane, WA. 2-day stage race. Cooper Jones Memorial. Saturday: 2.5-mile circuit race on a flat course (at Spokane Raceway Park) and TT. Sunday: road race, mostly flat with small risers and uphill finish. Pre-registration only. Baddlands Cycling Club, 509-456-0432, www.baddlands.org

Apr 6: BCMCA #1
Lake Cowichan, BC. 70km road race with 2 big hills. Sign up at Scout Hall. Start at 1:00pm. www.bcmasterscycling.net

Apr 6: Birds of Prey Road Race - BCC #3
Boise, ID. Distance varies from 50 to 80 miles. First start at 10:00am. Start at Kuna-Mora road at the railroad tracks. See "Race Series" for details. www.georgescycles.com

Apr 6: Carnation TT Series #1
Carnation, WA. Flat race - 20 km. Start at Tolt Middle School. See "Race Series" for details. FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com/timetrial

Apr 6: Comox Cup Race Series #1
Comox, BC. Tsolum River Road Circuit - little Roubaix. See "Race Series" for details. Comox Valley Cycling Club, www.cvcc.ca

Apr 8, 22: Pacific Raceways / Women
Kent, WA. See "Race Series" for details. www.buduracing.com

Apr 8, 15, 22, 29: Tuesday Nighter Series
Boise, ID. See "Race Series" for details. Lost River Cycling Club, www.lostrivercycling.org

Apr 12: Kings Valley RR
Kings Valley, OR. La Doyenne of Oregon road races. A rolling course perfect for the strong men/women. 19.5-mile loop on good to excellent roads. Registration opens at 9:00am, race starts at 10:00am. For Cat 1/5 men, Cat 1/4 women, Master 40/50+. Scott Goldstein, Classic Events, 541-343-4833, www.obra.org

Apr 12: Tahuya-Seabeck-Tahuya RR (TST)
Tahuya, WA. CANCELLED due to road conditions. www.hagensbermancycling.com

Apr 13: 5th Annual Icebreaker Crit
Eugene, OR. Greenhill Technology Park. Traditional flat 1km Criterium. This 4-corner course is safe and has a wide-open finish straight. Categories/distances: Pro 1/2-30mi, Cat 3-25mi, Cat 4/5-15mi, Women & Masters-20mi. Cash prize. Time to break out your fast wheels. Sal Collura, 541-747-3336, www.obra.org

Apr 13: Brad Lewis Memorial Criterium
Seattle, WA. Exciting 1-mile, 3-corner course in U-District offers a challenge for even solid bike handlers. Wide and flat with good pavement. Spectator friendly. LAJORS #1. Cat 4 W Series #3 & Cat 3 #7. Rob Trombley, Recycled Cycles, 260-930-7617, recycledcyclesracing.wordpress.com

Apr 13: Chicken Dinner Road Race - BCC #4
Nampa, ID. Start at Chicken Dinner and Perch Rd. (south of Nampa). Distance from 39 to 65 miles. See "Race Series" for details. Mike Cooley, Boise CC / George's Cycles, www.georgescycles.com

Apr 13: Estacada TT #1
Estacada, OR. Promontory Park. See "Race Series" for details. www.obra.org

Apr 13: Harris Roubaix Classic - BC Cup #1
Pitt Meadows, BC. Race near Vancouver, fast, flat 5km with 1.3km gravel section. A European classic with BC flavor. First start at 8:00am. Men's Cat 4/5 - 50km; Women's Cat 1/2/3/4 and Junior - 60km; Junior Men - 70km; Men's Cat 3 - 70km; Men's Pro & Cat 1/2 - 100km. Part of BC Cup. CVC/Atomic, atomicracing.com

Apr 15, 22, 29: Baddlands Twilight
Spokane, WA. See "Race Series" for more details. www.baddlands.org

Apr 17: Snake River Criterium
Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

Apr 18-20: Tour of Walla Walla Stage Race
Walla Walla, WA. 3- or 4-stage race event. New Friday - hilly road race for Pro-1-2 men and optional for Cat 3 men, Cat 1/3 women. Saturday 7.5-mile TT (out-and-back), 1-2 RRs depending on category and Sunday 6-corner downtown Criterium. Distances vary by category. Cash prizes. No day-of-race registration. USCF sanction. Steve Rapp, 509-527-8724, www.allegrocyclery.com/toww.html

Apr 19: Tax Day Circuit Race
Pocatello, ID. Mixture of dirt and pavement. UCA points series event. Sam Krieg, Idaho Cycling Enthusiasts, 208-282-3532, www.idahocycling.com

Apr 20: BCMCA #2
Abbotsford, BC. 70km road race rolling terrain. Start at noon. Double points. See "Race Series" for details. Bruce Wenting, BC Masters Assoc., 604-267-7338, www.bcmasterscycling.net

Apr 20: Estacada TT #2
Estacada, OR. Promontory Park. See "Race Series" for details. www.obra.org

Apr 23: FCA Endurance TT
Boise, ID. Hubbard course: 10-mile out and back course. Start at Overland Rd. B group (Men: Cat 4/5, Master B, Cat 3/4 Women and Juniors) followed by As (Men: Cat 3, Master A, Cat 1/2, Women 1/3). First start at 6:00pm. Limit 75 riders per group. Team FCA Endurance, 208-861-7227, www.fcaendurance.com

Apr 24: Snake River Criterium
Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

Apr 26-27: Deschutes River Valley Time Trial Festival
Maupin, OR. 3 individual stages over the weekend. Staging at Imperial River Company. Open to all 19+ riders; tandem and recumbent categories. Registration 6:30-8:30am. 1st race - 25 miles at 9:00am; 2nd - hill climb 8 miles at 3:00pm; 3rd - 49 miles at 9:00am on Sunday. Terri Gooch, 5818 Iowa Dr., Hood River, OR, 97031. 541-760-1024, www.raceacrossoregon.com

Apr 26: Eugene Roubaix
Eugene, OR. 13-mile loop with one dirt/gravel section, rest is smooth and mostly flat. Registration off Nielsen near parking. Registration opens 8:30am. Cat 1/5 men, Cat 1/4 women, Masters men/women 40+. Orion Berryman, 541-914-3390, www.obra.org

Apr 26: Green Valley TT1
Auburn, WA. 12 mi course on Green Valley Rd. near Flaming Geyser State Park outside of Auburn. Start/finish at the corner of Green Valley Rd & 218th. Registration from 7:15-8:30am. Race at 9:00am. BuDu Racing, 253-833-8866, www.buduracing.com/

Apr 26-27: Race the Ridge - BC Cup #2
Maple Ridge, BC. Stage Race. BC Cup. Barry Lyster, 604-466-2016, http://localride.ca

Apr 27: Byrne Invent Vance Creek RR
Elma, WA. Rolling hills combined with flats, one good climb. Course can be windy. Cat 4 W Series #4, Cat 3 #8. Dave Wamsley, www.jetcityvelo.com

Apr 27: Emmett-Roubaix RR - BCC #5
Boise, ID. New route. Start at Emmett City Park on Main St. First start at 10:30am, distance between 45-65 miles. See "Race Series" for details. Mike Cooley, Boise CC / George's Cycles, 208-343-3782, www.georgescycles.com

Apr 27: Estacada TT #3
Estacada, OR. Promontory Park. See "Race Series" for details. www.obra.org

MAY

May 1: Snake River Criterium
Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

May 3: BCMCA #3
Shawinigan South, BC. 9km hill climb, 5-10% grade. West Shawinigan Lake Park. Start at 1:00pm. See "Race Series" for details. Dean Sten, BC Masters Assoc., 250-246-3530, www.bcmasterscycling.net

May 3: Volunteer Park Crit
Seattle, WA. Criterium on a 0.8-mile loop inside Volunteer Park, with a small 150-yard hill. LAJORS #2. Erik Olson, Cucina Fresca Cycling Team. www.wsba.org

May 4: BCMCA #4
Maple Bay, BC. 65km road race, rolling terrain. Start at noon at Moose Hall. See "Race Series" for details. Tony Hoar, BC Masters Cycling Association, 250-743-9915, www.bcmasterscycling.net

May 4: Comox Cup #2
Cumberland, BC. Minto Rd. circuit includes Boulder Hill. Comox Valley Cycling Club, www.cvcc.ca

May 4: Long Beach RR, Senior State Championships
Long Beach, WA. 10.5-mile loop starting at the Longbranch Improvement Center. Course is rolling, with 1 steep 1/2-mile climb and 2 gradual 1/4-mile climbs. Registration opens at 7:30am. First start is at 9:30am. Tom Hackleman, 253-759-9707, www.narrowvelo.org

May 4: Table Rock Road Race
Medford, OR. Course favors the power climber with nearly 1000' of gain per 20-mile lap. 2 separate climbs per lap with a hillcrest finish. Great surfaces. Post race BBQ and lots of good times. Mike Ripley, Mudslinger Events, 541-342-1493, www.mudslingerevents.com

May 5, 12, 19, 26: Monday PIR
Portland, OR. May series - See "Race Series" for details. www.racemondaynight.com

May 6, 13, 20: Baddlands Twilight
Spokane, WA. "See race series" for more details. No race on 5/27. www.baddlands.org

May 6, 13, 20, 27: Hutch's TT
Eugene, OR. See "Race Series" for details. www.obra.org

May 6, 13, 20, 27: Kids Rule at PIR
Portland, OR. Neil Green, 503-319-231, www.obra.org

May 6, 20: Pacific Raceways #8 / #10 Women
Kent, WA. See "Race Series" for details. www.buduracing.com

May 6, 13, 20, 27: Tuesday Nighter Series
Boise, ID. See "Race Series" for details. www.lostrivercycling.org

May 6, 13, 20, 27: Tuesday PIR
Portland, OR. See "Race Series" for details. www.obra.org

May 8, 15, 22, 29: Seward Park Criterium Series
Seattle, WA. See "Race Series" for details. www.pazzovelo.com

May 8: Snake River Criterium
Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

May 9-11: George's Cycles TT Festival
Boise, ID. \$10000 in purse. 3 days - Prologue + 3 TTs for overall standings. All categories from Juniors to Pro 1-2. Triathlon class. Prologue: 2-mile HC. Saturday am: 10 miles, Saturday pm: 5 miles non-aero. Sunday: 30 miles. Cost: \$75. Field limit: 300. Mike Cooley, Georges Cycles & Fitness, 208-343-3782, www.georgescycles.com

May 9-11: USAC Collegiate Road Nat'l Championships
Fort Collins, CO. 18 national titles on the line. Friday TT at Buckeye, Saturday RR circuit at Horsetooth Reservoir and Masonville. Sunday Criterium in Fort Collins. CSU Rams Cycling, www.usacycling.org

May 10: BCMCA #5
Aldergrove, BC. 16km individual TT - flat. Start at Aldergrove Crossing at 11:00am. Put on by the Borderline CC. See "Race Series" for details. Roberto Passion, BC Masters Cycling Association, 604-517-7027, www.bcmasterscycling.net

May 10: Ravensdale Cumberland Road Race
Ravensdale, WA. Rolling loop featuring mostly rolling terrain, with 1 short steep hill (0.15 miles at 22% in southeast King County. Cat 4 W Series #5 & Cat 3 #9. Michael Kopp, 425-413-3830, www.vision4corners.com

May 10: Silver Lake TT
Maple Falls, WA. Start at Silver Lake Park between 8:30am-noon. Short course: 7 mi, long course: 22 mi. 1-minute intervals. NorKa Recreation, 360-303-1717, www.norkarecreation.com

May 10: Twickenham RR
Fossil, OR. New 2008 event. Nathan Hobson, 503-652-3763, www.obra.org

May 10: Wasco Wild West 75 Recumbent & Tandem
The Dalles, OR. 75-mile open course road race. Recumbent men race 4 laps (75 mi), women race 2 laps (37+ mi), Juniors & C.O.P.D. race 1 lap (18 mi). Pro cash prizes, sports trophies. Tandem Men/Men, Men/Women and Old Geezer (100yr total) classes. Cowboy Victory Supper and awards at 4:00pm. Clay Smith/O.H.P.V., 541-296-1314, www.wasco75.com

May 11: Escape Velocity TT
Abbotsford, BC. Provincial race. Escape Velocity, 604 734-4241, www.escapevelocity.bc.ca

May 13-18: Mt. Hood Cycling Classic
Hood River, OR. NRC event. Race in the picturesque Hood River Valley at the base of Mt. Hood. 35000' of climbing, 400 miles of racing, 6 stages, 6 days, and 1 big post-race celebration! Olympic qualifier, UCI event for women. Open to Cat 1, 2/3 men, Cat 1/2 women and Masters men. First 2 stages in Portland. Chad Sperry, Mt. Hood Cycling Classic, 541-980-2344, www.mthoodcyclingclassic.com

May 13, 27: Pacific Raceways #9/#11
Kent, WA. See "Race Series" for details. www.buduracing.com

May 15: Snake River Criterium
Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

May 17: BCMCA #6
West Vancouver, BC. 12km hill climb. TT: 5-10% grade. Start at the bottom of Seymour Mountain at 1:00pm. Double points. Bill Yearwood, See "Race Series" for details. 604-267-7338, www.bcmasterscycling.net

May 17: Galena Hill Climb
Galena, ID. Galena is located 23 miles north of Ketchum, ID. Race the 5.9-mile hill climb up Galena Pass. First riders start at 10:00am. All categories. Richard Feldman, 208-726-7693, www.durance.com

May 17-18: Wenatchee Omnium / Omnium Stage Race Championships
Wenatchee, WA. TT course - rolling, 9 miles out and back. Criterium: 1km, 4 corners, small hill. Road course: 2 loops: short loop at 12 miles with 1400' of climbing, or big loop at 27 miles with 2000' of climbing. Pre-reg by May 13. Enter them all or individually. Must start all 3 to be eligible for overall prize. WSBA # not used. Wenatchee Velo Valley, www.bikewenatchee.org

May 18: BCMCA #7
Sidney, BC. 65km rolling road race. Organized by Sidney Velo. Starts at noon at Deep Cove Elementary School. See "Race Series" for details. Larry Pommen, BC Masters Cycling Association, 250-652-5815, www.bcmasterscycling.net

May 20: Holt Criterium #1
Pocatello, ID. See "Race Series" for details. www.idahocycling.com

May 22, 29: Lindsay's TT
Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

May 23-25: Treasure Valley Stage Race
Boise, ID. Stage 1: RR - 24-mile loop with steep climbs and fast descents. 1.3-mile straightaway across dam to S/F. Stage 2 TT: 10.5km rolling course with 2 right-hand turns. Stage 3 Crit: 1km course with many turns. Primes and time bonuses awarded during Criterium. Cash purse. Team Dobbiaco, 208-412-3527, www.teamdobbiaco.com

May 24: Garden Creek Gap RR
Pocatello, ID. 25-mile lap with an incredible 3-mile climb through Garden Creek Gap, 5-9% grade. 11-mile downhill follows with flats. Finish is flat and straight. UCA Points Series. Sam Krieg, Idaho Cycling Enthusiasts, 208-282-3532, www.idahocycling.com

May 24: Rehearsal Road Race
Rainier, OR. This is the OBRA State Championship for several categories, and the rehearsal for the PRO 1/2. The course offers 1 long steady climb per lap and a short uphill finish. Online flyer at www.obra.org. Richard Haight, 360-575-1096, www.threeriverscycling.com

May 24-26: Tour of the Bitterroot
Hamilton, MT. Open to all. Saturday: RR starts at 2:00pm. Sunday: Criterium. Monday: 17-mile TT. \$2000 cash prize. Omnium format. Near Missoula. Previously the Ecology Classic. 406-375-0956, www.tourofthebitterroot.com

May 25: Golden City Criterium
Yreka, CA. Challenging 0.7-mile L-shaped course, and wide finish straight. 50 minutes south of Medford, OR. First start 11:30am. Bryan Foster, 530-841-1091, www.yrekaacrit.com/

May 25: Hazlemere RR - BC Cup #3
Surrey, BC. A challenging 9.6km circuit in the South Surrey area. 2 short climbs per lap. Good test for riders on a fast, all-rounded course. BC Cup. Todd Hansen, Team Coastal, 604-788-1873, www.teamcoastalcycling.com

May 29: So Oregon Champion Series
Ashland, OR. See "Race Series" for details. www.obra.org

May 31-Jun 1: Mutual of Enumclaw Omnium Stage Race
Enumclaw, WA. Now in its 13th year, it continues to be western Washington's largest and most competitive stage race. \$10000 in prizes and merchandise. Features flat TT, figure 8 Criterium course in downtown on day 1. Sunday RR up Mud

Mountain. Cat 4 W Series #6. Leon Wong, Avanti Racing, www.mutualofenumclaw.com/stagerace

May 31: OBRA Team Time Trial Championships
Corvallis, OR. Craig Massie, 541-768-3428

JUNE

Jun 1: Formwerks Westside Classic - RR Championships
Vancouver, BC. Start at West 16th and Blanca, going counterclockwise around Pacific Spirit Regional Park. Proceeds go to the BC Cancer Foundation. BC Road Championships. Jonathan Wornell, Team Wedgewood, 604-836-9993, www.teamwedgewood.com

Jun 1: Silverton Road Race
Silverton, OR. Staging Victor Point Elementary School. Registration opens at 8:00am. First start at 9:00am. Juniors to Masters 40+. 17.5-mile loop with few flat sections, couple of extended climbs, fast finish. Pre-reg. recommended. Robin Calver, 503-972-2921, www.obra.org

Jun 2, 9, 16, 23, 30: Monday PIR
Portland, OR. June series. See "Race Series" for details. www.racemondaynight.com

Jun 3, 10, 17, 24: Baddlands Twilight
Spokane, WA. See "Race Series" for more details. www.baddlands.org

Jun 3, 10, 17, 24: Kids Rule at PIR
Portland, OR. Neil Green, 503-319-231, www.obra.org

Jun 3, 17: Pacific Raceways #12&14 / Women
Kent, WA. See "Race Series" for details. www.buduracing.com

Jun 3, 10, 17, 24: Tuesday Nighter Series
Boise, ID. See "Race Series" for details. www.lostrivercycling.org

Jun 3, 10, 17, 24: Tuesday PIR
Portland, OR. See "Race Series" for details. www.obra.org

Jun 4, 11, 18, 25: Mt. Tabor Series
Portland, OR. See "Race Series" for details. www.mttaborseries.com

Jun 5, 12, 19, 26: Lindsay's TT
Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

Jun 5, 12, 19, 26: Seward Park Criterium Series
Seattle, WA. See "Race Series" for details. www.pazzovelo.com

Jun 5, 12, 19, 26: So Oregon Champion Series
Ashland, OR. See "Race Series" for details. www.obra.org

Jun 7: Carnation TT Series #2
Carnation, WA. 14.5-mile hill race. Start at Tolt Middle School. See "Race Series" for details. FootWorks Cycles, LLC, www.footworkscycles.com/timetrial

Jun 7: Gannett Roubaix RR
Hailey, ID. Tentative dates. Call to confirm. 208-726-0946 ext 1

Jun 7: Lyle Pearson 200-Mile Team Challenge
Boise, ID. USCF-sanctioned event that goes from Boise to Sun Valley. Team of 4 riders (men or women)—sum of each rider's USCF category must be 10 or greater for the team to qualify. 10 sections to the race, and each team picks (in advance) which rider is responsible for racing that portion of the course. Limit 60 teams. Mike Cooley, George's Cycles, 208-343-3782, www.georgescycles.com

Jun 7: Rose Cup Criterium
Eugene, OR. Tentative date. Call to confirm. Criterium. Sal Collura, 541-747-3336, www.obra.org

Jun 7: Second Ascent Twilight Criterium
Ballard, WA. 1km, almost flat, 4-corner Criterium course. Slight raise to the finish on cobbles. Registration will be at start/finish area day of event only. Cat 5 limited to 50 riders. David Douglas, www.pazzovelo.com

Jun 8: Masters and Juniors RR Championships
Longbranch, WA. Possible new course. Juniors race first. Masters C, D and Women late morning. Master A/B start in the afternoon. Cat 1/2/3 race if enough interest - see website for confirmation. Erik Scheller, http://wastatemastersjuniorsrr.blogspot.com/

Jun 8: Over the Top RR - BC Cup #4
Surrey, BC. Formerly known as Atomic RR. 2 climbs per lap, longest around 1km long. BC Cup. Todd Hansen, Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Jun 8: Swan Island Criterium
Portland, OR. Criterium race featuring all categories & kids event. Registration opens at 7:00am. Course is flat and very safe (only 2 corners), wide-open streets. Racing starts at 8:30am. David Hart, 360-241-8463, www.obra.org

Jun 10: Holt Criterium #2
Pocatello, ID. See "Race Series" for details. www.idahocycling.com

Jun 10, 24: Pacific Raceways #13/15
Kent, WA. See "Race Series" for details. www.buduracing.com

Jun 10, 17, 24: Twilight Criterium Series
Eugene, OR. See "Race Series" for details.
www.obra.org

Jun 12, 19, 26: Fresh Air TT & Duathlon
Bend, OR. See "Race Series" for details.
www.freshairsports.com

Jun 13: Tour of Eagle
Eagle, ID. Criterium. Gary Casella, 208-340-7224,
www.georgescycles.com

Jun 14-15: BCMCA #8/9
Penticton, BC. Saturday: 10km hill climb, 10-12%
grade on Saturday, starts at 4:00pm. Sunday:
80km road race, mostly flat. Starts at 10:00am.
See "Race Series" for details. Organized by Pen-
tiction CC. Des Snider, BC Masters Cycling Associa-
tion, 250-493-3363, www.bcmasterscycling.net

Jun 14: Cirque du Cycling Criterium
Portland, OR. Criterium racing - 1st start at 7:00pm
for Cat 3/4 men/women. 8:00pm Cat 1/2 men/
women. Benefits Self Enhancement Inc., a youth
development organization. 503.459.4508,
www.cyclingcircus.com

Jun 14: Denny Creek Hill Climb
Issaquah, WA. Denny Creek Rd. - FR 58. Just un-
der 5 miles on serpentine course, 1024' elevation
gain. Burton Palmer, One to Go Cycling,
www.pseudophyle.com/onetogo/

**Jun 14-15: Methow Valley Tour Stage
Race**
Winthrop, WA. Event starts on Saturday, with a
time trial in Mazama, followed by a Criterium in
Twisp. On Sunday, the road race begins and ends
in Winthrop. Terry Buchanan,
www.mvsta.com/events


Jun 14: OBRA State Championship RR
Rainier, OR. Same course as the OBRA Rehearsal
Race on May 14. Course offers a long steady
climb each lap, and a short uphill finish. Richard
Haight, 360-575-1096,
www.threeriverscycling.com

**Jun 15: First Rate Mtg. - Seward Park
Summer Classic**
Seattle, WA. Criterium racing at Seward Park.
Raindrop-shaped course, 0.8 miles long, with short
200m hill. Registration opens at 8:00am. Open to
all categories. LAJORS #3. David Douglas, Pazzo
Velo, www.pazzovelo.com

Jun 15: Idaho State RR Championships
Boise, ID. Road race. Kurt Holzer, Lost River Cy-
cling, 208-890-3118, www.lostrivercycling.org

Jun 15: Mt. Tabor Circuit Race
Portland, OR. A day of racing in Mt. Tabor Park
that entails a tough, 1.3-mile hilly and curvy circuit
that encircles the upper reservoir and passes the
neck of the ancient volcano that formed Mt. Tabor.
Each lap has 136.6' of climb. Nathan Hobson,
503-652-3763, www.obra.org

Jun 18: High Desert Criterium Series
Bend, OR. See "Race Series" for details.
www.bendcycling.org

Jun 20-22: Elkhorn Classic Stage Race 
Baker City, OR. A 3-day, 4-event, timed stage race.
Long, challenging courses with a lot of climbing.
Criterium is 1-mile flat with 6 corners. TT is flat out
and back course. Men - Pro 1/2, Men 3, Men
4/5, Men Masters 40+, Women Pro 1/2, Women
3/4. Activities for entire family. Ernie Conway,
503-329-7978, elkhornclassicstagerace.com/

Jun 21: Cannonball
Seattle, WA. Cross-state ultramarathon, via I-90
over Snoqualmie Pass. 275 miles and approx.
10km of climbing. A timed event. Excellent prepa-
ration for S2S. Duane Wright, Redmond Cycling
Club, www.redmondcyclingclub.org

Jun 21-22: Comox Cup Race Series #3
Courtenay, BC. 3 stages, omnium system. Starts at
Dove Creek. 17km TT, short circuit RR, and Dove
Creek circuit. See "Race Series" for details. Comox
Valley Cycling Club, www.cvcc.ca

Jun 21: Idaho State TT Championships
Hailey, ID. Start at 7:00am. Durance Cycles,
208-726-7693, www.durance.com

Jun 21: Native Planet Time Trial
Winthrop, WA. A 7.1-mile time trial just north of
the old west town of Winthrop, WA. All proceeds
will benefit Native Planet, a 501(c)3 not-for-profit
organization dedicated to protecting indigenous
cultures. Dave McDougal, Native Planet Out-
door Club, 23 W. Cremona St., Seattle, WA,
209-979-0725, www.ride4areason.org

**Jun 22: Boston Harbor Crit - State
Circuit Champ.**
Olympia, WA. Boston Harbor Elementary School.
6-mile circuit, fast, rolling and flat. Masters A/B
(35+ Cat 1/3), Masters C/D (35+ Cat 4/5 & 50+).
First start at 9:00am. Distances between 24 to 42
miles. USCF license required for Cat 3+. Erik An-
derson, CBC Racing Team, www.wsbaracing.com

Jun 25: High Desert Criterium Series
Bend, OR. See "Race Series" for details.
www.bendcycling.org

**Jun 27-29: Canadian National
Championships**
Beauce, QC. For Juniors and Masters. Canadian
Cycling Assoc., www.canadian-cycling.com

**Jun 28: Capital Criterium - WA Sr Crit
Championships**
Olympia, WA. Twisting 0.7-mile course on the
Capitol Campus. Fairly technical short uphill just
before the finish. LAJORS #4. CBC Racing,
www.cbcracing.org

Jun 28-29: Gate City Grind Stage Race
Pocatello, ID. Marsh Valey RR, Tuckerville TT and
Holt Arena Criterium. Idaho Cycling Enthusiasts,
208-652-3532, www.idahocycling.com

**Jun 29: Des Moines Criterium - Masters
Champs.**
Des Moines, WA. A challenging, (i.e. not flat),
downtown Criterium. This 4-corner course is sure
to test your fitness. King/Queen of the sprints.
WA State Masters Criterium Championships.
Rob Anderson, Puget Sound Bicycle Racing,
206-779-0943, www.psbracing.com

Jun 29: Salem Fairview Circuit
Salem, OR. Jesse Finch Gnehm, 503-602-2307.
www.obra.org

**Jun 30-Jul 5: USAC Master Road Nat'l
Championships**
Louisville, KY. Road, TT, Crit for 30+ age cate-
gories. www.usacycling.org

JULY

Jul 1: Pacific Raceways #16 / Women
Kent, WA. See "Race Series" for details.
www.buduracing.com

Jul 1, 8, 15: Tuesday Nighter Series
Boise, ID. See "Race Series" for details.
www.lostrivercycling.org

Jul 1, 8, 15, 22, 29: Tuesday PIR
Portland, OR. See "Race Series" for details.
www.obra.org

**Jul 1, 8, 15, 22, 29: Twilight Criterium
Series**
Eugene, OR. See "Race Series" for details.
www.obra.org

Jul 1: Yaletown Grand Prix
Vancouver, BC. Downtown Criterium on cool
circuit. Fast and exciting, with a lot of action.
Spectator-friendly course. Racing from 1:30pm to
6:30pm. \$5000 cash prize. Supports the Boys'
and Girls' of Greater Vancouver. Paul Done,
604-644-5426, www.yaletowngrandprix.com

Jul 2: High Desert Criterium Series
Bend, OR. See "Race Series" for details. Tim
Plummer, 541-610-3322, www.bendcycling.org

Jul 2, 9: Mt. Tabor Series
Portland, OR. See "Race Series" for details.
www.mttaborseries.com

**Jul 3-6: Canadian National
Championships**
Beauce, QC. Elite and U23 events. Canadian
Cycling Assoc., www.canadian-cycling.com

Jul 3, 17, 24: Fresh Air TT & Du
Bend, OR. See "Race Series" for details.No race
on 7/10. 541-318-7388, www.freshairsports.com

Jul 3, 10, 17, 24, 31: Lindsay's TT
Nampa, ID. See "Race Series" for details.
Lindsay's Cyclery, 208-376-2482

**Jul 3, 10, 17, 24, 31: Seward Park
Criterium Series**
Seattle, WA. See "Race Series" for details.
www.pazzovelo.com

**Jul 3, 10, 17, 24, 31: So Oregon
Champion Series**
Ashland, OR. See "Race Series" for details.
541-840-0713, www.obra.org

**Jul 4: Joe Matava Memorial Classic
Criterium**
Burien, WA. Junior State Championships. Flat
course, non-technical, wide lane on smooth pave-
ment. Paul Southerland, Wheelsport Cycling Team,
www.wheelsportcycling.com

Jul 4: USAC MTB Marathon Nationals
Breckenridge, CO. Runs concurrently with Fire-
cracker 50. www.usacycling.org

Jul 5: Firecracker Criterium
Eugene, OR. Downtown Criterium with food, fire-
works and a parade. TT the next day. Sal Collura,
541-747-3336, www.obra.org

Jul 5-6: Skagit Valley Omnium
Sedro Wooley, WA. TT along the Skagit River, a
Crit in the historic downtown area and a road race
which is an expansion of the F&S Grade course
from last year. The standard Men & Women senior
categories will be offered, along with a Masters
B/C category. Omnium based on points. Cat 4 W
Series #7. Stewart Bowmer, Shuksan Velo Club,
www.shuksanvelo.com

Jul 6: Eastside Crit
Vancouver, BC. CVC/Atomic,
www.atomicracing.com

**Jul 6: Firecracker Tandem TT
Championships & TT**
Peoria, OR. Oregon state tandem TT champion-
ships. Also a chance for single bikes to compete
on the traditional Peoria 40km course. Sal Collura,
541-747-3336, www.obra.org

Jul 7, 14, 28: Monday PIR
Portland, OR. July series - See "Race Series" for
details. No race on 7/21. 503-975-8229,
www.racemondaynight.com

Jul 8, 15, 22, 29: Baddlands Twilight
Spokane, WA. See "Race Series" for more details.
www.baddlands.org

Jul 8, 22, 19: Pacific Raceways #17
Kent, WA. See "Race Series" for details. No race
on 7/15. www.buduracing.com

Jul 9-13: Cascade Cycling Classic
Bend, OR. NRC event. 29th annual. 5-day stage
race. Mt. Bachelor Ski Education Foundation,
541-980-2344, www.cascade-classic.org

**Jul 9, 16, 23: High Desert Criterium
Series**
Bend, OR. See "Race Series" for details.
www.bendcycling.org

**Jul 11-13: Tour de Delta - BC
Superweek**
Delta, BC. Friday: 3km Brenco TT, Saturday:
Lehigh Cement Twilight Criterium, Sunday: White
Spot road race - 140km Men, 85km Women. Cash
prize: \$25,000. Opening weekend of BC Super-
week. Pro 1-2, Cat 3 men, Women's open. Laurie
Collicutt, Municipality of Delta, 604-946-3304,
www.tourdedelta.bc.ca

Jul 12: Redmond Derby Days
Redmond, WA. America's longest running bicycle
race. Some of the fastest cyclists in the Northwest
race on a flat fast 0.5-mile loop in downtown Red-
mond. Racing from 2:00 - 8:00pm. Cat 4 W Series
#8. Brian Oster, Pro-Motion Sports,
www.promotionevents.com

Jul 13: Carnation TT Series #3
Carnation, WA. Flat 46km race. Start at Tolt
Middle School. See "Race Series" for details. Neal
Goldberg, FootWorks Cycles, LLC,
www.footworkscycles.com/timetrial

Jul 14, 21, 28: Women's Crit
Eugene, OR. Series of 3 Criteriums. Kay Bork,
541-221-9239

**Jul 16: Tour de Gastown - BC
Superweek**
Vancouver, BC. Criterium in downtown Vancouver.
Race in front of 30000 spectators. Super fast
1.2km course. 2 races, men Pro 1/2, women Pro
1/2/3. Start at 6:00pm. \$15,000 cash prize. Part
of BC Superweek. Jonathan Wornell, Wedgewood
Cycling Team, www.tourdegastown.com

Jul 17: Giro di Burnaby - BC Superweek
Burnaby, BC. 1.85km Criterium race, with top men
and women riders competing for over \$10000 in
cash prizes on a fast, challenging course through-
out the Burnaby Heights neighborhood. Rainy
Kent, 604-842-7830, www.girodiburnaby.com

**Jul 18-20: Tour de White Rock - BC
Superweek**
White Rock, BC. Friday: 2-up hill climb
(700m/16%) start at 7:00pm; Saturday: twilight
Criterium - 1km circuit. Sunday: RR with long steep
climb and quick descent; \$15000 in cash. White
Rock Leisure Services, 604-541-2161,
www.city.whiterock.bc.ca

Jul 19: BCMCA #10
Cumberland, BC. Saturday: 65km rolling, plus one
steep hill. Starts at 10:00am. Organized by Comox
Valley CC. Comox Cup #3. Gord Gesbrecht, BC
Masters Cycling Association, 250-338-6642,
www.bcmasterscycling.net

**Jul 19: Boise Wells Fargo Twilight
Criterium**
Boise, ID. NRC criterium (men only). Flat, 4-corner
classic course. 1km loop runs through downtown.
1 hour plus 5 laps for the main event and 30 to
45 minutes plus 1 lap for the preliminary races.
Purse of \$20000 in cash and merchandise. Starts
at 4:00pm, awards at 10:00pm. Mike Cooley,
208-343-3782, www.boisewellstwicriterium.com

**Jul 19: Lake Washington Velo Circuit
Race #1**
Silvana, WA. A flat course and sometimes cross
winds make this a fun and fast course. Lake Wash-
ington Velo, www.hagensbermancycling.com

Jul 19-20: Race Across Oregon
Portland, OR. Ultra-cycling event. Challenging
538-mile route through the Cascades. RAAM quali-
fier. Solo, tan-
dem, Masters,
2- & 4-person
relay teams.
Terri Gooch,
541-760-1024,
www.raceacros-
soregon.com

**Jul 19:
Seattle to
Spokane
(S2S)**
Seattle, WA.
Ultramarathon
endurance
ride/race,
1-day, 284-mile
ride from
Seattle to Spo-
kane on SR-2.
No support.
More hilly than
Cannonball -
total climbing:
12000'. Start
at Lake City
Fred Meyer at
2:00am. No
official rest
stop. Support

drivers allowed. Duane Wright, Redmond Cycling
Club, 206-523-7404,
www.redmondcyclingclub.org/index.html

Jul 20: BCMCA #11
Mt Washington, BC. 16km hill climb to Mt. Wash-
ington, long steep hill, starts at noon. See "Race
Series" for details. Gord Gesbrecht, BC Masters
Cycling Association, 250-338-6642,
www.bcmasterscycling.net

Jul 20: Hell of the Cascades
Hood River, OR. Start at Hood River County fair-
grounds. 90-mile race finishes at the top of Summit
Drive - lots of climbing and one short gravel road.
Limit 125 riders, open to all on first come, first
serve basis. Jeff Lorenzon, 541-490-6837

Jul 20: Idaho Criterium Championships
tbc, ID. See website for details.
www.lostrivercycling.org




Jul 20: WA State Team Time Trial
Elma, WA. Race starts near the entrance of Vance
Creek Park. Course follows South Bank Rd. on
an out-and-back course. 32 miles, with 40' of
elevation. First rider off at 9:00am. Teams of 3-4
members, time on the 3rd rider in. All categories,
plus tandems. Erik Anderson, Avanti Racing Team,
www.wsba.org

Jul 22: Holt Criterium #3
Pocatello, ID. See "Race Series" for details.
www.idahocycling.com

Jul 22, 29: Tuesday Nighter - Bogus
Boise, ID. Half Bogus Training Ride. Hill climb.
Meet at 6:20pm at Bogus Rd Intersection. Lost
River Cycling Club, georgescycles.com


Jul 23-27: BYRDS - Tour of Idaho
Boise, ID. Tentative dates. See website to confirm.
A Junior-only event, part of LAJORS. Junior stage
race for riders between 10 and 18 years old.
(10-14 races only, 7/28-29). 5 stages for 15-18,
individual and team awards. Douglas Tobin,
208-343-9130, www.byrdsycling.com

**Jul 24-27: Co-Motion Classic Tandem
Stage Race**
Eugene, OR. The big daddy of all tandem races is
in its 6th year. 5-stage event, a prologue, a TT, a
Criterium and 2 road. Sal Collura, 541-747-3336,
www.co-motion.com

-  Family Friendly Ride or Event
-  EAW Supports Bicycle Alliance of WA
-  ETA Supports Bicycle Transportation Alliance of Oregon

Redmond Cycle
425-885-6363

16 pounds, light,
hand built.
FAST!



Complimentary Fit-Kit with all **ORBEA** purchases.

16205 Redmond Way
Redmond, WA 98052
www.redmondcycle.com



A Weekend at the Beach
August 1-3

The Wild Wheeled West
September 6-13

www.cycleoregon.com

Wallingford



Bicycle Parts

Gear that satisfies.

1-888-731-3537
www.wallbike.com

 **NEW ORLEANS** 

Jul 25-27: BCMCA #12-14

Grand Forks, BC. Friday: 1km hill climb at 7:00pm. Saturday: 74km on rolling terrain. Starts at 10:00am at Hutton School. Sunday: 40km TT flat, starts at 10:00am from the Hutton School. Organized by Grand Forks CC. Saturday/Sunday double points. See "Race Series" for details. Anton Kew, BC Masters Cycling Association, 250-442-0421, www.bcmasterscycling.net

Jul 26: Allan Butler Memorial Criterium
Idaho Falls, ID. Ron Bolduc, Idaho Cycling Enthusiasts, 208-523-5347

Jul 26: Co-Motion Criterium

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

Jul 27: Vancouver Courthouse Crit

Vancouver, WA. Race to support the WA State School for the Blind. Kids race at 2:00pm, Juniors 2:30pm, last race at 7:00pm. Steve Goodrich, North River Racing, 360-695-8605, www.obra.org

Jul 27-29: WA State Senior Games

Lacey, WA. TT, road and Criterium open to 50+ riders. TT and road race run on a very straight and flat course (slightly undulating) with just 2 turns over a 5km loop. Criterium is flat, on a 0.5-mile rectangular circuit on new roads; super flat, fast and smooth. Dan Donahue, Puget Sound Games, www.pugetsoundgames.com

Jul 27: Whale of a Criterium

Silverdale, WA. Flat downtown Criterium on a 1-mile circuit with 7 turns. Evening event in old downtown Silverdale. Good pavement. Open to Cat 4/5 men (start at 6:00pm), and Cat 1/2/3 men (7:00pm start). Kids event. Cash prize. Part of Whaling Days Festival. Cat 4 W Series #9. Joe Holmes, Ridge Racing, www.ridgeracing.org

AUGUST

Aug 2-3: High Desert Omnium

Bend, OR. 3 events. 4.5-mile TT on Saturday morning, Criterium in afternoon. Road race on Sunday. Open to all. Oregon Cup. Cate Hass, www.obra.org

Aug 2-3: Kelowna Stage Race

Kelowna, BC. www.cyclingbc.net

Aug 2: Lake Washington Velo Circuit

Race #2
Gig Harbor, WA. Short and steep climbs make for an eventful day. With rolling hills and some fast speed sections, make sure you are ready for this course. Lake Washington Velo, 206-527-9345, www.hagensbermancycling.com

Aug 3: BCMCA #15

Langley, BC. 65km Criterium on rolling terrain. Starts at 11:00am. Organized by Vancouver Velo Vets. See "Race Series" for details. Peter Reichman, BC Masters Cycling Association, 604-924-3671, www.bcmasterscycling.net

Aug 3: OUCH

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

Aug 3: WA State Time Trial

Championships
TBA, WA. Erik Anderson. See website for location. www.wsba.org

Aug 4, 11, 18, 25: Monday PIR

Portland, OR. August series - See "Race Series" for details. www.racemondaynight.com

Aug 5, 12, 19, 26: Pacific Raceways

Kent, WA. See "Race Series" for details. www.buduracing.com

Aug 5, 12, 19, 26: Tuesday Nighter - Bogus

Boise, ID. Half Bogus Training Ride. Hill climb. Meet at 6:20pm at Bogus Rd Intersection. George's Cycles, georgescycles.com

Aug 5, 12, 19, 26: Tuesday PIR

Portland, OR. See "Race Series" for details. www.obra.org

Aug 5, 12, 19, 26: Twilight Criterium Series

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

Aug 6, 13, 20: CMG Events/Alpine Mtg. Series

Hillsboro, OR. See "Race Series" for details. Butch Martin, www.obra.org

Aug 6, 13: High Desert Criterium Series

Bend, OR. See "Race Series" for details. www.bendcycling.org

Aug 6-11: USAC Junior, U23 & Elite Road Nationals

Orange County, CA. www.usacycling.org

Aug 7, 14, 21: Lindsay's TT

Nampa, ID. See "Race Series" for details. Lindsay's Cyclery, 208-376-2482

Aug 7, 14, 21, 28: Seward Park Criterium Series

Seattle, WA. See "Race Series" for details. www.pazzovelo.com

Aug 7: So Oregon Champion Series

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

Aug 8: Portland Twilight Criterium

Portland, OR. Friday evening racing. Start/finish near Portland Art Museum. Cash prize and primes. Men Oregon Cup event. Brad Ross, 503-806-6943, www.orbike.com

Aug 9: BC TT Provincial Champ

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

Aug 9: Cougar Climb for Cancer

Issaquah, WA. Individual TT up "Zoo Hill." 2.5-mile, 7.2% average gradient. Start at 9:00am at SE 54th St and NW Newport Way. In lieu of registration, optional charitable donation to American Cancer Society gladly accepted, open to all. Register by email. Joel M. Blatt, 425-246-6699, www.climb4cancer.net

Aug 9: Mt. Harrison Hill Climb

Albion, ID. Triple crown series #1. 208-323-2376, www.aerocyclos.com

Aug 9: Sunset Criterium

Bearvorton, 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

Aug 10: Gear Push TT

Auburn, WA. 10-mile course on Green Valley Road near Flaming Geyser State Park. Registration from 7:15-8:45am, race starts at 9:00am. Cat 4 W Series #10. BuDu Racing, 206-833-8866, www.buduracing.com

Aug 10: Kirkland Criterium

Kirkland, WA. New event. Part of Seafair. Joe Holmes, www.ridgeracing.org/

Aug 10: OBRA Time Trial Championships

Peoria, OR. Steve Holland, 360-891-3924, www.obra.org

Aug 12, 19, 26: Baddlands Twilight

Spokane, WA. See "Race Series" for more details. No rce on 8/5. www.baddlands.org

Aug 12: Holt Criterium #4

Pocatello, ID. See "Race Series" for details. www.idahocycling.com

Aug 12-16: Southeast Idaho Senior Games

Pocatello, ID. Criterium, hill climb, road race and TT. Jody Olson, 208-233-1212

Aug 16-17: BCMCA #16/17

Victoria, BC. Saturday: 40-80km on rolling + hills terrain. Start at Metchosin Rocky Point Rd. at 1:00pm. Sunday: 30-min Criterium in Oak Bay, starts at 9:00am. Double points. See "Race Series" for details. Kim Gard, BC Masters Cycling Association, 250-370-2689, www.bcmasterscycling.net

Aug 16: Mary's Peak Hill Climb

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

Aug 16: Oregon Criterium Championships

Gresham, OR. The venerable downtown Gresham course featuring a 6-corner 'L' with wide, fast turns and smooth pavement. Wide finishing straight. Starts at 9:00am, last start at 3:00pm. Registration opens at 8:00am. Kevin Thompson, Half Fast Velo/Cyclepath, 503-481-7662, www.obra.org

Aug 16: Table Rock Hill Climb

Boise, ID. Triple crown series #2. Jeff Gasser, 208-867-2488

Aug 16: WA State Hillclimb TT Championships

Crystal Mountain, WA. 6 miles, 1500' elevation gain. Pavement in so-so conditions. Great raffle at the end. Dave Bachman, Wheelsport Cycling Team, 253-852-4946, www.wheelsportcycling.com

Aug 17: Tom Binny Criterium

Surrey, BC. Criterium final, double points awarded. This is a fast 1.2km circuit that takes riders around the Whalley ring road exchange and near the Surrey Place Mall. Fun for the whole family, kids race. BC Cup. Todd Hansen, Team Coastal, 604-788-1873, www.teamcoastalcycling.com

Aug 17: 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

Aug 17: Woodland Road Race

Woodland, WA. Starting on Down River Road. 17-mile circuit with additional 5 miles, climb to finish line. Position calculated on points (hotspots and finish line points). Prizes 5 deep in all categories. Richard Haight, 360-575-1096, www.roubaixcycling.com

Aug 23: Lake WA Velo Circuit Race Series #3

Carnation, WA. Carnation Farms circuit. The speed and intensity of criterium racing meets the wide open tactics of road racing. Flat and fast. Lake Washington Velo, 206-527-9345, www.hagensbermancycling.com

Aug 24: Comox Valley Road Race #5

Comox, BC. Race on the Dove Creek course. 40km TT. See "Race Series" for further information. Comox Valley Cycle Club, http://mars.ark.com/~cvcc

Aug 24: First Rate Mtg. - Seward Park Fall Classic

Seattle, WA. Criterium on a 0.8-mile loop inside Seward Park, 1 120-degree turn and 1 hill. All categories. Overall season awards. LAJORS #5. David Douglas, Pazzo Velo, 206-932-5921, www.pazzovelo.com

Aug 24: Krugers Kermesse Farm Crit

Sauvie Island, OR. Criterium-style race on farm roads! Same great location as the Kruger's Crossing cyclo-cross race, so expect a fun and spectator-friendly event. All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007

Aug 24: OBRA Hillclimb Championships

Government Cam, OR. Hill climb TT. Erik Voldengren, 503-818-4985, www.obra.org

Aug 30: BCMCA #18

Cedar, BC. 63km Criterium on flat roads with some rollers, starts at noon at Cedar School. See "Race Series" for details. Mike Sevcov, BC Masters Cycling Association, 250-748-6457, www.bcmasterscycling.net

Aug 30-Sep 1: 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

Aug 31: BCMCA #19

Cowichan, BC. 80km TT, 2-up on rolling roads. Starts at noon at Duncan Meadows Golf Club. Double points. See "Race Series" for details. Ian Birch, BC Masters Cycling Association, 250-477-6475, www.bcmasterscycling.net

Aug 31: Blackberry Criterium

Bremerton, WA. Great course in downtown Bremerton! 1 DH and 1 uphill makes this non-technical race an end-of-road-season must do! Joe Holmes, Ridge Racing, 360-362-1611, www.ridgeracing.com

SEPTEMBER

Sep 2, 9, 16, 23: PIR Handicap Series

Portland, OR. See "Race Series" for details. www.obra.org

Sep 2: 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 2: Tuesday Nighter - Bogus

Boise, ID. Half Bogus Training Ride. Hill climb. Meet at 6:20pm at Bogus Rd Intersection. George's Cycles, georgescycles.com

Sep 2: Winslow Criterium

Winslow, WA. Joe Holmes, www.wsba.org

Sep 6: 36th Annual Bogus Basin Hillclimb

Boise, ID. Triple Crown #3. Mike, George's Cycles, 208-343-3782, www.georgescycles.com

Sep 6-7: BCMCA #20/21

Mill Bay, BC. Saturday: short hill climb, 600m, starts at 3:00pm. Sunday: 65km road race on rolling to hilly roads. Starts at Cherry Point Vineyards at 11:00am. Sunday: double points. See "Race Series" for details. Ian Birch, BC Masters Cycling Association, 250-477-6475, www.bcmasterscycling.net

Sep 7: Krugers Kermesse Farm Crit

Sauvie Island, OR. Criterium-style race on farm roads! Same great location as the Kruger's Crossing cyclo-cross race, so expect a fun and spectator-friendly event. All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007

Sep 7: Mt. Baker Hill Climb - Ride 542

Bellingham, WA. 24.5 miles, 4300' of climbing from Glacier to Artist's Point on Route 542. Gradual grades dominate until the last 2.5 miles, where it turns skyward. Recreational riders start at 8:00am, racers between 8:30 and 9:00am. Supports the Ken Meyer Memorial Foundation. Charley Heggem, NorKa Recreation, 360-303-1717, www.norkarecreation.com

Sep 14, 21, 28: 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 14: Mt. Ashland Hillclimb

Ashland, OR. TT up Mt. Ashland. Starts at Lithia Park. 25 miles. All categories start at 9:00am. Registration opens at 7:30am. First 10 miles rolling, the rest climb. 6500' elevation. Richard Hogan, 541-664-8751

Sep 18-21: Times Colonist Cycling Festival

Victoria, BC. Includes the Bear Mountain hill climb on Thursday, a Criterium on Saturday and Bastion Square road race on Sunday. Louise Hodgson Jones, National Team Training Center, 250-744-5531, www.victoriacyclingfestival.com

Sep 19-21: Port Angeles Senior Games

Port Angeles, WA. The Senior Games are open to men and women age 50+. Cycling event is a 20-mile time trial. 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 20-21: Ring of Fire 12/24hr TT

Maupin, OR. 24-hour racers complete a 157-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. Register as solo, team or tandem for either event. George Thomas, 541-760-1024, www.raceacrossoregon.com

ROAD TOURING

FEBRUARY

Feb 23: Zion Country Early Spring Century

St. George, UT. Ride to Zion National Park on a leisurely & scenic route that will take you through some breathtaking beauty. Bike 2 Bike, 801-677-0134, www.bike2bike.org

Feb 24: Chilly Hilly Cycling Classic

Bainbridge Island, WA. Washington State season opener. 33mi recreational ride around Bainbridge Island. Cascade Bicycle Club, www.cascade.org

Feb 24-28: Hawaii - Budget

Kona, HI. Hawaii's Big Island, on a budget! Pedal coffee country, explore the volcano land & the Ironman route & cycle little-known routes many others miss. Tour includes biking, hiking & snorkeling! 6 days; Abilities: all. Also available: 3/23, 10/12, 11/9, 12/14. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Feb 24: Wet-N-Windy 50

Bend, OR. 50-mile ride from Bend to Powell Butte and back. The weather can be a mixed bag, come prepared for anything. \$5 entry fee includes maps, course marking and one food stop. Leaves from Hutch's on 3rd St. at 9:00am. Hutch's Bicycles, 541-382-6248, www.hutchsbicycles.com

MARCH

Mar 2: 100km Populaire

Seattle, WA. This 100km (62mi) is an introduction to randonneuring. Open to all, register the day of, free. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Mar 2-8: Big Island Ride

Big Island, HI. 271 miles of spectacular cycling, averaging 45 miles a day. Combines respectable cycling distances with plenty of opportunities for other activities. Fully supported. Four Seasons Cycling Events, 818-445-4060, www.kneeland.com

Mar 8: Snoozeville Populaire

Hillsboro, OR. 100km - open to all. Starts at Cornelius Pass Roadhouse. Oregon Randonneurs, www.orrandonneurs.org/

Mar 8: Solvang Century & Half Century

Solvang, CA. 100- or 50-mile recreational bike ride on the Central Coast of CA with Bicycle Expo, BBQ lunch, live DJ & raffle at the finish line. Rated in top 10 centuries. Randy Ice P.T., C.C.S., 562-690-3735, www.bikesccor.com

Mar 15: 200km Brevet

Seattle, WA. 200km (124-mile) brevet. Seattle Int'l Randonneurs, www.seattlerando.org

Mar 15: McClinchy Mile Ride

Arlington, WA. Scenic Snohomish County loops of easy 20-, flat 34-, or challenging 47-mile rolling hill rides. Short and long loop include Centennial Trails. Combine loops for metric or McClinchy century. Start at Haller Middle School. Cost \$25. Registration from 8-11:00am. Kristin Kinnamon, BIKES Club of Everett, 360-658-2462, www.bikesclub.org

Mar 29: 300km Brevet

Seattle, WA. 300km or 186-mile event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Mar 30: Victoria Populaire

Victoria, BC. Open to all. Starts at 10:00am for 50- or 100-km ride. Start at Beacon Hill Park by cricket pitch. Follow the Victoria, Saanich route. BC Randonneurs, www.randonneurs.bc.ca

APRIL

Apr 5: Birkie Brevet

Forest Grove, OR. Start at McMenamin's Grand Lodge. 200km starts at 7:00am, finishes by 8:30pm. Starts in Forest Grove and quickly heads into the Coast Range, down to Vernonia and back. Oregon Randonneurs, www.orrandonneurs.org/

Apr 5: Tulip Pedal 2008

La Conner, WA. Tulip Pedal features 20- and 40-mile routes near the Skagit Valley tulip fields. Start/finish at La Conner Middle School, course open 7:00am-4:00pm. \$20 fee includes T-shirt. Children under 14 ride free. Skagit County Medic One, 360-428-3236, www.skagitfems.com

Apr 6: Pacific Populaire

Vancouver, BC. 1-day tour around Vancouver and into Richmond, BC. 3 lengths: 100km, 50km & 25km. Open to all. Start at 9:00am at the Riley Park Community Center. Danelle Laidlaw, BC Randonneurs, 604-737-0043, www.randonneurs.bc.ca

Apr 7-10: Tulips and Bays Bike Tour

La Conner, WA. Fully supported bike tour through the Tulip Fields around La Conner and the Birch Bay area, rides are 20-30 miles and flat. Includes 3 nights lodging, 3 meals, and guides. Spokane Parks and Recreation, www.spokanebays.org

Apr 11-13: Fleche Northwest

Port Townsend, WA. 360km minimum, 3-5 riders per team. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Apr 12: Tour of the Cowichan Valley

Chemainus, BC. Start in Chemainus at Dancing Bean Cafe at 7:00am. 200km brevet. Opening event of the Vanisle Eau de Hell week. BC Randonneurs, www.randonne

Apr 27: Lilac Century Surprise BAW

Spokane, WA. Distances are 15, 25, 50, 70 or 100 miles, goes through Riverside State Park, scenic river routes, and rural areas northwest of Spokane. Start times are 7:30am, 9:00am and 10:00am. Starts at Spokane Falls Community College. Mechanical support, food stops, famous potato feed and live music at the finish. Jim Schindler, Spokane's Aurora Northwest Rotary Club, 509-499-7770, www.northdivision.com/lilac.html

Apr 27: Monster Cookie Metric Century BTA

Salem, OR. Starts at the State Capitol Plaza Mall on Court Street. The route covers 30 or 62 miles north of Salem; rest stops with snacks, water, toilet facilities. Supports BTA; family friendly. Mary Schmidgall, Salem Bicycle Club, 503-585-8313, www.salembicycleclub.org

Apr 27: Redmond Ride

Bend, OR. Explore or discover a new area. 35-mile ride that loops around the city on secondary roads. Free maps, course marking provided. Leaves from Redmond High School parking lot at 10:00am. Hutch's Bicycles, 541-382-6248, www.hutchsbicycles.com

MAY

May 1-4: Fleche Ouragan

Various, OR. 24hr team brevet. Destination McMenamin's Grand Lodge in Forest Grove, OR. 3-5 members per team. Susan Franck, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

May 2-4: Fleche Pacifique

Various, BC. Teams of 3-5 bikes compete to cover the most distance in 24 hours. Routes are designed by teams themselves, and must be at least 360km. Registration deadline - 4/11. Danelle Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

May 3: Camano Climb

Camano Island, WA. 28 or 44 scenic miles around Camano Island with views of Cascades and Olympic Mountains. Starts at Camano Center, between 7:30 & 10:00am. Fee includes support, water bottle and spaghetti dinner, Stanwood-Camano Kiwanis, http://stanwoodvelosport.com

May 3: Ghost Town Century

Tooele, UT. Ride through some of Utah's historical ghost towns of yesteryear. Mostly flat country with some rolling hills, little traffic, the Pony Express and old California wagon trails. Awesome mountain views. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

May 3: RACC - Ride Around Clark County BAW

Vancouver, WA. 25th edition. Four (18-, 34-, 65- & 100-mile options) beautiful and challenging rides through scenic Clark County. Scott Martin, Vancouver Bicycle Club, PO Box 1456, Vancouver, WA, 98668. 360-571-0202, www.vancouverbicycleclub.com

May 4: Bike-A-Roo Breakfast Ride

Bend, OR. 25 miles. Start at 9:00am from Shevlin Park. Ride following a pancake breakfast. Susan Bonacker, Sunnyside Sports, 541-382-8018, www.sunnysidesports.com

May 4-9: California Wine Country Budget

Santa Rosa, CA. Cycle both Napa and Sonoma Valleys, with their sun-drenched roads, abundant route options and marvelous wineries. A vintage tour at a pint price! Also available: 6/1, 9/28, 10/26. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

May 4: May Day Metric BAW

Federal Way, WA. 3 challenging routes on the backroads of the S. Sound. 50 miles, 10km and 100 miles. All routes start/end at Phil's South Side Cyclery. A portion of each registration fee & all benefits donated to BAW. Well staffed and stocked rest stops every 25 miles. Start: 6:30am - 10:00am. Phil Meyer, Phil's South Side Cyclery / Tailwind, 253-661-3903, www.maydaymetric.net

May 4: Rhody Tour BAW

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

May 10: 300km Brevet

tbc, BC. Starts at 6:00am. Deirdre Arscott, BC Randonneurs, 604-222-3587, www.randonneurs.bc.ca

May 10: Group Health Inland Empire Century BAW

Richland, WA. Ride the rivers and wheat fields of eastern WA. Routes showcase the Columbia and Yakima rivers, through parks and over bridges. Join the traditional route in the Horse Heaven Hills. Ride an easy 25 miles or challenging 50-, 75- or 100-mile tours. Fully supported. John Ittner, Kiwanis of Columbia and Tri-Cities Industry, 509-627-1858, www.tricitybicycleclub.org/

May 10: Highway to Hell

Victoria, BC. 400km brevet, starts at Saanich Plaza in Victoria at 3:00am. Lindsay Martin, BC Randonneurs, 250-477-7482, www.randonneurs.bc.ca

May 10: Skagit Spring Classic BAW

Burlington, WA. 18th annual. 25-, 45-, 62- and 100-mile routes through scenic Skagit and Whatcom Counties. Also a family 10-mile trail route. Food stops, post-ride meal. Enjoy Skagit County and Chuckanut Drive. Charlie Schultz, Skagit Bicycle Club, 360-293-0802, www.skagitbicycleclub.org

May 10: Spring Cycle Tour

Yellowstone, MT. 64 challenging miles in early season, but the scenery is gorgeous. A portion of the proceeds from the Spring Cycle Tour will be donated to the Yellowstone Park Foundation. Yellowstone Chamber of Commerce, 406-646-7079, http://cycleyellowstone.com

May 10-11: STOKR (Scenic Tour of the Kootenai River)

Libby, MT. 2-day loop tour in scenic western Montana. Great cause, homemade food, no traffic & fantastic community support!! Susie Rice, 406-293-2441, www.stokr.org

May 11-16: California Wine Country

Santa Rosa, CA. Napa & Sonoma by bike: sun-drenched roads, romantic lodgings, elegant dining, spas - activity + pampered luxury! Includes winemaker's dinner at the famous Culinary Institute of America. Also available: 6/29; 9/21; 10/12. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

May 17: 300km Brevet

Sorrento, BC. Randonneur event going to Kelowna, starts at 6:00am. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

May 17: 400km Brevet

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

May 17-Jun 1: Bike Ride Across Scenic Utah (BRA ~ SU)

St. George, Utah. An adventure of a lifetime that includes 5 states, 5 nat'l parks, 5 nat'l monuments & 5 nations. See magnificent country, pristine air & unbelievable vistas that will range 140 miles away. Bike 2 Bike, 801-677-0134, bike2bike.org

May 17: Cycle for Independence

Boise, ID. 3 routes: 10-, 25-mile, and metric century. Start/finish at the River Glen Junior High School. The metric century goes through very pretty rural Idaho. Lunch provided. Benefits the Treasure Valley Chapter of the National Federation of the Blind of Idaho. Nat'l Federation for the Blind, 208-343-1377, www.tvblindidaho.org

May 17: Le Petit Tour de Peace - 300km Brevet

Fort St. John, BC. Randonneur event - Ride from Fort St. John to Hope, Chetwynd and back to Fort St. John. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

May 17: Reach the Beach

Portland, OR. Enjoy 1 of 5 bicycle routes (110, 100, 77, 55 or 26 miles) through Oregon's wine country, forests & little-known towns to a breathtaking finish point at Pacific City. Starts are in Portland, Corvallis, Salem, Amity & Grand Ronde. Finish: Pelican Pub. Fundraising minimum \$50. Fully supported, gourmet finish line dinner beach party, hot shower, & massage. American Lung Assoc. of OR, 503-924-4094, ext. 30, www.reachthebeach.org

May 17: Tour de Cure

Redmond, WA. Join Ron Sims and ride to raise money for a cure for diabetes. 20-, 45-, 70- and 100-mile century, 15-mile family ride. Beginning at Marymoor Park. Scenic and challenging route takes riders up to Monroe and Snohomish! Free food, music, beer garden & more. American Diabetes Assoc. of WA, 888-342-2383 x 7203, www.diabetes.org/tour

May 17: Yakima Ridges Century

Yakima, WA. 25-, 50-, 70-, and 100-mile loops. Winding over the ridges of the upper Yakima Valley, each route features rewarding landmarks. Includes break stops, lunch, and a celebration back at the finish line. 100-mile route climbs over 5400'! David Severson, Apple Valley Kiwanis, 509-972-8803, www.desertvalley.com/rides

May 18: CrimeStoppers Canyon for a Day

Yakima, WA. A 35-mile roundtrip ride through the scenic Yakima River Canyon. Follows the Yakima River up a gentle grade with few hills. The highway will be closed to through traffic. Snacks and pit stops available. Perfect ride for the whole family! Start at 9:00am. CrimeStoppers, 800-248-9980, www.co.yakima.wa.us/biketour

May 18: The Santa Fe Century

Santa Fe, NM. Fully supported. 3000 riders, 25-, 50-, 75-, 100-mile rolling routes. Willard Chilcott, Santa Fe Century Committee, 505-982-1282, santafecentury.com

May 18: Two County Double Metric Century BAW

Olympia, WA. Enjoy cycling beautiful Thurston and Lewis counties. The terrain varies with the distance you choose. 20, 35, 70, 85 and 126 miles (200km). Pass through Rochester, Adna, Vader, Boistford, Curtis and Littlelock. Blaine Wheeler, Capital Cycling Club, 360-480-7356, www.capitalbicycleclub.org

May 21: Ride of Silence

Various, OR. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Events scheduled in Corvallis, Eugene, Pendleton (8-10 miles), Medford (14 miles). www.rideofsilence.org/main.php

May 21: Ride of Silence

Various, WA. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. In Seattle Tacoma, Everett. rideofsilence.org

May 23-26: Okanagan British Columbia Wine Bicycle Tour

Okanagan Falls, BC. Fully supported bike and wine tour. Fee includes 3 nights lodging, 7 meals, guides, and support vehicle. Spokane Parks and Recreation, 509-625-6246, www.spokane-parks.org

May 23-26: Century Ride of the Centuries (CROC)

Pendleton, OR. 3 days fully supported riding in rolling wheat country and Blue Mountain foothills. Rest stops, SAG wagons, mechanical support, lunch, BBQ, entertainment, hot spring pools. Pendleton on Wheels Bike Club, cyclependleton.com

May 24: 400km Brevet

tbc, BC. Starts at 6:00am. Michel Richard, BC Randonneurs, 604-739-6798, www.randonneurs.bc.ca

May 24: Make the Dash Count

Prosser, WA. 10-, 20-50-mile rides, wine tasting, BBQ and silent auction. The Dash raises funds for at-risk youth. Also includes kids' events and running race. Life is not a dress rehearsal, so make your dash count! Richard Beightol, Make the Dash Count Foundation, www.makethedashcount.com

May 24: St. Anthony Sand Dunes 200km Brevet

Driggs, ID. Travels along acres of "moving" white sand dunes. Route follows Idaho Scenic Byways along the North Fork of the Snake River, mostly through farmland. 135 miles, 3500' climbing, 13.5-hour limit. Yellowstone Area Randonneurs, Teton Valley, ID, www.yarandonneurs.com

May 25-30: California Redwoods Tour

Santa Rosa, CA. Combines California's Russian River Wine Country, majestic redwood forests and the spectacularly beautiful Lost Coast. Includes hiking and biking. All levels. Also available 9/7. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

May 25: Southside Ride

Bend, OR. 60 miles from Sunriver to Twin Lakes and back. There are no long climbs, but lots of rollers on secondary roads with little traffic. One food stop approximately halfway through. \$5 fee includes course marking, maps, energy food and drink. Leaves from Sunriver Thrift Store on Spring River Rd. at 9:00am. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

May 25: Okanagan Shuswap Century Ride

Armstrong, BC. Choice of 14, 56 & 100km. Spectacular scenery, quiet roads, fun & friendly atmosphere! Starts & finishes at Memorial Park. Online registration only. Limit 400 riders. COBRA, www.oscr.ca

May 26: 7 Hills of Kirkland

Kirkland, WA. Celebrating its 10th year! This classic event is renowned for its routes, hospitality & awesome support. All proceeds support KITH's mission to defeat homelessness. Chris Fox, KITH Cares!, 425.576.9531, www.7hillskirkland.org

May 26-31: Oregon Coast Bike Tour

Eugene, OR. Travel from the farmlands of the Willamette Valley, over the majestic Coast Range to the Oregon Coast and back. Travel 50-65 miles each day, 295 miles total. Small group. Also available: 6/8, 9/14. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

May 31: 400km Brevet

Kamloops, BC. Randonneur event going to Cache Creek and Little Fort, starts at 5:00am. BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

May 31-Jun 6: Cycle Utah

St. George, UT. 7-day catered and van supported event. 279 miles of beautiful scenery in the Zion and Bryce Canyon National Parks. Adventure Cycling Association, www.adventurecycling.org/

May 31: Grays Lake NWR 300km Brevet

Driggs, ID. Follow Idaho and Wyoming Scenic Byways south over Pine Creek Pass, through Swan and Star Valleys, over Tin Cup Pass to Grays Lake Nat'l Wildlife Refuge, before returning to Driggs. 195 mi, 7500', 20-hr limit. Yellowstone Area Randonneurs, Teton Valley, ID, www.yarandonneurs.com

May 31-Jun 1: Le Grand Tour de Peace

Fort St. John, BC. Randonneur event, 400km brevet. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

May 31: Pacific Rim 600

Victoria, BC. Starts in Parksville at 6:00am. Route: Tofino, Lantzville and Campbell River. 600km brevet. Raymond Parker, BC Randonneurs, 250-388-6365, www.randonneurs.bc.ca

May 31: Ride for Rachel

Puyallup, WA. 30-mile ride on the Foothills Trail. Proceeds benefit the Rachel's Challenge Foundation. Rachel Scott was the first student shot at Columbine HS. \$30 fee includes T-shirt and snacks. Jeff Kindle, Friends of Rachel Club, 253-840-6523, http://home.comcast.net/~friendsofrachel

May 31-Jun 2: Walla Walla Wine and Bike Tour

Walla Walla, WA. 2-day fully supported wine and bike tour. Fee includes support vehicle, guides, 2 meals and one night lodging at the Marcus.

Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokane-parks.org

JUNE

Jun 1: 15th Annual Loreen Miller Bike Ride

Spokane, WA. 12-mile family course is flat, utilizes less traveled side roads for the majority of the course. The full and half century courses are much more challenging, offering beautiful scenery amid the foothills of the Green Bluff and Mt. Spokane areas. Pancakes, Mexican luncheon, T-shirt, etc. Benefits cancer patients in eastern WA and north ID. 509-456-0446, www.cancerpatientcare.org/loreen_miller.php

Jun 1: Peninsula Metric Century BAW

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

Jun 1-6: Santa Fe-Taos Tour

Santa Fe, NM. Ride New Mexico's High Desert, including Bandelier Nat'l Monument & the Enchanted Circle, feast on epic cuisine, explore ancient cliff dwellings, world-famous art & culture. Also available 6/1, 9/7 & 28., Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 2-5: Oregon Wine Country

Portland, OR. Fine wineries, fine dining and fine riding in Oregon's Willamette Valley on this very romantic tour. Elegant lodging and wine tasting. Also available: 9/22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 7-8: 600km Brevet

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

Jun 7: Marilyn Jensen Memorial Bicycle Rides

Weston, OR. 2 rides: 8-mile "family ride" out-and-back flat course, and 50-mile road course. Secondary roads all paved, lots of "rollers," well supported. Held in conjunction with Pioneer Days Celebration. Registration 7:00am, start at 8:00am. Gary Jensen, Family of Marilyn Jensen, 541-566-3915, grj@bmi.net

Jun 7: PetroGlyph Century

Cedar City, UT. Part of Utah Summer Games. Soar along this route under the magnificent skies & the watchful gaze of eagles, falcons & hawks. View ancient petroglyphs at a natural gateway for man & animals. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

Jun 7: Pioneer Century

Canby, OR. Pedal from Canby through scenic country roads. Loops of 45 and 55 miles, ride one or the other or do both for a full century. Great training ride for the STP. Portland Wheelmen Touring Club, 503-775-8300, www.pwtc.com

Jun 7: Race Against Domestic Violence

La Grande, OR. 80- or 100-mile ride circling the beautiful Grande Ronde Valley in eastern Oregon to raise money to fight domestic violence. Start at Riverside Park between 6:00 & 10:00am. Mary Ellen La Berge, 541-663-1037, www.3riversrace.com

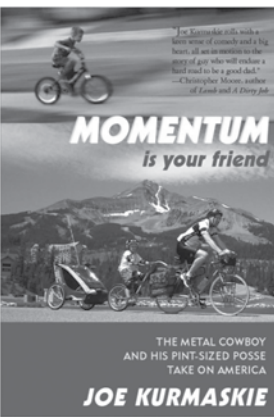
Jun 7-8: Rona MS Bike Tour - Fraser Valley

Fraser Valley, BC. Gear up for fun, for a challenge, for a cure. 2-day event. Minimum fundraising \$250. Food, accommodations, entertainment, road support crews and awards for fundraising. MS Society of Canada, 604-602-3221, www.mssociety.ca

Jun 7-14: San Juan Islands - Victoria

Seattle, WA. The San Juans: 'one of the best places to cycle' in the country. Cycle, hike and sea kayak in the islands, plus add 2 nights in Victoria, BC and a taste of Washington's Olympic National Park. Energetic beginners to advanced cyclists. Also available 6/21, 7/5, 19, 8/16, 9/6. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

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



What happens when Dad pulls 14 feet of bicycle train and two sons over 12 mountain passes, 17 states and 4,000 miles across America? Find out in "Momentum Is Your Friend"—Joe's latest epic.

All proceeds from book sales at www.metalcowboy.com go to Camp Creative "No Child Left Inside!"

Davidson
HANDBUILT BICYCLES

Celebrating our 35th year

Bill Davidson has built exquisitely handcrafted bicycles for discriminating cyclists of all types. Make your next racing, touring, track, or tandem bicycle a Davidson. Titanium specialists



Elliott Bay Bicycles • 206-441-8144
2116 Western Ave, Seattle, WA 98121
2 Blocks North of Pike Place Market
davidsonbicycles.com

Since 1984 **BICYCLE ADVENTURES**

sail hike


...a lifetime of memories in a handful of days




snorkel

800-443-6060
www.BicycleAdventures.com

Jun 7: Sunrise Apple Century Ride
Wenatchee, WA. 50- or 100-mile loops start at Walla Walla Point Park. Ride through Riverfront Park on the west bank of the Columbia River. Cross over to travel east to Daroga State Park (50-mile turn-around), and on to Lake Chelan. Riders return to start by heading south via Navarre Coulee and Hwy 97A. Benefit Sunrise Rotary's charity programs. Wenatchee Sunrise Rotary, 509-664-3366, www.applebikeride.com


Jun 7: Wheels to Meals 
Puyallup, WA. "Fight hunger from the seat of your bike." Fundraising ride for the Food Connection, Pierce County's largest food bank. 20-, 40-, 50-, & 70-mile loops through beautiful Puyallup Valley and surrounding area. Min. \$100 in pledges. Great support, finish line festival. Starts at WSU-Puyallup campus. The Food Connection, 253-383-5048 ext. 102, www.wheelstomeals.org

Jun 8: 3rd Annual Fort2Fort Ride 
Port Townsend, WA. Hilly & challenging metric century leaves Fort Worden on lightly traveled roads to Fort Flagler. The family-friendly 17-mile ride. The 35-mile challenge loop from Fort Worden to Old Fort Townsend and back. Benefits the Friends of Fort Worden State Park. Rick Sepler, 360-344-4459, http://fort2fortride.org/

Jun 9-13: Columbia Gorge
Portland, OR. Cycling, rafting, hiking and support! Explore this spectacular region over 5 days. Family version available. Also available: 6/23, 7/7, 21, 8/4, 18, 9/1. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 9-Jul 3: The Great Alaska Highway Ride
Dawson Creek, BC. The ultimate wilderness road bike trip! Cycle the entire length of the famed Al-Can Highway (Alaska Highway) from Dawson Creek, BC to Delta Junction, Alaska. 1400 miles of thick black spruce forests, towering glacial shrouded peaks, rushing rivers, turquoise lakes, colorful wildflowers & an occasional grizzly bear. Pedalers Pub & Grille, www.pedalerspubandgrille.com

Jun 13-15: Cascade Mountains Sampler
Sisters, OR. Travel in the shadows of the Sisters and Mount Jefferson. Camping tour. Experience the majesty of old growth forests, expansive views of the snow-covered Cascade Mountains and the joy of taking a soak in a hot spring. Also available: 6/20, 7/18, 8/1. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com


Jun 14: 16th Annual Strawberry Century 
Lebanon, OR. "More Hills! More Thrills!" 13-mile flat creek-side family ride, 53-mile loop and improved 72 and 102 miles. The century includes a beautiful and challenging route to the north of Lebanon. Roger Gaither, Santiam Spokes Bicycle Club, 503-394-3696, www.santiamspokes.org

Jun 14: 2nd Annual Gorge Ride
The Dalles, OR. Starts at the Columbia Gorge Discovery Center. Rest stops at historic Mayerdale Estate and at the Senator Mark O. Hatfield West Trailhead. 40 miles. Friends of the Historic Columbia, www.hchr.org

Jun 14: 400km Brevet
tbc, OR. 400km brevet, ACP sanctioned. John Kramer, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Jun 14: 600km Brevet
Kamloops, BC. Randonneur event going to Okanagan Falls, starts at 5:00am. BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

Jun 14: Bob LeBow "Health Care for All" Bike Tour
Nampa, ID. Scenic tour through Canyon, Owyhee & Malheur counties raising funds for the Zero Pay Fund. 3, 10, 35, 64, or 100 miles. Start between 7:00am -11:30am. Some hills on the 3 longer courses, others are flat. Terry Reilly Health Services, 208-459-1025, www.trhs.org

Jun 14: Chelan Century Challenge 
Lake Chelan, WA. We challenge you to the Chelan Century. Test your fitness level on 3 scenic loops tackling 8000' elevation gain if you finish. Expect Rotary support with toughness and beauty unmatched in the NW. Includes an easy 20-mile ride along the lake. Mark McCants, Lake Chelan Rotary, 509-387-0041, www.centuryride.com

Jun 14: Cycle for the Health of It
Goldendale, WA. Century, metric century or 33-mile ride around the scenic and historic Goldendale countryside. Registration opens at 7:00am. Pat Riley, Golden Event Planning, LLC, 509-773-0567, www.cityofgoldendale.com

Jun 14-20: Cycle the Columbia Gorge
Gresham, OR. The 338-mile route showcases the Pacific Northwest's varied and spectacular landscapes. The Gorge is just one of the natural wonders you'll experience on this unsurpassed tour, Adventure Cycling Association, 800-755-2453, www.adventurecycling.org/e55

Jun 14: Flying Wheels Summer Century
Redmond, WA. Largest century in the state, with 25-, 50- & 70-mile loop options. Start/finish at Marymoor Park. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Jun 14-15: Foothills Randonnee
Fort St. John, BC. Randonneur event. 600km brevet. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jun 15: 10th Annual Tour de Fronds
Powers, OR. 72-mile ride between Powers and Glendale. Low traffic paved FS and BLM roads, through tall timber, past water falls, and over a great climb. 7 ride options (30, 32, 62, 66, 72, 80, 140). Can start either at Powers or Glendale. Plenty of climbing on the longer ride options. Paul Tamm, Umpqua Velo Club, Cities of Glendale and Powers, 541-459-1385, www.umpquavelo.com

Jun 15-Aug 4: Across America North
Astoria, OR. Fully supported 50-day, 3650-mile bicycle tour from Astoria, OR to Portsmouth, NH. Average 80 miles/day. Goes through spectacular Cascades and Rockies. Bill Lannon, America by Bicycle, 888-797-7057, www.abbike.com

Jun 15-21: Kettle Valley Trail 1
Castlegar, BC. Tour starts in historical Castlegar and ends in Beaverdell, via Grand Forks, Greenwood & Rock Creek. Incredible views of Lower Arrow Lake. Mostly on railbed. Need hybrid or MTB. Opening of the Myra Canyon trestles bridge. Great Explorations, www.great-explorations.com

Jun 15-23: Northwestern Tour
Astoria, OR. Fully supported 8-day, 620mi bicycle tour from Astoria, OR to Boise, ID. America by Bicycle, 888-797-7057, www.abbike.com

Jun 15-20: San Juan Islands 6-Day
Seattle, WA. Bike, hike, sea kayak & go whale-watching through the gem-like San Juan Islands off Washington's NW Coast. Fully supported! Also available: 7/13, 27; 8/3, 10, 24, 31. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 15: Tour of Greater Victoria
Victoria, BC. Start at Cook Street Village at 7:00am. 200km brevet. Follow the Saanich-Metchosin route. Jenny Watson, BC Randonneurs, 250-370-9167, www.randonneurs.bc.ca

Jun 20-23: Oregon Sampler Bike Tour
Sisters, OR. Experience the best of Oregon. Explore the pastoral Willamette Valley, the lush Coast Range, and one of the most scenic sections of the Oregon Coast. Also available: 7/11, 7/25, 8/8, 8/22, 8/30. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 20-22: Yakima Valley Wine Bicycle Tour
Sunnyside, WA. A 3-day fully supported bike and wine tour through the Yakima Valley area. Nights will be spent in country inns. Fee includes 2 nights lodging, support vehicle, 7 meals, and guides. Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokane-parks.org

Jun 21: Cannonball
Seattle, WA. Cross-state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx. 10km of climbing. A timed event. Excellent preparation for S2S. Duane Wright, Redmond Cycling, 206-523-7404, www.redmond-cyclingclub.org

Jun 21-27: Cycle Montana
Missoula, MT. New spin on an old favorite. Spend a week bicycling through the scenic valleys of western and southwestern Montana. 7-day catered & van-supported event. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org/

Jun 21-22: Cycle Washington Memorial Ride
Redmond, WA. In honor of bicycle accident victims. Starts at Marymoor Park and ends in Wenatchee, overnight in Cle Elum. Proceeds benefit the Jill Spanier Foundation & WA State RSVP Assoc. 800-258-2821, cyclewamemorialride.com

Jun 21-23: Grand Illinois Trail and Parks (GITAP)
Dixon, IL. A week-long biking loop featuring routes on the Grand Illinois Trail. Generally flat with some optional hilly areas. Mileage from 300 to 550 for the week. Fully supported, dinners, breakfasts, camping sites, an optional motel package. Limited to 160. Chuck Oestreich, League of Illinois Bicyclists, 309-788-1845, www.bikelib.org/gitap

Jun 21-24: Hare & Tortoise 1000
Victoria, BC. Starts in Victoria, 3:00am. 1000km brevet will bring you to Port Hardy and back. Registration opens at 2:00am. 75-hour limit, altitude gain 27000'. Ken Bonner, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca


Jun 21-24: Lower Mainland & Interior 1000km Brevet
Vancouver, BC. Randonneur event, route negotiable. Start time: 6:00am and 8:00am. Eric Ferguson, BC Randonneurs, 604-733-6657, www.randonneurs.bc.ca

Jun 21: Mountain Lakes Challenge
Ashland, OR. Miles of gorgeous scenery of valleys, mountain lakes and forest on back country roads. Century (7000ft), metric century (3600ft), 50- and 25-mile rides. Great rest stops and an amazing lunch to replenish your soul. Siskiyou Velo Club, 541-621-4122, www.siskiyouvelo.org

Jun 21: Native Planet Classic
Winthrop, WA. A fundraising bicycle ride over the beautiful North Cascades Highway, offering non-competitive riders 3 routes - 28-, 63- or 128-mile rides with 10000+ ft of elevation. Dave McDougal, Native Planet Outdoor Club, 209-979-0725, www.ride4areason.org/npc/classic/index.shtml

Jun 21: Ride 2 Survive
Kelowna, BC. 4th annual 1-day epic 400km ride over 2 mountain passes to raise funds for the Canadian Cancer Society. Leaves Kelowna at 4:00am, arriving in Delta before 10:00pm. Pedaling 15

hrs, climbing 12000'. Kerry Kunzli, Team Coastal Cycling Club, 604-590-8340, www.ride2survive.ca

Jun 21: Tour de Blast 
Toutle, WA. 82-mile round trip ride through the heart of the Mt. St. Helens blast zone. The Spirit Lake Memorial Highway winds its way up the Toutle Valley to the Johnston Ridge Visitor Center. Longview Rotary, www.tourdeblast.com

Jun 21: Tour of Marsh Creek Valley
Pocatello, ID. 25-, 62- or 100-mile rides on roads between Pocatello and Malad Pass. In memory of Jay Anderson. American Diabetes Association of Idaho, 208-652-3532, www.idahocycling.com

Jun 22: Double Dawg Tandem Ride
Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. 1 food stop with deluxe snacks for all. No brutally long climbs, but some short steep ones. Starts at Hutch's on Columbia St. at 9:00am. Hutch's Bicycles, 503-382-6248, www.hutchsbicycles.com

Jun 22: Tour de Pierce
Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open from 8:00am to 3:30pm. Start/finish at Western WA Fairgrounds Gold parking lot. 12-mile route, flat and easy. Benefits Sprocketwoman program. Pierce County Parks, 253-798-4177, piercecountywa.org/parks

Jun 23-Aug 9: Big Ride Across America
Seattle, WA. 40 riding days averaging 85 miles per day. Experience the mountains and river valleys of the west, the prairies and farm lands of the mid-west and the ridges and rail trails of the east. Minimum fundraising is \$5,500. American Lung Assoc. of WA, 206-441-5100, www.bigride.org


Jun 24-Jul 3: Northern Rockies Ride
Boise, ID. Fully supported 9-day, 704-mile bicycle tour from Boise, ID to Casper, WY. America by Bicycle, 888-797-7057, www.abbike.com

Jun 27-30: Willamette Valley Wine Sampler
Salem, OR. Experience handcrafted wines, gourmet food, and quiet roads in the fertile Willamette Valley. Also available: 7/16, 8/14, 8/22, 9/11. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 28: Ann Weatherill Cycling Classic
Walla Walla, WA. Metric century and half metric century over largely rural roads in the beautiful Walla Walla Valley. Catered buffet luncheon, fine wines, live music. Century starts at 8:00am, 10:00am for half century, from L'Ecole No. 41. Paty Froke, Wheatland Wheelers CC, 509-337-8668

Jun 28: Bike with Brian
Cashmere, WA. 25 miles from Cashmere to Wenatchee and back. bikewithbrian@msn.com

Jun 28-Jul 1: Cascade 1200km Brevet
Monroe, WA. The longest brevet of the SIR. Experience the beauty of WA state in a group-oriented 1200km brevet. Also includes a 1000km brevet. Mark Thomas, Seattle International Randonneurs, 206-612-4700, www.seattlerando.org

Jun 28: Mt. Adams Country Bicycle Tour 
Trout Lake, WA. 11-mile family fun ride, 50-mile Glenwood, BZ, Trout Lake loop, and 100-mile Forest Infinity loop. Gorgeous backcountry paved roads, great barbecue afterwards. Fun for the whole family. Fully supported. Benefits the Trout Lake School & Trout Lake Volunteer Fire Dept. Cookie Gilpatrick, Trout Lake Business Owners, 509-395-2468, www.troutlake.org/biketour

Jun 28: RATPOD: Ride Around the Pioneers in One Day
Dillon, MT. 157-mile ride with 7500' of climbing. Takes place in Big Hole Valley in southwestern Montana. Benefits Camp Make-A-Dream, a tuition-free camp for children and young adults with cancer. Jennifer Benton, Camp Make-A-Dream, 406-549-5987, www.ratpod.org

Jun 28: Tsunami
Victoria, BC. Start at Cook Street Village, Moka House, 7:00am. 300km brevet to Port Renfrew. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jun 29: Barlow Trail Century
Gresham, OR. Cancelled for 2008.

Jun 29: Bite the Bullet
Cul de Sac, ID. 53 mile loop through Winchester, down Reuben/Gifford road and back to Cul de Sac on Cottonwood Creek. Low traffic, great scenery. 4,000 feet of climbing. Not supported. twinriverscyclists.org

Jun 29: Livestrong Challenge Portland
Portland, OR. 10-, 40-, 70- or 100- mile rides. Lance Armstrong Foundation's (LAF) signature fundraising event, to inspire and empower people affected by cancer. Also includes a 5K run/walk. \$250 minimum fundraiser requirement. Lance will be there! Lance Armstrong Challenge, 888-424-2553, www.livestrongchallenge.org


Jun 29-Jul 4: Oregon Coast Budget
Portland, OR. Cycle Oregon's dramatically wild coastline with its rocky cliffs and historic lighthouses and finish off your days with a hot shower & a great meal. Also available: 7/20, 8/3, 24, 9/7, 21. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jun 29-Jul 5: Wallowa Mountain Rambler
Baker City, OR. Circumnavigate the Wallowa Mountains, the "Alps of Oregon," with a side trip to the rim of Hells Canyon. Ride through the rural valleys and hills of Eastern Oregon. Also avail-

able: 7/20 and 8/17, 8/31. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

JULY

Jul 1: Canada Day 141 Populaire
Fort Langley, BC. Celebrate Canada's 141st birthday in a unique way; by cycling that distance through the scenic Fraser Valley. Snacks provided. Starts at Lion's Hall, route follows Straiton, Vedder Crossing, Huntington, Aldergrove. BC Randonneurs, 604-946-8438, www.randonneurs.bc.ca

Jul 3-6: Northwest Tandem Rally - NWTR 
McMinnville, OR. Visit the heart of Oregon's wine country and gather for scenic riding in the Willamette Valley. Event headquarters: Linfield College. Mass start supported routes on 7/4-5. Self-supported on 7/6. Family-oriented and affordable. Benefits BTA, CCC, McMinnville & Oregon Police Dept. Kids Bicycle and Safety Fair. Allison Zimmerman, Team NW Tandemonium, 503-777-9053, www.nwtr.org/2008/

Jul 5-8: 1000km Brevet
tbc, OR. 1000 km, unsupported - ACP sanctioned. Susan France, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

Jul 5-11: Canadian Gulf Islands
Seattle, WA. Remote and wild, the Canadian Gulf Islands form an extension of the San Juan Islands of WA. Luxury lodging and dining. Butchart Gardens are included. For energetic beginner to advanced cyclists. Also available: 7/19, 8/2, 16, 30, 9/13. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jul 5-7: Cascade Hammerhead Tour
Sisters, OR. Fast-paced tour - circumnavigate Oregon's Three Sisters in the majestic Cascade Range while enjoying a soft fluffy bed each night. Travel alongside sparkling mountain lakes, ride through verdant forests and see glistening mountain snowfields. Also available: 8/8. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 6-17: BEARS - Bicycle Extraordinary Alaskan Roads
Fairbanks, AK. An annual bike tour through the heart of Alaska, exploring Denali Park, the Matanuska Valley & Kenai Peninsula. Ferry trip through Prince William Sound & more. A fully supported camping tour, cycling Alaska's finest roads. Pedalers Pub & Grille, 352-284-9921, www.pedalerspubandgrille.com

Jul 6-20: Big Ride Alaska
Fairbanks, AK. 12 days of bike touring through the best parts of Alaska. Pedal into Denali National Park, up to Talkeetna, over to Valdez and ending in Seward. American Lung Assoc. of WA, 206-441-5100, www.cleanairadventures.org


Jul 6: Hell of the Cascades
Hood River, OR. Start at Hood River County fairgrounds. 90-mile tour finishes at the top of Summit Drive - lots of climbing and descending and 1 short gravel section. Limit 125 riders, open to all on first-come, first-serve basis. Jeff Lorenzon, 541-490-6837, obra369@yahoo.com

Jul 12: 100km Brevet
Seattle, WA. 100km (62mi) brevet. Seattle Int'l Randonneurs, 206-612-4700, seattlerando.org

Jul 12: Back Road 400
Mill Bay, BC. Begins at Tim Horton's, 6:00am. 400km brevet. Buckley Bay route. BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jul 12-19: Big Ride Glacier
Whitefish, MT. Experience dramatic glacier carved landscapes, stunning views over high mountain passes around and through Waterton-Glacier International Peace Park. Registration \$150, minimum fundraising \$1500. American Lung Assoc. of WA, www.cleanairadventures.org

Jul 12-19: Cycle Washington
Redmond, WA. This 8-day catered and van-supported event takes in some of the most scenic and diverse landscapes Washington state has to offer, from the soggy forested country of the Cascade Range's west slope to the high, dry desert of the east slope. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jul 12: Envision Financial Mayor's Ride 
Ladner, BC. Fun family-oriented 20km ride that takes you along the scenic Boundary Bay dike and finishes at Holly Park School in Ladner. Starts at 10:00am. BBQ, clowns and activities for all. Free. Part of the Tour de Delta. Municipality of Delta, 604-952-3000, www.tourdedelta.bc.ca

Jul 12-13: Group Health Seattle to Portland Bicycle Classic (STP)
Seattle, WA. Largest multi-day ride in the Northwest, up to 8000 cyclists. Ride 200 miles in 1 or 2 days. Start: University of Washington parking lot. Cascade Bicycle Club, www.cascade.org

Jul 12-18: Oregon - Crater Lake
Oakridge, OR. Tall timber, clear rivers and snow-capped peaks - tour includes cycling and hiking. Also available 7/26; 8/2, 9, 23; 9/6. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jul 12-19: Oregon Coast Sustainability
Portland, OR. Oregon's world-renowned coastal scenic bike route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org


Jul 13: Boise Co-op Tour De Boise
Boise, ID. Benefits Meals on Wheels. 208-343-3782, www.boisecoop.com

Jul 13-19: TourBC - The Gold Rush Trail
Hope, BC. 7-day supported on-road bicycle tour following the Gold Rush Trail in beautiful BC. Camping, meals, mechanic, medical and luggage transfer support provided. Motel option available. Danelle Laidlaw, DPL Consulting, 877-606-2453, www.tourbc.net

Jul 16-20: Red-Spoke
Redmond, WA. Tour across beautiful Washington state. 5-day, 300-mile ride from Redmond to Spokane. Enjoy the splendor of the Cascade Mountains, the majesty of river canyons and the beauty of rolling wheat fields. Fully supported, limit 100 riders. \$550 fundraising requirement. Redmond Rotary Club, 206-298-9288, redspoke.org

Jul 16-20: Cascade Mountains Tour
OR. Explore the diverse and spectacular environments of the Cascade Mountains. Cycle along the Aufderheide Memorial Drive. Quiet, paved road winds its way along rushing mountain streams and through towering Douglas fir trees. Also available: 7/30. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 17-20: Kettle Valley Trail 3
Coalmont, BC. Coalmont to Hope. Follow Tulameen River Valley, stop at Otter Lake before reaching the Coley Creek Ranch and Coquihalla Lakes. Great Explorations, www.great-explorations.com

Jul 19-20: Bike MS 2008: Covering Bridges 
Sweet Home, OR. Annual two-day fundraising bike ride is moving to the Mid-Willamette Valley. First day's options: 10, 50, 75 or 100 miles with up to 6 bridges. Day 2 is a relaxing 25- or 50-mile loop with 2 bridges. Fully supported, camping available & fun for all ages and abilities. Sarah Schirmer, National Multiple Sclerosis Society, Oregon Chapter, 503-445-8347, www.msbikerideoregon.com

Jul 19-22: Jackson's Tour de Spa
Portland, OR. 2-day cycling tour through the Columbia Gorge to benefit the NW Sarcoma Foundation and the Children's Cancer Association. Ride begins/ends Bonneville Hot Springs Spa. Jackson's Tour de Spa, www.jacksonstourdespa.org

Jul 19-26: Permaculture & Natural Building
Portland, OR. During this sustainable cycling adventure, contribute to some of Oregon's most well-known eco-villages. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jul 19: Seattle to Spokane (S2S)
Seattle, WA. Ultramarathon endurance ride/race, one-day, 284-mile ride from Seattle to Spokane on SR-2. No support. More hilly than Cannonball-total climbing:12000ft. Start at Lake City Fred Meyer at 2:00am. No official rest stop. Support drivers allowed. Duane Wright, Redmond Cycling Club, 206-523-7404, www.redmond-cyclingclub.org/index.html

Jul 19: Summer 200
tbc, OR. 200km ACP randonneur event. Oregon Randonneurs, www.orrandonneurs.org/

Jul 19: The Dam Brevet
Fort St. John, BC. Randonneur event. 200km brevet. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jul 19: Tour des Chutes
Bend, OR. Choose either the 100- 70-, 48- 25- or 6-mile ride. Starts at 8:00am from the High Lakes Elementary School. \$45 entry fee (includes T-shirt, Livestrong bracelet, post-ride lunch, ride support, food and rest stops). Fundraiser for LAF and local charity. Julie Wose, Tour des Chutes committee, 541-382-8018, http://tourdeschutes.org


Jul 20: Oregon Ultimate Century Road Ride
Sisters, OR. Course change. Starts in Sisters and finishes in Westfir. 105-mile road ride goes over the old McKenzie Pass to the Aufderheide Forest Service road and to Westfir. Entry options: shuttle back \$65, no shuttle \$25. Includes map, course marking and awesome food. Limited to 50 riders. \$60, starts at 5:00am. Hutch's Bicycles, 541-382-6248, www.hutchsbicycles.com

Jul 23-27: Rocky Mountain 1200
Vancouver Island, BC. 1200km ultramarathon brevet. Ali Holt, BC Randonneurs, 604-946-8438, www.randonneurs.bc.ca

Jul 25-31: A Ride on the Wild Side
Vancouver Island, BC. 7-day trip along the south region of Vancouver Island and Salt Spring Island, combined with kayak and other activities. Women only. Changing Gears, www.changinggears.com

Jul 26: 200km Brevet
Olympia, WA. 200km (124mi) event. Seattle Int'l Randonneurs, 206-612-4700, seattlerando.org

Jul 26-27: ALS DoubleDay Bike Ride & Fundraiser
Conway, WA. Pedal 85 miles in 2 days through the beautiful Skagit Valley to raise funds that will empower people with Lou Gehrig's disease & their families. Robin Hartman, The ALS Association Evergreen Chapter, 888-786-7257, www.alsa-ec.org

Jul 26-30: Family Fun Idaho 
Coeur d'Alene, ID. Follow 2 of the finest trails in northern Idaho - the extraordinary trail of Coeur d'Alene and the Route of the Hiawatha. Catered and van-supported. One parent per child. Adven-

ture Cycling Association, 800-755-2453, www.adventurecycling.org

Jul 26: Pedal the Pinchot

Cougar, WA. Gifford Pinchot National Forest. Road and MTB rides through the Cascade Mountains & ancient Northwest forest. South of Mt. St. Helens. 4 routes: 30, 32, 49 & 88 miles. Start line opens at 6:00am, closes at 6:00pm at Swift Forest Camp. Frequent pit stops. Lunch included. Rotary Club of Woodland, www.pedaltheinchot.com

Jul 26: Ride for Youth Century

Burlington, WA. 50-, 100- & 150-mile options for beginner and advanced riders alike. Sag support, end of ride feed & beer garden. Ascend 5100' and turn around at Arist Point, makes for a fun descent. New start location at Oasis Office Automation System. Tim Ryan, Burlington Mid-Day Rotary Club, 360-770-4325, www.rap150.com

Jul 26-Aug 11: Rolling the Islands of the Salish Sea

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

Jul 26: Summit to Surf

Welches to Hood River, OR. Choose a route and ride from 10 to 100 miles with up to 9600' elevation. All riders finish in Hood River, OR. Supports American Diabetes Association. Minimum fundraising \$100. Kris Bockmier, American Diabetes Assoc. of OR, 800-676-4065, www.summitosurf.org

Jul 27: Tour de Kitsap

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

Jul 27-Aug 1: Washington Bicycle Ride

Mead, WA. 7-day, 380-mile, fully-supported ride in NE Washington. Daily mileage: 45 to 75 miles. Campsite, most meals, showers, food stops, gear transport. Sandy Green, oregonbicycleride.org

Jul 28: 20th Annual Tour de Peaks Bike Ride

North Bend, WA. 20th annual event sponsored by Snoqualmie Valley Hospital. Start at Meadowbrook Farm, check in 7:10:00 am, breakfast & lunch included. Fully supported, spectacular views on hills and flat country roads meandering through Snoqualmie Valley. 5 distances: 4-mile family ride with kid's activities, 8 & 14 miles intermediate ride, 32- and 65-mile distances. Live music, prizes, bike raffle, event shirt with early registration. Snoqualmie Valley CC, 425-888-4440, tourdepeaks.com

Jul 31: RAMROD - Ride Around Mt. Rainier, One Day

Enumclaw, WA. Circumnavigate Mt. Rainier for 154 miles and 10000 feet. Elevation gain. Lottery entry. Incomparable scenery. Registration opens Feb. 1st. Redmond Cycling Club, 206-781-3903, www.redmondcyclingclub.org

AUGUST

Aug 1-3: Cycle Oregon: At the Beach Weekend

Astoria, OR. A family-friendly ride with a variety of course/mileage options each day. The overnight site is located at historic Ft. Stevens State Park on the Oregon Coast. Ingrid Nysten, Cycle Oregon, 503-287-0405, www.cycleoregon.com

Aug 1-3: Get Your Guts in Gear - GYGIG

Edmonds, WA. 3-day, 210-mile loop ride that tours Whidbey Island, Deception Pass & Snohomish/Skagit backroads. \$85 registration fee, minimum fundraising \$1900/ride prior to ride. Raise funds and awareness for Crohn's disease and ulcerative colitis. Other locations: New York 6/6-8, Texas 10/24-26. Karen Harris, Get Your Guts into Gear, 718-875-2123, www.IBDride.org

Aug 2: 8 Lakes Leg Aches Bike Ride

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 design

er jersey. Ride around Spokane and Cheney. Start and finish at Group Health Corp. office. Sexual Assault & Family Trauma (SAFeT) Response Center, 509-343-5020, www.lcsw.org/events.html

Aug 2-4: 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. at Mary Bridge. Do it for the kids! Mary Bridge Children's Hospital, 253-403-4374, www.courageclassic.org

Aug 2: Fish Creek Ride

Pocatello, ID. 120 miles with 6000' of climbing. Idaho Cycling Enthusiasts, www.idahocycling.com/

Aug 2-5: Lower Mainland 1000km Brevet

BC. Randonneur event, route negotiable. Eric Ferguson, BC Randonneurs, www.randonneurs.bc.ca

Aug 2-9: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned coastal scenic bike route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Also available 8/22. Portland Peace and Justice Center, www.portlandpeace.org

Aug 2-9: RAW - Ride Around Washington

Various, WA. Route changes every year. Daily mileage vary from 40 to a bit over 90. Fully supported: meals, showers, luggage. Mike Anderson, Cascade Bicycle Club, www.cascade.org

Aug 2: Summer 300

tbc, OR. 300km ACP randonneur event. Michael Wolfe, Oregon Randonneurs, orrandonneurs.org/

Aug 2: Tour de Whatcom

Bellingham, WA. Come join us for Tour de Whatcom in beautiful Bellingham, WA. A bike ride to benefit Boys & Girls Clubs of Whatcom County. Raised over \$15000 for the kids in 2007!! See website for more details. G. Todd Williams, 360-739-9953, www.tourdewhatcom.com/

Aug 3: Mt Shasta Summit Century

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

Aug 4-8: Family Fun Colorado

Silverthorne, CO. Visit the ski towns of Colorado on over 126 miles in 5 days. Ride on car-free, paved pathways amidst the sublime alpine scenery of Colorado's Summit and Eagle counties. Catered and van-supported. One parent per child. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Aug 8-10: Strawberry Mountain Sampler

Prairie City, OR. Circumnavigate one of the jewels of Eastern Oregon. Travel along quiet, paved forest service roads in this sparsely populated area of Oregon on this camping tour. Also available 9/5. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Aug 9: 300km Brevet

Olympia, WA. 300km (186-mile) event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Aug 9-16: Glacier - Banff - Jasper

Whitefish, MT. Fully supported luxury tour of the dazzling national parks in Canadian & U.S. Rockies. Ride the Going-to-the-Sun Road & the Icefields Parkway. Intermediate to advanced levels. Also available: 8/23. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 9-26: Permaculture & Natural Building

Portland, OR. During this sustainable cycling adventure, contribute to some of Oregon's most well-known eco-villages. Also available: 8/31. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Aug 10: American Cancer Society Bike to Battle Cancer

Mt. Vernon, WA. 30- or 50-mile ride. Start at Edgewater Park at 8:00am. Raise awareness and funds for cancer research. Phoebe Ebright, 800-729-5588, www.acsevents.org/bike-a-thon

Aug 10: Bike for Your Life

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

Aug 10: Blue Cruise Wheels for Wellness

Meridian, ID. Charity ride. 100, 50, 30 & 15 miles. Each route heads south & loops back. Century elevation 2500' with a few challenging hills. Includes lunch and live blues music. Benefits health education programs. Blue Cross of Idaho Foundation for Health, 208-331-7409, bcidaho.org

Aug 10: Covered Bridge Bicycle Tour

Albany, OR. Linn County Fairground. Relaxing country ride event, choose from 40-, 68-, 85- & 101-mile distances. Lightly traveled road in heart of beautiful Willamette Valley. Good food and support. The 40 is flat (2 bridges), 68 has 1 steep hill and 4 bridges, other distances more challenging with 5 bridges. Tim Corbett, Mid-Valley Bicycle Club, 541-207-7925, www.mvbc.com/

Aug 10: Lakes Loop Ride

Bend, OR. 50-mile ride that loops around Mt. Bachelor. Lots of descending in the first half, but seemingly more climbing in the second half. 1 food stop 2/3 around with "better than usual bike ride eats." \$5 entry fee includes maps, energy food and drink. Leaves at 9:00am from Mt. Bachelor main lodge parking lot. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

Aug 10-16: Oregon Bicycle Ride

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

Aug 10: Providence Bridge Pedal

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

Aug 10-16: Ride Idaho

Coeur d'Alene, ID. Annual 7-day, fully supported, noncompetitive bicycle tour. Limited to 200 riders, provides cyclists from across the nation with a community on wheels as they tour Idaho, experiencing its beauty and history. Emily Williams, Ride Idaho, 208-344-5502, www.rideidaho.org

Aug 10: Rona MS Bike Tour - Scenic Tour

Vancouver, BC. Gear up for fun, for a challenge, for a cure. Minimum fundraising \$100. Food, entertainment, road support crews and awards for fundraising. MS Society of Canada, 604-602-3221, www.mssociety.ca

Aug 10: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)

Tenino, WA. Revel in the quiet of Thurston and Lewis counties, enjoy views of Mt. Rainier, on 20-, 30-, 50-, 80- and 100-mile loops. The last leg along the new trail into Tenino beside McIntosh Lake. Start at Parkside Elementary School. Capital Cycling Club, www.capitalbicycleclub.org

Aug 10-23: Uganda: Pearl of Africa

Uganda. Exploration of western Uganda. Fascinating visit to traditional rural villages, social programs, development projects, schools, national parks, historic sites. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Aug 12: Ultimate Island Explorer 2000

Victoria, BC. Starts at 3:00am. Route tbc. BC Randonneurs, 250-598-5365, www.randonneurs.bc.ca

Aug 15-17: 10th Annual Recumbent Retreat

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

Aug 15-16: RSVP - Ride from Seattle to Vancouver, BC & Party

Seattle, WA. 183 miles of scenic backroads in western Washington. Finish line festival. Cascade Bicycle Club, www.cascade.org

Aug 16: Crater Lake Century II

Klamath Falls, OR. Start at Fort Klamath Museum. Century and 62-mile rides include a 3000' climb to the Crater Lake Rim and another 3000' over the next 30 miles. The century is rated as extremely difficult, the half as difficult. Fee includes BBQ. Limited to 225 riders. Bill Haskins, Great Basin Visitor Association, 888-445-6728, www.travelklamath.com

Aug 16: Hot August Days - Tour of the Columbia Basin

Wenatchee, WA. 50-, 100-, or 150-mile bike ride from Wenatchee to Quincy, Ephrata, Dry Lakes, Waterville, & back. Stops every 25 miles, meal at end of ride. Start at Riverfront Park. Brian Ropp, 800-258-2821, www.hotaugustdays.com

Aug 16-17: Rona MS Bike Tour - Cowichan Valley

Cowichan Valley, BC. Gear up for fun, for a challenge, for a cure. 2-day event. Minimum fundraising \$250. Food, accommodations, entertainment, road support crews and awards. Great scenery. 1-day option available on the 17th. MS Society of Canada, 604-602-3221, www.mssociety.ca

Aug 16: RUSA 10th Anniversary Brevet

Seattle, WA. 200km brevet to celebrate the Randonneurs USA 10th anniversary. Seattle Int'l Randonneurs, www.seattlerandonneur.org

Aug 16: RUSA 10th Anniversary Brevet

Various, OR. 200km. Susan France, Oregon Randonneurs, www.orrandonneurs.org/

Aug 16: Stanley Challenge

Boise, ID. Boise to Stanley self supported ride. Jeff Gasser, 208-387-6817

Aug 16: The Vine Ride

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2008 bike. Benefit the Children's Cancer Association. Karl White, Wheel Help Rides, 800-262-8339, www.vineride.com

Aug 16: Tour of Nanaimo

Nanaimo BC. Starts at Tim Horton's Southgate Mall at 7:00am. Route goes to Genoa Bay and Yellow Point. Stephen Hinde, BC Randonneurs, 250-756-4756, www.randonneurs.bc.ca

Aug 16: Vela Bella

Leavenworth, WA. Ladies' ride only. 25, 50, or 75 miles of low-traffic paved roads around Lake Wenatchee. Start at the Lake Wenatchee Recreation Club at 8:00am. Proceeds benefit cancer research. Vela Bella Ride, www.velabellaride.com

Aug 16-23: Volcanoes of Washington Challenge

Seattle, WA. 2 wheels. 4 mountains. 8 days - and a million memories. Washington's Mt. Rainier, Mt. Adams, Mt. St. Helens and Oregon's Mt. Hood, finishing in Portland, OR. Energetic beginner to advanced cyclist. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 18: Ice Cream Classic

Bend, OR. 65-mile ride around Mt. Bachelor followed by ice cream at Goldy's. Starts 9:00am. Fresh Air Sports, www.freshairsports.com

Aug 21-24: 1000km Brevet

Seattle, WA. 1000km (621mi) event. Seattle Int'l Randonneurs, 206-612-4700, seattlerando.org

Aug 23: 400km Brevet

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

Aug 23: 600km Brevet

Maple Ridge, BC. Starts at 6:00am at the Petro Canada at the corner of Lougheed Hwy/228th St. Goes into the USA - bring your passport. Shorter distance 200, 300 and 400 available. BC Randonneurs, 604-739-6798, www.randonneurs.bc.ca

Aug 23-24: Bike MS: Road, Sweet & Gears

McCall, ID. You've always been up for a challenge, and meeting this one can make a world of difference. 2 days and many miles of great riding will challenge and reward you like no other cycling event. National MS Society - Idaho Division, www.nationalmssociety.org/idi

Aug 23: Summer 400

tbc, OR. 400km ACP randonneur event. Michael Wolfe, Oregon Randonneurs, orrandonneurs.org/

Aug 23: Tour de Lentil

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

Aug 23-24: RAPSody - Ride Around Puget Sound

Tacoma, WA. First ride ever across the new Tacoma Narrows Bridge, 5th annual event. No ferries, great food and lots of hills and will make the 165 miles fly by. It's a challenge in 1 or 2 days. RAPSody is sponsored by five Puget Sound area bike clubs in support of the BAW's statewide advocacy and education. Bicycle Alliance of Washington, 206-577-6999, www.rapsodybikeride.com

Aug 24: Portland Century

Portland, OR. 25-, 50- and 100-mile rides. The century is on quiet rural roads amidst tree farms and fern-edged woods. Includes 10 mi of slow climbing around Eagle Fern Park and 8 more around Bull Run Lake. Breakfast, gourmet dinner, massage, finish line festival. Start PSU-Smith Hall. Hands on Greater Portland, portlandcentury.com

Aug 24: Second Annual Tour de Muk

Mukilteo, WA. 5-mile fun ride, 16- and 40-mile Puget Sound scenery tour, amazing Sound and Mountain views around Mukilteo and Everett. Begin/end at Mukilteo's Rosehill Community Center. Fun for the whole family: bike safety clinic (check bike & helmet) and a Tike & Bike Rally (prizes & games). A Mukilteo Lighthouse Festival Event. Lighthouse Festival, mukilteofestival.org

Aug 24: Summits of Bothell (SOB)

Bothell, WA. Annual "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. Elevation gain 3250' - 31% more vertical ft/mile than RAMROD! Reg. fee covers drinks/snacks, route map and memorable T-shirt for 1st 250 registrants. Bill Wiselogle, Bothell Arts Council, 425-486-8152, www.ci.bothell.wa.us

Aug 30-Sep 2: 1000 km Brevet

Sorrento, BC. Bob Goodison, BC Randonneurs, 250-675-2879, www.randonneurs.bc.ca

Aug 30-Sep 6: Epic Oregon

Eugene, OR. Tackle some of southern Oregon's most challenging (and spectacular) scenery. Winds over the Coast Range, down the southern coast, inland along the Rogue River, finally finishing at Crater Lake. Experienced/advanced only. Available: 9/13. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 31: Great Northwest Fall Tour

Newport, WA. Choose the 15-, 30-, 50- or 85-mile route on paved county roads. T-shirt option, food/water stops and meal at the finish. Melody Geddes, Newport/Priest River Rotary Club, 509-292-5099

Aug 31: Hutch's 100km

Bend, OR. Metric century (62 miles) beginning and ending at Tumalo State Park (northwest of Bend). Mostly small rollers, has some of the best views of the Cascades. 1 food stop at mid-point. Entry includes maps, energy food and drink. \$5.00 entry. Leaves at 9:00am. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

MISSING
OL Case #4762
BEATRIZ ANDREA CONTRERAS
Missing Since: 08/24/2007
Missing From: Elk Grove, CA
OPERATION LOOKOUT
National Center for Missing Youth
1-800-LOOKOUT
1-800-566-5688
www.operationlookout.org

BICYCLEPAPER.com
Northwest Source of Cycling Information since 1972
READ RIDE SUBSCRIBE

J & G CYCLEWEAR
J&G CYCLEWEAR
Quality Bicycle Clothing
Made in Oregon
Rainwear • Shorts • Jerseys
Patrol Wear
800-452-3938
bicycleclothing.com

SEPTEMBER

Sep 2-Oct 15: Pacific Coast

Bellingham, WA. Flirt with the water of Puget Sound, 400 miles of hilly Oregon coastline down to San Francisco. Adventure Cycling Association, 800-755-2433, www.adventurecycling.org

Sep 6: Emerald City Lights Bike Ride

Seattle, WA. Features an 18-, 30- or 65-mile routes. 5km walk. Proceeds to benefit "Our Daily Bread Basket," helping to feed families in need. 253-709-1530, www.emeraldcitylightsbikeride.org

Sep 6: 17th Annual Bike the Bluff

Seattle, WA. Popular neighborhood fundraiser. Walk or ride a 4- or 6.5-mile loop around Magnolia, then enjoy a picnic and a dip in "Pop" Mounser pool. Start at 10:00am at the Pop Mounser Pool. 206-675-7480, www.bikethebluff.org

Sep 6-7: Bicycle Trek for Life and Breath

Fraser Valley, BC. An exhilarating, fully supported, 2-day 200km ride along rural roads with mountain views and waterfront scenery of beautiful British Columbia. Ride at your own pace; Supports long health. BC Lung Assoc., 604-731-5864, www.bicycletrek.ca

Sep 6-13: Cycle Oregon: "The Wild

Wheeled West"

Elgin, OR. A fully supported, 7-day bicycle tour that travels 275-465 miles in the Willowa Mountains area. Spend the night in 5 different communities. Registration includes support, campsites and some of the best scenery in the West! Cycle Oregon, 503-287-0405, www.cycleoregon.com

Sep 6: Dylan Dean Generosity Bike Ride

and Community Picnic

Osburn, ID. A spectacular north Idaho rails-to-trails bike path following the Coeur d'Alene River to the lake. Rides vary in length from a few miles to 104. Benefits Shoshone County Cancer Support Organization. Nancy Clough, friendsofcdatrails.org

Sep 6: GFCC Century Fun Ride

Grand Forks, BC. 50- and 100-km rides through beautiful Grand Forks area. Anton Kew, Grand Forks Cycling Club, grandforkscyclingclub.com/

Sep 6-7: Oregon Coast Cycling Festival

Gold Beach, OR. Come to the awe-inspiring Southern Oregon Coast for a celebration of cycling in one of the world's most beautiful locales. 5 separate fully supported routes with numerous rest stop/checkpoints. Chip Weinert, Oregon Coast Cycling Festival, 541-251-0063, www.oregoncoastcyclingfestival.com

Sep 6: Quiche Brevet

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

Sep 6-29: Ride the West

Portland, OR. Fully supported 23-day, 1400-mile bicycle tour from Portland, OR to Newport Beach, CA. Full distance or just part of it. America by Bicycle, 888-797-7057, www.abbike.com

Sep 6: Sunshine Coast 200

TBC, BC. Starts at 6:00am Robert Irvine, BC Randonneurs, www.randonneurs.bc.ca

Sep 6: Tour de Cariboo

Williams Lake, BC. Fun ride, race or relay that takes participants over beautiful scenery and varied terrain. Banquet following ride with free overnight accommodation. Big Brothers/Sisters of Williams Lake, 250-398-8391, www.bbswlake.com

Sep 7: 100km Brevet Mountain

Seattle, WA. The SIR "Mountain 100km (62mi) brevet" climbs every hill we could find in the Issaquah Alps. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Sep 7: Headwaters Century

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

Sep 7: High Pass Challenge - HPC

Seattle, WA. A new challenge, 114-mile 7,500' elevation gain event through the pristine Gifford Pinchot Wilderness Area - novices should abstain. Cascade Bicycle Club, www.cascade.org

Sep 7: Rona MS Bike Tour - Kamloops

Kamloops, BC. Gear up for fun, for a challenge, for a cure. Minimum fundraising \$100. Food, entertainment, road support crews and awards for fundraising. Great scenery. MS Society of Canada, 604-602-3221, www.mssociety.ca

Sep 7: Sunnyside Century

Bend, OR. One of the oldest Oregon centuries. 65-mile and century ride around Mt. Bachelor. Sunnyside Sports, 541-382-8018, sunnysidesports.com

Sep 7: The Century Ride

Comox, BC. 3 separate loops. 100 or 160km, or shorter distance available. Visit the Comox Valley like never before. Starts at 9:00am. Benefits YANA, a nonprofit organization that supports families facing children's medical crises. Black's Cycle, 250-339-7011, www.blackscycle.ca

Sep 7: Tour d'Coeur

Osburn, ID. Choose the 33 miles on the Centennial Trail along the scenic beauty of Lake Coeur d'Alene, or the 66-mile loop with grades of up to 14% as it leaves the trail and heads up on the surrounding hills. Rest stops fully stocked. Benefit the American Cancer Society. American Cancer Society, 208-772-6245, www.acsidaho.org

Sep 13-14: 600km Brevet

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

Sep 13-27: Big Ride Pacific Coast

Seattle, WA. Challenging ride along the coast line from Seattle to San Francisco. Fully supported. 15 days, 960 miles. Registration \$150 and minimum fundraising \$2,000. American Lung Assoc. of WA, 206-441-5100, www.cleanairadventures.org

Sep 13-14: Group Health MS 150 Bike

La Conner, WA. Take this scenic journey through Skagit, Whatcom, and Island counties. 2-day, fully supported bike tour with route options up to 150 miles. Fully supported with stocked rest stops every 10 miles, 6 full meals, overnight entertainment. It benefits the National MS Society. Rosanna Jensen, National Multiple Sclerosis Society of WA, 800-344-4867, www.nationalmssociety.org/was

Sep 13: Tour deVine Bike & Wine Tour

Wenatchee, WA. Bike and wine tour. Wenatchee to Peshatin and back, winding through 50 miles of orchard and vineyard land, ending with a scrumptious feast. Alberg Sports, www.tourdevine.com

Sep 14: 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 14: Chuckanut Century Bicycle Ride

Bellingham, WA. Ride one of the most scenic rides in Washington. Distances range from 25, 50, 62, 100 or the double metric century of 124 miles. Ride support and food stops. Mount Baker Cycling Club, 360-410-6431, www.mtbakerbikeclub.org

Sep 14: Fall Isle-Lander

Victoria, BC. 200km brevet. Start at Moka House on Cook St. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Sep 20: 6th Annual Kootenai River

Ride

Bonnars Ferry, ID. Fall view and spectacular scenery as you pedal along the Kootenai River and travel to all Boundary County locations. 100-, 60- or 16-km routes. First start at 8:00am at the County Fairgrounds. Fully supported, long sleeve T-shirt and baked potato feed included. Bonnars Ferry Rotary Club, www.ruralnorthwest.com/rotary

Sep 20-21: 7th Annual Oregon Covered

Bridge Festival

Albany, OR. New venue. Guided and self-guided tours of 6 covered bridges now start at Timber Linn Park in historic Albany. Maps for the self-guided tour will be available at the festival grounds. Rides and much more. Covered Bridge Society of Oregon, 541-928-0911, www.covered-bridges.org

Sep 20-27: Arthritis Foundation's

California Coast Classic Bicycle Tour

San Francisco, CA. 8-day tour from SF to LA down the coast that benefits the Arthritis Foundation. Fully supported. Amy Robertson, Arthritis Foundation, 323-954-5760, www.californiacoastclassic.org

Sep 20: Basin Bike & Build

Klamath Falls, OR. Awesome, scenic & flat 12- to 100-mile rides. Well supported, family friendly. Entry fee helps to build simple decent homes. Enjoy cycling our scenic vistas while raising money for affordable housing. Klamath Basin Habitat Humanity, 541-883-2481, www.klamathbasinhfh.org

Sep 20: Ride the Rogue

Rogue River, OR. Relatively flat, easy terrain through beautiful forests, along rivers, and across valleys of southern Oregon. 100-, 65-, 30-mile or 6-mile family ride available! Starts at Palmerton Park. Benefits the Rogue River Recreational Corridor & Greenway. Rogue River Greenway Foundation, 541-582-4488, www.ridetherogue.org

Sep 20: Ride4US

Tacoma, WA. Heart-pounding hills, breathtaking scenery & fun for the whole family. All new routes - no more ferries! Ride across the new Tacoma Narrows Bridge to Gig Harbor! 5 distances from 5 to 62 miles. Families enjoy Fun4Us festival at Pt. Defiance Park. Also Run4Us (5km, 10km) or Walk4Us 5km. Fully supported. Kids 10 & under free. Courses open at 7:30am. Diego Wendt, Ride4US, www.ride4us.org

Sep 20-21: Tour des Lacs

Spokane, WA. Ride from 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 20-22: Trek Tri Island

Anacortes, WA. 3 days in the beautiful San Juan Islands with a base camp in Friday Harbor. Must raise \$450 to participate. Meals provided. American Lung Assoc. of WA, cleanairadventures.org

Sep 21: Fall Flatlander 200

Fort Langley, BC. Starts at 7:00am at Lion's Hall. Route follows Abbotsford, Chilliwack, Rosedale, Vedder and Huntingdon. 200km. Keith Fletcher, BC Randonneurs, 604-530-9273, randonneurs.bc.ca

Sep 21-27: New Mexico Challenge

Albuquerque, NM. The Land of Enchantment's most spellbinding cycling: the Turquoise Trail, the High Road to Taos, the Enchanted Circle. Luxury lodging/dining. Levels: intermediate/advanced. Also available: 10/5. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Sep 21: Olympic Discovery Bike

Adventure

Port Angeles, WA. 50 miles on the 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. Port Angeles Park and Rec, www.olympicdiscoverybike.com

Sep 21: Peach of a Century

Salem, OR. 100-mile and 100km routes. Start/finish at Chemeketa Community College. The 100-mile goes through Jefferson, Roaring River, Mehama & Stayton. The 100km is generally flat and goes through Jefferson and Stayton. Rest stations have food, water & sport drinks, restrooms. Salem Bicycle Club, www.salembicycleclub.org

Sep 27: 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. Mike Utley Foundation, 800-294-4683, www.mikeutley.org

Sep 27: Heber Valley Century

Heber City, UT. Utah's most beautiful bike ride through the scenic splendor of the Wasatch Mountains. Enjoy the dramatic autumn beauty, quiet roads & quaint towns. Bike 2 Bike, 801-677-0134, www.bike2bike.org

Sep 27: Tour de Whidbey

Whidbey Island, WA. Choose 10-, 40-, 50- or 100-mile routes on mostly rural roads, with beautiful scenery, great rest stops, pancake breakfast, post-ride chili feed. The 50 and 100 are challenging rides and varied terrain. The 40 is moderate and 10 family friendly. Benefits the Whidbey General Hospital Foundation. Whidbey General Hospital Foundation, http://whidbeygen.org

OCTOBER

Oct 3-5: Methow Valley Fall Bike

Festival
Winthrop, WA. 3 days of bicycling bliss throughout the Methow Valley! Choose from 2 guided tours on Saturday: 70-mile charity ride navigating the rural roads of the Methow Valley, or century through the Methow and Okanogan Valleys. Music, a potato bar, beer garden & random prizes at the Winthrop Barn & Park. Julie Muijlaert, Methow Valley Sport Trails Association, 509-996-3287, www.mvsta.com

Oct 4: CASA's Ride Through Paradise

Klamath Falls, OR. One of the Northwest's premier cycling events, featuring 4 courses (10, 25, 60 & 100 miles) that meander through picturesque Klamath County. Rob Stum, Klamath Falls CASA, 541-891-9530, www.kfCasa.org

Oct 4: Manastash Metric Century

Ellensburg, WA. Annual tour through Kittitas County. 100 miles to Suncadia Resort, 62 miles to Cle Elum, 33 miles to Thorpe, and 11-mile rides available. Weather usually sunny and pleasant. Registration 7:30-9:00am. United Way of Kittitas County, 509-925-2730, www.drier-ride.org

Oct 5-10: California Redwoods Tour

Santa Rosa, CA. Combines California's Russian River Wine Country, majestic redwood forests and the spectacularly beautiful Lost Coast. Includes hiking and biking. All levels. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Oct 5: Kitsap Color Classic

Edmonds, WA. Multiple loops from 14 to 64 miles around Kitsap Peninsula. Registration includes ferry fare. Start from Kingston or Edmonds. David Douglas, Cascade Bicycle Club, www.cascade.org

Oct 11-18: California Challenge

Santa Rosa, CA. Ride where the professionals train! Goes over California's Coast Range, touches the coast and heads back again, tackling challenging terrain. Levels: intermediate to advanced. Also available: 10/11. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Oct 12: Harvest Century

St. Paul, OR. Celebrate the coming of glorious fall by traversing rolling hills around the beautiful Oregon countryside. The Northwest's last organized ride features 3 pumpkin-marked courses (45, 75, 102 miles), a ferry ride, great support, micro-brews and live bluegrass music. Verve Production, 503-309-5662, www.harvestcentury.org

NOVEMBER

Nov 1: Solvang Prelude

Solvang, CA. A metric century, 50- or 25-mile ride around the beautiful Santa Ynez Valley. Finish line features a Bicycle Expo, BBQ lunch, raffle & live DJ. SCOR, www.bikescor.com

Nov 2-8: Hawaii

Kona, HI. Ride parts of the Ironman course; explore coffee country and the volcano lands and cycle little-known routes many others miss. Luxury tour includes biking, hiking and boat cruise! Budget tour dates also offered. Also available: 11/2, 16, 30; 12/28. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Nov 3: Verboort Sausage

Forest Grove, WA. 100km RUSA. Start at McMenamin's Grand Lodge. Oregon Randonneurs, www.orrandonneurs.org/

Nov 24: Wine Country Populaire

Forest Grove, WA. 112km RUSA event open to everyone. Starts at McMenamin's Grand Lodge. Oregon Randonneurs, www.orrandonneurs.org/

DECEMBER

Dec 28-Jan 3: Hawaii - New Year's Tour

Kona, HI. Ring in the new year with a tour exploring Hawaii's Big Island! Pedal coffee country, explore the volcano land & the Ironman route and cycle little-known routes many others miss. Bicycle Adventures, www.bicycleadventures.com

Dec 31-Jan 1: New Year Revolution

Goodyear, AZ. Celebrate as we ride out the old and in the new year. 2 different routes in warm and sunny AZ - an out & back, & a loop. Escape the cold & snow. Relax & recharge. Bike 2 Bike, 801-677-0134, www.bike2bike.org

TRACK

FEBRUARY

Feb 15, 22, 29: Friday Night Track

Series
Burnaby, BC. Racing from 6:30-9:00pm, Cat A, B, C, Novice and Women. Scratch, elimination, points and sprint. \$6. Burnaby Velodrome, www.burnabyvelodrome.ca

MARCH

Mar 7, 14: Friday Night Track Series

Burnaby, BC. Racing from 6:30-9:00pm, Cat A, B, C, Novice and Women. Scratch, elimination, points and sprint. \$6. Burnaby Velodrome, www.burnabyvelodrome.ca

MAY

May 1, 8, 15, 22, 29: Alpenrose

Thursday
Portland, OR. See "Race Series" for details. www.obra.org

May 2, 9, 16, 23, 30: Fast Twitch Fridays

Portland, OR. See "Race Series" for details. www.obra.org

May 3: Eric Kautzky Memorial Race

Portland, OR. Proceeds to benefit the Eric Kautzky Memorial Scholarship Fund at Tigard HS. Open to all. Warm up at 9:00am, racing starts at 10:00am. Events include: paced pts, mile, chariot, scratch, unknown distance, miss and out. Cancelled if raining. Darell Provencher, 503-657-0568, www.obra.org

May 9-11: Spring Challenge

Burnaby, BC. Racing for A and B categories, including Madison. Includes kiddie kilo. Burnaby Velodrome, www.burnabyvelodrome.ca

May 12, 19, 26: Monday Night Racing

Redmond, WA. See "Race Series" for details. www.velodrome.org

May 14, 21, 28: Wednesday Night

Racing
Redmond, WA. See "Race Series" for details. www.velodrome.org

JUNE

Jun 2, 9, 16, 23, 30: Monday Night

Racing
Redmond, WA. See "Race Series" for details. www.velodrome.org

Jun 3, 10, 17: Masters & Juniors Races

Portland, OR. See website for schedule. www.obra.org

Jun 4, 11, 18, 25: Wednesday Night

Racing
Redmond, WA. See "Race Series" for details. www.velodrome.org

Jun 5, 12, 19: Alpenrose Thursday

Portland, OR. See "Race Series" for details. www.obra.org

Jun 6, 13, 20: Fast Twitch Fridays

Portland, OR. See "Race Series" for details. www.obra.org

Jun 8, 13, 20, 27: Friday Night Racing

Redmond, WA. See "Race Series" for details. www.velodrome.org

Jun 16, 18, 20, 23, 25, 27, 30: Kids on

Track
Portland, OR. See "Race Series" for details.

Jun 23-28: Alpenrose Six-Day

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

JULY

Jul 1, 8, 15, 22, 29: Masters & Juniors

Races
Portland, OR. See website for schedule. www.obra.org

Jul 2, 4, 7, 9, 11: Kids on Track

Portland, OR. See "Race Series" for details. www.obra.org

Jul 2, 9, 16, 23, 30: Wednesday Night

Racing
Redmond, WA. See "Race Series" for details. www.velodrome.org

Jul 3, 10, 17, 24, 31: Alpenrose

Thursday
Portland, OR. See "Race Series" for details. www.obra.org

Jul 4, 25: Fast Twitch Fridays

Portland, OR. See "Race Series" for details. www.obra.org

Jul 5: OBRA Junior & Team Event Track Championships

Portland, OR. See website for complete schedule. Candi Murray, 503-667-6220, www.obra.org

Jul 5-6: State Games Track

Portland, OR. Phil Sanders, 503-649-4632, www.obra.org

Jul 7, 14, 21, 28: Monday Night Racing

Redmond, WA. See "Race Series" for details. www.velodrome.org

Jul 11-13: OBRA Track Championships

Baby, Let Me Follow You Home

BY MAYNARD HERSHON

It's a Wednesday evening. Tamar, our friend Mark and I are walking downhill on one-way Washington Street. We're a block from our Capitol Hill apartment building in Denver, headed for coffee at Pablo's on Sixth. We hear yelling from behind us.

Two cars, one in each of the lanes, roll by us and stop at the light at 7th.

Now that they're stopped, we can make out what the yeller (he's in a Saturn wagon) is saying. "You m-----f----r, I'll follow you home and kill you!" He screams that same line two, maybe three times. Word for word. No kidding.

We don't know what upset him. We don't know if the other driver cut him off, drove at the speed limit or even (God forbid) below it. We don't know that the other driver did anything at all. We just got here. We missed the credits.

The light changes. The Camry in the left lane turns left, never having opened a window to respond to the lunatic in the Saturn. The Saturn's right front fender, we note, is already damaged.

The Saturn continues down Washington. It's over. We're standing on the sidewalk, dazed. We don't often hear murder threats.

It isn't that we think it's a Hallmark world. We know it isn't. But we've just witnessed a road rage incident from 10 feet away—different from reading about it or seeing a news clip of the truck towing away the crumpled vehicles.

Tamar and I only ride, by the way—our bicycles, her scooter or my motorcycle. Mark has a car but rides his bicycle more often than he drives. All three of us like to imagine that most drivers are folks like us. Few are homicidal. We have to imagine that, don't we?

We've got to ride out among them again tomorrow. Out among the "English," as the old Amish farmer says in *Witness*—folks who hold nothing sacred and cannot be trusted.

This morning I saw a police cruiser parked in Washington Park. I stopped and told the officer about the guy threatening to "follow you home and kill you." He shook his head.

"Is that against the law?" I asked, meaning of course the threat, not the act.

"You bet," he said, and told me that it's against the law to cause a disturbance or threaten someone. So, I thought, had we been off-duty cops walking to coffee, we could have arrested the guy.

"Don't get involved," the cop said, as if he were reading my mind. "But if you can jot down the license number and you could describe the driver, call it in and we'll be right on it."

"If it happens to you," he said, "do NOT drive home. The guy will know where you live; he may come back later and make trouble. Drive to a public place, a mall or a police station."

"Most of these guys," he said, "don't want to do any more than yell and gesture. But a few try to carry out their threats. No way to tell which guy is which."

"Road rage is out of control in Denver," he said.

Echoing, I have to add, what a cop in suburban Littleton told me only last week. He said that a street that runs through Littleton, South Santa Fe Drive, is the worst for road rage in the state. "Four or five incidents a day," he said.

He told me that Littleton PD has two unmarked, white sedans and a white pickup. The cars carry 15 flashing lights; the pickup, 17. The light panels are hidden behind the tinted glass,

front and rear. "The cars still look official," he said, "and shouldn't fool anyone."

One of the white units drives at the posted limit in the right-hand (slow) lane, the de facto passing lane in recent years. A car will come up behind the unmarked police vehicle. The driver will follow the white vehicle really close and then flash his lights in frustration.

Eventually he or she passes in anger, 20 mph over the limit, flipping the bird at the cop. And the officer flips on the dazzling Vegas Strip lightshow behind his windshield.

No matter how many times this is repeated, no matter how many idiot drivers pay big fines, when the white units go out onto South Santa Fe the same thing happens.

"What are drivers thinking?" I asked the Littleton cop. "They're not thinking," he said.

And swept his hands around his head as if he were caressing a full-coverage motorcycle helmet. "This is what they know," he said. "They only see straight ahead. They don't notice what's on the sides. They don't see behind them at all. And they're angry."

"What do you think is going on?" I asked the cop in Washington Park. "Why is it so much worse than it was? Why are people so irate?"

"The population of Denver," he said, "has doubled in the last 20 years. They added a lane on each side of I-25, but that didn't change anything. The other roads are the same."

He meant, and you can correct me if I'm wrong, that we have twice as many motorized rats in the same old asphalt cage.

We all know what's happening. We may not hear guys scream death threats, but we know people treat other people in ways that would have been unimaginable, or at least outrageous, just yesterday.

We don't see that behavior in box office lines, cafes or the Target store. We see it from people in

cars. What is it about a car that makes people act like spoiled children?

The day after we watched the rager, Tamar and I met a young woman who passed her driver's test years ago, got her permit, drove once and turned in the permit. She tried it—driving—and didn't like it. "I'll pass," she said, having decided to ride her bike.

Fifteen years later, she's reconsidering. She's thinking about a moped or tiny motor scooter, not classified as motor vehicles in Colorado. You can ride them without a license or plates and park them on sidewalks. A hundred mpg. They're everywhere.

I'd say that woman is on the right path. And you? If convenience is king or if you've set up your life so you have to drive, I hope your conscience is troubled. It's the devil's work.

Please, if you do have to drive, try to remain calm at the wheel. Please don't offer to follow us home and kill us because we didn't at once recognize your dominance over that lane, that street, that highway, that parking space.

If you walk, gentle reader, use public transit or ride a bicycle or motorbike, Tamar, Mark and I thank you. All the world would thank you, is the truth of it, if the world cared what is good for it. Alas, no short-term thanks may be forthcoming.

We talked about this, Tamar, Mark and I. We believe the right thing is the right thing, acknowledged or not. It goes around and then it comes around.



MARKET PLACE

The BICYCLE DOCTOR

Mobile Repair Service

206-789-7336

www.BIKEDOC.com

- Since 1990 / All Work Guaranteed
- Fast, Friendly, Convenient, On-Site Service
- \$10 Off / 2 Hour Minimum With This Ad



GET YOUR GUTS IN GEAR -

The Ride for Crohn's & Colitis

Got Guts? Gear Up!
Three fully supported scenic rides; 3 days, 210 miles each.

Gear up for a great cause!

- New York: Hudson River Valley, June 6-8.
- Pacific Northwest: Loop of Island County and the Skagit Valley, August 1-3.
- Central Texas: Scenic back roads in the Austin area, October 17-19.

Information and registration available online at www.IBDride.org, or contact us at 866.9IGOTGUTS (866.944.6848).



TOUR LEADERS NEEDED

- Responsible, outgoing people required to lead luxury bicycle tours.
- Be self-motivated, customer service oriented and enjoy helping people get the most from their vacation.
- If interested in leading trips in 2008 and beyond, please visit our web site.

APPLY ONLINE AT:

www.bicycleadventures.com/jobposting.html

TO LEARN MORE ABOUT US, VISIT:

www.bicycleadventures.com

BICYCLE ADVENTURES

HELP WANTED

ALLEGRO CYCLERY

Allegro Cyclery in Walla Walla, WA is looking for an experience mechanic.

- Other required skills are bike and parts sales, and parts ordering.
- Additional desired abilities include trained bike fitting and computer skills.
- Walla Walla is a bike-friendly community, with a well-respected and attended road stage race. We offer a flexible schedule and paid time off. Pay is salaried.

Please send resumes to steve@allegrocyclery.com, or Steve Rapp, Allegro Cyclery, 15 S. Spokane St, Walla Walla, WA 99362.

MIKE'S BIKE SHOP

248 N Spruce St.
Cannon Beach, OR
97110

800-492-1266

www.mikesbike.com

Serving the needs of cyclists on the NW coast.

- SPECIALIZED Mountain & Road
- Electra cruisers
- Accessories and clothing



LAUREL GUESTHOUSE

Laurel Guesthouse: Eugene, OR, minutes from low traffic roads, yet centrally located for city amenities. Modern, 750 sqft home, great room, full kitchen, one or two bedrooms, and bath. www.laurelguesthouseeugene.com (541) 729-8682

CycleItalia.com



Glorious Green Getaways
throughout Oregon, California,
Vermont and the
Willamette Valley Wine Country

Toll free: 877-8-GOWILD (877-846-9453)
New Website www.wildheartcycling.com



SUNDAY, AUGUST 24, 2008

5TH ANNUAL



one S.O.B. of a bike ride

PROCEEDS BENEFIT THE BOTHELL ARTS COUNCIL.



WARNING:

This is a serious on-road cycling event and not suited for the faint of heart or those who lack really low gears and beefy brakes.

LOCATION:

University of Washington Bothell

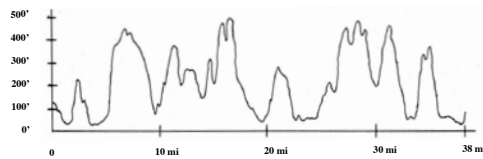
REGISTRATION:

Postmarked by: August 15, 2008: \$20
After August 15 and day of: \$25
Cash or checks only mail-in & day of
Reg form & additional info at

www.summits-of-bothell.org

THE FACTS:

- 8 summits in 38 miles with 3250 ft vertical (more per mile than RAMROD).
- Hors Catégorie Descents!
- 3 rest stops (snacks/drinks).
- Special 5th Anniversary Treat!
- T-shirt (for 1st 250 registrants).



THE ONLY RIDE WITH A GUARANTEE: IF NOT COMPLETELY SATISFIED, YOU CAN RIDE THE COURSE A SECOND TIME FOR FREE!

BONUS: For those who want even more we offer the strictly **OPTIONAL** 'Ascent of Anguish & Death-defying Descent' -- pushing the total to 3500 ft.

REGISTRATION AND START LINE OPEN FROM 7 TO 9 A.M.

Supported in part by the City of Bothell Lodging Tax

FOR MORE INFO: BILL WISELOGLE 425-486-8152 OR BILL.WISELOGLE@CI.BOTHELL.WA.US



2008 NW Tour and Racing Guides are now available

Get your copy today at

your local bike shop and other Bicycle Paper newsstands.

Tour Guide – designed for the recreational cyclists, it provides useful training features, event highlights, tips and a comprehensive Northwest calendar to help plan the season.

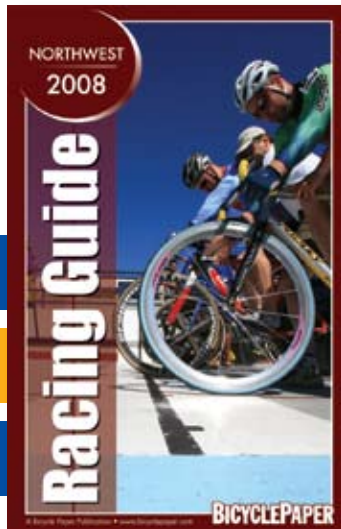
Racing Guide – features a complete Northwest calendar, highlights teams and events and provide tips on how to race various courses. It covers road, mountain bike, track, cyclo-cross and multisport events.

Indispensable companions to your cycling season!

Also available for distribution at

Seattle Bicycle Expo

BICYCLEPAPER




Spectacular scenery through three mountain passes

Snoqualmie Pass 🚲 Blewett Pass 🚲 Stevens Pass

- 172 Miles of Cycling at Your Own Pace
- 3 Days, 55-60 Miles/Day
- Famous Rotary Rider Service Centers
- Summit Lunches and Delicious Hearty Dinners
- Camping Provided—Hotels Available
- Leavenworth Beer Garden
- Hot Showers
- Top-notch Mechanics
- First Aid Support
- Festive Entertainment

MultiCare

Mary Bridge Children's Hospital & Health Center



Founding Sponsor Rotary Clubs of Pierce County

All Proceeds Benefit The Child Abuse Intervention Department At Mary Bridge Children's Hospital

Register today at: courageclassic.org or call 253-403-4374