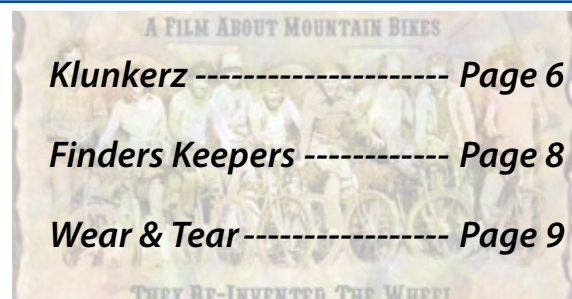


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37 YEARS AS THE NORTHWEST CYCLING AUTHORITY

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Courtesy of Naked Bicycles

This Naked Bicycles creation received three NAHBS awards, including "Best in Show." The bike is now the property of Lance Armstrong.

Bike Builders Strut Their Stuff at NAHBS 2008

By SARA COVICH

The North American Handmade Bike Show (NAHBS), held in Portland February 8-10, featured some of the best hand-built bicycles in the country. Builders and enthusiasts came from near and far to examine, talk, prod, buy and sell, displaying everything from coupled tandem bicycles to the latest in powder-coating techniques and handmade components. Many of the builders at the show were local folks, as Portland is considered one of the hubs of the hand-built scene.

One of the rising talents in the Northwest custom market is Brian Marcroft, 34, who owns and operates Marcroft Cycles out of Salem, Oregon. Originally a mountain biker who switched to road cycling, he knew he wanted to do more with bicycles than just ride. With his background in design, engineering and project management, Marcroft felt he could expand on his general knowledge with a frame building course at United Bicycle Institute (UBI) in late 2005.

"I had to learn the basic tools and processes from which a bike is formed," he says. Two weeks after the course, Marcroft ordered tools and components to equip his shop; four months later, he was going full speed ahead in his new venture. He took his first for-profit order in fall 2006, and has built several bikes since, including a slick time trial bike and his own racing frame.

Builder Greg Heath, also 34 and owner of Donkelope Bikes in Bellingham, WA, has a similar background to Marcroft: welding, metallurgy and design. However, Heath has no specific frame building training, but learned as he went along. "Most of the stuff I've already done applies to the process," says Heath, who has been riding since the age of five. He started building BMX and mountain bikes for friends, and specializes in steel bikes. Heath's repertoire runs the gamut from track to tandems, single-speeds to hardtail frames, and says

his customers are usually people he already knows or rides with.

Hand-built bicycles have become all the rage because of their ultimate customization: a frame built specifically to fit a single rider. Colors, components and individual requests add to the uniqueness of a handmade bike.

Builders are also pushing the envelope when it comes to materials: Renovo Hardwood Bicycles, based in Portland, makes beautiful smooth, hollowed-out wood frames and tubes. California's Calfee Designs' made-for-the-show bicycle featured a front fork and handlebars fashioned from steer horns and a hemp epoxy instead of welded fittings. And British Columbia's Sam Whittingham, owner and builder at Naked Bicycles, displayed a vintage-inspired fixie that Lance Armstrong purchased (for a cool \$12K) after the creation won three awards, including Best in Show.

Whittingham, a former track racer and current holder of the land speed record for a human-powered vehicle, says building bikes was "a logical next step" for him, given his background as a set designer and cycling enthusiast. "I think some of the 'artist's eye' has really paid off in finding the right 'line' to a bike design."

Naked Bicycles' specialty is track bikes, but Whittingham says his main market in B.C. is touring bikes: "Light and lively like a racing bike but with just enough extra room and strength to take bigger tires, fenders and racks." However, Whittingham says he's just keeping up with the latest hand-built craze. "[It] seems to be city bikes and, of course, fixies. Thankfully the market is pretty wide-ranging and growing every year."

But before you run out and drop a cool grand (or four!) on one of these beauties, consider what you want. If you've been cycling for five years and know

SEE "HAND-BUILT" ON PAGE 7

Clubs

Join a Club, Make a Friend

By JOE SALES

Like most British Columbia cyclists, I spent much of the winter trying to get in at least a few miles on my fender-laden bike over the cold months. I can now ever so slightly detect the sweet smell of the impending arrival of spring.

We all slog our way through the short, wet, and for some, snowy days with distant memories of summers past always there

to remind us of the gloriousness of beautiful time spent on a bike. The longer days mean more time to ride, to explore and find a new trail, a new hill to conquer or simply a chance to take the scenic way home on the daily commute. It can also mean a chance to return to a favorite road or trail that you know so well it has become like a longtime and dependable friend; al-

ways there for you, and yet constantly growing and evolving.

Spring for me also means time to reconnect with riding buddies that I haven't seen over the short winter



days, because the only thing better than a day spent on a bike with good friends. People that are just as happy as you are to be out in the fresh air with the rhythmic hum

Find a friend or two, and go for a ride.

of multiple wheels propelled by the fumes of the shared pure joy of being out on a bike.

Every cyclist needs riding buddies. Someone to train with, teammates to race with, someone to hitch a ride with to the BMX track, or someone to spot you while trying a personally

SEE "JOIN A CLUB" ON PAGE 4

Racing

Local Race Organizers: The Scoop Behind the Scenes

By HELEN SCHINSKE AND SARA COVICH

If you read the race schedules in the back of *Bicycle Paper* and the *Northwest Racing Guide*, you will no doubt come across several names repeated over and over in the calendars, and you might wonder, "Who are these people?" They're the weekly race organizers: dedicated men and women who are committed to promoting bicycle racing in the Northwest. Their goal is to make races fun and safe for participants, and they do it with grace, humor and determination. But how did these guys step into the role, what does it take to organize a race, and what motivates these hard-working individuals?

For many of the people behind the Northwest's best and most popular races, being competitive themselves was a natural starting point for coordinating events. Sal Collura, mastermind of the Co-Motion Classic Tandem Stage Race in Eugene, OR, as well as organizer of the Tuesday Twilight Criterium Series and the

Eugene Celebration, began racing bicycles in 1983 on the East Coast, but didn't get into organizing until 1997: "I knew that if I wanted more races closer to home, I would have to promote them myself." Similarly, Todd Hansen of Team Coastal Cycling in British Columbia got started cycling in 1979, and began organizing races for his team about four years ago.

However, being a racer is not always a segue way to organizing—many people start out in other sports, such as triathlon or skiing, and even others step into the role because of some outside force. For Mike Raich, organizer of the now defunct Peninsula Indoor BMX, his son provided the catalyst. "He asked if he could race his bicycle," says Raich. "[I was] not being a very good spectator, and found myself volunteering at the events." And the rest is history. Deanna and Rory Muller of BuDu Racing in Auburn,

SEE "ORGANIZERS" ON PAGE 4

Yearlong Adventure Awaits Cross-Country Cyclist... and His Dog!

BY SARA COVICH

Every cyclist has wanted to do it at some point: travel the world on a bicycle. Few of us may get to experience the thrills and spills of such an adventure, but Seattle resident David Sylvester and his 2 1/2 year old rescue dog Chiva are going on the ride of their lives.

Sylvester's plan is to traverse the continental United States, touching every state (if only briefly) and climbing to the highest point in each locale...with Chiva in tow. On his blog, Sylvester cites his reasons for the monumental undertaking, which will take place over the next 15 months and beyond. "[I want] to combine my passion for the outdoors with my desire to give back to dogs and animals as well as the environment," he writes.

But wait—can dogs climb mountains? According to Sylvester, Chiva carries her own weight and is well suited to the alpine life. "The highest point she's been to is [Colorado's] Mt. Elbert," he says, noting it is the second-highest peak in the contiguous United States. "It's higher than Rainier, but Rainier is also more technical," he adds.



David, with Chiva sitting comfortably in her DoggyRide trailer, set out on their trip.

One issue Sylvester will certainly face is the fact that several national parks, including Mount Rainier National Park, do not allow dogs on hiking trails. "I plan to write letters to ask permission to allow Chiva," Sylvester says. "I think I have a special case."

The team left Sylvester's now-empty Ballard apartment in the pouring rain on Thursday, March 13 at 8:00 a.m., bound for southern Washington along the I-5 corridor. Sylvester's amazingly pared-down equipment included a blue bicycle, front and rear pannier bags and perhaps the most important piece of all, the dog trailer that will be Chiva's home during the pair's adventure. Other dog-specific gear Sylvester added were booties and a custom-made reflective coat for Chiva.

Asked about the longevity of his project, Sylvester said, "I want to make it my lifestyle. I gave my car to a friend and am completely moved out of my apartment. I'm ready."

You can follow all of David and Chiva's adventures on their blog at <http://bikingdog.blogspot.com>.

Filmed by Bike: Bicyclists Take Over the Movie Theater

Portland, OR—Bicycle stories from around the world will overtake the silver screen at Clinton Street Theater for three full days of Filmed by Bike, a festival of bike-themed very short movies. Over 100 filmmakers entered their creations. The event, now in its sixth year, runs April 11-13, 2008. The opening night extravaganza is on Friday.

The nation's only large-scale festival of bike-themed movie shorts anticipates 2,000 attendees at this year's event. Two separate programs and eight screening opportunities are available. All movies are eight minutes or under; some are only 30 seconds. A jury composed of

seven filmmakers and bicycle enthusiasts will choose the winners.

Filmed by Bike embraces the art and innovation of bikes through the eyes of imaginative storytellers who use moving images to celebrate their passion for cycling. You don't have to be a daily rider to be entertained by the magic of seeing bicycles on the silver screen.

Screenings are at 7:00 and 9:00 p.m. every day. Cost varies from \$5-15 and there are no advance tickets sales. Must be 21 years and older. For more information visit: FilmedByBike.org or call 971-221-7228.

Junior Essay Contest on FixedGearFever.com

All Junior track riders are invited to submit a short 200- to 250-word essay explaining why they deserve or need a new frame for the 2008 racing season. Each male and female winner will receive one of the most sought-after track frames, a 2008 Teschner Track Pro.

All entries must be sent via email before April 5, 2008 to scott@fixedgearfever.com. Winners will be announced within 7-14 days of closing date. For rules and other details, visit www.fixedgearfever.com.

2008 Oregon Bike Summit

The Oregon cycling community is invited to meet on Friday and Saturday, April 4th-5th to participate in the 3rd annual Bike Summit to discuss and help shape Oregon's cycling future.

The event is an opportunity to connect with like-minded people, learn from various case studies and get involved with public policy issues. A wide range of speakers including Congressman Earl Blumenauer;

Tim Blumenthal, executive director of Bikes Belong; and Hill Abell, board president of the International Mountain Bicycling Association will address issues related to transportation, recreation, tourism, events and the industry. Breakout sessions will cover a broad range of topics.

For more information about the Summit, visit www.oregonbikesummit.com or contact Tara Corbin at 503-287-0405 ext. 100.

2008 Bike Expo Draws Big Crowd

BY SARA COVICH

The 2008 Group Health Seattle International Bike Expo, held at Cruise Terminal 30 on March 8-9, was, in the words of the organizers, "a huge success." The Expo drew approximately 8,000 people over the weekend to a new venue on the Seattle waterfront, a vast improvement from the "1,200-person walk-in freezer" (also known as the hangar in Magnuson Park) of years past, according to Cascade Bicycle Club Commuter Director Chris Cameron.

The more spacious venue also meant expanded room for exhibitors; the number of booth spaces sold topped 190 and were gone well in advance of the show's date. Coming from across the Northwest and points east, including Georgia, Minnesota and Illinois, booth offerings ranged from bicycle parts and gear to sports nutrition and ride sign-ups.

With adult entry fees set at \$8 per person (kids aged 15 and under were free), you might wonder where the money is going. Cameron explained that revenue raised at the Expo goes into a fund for Cascade's Bicycle Education Foundation, whose mission is to promote bicycling in Seattle and the surrounding areas.

After three years at the hangar, the Expo moved to Cruise Terminal 30. Many attendees and exhibitors praised the warm and well-lit facility, but some were less than pleased with the layout of the building. The terminal is one big rectangle divided into smaller rooms by floor-to-ceiling walls; small doors are used for moving between each room.

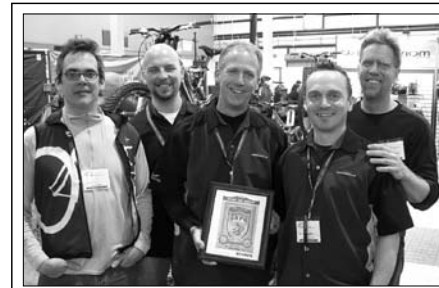
Unfortunately for the exhibitors set up away from the main room, some visitors to Expo were unaware of the additional spaces. "We didn't

really like our booth location," said Brian Estrin of Redmond Cycle, who was situated near the food vendors in the fourth room (furthest from the entrance). "We didn't know [from the map] we would be stuck back in a corner." However, Estrin praised the ease of set-up, which had been problematic in the past. "The organization of parking was great," he said. "It was easy to get [equipment] in and out for us as vendors."

Estrin also mentioned that in years past, exhibitors who had been at Expo for several years were offered first choice of booth locations, and "this year it didn't exist from what we saw." Cascade Business Relations Manager Mike Inocencio said that while veteran vendors were indeed given preference, a deadline for picking locations was in place as well. "We welcome new exhibitors and afford them the opportunity to register after past exhibitors' registration has passed the deadline."

In addition to exhibitors, the show also featured clinics and demonstrations from such cycling personalities as Portland author Joe "Metal Cowboy" Kurmaskie, Chris Carmichael (Lance Armstrong's coach), MTB trials rider Ryan Leech, triathlete Sally Edwards and world cyclo-cross champion Katie Compton. "[Chris] Carmichael was a huge draw," noted Inocencio. "The Classic Bike Show sponsored by Elliott Bay [Bicycles] was also a hit."

For the twentieth consecutive year *Bicycle Paper* presented three show awards on Sunday afternoon: "Best of Show" went to Axiom Performance Gear, "Class Act" to Elliott Bay Bicycles, and the Expo attendees voted Phil's South Side Cyclery their favorite booth and deserving of the "People's Choice" award.



From top to bottom; Axiom Performance Gear, Elliott Bay Bicycles, and Phil's South Side Cyclery. Jay Stilwell and Joe Kurmaskie, presenters.

New Executive Director for OBRA

The Oregon Bicycle Racing Association (OBRA) board of directors announced on March 8, 2008 that Kenji Sugahara has been promoted as the new executive director of the organization. He will be replacing Candi Murray, who has been trying to step down for the last couple

of years. However, she is not disappearing and will remain an active member of the racing community. OBRA looks forward to Kenji's leadership in the association's continuous efforts to expend competitive cycling in Oregon.

Bikers and Sellers.com

On April 1st, BikersandSellers.com will launch their new site. Designed with cyclists in mind, the site is a place to sell, buy or trade new or used bike equipment, search for cycling related jobs or find a group ride or a local bike shop. The site aims to enhance your cycling ex-

perience and help find what you are looking for without unnecessary frills. For more information, visit www.bikerandsellers.com.



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Grant Keeps the Wheels Spinning for Seattle Youth

By GROUP HEALTH COMMUNITY FOUNDATION

Dara Ayres knows financial and community support can be a big help when your mission is to inspire healthy habits in area youth. Ayres, executive director of Bike Works in Seattle and a recent recipient of a Children & Teens grant from the Group Health Community Foundation, is excited to be able to expand the services her non-profit organization provides and propel Bike Works in a new direction toward an enduring future.

Bike Works, established in 1996 and located in South Seattle's Columbia City neighborhood, serves low-income youth, many of whom come from culturally diverse single-parent or immigrant families. The organization provides kids with unique opportunities to experience the great outdoors and engage in a physically active lifestyle—all while giving them the confidence and skills to bike 50, 150 or even 500 miles. Of course, none of this is without purpose or without challenge.

"In South Seattle we are seeing some of the highest rates of childhood obesity in the state," said Ayres. "So we have been trying to involve youth in cycling and other healthy activities. For some, their lifestyles and physical conditions are so unhealthy, they can't even get started. That's why we have new programs to reach those most at risk."

With the support of the Group Health Community Foundation grant, Bike Works launched its Introduction to Bike Touring Camp (see sidebar) last summer and started a series of

new year-round fitness riding programs corresponding with the beginning of the school year. By June 2008, Bike Works hopes to enroll 45 middle school and high school aged young adults in five bike camps over the course of the summer, and inspire 175 youth to participate in their year-round activities.



Participants in Bike Works inaugural Introduction to Bike Touring Camp prepare to bike to the ferry for their two-night camping tour on Bainbridge Island.

A portion of the grant will also finance a substantive, "outcomes-based" evaluation of the effectiveness of the new Bike Touring to Health program, an evaluation geared toward backing up success stories with real numbers.

"We know that we can help young people lose weight and feel better through exercise and learning about food," Ayres says. "We know we can help them develop critical thinking skills and self-esteem, improve their performance in school, and strengthen their ability to communicate with other students and family members. We know we are making a difference, but it's all anecdotal. Thanks to Group Health, we will be able to do a more systematic evaluation of our impact, and that is very exciting!"

In addition to sponsoring an organization-wide assessment and expanding the capacity and reach of Bike Works riding programs, funding from the grant will also be used to develop a business plan for the Bike Shop, which currently funds 55 percent of the organization's operating revenues through repairs, refurbishment and sales.

Two Youths Hooked on Cycling Following Summer Camp

De'andre is a 12-year-old Hispanic boy, and Laney is a 12-year-old African American girl. Both are from South Seattle, neither had ever camped before, and only one had ever ridden a bike.

"These two youth came to us out of the blue this past summer, for our new Introduction to Bike Touring Camp" said Tina Bechler, Bike Works program director. "The parents were a bit scared, and their kids were nervous but also very excited about doing something completely different."

The week-long camp included day time bike rides through town, environmental education classes, and two nights of camping and riding on Bainbridge Island. Afterward, Laney talked up the adventure to her mom and began riding as often as she could. Laney particularly enjoyed the challenge of riding the hills, emphasizing that it was "hard but I overcame it and my new goal is going up more hills." De'andre enjoyed the social aspects of the camp, along with learning how to pitch a tent and getting physically stronger.

"Both of these young people totally thrived in camp," said Bechler. "They had great attitudes, they were really excited about the camping, and they both said they'd love to do another camp next year. We also hope they will earn their own bikes now, through our after-school Earn a Bike Program."

"Youth in general are really jazzed about cycling," Bechler continued. "Biking is fun. It gets kids out into the world and seeing things that they haven't seen before. It's great exercise, and a healthy form of transportation. In the long run, if we retain these youth year after year in a progression of camps, we'll not only be adding cultural diversity to our region's health movements, but also to our outdoor recreation and environmental movements."

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"JOIN A CLUB" FROM PAGE 1

unconquered trail on the North Shore. Someone who shares your idea of a good time on the bike, one who calls you up and taunts you to get out on days when it would be easier to just stay home. But then five minutes into the ride you are already grateful for the gentle goading and have made a mental note to repay the favor.

I've met bike buddies in all sorts of situations, but there is no better way to meet other cyclists that share your two-wheeled passion and make lasting friendships than to join a bike club or two.

If you love to ride and you haven't done so already, it's time to find a club and join up. It doesn't matter what your favorite flavor of bike riding is—chances are there are similar minded people that have put together a club. All you have to do is look around a bit to find the like-minded one.

In BC bike clubs can be neatly divided into two categories: clubs that are committed to at least some racing, and those that are focused on non-competitive riding and advocacy.

Cyclists thinking this is the year to try a race or two that do not already belong to a club

should visit the Cycling BC website (www.cyclingbc.net). Cycling BC stands firmly behind the concept of club membership as the bedrock of bike racing, and with well over 30 clubs listed, it should be easy enough to find a group that suits your ambitions and skill level.

If you are unsure which club would be a good match, take a look at the various links to really get a feel for what each group has to offer. If you still can't decide, you can do no worse than to inquire about joining the club that has the best-looking kit: I noted that Team Wedgewood has made the bold claim on their website of having the best team outfits for 2008.

Is Lycra not your thing? You still have lots of non-race oriented options. If your tastes run more towards "Ned's Atomic's Dustbin," then the North Shore Mountain Bike Association (NSMBA) has your kind of people. By joining a free-ride club like NSMBA, you will not only get to meet some great riders to share time with on the trails, but more importantly you can contribute to the rewarding hard work of maintaining and building trails and the constant effort towards preserving access. It

seems most people who ride on the North Shore fully grasp the importance of being involved, because the Association boasts an unbelievable pool of over 3,000 members!

There are other clubs that also cater to gravity fiends, like the Burnaby Mountain Bike Association and the re-emerging Kelowna Mountain Bike Club.

Being part of a bike club is more than just meeting

people. It's a chance for us as cyclists to gather strength together and work towards securing cycling as an endeavor that has its place within our communities. Busy lives might mean that most of us can barely find the time to ride, much less be active in a club, but the long-term strength of our beloved sporting activity relies heavily upon those motivated and committed fellow travelers that organize the sliced oranges after a long group ride, clean up garbage after a 'cross race, build a pump track or lobby to



Team Wedgewood family portrait after climbing Mt. Baker — always nice to have a few friends to ride with.

Courtesy of Judy Garrison

preserve access to a favorite endangered trail. Throw your hat in the ring and be counted: join a club, get involved, make a friend.

Joe Sales, a BC native, has just returned to Vancouver after 18 years living in the U.S. (Did it always rain this much?). A 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 he has been venturing out and working as a freelance photographer.

"ORGANIZERS" FROM PAGE 1

WA, started promoting multi-sport events in 2002 and moved to bike races, including cyclocross and MTB.

What does it take to put together a race? Collura says organizing involves more hard work than most people think. "You have to look forward to sleepless nights, empty checking accounts, and no time to yourself," he laments. Jim Anderson, organizer of the Monday Night Bike Race Series at Portland International Raceway, insists safety is the area that requires the most attention when planning an event. "One



After all the race preparation is completed, Sal Collura sends the riders off on course.

Courtesy of Sal Collura

perfectly sums up the job of organizers: "Making sure all the details are taken care of."

According to Raich, "seeing smiles on people's faces and hearing them cheer for their friends and kids," is what kept him up late finding venues, building BMX tracks and budgeting expenses. Douglas, also the brains behind the Mason Lake Road Race Series, has similar thoughts: "[I love] when the race goes off without one problem and no one falls down, although the second part is a bit tough to achieve."

For many of the organizers, the monumental task of putting on an event is a sacrifice that is worth it. "Races are fun and everyone seems to have a great time," says Douglas. Collura's hard work behind the scenes has paid off:

the Co-Motion Classic has become the largest tandem stage race in America. "I feel like I have saved tandem racing from extinction," he says.

Motivation is a big part of why people like Douglas, Collura and Raich stay devoted to the task of putting on bicycle races. "I want to keep racing strong and plentiful in the state [of Washington]," says Douglas. "I get motivated to see how big the races get, by exposing new racers to the sport and growing OBRA's membership," writes Anderson.

Providing a racing outlet for Northwest cyclists is another aspect that drives the organizers to put on great events, season after season. Raich feels that racing bicycles teaches individuals "about winning and losing, and the emotions involved in both. [The] lessons transfer to all phases of life." "Racers depend on us as organizers," says Douglas, "to put together a fun and safe race."



Selecting the perfect course and making it safe, an organizer's goal.

Courtesy of Bicycle Paper Archives

Anderson wants to see more cyclists hitting the race courses: "I particularly enjoy getting novices involved," he says. Media coverage of the sport and exposure as a bona fide competitive activity doesn't hurt either. "Showing off events to media and non-racing public through stories and interviews is great," Anderson adds.

The hard work and dedication displayed by the individuals and groups who make racing great in the Northwest often goes unnoticed or unappreciated by the cycling public. Next time you are at a race, either as a spectator or competitor, take a moment to say thank you to the men and women who made the event possible!

Mike Raich is now looking for a new venue to restart the indoor BMX program. If you know of a facility that would welcome BMX racing, contact Mike at bmxmike@ix.netcom.com.

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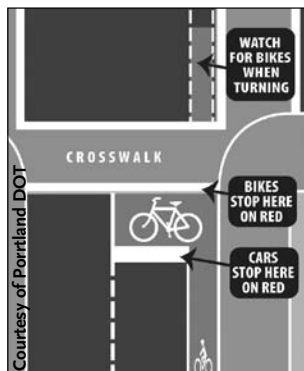
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Portland's New Bike Box: Successful So Far!

The Portland Department of Transportation (PDOT) installed a green "bike box" at the intersection of SE Hawthorne Blvd. and SE 7th Street on March 15, and police began driver enforcement of the box last week. In an article on BikePortland.org, Lieutenant Bryan Parman of the PDOT Traffic Division said they were "very pleased" with compliance regarding the box, from cyclists and motorists alike.

The green box, situated on the right-hand side of SE Hawthorne, connects to the similarly painted bike lane and is designed to prevent collisions between cars turning right and cyclists going straight. Surfaced with a bright non-slick thermoplastic paint mixed with non-skid corundum, the box allows

riders to wait for the traffic light in front of cars. Drivers are not allowed to turn right during a red light at intersection that feature the box. Thirteen more boxes are scheduled to be installed in the Portland metro area.



Eastern Oregon, or God's Country

By NANCY SATHRE-VOGEL

"Sorry guys," I apologized as I handed my sons a bag of potato chips and a can of ranch dip. "This is all I have for breakfast." Their eyes lit up, not quite believing that their mother, the one who eschews all things good, natural and organic would hand them a bag of chips for their morning meal. They hungrily dove in before I could change my mind. Changing my mind, however, was not an option. I had no other food to give them.

Eastern Oregon has a special charm all its own, but an abundance of stores is not one of them. We learned that the hard way. My husband and I, along with our eight-year-old twin boys, set out to see the country aboard two bicycles. I hesitate to call them bicycles; we were more like a rolling wagon train than anything else. With one bike built for three and another single, both pulling trailers, we were a sight to see. Tents, sleeping bags, stoves and clothes piled high on both machines rendered us more like pioneers traveling west in covered wagons than modern-day bicyclists. One would think

that any self-respecting parents with a lick of sense would choose some other destination than Eastern Oregon to take their children on their first cycling tour, but I guess John and I don't fall into that category.



Photo courtesy of Nancy Sathre-Vogel

Although blazing hot during the day, nighttime can be frigid. Bundle up early, and peel off layers as the temperature rises.

We were determined to see the country on bikes. And our home in Boise was as good a place to start as any, or so we thought. We pedaled away from the house with a whole year stretching before us like a vast prairie of time. Within a few days we found ourselves in Eastern

Oregon with the desert extending before us for miles and miles, with nothing but acre after acre of sage brush.

Some might say we were nuts to take our boys out in the godforsaken desert of Eastern Oregon. But we found a special charm about it all, and now truly know why those pioneers passed this way. There is a peacefulness and serenity about the desert that one doesn't find in busier places. There is beauty in the vastness of it all, and it didn't take me long to understand the people who love it.

"This is the life," exclaimed a ranch hand we

met along the way, as he swept his arm around to show off his humble abode. "I wouldn't give this up for anything."

I looked around and thought, "Yep! It's the life alright. A tumbledown shack in the middle of dusty nowhere."

"My wife and I have been here five years now. Wouldn't trade it for all the gold in Midas' chest," he explained. I had knocked on his door to beg for water. "I'm convinced Dewey is heaven on Earth. [I] used to be a marketing exec for a manufacturing plant in Portland, but somewhere along the way my wife and I decided the long hours and stress just wasn't worth it. People thought we were nuts—selling our 40-acre plot of land and huge house in the city and moving out here to be ranch hands. But we're convinced this is God's country, pure and simple. We're living our dream—and that's a good place to be."

I came to understand that dream as I pedaled hundreds of miles through the desert, the beauty and enormity and solitude of the barren regions. Now, the call of the desert lures and beckons to me, and I know I won't be able to stay away for long. I look back upon our journey now that we have returned home after 12 months, 9,300 miles, 19 U.S. and four Mexican states, and I can say with certainty that God's country is a good place to be.

Nancy Sathre-Vogel calls Boise her home when she isn't heeding the "Call of the Bike" and pedaling her way around this vast planet. In June 2008 she and her husband will load up the boys and family dog for a little trek from one end of the earth to the other. You can read their blog at www.familyonbikes.org.



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Every Woman's Guide to Cycling

REVIEW BY SARA COVICH

When *Every Woman's Guide to Cycling* by Selene Yeager ended up on my desk, I was eager to peruse it, as how-to books are near the top of my list of favorite literary genres. I took it home over a weekend, intending to flip through it on a lazy Sunday, but was instead glued to the pages until 3 a.m.—it was that interesting!

Yeager, *Bicycling* magazine's "Fit Chick," certified cycling coach, racer and all-around bike enthusiast, penned the guide not to be an in-depth study of any one topic, but instead covers all the basics of getting into the sport. If you're a woman who's never ridden a bike before, or wants to learn more about cycling in general, this is for you.

The book is organized into chapters, then by sub-heading. The first part covers why you want to ride, what kind of cyclist you want to be (or start out as), and is a general introduction to the sport. Subsequent chapters cover first bike purchases, gear necessities, training and race preparation, and food. Weighing in at 320 pages, the author uses pictures and diagrams to illustrate concepts and points.

Yeager's writing style is fresh and frank, which makes the book funny at times, and she keeps a relaxed pace throughout. She does not overly use clichés or fancy cycling buzzwords, and keeps the book mostly uncluttered with



technical jargon. She never talks down, which was my favorite aspect of the book. I didn't feel as if I was reading a typical how-to guide written by a stuffy aging professor, but instead listening to a peer teach me the ways of the bike.

Although all the chapters are useful and cover important information, my favorite portion of the book was the printable training calendars. Organized by day, Yeager provides detailed sample programs for weight loss and preparing for a 40km time trial and century ride. Another section I enjoyed was the chapter on food.

Yeager has done her research on how eating habits affect sports performance, and she seems to advocate "everything in moderation," which is refreshing to hear when the market is completely saturated with the latest diet crazes and food no-nos.

As I went through the book, I was instantly reminded of Marc Bloom's famous running how-to, *The Runner's Bible*, which saw its first printing back in 1985. This may be a premature comparison, as it is yet to be seen if Yeager's guide will match the near-cult status of Bloom's. However, I highly recommend this book to any female newcomer to cycling; it contains all the basic information for starting out on a bike. Although this book is marketed to beginners, more advanced cyclists may find themselves learning something new as well; I have been an avid mountain biker for several years, and can't wait to try the moves outlined in the "Emergency Maneuvers" chapter.

Every Woman's Guide to Cycling was an enjoyable, enlightening read, and beginners will find it informative and fun. (Psst: it would make a great gift for that newbie cyclist in your life, too.)

Every Woman's Guide to Cycling

Selene Yeager
Penguin Group
Paperback, 320 pages
\$15.00 USD

Klunkerz - A Film About Mountain Bikes

REVIEW BY SARA COVICH

The documentary *Klunkerz* looks at first glance to be nothing more than an independently-produced film using cut-up Super8 footage interspersed with interviews and still pictures. But wait...that's exactly what it is! And it's terrific. Recounting the history of mountain biking, from the Marin County riders to the founding of bike giants like Specialized, *Klunkerz* is a funny, informative journey from beginning to end.

After watching the trailer online, I was eager to see the full-length feature. Clocking in at 68 minutes, *Klunkerz* shows the progression of mountain biking from its humble beginnings in the late 1960s as a bunch of hippies modifying Schwinn Excelsior frames with fat tires (the film's namesake), to becoming one of the fastest-growing sports of the 1990s.

Klunkerz documents the early days of the sport from the perspective of the people who lived it. Former Velo Club Tamalpais members Gary Fisher, Tom Ritchey and Wende Cragg, among others, describe in detail their first rides on "Mount Tam," carrying heavy bikes up the 2,571-foot peak and then rumbling down old fire trails and newly-blazed single-track.

Marin native Billy Savage, director of *Klunkerz*, was inspired to tell this story after being invited to a preview of *Dogtown and Z-Boys*, Stacy Peralta's film on the early days of skateboarding. "[Dogtown] got me interested in the documentary possibility," says Savage. "I had some contacts in Fairfax and Marin, so I started researching."

Unfortunately for Savage, his subjects were reluctant to spill their secrets at first. "[They] were really wary of any 'outsiders' coming in and messing with their history," he says. However, once the riders realized Savage was only interested in highlighting the early days of biking did they relent. "People needed to know I wasn't making a commercial for any

company. I wasn't sponsored by the bike industry," says Savage, noting that many of the film's personalities did their own research on him. "Having lived in Fairfax previously didn't hurt my credibility factor either!"

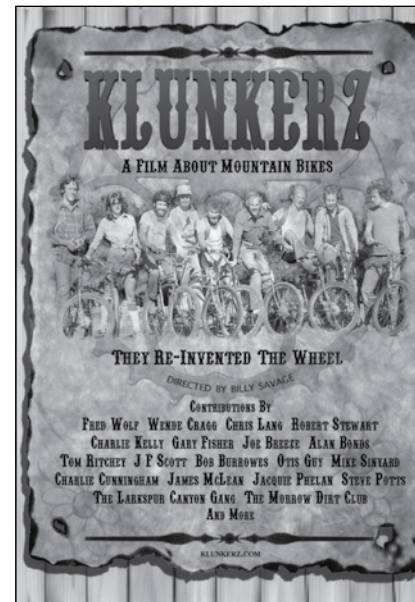
Although present-day interviews of key figures such as Joe Breeze, John Finley Scott and the Morrow Dirt Club's Russ Mahon are a prominent aspect of the documentary, the best parts are the grainy Super8 movies from mountain biking's early days in northern California. Still pictures are nice, sure...but shots of riders flying down Mount Tam on highly modified fat tire bikes at nearly 40 miles per hour are what make this film truly stunning and more authentic.

Being an avid rider myself, I thoroughly enjoyed Savage's work, and most documentary aficionados will find it interesting as well. Although *Klunkerz* does focus on biking, the social environment of the period is also examined enough to keep a non-cyclist's curiosity piqued until the closing credits.

I strongly recommend watching the DVD bonus features: Savage's detailed show-and-tell of the early bikes and their components, as well as Ray Flores' recollection of how he managed to film the bikes hurtling down the trails was amusing, to say the least. (Flores also lent his archival Super8 footage to *Dogtown*.) A short featurette on the original riders' current charitable activities is also shown, including Tom Ritchey's Project Rwanda and Gary Fisher's Trips for Kids.

Overall I really liked *Klunkerz*—seeing how my favorite sport came into being was enlightening and interesting, a perfect combination. If you like bikes with a bit of history and craziness thrown in, this movie is a must-see.

To order a copy of *Klunkerz*, visit the film's website at <http://www.klunkerz.com>.



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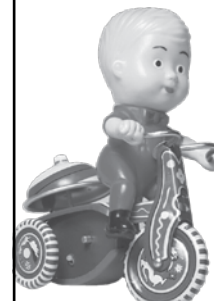


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"HAND-BUILT" FROM PAGE 1

that factory-produced bikes just don't fit the way you like, a handmade bicycle might be a route worth exploring. Says Marcroft, "Similar to buying a shirt off the rack, a factory-made stock bicycle can work. But like having a custom tailored shirt, a custom fit bike just feels good."

Ken Wheeler of Renovo advises potential buyers to "look at the offerings of as many builders as possible. Meet the artisan if possible."

Marcroft and Heath echo these sentiments. "Know what you want," says Marcroft. "Shop around, see what different builders are doing." As a one-man outfit, Heath says it's essential for the relationship between buyer and builder to be amicable: "A good builder gets to know the customer right away."

Whittingham and his business partner Andrea Blasecki are also focused on the needs of their customers, which goes beyond bike fit and color preferences. "Each bike is built one at a time...I spend a lot of time getting to know my buyers," says Whittingham.

One builder who has a vested interest in the needs of her customers in regards to perfect bike fit is Natalie Ramsland of Sweetpea Bicycles in Portland. One of the few female builders, Ramsland's specialty is making bikes to specifically fit women. Tired of riding boys' bikes with too-tall head tubes, long reaches and anatomically incorrect cross bars, Ramsland started from scratch with a whole new set of geometrics for frame building. "Too many amazing female athletes are riding bikes that don't quite fit

them," she says. "Sweetpea [Bicycles] aims to address this, one woman at a time."

After receiving her degree from UC Santa Cruz, Ramsland moved to Portland and took a job as a bike messenger. "I loved it," she says. "Riding my bike all day... was a dream." However, she felt after three years that more education was in order, and put herself through architecture school in Canada. "I really enjoyed

the design process, but I had the nagging feeling that it was bikes, not buildings, that had my attention," she continues.

Returning to Portland and her job as a messenger, Ramsland and her husband Austin decided to merge their love of bicycles and design into a business, and Sweetpea Bicycles was born. Ramsland attended UBI (as did Marcroft) and built her first bike. Like many new builders, she found mentors along the way to help her when the business was young—she mentions Andy Newlands of Terra Nova Cycles in Portland (known for his trademark Strawberry frame) as continuing to be a tremendous resource.

Sweetpea Bicycles has a simple purpose: To design and build bikes for women. Ramsland has built single-speeds, touring bikes, cyclo-cross frames and everything in between for women 4'11" to 5'11". "Each bike starts with a dynamic fitting process that allows me to take into account the whole body

in motion, rather than merely static limb measurements," says Ramsland. "Each Sweetpea is a built expression of a woman's unique body and intention." She also feels that women are best suited to benefit from the hand-built market.



This unique Calfe Designs show bike did attract a lot of attention.



Salem builder, Brian Marcroft.



Natalie Ramsland specializes in designing and building bikes that fit women.



Oregon's Fred Cuthbert named his bikes Wolfhound in honor of his dogs.

"They want a bike that fits their body, their purpose, their style."

The other side of the custom coin is getting into the business for yourself: actually becoming a frame builder. Marcroft has two words for aspiring builders: "It's tough." Although it doesn't cost much to build a few bikes for a test run, don't get too carried away. The expense alone is enough to break many people's banks—Marcroft himself dropped \$20,000 on startup costs, according to an interview he did with cycle-culture blog BikeHugger.com in December 2007. "I was pretty frugal with my spending," he said. To offset some of the bills, Marcroft scored secondhand equipment from individuals who were upgrading. "Knowing people in the manufacturing world really helped the process."

Whittingham's advice to would-be builders is "start as a hobby. Build one or two bikes and you will know whether it is the thing for you." Heath echoes the sentiments of his fellow builders: "Check everything out before you jump in headfirst," he cautions. "A good starting point is to build your own frame with your own jig." Wheeler at Renovo wants potential frame builders to "Have a close look at current hand-built bicycles. The craftsmanship is stunning... jump in if you can and offer

something fresh!"

The hand-built market is gaining new talent every year, which will benefit bike aficionados everywhere: more to choose from! With advances in design, bike geometry and fabrication techniques, new and old builders will need to stay ahead of the curve. The opportunities are seemingly endless for what a handmade, custom-built bike can become!

For more information on NAHBS or to find a custom builder in your area, visit: www.handmadebicycleshow.com.

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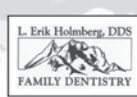
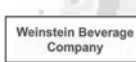
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Finders Keepers

By JOE "METAL COWBOY" KURMASKIE

The side of the road is a map of our lives, or at least a postcard from the edges of what we choose to haul around with us. It's where we leave heaps of our trash and some of our most prized possessions. I know because I've found your stuff, pockets and panniers of it at one time or another. Things so unwieldy I have to bungee cord them to the back rack of my bike or jam them into the trailer and hope for the best. Things so small it's only a trick of the light and the geometry of chance that reveal their presence.

I believe it's the bicycle that makes modern day Magellans out of its riders, moving at the perfect tempo and setting us at the exact vantage point to bird-dog lockets, fedoras, drumsticks, and intimate diaries of marriages in crisis, long-running battles to keep off those last 15 pounds, and the nameless musings of a literary skate punk explaining, with thesis-like clarity, why the band Bad Religion stumps Led Zeppelin into the pavement—with extreme malice, Dude, musically speaking of course. (Though clearly, some of the sidebars were thinly masked rants at his father.)

Bike gloves, bowling balls, compilation CDs and iPods.

Call me, leave a full description at the beep and you might, and I say might, get your stuff back. Odds are against you though. As that cockeyed *Saturday Night Live* philosopher Jack Handey once mused, "If you drop your car keys into a boiling river of lava, just let 'em go, cause baby, they're gone." It's not that I want your child's powder blue unicorn named, oddly enough, Blackie. Believe me, it's a part time job just trying to give away much of the crap that amasses in my own life. It's that I've already listed these treasures on *craigslist* and other spots you might go to find them, with few takers. But you never know. Around here, Goodwill runs happen on the weekends.

Here's the thing. Most of that stuff you never needed to begin with, none of us do...except the occasional items coated in memories. Those

seemingly utilitarian or overly frivolous things that came from someone once important to you, a Talisman bearing witness to our days. I don't know which are which so eventually I might give a piece of your life away that you really wanted back. My bad.

Why do I pick these things up to begin with?

Beats me. Too many viewings of "The Treasure of the Sierra Madre"? "Indiana Jones"? A good story to tell later? The thrill of the find? That self-important feeling you get when you return something of meaning to another person? Or because I can certainly use an almost new pair of cycling gloves once I've run them through the wash a half dozen times? (No amount of cleansing is too much when we're talking about another rider's bike gloves. Go take a whiff of your own if you don't believe me.)

And for every item I do pick up, there are a dozen more I spot, duly note and leave for another treasure hunter.

There's even a technical name for roadside flotsam and jetsam: Mongo. I know, it sounds like the nickname for that troubled transfer student who spent most of fourth grade PE quietly rubbing against the climbing rope, but there's a whole subculture built around the "finders keepers" way of life: websites, books and claw tools to make dumpster diving easier. I'm a card-carrying member who didn't know it. Actually,

I'm an unclassified offshoot because I only Mongo in transit, only collect while I'm in the saddle.

I'm a Mongo Biker.

It makes me sound more hip and stylish than the reality of pedaling uphill connected to my kid's trailer, sans

child, but loaded with a perfectly usable, nearly empty beer keg, three Day-Glo pool floaties and an Oregon license plate from 1947. When we look at it in that context, there's a good chance I'm only a few pedal strokes away from becoming Harrison Ford's brilliantly deranged dad in "The Mosquito Coast." There's a better chance you've mistaken me for homeless

Literary Rides With



The Metal Cowboy

when, in fact, I believe myself to be a well-adjusted member of the community who chooses when I want to sleep out of doors. Hmm. Enough self-examination, let's have a look at some of my Mongo collection... and choice items gathered by others in the Mongo cycling brotherhood. Oh no, I'm not alone. There's an army of us, snatching stuff from obscurity, weather damage and destruction. And quite often, snatching items without dismounting or breaking stride.

Kevin was quite proud of a plaid blazer (like something a '50s lounge singer would wear) found while riding outside of Palm Springs... he wore it for a while, but claimed it wasn't aerodynamic enough, plus there was sand in the pockets.

My take? Kevin didn't find his inner Sammy Davis Jr. in time to work the blazer into his act of daily living. Which is a shame, because we need more cyclists sporting lounge wear.

One Mongo pedal pusher told of a baby stroller and connected baby car seat spotted in a ditch. Upon somewhat tense inspection, no babies were found, but it was in very good condition. Because he was single he left it there. But it does recall the time I had to meet my wife and transfer kids to car from my bike in the parenting Olympics we call our daily routine. With no room left for kids and car seat (I still had the baby in the chariot trailer), I reached for the go-to tool, not the duct tape, but bungee cords, and lashed the seat to the trailer like a barnacle to the keel. I got some looks. Good times and solid training for cyclo-cross season.

And now, the lightning round:

- Pants... that fit.
- A steel guitar, in tune.
- Oakley sunglasses, the transitional lens kind.
- Cell phones, often with contacts so they could be returned.
- North Face tent, still in the box.
- Piano with sheet music—no bench.
- Sharp shooter medal (obviously missed its mark).

Sears could go out of business if people would just get their tools roadside:

- Bundles of hacksaw blades, best find ever. Haven't had a dull saw in 15 years.

- A step drill, retails for \$36 at Home Depot.
- Sockets, screwdrivers, pliers, Vise Grips, wrenches, knives—one was thrown at the rider who retrieved it. (A find born from an act of anger, but still good for cutting pears).
- Coleman multi-tool, Leatherman multi-tool and bar clamp.

And from the files marked "True Life Dramas in Which We'll Never Know What Really Happened":

- Mattress with a pair of jeans neatly folded up and a Bible placed on top.
- Female elk head on Sauvie Island, probably dumped by poachers.
- New VISA credit cards with the pictures on them. When the cyclist turned around to pick it up he noticed empty pistol casings on the ground close to it. He decided to just forget he saw anything and rode away.

And the most improbable find:

An artist/cyclist named Bill carried the TAIL of a squirrel that his riding buddy Mark ran over. The wheel cut it off the squirrel, who ran away. Bill wanted the tail for some art project or hat, so into his pocket it went for the rest of the ride. Mark said a silent prayer and christened the animal Stubby, because, unlike lizards, there are no records of squirrel tails growing back.

Mongo that sounds most like a song by the band Boston:

"I always end up finding peace of mind," one cyclist said. So true and in no small part because the bicycle takes you there and gives you the time and space to smell the roses, or search the bushes for good Mongo. But it still sounds too much like a Boston tune that played continuously from 1978 until the summer of 1980.

My most important piece of Mongo:

But the best Mongo ever found in my own life was...me. Beth stumbled into a campground in Bryce Canyon, Utah. I'd tossed myself outside the bounds of society, using a bicycle to light out for the territories, hoping to find some clarity, exercise and good stories along the way. Beth claimed me worth keeping, and as of right now, I have not been posted on *craigslist* or dropped off at Goodwill.

Joe "Metal Cowboy" Kurmaskie new stories, rants, riffs and slideshow from his recent Canadian adventure, will soon be the book "Mud, Sweat and Gears," due out September 2008.



Photo by Bicycle Paper

The kind of things found by Mongo bikers.

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Cleat Wear and Tear

ERIK MOEN PT, CSCS

There are three main interfaces the body has with the bicycle: hands to handlebars, butt to saddle, and feet to pedals. Each point of contact presents challenges and special needs in order to make the bicyclist comfortable and capable of performing well. The foot to pedal interface is crucial, as it is where the force created by the quadriceps and gluteals is transferred from the foot to the drive train, making the shoes and pedals important pieces of equipment.

Many cyclists use "clipless" pedals, doing away with the traditional toe clip and strap and instead using a retention mechanism that includes a cleat to hold the foot onto the pedal. There are many types and styles available on the market that all share a common mechanism of "clipping in." Isn't it ironic that we use the term "clipping in" when it is considered clipless? This commonly creates confusion for the neophyte cyclist who is new to this concept; this article aims to clarify the issue.

The function or dysfunction of cleats has implications with regards to safety and exposure

to overuse injuries. There are three main styles: triangles, lollipops and recessed. Triangular cleats look exactly as what they sound like—a triangle. Look and Shimano are well-known for these. Lollipops have a cleat plate that attaches to a shoe; Speedplay makes those types. Recessed cleats, like those made by Shimano and Crank Brothers, are smaller and attach in a special depression on the sole of the shoe. That allows a person to walk with a normal gait and without creating wear and tear to the attachment piece.

Cleats are secured to the shoe using screws. Some believe in the need to use different media to ensure the screws stay on the shoe. I have heard of people using Loctite, grease, even finger-nail polish. I prefer grease because it will make it easier to remove the screws from my shoe when the time comes to change my cleats. The Seattle area has its own form of Loctite: it's called rust, and it is caused by frequent rain. In spite of all this, screws might loosen, especially immediately after installation. For safety reasons, you should make frequent inspections (every few rides) of the screws to ensure their proper tensioning to the shoe.

Each cleat style offers some level of position adjustment to meet various degrees of rotation, and placement combination to meet anatomical variations. Irregular placement of a cleat to a shoe may create an injury to the knee. Have a qualified person help you position a cleat if you lack the experience to do it yourself.

Cleats will eventually wear down, primarily due to too much walking in your cycling shoes. These attachments are really meant to be worn on a pedal, not the ground. Excessively worn cleats will put you at risk for several perils, including the inability to clip in and out of the pedal. Another potential problem is the onset of irregular pedaling mechanics. It can also create an irregular tilt of the foot onto the pedal, thus leading to an overuse injury such as hamstring tendinitis, patella-femoral compression and iliotibial band friction syndrome.

To prevent these pitfalls, some manufacturers put wear indicators on the cleats. Others do not, but instead have accompanying wear suggestions and guidelines. Some non-listed indicators of wear might include the inability to use a tool on the screws for maintenance, undue squeaking and excessive rocking of the foot on the pedal. Again, frequent inspection will reveal any irregular wear.

Keep in mind that cleats are to be replaced on a regular basis. People tend not to change



Photos by Bicycle Paper

SPD pedal for recessed cleat; Shimano's for triangular type.

them for fear of losing the original position, or out of simple neglect. Fearless replacement includes tracing the cleat position with a Sharpie marker (use a contrasting color on the bottom of shoe) to help ensure accurate positioning of the new one.

If your style of bicycling includes frequent walking, consider the use of café covers. These are simple hard plastic covers that fit over cleats to prevent wear and tear when walking, thus helping to prolong the life of your cleats.

The bottom line is to be aware that cleats wear down and could possibly detach from your shoe. Regular inspection will ensure proper function and limited exposure to injury. Don't

be afraid to change them on an annual basis. With proper care and maintenance, your cleats will help you ride farther and more efficiently. Always take the necessary steps to keep them free of problems.

Now that the sun is back, get out there!

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.



Photos by Bicycle Paper

Recessed cleats (left) allow you to walk normally, not so easy with triangular-type cleats (right).

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pedal
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run

teams
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Pacific Power Blue Sky Cycling

By SARA COVICH

From their humble beginning as a branch-off from the Eugene Cycling Team, the Pacific Power Blue Sky Cycling Team (also known as the Willamette Valley Cycling Team) is looking to promote bicycle racing in Oregon and develop their 80-riders contingent for the 2008 season.

The members of Pacific Power, consisting of approximately 55 men and 25 women, participate in all disciplines of bicycle racing: road, mountain, track, cyclo-cross and ultra-distances. Juniors, women and Masters racers are a key component of the team. "The average age of OBRA [Oregon Bicycle Racing Association] members is 37; we're right there with 38," says Jim Fischer, the group's current president.

Although one of their main goals is to promote all aspects of cycling, Pacific Power is foremost competitive, and all members must participate in at least six events per season. "With the number of races available locally, it's an easy thing to do," says Fischer, noting that Oregon offers nearly 300 days of racing per year when counting all disciplines.

As the group is brand-new (less than a year), their short-term goals are far from lofty but wholly admirable. "We want to get this mon-

ster of a team moving in the right direction," says Fischer. "We want everyone to be safe and have fun." To that end, they will focus on basic training, race clinics and team-building events. Fischer's personal goal is "to get everyone to know each other, especially folks who will be racing together."

Although new, the club can rely on several members who have been racing for years. Drawing from his vast experience, Masters competitor Harry Phinney will lead the younger and less knowledgeable members. Matt Martel will coach the Juniors, lending his expertise as a road racer to their training and teaching them racing fundamentals, such as understanding the dynamics of the peloton and how to prepare for competition.

Pacific Power Blue Sky Renewable Energy committed to a three-year title sponsorship agreement and proudly displays its name on the green and blue jerseys. Fischer says the company was attracted to his group because of "the team's positive presence in the community, the junior development, and the idea that [they] support something that is healthy...and good for the environment." In addition to Pacific Power Blue Sky, Solar Summit, Full Cycles, and

Neuvation Wheels also support the group.

Part of the team's mandate is to be active in the cycling community. To that effect, they promote the successful Cherry Pie Road Race. The season opener is Oregon's largest one-day road event, and it brought almost 500 racers to Adair Village (near Albany) last February. They also organize the Mary's Peak Hill Climb (August 16) and help OBRA by officiating and providing volunteers for other events in the state.

Since Pacific Power is comprised of mostly beginner racers, Fischer is excited about seeing many of them move up the cycling ranks, although he admits the possibility of seeing racers leave to join more advanced groups as their ability level increases is real. "People concerned with having a strong team at medium to higher levels will probably join other teams," he says.

As far as the future of Pacific Power is concerned, Fischer is optimistic: "I would like to see us develop stronger junior's and women's



Some members of the Pacific Power team out on an early season ride.

Photo courtesy of Power Pacific / Scott McCabe

programs. I would also like to develop more [training] camps for the team...in the off-season in places like Arizona."

Fischer is looking forward to seeing what the squad can do out on the road this year. With the expertise of senior members and a strong contingent of enthusiastic novice racers, the future looks promising.

To find out more about the Pacific Power Racing team go to www.willamettevalleycycling.com.

PRODUCT REVIEW

Redline 925: Fixed and Cured.

By TAI LEE

Over the last few years, many bike manufacturers have added a fixed gear/single-speed road bike to their lineup. Chances are most of them were trying to play catch-up with one of the earliest bikes in this category, the Redline 925. Now in its third year of production, the 2008 model has been refined, offering greater quality and elegance than previous years.

As one who has owned and worked on an older 925, I've done my share of armchair product managing with this bike. Previous models had a Maoist grey/black fade paint job, which suited this model's communistic purpose. A few reviews griped about the moustache-shaped handlebars spec'ed on older models being awkward. The short 165 mm crank arms didn't seem appropriate for the bike's road-oriented geometry.

These minor details couldn't overshadow all the things the 925 had going for it. For starters, most gripes were silenced by the \$500 retail price tag, which meant one usually had enough money left in their pocket to change out anything they wanted. Redline made sure to spec durable wheels, with sealed-bearing hubs and eyeleted rims. Tektro's ubiquitous 57 mm reach dual-caliper brakes and a set of Planet Bike fenders meant the 925 was ready for a wet Northwestern commute right out of the box.

For the 2008 925, Redline kept everything that was good, improved on areas that had received criticism, and spiffed up the paint job; all without increasing the bike's MSRP. Gone are the moustache bars in favor of urban-friendly cow horns. The frame now has two sets of water bottle mounts, critical for those who want to do longer rides. The paint job is a stunning burnt-orange-red with cream-colored panel. Fork tips

for the 120 mm spaced rear dropouts were shortened, allowing easier changing of tires without adjusting fenders. They even read my mind and changed the cranks to 170 mm arms.

The 925's disposition is ideally suited for commuting. Handling is snappy, compliments of a 45 mm rake steel fork. The rear triangle is small and stiff, due to the frame's compact geometry. Double-butted chromoly steel can withstand being swallowed and spit out by monster potholes. The 42x15T fixed gear drive is a bit tall for getting around comfortably in hilly Seattle, but the 42x16T freewheel drive is low enough to keep knees happy without spinning out on flat stretches.



I don't have many complaints about the 2008 Redline 925. Buyers should note that sizing labels are a bit confusing due to the bike's compact geometry. Our test model, with a 58 cm effective top-tube length, is labeled as a 54 cm. I would have preferred a more standard 130 mm bolt spacing on the cranks, allowing roadies to use a spare 39T chainring to get the gearing down a bit. Planet Bike's new Cascadia fenders would have been a nice upgrade, since they are sturdier and offer more

coverage. While I'm being picky, some soft-compound brake blocks would be nice too. Then again, I could just take my own advice and swap these items out. Redline 925, MSRP \$499. For more info: www.redlinebicycles.com.

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EVENTS

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. The event celebrates and promotes the city of Seattle's Climate Action Now (CAN) campaign. The program offers practical tools and resources that help us all become part of the solution. Come to Columbia City's Seattle CAN event to learn what you can do to help stop climate change. In collaboration with the city of Seattle, the Bicycle Alliance of Washington Cascade Bicycle Club. Jayanthi Reddy, Bike Works, 206-725-9408, www.bikeworks.org

Apr 27: U-District 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. Starts at University Heights Center. Eric Bone, 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, your friends and your 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. Bike Works has partnered with the Village Bicycle Project to send bikes to Ghana. The bicycles will help people in Ghana facing scarce public transit and rising costs to meet their 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. It's an affordable way to make sure your kids will keep riding a bike that fit them while they continue to grow. The best way to recycle your bike. Great selection! 10:00

a.m.-4:00 p.m. at Genesee Playfield, S. Genesee St. & 43rd Ave. S. Jayanthi Reddy, 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. Join the 30-day Group Health Commute Challenge. Peter Verbrugge, Cascade Bicycle Club, 206-517-4826, 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. Eric Bone, Cascade Orienteering Club, 206-291-8250, www.streetscramble.com

May 24: Gig Harbor Street Scramble
Gig Harbor, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Start at Skansie Brothers Park. Terry Farrah, Cascade Orienteering Club, 206-367-0839, www.streetscramble.com

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. Dirt Series, 604-905-8876, www.dirtseries.com

MAY

May 24-25: Dirt Series
N. Vancouver, BC. Also offered in Whistler on May 31-June 1. MTB camps for women. Dirt Series, 604-905-8876, www.dirtseries.com

RACE SERIES

Feb 24-May 10: Luna Cat 3 Women's Race 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, 4/3 CT, 4/27 RR, 5/10 RR. WSBA, www.wsbaracing.com/women_cate.asp

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

Mar 16-Apr 27: BCC Spring Series
Boise, ID. Series of 4 road events and 1 TT. Listed as BCC. Includes Jason Broome ITT (3/16), Slammer 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 16-Sep 28: Island Cup Series
Vancouver Island, BC. Series of 20 events throughout Vancouver Island. CX, DH, Marathon. Overall calculated on points. www.islandcupseries.com/

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 3/16, 4/12, 5/04 5/24, 6/1, 6/15, 8/3 (RR only). OBRA, www.obra.org

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 " / Women". Course varies every week. No race on 7/15. Rory Muller, BuDu Racing, 206-625-8333, www.budracing.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

Mar 29-May 3: The Dirty Dozen
Port Gamble, WA. 3-event race series. MTB race on rolling terrain, with combination of fire roads and single-track. Non-NORBA. Reg. fee \$25, kids under 12 race free. David Brumsickle, Silverdale Cyclery, 360-692-5508, www.ridgeracing.com

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

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

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 Classic Series
Various, OR. Series of 8 events, with points awarded to overall series winner. Event dates - 4/6, 4/20, 4/26, 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 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 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

Apr 12-Aug 24: Seattle LAJORS Series
Seattle, WA. 5-event series for junior riders. All events are Criterium 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 4/12, 5/3, 6/15, 6/28, 8/24. David Schilling, Northwest Junior Racing Series, 206-619-1355, www.radcracingnw.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, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 509-456-0432, www.baddlands.org

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

Apr 26-Jul 20: Mt Hood Adventure Park XC/ST Series
Mt. Hood, OR. Series of 3 events all around Mt Hood. Event in April, and July 2 short track events, 4XC. OBRA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

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 1-Aug 31: Coastal Challenge
Richmond, BC. Tentative. Criterium 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 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 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 10-Sep 28: Mt Hood Adventure Park DH Series
Mt. Hood, OR. Series of 5 events all on Mt Hood. Event in May, June, July and September. 5/10, 6/21, 7/12, 9/13, 9/27. Fluid Cup and NORBA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

May 11-Jun 1: Jacksonville Forest Park ST
Jacksonville, OR. Series of 4 short track events raced on Sunday evenings. Short loop with some fire roads, 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

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The cycling season is now in full bloom; riders have multiple events to choose from every weekend.

May 12-Aug 25: Monday Night Track Racing

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 one-day license required to race. Cancelled if raining. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 14-Aug 27: Wednesday Night Track 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 20-Aug 12: Holt Criterium

Pocatello, ID. Series of 4 Criteriums, 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 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), Shimoano 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

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

May 30-Sep 12: Friday Night Track Racing

Redmond, WA. 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, 206-957-4555, www.velodrome.org

MULTISPORT

APRIL

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

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

Apr 13: Spring Thaw Duathlon I

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

Apr 19: Wenatchee Worlds' Junior Ridge to River Relay II

Wenatchee, WA. Focus on fun for "mini" racers who want to test their skills and prepare for future adult events. 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 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, 28.8 mi bike, and 4 mi run. Short course: 1.6 mi run, 14.4 mi bike, and 4 mi run. Packet pickup Saturday night before the event from 6:00-8:00pm, and Saturday morning from 6:00-7:45am. Start 8:00am. Rory Mueller, BuDu

Racing, 206-833-8866, www.buduracing.com

MAY

May 10: Fiasco in Pasco Duathlon

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. Part of Mind Over Mountain Adventure Race series. 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. Approximated finish time 4-8 hours. Bryan Tasaka, MOMAR, 866.912.3331, www.mindovermountain.com

May 10: Newport Sprint Triathlon

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

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

Kelowna, BC. Qualifier for BC Summer Games. Tiffany Lomabert, Salmon Arm Triathlon Association, 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.mbsef.org

May 18: Spring Thaw Duathlon II

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

May 24: Spring Festival Moses Lake Duathlon

Moses Lake, WA. New event. Rory Mueller, BuDu Racing, 206-833-8866, www.buduracing.com

May 25: Onion Man Triathlon

Walla Walla, WA. Staged at Bennington Lake. 1500m swim, 24.9-mile bike, 6.2-mile run. Starts at 9:00am. 509-529-9189, www.wmmlsports.com

May 27: Triathlon at Rigby Lake

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

May 31: Gap2Gap 2008 II

Yakima, WA. Junior and adult version. Team or individual event. Multi-sport race comprised of five legs: field run, MTB, kayak/canoe or skate, road bike and run. Junior Gap2Gap for kids 8-14. Junior: team of 2-5. Includes run, bike, rollerblade, paddle and an obstacle course. Start/finish at Sarg Hubbard Park. Visit the website to register. Yakima Greenway Foundation, 509-453-8280, www.yakimagreenway.org/g2g

MTB RACING

APRIL

Apr 5-6: Fluidride Cup #1

Port Angeles, WA. Practice Friday. Dual slalom on Saturday. Downhill event on Sunday. DH: \$45, DS: \$20. Friday shuttle: \$15. Lars Sternberg, Hurricane Racing, Olympic Dirt Society, 206-384-6228, http://fluidride.com/

Apr 6: Horning's Hustle MTB - OR MTB #1

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. Kris Schamp, 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.islandcupseries.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. Stiff Wick Promotions, 206-824-7666, www.indieseries.com

Apr 12: 13th Annual Barking Spider Bash

Melba, ID. Wild Rockies XC series opener. 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. Darren Lightfield, Wild Rockies, 208-587-9530, 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.islandcupseries.com/

Apr 13: Devil's Slide MTB Race

Lewiston, ID. XC mountain bike race for everyone on the park's Devil's Slide course. Course designed by Sean Ellis. Joe Wagenbrenner, 208-301-1408, www.devilssliderace.com

Apr 13: West Side MTB Series #4

Black Diamond, WA. Black Diamond Square. See Race Series for details. Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Apr 20: Marathon Nanaimo

Nanaimo, BC. Cross-country event. Part of Island series. Arrowsmith Bike Nanaimo, www.islandcupseries.com/

Apr 20: Peak Sports Mudslinger - OR MTB #2

Blodgett, OR. NW mountain bike classic. A great course and some of the slickest singletrack ever. Great first timer course, epic battles for the pro class and great harvest bread and soup after. Mike Ripley, 541-342-1493, www.mudslingerevents.com

Apr 26-27: Bear Springs Trap MTB - OR MTB #3

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. 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: Hammerfest XC

Parkville, BC. Cross-country event. Part of Island series. Arrowsmith MTB Club, www.islandcupseries.com/

Apr 27: Spokane Trailquest Mt. Bike Orienteering

Chatterery, WA. Mt. Bike Orienteering, second in a 3-race series. New sport to Northwest, very popular in Europe. Awards for finishing 3-race series. Ken Bell, Spokane Trailquest, 509-327-7220, www.spokanetrailquest.com

Apr 27: XC race

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

MAY

May 3-4: Spring Thaw MTB Festival - OR MTB #4

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. Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

May 4: Hammerfest DH

Parkville, BC. DH event. Part of Island series. Arrowsmith MTB Club, www.islandcupseries.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 Series #5

Black Diamond, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 253-334-4433, 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, www.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! Davey Moore, 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, 503-272-0146, www.skibowl.com

May 11: Cascade Chainbreaker

Bend, OR. One of the biggest races in Oregon. The course is fun and challenging. Kevin Gorman, Webcyclery, 888-759-2453, www.webcyclery.com

May 11: Jacksonville Forest Park ST #1

Jacksonville, OR. See "Race Series" for details. Richard Hogan, 541-664-8751

May 11: Super D

Victoria, BC. Part of Island series. Rider's Cycle, www.islandcupseries.com/

May 18: Falls City Firecracker - OR MTB #5

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. 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

May 18: Marathon Port Alberni

Port Alberni, BC. Part of Island series. Alberni Valley Riders, www.islandcupseries.com

May 18: Race the Ranch

Kamloops, BC. Downhill - BC Cup #1. Henry Pejril, www.cyclingbc.net

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! Robert Frey, 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

Merritt, BC. XC and kids events, BC Cup XC #1. Darren Coates, Merritt MTB Association, 250-378-5856, www.merrittmountainbiking.com

May 25: DH Cumberland

Cumberland, BC. Part of Island series. United Rider of Cumberland, www.islandcupseries.com/

May 25: Jacksonville Forest Park ST #3

Jacksonville, OR. See "Race Series" for details. Richard Hogan, 541-664-8751

May 25: Spokane Trailquest Mt. Bike Orienteering

Chatterery, WA. Mt. Bike Orienteering, third in series. New sport to Northwest, very popular in Europe. Awards for finishing 3-race series. Ken Bell, 509-327-7220, www.spokanetrailquest.com

May 25: XC Duncan

Duncan, BC. Part of Island series. Experience Cycling, www.islandcupseries.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 Camposano, SCUMB, 604-886-1525, www.SCRatRace.com

MTB TOURING

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

ROAD RACING

APRIL

Apr 1: Hutch's Hill Climb #1

Eugene, OR. Open to all. See "Race Series" for details. Len Schwanaveldt, 541-968-3968, www.obra.org

Apr 1: Pacific Raceways #3

Kent, WA. Flat course. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Apr 1: Tuesday PIR

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

Apr 3: Port of Hood River Criterium #1

Hood River, OR. See "Race Series" for details. Paul Blackburn, 541-387-4011, www.obra.org

Apr 3: Seward Park Criterium Series

Seattle, WA. Criterium on Thursday night. See "Race Series" for details. David Douglas, Pazzo Velo, 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 rises 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. Dean Steen, BC Masters Assoc., 250-246-3530, 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. Mike Cooley, Boise CC / George's Cycles, 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. Neal Goldberg, 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: Baddlands Twilight

Spokane, WA. See "Race Series" for more details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 8: Hutch's Hill Climb #2

Eugene, OR. Open to all. See "Race Series" for details. Len Schwanaveldt, 541-968-3968, www.obra.org

Apr 8: Pacific Raceways #4 / Women

Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

CALENDAR

Apr 15: Hutch's Hill Climb #3
Eugene, OR. Open to all. See "Race Series" for details. Len Schwanaveldt, 541-968-3968, www.obra.org

Apr 15: Pacific Raceways #5
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

Apr 15: Tuesday PIR
Portland, OR. See "Race Series" for details. Jeff Mitchem, 503-233-3636, www.obra.org

Apr 17: Port of Hood River Criterium #3
Hood River, OR. See "Race Series" for details. Paul Blackburn, 541-387-4011, www.obra.org

Apr 17: Seward Park Criterium Series
Seattle, WA. Criterium on Thursday night. See "Race Series" for details. David Douglas, Pazzo Velo, www.pazzovelo.com

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 on rolling terrain. Start at noon. Double points. 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. Geri Bossen, 503-297-2434, www.obra.org

Apr 22: Baddlands Twilight
Spokane, WA. See "Race Series" for more details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 22: Hutch's Hill Climb #4
Eugene, OR. Open to all. See "Race Series" for details. Len Schwanaveldt, 541-968-3968, www.obra.org

Apr 22: Pacific Raceways #6 / Women
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

Apr 22: Tuesday PIR
Portland, OR. See "Race Series" for details. Jeff Mitchem, 503-233-3636, 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 A group = 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: Port of Hood River Criterium #4
Hood River, OR. See "Race Series" for details. Paul Blackburn, 541-387-4011, www.obra.org

Apr 24: Seward Park Criterium Series
Seattle, WA. Criterium on Thursday night. See "Race Series" for details. David Douglas, Pazzo Velo, www.pazzovelo.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, 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 Time Trial
Auburn, WA. 12-mile course on Green Valley Rd. near Flaming Geyser State Park outside of Auburn. Start/finish at the corner of Green Valley Rd and 218th. Registration from 7:15-8:30am. Race starts at 9:00am. Rory Muller, 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 #4, Cat 3 # 8. Dave Wamsley, www.jcityvelo.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. Geri Bossen, 503-297-2434, www.obra.org

Apr 29: Baddlands Twilight
Spokane, WA. See "Race Series" for more details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Apr 29: Hutch's Hill Climb #5
Eugene, OR. Open to all. See "Race Series" for details. Len Schwanaveldt, 541-968-3968, www.obra.org

Apr 29: Pacific Raceways #7
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

Apr 29: Tuesday PIR
Portland, OR. See "Race Series" for details. Jeff Mitchem, 503-233-3636, 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
Shawnaigan South, BC. 9km hill climb, 5-10% grade. West Shawnaigan Lake Park. Start at 1:00pm. Dean Sten, BC Masters Assoc., 250-246-3530, www.bcmasterscycling.net

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

May 4: Comox Cup Race Series #2
Cumberland, BC. Minto Rd. circuit includes Boulder Hill. See "Race Series" for details. Comox Valley Cycling Club, www.cvcc.ca

May 4: Long Beach RR, Senior State Championships
Long Beach, WA. 10.5-mi loop starting at the Longbranch Improvement Center. Course is rolling, with 1 steep 1/2-mi climb and 2 gradual 1/4 mi 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. OR Cup 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. Jim Anderson, 503-975-8229, www.racemondaynight.com

May 6, 13, 20: Baddlands Twilight
Spokane, WA. "See Race Series" for details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

May 6, 13, 20, 27: Hutch's TT
Eugene, OR. See "Race Series" for details. Len Schwanaveldt, 541-968-3968, www.obra.org

May 6, 13, 20, 27: Kids Rule at PIR
Portland, OR. See "Race Series" for details. Neil Green, 503-319-231, www.obra.org

May 6, 20: Pacific Raceways / Women
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

May 6, 13, 20, 27: Tuesday PIR
Portland, OR. See "Race Series" for details. Jeff Mitchem, 503-233-3636, www.obra.org

May 8, 15, 22, 29: Seward Park Criterium Series
Seattle, WA. Criterium on Thursday night. See "Race Series" for details. David Douglas, Pazzo Velo, www.pazzovelo.com

May 8, 15: 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 ITT - flat. Start at Aldergrove Crossing at 11:00am. Put on by the Borderline CC. Roberto Passion, BC Masters Cycling Association, 604-517-7027, www.bcmasterscycling.net

May 10: Ravensdale Cumberland Road Race
Ravensdale, WA. 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 Road Race
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, PO Box 1432, Hood River, OR, 97031. 541-980-2344, www.mthoodcyclingclassic.com

May 13, 27: Pacific Raceways
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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, BC Masters Cycling Association, 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, PO Box 6569, Ketchum, ID, 83340-6569. 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, PO Box 1991, Wenatchee, WA, 98807. 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. Larry Pommen, BC Masters Cycling Assoc., 250-652-5815, www.bcmasterscycling.net

May 20: Holt Criterium #1
Pocatello, ID. See "Race Series" for details. Idaho Cycling Enthusiasts, 208-652-3532, 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-mi loop with steep climbs and fast descents. 1.3-mi 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 24-26: Human Power Challenge '08
Portland, OR. Recumbent Bicycle Races: 1-hour road races, time trials, 200m sprint, autocross, drag races for streamliner, faired, unfaired, men, women, junior. Edna VanGundy, OHPV President, Tom Breedlove, 503-771-3778, http://ohpv.org/HPC/index.html

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. OR Cup 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. PO Box 1806, Hamilton, MT, 59840. 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. Ed Garfield, 541-840-0713, 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, 16745 NE 120th St, Redmond, WA, 98052. 425-861-1036, www.mutualofenumclaw.com/stagerace

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

ROAD TOURING

APRIL

Apr 5: Birkie Brevet
Forest Grove, OR. Start at McMenamin's Grand Lodge. 200km starts at 7:00am, finishes by 8:30pm. This brevet starts in Forest Grove and quickly heads into the Coast Range, down to Vernonia and back. Oregon Randonneurs, 503-628-7324, 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 to 4:00pm. \$20 fee includes T-shirt. Children under 14 ride free. Bill Craig, Skagit County Medic One, 360-428-3236, www.skagititems.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. Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokanebike.org

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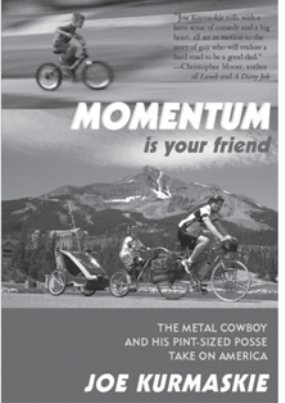
Two-County Double Metric Century Sunday May 18, 2008

Enjoy some of the most beautiful cycling in Washington. **Five different loops (20, 35, 70, 85, 126 miles = 200 Km)** to choose from, there is something for everyone.

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Tour of Walla Walla

April 18-20, 2008

\$10,000 prize list. 4 stages in 3 days for Pro-1-2 Men. Friday stage optional, but substantial prize money, for Cat 3 Men and Women Pro-1-2/3. Other categories get 3 stages in 2 days.

For More Details Visit: www.tofww.org *USCF Permit Pending*



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.randonneurs.bc.ca

Apr 12-18: VanIsle "Eau de Hell" Week
Chemainus, BC. Includes 200 (Tour of the Cowichan Valley), 300, 400 and 600km brevet. All start in Chemainus at 7:00am. Ken Bonner, 250-598-4135, www.randonneurs.bc.ca

Apr 13: Daffodil Classic **[EAW]**
Orting, WA. 33rd Annual Daffodil Classic held in the Puyallup Valley. Choice of a well-marked 40-, 62- or 102-mile loop or a flat family-friendly paved trail option of 1-30 miles. Great food! Part of the Daffodil Festival. Tacoma Wheelmen's Bicycle Club, 253-572-3415, www.thwbc.org

Apr 19: 200km Brevet
Richmond, BC. Starts at 7:00am. Manfred Kuchenmuller, 604-421-1717, www.randonneurs.bc.ca

Apr 19: Three Capes Brevet
Forest Grove, OR. 300km ACP sanction. Starts at McMenamin's Grand Lodge. Marcello Napolitano, 503-628-7324, www.orrandonneurs.org/

Apr 20: Cherry of a Bike Ride
The Dalles, OR. Fully supported bike ride 30, 48, 60, 80 or 100 miles with spectacular gorge view. Meander through the blossoming cherry orchards and wheat fields of rural Wasco County. Courses open from 6:00am-5:30pm. Wendy Palmer, 541-296-6004, www.stmaryscademythedalles.org

Apr 20-May 3: Tunisia: Historic North Tunisia. Traverse the diverse cultures, fascinating lifestyles & beautiful landscapes of the coastal and Sahara zones of Tunisia. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Apr 23: Pre-Season Century
Bend, OR. 100-mile ride from Bend to Pineville and back. One long climb, and many small ones, 2 food stops. Entry fee includes maps, mechanical support, and energy food and drink. Come prepared for any type of weather. Leaves from Hutch's Bicycles in Bend - 820 NE 3rd St at 9:00am. Fee: \$10. Hutch's Bicycles, 541-382-6248, www.hutchsbicycles.com

Apr 24-28: Northwest Crank
Wenatchee, WA. 5 days of riding (50 to 125 miles) in the Wenatchee-Chelan-Plain area. Great to build your spring mileage. Ride options each day. Some support. Includes presentation and other events. Begins in East Wenatchee. Mark Thomas, www.northwestcrank.com

Apr 25-27: International Discovery Walk Festival Rides **[EAW]**
Vancouver, WA. 25- or 50km trail around western Vancouver. Start 9:00am to 1:00pm. Some rental bikes available. Registration at Hilton Hotel between 9:00am-12:00pm. Walking and swimming activities. Romana Paynter, Int'l Walk Fest, 877-269-2009, www.discoverywalk.org

Apr 26: 200km Signs of Spring
Peace Region, BC. Randonneur brevet event. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Apr 26: 200km Southern Interior
Kamloops, BC. Randonneur event. Starts at 7:00am and goes to Merritt. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

Apr 26: Alefest Bike Ride
Lake Wenatchee, WA. Choose a 25-, 50- or 75-mile ride. Starts at Lake Wenatchee Recreation Club and travels towards Trinity and back for the 25, add a loop to Napeequa Campground for the 50 and ride along the White River and Little Wenatchee River roads to complete the 75. Platypus Sports, 509-662-2066, www.alefestbikeride.com

Apr 26: Hills Are Alive
Victoria, BC. Starts in Victoria West, 6:00am. Route: Victoria, Duncan, Sooke. 300km brevet. Brenda Fidler, BC Randonneurs, 250-479-8858, www.randonneurs.bc.ca

Apr 26: Tour de Lopez
Lopez Island, WA. Make this a weekend getaway! 10-, 17- & 31-mile routes through the scenic landscape of Lopez. Check-in from 9:30-11:00am at Odlin County Park, ends at Village Park. Lunch from 1:00-3:00pm. Usually sells out. LI Chamber of Commerce, 360-468-4664, www.lopezisland.com

Apr 27-May 2: Bryce-Zion Bike
St. George, UT. Ride through a panorama of sparkling sunny skies, red rock sculptures, immense canyons and aspen forests. All levels. Also available: May 4, 11, 18, 25; June 1, 8, 15; Sept. 7, 14, 21, 28; Oct. 5, 12, 19. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Apr 27: Lilac Century Surprise **[EAW]**
Spokane, WA. 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 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

[EAW]
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. 24-hr team brevet. Destination McMenamin's Grand Lodge in Forest Grove, OR. 3-5 members per team. 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 Laidlow, 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, 360-629-6415, http://stanwoodvelosport.com

May 3: Ghost Town Century
Tooele, UT. Ride through some of Utah's historical ghost towns of yesteryear. Mostly flat with some rolling hills, little traffic. Awesome mountain views. Bike 2 Bike, 801-677-0134, www.bike2bike.org

May 3: RACC - Ride Around Clark County **[EAW]**
Vancouver, WA. 25th edition. Four (18-, 34-, 65- & 100-mile options) beautiful and challenging rides through scenic Clark County. Scott Martin, Vancouver Bicycle Club, 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.bicyleadventures.com

May 4: May Day Metric **[EAW]**
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. 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 **[EAW]**
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. Port Townsend Bicycle Association, 360-379-2796, www.pbikes.org

May 10: 300km Brevet
tbc, BC. Starts at 6:00am. Deirdre Arcsott, BC Randonneurs, 604-222-3587, www.randonneurs.bc.ca

May 10: Group Health Inland Empire Century **[EAW]**
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 Itner, 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 **[EAW]**
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. Portion of profits 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.bicyleadventures.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. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.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. Magnificent country, pristine air & unbelievable views & vistas. Bike 2 Bike, 801-677-0134, www.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 is provided after riders return. Benefits the Treasure Valley Chapter of the National Federation of the Blind of Idaho. Ramona Walhof, Nat'l Federation for the Blind, 208-343-1377, www.tvblindidaho.org

May 17: Group Health Yakima Ridges Century
Yakima, WA. Start and Finish at Fred Meyer (take 40th Ave. exit off Hwy 12) Central Washington's premiere bicycle ride featuring a choice of four scenic routes: 25, 50, 70 or 100 miles! \$40 day of registration. Apple Valley Kiwanis, 509-972-8803, www.desertvalley.com/rides

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 **[EAW]**
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. Starts at Marymoor Park. New scenic and challenging route takes riders up to Everett and Snohomish! Free food, music, beer garden & more. American Diabetes Assoc. of WA, 888-342-2383 x 7203, www.diabetes.org/tour

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 routes. Rolling. Willard Chilcott, Santa Fe Century Committee, 505-982-1282, santafecentury.com

May 18: Two County Double Metric Century **[EAW]**
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, Boisford, Curtis and Litterlock. Blaine Wheeler, Capital Bicycle Club, 360-480-7356, www.capitalbicycleclub.org

May 21: Ride of Silence
Various, OR and 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. www.rideofsilence.org/main.php

May 23-26: Century Ride of the Centuries (CROC)
Pendleton, OR. 3 days fully supported riding in rolling wheat country and Blue Mountain foothills, including Tribal cultural experiences and overnight at a guest ranch. Herb Biffing, Pendleton on Wheels Bike Club, 541-276-6312, www.cyclependleton.com

May 23-26: Okanagan BC Wine Bicycle Tour
Okanagan Falls, BC. Fully supported bike and wine tour. Fee includes 3 nights lodging, 7 meals, guides, support vehicle. Spokane Parks and Recreation, 509-625-6246, www.spokane parks.org

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 **[EAW]**
Prosser, WA. 10-, 20- 50-mile rides, wine tasting, BBQ and silent auction. The Dash raises funds for at-risk youth. Visit this beautiful wine region. 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, 253-265-3181, www.makethedashcount.com

May 24: St. Anthony Sand Dunes 200km Brevet
Driggs, ID. Travels along acres of "moving" white sand dunes. This brevet 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.bicyleadventures.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 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 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. KITH Care!, 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. Richard Blair, 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, 250-388-5365, 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 1: 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

TRACK

May 1, 8, 15, 22, 29: Alpenrose Thursday
Portland, OR. See "Race Series" for details. Mike Murray, OBRA, 503-661-5874, www.obra.org

May 2, 9, 16, 23, 30: Fast Twitch Fridays
Portland, OR. See "Race Series" for details. Jen Featheringill, 503-227-4439, 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. Warmup at 9:00am, racing starts at 10:00am. Events include: paced pits, 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. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

May 14, 21, 28: Wednesday Night Racing
Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

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Wednesdays with Maynard*

BY BRENDAN LEONARD

*My friend Maynard is not dying of ALS or anything else, and I am no Mitch Albom. Maynard is, however, a guy who's been doing exactly what he wants for almost as long as I've been alive. And when we get together for coffee, it's usually on Wednesdays.

I wrote this piece about him—then, breaking a cardinal rule of traditional journalism, e-mailed him the draft so he could edit it. His comments appear in [bold] text.

I was talking with my friend Nick the other day about how I had to lend a friend my air mattress. I'm almost 30, I said. I have a couple of college degrees, and I don't have a guest bedroom in my home. I like that; makes me feel like I'm not materialistic. I'd rather spend my money on climbing gear than on a fancy apartment. Got an air mattress, though, for guests. A \$20 Coleman air mattress.

Who was borrowing the air mattress? My friend Maynard. Famous cycling writer Maynard Hershon. Maynard's 65, been a cycling (and motorcycling) writer for years and years, and he doesn't have a guest bedroom. Published two books and hundreds of articles? Yep. Knows Lance Armstrong? Yep. Air mattress? Nope. Buying an air mattress? Nope. Borrowing mine. I'm getting two free cups of coffee out of the deal, though. And half of his chocolate chip cookie. [I wouldn't count on that half cookie, Brendan...]

Maynard was 41 years old and working at Sunshine Bikes in Fairfax, California in 1983, when the editor of *California Bicyclist* called and said he needed someone to write about racing for his magazine. Maynard was a 41-year old junior, working toward a degree in English

Writing from Dominican College in nearby San Rafael. He had sold a couple of articles, no big deal, and a friend had recommended him to *California Bicyclist*.

[Remarkably, the above detail is the only inaccuracy in this piece. The *California Bicyclist* editor called Sunshine Bikes because he knew the store dealt in high-end, racing-style road bikes. He got me. Cal Bicyclist and I were not a marriage made in heaven but luckily....

My friend Owen Mulholland recommended me to the two guys in Pennsylvania who'd just started a terrific, groundbreaking magazine called *Winning* (Bicycle Racing Illustrated). They called me. I sent them a trial article; they said they wanted something somewhat different.

I sent them a second article and presto: I was the only guy writing in an English-language cycling magazine who had a monthly page that he could fill however he saw fit. I was no longer just a local bike rider. I was the guy in the back of *Winning*.]

After reading car, bicycle and motorcycle magazines his whole life, jealous of the editorial staffs, dreaming about being a writer, the call from *California Bicyclist* was the opportunity of a lifetime. What did he do? He slept on it. For three weeks.

"We're all so busy being preoccupied, being bored, being unsatisfied. When the knock comes at the door, on the other side might be somebody who wants to say, 'You know, I'm gonna change your life forever and make it really nice,'" Maynard says. "We haven't got time to go to the door and recognize our benefactor. We've got so much noise in our heads we don't

recognize something good's going to happen.

"All I ever wanted to be in this life was an enthusiast journalist," he says. "That guy called me up and said, 'Hey, we need somebody to write about bicycle racing,' and I didn't call him back."

For three weeks, Maynard?

"Ohh, yeah. What a dumb sh*t."

But then, things took off. Soon, he had a monthly column on the last text page in *Winning* magazine, for what would end up being an 11-year stint with the publication. After the 11 years, Boulder-based *VeloNews* offered him enough money to lure him away from *Winning*—to do the same sort of column for them.

He published articles in *California Bicyclist*, *Bicycle Paper*, the *Rivendell Reader*, *Motorcycle Sport and Leisure*, *CityBike*, and wrote for various cycling catalogs including Fuji, Serotta, LeMond, Reynolds, Pedro's and Bike Friday. He published two books (of collected stories), *Half-Wheel Hell* and *Tales from the Bike Shop*.

He worked at big-name bike races, driving support motorcycles and collecting ideas for columns. He met his heroes: Valentino Campagnolo, Rebecca Twigg, Felice Gimondi, Lance Armstrong, Gino Bartali, Eddy Merckx, Beryl Burton and a host of others.

"You know that song where he says 'I've been to Maine, I've been to Spain and to Cali-for-ni-o'?" Maynard asks. "Well, I've been to Trek, to Bianchi and several other factories in Italy. I've been to a couple in England. I've visited American builders. I've been to the holy places.



I've been to the Madonna del Ghissalo in Italy, the cyclists' shrine."

"I don't want to say, 'Been there, done that,' but the fact is, I went for it," Maynard says. "After a period of kind of fear, I did what I wanted to do all my life and tried to become an enthusiast journalist. And it changed my life almost from the beginning."

Or, as he once wrote: "You'd like to travel the world, hang out with your heroes and tell hotties in

cafés you're a writer. I do it. You can do it. It's easy." [Tamar is the only hottie I talk with in cafés these days.]

[It IS easy but it ISN'T lucrative. If you have financial needs - a big school loan or a mate who'd like to have nice things in the house or in the garage... If you yearn for a middle-class lifestyle, it isn't just difficult, it's probably nearly impossible.]

Maynard and his girlfriend Tamar live 12 blocks from my wife and me, in Denver's Capitol Hill neighborhood. Maynard and I both use bikes to get around. The way I see it, pretty much everything I need is within a 2.5-mile radius of my apartment (most of it is within a 1.2-mile radius), and getting anywhere within that distance in the city is either:

- A long walk;
- A short, frustrating drive; or
- A nice bike ride.

Read the second half of Brendan Leonard's interview with Maynard Hershon in next month's *Bicycle Paper*.

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