

# BICYCLEPAPER

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37 YEARS AS THE NORTHWEST CYCLING AUTHORITY

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Started 11 years ago by Sam Scorda, the North Shore Mountain Bike League provides high school-aged kids an opportunity to compete against their peers and learn from some of the best racers in the sport.

## To Foster and Build a Mountain Bike Community

By JOE SALES

I keep hearing about great cycling-related stories that are taking place on the North Shore. A couple of days ago, I had a chance to catch up with Wendy Hebbourn and learn more about the North Shore Mountain Bike League (NSMBL). A hugely successful and inspiring program, it includes mentorship, stewardship and friendship—all centered around creating the opportunity for high school-aged kids to ride and race mountain bikes with their peers.

Hebbourn teaches senior English at Argyle Secondary, and for the past four years she has been volunteering as her school's mountain bike coach, as well as being the chief organizer of this flourishing cross-country league that draws over 170 kids to each of the six events in this annual series.

Sam Scorda started the league almost a dozen years ago, when his then high school-aged son wanted a place to train and compete. Born out of this simple need, the racing program is now prospering. In its 11th full season, it stands as a shining example of the great things that can happen when the right people get involved and commit to creating opportunity.

Each leg of the series is hosted and organized by a couple of the 15 schools involved. They all take turns helping with the various tasks required to make the event happen, including setting up the courses and cleaning up afterward. The races are held on short loops so that their overall lengths can easily be tailored to the different age brackets and endurance levels of the young participants. Hebbourn tells me they try to make each course as close to the spirit of cross-country racing as possible by including technical rooty and rocky sections.

Set in mountain bike haven, riders with a broad range of skills and experience are attracted to the program, including the provincial team members and the

absolute beginners. Hebbourn also mentions that kids show up with just about every type of bike imaginable. For those who have sunk their allowance and summer job money into slope-style bikes, or simply those that have portly bikes, the league offers a heavy bike division. This allows everyone with bikes weighing more than 35 pounds to compete against each other in their own points category and encourages the gravity inspired children to give cross-county racing a try.

As part of the program Hebbourn is able to draw upon the huge amount of local mountain bike talent and invite mentors such as Olympian Andreas Hestler, former national team member Bruce Spicer and local trail builder Jay Hoots to come out and meet with the young racers and share their knowledge and love of the sport. The kids get a chance to learn about bike repair and upkeep, training, riding skills, and trail etiquette from racers who can be counted as among the very best in our sport. What's more, the kids even volunteer on the weekends to help out with the hard trail building and trail maintenance work.

The best part about NSMBL: there is a strict "no cut" policy. The racing is all-inclusive and there are no tryouts. Every youth in the catchment area (West Vancouver, North Vancouver, Squamish and Sunshine Coast) that attends high school and wishes to race gets to participate. The huge numbers of kids showing up to compete in the series attests to the success of this all-inclusive policy.

For those who don't attend one of the schools that make up the North Shore Mountain Bike League, there is still an opportunity to race against their peers. The British Columbia High School Championships, which is open to all high school-aged racers in BC, returns to

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### Legislation

## Bicycle Legislation Seeks to Raise Awareness and Increase Safety

By JOEL CAMERON

Spend enough time riding a bike and you're bound to have some close calls with the motor-powered set. While a car whipping past your ear can be exhilarating, it is seldom, if ever, fun. With the number of vehicles on the road these days, it can be a dangerous place out there for those who choose to pedal. Even so, the plea that drivers share the road with the ped-powered crowd can frequently fall on deaf ears, especially when it comes to motorists who fail to recognize that bike riders enjoy all the same rights and privileges that operators of gas-burning vehicles do, but without the protection that a modern automobile affords. Unfortunately, it seems that all too often human-powered highway users are seen by drivers as distractions or obstacles to merely be avoided and, therefore, unsafe passing and a general disregard for bicyclists' right

to safely use the public roadway are all too common.

In the most recent legislative session, several important bills were proposed that seek to address this issue of highway safety. One of these pieces of legislation is Washington House Bill 2732. This bill, which failed to pass, was sponsored by State Representative Christine Rolfe (D-WA) and would require that motorists pass bicyclists and pedestrians at a safe distance of "no less than three feet." Currently, the law pertaining to passing someone on the shoulder of the road specifies that a driver shall do so in such a way as to "avoid coming into contact" with the walker or biker. Obviously this current law leaves much to interpretation and can lead to dangerous or tragic situations, as

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### Health

## Improve Your Strength to Weight Ratio and Ride Faster

By EMILY EDISON, SPORTS DIETITIAN

You've taken your bike in for its spring tune-up, now it is time to hop on board for a nutrition checkup. Improving your body's strength to weight ratio can help you post quicker ride times without spending hundreds of dollars on lighter, top of the line performance bike parts. Preserving lean muscle, a prime component in creating more force, will help your body go faster. A higher lean muscle to fat tissue percentage can enhance performance by reducing the "baggage" you carry up the hills. Achieving a healthy ratio is paramount to successful cycling and attaining overall health. Here are five things you can do this spring to improve your strength to weight ratio, and at the same time your health.

### Eat frequently throughout the day

Eating every three to four hours does wonders for your metabolism, as it lets you burn more calories at rest and allows your body to conserve

some of its carbohydrate (carbs) stores for your workout by burning fat for fuel. At each consumption interval combine your carbs with both protein and a splash of healthy fat. Doing this will insure stable blood sugar levels and keep you from getting that starved "I want to eat the door off the fridge" feeling.

### Never skip breakfast!

Your mother told you this over and over, and the truth is, she was right! The path to fueling success starts early and happens often. Keep it simple by pre-making breakfast burritos (heat in microwave) or yogurt and granola parfaits. Big batches of thick, cut rolled oats also work well. When made in advance and stored in the fridge, it provides a few days worth of morning meals. Great races have been won by eating leftovers. It doesn't have to be eggs and toast to be "breakfast."

SEE "HEALTH" ON PAGE 4

## Bike to Work Day and Month

By CLAIRE BONIN

If global warming, CO<sub>2</sub> emissions and the size of the carbon footprint you leave behind are not enough to get you on a bike, maybe the high price of gas could be an incentive in getting you, your friends and your co-workers into developing healthier habits, such as bike commuting. Or you may simply need something special to get you going with a bang. The month of May can offer you exactly that—nicer weather and the Bike to Work Challenge. Many cities around the Northwest are planning activities to celebrate the occasion; below you will find a brief overview. Can't find anything close to your location? Give your local bike shop a call; they will be able to point you in the right direction.

Portland, Oregon is hosting its annual Bike to Work Day Breakfast on May 7, between 7 a.m. and 9:30 a.m. All cyclists are invited to gather at the Pioneer Courthouse Square (corner of SW Broadway and Yamhill) for this social event. A complimentary breakfast will be served; maps and other cycling resources will be available for grab.

In Washington, Cascade Bicycle Club will be counting cyclists on May 16. New and experienced bike commuters are invited to stop by any of the 40 bike stations located throughout the region. Riders can enter drawings, pick up some information and snacks and get their bikes checked at select stations.

Other celebratory activities in the Seattle area include the Bike to Work Breakfast on May 7, the Bike to School Day on May 16, and the Commuter Challenge, which lasts the entire month. For more details on these events go to [cascade.org](http://cascade.org).

The city of Tacoma has a full calendar of activities prepared for the occasion, including multiple REI maintenance clinics, kids safety fair, movie presentations, the Bike to Work week, commuter contest and the Ride of Silence on May 21. The month comes to a close with the Saturday Tacoma Wheelmen's Big

Wheel Ride. For more information visit [www.cityoftacoma.org](http://www.cityoftacoma.org).

Snohomish County also has a lot to offer to commuters this month. The kick-off event on May 1 takes place between 3 p.m. and 6 p.m. at Community Transit in Everett. Many classes, from bike maintenance to urban cycling skills and Commuter 101, are aimed at providing new riders with opportunities to develop their confidence and riding abilities. Bike to School runs from May 1–30, while the adults are invited to challenge their habits and start riding to work between May 12 and June 15. Teaming up with co-workers, neighbors and friends, each group sets its own goal to give "healthy commuting a try." To register a team, go to [www.commtrans.org](http://www.commtrans.org). If you can't find teammates give Kristin Kinnamon a call at 425-348-2369.

Spokane will launch its first Bike to Work week on May 12. The celebration officially starts with a breakfast in company of local politicians at Riverfront Park. Bike to School Day is scheduled for May 14, and the week wraps up on May 16 with a prize drawing. Clinics and workshops will be taking place throughout the week and in the days preceding the kick-off event. The first 300 participants to register for the challenge receive a souvenir t-shirt. Ride leaders are still needed to help support those that are new to bike commuting. For more information, or to volunteer your services, visit [www.biketoworkspokane.org](http://www.biketoworkspokane.org).

Intercity Transit invites all Thurston County residents to sign up for the 21st annual Bicycle Commuter Contest (BCC), which runs all month. Register, report your mileage, get a free bike tune-up and enjoy some fresh air. For more details, check out <http://thurstonbcc.blogspot.com>.

During this month, discover the health benefits of cycling to work or to run errands, gain some "me" time and reduce your visits to the gas pump. Give it a month and see what it does for you.

fundamentals including rules and how to's. Participants will get some outdoor practical experience in simulated races, paceline and group riding skills exercises, and pointers on how to take corners in criteriums.

Held rain or shine, the class runs roughly one hour indoors and three hours outdoors. Dress warmly as these are not hard workouts; the focus is on controlled and correct techniques.

For more information: [www.cycleu.com](http://www.cycleu.com).

## National Quik-Stik Tire Changing Contest—Are You the Fastest?

The last crowning of a World Champion in this category happened almost 25 years ago. Ron Patterson of Pat's 605 Cyclery in Downy, Calif. was the speediest tire changer in the land last time. The day has come to see who the new king of Quik-Stiking might be.

The challengers are lining up, including Ron's son Rick. His 45-second performance can be seen on [YouTube.com](http://YouTube.com), along with other entries. An easy way to see this first effort and learn all about how to enter the competition is to go to [CaliforniaBikeGear.com](http://CaliforniaBikeGear.com).

No one has contacted the Guinness World Records folks yet to see if they will make things official, but California Bike Gear will choose one winner to bring to Interbike 2008 in Las Vegas to challenge all comers there. The winner will receive two round trip tickets and four days, three nights accommodations for two.

Bike shops interested in sponsoring an event can get all the rules and details on the website [CaliforniaBikeGear.com](http://CaliforniaBikeGear.com).

## Reed Wins Women's Keirin World Championships

COURTESY USA CYCLING

Jennie Reed (Kirkland, Wash.) gave the United States its first world title in the women's keirin on March 30 to close out the 2008 UCI Track Cycling World Championships. After winning the bronze medal in the sprint a day earlier, Reed clinched the third medal of the weekend for the U.S. when she sprinted to victory against her five challengers in the keirin final.

After winning her opening round heat and placing second in round two, Reed advanced to an all-star final, which included two-time world champion Clara Sanchez (FRA), 2006 world champion Christin Mueche (GER), defending world champion and Saturday's sprint winner Victoria Pendleton (GBR), Simona Krupeckaite (LTU) and Anna Blyth (AUS). On the final lap, Reed managed to advance from her mid-pack position late in the race and surged past Pendleton shortly before the finish line to claim the non-Olympic discipline's highest honor.

"I'm so happy, I've been waiting for this title for so many years," said Reed



Jennie Reed

after her victory. "This is my first world championship of my career and I got a sprint medal too, so I'm elated."

Reed's performance on Sunday netted her second career world championship keirin medal. In 2004, she claimed the bronze medal in Melbourne, Australia.

With the 2007–08 international track cycling season now complete, Reed will set her sights on preparing for the Beijing Games, where she will likely compete in the sprint.

## Northwesterners Put the Brakes on Gas Consumption

According to a new report by Seattle-based Sightline Institute, residents of Washington, Oregon and Idaho have cut back on per capita gasoline consumption by 11 percent from 1999 to 2007, or nearly a gallon a week on average.

The report, "Braking News," is an analysis of new gasoline consumption data from 2007. It reports that per-person gas consumption in the region has declined in seven of the last eight years, with a parallel decline in climate-warming CO<sub>2</sub> emissions per capita. In fact, the Northwest's gasoline use per person is at its lowest level since 1966. Moreover, the Northwest states are outpacing the nation in gasoline reductions. Ten years ago, Northwesterners

consumed more gasoline per person than the national average; as of 2007, they consumed about 9 percent less.

The news isn't all good. Northwesterners' gasoline use is still nearly twice as high as the global average for high-income nations. And population growth has almost exactly offset the decline in per capita gas consumption—meaning that total gasoline consumption and related greenhouse gas emissions in the region have remained roughly flat since 1999.

Sightline Institute, Cascadia's think tank on sustainability, tracks key trends critical to the region's future. To download the full report go to [www.sightline.org](http://www.sightline.org).

## Racing Clinic for Women

Cycle University is holding a Women's Racing Fundamentals Clinic in Seattle on May 25 from 9 a.m. to 1 p.m. at their campus in Magnuson Park.

These classes give seven points for women towards a Cat 3 upgrade. The focus is on learning to race safely and skillfully in a pack.

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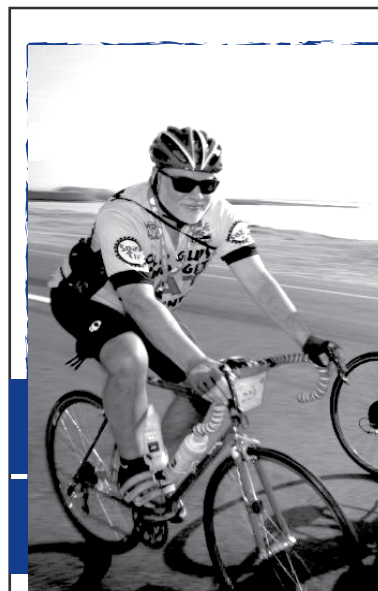
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Stylish Tour de Cure jersey. Courtesy of Karen Smaalders.



Calendar Powered by  
**Gutenberg**  
Publishing System

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

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Phone: 206-903-1333 and Fax: 206-903-8565  
Toll Free: 1-888-836-5720

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# Is the Grass Always Greener?

By DAN TOWLE, R+E CYCLES

Over the last eight to 10 years, several new midsize custom bicycle companies have sprung up around the country. They build various types of high quality road bikes from steel, aluminum, carbon fiber or titanium. These companies get a lot of attention because they are new. The bicycles that they build are priced from \$3,000 to \$10,000+.

While this is a new and exciting phenomenon to the rest of the country, we here in the Northwest have known for a long time the benefits of a hand-built custom frame. You see, the history of hand-built bikes here in the Northwest goes back a lot more than just eight to 10 years. Several builders have been around Washington and Oregon for over 25 years. The experience level of builders in Seattle alone is unmatched anywhere in the country.

While I think it's a great thing that the bicycle industry magazines, and the rest of the country, are just discovering how great a hand-built bike made in the USA can be, I think that there are some incredible benefits that we who live in the Northwest enjoy. Below is a story contrasting two typical experiences of two different bike buyers, Jack and Jill.

Jill visited a website and downloaded a form to order a bike.

Jack visited the facility in person and met with the designer.

Jill carefully followed the provided instructions, measured herself and filled in the numbers on the form.

Jack worked with a professional fitter for over an hour, and even got to ride a fully adjustable stationary bike set up just like his new bike would be.

Jill communicated her preferences and concerns in a series of emails and phone calls to someone in another state.

Jack sat with his professional fitter, had a cup of coffee and went over all of the details of his new dream ride.

Jill waited patiently for her new bike to be built.

Jack took a tour of the frame shop to see bikes being made, and even met the frame builder in person. He visited several times over the next few weeks and saw his new bike in progress.

Jill selected colors from a chart and checked the appropriate boxes on the form.

Jack met with the painter and designed his own custom paint job.

Jill selected parts from a list of the newest equipment and checked the appropriate boxes on the form.

Jack worked with experienced professionals to select parts groups, and then test-rode bikes



Like Crumbine and Spangenthal did, visit with your frame builder when ordering a custom bike, and you'll get more than just a splendid ride.

with those parts to decide what he wanted.

Jill received her new bike in the mail and assembled it from the box.

Jack picked up his new bike at the shop that built it. He worked closely with the designer to fine-tune the seat and handlebar adjustments, and picked up some last-minute accessories.

Jill had some concerns about her new bike, so she fired off some emails.

Jack had some concerns about his new bike, so he visited the shop again, and got it all straightened out while he waited.

After a few months Jill needed some small adjustments on her new bike, so she took it to her local bike shop. Everyone "ooohed" and "aaahed," but they still charged her full price for the service.

Jack took his bike to the shop that built it for him, and was surprised to see that they all recognized the bike and him! The minor adjustments were made at no charge.

Jack and Jill both got great bikes, but Jack got something more. He took advantage of the fact that he lives right here in the Northwest, and built a great relationship that can only come with personalized service.

While you'll get a great bike either way, if you're going to buy a hand-made bike and you live here in the Northwest, why not enjoy the benefits that are right in front of you? The resources are all here, the history is here, the talent is certainly here and the prices are even lower when you buy directly from the builder, as opposed to going through a third party.

So, is the grass always greener somewhere else? Only if you don't live in the Northwest.

See you on the road.

Dan Towle, R+E Cycles - home of Rodriguez Hand-Built Bicycles

## "MTB COMMUNITY" FROM PAGE 1

Squamish on May 24. Registration opens in May and details can be found on the North Shore League's website at [www.nsmbl.org](http://www.nsmbl.org). In 2007, a mind boggling 350 young competitors took part in the championships, and this year's event promises to be just as successful.

A big community-wide thanks should go out to Hebbourn and all the other teachers that tirelessly volunteer their time to the North Shore League, as well as those organizing the

BC High School Championships. The work they are doing really gets to the heart of the sport's greatest need: to continue to foster and build a healthy off-road community.

Already the example set by the NSMBL has inspired similar organizations in other BC school districts and as far as Northern California. Let's hope that the commitment to growing our sport is contagious and spreads throughout not only the province, but the continent. Having

a high school kid of your own is not a requirement for volunteering; feel free to help foster a league in your area.

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.

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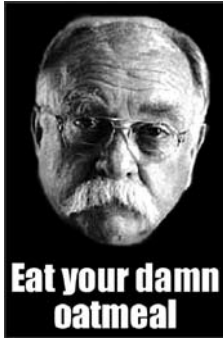
"HEALTH" FROM PAGE 1

**"Bookend" your workouts with carbs and proteins**

Consuming food before and after each workout will allow you to maintain hard-earned muscles. If you are under-fueled when training, you will utilize more protein for energy purposes and lose, rather than gain, strength. Eating immediately post-exercise allows your body to take advantage of the enzymes that are present and ready to work to help you recover. Recent research suggests carbs plus proteins, taken both before and after a workout, will enhance muscle growth and development. Chocolate

milk and yogurt drinks are a great pre/post training snack. Bars and turkey sandwiches work well, too!

**Reduce overall body fat (if necessary)**



Before you decide to cut back, get your body composition tested by a reliable professional as a baseline. Once you determine reducing fat is healthy, the bottom line is dropping overall calories without sacrificing performance. Try cutting out the "C" words: candy, cake, cookies, Coke, and foods that are crispy and creamy. Cauliflower, cherries and dark chocolate are exceptions to the "C" rule. Also, eat more during

the day (big breakfast) and less at night (small dinner), unless most of your activity is in the evening. Don't forget to drink lots of water!

**Don't take the weekend off!**

Although tempting, don't forget to keep your nutritional goals in mind when you are out and about on the weekend. Even one day of chicken wings and ranch (read: crispy and creamy) can affect your performance and your strength to weight ratio. Treat yourself from time to time with your favorite splurge foods when you are hungry and really want them, but remember to keep them in moderation.

Fueling for long rides may require a little more preparation, as you will need more food. Pack some to go, bring more than you think is needed to maintain energy levels and spare

muscle tissue. Keep it simple. Make a plan and stick to it!

*Want to learn more about fueling to be fast? Sports dietitian Emily Edison will help customize a plan to meet your fueling needs and help you perform better than the rest! Check her out at [www.momentum4health.com](http://www.momentum4health.com), or call 206-696-4386.*

*Text reviewed by Erik Moen. 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](http://www.bikept.com).*

FEATURE

**Some Riders Are Weighed Down By The SR Factor**

BY GORDON BLACK

One of the great things about my job working for a bicycle advocacy organization is that I get to meet lots of people—bike riders of all kinds, politicians, members of the public. My job doesn't involve wearing a sign inviting people to unburden themselves, but it seems to happen anyway. Sometimes the conversation goes like this: "I was driving home the other day when this guy on a bike shot through the intersection against a red light." Or, "How come bicyclists sneak up the inside when there is a line of cars waiting at an intersection? I nearly hit someone who just appeared where I didn't expect him to appear."

Now, while I won't proclaim myself a model citizen, I'm a reasonable fellow. I separate my recycling, compost my veggies, pick up trailside litter, bring sacks to the grocery store, pet dogs whose tails are wagging and follow 99 percent of traffic laws when I'm driving or riding. (Mea culpa—there is one uphill stop on my commute route that I slow for but don't come to a complete halt at.)

Since I can't in good conscience pressure politicians to better accommodate bicycling and spend more money on bike facilities without demonstrating good riding behavior myself, I've become a close observer of other riders' road etiquette. Here's what I have noticed: many of you stink. Not all of you, but more of

you than should statistically be the case. You run stop signs, fail to signal, ride the wrong way on one-way streets, show discourtesy to pedestrians, jump ride lights and a host of other inappropriate road behavior. Don't get me wrong, I'm no apologist for the motoring public. Many drivers are lousy—drive too fast, too aggressively, too distracted and sometimes drunk.

But just because there is a universe of bad drivers out there doesn't make it right for you to flout the rules of the road when you are riding your bike either. A case in point: I was driving a car and about to turn right on a rainy, dark morning. I was being careful to look for pedestrians even though I was turning onto a state highway and there are few walkers crossing the road there. As I was preparing to turn, a bicyclist who had run the light that had changed to red came barreling through the intersection. He was headed for the ferry to Seattle. I caught up with him on the ferry and mentioned that he might be wise to not run a light, especially on a dark and wet morning with low visibility. His response: "Wanted to make that ferry."

He was clearly irritated by my suggestion that it would be safer to wait (he had plenty of time to catch the ferry) and then became somewhat sarcastic. In other words, he didn't like having the truth pointed out. He behaved extremely foolishly and, had another driver not been as careful, there is a good chance he would

have been hit. The brief exchange got me thinking about what I call the SR Factor: the self-righteousness of riders. Here's a quick quiz to test your own SR Factor.

Which of the following statements best represents your view of the world?

- The internal combustion engine is ruining the planet. Cars are stinky. Bikes are great and ...
- A. Traffic laws are for car drivers.
- B. Traffic laws can be interpreted flexibly when on a bike.
- C. Traffic laws are to be obeyed by all road users.
- D. What traffic laws?

Yeah, yeah, we're rebels bucking the invasiveness of cars, raising a finger to convention and saving the planet, too. We're healthy (drivers are not); we're slender (drivers are fat); we're active (drivers are lazy); we're cool (drivers are not); we are **The Answer** (drivers are not).

It may come as a shock to some bike riders, but there are some members of the public that don't quite have the same view of the world as they do. In a tone of reasonableness, let me offer some advice to those with high SR Factor—advice, incidentally, that I happily dispense to my teenaged daughter: get over yourself.

Members of the public don't see self-styled saviors of the planet tooling a single-speed



**Follow the rules of the road and stop at red lights; it's safer for all.**

through streets clogged with the spawn of Big Oil and Detroit. They see scoff-laws with an attitude problem.

State laws in almost every part of the union give bicyclists the same legal rights as drivers of motor vehicles. There's not a cyclist

in the Northwest who doesn't want car drivers to follow the laws of the highway—pass bicyclists safely, signal turns, scan for bike riders when making left turns, observe cross-walks, drive the speed limit, etc. Is it then not reasonable that bicyclists also follow the rules that we want those behind the wheel to obey?

It's never too late to hone your skills as a model rider of road etiquette. Most car drivers who also bike are better drivers because they have a heightened sense of what it is like to be a bicyclist. All of those who ride should also put ourselves metaphorically in the driving seat and see the world also from that point of view. We all have to share the road together—it would be good to get along better.

[The correct response to the quiz question is C.]

*Gordon Black is executive director of the Bicycle Alliance of Washington. Visit their website at [www.bicyclealliance.org](http://www.bicyclealliance.org).*

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"LEGISLATION" FROM PAGE 1

merely attempting to avoid contact with one's non-motorized neighbor too often results in risky passing and fatal miscalculations.

According to the National Highway Traffic Safety Administration, 773 cyclist died in 2006 while another 44,000 were injured in traffic crashes. The Pedestrian and Bicycle Information Center, an organization funded

by the US Department of Transportation, reported 750 cycling fatalities and 51,000 bicycle injuries resulting from traffic collisions in the United States in 1999. Of these crashes, the most frequent cause (12.1 percent of all crashes) involved motorists and bicyclists that were traveling on parallel paths, with the driver turning or merging into the path of the rider. House Bill 2732 sought to address this exact issue by mandating a buffer that would lessen the frequently

injurious effects of mistakes in judgment or unforeseen circumstances. However, according to Rolfes, the Washington State Patrol testified against the proposal, arguing that a law of this sort would be hard to enforce because it would be nearly impossible to tell whether a driver was within three feet of a cyclist. Also opposing the bill were trucking representatives who, according to an article by Kristen Kinnamon on the Bicycle Alliance of Washington website, believe passage of this legislation would require them to travel unsafely across the yellow line. The fact that there is already a law on the books, which

states that a vehicle may cross the yellow line to pass, provided it does so safely and yields to oncoming traffic, was not addressed. This bill remains in the Washington House Transportation Committee for further review.

Another piece of legislation that sought to address the issue of public safety in the roadway

was Oregon House Bill 3020. Representative Jerry Krummel (R-OR) sponsored this bill at the request of Mary O'Donnel and Lorna Kautzky, both widows of bicyclists—Tim O'Donnel and Eric Kautzky, respectively—killed in motor-vehicle related accidents. It directs the Department of Transportation to, upon application by an immediate family member, erect and maintain roadside memorial signs for pedestrians or bicyclists killed as a result of a motor vehicle accident.

The signs would also help to raise awareness of bicycling in the public roadway. According to an email from Krummel, "There were enough votes in the Senate committee and on the floor to pass the bill, but it was never scheduled for a vote." He went on to say that this result left supporters "very discouraged" because this was a great way to "raise awareness about sharing the road with no financial impact to the state or local government."

HB 3020, which had previously been bottled up in State Senator Rick Metsger's (D-OR) Transportation Committee after the June 2007

legislative session, had gained significant support in this most recent session, where it passed in the House by an encouraging vote of 57-0. It was subsequently sent back to the Senate, where it once again wound up in the hands of Metsger. At this point, if it had been approved by Metsger's committee, there could have been a vote in the Senate as well. Nevertheless, the bill's previous momentum was thwarted as, rather than being allowed to pass through this committee to be voted on in the Senate, it was instead slated for further review, a move which Drew Johnson, a legislative aide for bill co-sponsor Representative Tobias Read (D-OR), characterized as "not entirely political."

When asked why he thought this proposal had not been allowed to progress past the Senate Transportation Committee, Representative Brian Clem (D-OR), a co-sponsor of the bill, stated that the vote to prematurely withdraw this legislation from committee before it had been properly reviewed was denied because circumventing standard procedures would have created a dangerous precedent. The unfortunate consequence is, although it appears that HB 3020 continues to enjoy overwhelmingly bipartisan support, it is essentially dead unless it is reintroduced in the 2009 session. Both Krummel and Clem continue to support the bill. Metsger has failed to respond to requests to comment on this issue.



**Bill 2686 would ensure safe and convenient travel for all road users, including cyclists.**

On the Federal level, two encouraging pieces of legislation were presented that would raise awareness of bicycling's importance to public health and ensure that all users of the transportation system are able to do so safely and conveniently. In the House, Congressional Resolution 305, sponsored

by Congressman Earl Blumenauer (D-OR), recognizes the importance of these aspects and resolves to provide financial incentives, in the form of tax revenues and federal funding, for increased development of transportation systems that incorporate alternative forms of travel and encourage bike use.

In the Senate, Senator Tom Harkin (D-IA) introduced Bill 2686, known as the "Complete Streets Policy." It would ensure that transportation construction includes provisions for the safe and convenient travel of all users of the transportation system, including cyclists. Senate Bill 2686 was referred to the Senate Committee on Commerce, Science and Transportation, while House Congressional Resolution 305 was sent to the House Committee on Transportation and Infrastructure.

For more information on these issues, as well as how you can get involved with bicycle legislation and advocacy, please visit the Bicycle Alliance of Washington website at [www.bicyclealliance.org](http://www.bicyclealliance.org) or the Bicycle Transportation Alliance at [www.bta4bikes.org](http://www.bta4bikes.org).



**The three-foot buffer zone bill remains under review in Olympia.**





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# Oregon: More Bike Friendly Than Ever

By AMY ENSIGN

Throughout Oregon, many exciting things are happening to make cycling safer and more accessible for everyone.

Portland is currently working on its Platinum Bicycle Master Plan; the city is also taking immediate actions to make its major intersections safer.

Eugene's brand new Pedestrian and Bicycle Strategic Plan was unveiled at the Walk and Bike Summit that took place in January. In Central Oregon, members of the cycling community are providing input on an upcoming recreation initiative. Overall, 2008 is shaping up to be a promising year for cycling advocacy in Oregon.

After monthly rides and many meetings to discuss the conditions of Portland's streets and cycling infrastructures, the city has completed the Existing Conditions Report (Phase One) of their Platinum Bicycle Master Plan, which can be found on the Portland Office of Transportation (PDOT) website ([www.portlandonline.com](http://www.portlandonline.com)). The report focuses on the city's bikeway network, encouragement programs, efforts to improve road safety and attempts to provide facilities for the end of the trip (like parking). The goal of the updated Bike Plan is to improve these various facets, and to develop the city's bikeway connectivity. In doing this, Portland hopes to be granted "platinum" status for bicycle friendly cities by the League of American Bicyclists. Currently only Davis, California is

certified at this level, according to the League's website.

Mia Birk of Alta Planning and Design is working with PDOT to draft the updated plan.

She explains that the city is now using these assessments to determine what they can do to achieve their goals, stating "we're almost in the phase of planning and designing at the same time; forming pieces without a linear process. It's more organic."

One of the key aspects of Portland's improvement of cycling and safety is the implementation of bike boxes at 14 of the city's busiest intersections. The community's strong reactions to the deaths of six cyclists last year has helped increase support for the boxes. Two fatal accidents that occurred last October involved the "right hook," Portland's most common type of bike wreck. These happen when a vehicle taking advantage of a "free" right turn fails to see the cyclist next to him or her. The bike boxes attempt to prevent this from happening by having cars stop two feet behind cyclists, and forbidding right turns on a red light. In addition, the boxes are painted a bright green color. City Commissioner Sam Adams explained in a PDOT press release, "It's all about visibility and awareness. At a red light, cyclists are more visible to motorists by being in front of them so the cyclist is not in the motorist's blind spot. At a green light, the green bike lane through the intersection reminds motorists and cyclists to watch out for each other."



As of press time, four of these had been installed, and an extensive education and outreach program had begun. There are billboards up and signs on buses and at intersections, and an informative brochure is also available. An educational video titled "On the Move with Mr. Smooth" is available to Internet users.

Though most of Portland is behind the bike box idea, a few are hesitant to accept them. In an article that appeared on KATU's website in October of last year, former traffic division Lieutenant Mark Kruger of the Portland Police Bureau (he has since moved to another

department) stated that he thought big boxes might not be the best idea, because they take up so much space and would require a massive amount of work. He stated in April that the bike boxes only solve "half the problem," because they are only effective at red lights (not green). Some bicyclists disagree with the box concept because they believe cyclists should be treated the same as any other vehicular traffic, and that the bike boxes would hinder this. Tom Miller, chief of staff at Commissioner Adams' office comments, "I understand the vehicular cyclist perspective is an ideological one, not



Photo by Bicycle Paper

Many cities in Oregon are encouraging more people to ride their bikes more often.

rooted in a strategy to try to get more people on bikes more often... From my point of view I understand the reasoning, but that's a failed strategy. We're all about outcome."

Portland isn't the only city working on a plan to improve cycling in its community. After a year of development, Eugene introduced its first Pedestrian and Bicycle Strategic Plan, a five-year initiative that "presents a dynamic, compelling and exciting vision" to improve non-motorized transportation in the city. After a departmental advisory committee created the project, a new group was formed to provide feedback on its execution. The Bicycle and Pedestrian Advisory Committee (BPAC), a 15-member contingent of citizens and community officials including members of the Greater Eugene Area Riders Group (GEARS) and citizens who are active in pedestrian and youth causes, will implement the 80 actions highlighted by the plan. David Roth, the associate transportation planner for the city of Eugene says, "I think one of the really cool things about this plan is that we had so much community involvement, [it has] provided great networking opportunities for people interested in walking and biking issues... Ultimately, we're creating a more livable community."

BPAC member and Safe Routes to School Program Manager Shane Rhodes attended the first meeting, held on April 3. It was mostly informational, though Rhodes is excited about the direction the committee is headed, stating, "It was great; it was a really good meeting. [We] got some organizational things out of the way. It was really encouraging when we talked about the decision-making process...it's a very active group." The plan comes at an important time for the city; a U.S. Census reported that their bicycle commuting rate dropped from 8 percent in 1990 to 5.54 percent in 2007 (according to the

*Eugene Weekly*). Their current ranking with the League of American Bicyclists is silver, though Mayor Kitty Piercy is hoping that these initiatives will boost that rating to gold.

In addition to bicycle plans, communities in Oregon are creating organizations to advocate for cycling-related issues. Last fall the Central Oregon Velo was formed to bring "cycling into the everyday lives of Central Oregon residents." One of the ways the organization hopes to do this is by working with Senator Ron Wyden on his new recreation initiative to secure funding for leisure activities in the area. Senator Wyden

appointed an Ad Hoc Committee on Deschutes County Recreation Assets to "prepare an agenda of the projects, ideas, and initiatives necessary to improving [the]... already-high quality of recreational life here in Deschutes County," according to an email sent to community members by David Blair, a representative of Wyden. Each interested party (cross-country skiers, road and off-road cyclists, snowmobilers, etc.) was asked to develop a short "wish list" of projects for the government to begin working on.

Though still in the very early stages of development, many are excited about the possibilities of such initiatives. Glen Bates of Central Oregon Velo stated, "There is a whole list of things we've come up with from the bicycle point of view. We have some decent rides, we'd like to have some roads paved or bicycle routes paved separately... This initiative is to try to come up with a list of priorities on things we'd like to see done, [and] determine how to raise the money."

Southern Oregon is also focusing efforts to increase cycling and awareness. Multiple committees exist to assess and advise on non-motorized transportation, including the Rogue Valley Metropolitan Planning Organization, the city of Medford Bicycle and Pedestrian Advisory Committee (Medford BPAC) and the city of Ashland Bicycle and Pedestrian Commission. An important focus for these groups is to concentrate on education and promotion. Edgar Hee, Siskiyou Velo's vice president of advocacy and chair of the Medford Bicycle and Pedestrian Advisory Committee says, "The sense we have is that you see more people riding bikes than you've seen in the past. Less experienced bike commuters are afraid of cars. What we're trying to do is point out right ways to use these facilities [such as] riding in the lanes, not on the sidewalks [and] riding the right way." The Medford BPAC was recently able to get a mailer in with the city's water bill that provided information to motorists about cyclists on the road and helpful tips to people that might be interested in becoming a bike commuter.

Oregon's communities are working hard to make biking a safer, more available option for everyone. Whether you're an avid cyclist or a beginner, now's a great time to get out there—having more people riding is one of the best ways there is to create awareness.



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## The Battery King of British Columbia

By Joe "Metal Cowboy" Kurmaskie

Salt Spring Island Steve, the battery king of British Columbia, gives me that look.

He stands at the edge of his wraparound porch, a priceless view of a hidden harbor over his shoulder.

I load the last of the gear, three sons and a spirited wife onto a ridiculously long bicycle train. It's sunrise, but with the rest of Canada ahead of us it's never too early to load out. Steve reminds me of a bird dog discovering that the big hunt's been called off.

Surrounded by an embarrassment of riches, my newfound friend is a study in longing; a fleet of sleek vintage Vespas in the garage, designer porch furniture worth a year's tuition at one of your better prep schools, a pristine, white Montello Pierre that some cycling legend pedaled to a stage win over the Pyrenees—back when riders drank, smoked and changed their own tires during a race. But anyone can tell what Steve's thinking: "Let me come along and I'll strike a match to all of it."

He's been so kind to us, which makes crushing his spirit that much worse. It's not my decision, though.

Steve's desire is something fierce, palpable, and he certainly has the gear—enough to outfit an army of like-minded middle aged dreamers in spandex. Hell, at 52 years old, training three times a week, rain or shine, he has the quads of a man half his age. But it's the good life that's boxed Steve in.

This is not a criticism. The battery king of British Columbia is loyal, tender and true to those around him; daughters, wives, employees and pets. It's this nobility of spirit and action, the very qualities that would make Steve the perfect tour partner, that will hold him in place.

"She'd draw up divorce papers before we had the ferry schedules figured out. But what I wouldn't give..."

He's down off the porch now, balancing our monstrous rig while I strap a stray rain jacket to the back rack and distribute breakfast bars to my crew.

"Not possible, Joe. This set up has to weigh

a couple hundred pounds!"

I tell the boys to get on so Steve can feel the full effects. If I'd sucker punched him in the jaw, he'd have been less stunned.

"It's like hauling two full-size Harleys across Canada without turning on their engines." He shakes his head while slapping my back a few times, as camaraderie as much as to assure himself that I'm actual flesh and bone.

"You want to help push us up the hill?" I ask this knowing the answer. The hill in question is one of the steepest on the island. There's not enough distance before the incline to pedal away unassisted, and Steve will do anything to delay our parting.

While we labor the bikes to the top, I realize that there is something I can give Steve before we go.

"Beth, let Steve tell you about his lawyer friend who joined their lunch ride last week. It's priceless."

Steve's face lights up. Distracted, his efforts against my handlebars retreat, reminding me of what my immediate future holds. Pedaling this contraption, rewarding as it is, feels not unlike wrestling a rolling Bowflex machine down the road. It's part of the appeal for Steve. It's why we've gotten on like brothers separated at birth.

"For years, Jackie, this riding partner of mine, talks about his lawyer friend like the guy won the Tour de France in a parallel universe or something. Might as well be Bigfoot or Lochness of the cycling world. Mysterious and capable of amazing feats that no one, including my friend, has actually witnessed. It's not a big island, but no one in my circle had ever seen him on a bicycle."

"Until last week", I pipe in.

Steve smiles. We've reached the top of the hill.

"Jackie tells me he's invited Roger to ride with us, and that we should give him another five minutes before we take off. It's closer to ten, or even fifteen, before our Yeti stumbles into civilization. He rumbles through the parking lot in a beater truck, but showroom new compared to the Nishiki he hoists out of the bed. All five of us stand in stunned silence while Roger goes

about preparing himself and this... bike... for a 30-mile loop. I see cobwebs, actual webs with leaves and debris stuck to it, under the seat, and more webs woven between spokes.

"He drops his pants and we're greeted with cut-off shorts. Roger then adds a 'Kiss Me I'm Irish' (he's not) t-shirt, a pair of oversized gardening gloves and a football helmet to the mix.

"He tests the tires by kicking them a few times before opening a can of motor oil. Our entire crew flinches at this. Some of us make sounds you'd hear if a high-wire artist started to stumble. Roger takes no notice. Maybe the helmet blocks out sound.

"All I'm thinking is that Jackie put him up to this. It's an elaborate joke that will end when Roger pours the oil into his truck and then pulls the real bike he plans to ride out from the bed.

"The motor oil makes a glunk, glunk sound, like some exaggerated sound effect from radio theater, as it spills onto the freewheel. Roger's hand motions are those of someone dressing a salad. He douses the chainring and links with liberal amounts of 10/30 Pennzoil before tossing the empty can back in the truck.

"He mounts this relic and asks if we're ready. If we are ready?!"

"I might wait at the state park entrance if anyone drops off the pace." Or words to that effect.

"While my crew is chuckling at this, Roger, in Converse tennis shoes and old-school toe clips, lights out like a time trial contender. We scramble to clip in and shove off, expecting that our football hero (rumors he played semi-pro ball down in the states at one time have circulated for years) will burn himself out by the second bend or the first hill.

"This was not to be. We formed a tight paceline and worked as if we were sponsored and there was a colored jersey in play. The best we managed was to keep that bastard's bright orange helmet in sight a few times between there and the ferry. After that, we lost him completely. The guys think Roger peeled off at some point early on so that the legend would grow large in our heads, spread like a cancer and kill our confidence, sidelining our regular rides.

"Though I agreed with them publicly—because you can't

have a long-standing lunchtime group ride destroyed by one man in gardening gloves, high tops and syrupy motor oil—we knew the truth. Everyone saw that Roger's truck was not in the lot when we returned. On the upside, we stood sucking wind for five glorious minutes before someone noticed we'd beat our best group time in years."

Beth clapped. Quinn and Enzo couldn't take their eyes off Steve, even though his story had crossed the finish line.

"I guess everyone needs a Roger sometimes," I said. "Keeps you on your toes."

"Or standing in the saddle," Steve said. He let go of my handlebars. "You guys are my Roger now."

"Hardly," I noted. We had something of a group hug as the sun broke the trees. "When we make it to Nova Scotia, though, we might be ready to set our sights on Roger and his football helmet one of these lunchtimes."

"It's a date," Steve said.

My family and I assumed our positions.

"Can I get a football helmet?" Enzo asked.

I answered by silently pushing off. We needed no more than a pedal stroke to tuck and go for broke down the biggest hill on the island; helluva start to a morning. Over our hoots and yahoos, I swear I heard Steve's howls join the mix, but by the time I could chance a peek, he was already gone.

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



The battery king of British Columbia himself.

Courtesy of Joe Kurmaskie

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NEW ORLEANS

# Red Riders Share What it Takes to Ride with Diabetes

By KAREN SMAALDERS,

AMERICAN DIABETES ASSOCIATION OF WASHINGTON

Getting in shape for a season of century rides or Ironman events isn't easy for anyone, but it takes a lot more thought and planning when someone has a chronic health condition such as diabetes.

That's one reason why many of the riders taking part in this year's Seattle Tour de Cure, on May 17, will be wearing red.

"The purpose of the Red Riders is to support everyone who lives with diabetes and showcase the courage it takes to live every day with this difficult condition—and become your own superhero," explains Bothell resident Micah Bonkowski in Seattle's Tour de Cure (TdC) blog, [seattletdc.blogspot.com](http://seattletdc.blogspot.com).

Bonkowski began riding his bike seriously four years ago, not long after he was diagnosed with type 1 diabetes, a disease usually diagnosed in children and young adults in which the body stops producing insulin, a hormone that is needed to convert sugar (glucose), starches and other food into energy.

Those with diabetes—either type 1 or the more common type 2 diabetes, in which the body is not able to use insulin effectively—can't depend on their bodies to do the right thing.



Courtesy of Karen Smaalders / ADAW

**Marathons, Ironman triathlons and centuries are on Joel Lenox schedule.**

Instead, they've got to calculate what most athletes take for granted, or they could end up in the hospital instead of at the finish line.

Although exercise will normally use up excess sugar in the bloodstream, if someone with diabetes has too high of a blood glucose reading before exercising, physical activity (as well as stress or illness) can make it go even higher and cause a diabetic coma.

Low blood sugar, which can cause dizziness, confusion or even seizures and loss of consciousness, can occur during or after exercising, especially if the workout is long and strenuous.

This gives athletes with diabetes a lot more to think about than their finish time.

There are so many variables to take into account: "Your own body's metabolism as well as the duration and the intensity of the ride," explains Bonkowski. Figuring it out takes time—so anyone with newly diagnosed diabetes should be careful when they start out.

Avoiding the yo-yo effect of going from high to low blood sugar means Bonkowski has had to figure out how to continuously eat during the ride to keep his sugar levels even.

"I'm surprised at how much food it takes," says Bonkowski. "I carry a lot more food than anyone else I ride with."

"When I was still a 'new' diabetic some 12 years ago, I had to learn the hard way to always carry what I needed on me and to be self-sufficient," recalls Joel Lenox, a Woodinville athlete who participates in Ironman triathlons, marathons and century rides on a regular basis. He warns other athletes to never assume that events will have adequate food and sports drinks.

"The reality is that the Tour de Cure is an absolute 'dream ride' for people with diabetes," says Lenox. "There are plenty of food stops along the way loaded with tons of great stuff to eat, not to mention the medical aid and roving support in case you get in trouble."

"To exercise successfully, riders with diabetes need to know where their blood sugar is at all times—before they start, during and after. To do that, athletes need to carry their meter (so they can test at least once an hour), glucose

tabs (and other carbs such as gels, sports drinks and energy bars) and insulin," says Lenox.

"When I do go high during a long bike ride, I stop taking in carbs and just drink water and rely on exercise alone to gradually bring me down since I don't want to risk going hypoglycemic while I'm still on my bike," explains Lenox.

Both athletes advise people with diabetes to test, test and test again—especially if you're new to long rides. "A friend who is type 1 rides a tandem with his wife, and he can test 'on the go' by just putting his hand back and letting his wife do the finger stick," says Lenox. "She has the glucometer mounted on her handlebars and since it's a tandem, doesn't need to hang on with both hands at all times."

Another solution—that both Lenox and Bonkowski recently started using—is an insulin pump. Lenox chose one which has a continuous glucose monitor built in to it. "This is really a huge breakthrough for people with diabetes that are active," says Lenox. "It comes in very handy when you can just reach into your pocket on the bike and see where you're at."

Bonkowski says he enjoys the flexibility that the pump has given him. "With shots, it was hard to exercise on the spur of the moment," he says. "If you knew you were going to exercise, you had to reduce the insulin the night before."

Still, Lenox found out that the pump has its own hazards, when sweat and rubbing caused the infusion site for his pump to come out about a third of the way through last year's Ironman Canada. This year, he plans to bring duct tape along.

Learning how your body reacts to exercise is partly trial and error, so Bonkowski values the advice he got from a medical professional when he was starting out. A nutritionist who was experienced in diabetes and exercise "helped me a lot to figure out how many calories I burned," he says.



Courtesy of Karen Smaalders

**An insulin pump is convenient and adds flexibility to your riding schedule.**

Finally, Bonkowski advocates riding with someone who knows you.

On a recent Redmond to Spokane ride, a good friend was able to tell him he was getting low. "My pace drops and I'm tired for no reason," he said. "When you're tired from riding all day, it's the same feeling as low blood sugar. The brain doesn't work as well."

As it states on Seattle's TdC blog, "Red Rider means...that you are not alone. With hundreds of riders who may share a similar story, and hundreds more to support you, being a Red Rider can help with

your first step or your millionth—in your fight to live a healthier life!"

**Red Rider Tips:**

1. Always carry the three essentials: meter, glucose tabs and insulin
2. Test often
3. Carry your ID: medical bracelet, necklace or other form of emergency contact info
4. Be ready for emergencies: leave your cell phone on, carry money/credit card with you
5. Lube it up: avoid wounds at all costs so wear the right gear and use the right products to prevent chaffing
6. Ride with someone you know

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## We Might As Well Win

REVIEW BY SARA COVICH

Billed as the mastermind behind the U.S. Postal Service, Discovery Channel and now the Astana cycling teams, Johan Bruyneel has been in the thick of the European racing scene since his days as a pro in the early 1990s. After his own cycling career came to a close, he knew he was not finished with bikes, and accepted an offer to manage the U.S. Postal Service Pro Cycling Team (U.S. Postal) in 1999, eventually leading Lance Armstrong to a record seven victories in the Tour de France.

"We Might As Well Win" is not an autobiography, but an interesting literary combination of memoir, pep talk and reflection on

Bruyneel's formidable years as director sportif of the U.S. Postal and Discovery Channel teams. Each chapter starts with a mantra, such as "To earn confidence, confide" and "Trust people—not products," and the accompanying text illustrates how Bruyneel arrived at his conclusions.

Bruyneel's descriptions of frantic ascents on the Alpe d'Huez, of Armstrong bonking at a critical stage and his own frustrations involved in putting together the best possible team of

racers are first-person accounts that only a true insider could provide. And Bruyneel is indeed an insider, being the driver of the team car as the Tour labored through the French Alps.

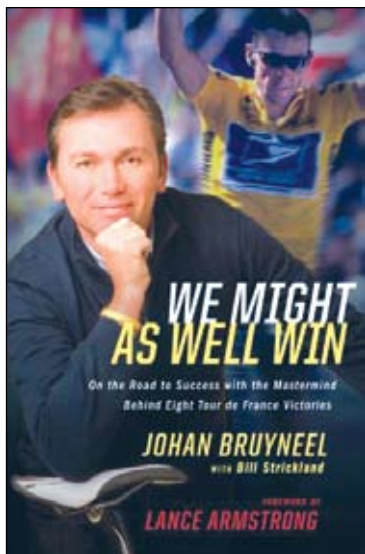
Although this book is marketed in the general sports/cycling genre and therefore certainly able to be enjoyed by everyone, I think to get maximum enjoyment the readers need at least a rudimentary knowledge of competitive road cycling. Everyone knows who Lance Armstrong is, but doing some research on recent happenings at the Tour will definitely increase the reader's enjoyment of "We Might As Well Win."

I enjoyed reading this book, although as a cycling enthusiast I am probably exactly who Bruyneel wrote

the book for. However, athletes and sports fans in general who possess a competitive spirit and a drive to succeed in all aspects of their life will also enjoy this quick, engaging read.

### We Might As Well Win

Johan Bruyneel  
Houghton Mifflin  
Paperback, 213 pages  
\$25.00 USD



## B.C. Launches Provincial Team

COURTESY CYCLING BC

The evening of April 22, 2008 saw 44 Cycling BC Provincial Team members, from the up-and-coming racers to freshly qualified Olympic riders Zach Bell and Gina Grain, along with Team staff, gathered for the first annual Provincial Team launch and photo shoot in Vancouver.

In a testament of respect to the hardworking staff at Cycling BC, cyclists from every discipline (road, downhill, BMX, cross-country, track and cyclo-cross) made tracks to Vancouver in response to a request from Head Provincial Coach and High Performance Director Richard Wooles.

"This is a big day for cycling in BC," says Steve Lund, Provincial Team Coach. "Never before do I recall the six groups [being] all in one place at the same time for such a momentous event. It is very exciting to see."

Wooles believes that this event is indeed something special—to have brought the team to one of such breadth and depth within such a short period has taken a remarkable effort, which could not have happened without the assistance from the Province of BC, generous private sponsors, the Canadian Sport Center Pacific, volunteers and staff.

"We are here today to say a big thank you," adds Wooles. "My career in cycling has taken me around the world and I assure you, we have some unbelievable talent here in BC. We are



Going from merely existing a year ago to a 44-member strong team in less than a year, Cycling BC is taking rider development to another level.

trying to build a solid foundation upon which all disciplines of riders can realize their full potential in the rewarding sport of cycling."

Cycling BC is excited to be able to take the Provincial Team to a new level, with the help of a number of enthusiastic new and returning sponsors.

Haywood Securities Inc. has signed as Platinum sponsor, while Adera Group and Atac Sportswear's continuing support came in at the Gold level. Fab-All Manufacturing and H&R Block are joining the team as Silver and Bronze sponsors, respectively. Also on board as suppliers are Wheelbuilder.com, La Bicicletta Pro Bike Shop, Active Life Physiotherapy and BBB Bike Parts.

Within these companies, the enthusiasm for sport and giving back is outstanding and inspirational, and our developing riders will truly see the benefit of having such a committed group behind them. From everyone involved, we must say a big thank you again.

# Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

All events are listed chronologically within their respective sections: **Events** (clinics, expositions, lectures, etc.), **Camps**, **Multisport** (events that include cycling as part of the competition), **Series** (competitions where cumulative point standings are awarded), **BMX**, **Cyclo-cross**, **Mountain Bike Racing** (competition featuring single-track and other off-road riding), **Mountain Bike Touring** (rides featuring single-track and off-road riding), **Road Racing** (bicycle competition), **Road Touring** (road rides of various distances and for any type of bicycle), **Track** (velodrome-type events). To conserve space, we've chosen to run websites only, on events where both website and email are available. If you are an organizer and your event is not listed, or if the information listed changes, contact us and we will gladly update the calendar. Please send your event information in the same style and format seen here.

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

## EVENTS

### 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

Puget Sound. 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. Bike Works, 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. Recycle your bike. Great selection! 10am-4pm. at Genesee Playfield, S. Genesee St. & 43rd Ave. S. 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. Cascade Bicycle Club, www.cascade.org

#### May 18: Urban Assault

Seattle, WA. Bike scavenger hunt that involves street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. www.urbanassaulttrace.com

#### 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

#### May 25: Urban Assault

Portland, OR. Bike scavenger hunt that involves street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. www.urbanassaulttrace.com

### JUNE

#### Jun 14: Cirque du Cycling

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

#### Jun 14: Marymoor Little 100

Redmond, WA. 4 riders, 1 single speed bike, flat pedals with coaster brake. Each rider must do at least 1 lap - bike hand-offs at exchange. Beer garden and live music. Start at 4pm, main at 7pm Alki Rubicon Team, www.alkirubiconracing.com

#### Jun 18-21: MTB World Summit

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

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

## CAMPS

### MAY

#### May 24-25: 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 31-Jun 1: Dirt Series

Whistler, BC. MTB camps for women, www.dirtseries.com

### JUNE

#### Jun 16-Jul 11: Kids on Track

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

#### Jun 28-29: Dirt Series - (coed)

Blue River, BC. www.dirtseries.com

## RACE SERIES

#### 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-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 at 7pm. Separate women and junior races start at 6:30pm when indicated "Women". Course varies. No race on 7/15. BuDu Racing, 206-625-8333, www.buduracing.com

#### Mar 18-Aug 26: Tuesday PIR Series

Portland, OR. Portland International Raceway. Series for Cat 1/5 men, Women and Juniors. Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. Distances and hot spots vary depending on daylight. Cash and merchandise prizes. Bring can of food and receive discount on entry fee. Start at 6pm. 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 road and single-track. Non-NORBA. Reg. fee \$25, kids under 12 race free. David Brumsickle, Silverdale Cyclery, 360-692-5508, www.ridgeracing.com

#### Apr 3-Aug 28: Seward Park Crit 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 5pm, last at 7pm. Nightly cash and primes. 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 (BCMAC)

Various, BC. 22 races (9 Australian Pursuit RR, 4 hill climbs, 3 ITT, 2 circuit races, 1 Crit and 1 TTT, plus 2 short HC). 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: 30-34 and all subsequent in 5-year increments. Relaxed and fun atmosphere. BCMCA membership, CBC Citizen or UCI license. Bill Yearwood, BC Masters Assoc., 604-267-7338, www.bcmasterscycling.net

#### Apr 6-Jul 13: Carnation TT Series

Carnation, WA. The series consists of 3 separate races on 4/6 (short), 6/7 (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/fimetricial

#### 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.cvc.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, 5/3, 5/17, 5/25, 6/1, 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-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, 4/13 6/15, 6/28, 8/24. David Schilling, Northwest Junior Racing Series, 206-619-1355, www.radracngnw.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 Lighthfield, Wild Rockies, 208-388-1971, www.wildrockies.com

#### Apr 13-Aug 17: BC Cup Road Series

Various, BC. 8-event series. Best 6 out of 8 results counts toward overall. Participation in final mandatory. Races on 4/13, 4/26, 5/25, 6/28, 7/1, 7/6, 8/2, 8/17. Cycling BC. www.cyclingbc.net

#### Apr 15-Aug 26: Baddlands Twilight Series

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

#### Apr 17-May 15: Snake River Criterium

Nampa, ID. Series of 5 Criteriums on Thursday night. Lindsay's Cyclery, 208-376-2482

#### 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. 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 5pm, racing starts at 6:30pm. Season pass available. No race on 6/27, 7/11, 7/18, 8/1, 8/8. Jen Featheringill, 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. Designed to provide fast, fun and exciting racing for any ability, skill and experience level of cyclist. New racers are welcome and encouraged. Registration at start/finish line. GC at the end of each month. 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

#### May 12-Aug 25: Monday Night Track Racing

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

#### May 14-Aug 27: Wednesday Night 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 17-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 18-Aug 31: BC Cup DH Series

Various, BC. 6-event series. Events on 5/18, 6/22, 6/29, 7/20, 8/24, 8/31. www.cyclingbc.net

#### 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 7pm. Will Lindsay, Lindsay's Cyclery, 208-376-2482

#### May 25-Aug 30: BC Cup XC Series

Various, BC. 6-event series. Events on 5/25, 6/7, 6/29, 7/13, 7/19, 8/30. www.cyclingbc.net

#### May 28-Jun 28: Wood River Cup

Hailey, ID. 7th annual Short Track XC series - New courses on back side of Rota-Run. B race at 6:30pm (20 min + 1 lap), Shimano youth series at 7:10pm, and a race at 7:45pm (40 min + 1 lap). Registration opens at 5pm. 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. Marymoor Velodrome. Track racing for Cat 1/4 men. Entry fee \$15. Spectator admission \$4, under 16 free. USA Cycling license required. Kiddie kilo on the 1st and 3rd Friday of each month. Racing starts at 7:30pm. No race on 7/4, 7/25. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

#### Jun 3-Aug 26: Masters & Juniors Track Races

Portland, OR. Tuesday night racing for Juniors and Masters. Schedule of events varies each week.

No race on 6/24. Steve Trusdale, 503-232-1704, www.obra.org

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

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

#### Jun 10-Aug 26: Twilight Criterium Series

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

#### Jun 12-Jul 24: Fresh Air Time Trial and Duathlon Series

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

#### Jun 16-Jul 11: Kids on Track

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

#### Jun 18-Aug 13: High Desert Crit Series

Bend, OR. Series of 8 races. No race on 7/30. Tim Plummer, 541-610-3322, www.bendcycling.org

#### Jun 23-Jul 28: Portland MTB ST Series

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

## MULTISPORT

### 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. 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.mbsfef.org

#### May 18: Spring Thaw Duathlon II

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

#### May 18: Urban Assault

Seattle, WA. Bike scavenger hunt that involves street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. www.urbanassaulttrace.com

#### May 24: Spring Festival Moses Lake Du

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 9am. 509-529-9189, www.mwmultisports.com

#### May 25: Urban Assault

Portland, OR. Bike scavenger hunt that involves street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. www.urban

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

JUNE

**Jun 1: Hope For Youth Off-Road**

**Triathlon** Poulso, WA. 400m swim, 9-mile bike, 2.4-mile trail run. Standard USAT categories. BuDu Racing, 206-833-8866, www.buduracing.com

**Jun 1: Ironman 70.3 Boise**

Boise, ID. 1.2-mile swim, 56-mile bike, 13.1-mile run. \$25000 cash prize. www.ironman.com

**Jun 7: Granite Man Du & Triathlon**

Jacksonville, OR. Presented at Applegate Lake. Du: 13-mile MTB & 5-mile trail run. Triathlon: add 750m swim. Rogue Multi-sport LLC, .roguemultisport.com

**Jun 8: Beat the Train Team Triathlon**

Salmon Arm, BC. Blackburn Park. 35km bike, 10km run, 8km paddle. Race day registration 7:30am, start 9:00am. Junior, Open, Masters, Mixed, Family, Corporate, Duo and Solo categories. Tiffany Lamabert, Salmon Arm Triathlon Association, 250-832-0998, www.salmonarmtriathlon.com

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

**Triathlon** Cranbrook, BC. Wasa Lake. TriKids Tri, Short Course Tri and Olympic Tri, spectacular race venue and destination for the entire family. \$8,000 cash purse. BC Olympic Championships. Solo and relay categories. Start time: 8:30am. RM Events Management, 250-427-0021, www.rmevents.com

**Jun 14: Five Mile Lake Sprint Triathlon**

Federal Way, WA. Course: 400m lake swim, 14-mile MTB, 5km trail run. Registration opens at 6:00am, closes at 7:45am. Race starts at 8am. Relay option available. BuDu Racing, 253-334-4433, www.buduracing.com

**Jun 14: Pine Hollow Triathlon**

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

**Jun 21: Xterra Solstice Triathlon**

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

**Jun 22: Ford Ironman Coeur D'Alene**

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

**Jun 22: Siuslaw River Triathlon**

Mapleton, OR. Short off-road triathlon, 1/2-mile run, 12-mile bike, 3-mile run. Eclectic Edge Racing, 541-268-2072, http://eclecticgedgeracing.com

**Jun 28: Five Mile Lake Sprint Women's Triathlon**

Federal Way, WA. Course: 400m lake swim, 14-mile MTB, 5km trail run. Registration opens at 6am, closes at 7:45am. Race starts at 8am. Relay option available. BuDu Racing, www.buduracing.com

**Jun 28: Lake Padden Triathlon**

Bellingham, WA. Competitive and recreational categories. Race start at 8am, swim 1/2 mi, bike 21mi, run 5mi. Afternoon start at 1pm, swim 0.25, bike 10mi, run 2.6mi. Bellingham Parks & Recreation, www.trithecookie.com

**Jun 29: Mountains to Sound Relay**

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

MTB RACING

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 3: The Dirty Dozen #3**

Port Gamble, WA. MTB race on rolling terrain, with combination of fire road and single-track. Non-NORBA. Reg. fee \$25, kids under 12 race free. Start at 9am. David Brumsickle, Silverdale Cyclery, 360-692-5508, www.ridgeracing.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. 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**

Port Angeles, WA. Due to snow condition, the event is moving from Mt Hood to Port Angeles. 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. www.obra.org

**May 11: Super D**

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

**May 17-18: Bear Springs Trap - OR MTB #3**

Moved from its April date. 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

**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. 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, 509-455-7657, www.roundaround.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.roundaround.com

**May 25: Cow Trail Classic**

Merritt, BC. XC and kids events, BC Cup XC #1. Darren Coates, Merritt MTB Association, 250-368-5856, 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**

Chatterory, WA. Mt. Bike Orienteering, third in a 3-race series. New sport to Northwest, very popular in Europe. Awards for finishing 3-race series. Spokane Trailquest, 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. David Moore, 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 Comosano, SCUMB, 604-886-1525, www.SCRatRace.com

JUNE

**Jun 1: 50km Campbell River**

Campbell River, BC. Part of Island series. CR Cycling Club, www.islandcupseries.com/

**Jun 1: High School Race**

Nanaimo, BC. Part of Island series. Arrowsmith Bikes Nanaimo, www.arrowsmithmtbclub.com

**Jun 1: Jacksonville Forest Park ST #4**

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

**Jun 1: 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

**Jun 4: Wood River Cup #2**

Hailey, ID. See "Race Series" for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

**Jun 7-8: 3rd Annual Janna Brimmer Memorial**

Salmon, ID. Trail run, XC and DH MTB races. DH at 2:30pm on Saturday. Runners start at 9:00am Sunday morning with a 10km trail run. XC on Sunday afternoon, start around noon. Beginners - 2 laps, Sports - 3, and Pro/Experts - 4. Great lunch and

tasty beverages after the downhill races. Free kids' race on Sunday. Part of WRS. Darren Lighthfield, Wild Rockies, www.wildrockies.com

**Jun 7: Bavarian Bike & Brews Fest - Indie #3**

Leavenworth, WA. Gibbs Organic Farms. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 mi with 1800' of elevation, challenging single-track, creek crossing and spectacular scenery. Leavenworth Fat Tire Club, 509-548-5615, www.dasradhaus.com

**Jun 7-8: Fluidride Cup #3**

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/

**Jun 7: Junkyard Dog XC**

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

**Jun 7-8: XC Port Alice**

Port Alice, BC. 2 cross-country events, back to back. Part of Island series. Nitro Club, www.islandcupseries.com/

**Jun 11: Wood River Cup #3**

Hailey, ID. See "Race Series" for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

**Jun 14-15: City Creek - KTS XC#3/DH#1**

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

**Jun 14-15: Squilchucker**

Wenatchee, WA. XC and DH racing is back at Squilchucker State Park. www.triwenatchee.com

**Jun 14: Test of Metal**

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

**Jun 15: DH Port Alberni**

Port Alberni, BC. 2 cross-country events back to back. Part of Island series. Nitro Club, www.islandcupseries.com/

**Jun 15: Test Of Endurance 50 - OR MTB #6 / Singlespeed Championships**

Blodgett, OR. 4th year and better than ever. The sun will be shining on your back as you roll down mile after mile of singletrack in the Oregon Coast Range. 50 miles and 7500 ft await. Solo, couple and/or combined time team event. Cash and 7 acres of camping. Single Speed championships running concurrently. Mike Ripley, Mudslinger Events, 541-342-1493, www.mudslingerevents.com

**Jun 18: Wood River Cup #4**

Hailey, ID. See Race Series for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

**Jun 21: 12 Hours of Cumberland Relay**

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

**Jun 21: Epic Soldier Mtn. March XC - KTS XC#4**

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

**Jun 21: My First Mountain Bike Race**

Surrey, BC. Grassroots beginner MTB race at a spectator-friendly urban bike park. Start at 10am. No license required. Jim Richardson, SORCE, 604-538-5716, www.sorcebikeclub.org

**Jun 21-22: Shiloh Cyclery Challenge - DH#2**

Mt. Hood, OR. DH training on Saturday and racing on Sunday. Categories and sub-categories for all age groups. 2-mile course. Part of Mt. Hood Skibowl Series. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

**Jun 21: Surrey Bike Fest**

Surrey, BC. 7th annual Bike Fest celebrates the South Surrey Bike Park's 10th anniversary. Features a fun race, trade show, dirt jump jam, BBQ, trials demo team, a sports swap & movie session. Jim Richardson, SORCE, 604-538-3716, www.sorcebikeclub.org

**Jun 22: Adrum Challenge DH BC Cup #2**

Mission, BC. www.adrumchallenge.com

**Jun 22: Methow Cycle & Sport Mountain Challenge - Indie #4**

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

**Jun 22: Picketts Charge - OR MTB Finals**

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

**Jun 22: Soldier Mountain Slaughter DH - KTS DH#3**

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

**Jun 22: Portland MTB ST #1**

Portland, OR. See "Race Series" for details. Kris Schamp, portlandracing.com, 503-466-9007, www.portlandracing.com

**Jun 28-Jul 4: BC Bike Race**

Victoria, BC. Race from Victoria to Whistler - the ultimate single-track experience - covers 600km and climbs just over 10,000m. 400-team limit. Dean Payne, BC Bike Race, www.bcbikerace.com

**Jun 28-29: Return on the Jedi DH/ST/XC**

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

**Jun 28-29: Willamette Pass Super D & DH #1**

Willamette Pass, OR. Saturday: Super D on a 5-mile course with 70-80' downhill, or flat with some short climbs. Beginner, Sport, Expert and Pro classes, plus age groups. Sunday: DH. Oregon Adventures, www.oregon-adventures.com

**Jun 28: Wood River Cup #5 - Finals**

Hailey, ID. Saturday race. Idaho State short track Championships. See "Race Series" for details. Bill Olson, Sun Valley Road & Dirt, www.roadanddirt.org

**Jun 29: Cascade Cream Puff 100**

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

**Jun 29: Mad Trapper**

Panorama, BC. Downhill - BC Cup. Panorama Resort, 250-341-3019, www.panoramaresort.com

**Jun 29: Race the Ranch**

Kamloops, BC. Cross-country - BC Cup and Canada Cup. Henry Pejril, www.cyclingbc.net

**Jun 30: Portland MTB ST #2**

Portland, OR. See "Race Series" for details. Kris Schamp, 503-466-9007, www.portlandracing.com

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MTB TOURING

MAY

**May 30-Jun 1: Bike and Brew Weekend**  
Bend, OR. The best that Bend has to offer: mountain biking and beer! Spend your days riding single-track and evenings at Bend's favorite breweries. 47 miles of singletrack over 3 days. Cog Wild Bicycle Tours, www.cogwild.com

JUNE

**Jun 7: Poker Ride at the Pavilion**  
Pocatello, ID. Ride 15 miles on the famous City Creek Trail and collect chips. Check your hand and relax. Old Town Pocatello, 208-478-2418

**Jun 13-15: Umpqua River MTB**

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

**Jun 21-22: 11th Idaho City MTB Tour**  
Boise, ID. Boise to Idaho City. A recreational adventure with proceeds benefiting SWIMBA, BYRDS, and IVCP. Ride begins and ends at Fort Boise Armory. Fully supported, all meals and snacks provided in the cost. Sag wagon available to those who want to do a shorter variation of the tour. 45mi each day with 18000 vertical ft total for the weekend. Wild Rockies, www.swimba.org

ROAD RACING

MAY

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

**May 3: BCMCA #3**  
Shawnigan South, BC. 9km hill climb, 5-10% grade. West Shawnigan Lake Park. Start at 1pm. 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.narrowswelo.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 #1**  
Eugene, OR. See "Race Series" for details. Len Schwanaveldt, 541-968-3968, www.obra.org

**May 6: 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. 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. 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 RR**  
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, 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, www.wasco75.com

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

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

**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. Mt. Hood Cycling Classic, 541-980-2344, www.mthoodcyclingclassic.com

**May 13, 27: Pacific Raceways #9**  
Kent, WA. See "Race Series" for details. 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, 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. WBSA # not used. Wenatchee Velo Valley, www.bikewenatchee.org

**May 18: BCMCA #7**  
Sidney, BC. 65km rolling road race. Organized by Sidney Velo. Starts at noon at Deep Cove Elementary School. Larry Pommen, BC Masters Cycling Association, 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 20: Kids Rule at PIR**  
Portland, OR. See "Race Series" for details. Neil Green, 503-319-231, www.obra.org

**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 Dobbaco, 208-412-3527, www.teamdobbaco.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: one 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 2pm. Sunday: Criterium. Monday: 17-mile TT. \$2000 cash prize. Omnium format. Near Missoula. Previously the Ecology Classic. 406-375-0956, www.tourofthebitterroot.com

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

**May 25: Albany Criterium**  
Albany, OR. Robert Hughes, www.obra.org

**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-rounder course. BC Cup. Team Coastal, www.teamcoastalcycling.com

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

**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, 425-861-1036, www.mutualofenumclaw.com/stagerace

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

JUNE

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

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

**Jun 2, 9, 16, 23, 30: Monday PIR**  
Portland, OR. June series. See "Race Series" for details. Jim Anderson, 503-975-8229, www.racemondaynight.com

**Jun 3, 10, 17, 24: Baddlands Twilight**  
Spokane, WA. See "Race Series" for more details. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

**Jun 3, 10, 17, 24: Kids Rule at PIR**  
Portland, OR. See "Race Series" for details. Neil Green, 503-319-231, www.obra.org

**Jun 3, 17: Pacific Raceways #12 / 17 Women**  
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

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

**Jun 3, 10, 17, 24: Tuesday PIR**  
Portland, OR. See "Race Series" for details. Jeff Mitchem, 503-233-3636, www.obra.org

**Jun 4, 11, 18, 25: Mt. Tabor Series**  
Portland, OR. See "Race Series" for details. Clark Ritchie, 503-936-2575, www.mttaborseries.com

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

**Jun 5, 12, 19, 26: Seward Park Criterium Series**  
Seattle, WA. Criterium on Thursday night. See "Race Series" for details. David Douglas, Pazzo Velo, www.pazzovelo.com

**Jun 5, 12, 19, 26: So Oregon Champion Series**  
Ashland, OR. See "Race Series" for details. Ed Garfield, 541-840-0713, www.obra.org

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

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

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

**Jun 7: Rose Cup Criterium**  
Eugene, OR. Criterium. Sal Collura, 541-747-3336, www.obra.org

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

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

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

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

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

**Jun 10, 24: Pacific Raceways #13/15**  
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

**Jun 10, 17: Twilight Criterium Series**  
Eugene, OR. See "Race Series" for details. Sal Collura, 541-747-3336, www.obra.org

**Jun 12, 19, 26: Fresh Air TT & Duathlon**  
Bend, OR. See "Race Series" for details. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

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

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

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

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

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

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

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

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

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

**Jun 18: High Desert Criterium Series**  
Bend, OR. See "Race Series" for details. Tim Plummer, 541-610-3322, www.bendcycling.org

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

3/4. Activities for entire family. Ernie Conway, 503-329-7978, www.elkhornclassicstagerace.com/

**Jun 21-22: Banff Nat'l Park Bike Fest**  
Banff, AB. Race in the Banff/Lake Louise area. Saturday: 17 km TT and criterium in the street of Banff. Sunday: RR around Tunnel Mountain. Cash prize \$15,000 Julie Canning, Banff Lake Louise Tourism, 403-762-8421, www.banfflakelouise.com

**Jun 21: Cannonball**  
Seattle, WA. Cross-state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx. 10km of climbing. A timed event. Excellent preparation for S2S. Duane Wright, Redmond Cycling Club, 206-523-7404, www.redmondcyclingclub.org

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

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

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

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

**Jun 25: High Desert Criterium Series**  
Bend, OR. See "Race Series" for details. Tim Plummer, 541-610-3322, www.bendcycling.org

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

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

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

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

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

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

ROAD TOURING

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. Susan France, Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org/

**May 2-4: Fleche Pacificque**  
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. Danella Laidlaw, BC Randonneurs, 604-421-1717, www.randonneurs.bc.ca

**May 3: Camano Climb**  
Camano Island, WA. 28 or 44 scenic miles around Camano Island with views of Cascades and Olympic Mountains. Starts at Camano Center, between 7:30 & 10:00am. Fee includes: support, water bottle and spaghetti dinner. Stanwood-Camano Kivans, 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 country with some rolling hills, little traffic, the Pony Express and old California wagon trails. Awesome mountain views. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

**May 3: RACC - Ride Around Clark County**  
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.bicycleadventures.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. A portion of each registration fee & all benefits donated to BAW. Well staffed and stocked rest stops every 25 miles. Start: 6:30am - 10:00am. Phil Meyer, Phil's South Side Cyclery / Tailwind, 253-661-3903, www.maydaymetric.net

**May 4: Rhody Tour [EAW]**  
Port Townsend, WA. 32, 45, or 62 miles. Route follows the varied terrain in the Jefferson County's rural roads. The few hills on the half-metric century make for a pleasantly challenging ride. The full metric century is a fast rolling ride with a few good hills. Jane Whicher, Port Townsend Bicycle Association, 360-379-2796, www.ptbikes.org

**May 10: 300km Brevet**  
tbc, BC. Starts at 6:00am. Deirdre Arcscott, 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. A portion of the proceeds from the Spring Cycle Tour will be donated to the Yellowstone Park Foundation. Yellowstone Chamber of Commerce, 406-646-7079, http://cycleyellowstone.com

**May 10-11: STOKR (Scenic Tour of the Kootenai River)**  
Libby, MT. 2-day loop tour in scenic western Montana. Great cause, homemade food, no traffic & fantastic community support!! Susie Rice, www.stokr.org

**May 11-16: California Wine Country**  
Santa Rosa, CA. Napa & Sonoma by bike: sun-drenched roads, romantic lodgings, elegant dining, spas - activity + pampered luxury! Includes winemaker's dinner at the famous Culinary Institute of America. Also available: 6/29; 9/21; 10/12. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**May 17: 300km Brevet**  
Sorrento, BC. Randonneur event going to Kelowna, starts at 6:00am. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

**May 17: 400km Brevet**  
Seattle, WA. 400km (248mi) event. 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. You'll see magnificent country, pristine air & unbelievable views & vistas that will range 140 miles away. Bob Kinney, 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 17-18: Tour de Hood**  
Hood River, OR. 2 days, 132 miles, 14,000ft vertical, spectacular views and mind-numbing climbs. 89 miles start at Cooper Spur Resort on Saturday morning, 3 hours before the pros and goes to the Mt Hood Meadows Ski Resort. Sunday travel 42 miles of the Columbia River Gorge Historic Hwy from Hood River and watch the race in the afternoon. Benefit the Livestrong Foundation Kendra Wenzel, Orange Cat Events LLC / Mt Hood Classic, 541-912-9792, www.mithoodcyclingclassic.com/TourdeHood/

**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 Littlelock. Blaine Wheeler,

Capital Bicycling Club, 360-480-7356, www.capitalbicycleclub.org

**May 21: Ride of Silence**  
Various, OR. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Events scheduled in Corvallis, Eugene, Pendleton (8-10 miles), Medford (14 miles). www.rideofsilence.org/main.php

**May 21: Ride of Silence**  
Various, WA. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. In Seattle - 12-mile ride starts at Gasworks Park at 7:00pm. Events scheduled in Tacoma, Everett (10 miles). 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. Rest stops, SAG wagons, mechanical support, gear transport, lunch, BBQ, entertainment, hot spring pools. Herb Bitting, Pendleton on Wheels Bike Club, 541-276-6312, www.cyclependleton.com

**May 23-26: Okanagan British Columbia Wine Bicycle Tour**  
Okanagan Falls, BC. Fully supported bike and wine tour. Fee includes 3 nights lodging, 7 meals, guides, and support vehicle. Mike Aho, 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, 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.bicycleadventures.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. Chris Fox, KITH Cares!, 425.576.9531, www.7hillskirkland.org

**May 26-31: Oregon Coast Bike Tour**  
Eugene, OR. Travel from the farmlands of the Willamette Valley, over the Coast Range to the Oregon Coast and back. 50-65 miles per day. Small group. Available: 6/8, 9/14. Wild Heart Cycling, 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, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

**May 31-Jun 6: Cycle Utah**  
St. George, UT. 7-day catered and van supported event. 279 miles of beautiful scenery in the Zion and Bryce Canyon National Parks. Adventure Cycling Association, 800-755-2453, 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, 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, Lanzville 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/~friendsforrachel

**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

JUNE

**Jun 1: 15th Annual Loreen Miller Bike Ride [EAW]**  
Spokane, WA. 12-mile family course is flat, utilizes less traveled side roads for the majority of the course. The full and half century courses are much more challenging. Pancakes, Mexican luncheon, T-shirt, etc. Benefits cancer patients in eastern WA and north ID. 509-456-0446, www.cancerpatientcare.org/loreen\_miller.php

**Jun 1: Peninsula Metric Century [EAW]**  
Southworth & Gig Harbor, WA. Choice of 29-, 44-, 62- or 100-mile routes through the scenic Kitsap Peninsula. 2 start locations (Southworth Ferry Terminal and Gig Harbor Medical Pavilion). Tacoma Wheelmen's Bicycle Club, 253-884-4473, www.twbcc.org

**Jun 1-6: Santa Fe-Taos Tour**  
Santa Fe, NM. Ride New Mexico's High Desert, including Bandelier Nat'l Monument & the Enchanted Circle, feast on epic cuisine, explore ancient cliff dwellings, world-famous art & culture. Also available 6/1, 9/7 & 28-. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Jun 1-6: Santa Fe-Taos Tour**  
Santa Fe, NM. Ride New Mexico's High Desert, including Bandelier Nat'l Monument & the Enchanted Circle, feast on epic cuisine, explore ancient cliff dwellings, world-famous art & culture. Also available 6/1, 9/7 & 28, Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Jun 2-5: Oregon Wine Country**  
Portland, OR. Fine wineries, dining and riding in Oregon's Willamette Valley on this very romantic

tour. Elegant lodging and wine tasting. Also available: 9/22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Jun 7-8: 600km Brevet**  
Seattle, WA. 600km (373mi) event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

**Jun 7: Marilyn Jensen Memorial Bicycle Rides [EAW]**  
Weston, OR. 2 rides: 8-mile "family ride" out-and-back flat course, and 50-mile road course. Secondary roads all paved, lots of "rollers," well supported. Held in conjunction with Pioneer Days Celebration. Registration 7:00am, start at 8am. Gary Jensen, Family of Marilyn Jensen, 541-566-3915, gji@bmi.net

**Jun 7: PetroGlyph Century**  
Cedar City, UT. Soar along this route under the magnificent skies & the watchful gaze of eagles, falcons & hawks. View ancient petroglyphs at a natural gateway for man & animals. Bob Kinney, Bike 2 Bike, 801-677-0134, www.bike2bike.org

**Jun 7: Pioneer Century**  
Canby, OR. Pedal from Canby through scenic country roads. Loops of 45 and 55 miles, ride one or the other or do both for a full century. Great training ride for the STP. Portland Wheelmen Touring Club, 503-775-8300, www.pwtc.com

**Jun 7: Race Against Domestic Violence**  
La Grande, OR. 80- and 100-mile ride circling the beautiful Grande Ronde Valley in eastern Oregon to raise money to fight domestic violence. Start at Riverside Park between 6 & 10am. Mary Ellen La Berge, 541-663-1037, www.3riversrace.com

**Jun 7-8: Rona MS Bike Tour - Fraser Valley**  
Fraser Valley, BC. Gear up for fun, for a challenge, for a cure. 2-day event. Minimum fundraising \$250. Food, accommodations, entertainment, road support crews and awards for fundraising. MS Society of Canada, 604-602-3221, www.mssociety.ca

**Jun 7-14: San Juan Islands - Victoria**  
Seattle, WA. The San Juans: "one of the best places to cycle" in the country. Cycle, hike and sea kayak in the islands, plus add 2 nights in Victoria, BC and a taste of Washington's Olympic National Park. Energetic beginners to advanced cyclists. Also available 6/21, 7/5, 19, 8/16, 9/6. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

**Jun 7: Sunrise Apple Century Ride**  
Wenatchee, WA. 50- or 100-mile loops start at Walla Walla Point Park. Ride through Riverfront Park on the west bank of the Columbia River. Cross over to travel east to Daroga State Park (50-mile turn-around), and on to Lake Chelan. Riders return by heading south via Navarre Coulee and Hwy 97A. Benefit Sunrise Rotary's charity programs. 509-664-3366, www.applebikeride.com

**Jun 7: Wheels to Meals [EAW]**  
Puyallup, WA. "Fight hunger from the seat of your bike." 20-, 40-, 50-, & 70-mile loops through beautiful Puyallup valley and surrounding area. Min. \$100 in pledges. Bike mechanic, great support, and finish line festival with beer/wine/root beer float garden, BBQ & live music. Starts WSU-Puyallup campus. Kevin Glackin-Coley, The Food Connection, 253 383-5048 www.wheelstomeals.org

**Jun 8: 3rd Annual Fort2Fort Ride [EAW]**  
Port Townsend, WA. Hilly & challenging metric century on lightly traveled roads to Fort Flagger. The family-friendly 17-mile ride follows quiet streets to Larry Scott Trail leading to Old Fort Townsend on Port Townsend Bay. The 35-mile challenge loop from Fort Worden to Old Fort Townsend and back. Benefits the Friends of Fort Worden State Park. Rick Sepler, 360-344-4459, fort2fortride.org

**Jun 9-13: Columbia Gorge**  
Portland, OR. Cycling, rafting, hiking and support! Explore this spectacular region over 5 days. Family expansion available. Also available: 6/23, 7/7, 21, 8/4, 18, 9/1. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

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**A Weekend at the Beach**  
August 1-3

**The Wild Wheeled West**  
September 6-13

**www.cycleoregon.com**

**Jun 9-Jul 3: The Great Alaska Highway Ride**

Dawson Creek, BC. The ultimate wilderness road bike trip! Cycle the entire length of the famed Al-Can Highway (Alaska Highway) from Dawson Creek, BC to Delta Junction, Alaska. 1400 miles of thick black spruce forests, towering glacial shrouded peaks, rushing rivers, turquoise lakes, colorful wildflowers & an occasional grizzly bear. Pedalers Pub & Grille, 352-284-9921, www.pedalerspubandgrille.com

**Jun 13-15: Cascade Mountains Sampler**  
Sisters, OR. Travel in the shadows of the Sisters and Mount Jefferson. Camping tour. Experience the majesty of old growth forests, expansive views of the snow-covered Cascade Mountains and the joy of taking a soak in a hot spring. Also available: 6/20, 7/18, 8/1. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

**Jun 14: 16th Annual Strawberry Century**

Lebanon, OR. "More Hills! More Thrills!" 13-mile flat creek-side family ride, 53-mile loop and improved 72 and 102 miles. The century includes a beautiful and challenging route to the north of Lebanon. Roger Gaither, Santiam Spokes Bicycle Club, 503-394-3696, www.santiamspokes.org

**Jun 14: 2nd Annual Gorge Ride**

The Dalles, OR. Starts at the Colubia Gorge Discovery Center. Rest stops at historic Mayerdale Estate and at the Senator Mark O. Hatfield West Trailhead. 40 miles. Friends of the Historic Columbia, hcrh.org

**Jun 14: 600km Brevet**

Kamloops, BC. Going to Okanagan Falls, starts at 5:00am. Richard Blair, BC Randonneurs, 250-372-1873, www.randonneurs.bc.ca

**Jun 14: Bob LeBow "Health Care for All" Bike Tour**

Nampa, ID. Scenic tour through Canyon, Owyhee & Malheur counties dedicated to raising funds for the Zero Pay Fund. 3, 10, 35, 64, or 100 miles. Start between 7:00am for century to 11:30am for shorter distances. Some hills on the 3 longer courses, others are flat. Terry Reilly Health Services, 208-459-1025, www.trhs.org/

**Jun 14: Chelan Century Challenge**

Lake Chelan, WA. We challenge you to the Chelan Century. Test your fitness level on 3 scenic loops tackling 8000' elevation gain if you finish. Expect Rotary support with toughness and beauty unmatched in the NW. Includes an easy 20-mile ride along the lake. Mark McCants, Lake Chelan Rotary, 509-387-0041, www.centuryride.com

**Jun 14: Cycle For The Health Of It**

Goldendale, WA. Century, metric century or 33-mile ride around the scenic and historic Goldendale countryside. Registration opens at 7:00am. Pat Riley, Golden Event Planning, LLC, 509-773-0567, www.cityofgoldendale.com

**Jun 14-20: Cycle the Columbia Gorge**

Gresham, OR. Features great cycling, scenery, food & fun. The 338-mile route showcases the Pacific Northwest's varied and spectacular landscapes. Teri Malouhney, Adventure Cycling Association, 800-755-2453, www.adventurecycling.org/e55

**Jun 14: Double Dawg Tandem Ride**

Bend, OR. 65-mile ride for tandems & singles from Bend to Smith Rock State Park and back. One food stop with deluxe snacks. No brutally long climbs, but some short steep ones. \$5 per riders. Starts at Hutch's on Columbia St. at 9am. Hutch's Bicycles, 503-382-6248, www.hutchsbicycles.com

**Jun 14: Flying Wheels Summer Century**

Redmond, WA. Largest century in Washington state, with 25-, 50- & 70-mile loop options. Start/finish at Marymoor Park. Cascade Bicycle Club, 206-522-3222, www.cascade.org

**Jun 14-15: Foothills Randonnee**

Fort St. John, BC. Randonneur event. 600km brevet. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

**Jun 14: The Great Owyhee Ride 2008**

Ontario, OR. A scenic century ride through rural area winding from a start point in Ontario Oregon up to the base of the Owyhee Dam. Proceeds benefit Southeast OR Regional Food Bank. Peter Lawson, 541-889-9206, www.oregonfoodbank.org

**Jun 15: 10th Annual Tour de Fronds**

Powers, OR. 72-mile ride between Powers and Glendale, Oregon. Low traffic paved FS and BLM roads, through tall timber, past water falls, and over a great climb. 6 ride options (30, 32, 62, 66, 72, 80, 140). Can start either at Powers or Glendale. Plenty of climbing on the longer ride options. Paul Tamm, Umpqua Velo Club, Cities of Glendale and Powers, 541-459-1385, www.umpquavelo.com

**Jun 15-Aug 4: Across America North**

Astoria, OR. Fully supported 50-day, 3650mi bicycle tour from Astoria, OR to Portsmouth, NH. Going through spectacular Cascades and Rockies. America by Bicycle, www.abbike.com

**Jun 15-21: Kettle Valley Trail 1**

Castlegar, BC. Tour starts in historical Castlegar and ends in Beaverdell, via Grand Forks, Greenwood & Rock Creek. Incredible views of Lower Arrow Lake. Mostly on railbed. Need hybrid or MTB. Great Explorations, www.great-explorations.com

**Jun 15-23: Northwestern Tour**

Astoria, OR. Fully supported 8-day, 620mi bicycle tour from Astoria, OR to Boise, ID. America by Bicycle, 888-797-7057, www.abbike.com

**Jun 15-20: San Juan Islands 6-Day**

Seattle, WA. Bike, hike, sea kayak & go whale watching through the gem-like San Juan Islands off Washington's NW Coast. Fully supported! Also available: 7/13, 27; 8/3, 10, 24, 31. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**Jun 15: Tour of Greater Victoria**

Victoria, BC. Start at Cook Street Village at 7:00am. 200km brevet. Follow the Saanich-Metchosin route. Jenny Watson, BC Randonneurs, 250-370-9167, www.randonneurs.bc.ca

**Jun 20-23: Oregon Sampler Bike Tour**

Sisters, OR. Experience the best of Oregon. Explore the pastoral Willamette Valley, the lush Coast Range, and one of the most scenic sections of the Oregon Coast. Also available: 7/11, 7/25, 8/8, 8/22, 8/30. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

**Jun 20-22: Yakima Valley Wine Bicycle Tour**

Sunnyside, WA. A 3-day fully supported bike and wine tour through the Yakima Valley area. Nights will be spent in country inns. Fee includes 2 nights lodging, support vehicle, 7 meals, and guides. Mike Aho, Spokane Parks and Recreation, 509-625-6246, www.spokane-parks.org

**Jun 21: Cannonball**

Seattle, WA. Cross-state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx. 10km of climbing. A timed event. Excellent preparation for S2S. Duane Wright, Redmond Cycling Club, 206-523-7404, www.redmond-cyclingclub.org

**Jun 21-27: Cycle Montana**

Missoula, MT. New spin on an old favorite. Spend a week bicycling through the scenic valleys of western and southwestern Montana. 7-day catered & van-supported event. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org/

**Jun 21-22: Cycle Washington Memorial Ride**

Redmond, WA. In honor of bicycle accident victims. Start at Marymoor Park and ends in Wenatchee, spend night in Cle Elum. Proceeds benefit the Jill Spanjer Foundation and the WA State RSVP Association. Brian Ropp, 800-258-2821, www.cyclewamemorialride.com

**Jun 21-23: Grand Illinois Trail and Parks (GITAP)**

Dixon, IL. A week-long biking loop featuring routes on the Grand Illinois Trail. Generally flat with some optional hilly areas. Mileage from 300 to 550 for

the week. Fully supported, dinners, breakfasts, camping sites or motel package. Limited to 160. League of Illinois Bicyclists, www.bikelib.org/gitap

**Jun 21-24: Hare & Tortoise 1000**

Victoria, BC. Starts in Victoria, 3:00am. 1000km brevet will bring you to Port Hardy and back. Registration opens at 2am. 75-hour limit, altitude gain 27000'. Ken Bonner, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

**Jun 21-24: Lower Mainland & Interior 1000km Brevet**

Vancouver, BC. Randonneur event, route negotiable. Start time: 6am and 8am. BC Randonneurs, 604-733-6657, www.randonneurs.bc.ca

**Jun 21: Mountain Lakes Challenge**

Ashland, OR. Miles of gorgeous scenery of valleys, mountain lakes and forest on back country rds. Century (7000ft), metric century (3600ft), 50- and 25-mile rides. Great rest stops and amazing lunch. Siskiyou Velo Club, www.siskiyouvelo.org

**Jun 21: Native Planet Classic**

Winthrop, WA. A fundraising bicycle ride over the beautiful North Cascades Highway, offering non-competitive riders 3 routes - 28-, 63- or a 128-mile rides with 10000+ ft of elevation. Dave McDougall, Native Planet Outdoor Club, 209-979-0725, www.ride4areason.org/npc/classic/index.shtml

**Jun 21: Ride 2 Survive**

Kelowna, BC. 4th annual 1-day epic 400km ride over 2 mountain passes to raise funds for the Canadian Cancer Society. Leaves Kelowna at 4:00am, arriving in Delta before 10:00pm. Pedaling 15 hrs, climbing 12000'. Kerry Kunzli, Team Coastal Cycling Club, 604-590-8340, www.ride2survive.ca

**Jun 21: Tour de Blast**

Toutle, WA. 82-mile round trip ride through the heart of the Mt. St. Helens blast zone. The Spirit Lake Memorial Highway winds its way up the Toutle Valley to the Johnston Ridge Visitor Center. Longview Rotary, www.tourdeblast.com

**Jun 21: Tour of Marsh Creek Valley**

Pocatello, ID. 25-, 62- or 100-mile rides on e roads between Pocatello and Malad Pass. In memory of Jay Anderson. American Diabetes Association of Idaho, 208-652-3532, www.idahocycling.com

**Jun 22: Tour de Pierce**

Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open from 8:00am to 3:30pm. Start/finish at Western WA Fairgrounds Gold parking lot. 12-mile route, flat and easy. Benefits Sprocketwoman program. Sheila Pudists, Pierce County Parks, 253-798-4177, www.piercecountywa.org/parks

**Jun 22-24: Watermelon Rides**

Rickreall, OR. Oregon's original one-day double century. Start at Polk County Fairgrounds. Routes generally flat with some rolling hills. 50, 100, 125 and 200 miles. Generally flat with some rolling hills. Rest stop. Doug Parrow, Salem Bicycle Club, www.salem-bicycleclub.org

**Jun 23-Aug 9: Big Ride Across America**

Seattle, WA. 48 days total, with 40 riding days averaging 85 miles per day. Experience the mountains and river valleys of the west, the prairies and farm lands of the mid-west and the ridges and rail trails of the east. Minimum fundraising is \$5,500. American Lung Assoc. of WA, 206-441-5100, www.bigride.org

**Jun 24-Jul 3: Northern Rockies Ride**

Boise, ID. Fully supported 9-day, 704-mile bicycle tour from Boise, ID to Casper, WY. America by Bicycle, 888-797-7057, www.abbike.com

**Jun 23-30: Willamette Valley Wine Sampler**

Salem, OR. Experience handcrafted wines, gourmet food, and quiet roads in the fertile Willamette Valley. Also available: 7/16, 8/14, 8/22, 9/11. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

**Jun 28: Ann Weatherill Cycling Classic**

Walla Walla, WA. Metric century and half metric century over largely rural roads in the beautiful Walla Walla Valley. Catered buffet luncheon, fine

wines, live music. 100km starts at 8am, 10am for half Century, from L'Ecole No. 41. Patty Froke, Wheatland Wheelers CC, 509-337-8668

**Jun 28: Bike with Brian**

Cashmere, WA. 25 miles from Cashmere to Wenatchee and back. bikewithbrian@msn.com

**Jun 28-Jul 1: Cascade 1200 / 1000km Brevet**

Monroe, WA. The longest brevet of the SIR. Experience the beauty of WA state in a group-oriented 1200km brevet. Also includes a 1000km brevet. Mark Thomas, Seattle International Randonneurs, 206-612-4700, www.seattleirando.org

**Jun 28: Mt. Adams Country Bike Tour**

Trout Lake, WA. 11-mile family fun ride, 50-mile Glenwood, BZ, Trout Lake loop, and 100-mile Forest Infinity loop. Gorgeous backcountry paved roads, great barbeque afterwards. Fun for the whole family. Fully supported. Benefits the Trout Lake School & Trout Lake Volunteer Fire Dept. Cookie Gilpatrick, Trout Lake Business Owners, 509-395-2468, www.troutlake.org/biketour

**Jun 28-Jul 6: Prairie City Bicycle Invitational**

Prairie City, OR. Join us for a day or a week of great bicycle riding in the Prairie City area, famous among veteran cyclists. Choose from a variety of mapped and characterized rides ranging in type, class, and distance. Enjoy spectacular scenery, traffic free roadways, uncrowded back-country trails, abundant wildlife. Experienced the western hospitality and friendliness. No supported, no registration fee. Storie Mooser, 503-704-4631, www.prairiecityoregon.com

**Jun 28: RATPOD: Ride Around the Pioneers in One Day**

Dillon, MT. 157-mile ride with 7500' of climbing. Takes place in Big Hole Valley in southwestern Montana. Benefits Camp Make-A-Dream, a tuition-free camp for children and young adults with cancer. Jennifer Benton, Camp Make-A-Dream, 406-549-5987, www.ratpod.org

**Jun 28: Tsunami**

Victoria, BC. Start at Cook Street Village, Moka House, 7:00am. 300km brevet to Port Renfrew. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

**Jun 29: Barlow Trail Century**

Gresham, OR. Canceled for 2008. www.rivercitybicycles.com

**Jun 29: Bite the Bullet**

Cul de Sac, ID. 53 mile loop through Winchester, down Reuben/Gifford road and back to Cul de Sac on Cottonwood Creek. Low traffic, great scenery. 4,000 feet of climbing. Not supported. twinriverscyclists.org

**Jun 29: Livestrong Challenge Portland**

Portland, OR. Rise to the Challenge: 10-, 40-, 70- or 100-mile rides. Lance Armstrong Foundation's (LAF) signature fundraising event, to inspire and empower people affected by cancer. Also includes a 5K run/walk. Register on-line. \$250 minimum fundraiser requirement. Lance will be there! Lance Armstrong Challenge, 888-424-2553, www.livestrongchallenge.org

**Jun 29-Jul 4: Oregon Coast Budget**

Portland, OR. Cycle Oregon's dramatically wild coastline with its rocky cliffs and historic lighthouses and finish off your days with a hot shower & a great meal. Also available: 7/20, 8/3, 24, 9/7, 21. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

**Jun 29-Jul 5: Wallowa Mountain Rambler**

Baker City, OR. Circumnavigate the Wallowa Mountains, the "Alps of Oregon," with a side trip to the rim of Hells Canyon. Ride through the rural valleys and hills of Eastern Oregon. Rest day along the shore of Wallowa Lake. Also available: 7/20 and 8/17, 8/31. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

TRACK

MAY

**May 1, 8, 15, 22, 29: Alpenrose Thursday**  
Portland, OR. See "Race Series" for details. Mike Murray, OBRA, 4318 SE 8th Ct., Portland, OR, 97080. 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 pts, mile, chariot, scratch, unknown distance, miss and out. Cancelled if raining. Darell Provencer, 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: Wednesday Night Racing**  
Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

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

**May 30: Friday Night Racing**  
Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

JUNE

**Jun 2, 9, 16, 23, 30: Monday Night Racing**  
Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

**Jun 3, 10, 17: Masters & Juniors Races**  
Portland, OR. See "Race Series" for details. Steve Trusdale, 7225 SE 20th Ave, Portland, OR, 97202. 503-232-1704, www.obra.org

**Jun 4, 11, 18, 25: Wednesday Night Racing**

Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

**Jun 5, 12, 19: Alpenrose Thursday**  
Portland, OR. See "Race Series" for details. Mike Murray, OBRA, 4318 SE 8th Ct., Portland, OR, 97080. 503-661-5874, www.obra.org

**Jun 6, 13, 20: Fast Twitch Fridays**  
Portland, OR. See "Race Series" for details. Jen Featheringill, 503-227-4439, www.obra.org

**Jun 6, 13, 20, 27: Friday Night Racing**  
Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

**Jun 16, 18, 20: Kids on Track**  
Portland, OR. See "Race Series" or "Camps" for details. Chris Alling, 360-609-2660

**Jun 23-28: Alpenrose Six-Day**  
Portland, OR. The only outdoor 6-day race in North America. Offers a full program of exciting track racing, including Madison events. See website for schedule. Mike Murray, 4318 SE 8th Ct., Gresham, OR, 97080. 503-661-5874, www.obra.org

**Jun 23, 25, 27: Kids on Track**  
Portland, OR. See "Race Series" or "Camps" for details. Chris Alling, 360-609-2660

**Jun 30: Kids on Track**  
Portland, OR. See "Race Series" or "Camps" for details. Chris Alling, 360-609-2660

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## Wednesdays with Maynard

BY BRENDAN LEONARD

Part two of an interview with Maynard Hershon.

[Part one was published in the *Bicycle Paper* April '08 issue. Maynard's comments appear in bold.]

I know Maynard, the subject of this interview, because I ride a steel bicycle my friend Nick gave me. He also pointed me to Salvagetti Bicycle Workshop where I go to replace the parts I keep breaking on the bike. That's where I met Maynard.

Maynard also has steel bikes, three of them: A pink 1990 Lighthouse, a blue 2000 Rivendell and a 2006 charcoal gray Bike Friday Pocket Rocket Pro.

He told me once, "Everyone who made my bikes is a prince."

He's got sentimental relationships with the bikes and the people who made them. I feel the same way. We don't talk about my bike; it's old, tough, nicked, scratched and I wrecked it once. It sports unfashionable gears and brakes, but it moves like a bullet when I make it do so—and puts a smile on my face. That's all I know about bicycles, really.

I met Maynard at the 8 a.m. Sunday Salvagetti Breakfast Ride, a sort of Sunday service for people who like bikes but don't wear Lycra. Maynard, who does occasionally wear Lycra, found out about the shop within days of moving to the Denver University area from Tucson. He attended his first Breakfast Ride and has been a Sunday fixture since.

In fact, I spent Easter Sunday last year on the smallest Breakfast Ride to date (to my knowledge). Maynard, Salvagetti owner Scott Taylor and I went to Metropolis Coffee on 11th and Cherokee, ate bagels from Moe's and BSed for four hours. **[Only three people this Easter too!]**

There was an inch of snow on the ground. I had eased my bike down to the shop, not knowing if anyone else would show. Scott and I had sat for a few minutes when Maynard popped

through the door, confessing that he'd ridden the light rail, not his bike.

He'd crashed a few days earlier on a group ride near Chatfield State Park and was still a little skittish, especially riding in the snow. Maynard wanted to talk about the circumstances of the crash, and how he was the only person on the ride who had actually ridden his bicycle to the start.

Everyone else had driven cars or SUVs with racks on them, then pulled expensive bikes off the racks and ridden them.

"Why is that?" Maynard asked.

Well, that's the way Maynard is, since I've known him, anyway: A little angry about the way we use bicycles and cars in the U.S. And that's what he writes about. After 20-some years writing about cycling culture and racing, he's now wondering why the bicycle has become just a piece of exercise equipment.

"Ride, don't drive," Maynard says. "I've become the guy who writes about that as much as anybody in America." Maynard doesn't own a car; a motorcycle, yes. He's been writing about them for years too, but they don't interest me, so we never talk about them.

I know Maynard agrees with the statement in the next paragraph (and could probably put it more eloquently) **[not]**. I know because our conversations, even if they start somewhere else (politics, the new Coen brothers movie, the hipsters at the next table), always detour to bicycles and how the people who ride them in Denver are treated.

My take is that we're treated like obstacles most of the time but hopefully not like targets, though it feels like that sometimes. Maynard's take?

"If you use a bike for transportation, you are not in the mainstream in America," he says. "You put up with a lot, and I'm not just talking about the weather. You're made to feel like an intruder. It's a heavy emotional burden to bear. I think that burden is much more easily borne in the company of others who share the same experiences."

That's why we get together for coffee. This time we met so I could "interview" Maynard, or just record some of the stuff we talk about nearly every time we sit down together.

The only "real interview" question we got to in about two hours of talking was "What are five things you like about Denver, Maynard?" For background, in his 65 years, he's lived in Flint, Mich.; Indianapolis and Bloomington, Ind.; the San Francisco Bay area; Tacoma, Wash.; Chico, Calif., and most recently in Tucson, Ariz.

He and Tamar hadn't checked out the 650 miles of bike paths or researched the city that much before they moved here in Nov. 2006, but by my estimate, they're pretty excited about it.

Here's the list of five things Maynard likes about Denver—in no particular order:

1) The bike paths.

"The off-street bike paths not only enable us to get around without being around cars, they mean that drivers are exposed to fewer of us. It's better for everybody. It keeps drivers from holding grudges when they feel they've been offended, which is anytime.

"We ride the bike path and not very far away, there's the road. If you're on the South Platte Path for instance, you're close to South Santa Fe Drive. What do you hear from up there? Horns honking, brakes screeching, people screaming at each other. Priests and rabbis cursing at mental healthcare providers for cutting them off, sounds of accidents—who would want to be there?"

2) The bike shops.

"We have so many great bike shops. Like Seattle or Portland, I'd say."

3) The Salvagetti Breakfast Ride.

"How 'bout that Breakfast Ride? We wouldn't know you, Brendan; we wouldn't be living where we're living. (Mark, one of the Sunday morning guys, hooked Maynard and Tamar up with their apartment.) There're just so many things.

"If I need to know how to find help with anything, any sort of thing, I ask somebody on



the Breakfast Ride. It's just the best bunch of folks. **[I'm not sure I said what I meant here. The conversations, the interaction over breakfast...something unique happens on these Sunday mornings. I've invited several friends—they're never disappointed.]**

4) Capitol Hill.

"I like our neighborhood. I like Capitol Hill. I like living next to the 'Gayborhood.'" (note: I have lived in the 'Gayborhood' for a year and a half and had never heard it called the 'Gayborhood' until Maynard said it. I need to get out more.)

"It's a genuine neighborhood. You know everybody; they wave at you when you walk by. Do you ever shop in that Ace Hardware at 9th and Corona? It's zany in there, really fun, and the guys know you.

"And do you ever go sit in front of DazBog (coffee shop at 9th and Downing)? If an outrageous guy feels like being outrageous, he's home. He doesn't have to worry about it. He can be who he wants to be. How many places can people be who they want to be?"

5) The patio at the Denver Flagship REI.

"What a luxury to have a place like that where can you sit outside and have a coffee. It's at the confluence of the South Platte River and Cherry Creek. Hundreds of cyclists on a weekend day. You can reach it on your bicycle **[on the Cherry Creek path]** and feel safe. **[You go into Starbucks, you come back out and your bike is still there.]**

My friend and neighbor, famous cycling writer Maynard Hershon, who's traveled the world, ridden all over Europe, eaten dinner with Lance Armstrong, owns bikes made by people who handcraft beautiful bikes...bought me two cups of coffee to let him borrow my air mattress. **[Thanks again, Brendan!]**

I'm actually really proud of the whole air mattress thing. I think he kind of is, too. **[Why, I liked it so much, I bought the company!]**

For more information on trails in Denver, go to: <http://www.washingtonpost.com/wp-dyn/content/article/2006/09/29/AR2006092900626.html>.

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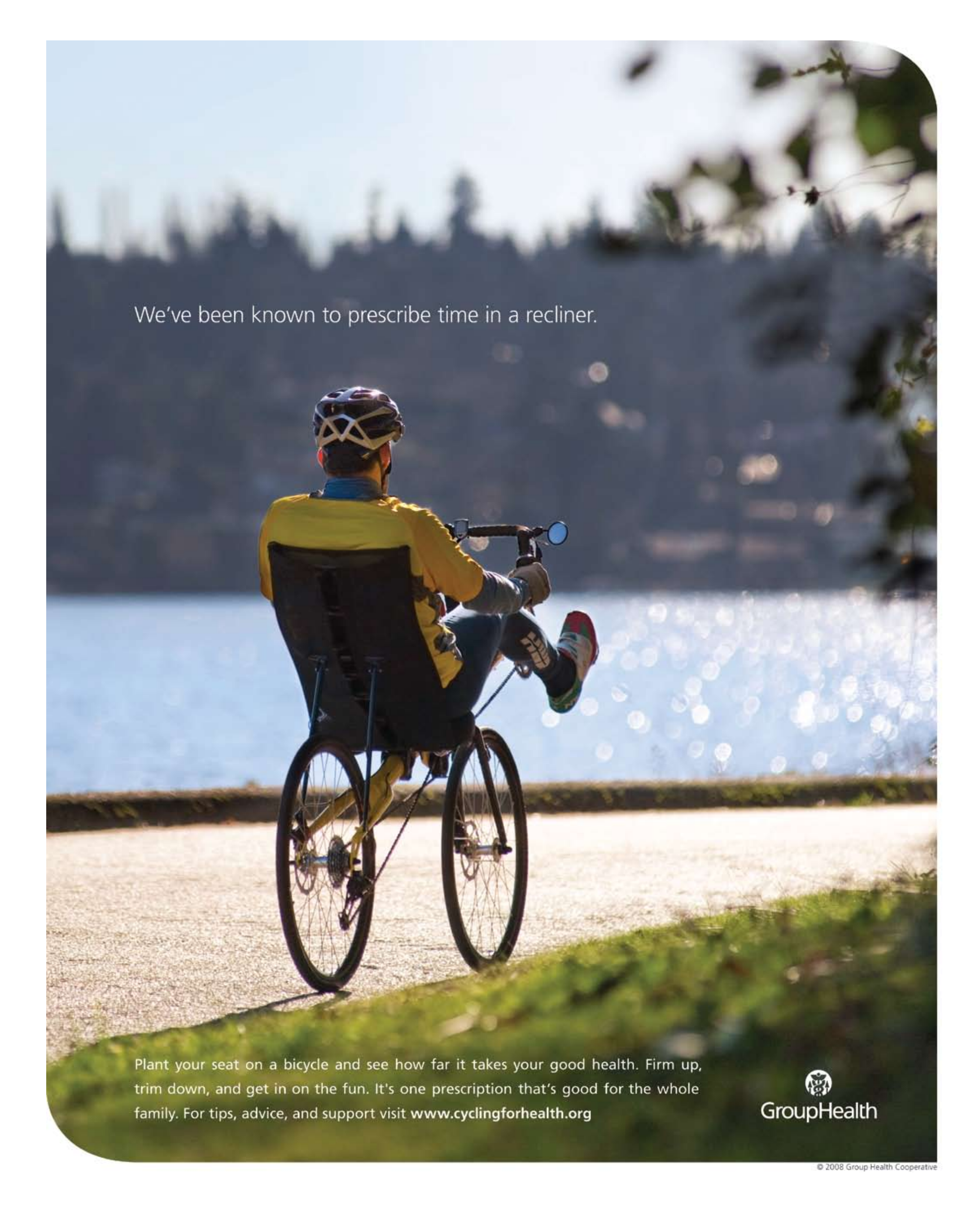
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A person wearing a yellow and black cycling jersey, a black helmet, and blue cycling pants is riding a recumbent bicycle on a paved path. The person is viewed from behind, pedaling towards a large body of water. The water is bright blue with many white reflections from the sun. In the background, there is a line of green trees under a clear sky. The overall scene is bright and sunny, suggesting a pleasant day for cycling.

We've been known to prescribe time in a recliner.

Plant your seat on a bicycle and see how far it takes your good health. Firm up, trim down, and get in on the fun. It's one prescription that's good for the whole family. For tips, advice, and support visit [www.cyclingforhealth.org](http://www.cyclingforhealth.org)

