

BICYCLEPAPER

37 YEARS AS THE NORTHWEST CYCLING AUTHORITY

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JUNE 2008 • FREE

1,000,000 Bikes ----- Page 8

Just Do It----- Page 6

Don't Dry Out ----- Page 9



Take the route less traveled to discover the beauty of Oregon and places like Crater Lake.

Cycle Oregon – Enjoy More Than Just a Pretty Ride

By JOEL CAMERON

The reasons for riding a bike are as varied as the riders themselves. While some still simply cycle for the time-proven, pure joy of the wind against their face or the feeling of self-powered locomotion, these days the positive effects of pedaling can extend far beyond the personal. For example, riding a bike instead of driving a car can help the environment by easing air pollution and limiting the use of natural resources, but what about developing a greater sense of community?

Bicycling puts the participants in direct contact with their surroundings. There are no bothersome barriers between a cyclist and the rest of the world—no radio, no music, just the sound of one's breathing, the hum of the gears and the whoosh of the wind past your ears. When biking you see other people face-to-face, not as a blur or part of the scenery, and as a result you are more likely to say, "Hello." Even more importantly, riding a bike takes people to places they may not normally go. The route one takes on a bike is seldom the same as the one he or she would drive. While on a ride you are likely to notice new people, new places and new elements, all of which will make you feel more connected to the world around you.

The people at Cycle Oregon certainly understand the power that bicycling has as a way to improve the health of both individuals and their environment. Not only does this 21-year-old enterprise appreciate the positive potential cycling can have on its participants, they have taken it one step further by giving back to the various communities that host their events. A nonprofit organization dedicated to bicycling enjoyment, safety and education, their annual weeklong and weekend rides take riders through smaller, generally less-traveled towns. All proceeds from the rides go

to the Cycle Oregon Fund at the Oregon Community Foundation, which helps preserve and protect Oregon's special places and supports community development projects. Conceived by Jim Beaver in 1987 and assisted by the Oregon Department of Tourism, these immensely popular rides have helped to generate funds for such worthwhile projects as Oregon State Parks, local school development and bicycling advocacy organizations, to name a few.

As Tara Corbin, a representative for Cycle Oregon, explains, "We work closely with the communities throughout the state to put on Cycle Oregon each year. In return we give the community a payment and they are eligible for grants. Each year we give over \$120,000 to the communities that help with the event." These grants, which are geared toward bicycle-related and community development projects, are available to any group that applies and receives approval. According to Corbin, the organization has assisted the state of Oregon by distributing approximately \$1.5 million in grants since the program's inception.

The benefits for the host municipalities are twofold. The rides' overnight stops are chosen based on the planned route each year. These towns are subsequently contacted and their residents employed to provide the various services that ride participants enjoy. The most obvious advantage for a host city is the direct influx of cash as riders are treated to stays in local establishments, dine on local fare and have the opportunity to purchase goods from the town's vendors. In addition to these monetary gains, there is a social payback as well. As Corbin explains, "Our event draws in about 2,000 folks from all over the country and the world, so we have exposed many people to our great state."

SEE "CYCLE OREGON" ON PAGE 4

Up North

Our 20-Meter Stretch of Trail

By JOE SALES

"You'll need a mattock, a peavey and a log carrier."

"Huh?"

Dieter, the trail boss, then started to hand me tools with an obvious application: I would be digging with the mattock, rolling logs with the peavey and moving logs, in unison with others, with the aptly named but medieval looking log carrier.

I had driven out to North Vancouver to the base of Mount Seymour to participate in one of the eight North Shore Mountain Bike Association's (NSMBA) trail days. Every spring the association announces a roster of trail days—everyone is welcome—where they work on selected trails in need of upkeep. Last fall my teenage son

begged me to take him out for one of the last events of the season as a way to check out the North Shore riding scene. It was so much fun that we came back for more.

This weekend's project featured maintenance on "Empress Bypass," a widely used entry-level multi-purpose access trail. The task was to improve drainage in order to combat erosion and to create a way to slow down riders, to prevent conflict with other users.

Empress Bypass gets its name because it routes people around the double black diamond "Empress" trail. We walked it to see what double black diamond entails, and I almost needed



One, two, three... carry!

SEE "TRAIL BUILDING" ON PAGE 7

Racing

Road Race Series Create Excitement Among Women Cyclists

By MARTHA WALSH

The 2008 racing season offers exciting opportunities for new and developing women cyclists. Generous sponsorship and cooperative promoters support three Northwest race series this year.

Evergreen state

Continuing a long tradition in Washington, the Luna Cat 4 Women's Race Series recognizes participation over the span of the entire season. Riders earn 15 participation points for every event they enter, and more points for placing in the races that are part of the series. Ten races were selected for the 2008 series: two time trials, three criteriums, four road races and the overall standings from a three-event omnium. Halfway through it, the top three women are Heidi Copes van Hasselt (Wines of Washington), Jen Akeroyd (Team Group Health), and Christine Chang (Wines of Washington).

Part of the excitement generated by a five-month long competition for

beginning racers is the fact that some of the early season top riders earn enough upgrade points to move on to race Category 3 events. The initial series' leader Robin Secrist (First Rate Mortgage) and other Cat 4 participants have already moved up. This allows other riders to overtake them in the standings, and it becomes impossible to predict who might be the overall winner until after the last race is over on August 10.

The new 2008 Luna Cat 3 Women's Race Series culminated with the Ravensdale-Cumberland Road Race on May 10; other events included two time trials, five road races, and a criterium. The series winner by a wide margin is Morgan Schneider, who rides for the Wines of Washington team. Carol Johnson of Team Group Health finished in second place, with her teammate Izette Swan just a few points back.

SEE "WOMEN RACING" ON PAGE 2

Win a Mountain Bike “Ultimate Road Trip”

Experience the mountain biking journey of a lifetime at North America's best lift-accessed mountain bike parks.

Bike Parks BC's resort partners are showcasing two incredible bike park road trip itineraries. Two winners, each with a guest of their choice, will experience either the eastern trip, running July 26 to August 2 or the western excursion scheduled for August 3–10. The first package features Panorama and Kicking Horse resorts in the spectacular mountain terrain of the Kootenay region, as well as Silver Star Resort in the beautiful Okanagan Valley. The second trip includes Mt. Washington and Sun Peaks Resort, and ends in Whistler



Shaums March (right) and the '07 winners.

during Crankworx, North America's premiere mountain biking festival.

In addition to two amazing itineraries, “The Ultimate Road Trip” 2008 grand prize will feature the use of Marin Bike's 2008 XLT Series Freeride bikes, complete with full riding gear, team jerseys and professional guiding and coaching from the reigning World Masters Downhill Champion, Shaums March, owner of MMR Bike Camps. All meals and lodging for the winners and their selected guest are included in this incredible prize package.

For a chance to win your place on the “The Ultimate Road Trip” 2008 tour, enter the contest at www.bikeparksbc.com. Contest runs from April 15 to June 15.

Svein Tuft Accumulates the Honors

Langley, BC resident Svein Tuft added four Pan Am Championships titles to his already well-garnished medals collection. The 2007 UCI Americas Tour winner, who spent most of last season traveling across the equator in pursuit of the UCI title, quickly established himself as the one to watch for in Montevideo, Uruguay. The multiple Canadian National Time Trial Champion (2004–2006) proved his versatility by winning the individual pursuit, the points

race, the Madison (with Symmetrics teammate Zack Bell) and the time trial titles. Zack Bell also claimed a silver medal in the omnium and a fourth in the time trial.



Photo courtesy of Joe Sales

Arkel Seat Bag Winners Announced



On May 16, *Bicycle Paper* provided the commuters who stopped by the Bike to Work Day Coast Guard station on Alaskan Way with an op-

portunity to win some amazing Arkel's seat bags (www.arkel-od.com). Visit us at the STP message center on July 19–20 for a chance to win yours.

Bike to Work Day winners are:
Robert Westphal, Des Moines, WA
Janet Hensley, Kent, WA
Albert L. Turner Jr., Seattle, WA

Bike to Work Day in King County

Cascade Bicycle Club reported that 23,483 riders rode their bikes to work on May 16; this represents an 18.7 percent increase over the 2007 numbers. Commuters who went by or stopped at any of the 42 commuter stations set up around King County were accounted for. Numbers for Pierce County, Spokane and other

localities were not available at press time. The monthlong Group Health Commute Challenge ends on May 31, numbers for that event will be available in early June. They should also reflect considerable increases simply judging by the number of teams that have taken up the challenge.

“WOMEN RACING” FROM PAGE 1

The Cat 3 series offered riders an important stepping-stone when graduating from the 4s. Historically in Washington, Category 3 women have seen their group combined with the “elite” Cat 1-2 women racers, who participate in National Race Calendar events around the country. The prospect of racing against the highest-ranked riders is daunting for a woman moving up from the beginner ranks. Cat 3 series winner Schneidler said the series “allowed our 3s to work as a team and try out new race tactics. We were able to be more aggressive and involved in the race as a unit, rather than having to be more conservative as often happens in the combined 1/2/3 races. I was able to personally challenge myself as well, and push my comfort level to try out new things.”

Swan found a palpable “energy and excitement” at the start line of the first race that “carried on throughout the series.” The Cat 3 series helped her gain racing confidence and experience without the intimidation of racing with the very strong Cat 1-2 field. “It gave me the opportunity to further build my physical, mental and strategic abilities with racers of like abilities,” she commented. Both Schneidler and Swan have now upgraded to Cat 2, demonstrating the value of the 3s series as a step for developing more elite racers.

Special thanks for the Cat 3 series go to all of the promoters who agreed to run separate races just for the women. There were more than 120 entrants in the races in this series, and usually the number of Cat 3 women in any given race outnumbered the 1/2s women racing at the same event.

Title sponsor Luna Bar as well as Onlineshoes.com, Renton Western Wear, and NurseWorks Northwest lend their support to both series. A leader's jersey in the Cat 4 series and winners' jerseys for both competitions enhance the overall prestige of these series. A podium presentation for the Cat 3 series

was held at the weekly Thursday night race at Seward Park in Seattle on May 22.

Oregon

Oregon's inaugural Norman Babcock Cat 4 Women's Series was announced in early May by Kenji Sugahara, executive director of the Oregon Bicycle Racing Association (OBRA). This series is named in honor of Norman Babcock, a strong supporter of women's cycling who recently passed away. The objective is to encourage women cyclists to try the different disciplines of road racing, a goal that

Babcock himself used to challenge new racers when he built the Poplollies team. Five races comprise this series: Swan Island Criterium (Portland - June 8), Salem Fairview Circuit Race (Salem - June 29), High Desert Road Race (Bend - August 3), Mary's Peak Hillclimb (Corvallis - August 16), and the Eugene Celebration Stage Race (Eugene - August 30–31).

“This is a great opportunity to increase grassroots participation in women's racing,” says Sugahara. “We are working closely with many sponsors and promoters to create an exciting and supportive environment for women's cycling.” The lead sponsor for the Oregon series is Veloforma, a Portland-based manufacturer of carbon bicycles and sponsor of an elite women's racing team. “We are here to do what we can in any way to bring more women into the sport of cycling,” says Mark Duff, president of Veloforma.

All three of these series give women the opportunity to share in the excitement of competing with their peers while learning more about the sport of bike racing and about themselves. In the words of the Cat 3 series winner Morgan Schneidler, “Racing has provided me with so much perspective. It is a way for me to learn and re-learn again and again important personality traits and life lessons.”

Martha Walsh is the instigator of all three women's racing series and an accomplished tandem and solo rider. For more information on the Washington series, got to www.wsbaracing.com. More details will soon be available at www.obra.org regarding the Oregon competition.



Robin Secrist, first leader of the Luna Cat 4 series

Photo courtesy of Martha Walsh



A Cat 3 women's breakaway at the Independence Valley Race

Photo courtesy of Martha Walsh

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Hurricane Ridge Closed to Bikes

By JOEL CAMERON

There are a lot of excellent rides in Washington. Whether it's a short morning sprint, a lazy afternoon cruise or an all-day adventure, you'll be sure to find it here. The options for bicycling are wonderfully varied and satisfyingly plentiful, making this part of the Pacific Northwest the perfect place to enjoy the pure passion for pedaling. Even so, there is not a plethora of pristine, high-altitude places to push your limits in the Evergreen State, and certainly none more epic than Hurricane Ridge (HR) Road. If you are looking for a place to get in some lung-busting, heart-pounding, high-altitude training, a thrilling, technical descent or simply a day pretending you are battling up the Tour de France's famous Alpe d'Huez, this road is it. However, if you were thinking about tackling Hurricane Ridge this summer, well, think again. Unfortunately, due to construction, the road will be closed to bike traffic from May 5, 2008 through October 15, 2008.

This closure comes as a big disappointment to bike riders as this spectacular, scenic, 16-mile section of highway in the Olympic National Park is considered one of Washington's most challenging rides. As Jacques Garrigues, an experienced pedal pusher and frequent rider of the route explains, "There really is no other road that comes even close to HR for what it offers cyclists." This unprecedented decision to close the road to bikes while maintaining access for all other categories of vehicles, including motorcycles, is peculiar, especially considering that this section of highway typically attracts serious, seasoned cyclists who are familiar with the road's challenging, exposed and potentially dangerous nature.

Responding to questions about the closure via email, interim park superintendent Sue McGill justifies the National Park Service's (NPS) ruling by maintaining that, "The issues related to safety have to do with visibility, gradient of the road, large sections of unpaved surfaces, ability to keep up with traffic flow during pilot car operations, and the narrowness of travel lane during construction." She goes on to state, "We don't take any closure lightly, as we recognize everyone's desire to visit the park and biking is a great way to do so. [Nevertheless], safety considerations of this particular project necessitate the closure." She maintains that the NPS had explored other options for allowing bike access but decided that, unlike other construction projects in the past where bike access was retained during roadwork, a workable solution was not possible in this instance. McGill also notes that the original estimate for the construction project was approximately two years but, as the NPS is "always sensitive to closure issues," they were in fact able to significantly shorten the length of the project by modifying the plan to include complete road closure on weekends if necessary, and reducing the trenching depth for the installation of conduit.

Yet, despite the safety concerns expressed by the NPS, Gordon Black of the Bicycle Alliance of Washington believes there is no compelling reason that the road should be closed to bikes while it remains open to all other types of traffic. He explains that every year the state Department of Transportation (DOT) tears up pavement in county and city projects. During this work some of these highways and biways end up being bare gravel, sand or a combination

of unsurfaced materials, without them being closed to cyclists. According to Black, the park is not facing any additional safety issues than would the state DOT.

Jacques Garrigues believes the decision to close the road to bikes while allowing access to motorized vehicles is "criminal." Instead, he suggests that the NPS could successfully accommodate all users by fully investigating other measures, such as allowing bicyclists to use one lane of traffic while the other is being repaired, or staggering the construction schedule to allow non-motorized vehicles to travel the road on weekends.

Even more disheartening to bicycling advocates is the decision by the NPS to shut down the road without first reaching out to those who will be most affected by the closure. According to Black, although the NPS did distribute press releases and hold a public meeting concerning the proposed project, they neglected to specifically contact any established bike groups, instead making the determination that this scenic section of the park would be unsafe for bicycle riders without actually consulting the cyclists themselves.

Black went on to say that not only does this failure to involve the cycling community in the decision-making process have the potential to set a dangerous precedent for future government construction projects, he also believes there are more creative and accommodating ways to deal with repairs on Hurricane Ridge Road while keeping it open to all users.

You may voice concerns regarding the Hurricane Ridge closure by contacting Olympic National Park acting Superintendent Sue McGill at Sue_McGill@nps.gov. For information on how to get involved with bicycle advocacy in the state of Washington, please visit the Bicycle Alliance of Washington at www.bicyclealliance.org.

TRAINING

Spring Training at DRVTT

By MARTHA WALSH

The 2008 Deschutes River Valley Time Trial (DRVTT) stage race drew riders aged 14 to 64 from around the Northwest to Maupin, Oregon, on April 26 and 27 for the chance to race against the clock over a variety of central Oregon terrain. Instead of the typical flat 10-mile time trial effort, each stage at DRVTT is something different and challenging.

Saturday's 26-mile first stage sends riders on a four-mile climb through the town of

Maupin. After descending to the Tygh Valley, the stage finishes with eight miles along the Deschutes River. Here's where riders can take time out of the competition, if they have any power left in their legs after the initial 1,200 feet of climbing.

Stage two is an eight-mile hill climb, 1,600 vertical feet out of the Deschutes River canyon. The climbing isn't steep but it's exposed, and wind is a factor. The views of the Cascade Range at the top are worth the 30- or 40-minute effort it takes to get there.

Stage three, on Sunday, sends riders 24 miles out Bakeoven Road. It's uphill almost the entire distance. The grade is steepest in the first three to four miles and moderates to nearly false flat in places, until a few miles before the turnaround. The descent is quick and technical only near the finish. Total elevation gain is 3,300 feet.

Riders tackling this combination of climbing and time trial intensity in late April will reap rewards as the season progresses. Promoters Terri Gooch and George Thomas somehow make the suffering seem pleasurable, and riders faithfully return for this spring ritual every year. Save the date for 2009!

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"CYCLE OREGON" FROM PAGE 1

Cycle Oregon's community-building efforts do not stop there. Beginning in 2006, this group has also hosted, helped to fund, and managed the Oregon Bike Summit, a meeting of the minds that, according to Corbin, "...brings together a variety of folks from the bicycling world, from advocacy groups, to state agencies, to city planners." State agencies such as Travel Oregon, the Oregon Department of Transportation (ODOT), Oregon State Parks, the International Mountain Bicycling Association (IMBA) and the Bicycle Transportation Alliance (BTA) also participate in the events.

The 2008 summit was held in Portland and included keynote speeches by Congressman Earl Blumenauer, Bikes Belong President Tim Blumenthal, and IMBA Board President Hill Abel. The two-day event covered topics ranging from event planning and creating successful partnerships to sustainable tourism, bike-friendly communities and how to affect policy at the local, state and national levels. According to Karl Rhode from the BTA, the goal of the Bicycle Summit is to "develop a better synergy" between the groups involved with bicycling transportation, recreation and industry in an effort to create a

"unified agenda" that will serve the interests of cycling in general. Rhode went on to say that not only does Cycle Oregon plan, fund and organize the annual summit, they are also a "significant advocacy organization" who work closely with the BTA on bicycling related issues. The 2009 summit will be held in Salem and will focus on, among other things, the legislative session of that year.

Intrigued? Interested? Excited? Get involved this year by mounting up for the week-end ride. "A Weekend at the Beach" is scheduled

for August 1-3 and will feature the numerous attractions of Fort Stevens State Park. With ride options varying from 15 to 68 miles each day, there is something for cyclists of all levels and it leaves plenty of time to explore the historic area. Participants will enjoy beautiful campsites, gourmet food, hot showers,

massages, cold microbrews, local Oregon wine and live entertainment. When they say, "You pedal; we'll take care of everything else," they aren't kidding!

The weeklong event Cycle Oregon is known for, which will take this year's riders on an epic journey through some of the towns where the



Events rely on great volunteers; from registration to rest stops their help is invaluable.

West was won, is already sold out. The 2009 course will be announced at the end of next January and registration will open then, so be sure to sign up early as this tour is a perennial favorite and fills up quickly.

For the non-cyclist who would like to get involved, many options are available. These rides rely on the generous support of volunteers who fill various positions including: baggage liaisons, bus coordinators, office personnel, rider services and many more. This is a chance to see Oregon at its finest, while also contributing to one of the state's top fundraising events. More importantly, whether on two wheels or two legs, this is an opportunity to meet some great people from Oregon and beyond, an experience that is sure to support both local and global communities.

To sign up for a ride, volunteer to help or just find out more about Cycle Oregon and their effort to improve the state of bicycling in Oregon, either visit their website at www.cycleoregon.com or call toll-free 800-292-5367 (800-CycleOR).



Finish lines are always welcoming at Cycle Oregon

Primal Wear - Comfort in Style

By CLAIRE BONIN

I recently tested some cycling shorts and a jersey from Primal Wear. I loved the jersey at first sight. Its design, color, 3/4 hidden zipper, roomy pockets, and great cut worked for me. Expectations were high—was it going to wear as good as it looked? Fortunately, it did. The neck and sleeves are comfortable, the body stays well in place and the material does its job when you sweat. The Aphrodite jersey comes in black or pink. MRSP \$64.95.

Then came the Prima women's cycling shorts. I have been a Pearl Izumi fan for as long as I can remember, they work for me. But I have to admit; the Prima shorts are very nice. The multi-level contoured chamois is comfortable and sustains the pressure of a three+ hour ride nicely. My butt was still happy at the end of it. The waist has no elastic band on the front, giving it a relaxed fit. They stay well in place, thanks to the 11-panel construction and the silicon leg gripper. They also look good with the flat lock stitching, which comes in blue or pink. I have adopted them, they are now part of my regular shorts rotation. MSRP \$69.95.

Primal Wear is known for its designs, see more at www.primalwear.com.

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Civia Hyland: Substance and Style

By TAI LEE

Look around and you'll notice that there are a LOT more people getting around by bicycles these days. I call them "lifestyle cyclists." Many have embraced the lifestyle as the perfect combination of transportation, environmental stewardship and good health, while others have been forced into this lifestyle by the increasing cost of fossil fuels.

Lifestyle cyclists have their own bicycle needs. We're a hardy lot, requiring hardy bicycles. Enter the 2008 Civia Hyland by Quality Bike Parts (QBP). Carte blanche was given to the Civia designers to come up with a spare-no-expense, aesthetically modern and durable vehicle for the lifestyle cyclist. This isn't a delicate lightweight racing bicycle. Nor is it

a heavy clunky hybrid. The Civia concept is undoubtedly an unexplored niche in the cycling industry.

The Hyland starts with a custom-designed frameset. Hydro-formed tubes incorporate channels to hide cables, which contributes to the bike's clean look. Handling characteristics are quick and nimble, courtesy of the bike's slack headtube angle and 45mm rake carbon fork. The frame is incredibly stiff, which means no

sloppy handling when loading up the included rear rack with two full panniers of groceries.

Three drivetrain options are available. Most people are familiar with the traditional derailleur option, using an externally shifting Shimano Alfine/XT drivetrain. Our test model came with a full Shimano Alfine group, which uses an 8-speed internal shifting rear hub. Internal shifting has gained momentum in the last few years due to its ease of maintenance. Externally,



Photo courtesy of Civia

the drivetrain looks like any single-speed bike, with a straight chainring-to-cog arrangement. Shifting happens inside a large rear hub shell, keeping delicate shifting components shielded from the elements. The Alfine group is a fairly recent addition to Shimano's product line and has a finish quality consistent with

their Deore LX and 105 groupsets. A 14-speed Rolhoff internal-shifting option is also available at a significant premium.

Good brakes are another characteristic of a hardy urban bicycle. The Alfine gruppo uses Shimano's existing hydraulic disc-brake design borrowed from the Deore LX and XT lines. With the brake lever traveling less than an inch, the calipers engage with enough force to cause the 700c wheels to skid. This large amount of

braking power takes some time to get use to for those accustomed to mechanically actuated road or v-brakes. It is more than sufficient to bring the bike to a quick stop on dry pavement. It should be noted that braking modulation, or controllability of braking power, is as important as ultimate braking power. A gentle touch is required to prevent skidding on wet surfaces.

Wet road surfaces also require the use of fenders. The use of disc brakes oftentimes makes proper installation of fenders tricky. Civia has worked around this issue by designing proprietary metal fenders, which are painted to match the Hyland. Our pre-production test model had some issues with fender instability, due to a loose bolt attaching the front fender to the fork. QBP representatives confirmed that this matter was resolved for bikes reaching the showroom floor. The fenders are otherwise very well thought out and have ample amounts of coverage. Homemade mud flaps are not necessary to keep one's feet dry.

Beyond the basics, the Hyland has some desirable bells and whistles. The Alfine group also incorporates Shimano's existing dynamo-generator hub, borrowed from the Nexus gruppo. The 6-volt, 3-watt hub drives a headlight unit, which incorporates blinking LED and halogen lights in one slick unit. A proprietary pannier rack, with heavy gauge tubing and robust welds, is also included. Thomson's legendary stem and seatpost, Salsa's wrist-friendly 17 degree handlebar, and an Italian Fizik Aliante saddle are a few of the other high-end highlights found on the Civia Hyland.

Test bike provided courtesy of Elliott Bay Bicycles. Civia Hyland with Shimano Alfine gruppo. MSRP \$1,900, www.civiacycles.com.

Give Your World a Little Jig-A-Loo

By CLAIRE BONIN

Called a "lubripellent" by the manufacturer, Jig-A-Loo is a nice addition to any household. Similar to WD-40, it lubricates just about everything you can think of. One of its main advantages is that it doesn't stain, which means it can be used on clothes. It is also water repellent. In other words, it stops the creaking and keeps things dry.

Bicyclists should give it a try. Spray some on cycling shoes to keep the feet from getting wet. I tested it on my running shoes and it



worked amazingly well. I put some on my chain, too. It helped remove worn cleats and made the zipper on a saddlebag glide better. Jig-A-

Loo contains no oil, grease, wax or detergent; it goes on dry. When first sprayed, it has a bit of an odor, but that dissipates rapidly. The three-ounce can fits nicely in a seat bag.

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Bike to Work Month is Great — More People Need to Do It

By GORDON BLACK

You probably know this already because many of you routinely commute to your jobs on your bicycle: May was Bike to Work Month. For the majority of the population, May is *Drive to Work Month*, just like any other month. In other words, for 85–90 percent of the Northwest's workforce a proclamation that two-wheeled travel is the flavor of the month is about as meaningful as declaring that the last week of April has been reserved as *Administrative Professionals Week*. Unless you happen to be in the administration business, the end of April likely passed by without a mention.

As bicycle advocates, we have to remind ourselves that our excitement about Bike to Work promotions slip by with, at best, nothing more than a passing curiosity by the rest of the adult working population. There's a reason that someone has not devised the *New York Subway Rider Appreciation Day*, nor have mayors across the country issued proclamations on the *Drive Alone to Work Day*. In New York, only the foolhardy, the image-conscious and the wealthy use cars to get around every day. In the Pacific Northwest, the majority may think

that only the foolhardy, the self-righteous and the dedicated ride bikes every day.

Let's be honest. Unless you work in one of those rare workplaces where biking is the norm, the rest of your colleagues have likely looked askance at you for riding to work year-round. In the dark. In the rain. It's reasonable to assume that the workplace is a microcosm of society at large. Look around. How many of your workmates drive to their jobs? How many take public transit? How many walk to work? How many ride a bike? How many of them actually own bikes?

Across the region, around 2–3 percent of daily work commutes are completed by bike. Sure, there are peaks—Portland and Seattle achieve higher numbers—but overall cycling has a very low market share, in the parlance of our consumer society. If bicycle commuting were a corporate brand, the CEO would be looking for a new marketing director. Actually, maybe the company would be out of business. Why is bicycle commuting languishing in the basement of transportation options in

Washington state while other communities seem to have come up with a better marketing plan? Higher percentages of people get around by bike in places like Montreal, Amsterdam, Copenhagen, Beijing and Tokyo than do in any place in the Northwest. Portland crow's that 10 percent of commutes are by bike, but that's still at least one-seventh of the market share that automobiles hold in that city.

Sure, the answer lies partly in culture, government policy, tradition, maybe even topography. But there is always room for change—and that's where government can have the biggest role. Paris, a city renowned for fast and unforgiving auto traffic, has been lauded for its bike-sharing program, Velib. Less known perhaps are the infrastructure improvements Paris made to make using those bikes safer and more appealing on city streets. In London, the transportation agency has developed online route mapping for bike trips and is likewise making serious investments in on-street improvements for cycling.

Government leaders can talk about addressing global warming and congestion but, unless the rhetoric is matched by a true financial and political commitment to plow funds into infrastructure improvements and make tough policy decisions that favor cycling, it's only just talk. As bicyclists we may have a tendency to

gratefully accept whatever we are offered when, in reality, we may need to get better at clearly saying, "we need more."

We need more education of drivers, we need bike training for all elementary students, we need more trails, we need better designed roads, we need more places offering secure bike parking, we need more employers who give incentives to those who ride, we need auto drivers to pay more of their fair share of the costs associated with driving. In other words, we need a cultural shift in the perception of bikes and policies surrounding cycling.

I'm a natural optimist, so I believe these changes will happen—maybe even within one generation. Sooner would be better. I do look forward to the day when driving a car is a minority activity—like cigarette smoking has now become. I'll even be willing to embrace *Drive to Work Day* just for the novelty.

Gordon Black is executive director of the Bicycle Alliance of Washington. He commutes daily by bike and owns a car.



Photo by of Bicycle Paper

Commute to work.



Photo by of Bicycle Paper

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"TRAIL BUILDING" FROM PAGE 1

a bypass just from looking at it. One trail builder said, "Anyone can ride 'Empress' once, it's the second time that's the real trick."

As my son and I hiked up the hill and made our way to where people were already hard at work, we stopped and inquired with other volunteers who looked like they knew what they were doing and confessed that we were basically keen but clue-free.

Within minutes we were on our hands



A mattock, a peavey, a log carrier, some keen trail workers and voilà! Just like brand new.

and knees pulling debris, sticks, stones and leaves out of the drainage ditch so that when the inevitable rain comes it won't wash out the trail. Our 20-meter stretch of trail took us the better part of a day digging, moving rocks and strategically placing logs to encourage mountain bikers to slow down on this heavily used trail section.

After a few hours people started working their way down to the parking lot for lunch. Every trail day a local bike shop sponsors a delicious lunch, and today's host was Different Bikes. The meal included homemade beans, a sandwich bar and a selection of homemade cookies. What's more, a pile of swag and prizes donated by local companies, including Different Bikes, Rocky Mountain Bicycles and Ryders eyewear, was handed out; not a single volunteer went home without something cool.

Dieter told us that the basic formula is: "What takes 30 minutes to build takes 10 minutes to destroy—so put the effort in and make sure you get it right. We're not scheduled to be back here for a trail day for another three years."

The NSMBA started when a group of early adopters to riding the steep pitches of the shore were lamenting about some bad press that described them as "dudes." They were also nervous about well-founded fears of imminent trail

closures. Inspired, they started an advocacy organization, and trail days were conceived as a core component of the group's mission. It was a way to keep their favorite trails both in good shape and safe, but more importantly it proved that the North Shore riders weren't just a bunch of carefree "dudes." They wanted a voice, they

wanted credibility and they wanted to sustain their beloved trails.

It worked. Today the association counts over 3,000 citizens in its roster and they have real clout, thanks in no small part to the 5,000+ volunteer man-hours they contributed annually to the world-famous trail system.

The "North Shore" style of mountain biking is now emulated the world over and has spawned a whole genre of riding. However, as famous as "Shore style" riding is, the true legacy of the mountain bike trails in North Vancouver is not the style of riding that was born out of the rugged local topography, but rather the advocacy and organization to protect access for all trail users.

If not for both the founders of the NSMBA and the hardworking volunteers that still continue the critical mission of the association, the trails would in all likelihood only be a distant memory. What they have done to protect a valued community asset is brilliant, commendable, heroic and a lasting model for trail users everywhere.

As our work for the day came to a close it was rewarding to see families out on their bikes

enjoying the trail system—mothers and daughters, young kids, old guys with more than a little grey hair, fully armed, lycra-clad

cross-country types and seemingly beginners. There were also lots of hikers, runners and dog walkers and they would all say, "Thanks trail guys..." as they went by.

When my son and I arrived home that night we joined the association and officially became part of NSMBA. Although we had missed a day of riding, we were proud to have spent it helping—even in a really small way. We are now keen to get out and ride "our" 20-meter section of trail.

Want to join the fun? The trail days schedule is listed on the NSMBA website (www.nsmba.bc.ca).

July 19 will be special, as volunteers will work on a new trail in honor of the late Richard Juryn. Richard was deeply involved in the North Shore mountain bike community as a cycling advocate, an event promoter, and, at the time of his death last fall, NSMBA president.



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Create a Million Riders and a National Bike Movement [Seriously.]

By JOE "METAL COWBOY" KURMASKIE

Many of you know me as the cycling world's court jester. My books, columns and performances attempt wit, sarcasm and twisted humor with a wee chaser of humanity. It beats working; it's a lot of fun and does little harm. ('Cept for that time in Whitehorse...still not allowed back there.) And if I haven't always delivered, media outlets have stepped in to shore up my street cred.

"Joe 'Metal Cowboy' Kurmaskie is Bill Bryson on two wheels." —*Boston Globe* (I look nothing like Bryson and do a pitiful English accent.)

"David Sedaris trapped in the body of Lance Armstrong" —*USA Today* (God Almighty, either David got himself a trainer or Lance let himself go!)

"A modern day Mark Twain" —*Beacon Journal* (Aye yi yi... somewhere a riverboat captain weeps.)

Now, I'm asking you to take me serious, seriously. Or at least take the project I've started to your heart. Here's my dirty little secret: When I'm not cracking wise or poking fun at the world and myself, I work as an activist, educator and organizer for more livable communities within the cycling world and outside of it. I've run summer camps, directed arts councils, helped chase dirty industry waste dumps out of poor communities, led bike tours and cycling workshops, hosted auctions, helmed bicycle advisory committees and the like.

The rest of this article is a press release about the project I'm devoting my foreseeable future to. Please read it and do what you can to help. But being the court jester, I thought we should also have some fun with it. So, everything in brackets is my foolish comments and asides... because you can't make a tiger change his stripes.

(Portland, OR) The cycling equivalent of Woodstock is coming. [I wasn't there the first time, but I'm pretty sure some of those hippies rode bikes to get back to the garden.] Instead of joining rock fans on a muddy farm, one million folks on bicycles and supporters of personal health, clean, oil-independent transportation and more livable communities will gather for celebrations and purpose-filled action in 50 states for upwards of 300 rallies. Even more remarkable, all of these unified, localized events will roll out on the same day. [Yes, I know, this is absolute madness from a organizational standpoint, but you are talking to the guy who pedaled his entire family across America AND much of Canada on 17 feet of bicycle. I like my metaphoric mountains tall and forbidding].

Dubbed "One Million Bicycles," it's the brainchild of Joe "Metal Cowboy" Kurmaskie, [if I only had a brain] a nationally recognized magazine columnist, author of best-selling books, [I've topped best-of lists in Omaha, El Centro and Winterhaven, Fla. Next stop, the NYT list] cycling advocate and performer at hundreds of bike clubs, festivals and corporate events across the country. [I once ruined a dry board at Enron Headquarters with a permanent marker.]

Inspired by U.S. Congressman Earl Blumenauer's call for a "national bike movement" during a speech at Bike Gallery in January, Kurmaskie decided to think big while keeping a small carbon footprint. [I would tell you I was drunk at the time, but there was only Poweraid in my system, officer].

"Ideas come to me all the time," [I wave at them as they pass] Kurmaskie noted. "But inspired, audacious ones that

actually have the potential to impact legislation and healthcare, oil dependency and global warming, all while creating one million new and returning riders, not to mention giving anyone on a bike safer passage and a voice regarding upcoming transportation funding. Those ideas come along once, maybe twice in a lifetime."

It couldn't be more timely. With a protracted war in the Middle East, gas prices soaring and diabetes at record levels, Kurmaskie sees the bicycle as part of the solution. 2009 will feature a heated congressional battle over how federal transportation funding is spent during the next decade. "One Million Bicycles" will ask for a doubling of the transportation funding by each state and at the national level. By putting one million cyclists at rallies in every major city, Kurmaskie doesn't simply want to make lively media ops, but wake people to the idea that bikes reduce congestion, waistlines, carbon output and healthcare costs. [Amen brothas and sistas, who is this Kurmaskie, dude? Introduce him to Bono and they can form a new band, call it the Messiah Complex.]

"And because when you ride a bike you just feel good. It's a quality of life issue. As a country we know in our heads and hearts that we can do better than this," Kurmaskie noted. "We can make community a priority. By



asking the nation's cyclists to come together on one day, in their own towns, and bring a bike to create one million new riders; that's proactive. It resonates beyond the moment. It means something." [Nothing snide or off color to say about that, funny-boy? Nope, that's pure gospel right there.]

Since February, Kurmaskie has been laying the framework [i.e. not sleeping until noon] for a "national day of action": **August 9, 2009** (which happens to be the date of the finish-line party at Bridge Pedal in Portland).

Tapping industry movers [people who owe me money or who I have incriminating photos of] and a list of over 10,000 bike-related contacts culled over years of traveling by bicycle, performing and speaking, [people foolish enough to return my emails] Kurmaskie is in a unique position to pull something like this off.

"We still need a lot of help from the bike community, every group that cares about issues of health, livability and the environment and those who would like to start cycling or cycle more on safer streets," said Kurmaskie.

He already has confirmations from hundreds of bike shops and other organizations eager to participate. Even in these early stages, advocacy groups in scores of cities are stepping up to help organize rallies.

People can register for \$5 at www.onemillionbicycles.org or at their participating local bike shop, bike club, school, church, etc. They'll receive an online registration packet with a number, ride and rally location/details, a bike giveaway card and a pledge sheet.

Upon signing up, riders pledge to donate a bike and/or bring a new or returning rider who has his or her own bicycle. Anyone who registers that does not have a bike is eligible to receive one of the giveaway/donated ones. Donors who can't find a recipient will be paired with someone in need from their zip code/town by the local rally committee. All bikes must pass a safety equipment check before being released.

Why a \$5 fee? Here's the breakdown: For every dollar raised, 75 cents goes to the repair and tune-up of used bikes and the purchase of new bikes for the giveaway; 15 cents goes to promotional and ride/rally support; 10 cents goes to administration.

On August 9, 2009, each participating city will host these rallies (there are also coast-to-coast and long-distance group rides being planned to converge at the rally in Washington D.C.). Each rally will include food, booths, a press conference, speakers, music, activities, a presentation in support for the National Bike Bill and the bike giveaway.

"Anyone who doesn't already have a bike is eligible. We only ask them to commit to using that bike for some level of commuting, errands and riding over the course of one year, and to share their experiences and images on our blog," Kurmaskie said. [This is gonna be fun, and all kidding aside, I hope you'll join this revolution. We can be the positive change we want to see in the world. No, seriously.]

For more information go to www.onemillionbicycles.org or www.metalcowboy.com.

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Hydration 101: Strategies for Endurance Bicycling

By ERIK MOEN PT, CSCS

What's Up with Water?

We've all heard the story that our bodies are composed mostly of water, and that we should drink a lot of it every day. Yet, you may still be asking, "Who really drinks that much anyway? Why should I care about hydration when I ride my bike? Isn't it good enough to just drink when I get thirsty?" Most sports are loaded with "experts" who can tell you what they think about a certain topic. Bicycling is no exception. You will most likely find many opinions about how much water to drink before, during and after bicycling. However, the funny thing about cycling is that there are fewer variations regarding hydration than there are concerning training methods. Most training should be individualized for best results, but below are a few hydration guidelines to keep you functioning and happy on and off the bicycle.

Why Water Is Important

Water most definitely relates to performance. Dehydration decreases power production. This may create the difference between making it in a break-away versus suffering in the peloton. Losing 2% of your body weight from water can result in a 10-15% loss of power, and a 5% loss of water weight can result in a 30% loss of power. Knowing this fact adds some mystique to Lance Armstrong's "time trial of dehydration" notoriety, where he lost only one and a half minutes to Jan Ullrich.

Because not all bike rides are about performance, concerns about power production may be limited. However, dehydration can have a significant effect on how you feel, and

adversely affect mood. Great, all we need are more grumpy bicyclists! We should all enjoy our sport.

Signs of Dehydration

Recognizing the onset of dehydration is important. If it becomes prolonged and progressive, it can be dangerous to your health. Some signs include:

- Elevated heart rate: Losing water increases the viscosity of your blood. Thicker blood means that your heart has to work overtime to move it around your body.
- Muscle cramping: Also associated with electrolyte imbalance.
- Sensation of thirst: Too late! Sensation of thirst tends to be a little slow on the scene. You should make it your goal to limit the onset of the thirst sensation.
- Heat illness: Heat illness is a serious condition. Seek medical attention if your skin becomes hot and dry, you cease sweating, your pulse becomes fast or weak and you experience disorientation and nausea.

Where Did It All Go?

Your body uses water in several ways. Water evaporates during both respiration and perspiration. Perspiration helps keep your body at a reasonable temperature. Limited ability to perspire will send your temperature skyrocketing. Elevations of core temperature will definitely lessen your ability

to produce power.

While evaporation is how your body loses water, environmental factors will change your rate of water loss. These factors include temperature, humidity, altitude and exercising indoors.



Photo courtesy of Erik Moen

Water is important, drink it regularly.

"...drink approximately 24 ounces of water for every hour of exercise."

Food will affect your water requirements as well. Those that are high in sodium and protein necessitate more water. My former roommate, who salted his pepperoni pizza, exemplifies a situation in which increased water intake would be appropriate.

How Much?

Good question. In order to discover your typical water loss during certain rides, weigh yourself before and after exercise. Changes in body weight will most likely be due to water loss. One pound of weight loss is equivalent to 16 ounces of water. Knowing this information will better allow you to estimate water intake for your rides.

If you are not into calculating your typical water loss, you may consider another guideline that suggests you drink approximately 24 ounces of water for every hour of exercise. In general, water ingestion should be 70-100 ounces a day, with up to 140 ounces consumed if you are working out. You should make it your goal not to lose more than 2% of your body weight during any bout of exercise.

Are Sports Drinks Important?

Good sports drinks will allow the body to quickly absorb water, replace electrolytes and delay the onset of fatigue. It also helps if it tastes good. However, beware that some tricky sports drink manufacturers will add sodium. Sodium increases thirst. Talk about sneaky marketing! Look for a drink that creates a 6-8% carbohydrate solution, which allows for quick

water absorption. Thicker drinks may actually pull fluid from your body to the stomach to accomplish a normalization of fluid osmolality (concentration). A properly mixed sports drink will actually move water to the body faster than consuming water alone. Note that fructose-only drinks can lead to gastrointestinal problems. These typical problems will disappear with a diversification of carbohydrates. With endurance riding, 50-60% of ingested fluid should be sports drinks.

Can You Drink Too Much Water?

Yes! Drinking too much water is called hyponatremia, or water intoxication. Hyponatremia occurs when you have prolonged sweating, depletion of sodium, and then over-compensation with plain water. It creates a loss of muscle control and disorientation.

Water intoxication aside, remaining hydrated is essential for all cyclists. It's not simply a matter of thirst, but a matter of physical and emotional health, and of course power production. Informed and planned hydration strategies will help ensure satisfying endurance performances.

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.

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EVENTS

JUNE

Jun 14: Cirque du Cycling

Portland, OR. Includes 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. Benefits Self Enhancement Inc - a youth development organization. 503.459.4508, www.cyclingcircus.com

Jun 14: Marymoor Little 100

Redmond, WA. 4 riders, 1 single speed bike, flat pedals with coaster brake. Each rider must do at least 1 lap - bike hand-offs at exchange. Beer garden and live music. Start at 4:00pm., main at 7:00pm Alki Rubicon Team, alkirubiconracing.com

Jun 18-21: MTB World Summit

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

JULY

Jul 4: Family 4th Street Scramble

Seattle, WA. Using a map, visit as many neighborhood checkpoints as you can in 3 hours. Start at Gaswork Park. Eric Bone, Cascade Orienteering Club, 206-291-8250, www.streetscramble.com

Jul 19-20: Seattle Night & Day Challenge

Seattle, WA. 60 checkpoints marked on a map of Seattle. Visit as many as you can in 16 hours. 3-hour and 7-hour options available. Solo or team of 2-5. Starts at 4pm. Cascade Orienteering Club, 206-367-0839, www.nightanddaychallenge.com

CAMPS

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 includes bike rental and insurance. Chris Alling, 360-609-2660

Jun 28-29: Dirt Series - (coed)

Blue River, BC. Coed MTB camps. Offers two days of top-notch small group instruction and hours of practice on the trails. Dirt Series, 604-905-8876, www.dirtseries.com

Family Friendly Ride or Event

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JULY

Jul 12-13: Dirt Series

Bend, OR. MTB camps for women. Offers two days of top-notch small group instruction. Also available: Hood River (7/19-20), Whistler (7/25-26) Dirt Series, 604-905-8876, 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 - events remaining: 5/31 SR, 7/12 CT, 7/27 CT, 8/10 TT. WSBA, www.wsbaracing.com

Mar 16-Sep 28: Island Cup Series

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

Mar 16-Aug 3: Oregon Cup - Road

Various, OR. Series of 7 events for Cat 1/2 men and Cat 1/3 women, overall based on points. Cash prizes for top 5 in both categories. Events remaining: 6/1, 6/15, 8/3 (RR only). OBRA, www.obra.org

Mar 18-Aug 26: Pacific Raceways RR Series

Kent, WA. Tuesday night racing. Points awarded to top 5. 2.25-mile closed course. Registration from 5:30pm to 6:50pm. Race starts at 7:00pm. Separate women and junior races start at 6:30 when indicated "/ Women". Course varies every week. No race on 7/15. Rory Muller, BuDu Racing, 206-625-8333, www.buduracing.com

Mar 18-Aug 26: Tuesday PIR Series

Portland, OR. Portland International Raceway. Series for Cat 1/5 men, Women and Juniors. Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. Distances and hot spots vary depending on daylight. Cash and merchandise prizes. Bring can of food and receive discount on entry fee. First start at 6:00pm. Benefits the Oregon Food Bank. Jeff Mitchem, 503-233-3636, www.obra.org

Apr 3-Aug 28: Seward Park Criterium Series

Seattle, WA. Criterium racing every Thursday night. Short 0.8-mile raindrop-shaped loop in the park. Very good pavement, 200m hill each lap, 140 degree turn. Race directions vary. \$10 per night. Juniors and women \$5. Registration on race day only. Opens at 4:30pm, first start at 5:00pm, last at 7:00pm. 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. Format: 3 races at each venue, with the best 4 of 6 results used for overall standings. The series is

designed around the community. Listed as FR.Lars Sternberg, Hurricane Racing, Olympic Dirt Society, 206-384-6228, <http://fluidride.com>

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

Various, BC. Series of 22 races (9 Australian Pursuit RR, 4 hill climbs, 3 ITT, 2 circuit races, 1 Crit and 1 TTT, plus 2 short hill climbs). Best 15 results count toward overall. Open to men and women 30+ years old. Staged in the Lower Mainland, Vancouver Island or Interior. Age group cat: 30-34 and all subsequent in 5-year increments. BCMCA membership, CBC Citizen or UCI license needed. Bill Yearwood, BC Masters Assoc., 604-267-7338, www.bcmasterscycling.net

Apr 6-Jul 13: Carnation TT Series

Carnation, WA. 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/timetrial

Apr 6-Aug 24: Comox Cup Race Series

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

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. Events remaining: 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 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. Events remaining: 6/15, 6/21, 8/24. David Schilling, Northwest Junior Racing Series, 206-619-1355, www.radracingsnw.org

Apr 12-Sep 20: Wild Rockies Series

Nampa, ID. 8-event series. NORBA sanctioned. Best 6 out of 8 results count towards final standings. All XC are run on Saturdays. Identified as part of WRS. Darren Lightfield, Wild Rockies, 208-388-1971, www.wildrockies.com

Apr 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 26-Jul 20: Mt Hood Adventure Park XC/ST Series

Mt. Hood, OR. Series of 3 events all around Mt Hood. Event in April, and July 2 short track events, 4XC. OBRA sanctioned. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

May 1-Sep 25: Alpenrose Thursday Series

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

May 1-Aug 31: Coastal Challenge

Richmond, BC. 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 5:00pm, racing starts at 6:30pm. Season pass available. No race on 6/27, 7/11, 7/18, 8/1, 8/8. Jen Featheringill, 503-227-4439, www.obra.org

May 5-Aug 25: Monday PIR

Portland, OR. Races for Masters 30+ men (novice and experienced) and all women (any age/ability, including Juniors) at the Portland International

Raceway. 5 categories. Course is a flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Designed to provide fast, fun and exciting racing for any ability, skill and experience level of cyclist. New racers are welcome and encouraged, women first time rider clinics 2nd Monday of each month. Registration at start/finish line. GC at the end of each month. Jim Anderson, 503-975-8229, www.racemondaynight.com

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 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 18-Aug 30: BC Cup DH Series

Various, BC. 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 7:00pm. 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

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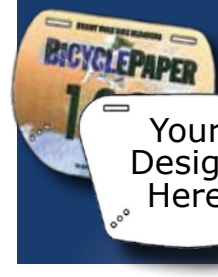
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May 28-Jun 28: Wood River Cup

Hailey, ID. 7th annual Short Track XC series - New courses on back side of Rota-Run. B race at 6:30pm (20 min + 1 lap), Shimano youth series at 7:10pm, and a race at 7:45pm (40 min + 1 lap). Registration opens at 5:00pm. New course each week. Prizes for each race and overall series. Race on 5/28, 6/4, 11, 18, 28. Best 4 of 5 for overall standings. Bill Olson, Sun Valley Road & Dirt, 208.788.9184, www.roadanddirt.org

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

Jun 18-Aug 13: High Desert Criterium 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. 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, 503-466-9007, www.portlandracing.com

Jul 14-28: Women's Crit Series

Eugene, OR. Series of 3 Criteriums. Kay Bork, 541-221-9239,

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

Various, WA. Series of 3 events (7/19, 8/2-23). \$20, Juniors \$10. Day-of registration only. Categories: men Cat 1/5, women 1/4, Master 35+. Total \$2500 in cash and merchandise - 5 deep. Points to top 10, more pts in last race. Inter-series sprints halfway through each race. James Gillette, 253-853-5316, www.hagensbermancycling.com

Jul 22-Sep 2: Tuesday Nighter Series - Bogus

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

MULTISPORT

JUNE

Jun 1: Hope For Youth Off-Road

Triathlon ☐
Poulsbo, 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. At Applegate Lake. Du: 13-mile MTB & 5-mile trail run. Triathlon: add 750m swim. Rogue Multi-sport LLC, www.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: 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 8:00am. Relay option available. Rory Muller, 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. Timberline Trail Running Club, 971-998-6758, 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. 541-663-1037, <http:////solsticetri.com>

Jun 22: Ford Ironman Coeur D'Alene

Coeur d'Alene, ID. 2.4-mile swim, 112-mile bike, 26-mile run. Pre-registration only. Ironman North America, 888-280-9097, www.ironmanncda.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:////eclecticedgeracing.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 6:00am, closes at 7:45am. Race starts at 8:00am. Relay option available. Rory Muller, BuDu Racing, 253-334-4433, www.buduracing.com

Jun 28: Lake Padden Triathlon

Bellingham, WA. Competitive and recreational categories. Starts at 8:00am, swim 1/2 mi, bike 21 mi, run 5 mi. Afternoon 1:00pm, swim .25, bike 10 mi, run 2.6mi. Lance Romo, Bellingham Parks and Recreation, 360-647-7665, 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

JUNE

Jun 1: 50km Campbell River

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

Jun 1: Falls City Firecracker - OR MTB #7

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 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 4: Wood River Cup #2

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

Jun 7-8: Janna Brimmer Memorial

Salmon, ID. Trail run, XC and DH MTB races. DH at 2:30pm on Saturday. Runners start at 9:00am Sunday with a 10km trail run. XC Sunday starts at noon. Beginners - 2 laps, Sports - 3, and Pro/Experts - 4. Free kids' race on Sunday. Part of WRS. Wild Rockies, www.wildrockies.com

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

Leavenworth, WA. Gibbs Organic Farms. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 mi with 1800' of elevation, and features challenging single-track, creek crossing and spectacular scenery. Part of Indie Series. Christine or James Munly, 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. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jun 14-15: Squilchucker

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

Jun 14: Test of Metal

Squamish, BC. SOLD OUT.

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 & NW Singlespeed Championships
Blodgett, OR. 4th year and better than ever. Roll down miles 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 8:00am to 8:00pm. United Riders of Cumberland, 250-336-8250, www.arrowsmithmtbclub.com

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

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

Jun 21: My First Mountain Bike Race

Surrey, BC. Grassroots beginner MTB race at a spectator-friendly urban bike park. Start at 10:00am. 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 Saturday, racing Sunday. Categories & 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. SORCE, 604-538-3716, www.sorcebikeclub.org

Jun 22: Arduum Challenge DH

Mission, BC. www.arduumchallenge.com

Jun 22: Methow Cycle & Sport Mountain

Challeng - 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, <http:////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. The ride is technical and action packed! Two run format, single best time. Great awards sponsored by Scott USA. Part of KTS DH #3. Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jun 23, 30: Portland MTB ST

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. SOLD OUT.

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 MacCann, 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. Sun Valley Road & Dirt, www.roadanddirt.org

Jun 29: Cascade Cream Puff 100

Oakridge, OR. America's toughest 100-mile MTB race. Complete three 33-mile loops. Climbing on gravel road, 50% single-track & 18000'.110-rider limit. Time limit: 15 hours. 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 Pejrl, www.cyclingbc.net

JULY

Jul 1: Canada Day Speed Trials

Nelson, BC. 2-up trial competition, includes ramps, teeter-totters and more. Nelson Cycling Club, www.nelsoncyclingclub.org

Jul 7, 14, 21, 28: Portland MTB ST

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

Jul 11-13: Brundage MTB Festival

McCall, ID. XC and DH events. Trail run at 7:00pm on Friday. XC race at 10:30am on Saturday. Racers start out all together, Lemans style, everybody does the same 15.5-mile course. After XC race is done move to mass start Super D around 1:00pm, Lunch provided. Free kids' race on Saturday. Brundage Bomber DH starts at 1:00pm on Sunday. Part of WRS. Darren Lighthield, Wild Rockies, www.wildrockies.com

Jul 11-13: Canadian Nat'l Championships

Beaupre, QC. Mt Ste Anne. DH and marathon. Gesteve, www.gesteve.com

Jul 12-13: State Games of Oregon

presented by Fat Tire Farm FR Cup #4

Mt. Hood, OR. DH at Mt. Hood Skibowl #3. Series. FR Cup event #4. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 13: Cardiac Classic Bike Fest

Burnaby, BC. 3 course using the Burnaby Mountain's trail network. Long course include leg-crushing climbs and sweet singletrack. Michael Tunnah, West Coast Racing, www.westcoastracing.com

Jul 13: Padden MTN Pedal - Indie #5

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

Jul 13: West Coast Racing

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

Jul 17-20: USAC MTB Nationals

Mt. Snow, VT. www.usacycling.org

Jul 19-20: Bear Mountain Challenge

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



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Jul 19-20: Canadian Nat'l**Championships**

Beaupre, QC. Mt. Ste Anne. XC - World Cup the following weeks. Gestev, www.gestev.com

Jul 19: Gorge Games Short Track

Mt Hood, OR. Chad Sperry, 541-980-2344, www.obra.org

Jul 19-20: Willamette Pass Super D & DH #2

Willamette Pass, OR. Saturday: Super D. Beginner, Sport, Expert and Pro classes, plus age groups. Sunday: DH. Randy Dreiling, Oregon Adventures, 541-968-5397, www.oregon-adventures.com

Jul 20: State Games of Oregon

Mt. Hood, OR. XC events at Mt. Hood Skibowl. Part of Mt. Hood Skibowl XC Series. OBRA sanctioned. Petr Kokes, Hurricane Racing, 503-272-0146, www.skibowl.com

Jul 26: Galena Grinder Marathon XC #5

Galena Summit, ID. Part of the USAC National Marathon Calendar. Davey Moore, Knobby Tire Series, 208-338-1016, www.knobbytireseries.com

Jul 27: Gear Jammer Epic

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

Jul 27: Roslyn MTB Festival - Indie #6

Roslyn, WA. Great XC racing on amazing mountain bike terrain. Sun, fun and good times. Longer loop than in 2007. Poker ride. All proceeds to Roslyn Library. Part of Indie Series. John Deubie, Roslyn Cyclery, 509-649-2863, roslyncyclery.com

MTB TOURING

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. Also available 7/18, 8/15. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Jun 21-22: 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. Darren Lighthield, Wild Rockies, 208-587-9530, www.swimba.org

JULY**Jul 11-13: Bike and Brew Weekend**

Bend, OR. The best that Bend has to offer: mountain biking and beer! 47 miles of singletrack over 3 days. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Jul 12: Mt. Hood Wild Ride

Mt Hood, OR. Ride anywhere from 9 to 90 miles on some of the best Mt. Hood trails. Met at Mile Creek Campground at 9:00am. Non-guided rides. All supported with food and water breaks! PUMP, www.pumpclub.org

Jul 12-13: Sea to Sky Trail Ride

D'Arcy, BC. 150 km of off-road trail ride in the spectacular Whistler area from D'Arcy to Squamish. Plenty of food. Limit 250 riders. Great Explorations, www.great-explorations.com

Jul 18-20: Mt Bike Oregon #1

Oakridge, OR. Enjoy 3 full days of unequalled single-track riding. Each day offers supported ride options. The campground along the bank of Willamette River. Limit 300 riders. Randy Dreiling, 541-782-2388, www.mtbikeoregon.com

Jul 26: Pedal the Pinchot

Cougar, WA. Cancelled for 2008

ROAD RACING

JUNE**Jun 1: Formwerks Westside Classic - RR Championships**

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

Jun 1: Silverton Road Race

Silverton, OR. Staging Victor Point Elementary School. Registration opens at 8:00am. First start at 9:00am. Juniors to Masters 40+. 17.5-mile loop with few flat sections, couple of extended climbs, fast finish. Pre-reg. recommended. 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, 3615 SW Dosch Ct, Portland, OR, 97221. 503-975-8229, www.racemondaynight.com

Jun 3, 10, 17, 24: Baddlands Twilight

Spokane, WA. See "Race Series" for more details. Baddlands Cycling Club, 418 East Pacific Suite 2, Spokane, WA, 99202-1456. 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 / 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, 1314 NE 59th Ave, Portland, OR, 97213. 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. 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. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, 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 of the course. Limit 60 teams. Mike Cooley, George's Cycles, 251 E Front St., Boise, ID, 83702. 208-343-3782, www.georgescycles.com

Jun 7: Rose Cup Criterium

Eugene, OR. Cancelled.

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 & Juniors RR Champ.

Longbranch, 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, 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

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

Jun 10, 17, 24: Twilight Criterium Series

Eugene, OR. See "Race Series" for details. Sal Collura, 6811 Aster, Springfield, OR, 97478. 541-747-3336, www.obra.org

Jun 12, 19, 26: Fresh Air TT & Duathlon

Bend, OR. See "Race Series" for details. 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. 8:00pm Cat 1/2 men & women. Benefits Self Enhancement Inc, a youth development organization. 503.459.4508, www.cyclingcircus.com

Jun 14: Denny Creek Hill Climb

Issaquah, WA. Cancelled.

Jun 14-15: Methow Valley 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, mvsta.com/events

Jun 14: OBRA State Championship RR

Rainier, OR. Same course as the OBRA Rehearsal Raceon 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 19: Fresh Air TT & Duathlon #2

Bend, OR. See "Race Series" for details. Gina Miller, Fresh Air Sports, 86 SW Century Drive, #251, Bend, OR, 97702. 541-318-7388, www.freshairsports.com

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 National 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, 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, 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.cvcv.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, ride4areason.org/npclassic/index.shtml

Jun 21: 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 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 27-29: Canadian National Champs.

Beauce, QC. For Juniors and Masters. Canadian Cycling Assoc., www.canadian-cycling.com

Jun 28-29: Gate City Grind Stage Race

Pocatello, ID. Marsh Valey RR, Tuckerville TT and Holt Arena Criterium. Idaho Cycling Enthusiasts, 208-652-3532, www.idahocycling.com

Jun 29: Des Moines Criterium - Masters**Champs**

Des Moines, WA. A challenging, downtown Criterium. This 4-corner course is sure to test your fitness. King/Cross of the sprints. WA State Masters Criterium Championships. Rob Anderson, Puget Sound Bicycle Racing, 206-779-0943, www.psbcracing.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

JULY**Jul 1: Pacific Raceways #16 / Women**

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

Jul 1, 8, 15: Tuesday Nighter Series

Boise, ID. See "Race Series" for details. Lost River Cycling Club, www.lostrivercycling.org

Jul 1, 8, 15, 22, 29: Tuesday PIR

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

Jul 1, 8, 15, 22, 29: Twilight Criterium Series

Eugene, OR. See "Race Series" for details. Sal Collura, 541-747-3336, www.obra.org

Jul 1: Yaletown Grand Prix

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

Jul 2, 9, 16, 23: High Desert Crit Series

Bend, OR. See "Race Series" for details. Tim Plummer, 541-610-3322, www.bendcycling.org

Jul 2, 9: Mt. Tabor Series

Portland, OR. See "Race Series" for details. Clark Ritchie, 503-936-2575, www.mttaborseries.com

Jul 3-6: Canadian Nat'l Championships

Beauce, QC. Elite and U23 events. Canadian Cycling Assoc., www.canadian-cycling.com

Jul 3, 17, 24: Fresh Air TT & Duathlon

Bend, OR. See "Race Series" for details. Fresh Air Sports, 841-318-7388, www.freshairsports.com

Jul 3, 10, 17, 24: Lindsay's TT

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

Jul 3, 10, 17, 24: Seward Park Crit Series

Seattle, WA. Criterium on Thursday. See "Race Series" for details. Pazzo Velo, www.pazzovelo.com

Jul 3, 10, 17, 24: So Oregon Champion Series

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

Jul 4: Joe Matava Memorial Classic**Criterium**

Burien, WA. Junior State Championships. Flat course, non-technical, wide lane on smooth pavement. Paul Southerland, Wheelsport Cycling Team, www.wheelsportcycling.com

Jul 5: Firecracker Criterium

Eugene, OR. Downtown Criterium with food, fireworks and a parade. TT the next day. Sal Collura, 541-747-3336, www.obra.org

Jul 5-6: Skagit Valley Omnium

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

Jul 6: Eastside Crit

Vancouver, BC. CVC/Atomic, atomicracing.com

ROAD TOURING

JUNE

Jun 1: 15th Annual Loreen Miller Bike Ride

Ride ☐ Spokane, WA. Flat12-mile family course traveled side roads. Full and half century are more challenging, offer beautiful scenery amid the foothills of the Green Bluff and Mt. Spokane areas. Pancakes, Mexican luncheon, T-shirt, etc. Benefits cancer patients in eastern WA and north ID. 509-456-0446, cancerpatientcare.org/loreen_miller.php

Jun 1: Peninsula Metric Century [BAW]

Southworth & Gig Harbor, WA. Choice of 29-, 44-, 62- or 100-mile routes through the scenic Kitsap Peninsula. 2 start locations (Southworth Ferry Terminal and Gig Harbor Medical Pavilion). Tacoma Wheelmen's Bicycle Club, 253-884-4473, www.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 2-5: Oregon Wine Country

Portland, OR. Fine wineries, fine dining and fine riding in Oregon's Willamette Valley on this very romantic tour. Elegant lodging and wine tasting. Also available: 9/22. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jun 7-8: 600km Brevet

Seattle, WA. 600km (373mi) event. Seattle Int'l Randonneurs, 206-612-4700, seattlerando.org

Jun 7: Marilyn Jensen Memorial Bicycle Rides

Weston, OR. 2 rides: 8-mile "family ride" out-and-back flat course, and 50-mile road course. Secondary roads all paved, lots of "rollers," well supported. Held in conjunction with Pioneer Days Celebration. Reg. 7:00am, start: 8:00am. Family of Marilyn Jensen, 541-566-3915, grj@bmi.net

Jun 7: PetroGlyph Century

Cedar City, UT. Magnificent skies & ancient petroglyphs at a natural gateway for man & animals. 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 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 6-10 a.m. 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, 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.bicyycleadventures.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. Travel east to Daroga State Park (50-mile turn-

around), and on to Lake Chelan. Return to start via Navarre Coulee and Hwy 97A. Benefit Sunrise Rotary's charity programs. Wenatchee Sunrise Rotary, 509-664-3366, www.applebikeride.com

Jun 7: Wheels to Meals [BAW] ☐

Puyallup, WA. "Fight hunger from the seat of your bike." Fundraising for the Food Connection, Pierce County's largest food bank. 20-, 40-, 50-, & 70-mile loops through beautiful Puyallup valley. Min. \$100 in pledges. Bike mechanic, great support, and finish line festival. Starts WSU-Puyallup campus. Kevin Glackin-Coley, The Food Connection, 253 383-5048, www.wheelstomeals.org

Jun 8: 3rd Annual Fort2Fort Ride ☐

Port Townsend, WA. Hilly & challenging metric century leaves Fort Worden on lightly traveled roads to Fort Flagler. The family-friendly 17-mile ride follows quiet streets. 35-mile challenge loop to Old Fort Townsend and back. Benefits Friends of Fort Worden. Rick Sepler, The Friends of Fort Worden State Park, 360-344-4459, http://fort2fortride.org

Jun 9-13: Columbia Gorge

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

Jun 9-Jul 3: 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. 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. See majestic old growth forests, expansive views of Cascade Mountains and hot spring. Also available: 6/20, 7/18, 8/1. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jun 14: Strawberry Century ☐

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

Jun 14: 2nd Annual Gorge Ride

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

Jun 14: 200 & 400km Brevet

Newberg, OR. ACP sanctioned. Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org

Jun 14: 600km Brevet

Kamloops, BC. Okanagan Falls, starts at 5 a.m. 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 raising funds for the Zero Pay Fund. 3, 10, 35, 64, or 100 miles. Start between 7-11:30 a.m. Some hills on the 3 longer courses, others are flat. Rhiannon Avery, 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. Reg. opens at 7 a.m. Golden Event Planning, 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. The Gorge is just one of the natural wonders you'll experience. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jun 14: Double Dawg Tandem Ride

Bend, OR. 65-mile ride for tandems and singles from Bend to Smith Rock State Park and back. One food stop with deluxe snacks for all. No brutally long climbs, some short steep ones. \$5. Starts at Hutch's on Columbia St. at 9 a.m. 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, www.randonneurs.bc.ca

Jun 14: The Great Owyhee Ride 2008

Ontario, OR. A scenic century ride through rural Oregon winding from Ontario up to the base of the Owyhee Dam. Benefits S Oregon Regional Food Bank. Southeast Oregon Regional Food Bank, 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). Start either at Powers or Goldendale. 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 tour from Astoria, OR to Portsmouth, NH. Average 80 miles/day. Going through spectacular Cascades and Rockies. America by Bicycle, www.abbike.com

Jun 15-21: Kettle Valley Trail 1

Castlegar, BC. Starts in historical Castlegar and ends in Beaverdell, via Grand Forks, Greenwood & Rock Creek. Incredible views of Lower Arrow Lake. Mostly on railroad. Need hybrid or MTB. Great Explorations, www.greatexplorations.com

Jun 15-23: Northwestern Tour

Astoria, OR. Fully supported 8-day, 620mi bicycle tour from Astoria, OR to Boise, ID. America by Bicycle, 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, bicyycleadventures.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. Fee includes 2 nights lodging in country inns, support vehicle, 7 meals, and guides. Spokane Parks and Recreation, 509-625-6246, www.spokaneparks.org

Jul 8, 22, 29: Pacific Raceways

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

Jul 9-13: Cascade Cycling Classic

Bend, OR. NRC event. 29th annual. 5-day stage race for Cat 1 men, Cat 1/2 women, 4 stages for Cat 2/3, 4 and Masters. Mt. Bachelor Ski Education Foundation, 541-980-2344, www.cascade-classic.org

Jul 11-13: Tour de Delta-BC Superweek

Delta, BC. Friday: 3km Brenco TT, Saturday: Lehigh Cement Twilight Criterium, Sunday: White Spot road race - 140km Men, 85km Women. Cash prize: \$25,000. Opening weekend of BC Superweek. Pro 1-2, Cat 3 men, women open. Municipality of Delta, www.tourdedelta.bc.ca

Jul 12: Redmond Derby Days

Redmond, WA. America's longest running bicycle race. Some of the fastest cyclists in the Northwest race on a flat fast 0.5-mile loop in downtown Redmond. Racing from 2:00 - 8:00pm. Cat 4 W Series #8, Pro-Motion Sports, 206-729-9972, www.promotionevents.com

Jul 13: Carnation TT Series #3

Carnation, WA. Flat 46km race. Start at Tolt Middle School. See "Race Series" for details. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, www.footworkscycles.com/timetrial

Jul 14, 21, 28: Women's Crit

Eugene, OR. Criteriums. Kay Bork, 541-221-9239

Jul 16: Tour de Gastown-BC Superweek

Vancouver, BC. Criterium in downtown Vancouver. Super fast 1.2km course. 2 races, men Pro 1/2, women Pro 1/3. Start at 6:00pm. \$15000 cash prize. Part of BC Superweek. Wedgewood Cycling Team, tourdegastown.com

Jul 17: Giro di Burnaby - BC Superweek

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

Jul 18-20: Tour de White Rock - BC Superweek

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

Jul 19: BCMCA #10

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

Jul 19: Boise Wells Fargo Twilight

Criterium Boise, ID. NRC criterium (men only). Flat, 4-corner classic course. 1km loop runs through downtown. 1 hour plus 5 laps for the main event and 30 to 45 minutes plus 1 lap for the preliminary races. \$20000 in cash and merchandise. Starts at 4:00pm, www.boisewellstwicriterium.com

Jul 19: Lake Washington Velo Circuit

Race #1 Silvana, WA. A flat course and sometimes cross winds make this a fun and fast course. Lake Washington Velo, www.hagensbermancycling.com

Jul 19-20: Race Across Oregon

Portland, OR. Ultra-cycling event. Challenging 538-mile route through the Cascades. RAAM qualifier. Solo, tandem, Masters, 2- & 4-person relay teams. 541-760-1024, www.raceacrossoregon.com

Jul 19: Seattle to Spokane (\$25)

Seattle, WA. Ultramarathon endurance race, 1-day, 284-mile ride from Seattle to Spokane on SR-2. No support. Total climbing: 12000'. Start at Lake City Fred Meyer at 2:00am. Support drivers allowed. Redmond Cycling Club, www.redmondcyclingclub.org

Jul 20: BCMCA #11

Mt Washington, BC. 16km hill climb to Mt. Washington, long steep hill, starts at noon. BC Masters Cycling Association, www.bcmasterscycling.net

Jul 20: Hell of the Cascades

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

Jul 20: Idaho Criterium Championships

tbc, ID. www.lostrivercycling.org

Jul 20: WA State Team Time Trial

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

Jul 22: Holt Criterium #3

Pocatello, ID. See "Race Series" for details. Idaho Cycling Enthusiasts, 208-652-3532, www.idahocycling.com

Jul 22, 29: Tuesday Nighter - Bogus

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

Jul 24-27: BYRDS - Tour of Idaho

Boise, ID. A Junior-only event, part of LAJORS. Junior stage race for riders between 10 and 18 years old. (10-14 races only, 7/28-29). 5 stages for 15-18, individual and team awards. Douglas Tobin, 208-343-9130, www.byrdscycling.com

Jul 24-27: Co-Motion Classic Tandem

Stage Race Eugene, OR. Big daddy of all tandem races is in its 6th year. 5-stage event, a prologue, a TT, a Criterium and 2 road. Sal Collura, www.co-motion.com

Jul 25-27: BCMCA #12-14

Grand Forks, BC. Friday: 1km hill climb at 7:00pm. Saturday: 74km on rolling terrain. Starts at 10:00am at Hutton School. Sunday: 40km TT flat, starts at 10:00am from the Hutton School. Saturday/Sunday double points. Anton Kew, BC Masters Cycling Assoc., www.bcmasterscycling.net

Jul 26: Allan Butler Memorial Criterium

Idaho Falls, ID. Ron Bolduc, Idaho Cycling Enthusiasts, 208-523-5347

Jul 26: Co-Motion Criterium

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

Jul 27: Vancouver Courthouse Crit ☐

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

Jul 27-29: WA State Senior Games

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

Jul 27: Whale of a Criterium ☐

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

☐ Family Friendly Ride or Event

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13 & 14

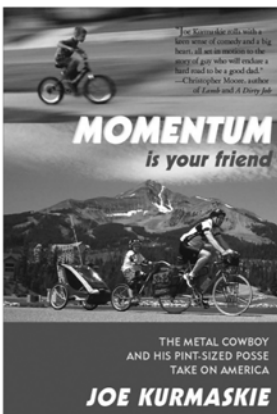
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Jun 21: Ann Weatherill Cycling Classic
Walla Walla, WA. Celebrate Ann's life and share the road for a metric century that rolls through some of Walla Walla's greenest fields. Funds raise go toward cycling safety and Share the Road signs in the valley. Supported, lunch buffet at finish featuring L'Ecole 41 wine and great food. T-shirt available. Wheatland Wheelers CC, 509-337-8668, <http://annweatherillcyclingclassic.blogspot.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 21-27: Cycle Montana
Missoula, MT. New spin on an old favorite. Spend a week bicycling through the scenic valleys of western and southwestern Montana. 7-day catered & van-supported event. Adventure Cycling Association, 800-755-2453, www.adv-cycling.org

Jun 21-22: Cycle Washington Memorial Ride
Redmond, WA. In honor of bicycle accident victims. Starts at Marymoor Park, ends in Wenatchee, night in Cle Elum. Benefits the Jill Spanjer Foundation and the WA State RSVP Assoc. Brian Ropp, 800-258-2821, www.cyclewamemorialride.com

Jun 21-23: Grand Illinois Trail and Parks (GITAP)
Dixon, IL. A weeklong biking loop featuring routes on the Grand Illinois Trail. Generally flat with some optional hilly areas. Mileage from 300 to 550 for the week. Fully supported, dinners, breakfasts, camping sites, an optional motel package. Limited to 160. Chuck Oestreich, League of Illinois Bicyclists, 309-788-1845, www.bikelib.org/gitap

Jun 21-24: Hare & Tortoise 1000
Victoria, BC. Starts in Victoria, 3 a.m. 1000km brevet brings you to Port Hardy and back. Reg. opens at 2 a.m. 75-hour limit, altitude gain 27000'. Ken Bonner, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jun 21-24: Lower Mainland & Interior 1000km Brevet
Vancouver, BC. Randonneur event, route negotiable. Start time: 6-8 a.m. BC Randonneurs, 604-733-6657, www.randonneurs.bc.ca

Jun 21: Mountain Lakes Challenge
Ashland, OR. Miles of gorgeous scenery of valleys, mountain lakes and forest on back country roads. Century (7000ft), metric century (3600ft), 50- and 25-mile rides. Great rest stops and an amazing lunch. Dave Oliver, Siskiyou Velo Club, 541-621-4122, www.siskiyouvelo.org

Jun 21: Native Planet Classic
Winthrop, WA. A fundraising bicycle ride over the beautiful North Cascades Highway, offering noncompetitive riders 3 routes – 28-, 63- or a 128-mile rides with 10000+ ft of elevation. Dave McDougal, Native Planet Outdoor Club, 23 W. Cremona St., Seattle, WA, 98119. 209-979-0725, www.ride4areason.org/npcclassic/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 one roads between Pocatello and Malad Pass. In memory of Jay Anderson. Rob Van Kirk, American Diabetes Association of Idaho, www.idahocycling.com

Jun 22: Tour de Pierce
Puyallup, WA. 12-, 30-, 50-mile routes through Eastern Pierce County. Course open from 8 a.m. to 3:30 p.m. Start/finish at Western WA Fairgrounds Gold parking lot. 12-mile is flat and easy. Benefits Sprocketwoman program. Pierce County Parks, 253-798-4177, www.piercetcountywa.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. Rest stop. Doug Parrow, Salem Bicycle Club, www.solembicycleclub.org

Jun 23-Aug 9: Big Ride Across America
Seattle, WA. 48 days with 40 riding days average 85 miles per day. Minimum fundraising \$5,500. American Lung Assoc. of WA, 206-441-5100, www.bigride.org

Jun 24-Jul 3: Northern Rockies Ride
Boise, ID. Fully supported 9-day, 704-mile bicycle tour from Boise, ID to Casper, WY. America by Bicycle, 888-797-7057, www.abbike.com

Jun 27-30: Willamette Valley Wine Sampler
Salem, OR. Experience handcrafted wines, gourmet food, and quiet roads in the fertile Willamette Valley. Also available: 7/16, 8/14, 8/22, 9/11. Wild Heart Cycling, www.wildheartcycling.com

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. Seattle Int'l Randonneurs, www.seattlerando.org

Jun 28: Mt. Adams Country Tour 
Trout Lake, WA. 11-mile family fun ride, 50-mile and 100-mile. Gorgeous backcountry paved roads, great BBQ afterwards. Fully supported. Benefits Trout Lake School & Volunteer Fire Dept. Trout Lake Business Owners, 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. No supported, free. Storie Mooser, www.prairiecityoregon.com

Jun 28: RATPOD: Ride Around the Pioneers in One Day
Dillon, MT. 157-mile ride with 7500' of climbing. In Big Hole Valley in southwestern Montana. Benefits Camp Make-A-Dream, a tuition-free camp for children and young adults with cancer. Camp Make-A-Dream, 406-549-5987, www.ratpod.org

Jun 28: Tsunami
Victoria, BC. Start at Cook Street Village, Moka House, 7 a.m. 300km brevet to Port Renfrew. BC Randonneurs, 250-388-5365, randonneurs.bc.ca

Jun 29: Barlow Trail Century
Gresham, OR. Cancelled for 2008.

Jun 29: Bite the Bullet
Cul de Sac, ID. 53 mile loop through Winchester, down Reuben/Gifford road and back to Cul de Sac on Cottonwood Creek. Low traffic, great scenery. 4,000 feet of climbing. Not supported. twiniverscyclists.org

Jun 29: Livestrong Challenge Portland
Portland, OR. 10-, 40-, 70- or 100- mile rides. LAF signature fundraising event, to inspire and empower people affected by cancer. Also 5K run/walk. Register online. \$250 minimum fundraiser requirement. Lance will be there! Lance Armstrong Challenge, 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.bicycleadventures.com

Jun 29-Jul 5: Wallowa Mountain Rambler
Baker City, OR. Circumnavigate the Wallowa Mountains, the "Alps of Oregon," with a side trip to the rim of Hells Canyon. Ride through the rural valleys and hills of Eastern Oregon. Also available: 7/20 and 8/17, 8/31. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

JULY

Jul 1: Canada Day 141 Populaire
Fort Langley, BC. Celebrate Canada's 141th birthday in a unique way-by cycling that distance through the scenic Fraser Valley. Snacks provided. Starts at Lion's Hall, route follows Straiton, Vedder Crossing, Huntington, Aldergrove. Roger Holt, BC Randonneurs, www.randonneurs.bc.ca

Jul 3-6: Northwest Tandem Rally - NWTR 
McMinnville, OR. Visit the heart of Oregon's wine country and gather for scenic riding in the Willamette Valley. Great opportunity to socialize. Event headquarters: Linfield College. Reg. on 7/3, mass start supported routes on 7/4-5. Self-supported on 7/6. Family-oriented. Benefits BTA, CCC, McMinnville & Oregon Police Dept. Kids Bicycle and Safety Fair. Allison Zimmerman, Team Northwest Tandemonium, 503-777-9053, www.nwtr.org/2008/

Jul 5-8: 1000km Brevet
Wilsonville, OR. 1000 km unsupported - ACP, Oregon Randonneurs, www.orrandonneurs.org

Jul 5-11: Canadian Gulf Islands
Seattle, WA. Remote and wild, the Canadian Gulf Islands form an extension of the San Juan Islands of WA. Luxury lodging and dining, Butchart Gardens included. For energetic beginner to advanced cyclists. Also available: 7/19, 8/2, 16, 30, 9/13. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 5-7: Cascade Hammerhead Tour
Sisters, OR. Fast-paced tour - circumnavigate Oregon's Three Sisters in the majestic Cascade Range while enjoying a soft fluffy bed each night. Also available: 8/8. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 6-17: BEARS - Bicycle Extraordinary Alaskan Roads
Fairbanks, AK. An annual bike tour through the heart of Alaska, exploring Denali Park, the Matanuska Valley & Kenai Peninsula. Ferry trip through Prince William Sound & more. A fully supported camping tour, cycling Alaska's finest roads. Pedalers Pub & Grille, www.pedalerspubandgrille.com

Jul 6-20: Big Ride Alaska
Fairbanks, AK. 12 days through the best parts of Alaska. Pedal into Denali National Park, up to Talkeetna, over to Valdez and ending in Seward American Lung Assoc. of WA, 206-441-5100, www.cleanairadventures.org

Jul 12: 100km Brevet
Seattle, WA. 100km (62mi) brevet. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Jul 12: Back Road 400
Mill Bay, BC. Begins at Tim Horton's, 6:00am. 400km breve, Buckley Bay route. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Jul 12-19: Big Ride Glacier
Whitefish, MT. Experience dramatic glacier carved landscapes, stunning views over high mountain passes around and through Waterton-Glacier International Peace Park. Registration \$150, minimum fundraising \$1500. American Lung Assoc. of WA, 206-441-5100, www.cleanairadventures.org

Jul 12-19: Cycle Washington
Redmond, WA. This 8-day catered and van-supported event takes in some of the most scenic and diverse landscapes Washington state has to offer. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jul 12: Mayor's Ride 
Ladner, BC. Fun family-oriented 20km ride that takes you along the scenic Boundary Bay dyke and finishes at Holly Park School in Ladner. Starts at 10 a.m. BBQ, clowns and activities for all. Free. Part of the Tour de Delta. Municipality of Delta, 604-952-3000, www.tourdedelta.bc.ca

Jul 12-13: Group Health STP
Seattle, WA. Largest multi-day ride in the Northwest, up to 8000 cyclists. Ride 200 miles in 1 or 2 days. Start: University of Washington parking lot. Cascade Bicycle Club, www.cascade.org

Jul 12-18: Oregon - Crater Lake
Oakridge, OR. Tall timber, clear rivers and snow-clad peaks - tour includes cycling and hiking. Also available 7/26; 8/2, 9, 23; 9/6. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Jul 12-19: Oregon Coast Sustainability
Portland, OR. Follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Portland Peace and Justice Center, www.portlandpeace.org

Jul 12: Tour of Pain
Spokane, WA. The Coeur d'Alene Brewing Company's 200-mile single day ride around Lake Coeur d'Alene, starting and ending at the Steamplant Grill. Gage Stromberg, www.cdabrewing.com/tourofpain.html

Jul 13: Boise Co-op Tour De Boise
Boise, ID. Benefits Meals on Wheels. 208-343-3782, www.boisecoop.com

Jul 13-19: TourBC - The Gold Rush Trail
Hope, BC. 7-day supported on-road bicycle tour following the Gold Rush Trail in beautiful BC. Camping, meals, mechanic, medical and more. Motel option available. Danelle Laidlaw, DPL Consulting, 877-606-2453, www.tourbc.net

Jul 16-20: Cascade Mountains Tour
OR. Explore the diverse and spectacular environments of the Cascade Mountains. Cycle along the Auderheide Memorial Drive. Also available: 7/30. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 16-20: Red-Spoke
Redmond, WA. Tour across beautiful Washington state. 5-day, 300-mile ride from Redmond to Spokane. Enjoy the splendor of the Cascade Mountains, the majesty of river canyons and the beauty of rolling wheat fields. Fully supported, limit 100 riders. \$550 fundraising requirement. Redmond Rotary Club, 206-298-9288, www.redspoke.org

Jul 17-20: Kettle Valley Trail 3
Coalmont, BC. Calomont to Hope. Follow Tulameen River Valley, stop at Otter Lake before reaching the Coley Creek Ranch and Coquihalla Lakes. Great Explorations, www.great-explorations.com

Jul 19-20: Bike MS 2008: Covering Bridges 
Sweet Home, OR. Annual two-day fundraising bike ride is moving to the Mid-Willamette Valley. First day's options: 10, 50, 75 or 100 miles with up to 6 bridges. Day 2 is a relaxing 25- or 50-mile loop with 2 bridges. Fully supported, camping available & fun for all ages and abilities. Sarah Schrimmer, National Multiple Sclerosis Society, Oregon Chapter, 503-445-8347, www.msbikerideoregon.com

Jul 19-22: Jackson's Tour de Spa
Portland, OR. 2-day through the Columbia Gorge to benefit the NW Sarcoma Foundation and the Children's Cancer Association. Ride starts/ends at the Bonneville Hot Springs Spa. Melissa Hill, Jackson's Tour de Spa, 503-810-3713, www.jacksonstourdespa.org

Jul 19: Seattle to Spokane (S2S)
Seattle, WA. Ultramarathon endurance ride/race, 1-day, 284-mile ride from Seattle to Spokane on SR-2. No support. More hilly than Cannonball - total climbing: 12000'. Start at Lake City Fred Meyer at 2:00am. No official rest stop. Support drivers allowed. Duane Wright, Redmond Cycling Club, 206-523-7404, www.redmondcyclingclub.org

Jul 19: Timothy Lake 200
Estacada, OR. 200km ACP randonneur event. Oregon Randonneurs, www.orrandonneurs.org

Jul 19: The Dam Brevet
Fort St. John, BC. Randonneur event. 200km brevet. Wim Kok, BC Randonneurs, 250-785-4589, www.randonneurs.bc.ca

Jul 19: Tour des Chutes
Bend, OR. Choose either the 100- 70-, 48- 25- or 6-mile ride. Starts at 8:00am from the High Lakes Elementary School. \$45 entry fee includes: T-shirt, Livestrong bracelet, post-ride lunch, ride support, food and rest stops. Fundraiser for LAF and local charity. Julie Wose, Tour des Chutes committee, 541-382-8018, <http://tourdeschutes.org>

Jul 20: Hell of the Cascades
Hood River, OR. Start at Hood River County fairgrounds. 90-mile tour finishes at the top of Summit Drive - lots of climbing and descending and one short gravel section. Limit 125 riders, open to all on first-come, first-serve basis. Jeff Lorenzon, 541-490-6837, obra369@yahoo.com

Jul 23-27: Rocky Mountain 1200
Vancouver Island, BC. 1200km ultramarathon brevet. Ali Holt, BC Randonneurs, 604-946-8438, www.randonneurs.bc.ca

Jul 25-31: A Ride on the Wild Side
Vancouver Island, BC. 7-day trip along the south region of Vancouver Island and Salt Spring Island, combined with other activities. Women only. Changing Gears, www.changinggears.com

Jul 26: 200km Brevet
Olympia, WA. 200km (124mi). Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Jul 26-27: ALS DoubleDay Bike Ride & Fundraiser
Conway, WA. Pedal 85 miles in 2 days through the beautiful Skagit Valley to raise funds that will empower people with Lou Gehrig's disease & their families to lead the fight to cure & treat ALS. Robin Hartman, The ALS Association Evergreen Chapter, 888-786-7257, www.alsa-ec.org

Jul 26-30: Family Fun Idaho 
Coeur d'Alene, ID. Follow 2 of the finest trails in northern Idaho - the extraordinary trail of Coeur d'Alene and the Route of the Hiawatha. Catered and van-supported. One parent per child. Adventure Cycling Association, 800-755-2453, www.adventurecycling.org

Jul 26: Pedal the Pinchot
Cougar, WA. Cancelled for 2008.

Jul 26: Ride for Youth Century
Burlington, WA. 50-, 100- & 150-mile options for beginner and advanced riders alike. sag support, end of ride feed & beer garden. Ascend 5100' and turn around at Arist Point, makes for a fun descent. New start location at Oasis Office Automation System. Tim Ryan, Burlington Mid-Day Rotary Club, 360-770-4325, www.rap150.com

Jul 26: Tour de Cure- Summit to Surf 13
Welches to Hood River, OR. Fundraising event of the American Diabetes Association. We offer routes from 10-100 miles. There are 4 start locations, but all cyclists finish at the Marina Park in Hood River. Kris Bockmier, American Diabetes Assoc. of OR, 503-736-2770, www.summittoSurf.org

Jul 26-Aug 11: Rolling the Islands of the Salish Sea
Seattle, WA. Explore the heart an soul pf ;iociti;ira; western WA/BC. Ibike Culture Tours, 206-767-0848, www.ibike.org/ibike

Jul 27: Tour de Peaks Bike Ride
North Bend, WA. 20th annual event sponsored by Snoqualmie Valley Hospital. Start at Meadowbrook Farm, check in 7-10 a.m., breakfast & lunch included. Fully supported, spectacular views on hills and flat country roads. 5 distances: 4-mile family ride, 8 & 14 miles intermediate ride, 32- and 65-mile distances. Live music, prizes, bike raffle, free event shirt with early registration. Paul Tredway, Snoqualmie Valley Chamber of Commerce, 425-888-4440, www.tourdepeaks.com

Jul 27: Oregon Ultimate Century Road Ride
Sisters, OR. Course change. Starts in Sisters and finishes in Westfir. 105-mile road ride goes over the old McKenzie Pass to the Auderheide Forest Service road and to Westfir. Entry options: shuttle back \$65, no shuttle \$25. Includes map, course marking and awesome food. Limited to 50 riders. \$60, starts at 5:00am. Mike McMackin, Hutch's Bicycles, 541-382-6248, www.hutchsbicycles.com

Jul 27: Seattle Century
Seattle, WA. 25-, 50- and 100-mile rides have you going around Seattle's favorite routes from lake Union to Lake Sammamish, Carnation, Duvall Mercer Island and more. Fully supported. Breakfast, gourmet dinner, massage, finish line festival. Hands on Greater Portland, 503-459-4508, www.seattlecentury.com

Jul 27: Tour de Kitsap 
Silverdale, WA. Scenic courses in lovely Kitsap County of 12, 30, 65 and 100 miles, with theme rest stops and full SAG on each route. Run in conjunction with the Silverdale Annual Whaling Days Festival. All you can eat Pasta Feed Saturday Night at the Silverdale Beach Hotel Restaurant. Scott Park, West Sound Cycling Club, 360-698-9842, www.westsoundcycling.com

Jul 27-Aug 1: Washington Bicycle Ride
Mead, WA. 7-day, 800-mile, fully-supported ride in NE Washington. Daily mileage 45 to 75 miles. Campsite, most meals, showers, food stops, gear transport. Sandy Green, 800-413-8432, www.oregonbicycleride.org

TRACK

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, 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, 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, www.obra.org

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

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

JULY

Jul 1, 8, 15, 22, 29: Masters & Juniors Races
Portland, OR. See "Race Series" for details. Steve Trusdale, 503-232-1704, www.obra.org

Jul 2, 4 : Kids on Track
Portland, OR. See "Race Series" or "Camps" for details. Chris Alling, 360-609-2660, www.obra.org

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

Jul 3, 10, 17, 24: Alpenrose Thursday
Portland, OR. See "Race Series" for details. Mike Murray, OBRA, 503-661-5874, www.obra.org

Jul 4, 11, 25: Fast Twitch Fridays
Portland, OR. See "Race Series" for details. Jen Featheringill, 503-227-4439, www.obra.org

Jul 5: OBRA Junior & Team Event Track Championships
Portland, OR. See website for complete schedule. Candi Murray, 503-667-6220, www.obra.org

Jul 5-6: State Games Track
Portland, OR. Phil Sanders, 503-649-4632, www.obra.org

Jul 7, 9, 11: Kids on Track
Portland, OR. See "Race Series" or "Camps" for details. Chris Alling, 360-609-2660, www.obra.org

Jul 11, 18: Friday Night Racing
Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Jul 11-13: OBRA Track Championships
Portland, OR. Candi Murray, 503-667-6220, www.obra.org

If Your Mammias Knew...

By MARNARD HERSHON

Until yesterday, only 123 cyclists in 12 U.S. states rode fixed-gear bicycles on public streets. Track racers rode them on velodromes—banked wood or concrete ovals. A few old-school road riders used them for winter road miles in low, leg-loosening gears.

Big city bike couriers used them because they're inherently sturdy; they may be less attractive to thieves and they afford precise speed control in traffic.

Overnight, U.S. city streets are teeming with fixed-gear bikes. Sparsely furnished, some without brakes or lights, many fixies, as they are called, sport handlebar shapes unseen and unmissed since the waning years of the 19th Century.

Fixie "riders" sport emphatically un-athletic clothing unseen since...well, just unseen.

Fixed-gear bikes lack ratcheting freewheels; they will not coast. Wanna go fast? Pedal fast. Wanna slow down? Resist the rotation of the pedals. No coasting or gear-changing, no help on the hills.

The single gear must be judiciously chosen, because it is all the gears one has. In my view, careful choices are rare. More often it's: "Whatever's on there, dude. It's all good."

Fixies are simple but not as versatile as multi-geared bikes. Not that versatility matters all that much to their "riders," often grim-faced, aloof men and women in their twenties or thirties who stay pretty close to home.

As close to home as they are, you'd think they'd run into their moms, who would be vocal in their disapproval of the snooty, antisocial airs their kids put on. We're talking about kids from good homes, whose moms read to them when they were little.

And their moms would be right: They're a cliquish, insular bunch. They never return

waves, smiles or nods. I'm pretty sure I've seen one of them smile, but I couldn't pin down when. Not recently. Maybe I imagined it.

Evidently broke or having spent the rent money on American Spirit cigarettes and cotton cycling caps with Euro logos, fixie guys get by without inessentials like helmets, lights, brakes and razor blades.

Tamar and I see them after dark, riding without helmets or lights. Why do they do that? Why ride at night (when visibility may well be reduced) without lights? After seeing it done more than once, I got curious.

I asked a tattooed barista at our local café. "Oh, stealth," she said: That's the idea. Lean, elemental bikes that are almost not there—thus no lights or reflectors and often no brakes. No clutter. Clean. Minimal.

Mom would not understand. She could not care less about the uncluttered bicycle: You ride after dark with no lights! You forget to wear your helmet! You took off the brakes!

Again, mom would be right. You know, it's no wonder fixie owners don't say "hi" to me. I'll bet I remind them of their parents.

Plus, my bike is cluttered with brakes and messy multiple gears. Their fixies definitely are not. I am therefore outside the pale. Untouchable. Perhaps you're untouchable too.

Whatever the reasons, fixie "riders" do not say "hi" as traditional road cyclists used to do. Back when, roadies said "hi." No kidding.

Whatever traditional cyclists did or didn't do, urban fixie "riders" are not traditional cyclists, not athletes. They'd never thought about riding until yesterday morning. They were unaware of cycling in the old days, the era they honor in lock-step uniformity.

Here's what they do: They identify certain commercially available items that seem (for mysterious reasons) to have cache—recognizable by their peers. They can't pronounce

the brand names but they pay silly money for "prestige" logos.

They show no interest in racing or in cycling history or lore, only in cool hardware. We wonder why owners of sporting machines with rich histories would ignore the back stories. Wouldn't the owner of a green Bianchi Pista want to be able to identify Fausto Coppi or Felice Gimondi? Maybe not. Maybe he or she just liked the color.

Fixie folk can identify a Christophe toe clip and point out the differences among Campy pedal models. They know the names or numbers of all the Brooks saddles. They have never watched a Tour de France stage or opened a copy of *VeloNews* or *Bicycling*.

I suspect that much of the fixie appeal is deciding what to buy next. What can I buy? Maybe that's what we all talk about every day. Maybe what to buy next is what makes the world go 'round; for fixie "riders" and the rest of us.

Another key aspect of fixie allure is that they are visibly different. If they looked just like other bikes, there would still be 123 people riding them. Fixies obviously are not road, touring or commuter bikes. They're not your father's or your older brother's bike.

They're different, identifying their "riders" as different—not from one another, oh no. But from *us*. And from their fathers and brothers, who have derailleur bikes and would never, even at gunpoint, wear mid-calf length trousers.

My sweetie Tamar, from her vantage point of relative youth, says that today's young people, unsatisfied by today's uninspiring

music, gadgets and transportation options, are looking backward. Old-school is the new black. Old-school stuff, not old-school folks.

Today's young people choose the rebel styles of yesteryear, the elemental bicycles of turn of the century track cyclists. They like the look. They post photos of their bare-bones mounts on sites showcasing hundreds of mind-numbingly similar images. It's true!

Fixie folk have zero historical perspective and don't want any. They don't realize that cyclists have ridden those bikes all along. Bikes they feel they invented have been a legitimate choice all along. They don't know anyone who has been riding all along.

They don't know how to compare one bike to another or one style of bike to other styles. Until they saw a matte-painted fixed-gear bike they didn't want a bike. They weren't riders. If you loaned one of them your bike, you'd have to teach him how to shift the gears.

Perhaps a few of these fixie people will turn into genuine cyclists. We'll see. You know, I admit that I've owned a couple of fixed-gear bicycles, but I don't want one now. Too hip. Too happenin'. Too clubby.

And far too demanding: Has to be tiring staying that snotty, 24/7. And just as tiring breaking so many laws on rides so brief. In a mile you become a general nuisance and fill drivers' susceptible minds with homicidal fantasies—and you never even get warmed up.

If your mammias knew what brats they'd raised, you'd be in for a spankin' for sure.

For more on fixies see the *Christian Science Monitor*: www.csmonitor.com/2008/0501/p20s01-ussc.html?page=1.



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