



Photo courtesy of IMBA

Who would have thought it possible, singletrack riding in Manhattan, N.Y.? Portland won't be far behind.

Portland Mountain Bikers Seeking Increased Access to Urban Singletrack Trails

By JOEL CAMERON

Recently, Portland, Ore. was designated as a Platinum-level Bicycle Friendly Community by the League of American Bicyclists. This was a significant accolade, as this municipality is the first major city to receive this honor. However, even though there is no doubt that Portland is a great place to pedal, if you are looking for a site in the city to mountain bike, the options are few and far between. Especially lacking are singletrack trails, leaving many in the knobby tire set scratching their heads as to how such a highly sought after and popular form of outdoor activity could be conspicuously absent from the city's off-road offerings. To remedy this situation, off-road advocates have begun to formulate an action plan for the city. Now in the development phase, few details are available. However, the Portland United Mountain Pedalers (PUMP), a non-profit organization affiliated with the International Mountain Bicycling Association (IMBA), and Alta Planning and Design, among others, are basically looking at ways to increase the availability of singletrack in urban wilderness areas.

To find out more about the importance of improving mountain bikers' access to the city's forested areas and why singletrack is where it's at, I contacted Jill Van Winkel, an IMBA trail specialist based out of Oregon.

BP: Can you explain how singletrack trails are different and why they are so important to mountain bikers?

JVW: It's the same reason most hikers and runners prefer singletrack—we'd much rather be on a narrow, winding trail through the woods than on a dirt road. A singletrack trail is much more stimulating and challenging, and brings you into a closer connection with nature. Dirt paths and roads provide an important opportunity for people to get comfortable on bikes and

to get away from motorized traffic. But singletrack is much more meaningful to most mountain bicyclists. A singletrack trail is generally defined as a route where users must travel single file. Actual tread width can vary depending upon tread surface, side slope grade, trail user type and other factors, but is generally considered to be a tread of less than five feet in width.

BP: People that oppose increasing mountain bike access to public parks seem to think that doing so will degrade the park for other users. Do you think this is true? If not, can increasing mountain biking actually improve the parks?

JVW: It really depends on the situation. If a trail is already busy with constant use by hikers, dog walkers and runners, adding mountain bikers to the mix might not be the best idea. However, if there are parks and trails that have lower use, it can make a lot of sense to add mountain bicyclists to existing trails. By adding new or opening existing trails for bikes, you provide a quality recreational experience to a low-impact, quiet user group. Mountain bicycling is the second most popular trail activity, after hiking. We have a huge under-served population of trail users. By not providing mountain biking opportunities we risk losing a huge volunteer work force on our trails and in our parks. We also fail to engage a group that supports protecting our open spaces. Mountain bicyclists love to work<emdash>they fix trails, build trails [and] remove invasive species and garbage. They are important stewards of our public places. PUMP's work parties routinely get 30 to 40 attendants acting to make the parks better for all users.

BP: Do you think that making Portland more mountain bike friendly is good for the city itself? If so, why?

JVW: Yes, it's great for any city! Mountain biking is a

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Empowerment

People Living with MS Find Freedom on Two (or Three) Wheels

By PAM MCGAFFIN

When Maureen Manley gets on her bicycle and starts pedaling, she feels like she's come home.

"It's a place where I feel really free," says Manley, a former world-class competitive cyclist who now works as an inspirational speaker and life coach for people with multiple sclerosis (MS). She was diagnosed with the disease while training for the 1992 Olympics.

Manley, who lives in Kirkland, Wash., feels fortunate that the sport she loves—and lost for a time—is one that many people with MS can continue to do.

In this year's Group Health Bike MS Ride (previously the MS 150) on Sept. 13 and 14 will be a number of people who turned to cycling after their MS symptoms made it difficult to run, hike or even walk for extended periods.

According to Manley, cycling improves strength, cardiovascular fitness and balance—important benefits when you have a disabling, central nervous system disease that can zap all three.

Plus, cycling can be adapted to different ability levels. Those with balance problems, for example, can often manage a three-wheel. And there are stationary bikes for those who would prefer to stay home or in a gym.

Another cool thing about cycling, adds Manley, is that it's cooling. Most people with MS have problems with heat, and bicycles create their own air-conditioning, particularly downhill.

Manley recommends that would-be cyclists with MS check with their doctors before jumping onto a bike. "The first and primary thing people need to ask themselves is, 'Is this safe for me?'" she says. "Then when you

SEE MS FREEDOM ON PAGE 5

Commuting

Employee Cycling Incentive Programs Are on The Rise

By AMY ENSIGN

Bike to Work month has come and gone, but many companies in the Northwest are still celebrating the spirit. And with good reason; people who commute regularly by bicycle save money, reduce their stress levels and are generally healthier and happier than their car-bound counterparts. While cycling advocates are hard at work on a Bike Commuter Act that would provide a tax break for riders, many businesses throughout the region are taking the lead when it comes to rewarding their employees for pedaling to their offices.

For many, biking to work presents a challenge because there are limited, or no, places to store bicycles as the day goes by, and not all employers allow bicycles inside their offices. Getting grimy or sweaty during their morning commute presents another obstacle, as no one enjoys being avoided during staff meetings due to their odorous nature. Recognizing this, many companies realize that simply providing adequate bicycle

parking and showers to their staff would encourage more trips by bike. In Washington, people who work at Group Health can take advantage of locker rooms, showers and a secured bicycle parking area. Vernier Software and Technology and The National College of Natural Medicine, both based in Portland, Ore., provide employees with locking indoor bike rooms and shower facilities, as well as TriMet passes. New Seasons Market, located throughout Oregon, offers bike parking as well.

Some companies have gone beyond providing minimum facilities, offering specific incentive programs for those who utilize non-motorized transportation. Businesses are also establishing positions to develop and manage the cycling alternative, and to encourage participation in the programs they offer. As gas prices continue to rise, many are seeing the value of investing in happier, healthier workers. These companies are finding that when it comes to rewarding

SEE INCENTIVE PROGRAM ON PAGE 6

Record Turnout for 24-Hour in Spokane

By DAN NORTON

Most anecdotes start out with a catchy opening sentence, as in "I was sitting around with my buddies, having a couple of beers," as a prelude to a Darwin Award story, or a skiing account might open with, "I thought I could see a gap in the rocks" as an introduction to a narrative on why I bought new skis this year. This one starts with the teaser of "Here is some good news and some bad news." The bad news—if you weren't there, the 24-Hours Round the Clock mountain bike race is over and a great time was had by all, and you missed it. What is the good news? Well, you have 365 days to get some friends together and plan on a weekend of fat tire fun. Did I mention the Fat Tire Ale? Oh yeah, after the race!

This year, a record 95 teams and 43 solo rid-

ers (550 participants total) showed up for the race on Memorial Day weekend. The weather cooperated perfectly, with moderate temperatures and a light nighttime drizzle to keep the body heat down and the track fast. And what a track! The 14-mile laid out course, which ran in Riverside State Park, was on very fast gravel interspersed with fun twisty singletrack. The entire course was very safe and easy to ride at night and in low visibility times. The main problem was the numerous deer on the course during the dark hours. Round and Round Productions did a fantastic job of marking the route so that it was easy to follow, especially at night. The Queen of Dirt for the Indie Series, Lisa Miller, waxed poetic about how nice the course was laid out and marked; if only they would have painted the deer that her teammate

ran into, everything would have been perfect. Of course, the deer story makes it better than perfect.

Most races feature team colors and banners as each group tries to highlight their particular sponsor. At a 24-hour race T-shirts outnumber lycra, and tennis shoes are on par with clipless pedals. In other words, people come to these for a good time, to camp with the tribe and to challenge themselves if they wish. Team names reflect the casual atmosphere of the day—"Bad Medicine," "Wild Women on Wine" and the infamous bad boy underachievers of the gray hair faction, the "Hollywood Porn Stars."

Barbeques, lounge chairs and tents dotted the landscape as the event took place. And I dare not forget there was a race of sorts go-

ing on. The fastest time was put in by "Black Diamond Therapy," a four-person team. The truly zany, inspired or demented, depending on your viewpoint, were the solo riders. Greg Martin from Ketchum, Idaho came out slightly ahead of Jeff Vandeventer from Spokane, Wash. A slight computer glitch made that finish a little controversial.

On Sunday afternoon as the awards ceremony wound down, all riders were treated to a great pasta feed

and fluid replacement treatment (remember that Fat Tire Ale?). All vowed to return next year with a faster team, a crazier costume or a new watcha-ma-callit. Whatever it is, it doesn't matter, just return, and put the fun meter in the red zone! See you next year.



Photo courtesy of Round and Round

The start of 24 hours of fun

Widow of Slain Cyclist Calls for Vehicular Homicide Law

The Bicycle Transportation Alliance (BTA) has announced its intention to pursue a vehicular homicide law in the 2009 session of the Oregon State Legislature.

Mary O'Donnell and the BTA are seeking a new piece of legislation for Oregon to better protect roadway users by increasing penalties for drivers who cause deaths as a result of their habitual violation of traffic laws. O'Donnell's husband, Tim O'Donnell, was killed on June 9, 2007 as he rode in a group ride in rural Washington County. Tim was hit from behind, by a negligent driver attempting to pass the cyclists as they crossed through an intersection to turn

left onto Long Road.

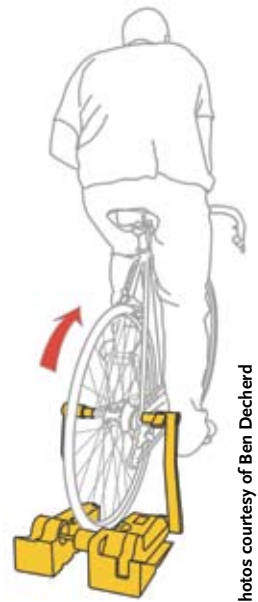
O'Donnell says the state should have a vehicular homicide law to protect roadway users like Tim. Oregon is one of only four states without such legislation. She is calling upon the Legislature to pass a new law that would punish drivers whose traffic violations result in deaths on Oregon's roads if they are driving unlawfully without a drivers' license, mandatory insurance, or while impaired.

O'Donnell and the BTA are seeking a law that would classify vehicular homicide as a Class B, which is how criminally negligent homicide is classified.

Decherd Wins Power To The Pedal Design Competition

DESIGN 21: Social Design Network announced the top three winners of the Power to the Pedal online design competition. 222 entries worldwide were received. The online social design network, which promotes better design for the greater good through its members and non-profit partners, challenged designers to create a new bicycle accessory or add-on for existing bicycles that would improve the cycling experience and promote the use of bicycles as a primary means of transportation.

The first prize was awarded to Ben Decherd from Portland, Ore. for his Pedal Power Pack design. The small power supply unit recharges by attaching to a bicycle and using the energy from the moving bicycle and pedals. The design utilized aspects from a stationary bike design and a portable power supply device and offers consumers a way to power small everyday electronic devices during a power outage. It can be designed in a rugged and industrial look for disaster relief efforts or in a more sleek and modern look for general consumers. Emilio Godoy, one of the competition's judges said, "The potential that the Pedal Power Pack has in relation to governmental and aid organizations during emergency relief are tremendous, while the possible everyday uses for off the grid or less energy intensive lifestyles are also very attractive." Decherd is currently a student at Savannah College of Art & Design and has been awarded \$5,000 for his design. To find out more about DESIGN 21 and the various designs go to www.design21sdn.com



Photos courtesy of Ben Decherd

Pedal Power Park

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Sculpture at the entrance of Burnaby MTB Park.
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Farewell To a Friend

By JOE "METAL COWBOY" KURMASKIE

Alejandro Alvarez had a way of moving a bicycle so effortlessly that, even though I stood half a foot taller than him, he dwarfed me with his skills. My friend from Monterrey, Mexico rode like it was the first and last time he might own a pair of legs. I hated him a little for that. But he seemed to live as effortlessly as he rode and for that I loved Alejandro as a brother. I featured him in the final chapter of *Riding Outside The Lines*, and tried, but surely failed, to learn much from his style.

We met on a mountain bike adventure high in the hills above Puerto Vallarta. Alejandro and Chiquis were our guides for the week. When I asked why they weren't taking the small airplane of questionable mechanical repute the next morning, Chiquis mumbled something about being attached to living for another day, but it was Alejandro who offered up the real reason, "Because I want to get in a warm-up ride."

Sweet weeping Jesus, that warm-up ride involved pedaling uphill while we flew, not metaphorically, but actually flew to the starting point. When Alejandro arrived not ten minutes behind the last panic stricken shuttle of tourists and bicycles, many of whom were kissing the

ground after disembarking the Cesna, I knew I wanted to hang with my guides more than any of the guests.

"When did you start?" I asked. His smile was the size of the world. "Today."

Autumn in the mountain town of San Sebastian, high up on "La buffa," is almost heaven. We were relaxing in what was still John Houston's villa. Lit only by hurricane lamps and a fat harvest moon, we decided to hike out to a cornfield where a flatbed truck missing its wheels, but featuring a working radio, provided a comfortable bed to view the stars. We passed around some herb and concurred that even Mexican radio stations overplay the Eagles.

By the end of the week the three of us were joined at the hip. On a long climb, just to show me how strong he was, Alejandro would talk during the push to the top of the switchback. And though he would not have been confused for a New Age facilitator, at that moment he did ask me what animal I would compare my riding style to. I told him *el gato*, but only because that it was one of the few animal names I knew how to say in Spanish and to say in one quick breath. He knew as much, laughing so hard I was able to pass him for a few yards. When this racer, once ranked number one in Mexico, caught up, Alejandro looked me in the eye, gave me a keen smile and

Literary Rides With



The Metal Cowboy

said, "No, no, my friend. I ride like *el gato*. I float and glide and pedal lightly. You? More like *el armadillo*."

On the downhill, back in earshot, I yelled, "The world needs armadillos, you know!"

So last week, when someone emailed me the link to that article and horrific photo of the bike race tragedy in which a Texas man killed a cyclist and injured 10 more in a drunk driving nightmare in Mexico, I did what most of you who saw it did. I wrung my hands, felt a piece of myself sag, and even though it is not my daily practice, I said a silent prayer for the dead. Then I read the name of the cyclist who had been killed. Then his age and his hometown, and, this respect for the passing of an anonymous fellow cyclist became very personal. The bottom fell out of my heart and I desperately needed to put some speed in the saddle, some velocity to help slow my anger and dull this loss.

When I told Alejandro I thought he was bigger than Mexico's race scene, that he could be a player on the world stage, he just smiled, "You know, I used to sell crap to tourists at the airport. We are friends now so I say it's a nice idea, but it won't sell for someone like me, someone from here...not today."

I like to think that the reason Alejandro was the one cyclist out of 420 racers who got his ticket punched that day...he was the one out front, always floating and gliding and making it look effortless.

NEWS

Collect Your Used Energy Bar Wrappers

TerraCycle and CLIF BAR are proud to announce that Balance Bar is joining the Energy Bar Brigade. The Energy Bar Brigade is designed to reduce the amount of energy bar wrappers going into landfills, while educating people about the benefits of reusing waste materials. For each wrapper returned, two cents will be donated to charity.

As an eco-friendly innovator, TerraCycle will up-cycle the collected wrappers. They will be fused and woven into a strong material, which will then be used to make backpacks, gym totes and other products.

Both energy bar giants recognized that millions of wrappers are discarded each year. Together, they want to make reuse, not disposal, the standard for used wrappers.

Anyone can sign up for the Energy Bar Brigade program by visiting www.terracycle.net/brigades. There is absolutely no cost to participate. Within three weeks of joining the brigade, you will receive four collection bags holding 200 energy bar wrappers. Simply mail the full collection bags back to TerraCycle and designate the charity you want to support. All shipping fees are covered by the program to encourage people to collect as many wrappers as possible.

The program is part of TerraCycle's Sponsored Waste movement, in which socially and environmentally responsible companies and brands provide funding for TerraCycle to collect and reuse their packaging, including bottles, yogurt containers, drink pouches and now, bar wrappers.



Two Oregon Riders To Attend Paralympic Games

The 2008 U.S. Paralympic Cycling Team nominees were announced on June 6 after the Bear Creek Lake Park time trial, which was part of the 9th Annual Rocky Mountain Omnium in Denver, Col. CP3 class rider Barbara Buchan (Bend, Ore) and the tandem duo of Karissa Whitsell (Eugene, Ore.) with pilot Mackenzie Woodring (Grand Rapids, Mich.) are amongst the 11 nominees—five women and six men—who will travel to Beijing, China in September to represent the U.S. in the 2008 Paralympic Games.



Photo courtesy of Larry Rosa Photography

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For This Revolution, No Lycra Required

By GORDON BLACK

If you read the blogs and believe the magazine writers given to hyperbole, the *velolution* is upon us. The *velolution* is about overthrowing the emperor of internal combustion, reclaiming the streets in the name of human power and taming officialdom's love of the automobile. There may be other interpretations of the *velolution*, but this is the basic idea. If you are reading *Bicycle Paper*, you're probably not in disagreement with this concept of corralling the United States' unrestrained accommodation of motor vehicles.

Of course, predicting a date when cars have a reduced status in our transportation system is about as easy as predicting the day next year when summer weather begins in the Pacific Northwest. I'm willing to invest in an optimistic vision of the future that believes that the bloggers are right—the *velolution* is on its way. I'll go further and state that the *velolutionaries* are not wearing spandex or lycra. If I were a gambling man, I would stake my last devalued dollar that the folks in the bicycle revolution will not be riding fixed-gear bikes or pedaling recumbents. Maybe they won't even be wearing helmets.

When bicycle advocates and visionaries lust for the volume of cyclists of a Copenhagen or an Amsterdam, they don't see massed throngs of black lycra and neon-yellow jackets pedaling through the streets. That's because in places where bicycles are truly an integrated part of people's daily transportation, those good folks do not necessarily identify themselves

as "cyclists" and don't wear special clothes. Mostly they don't wear helmets, either. They put on skirts and suits, don regular shoes and grab a bike for trips to the store, the movie theatre, work. Think about it: if you own a car, do you have special driving gloves of the kind that people wore in black and white movies? If you ride transit, do you have a special bus outfit? Of course not. Yet many of us have special clothes reserved strictly for riding our bikes around town.

Sure, bike clothing has evolved to be tight-fitting to reduce wind-flap, and gotten ever-brighter to make cyclists conspicuous. Helmet laws have developed to encourage people to protect their heads in the dangerous urban environment. Maybe there is something to be learned about safety from those places that have many more cyclists than your hometown in the Northwest. The lesson is that the greatest safety improvement for cyclists is not a more effective helmet, a bright jacket or daytime flashing lights, it's actually more people riding bikes. Yes, there is a critical mass.

It's when there are so many riders on a given street that they come close to outnumbering cars, and if they don't, then at least they are so numerous that as a driver you simply cannot ignore them.

In Copenhagen, 36 percent of people biked to work in 2006, up from 31 percent in 1995. Yet

injury crashes at intersections fell from 81 in 1995 to 33 a decade later. The trend in injury collisions is downward, while the trend over the last decade in volumes of riders is upward—from 800,000 km of bicycling per day to 1,150,000 km per day. The city of Copenhagen has increased funding during the decade under study to increase designated bike path and green route distance by about 20 percent.

If you look at photos of people riding in Copenhagen, what you'll notice most is an absence of cycling gear—few helmets, fewer tights and fewer still cleated shoes. They have achieved their *velolution* not by invading the streets with yellow jackets, but by making everyday clothes perfectly acceptable as cycling garb.

In the U.S., where cycling has long been marginalized, people who ride bicycles have flocked together as a tribe of neon-suited warriors, fighting the monolithic power of the motor car. Even with gas at four dollars, we won't win the war for a rightful place in the hierarchy of urban travel until we become a true mass movement. That day is drawing closer, but we need many more people to shout loudly for a policy that recognizes the legitimate place of bicycling in our transportation system. And we should silently applaud every rider we see who wears a wool jacket or a

skirt or a pair of baggy pants. PS: You can look up that Danish study at www.kk.dk/cityofcyclists.



What does your cycling outfit look like? Lycra or no lycra?

in that same time frame, the number of riders seriously hurt or killed (the study I looked at does not differentiate) fell from 231 to 92, while

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"MS FREEDOM" FROM PAGE 1

start, start slowly. Go on a bike trail to test how you're doing."

The National MS Society, Greater Washington Chapter, offers a number of events and programs for people with MS who are looking to improve their health and fitness. Those setting their sights on the upcoming Bike MS Ride also can find help and support through the Chapter. For more information, call 1-800-344-4867 and press 1, or visit the website at www.MSwashington.org.

With approximately 100,000 participants raising \$67 million nationally, Bike MS has become the largest organized cycling event in the United States. Money raised by the event—sponsored locally by Group Health Cooperative and Point B Solutions Group—supports MS programs and services, as well as research into treatments, a cause and a cure.

"The National MS Society found a niche in cycling because it's an activity that people with MS and their families can feasibly do," says Rosanna Jensen, development manager of the local Bike MS Ride. "The Pacific Northwest has a prominent cycling community, which is a driving factor in the year-after-year growth of our event."

The ride—which drew some 1,800 cyclists and raised \$1.5 million in 2007—has more than quadrupled in size the last four years. This year, the Chapter has set a goal of 2,000 riders and \$1.63 million in contributions.

Kathy McFadden of Seattle and her Team Shamrock will be there. A former runner and skier, McFadden took to cycling after she found that it made her feel better physically and otherwise. She now commutes to work and does a lot of her errands on her bike.

"I feel good because I'm still getting my exercise, I'm helping the environment and I'm saving money because I'm not buying gas," she says. "One of the nice things about biking is that you can do a little or a lot, depending on how you're feeling."



Photo courtesy of Mike Moore, Moore Ink, PR

Maureen Manley

Kevin Smith of Seattle is another cyclist who found freedom from the limitations of his MS. He usually needs forearm crutches or a wheelchair to get around outside his home, but on a recumbent tricycle he got

through a Chapter grant program, he can go for miles.

The ActionBent tricycle gives him all the stability he needs to relax, focus and breathe, while enjoying the exhilaration of movement. He rides about 10 miles three to four times a week.

"I feel more energetic, mobile and happy after I ride," says Smith, who would like to do the Bike MS eventually. "I also feel stronger from having cycled for about a year and a half now."

A bonus has been the people he's met on the road. Passersby, particularly children and

other cyclists, are inevitably curious about his recumbent tricycle. "My head is right at kid level, and most of them look at me like 'What in the world is that thing?' I always say 'hi' and almost always get a great smile or story in return."

Maureen Manley knows that cycling esprit de corps well. She was riding high as a member of the U.S. Women's Cycling Team when she experienced her first serious MS symptoms.

At first she blamed her blurred vision and extreme fatigue on over-training. Then an accident at the Tour de France left her scraped from head to toe and prompted a visit to the doctor, who diagnosed her with MS.

Within two years, she not only couldn't ride, she walked with a cane and was nearly blind.



Photo by Kim Mele

Kevin Smith, proud owner of an ActionBent recumbent

Relief came with the introduction of the MS drug, Copaxone, which eased her symptoms and enabled her to resume riding and racing. (Her MS bike team is called Team Copaxone.)

Last year, Manley pedaled through four MS bike tours in two months. This time around,

she's just doing the ride in her home state. While she loves cycling, it isn't her whole identity anymore, she says.

That "excruciating" time off the bike was cause for much self reflection, she says. "Cycling isn't who I am. It's something I do."

If she couldn't ride, she would find some other way to keep moving. "For me, exercise is medicine," she says. "It's vital that people with MS do what they can do."

More About MS

Multiple sclerosis interrupts the flow of information between the brain and the body, and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS affects more than 400,000 people in the U.S. and 2.5 million worldwide.

The National MS Society, Greater Washington Chapter, serves 8,500 people living with MS and the more than 40,000 family members, friends and caregivers in 23 central and western Washington counties.

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NEW ORLEANS

"INCENTIVE PROGRAM" FROM PAGE 1

employees for biking to work, a little goes a long way.

In Idaho

At St. Luke's Hospital in Boise, personnel who ride 60 percent of their workdays between May and September earn a \$40 gift certificate to a local bike shop. The campus also boasts showers and bike racks. Scott Dohmen, the hospital's employee alternative transportation coordinator, says that the hospital has a commitment to providing incentives to those who ride to work "To promote alternative transportation, get the cars off the road and get people in shape."

Healthwise, a health information company also based in Boise, holds a monthly drawing with prizes, like backpacks and lunch bags, for employees who use alternative transportation. By participating in various activities (like bike commuting) employees can earn wellness bucks, which can be spent on things like lifestyle support programs, such as Weight Watchers. The company offers on-site bike racks, showers and lockers. Once per month, a mobile bike service provides tuneups and repairs, as well as classes on maintenance and bicycle purchasing. Jan Nissl, Healthwise's wellness coordinator, explains, "We want people to make better decisions. It's about doing right by your employees, respecting them as people."

In Oregon

Portland-based light and hardware manufacturer Rejuvenation offers \$25 to employees who ride or walk to work at least 14 days per month. The company also started Re-Cycle: the Rejuvenation Bike Giveaway Program. Each month, a \$440 gift certificate to the Bike Gallery is raffled off; all regular staff are eligible to participate. Those who win the package must agree to ride to work using the bike and/or gear that they purchase with the gift certificate a minimum of one time per week on average, or 52 times per year. The program was created in honor of Brian Reynolds, a former CFO of Rejuvenation and cycling enthusiast who passed away from cancer last year.



Photo courtesy of Amgen

Bike parking facilities at Amgen

The Portland Development Commission's Bike to Work Commuter Benefit encourages employees to cycle to work by paying \$20 per month if they do so on at least 80 percent of their scheduled workdays. The company offers showers, lockers and inside bike parking, as well as a "flex-bike" for those who attend downtown meetings. A Zipcar account is available to employees that require automobile use for short trips. A transit pass subsidy is also available for \$41 per month, bringing the cost of the pass down to \$25.50 or \$36.50, depending on which zones employees ride through. The company contracts through the Bicycle Transportation Alliance to offer workshops for commuters. Pasqual Contreras, the company's assistant project coordinator, explains, "Portland continues to gain national acclaim for its focus on green living and its carless commuter programs. Other agencies and businesses, especially those within the central core, continue to expand the programs they offer, rather than pay for the high cost of parking. This allows them to have lower personnel related costs, lower number of commute related absences, increased wellness [and] lower health benefits, and also to address concerns relating to the environment."

Like other Portland companies, Chris King Precision Components offers secure indoor parking, locker room facilities and showers. They go a step further by providing loaner bicycles, locks and lights as well. Additionally, new hires meet one-on-one with a commute advisor to discuss transportation options and commuting strategies. During May, which is Bike to Work month, and September, when the commuter challenge is held, employ-



Photo courtesy of Portland Dev. Commission

Portland Development Commission staff with their new flex-bike an Electra Amsterdam

ees can earn paid time off. Riding to work 100 percent of the time earns two days, 75 percent gets one and one-half days and 50 percent procures one full day off. This past May's Bike to Work challenge resulted in employees earning a combined total of 81 vacation days. Chris DiStefano, the company's media and community relations contact, says, "So much of the work is based on the quality—you can only do that with people who have high morale, people who are feeling good. It's not about profiteering, it's about forward movement."

In Washington

Weyerhaeuser Company's Commute Trip Reduction Program was started in January 1997. Employees are offered covered bike parking, along with showers and lockers. The company boasts its own bike club that meets monthly, and employees who bike to work earn up to \$25 in vouchers, redeemable at various local merchants. Bill Carson explains, "The program is designed to provide opportunities for all employees to use alternative transportation modes to improve regional mobility and our employees' quality of life. We seem to find that employees that bike...seem less stressed and a lot more healthy and overall a lot more productive."

Amgen Inc., a human therapeutics company located in Seattle and Bothell, offers its workers a \$50 voucher (which can be used at various retailers, like REI) each month if they bike to work three days per week. Employees can take advantage of garage bike parking, showers, lockers and an on-site fitness center. Once per month during the summer, a bicycle mechanic from Pedal Dynamics comes onto the company's campuses to provide maintenance. In the past three years their biking community has grown from eight to 11 percent.

Microsoft recently collaborated with the City of Redmond and the Greater Redmond Transportation Management Association (GRTMA) to create a grant-funded "my R-TRIP" commuter club. Participants can earn a

\$50 incentive or a \$50 carbon offset for making 50 alternate commute trips within a six-month period. The software giant also brings Dean Sabol, from Pedal Dynamics, on-site every other week; he sees 700 bikes from Microsoft employees per year. The company offers a towel service and on-site commuter classes. It also held its own June Bike Challenge; those who biked 10 or more times to work became eligible to win one of 100 \$50 gift cards. Jeff Aumell, Microsoft's transportation manager, says, "As a leader in the Puget Sound region and the world in software applications, Microsoft also sets an example of leadership with high levels of commitment and creativity in seeking solutions in reducing congestion and pollution."

Employees at Seattle Children's Hospital and Regional Medical Center can earn \$50 if they ride their bikes six to 10 days within a pay period. In addition, the hospital offers commuter roadside repair and basic bicycle commuting classes, covered and locked bicycle cages, showers and a towel service. The campus boasts Zipcars for employees who need to take a quick midday trip, as well as a flex pass that gives access to public transit. For employees who do not own a bicycle, Children's offers one to those willing to commit to bike commuting at least two days per week. Barb Culp, the Children's bicycle program lead, explains, "We do it for the climate, we do it for the neighborhood, we do it for the health of our employees."



Photo courtesy of Amgen

Tom McNerny, winner of Amgen's Bike Challenge

Of the benefits that offering incentive programs for biking to work, she adds, "It's a really positive investment for an employer to make. I do really see more companies encouraging their employees to bike and walk." She estimates that 65 percent of Children's employees get to work using a means other than a single occupancy vehicle.

As more and more people bicycle to work, businesses both large and small are seeing the value of investing in alternative transportation for their staff. As Bill Carson from Weyerhaeuser puts it, "We seem to have happier and healthier employees that are more productive. I see it as win-win."

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Cycling Injuries While Training for Triathlon

ERIK MOEN PT, CSCS

Triathlon participation has been growing at a steady pace since its inception in 1978. Athletes from around the world compete in Ironman and Half Ironman (70.3) competitions. USA Triathlon (USAT) counts over 90,000 members (nearly twice the number of USA Cycling) and the sport made its debut at the 2000 Olympic Games in Sydney. A large majority of triathletes are adults who are somewhat new to endurance cycling, and are therefore new to its injury characteristics. While swimming, running and cycling injuries have been studied extensively; little research has been done on the effects of these sports in conjunction with each other.

Egerman *et al.* published a paper in 2003 that analyzed injuries in long-distance triathletes. Their subjects were participants in the 2000 Ironman Europe event. Even though Ironman contestants do not represent the majority of the triathlon population, the large volume of training exposes them to the sport elements, making for a good case study.

Egerman discovered that at least 75 percent

of all Ironman triathletes who responded to the study's questionnaire had experienced at least one injury. These athletes averaged training times of 16 hours per week, which included seven hours on a bike. The injuries sustained fell into four basic types, and it should be noted that some athletes had multiple afflictions. Abrasions and contusions accounted for 51 percent of the reported problems, while muscle/tendon incidents were encountered 33 percent of the time, ligament/capsular injuries appeared in 29 percent of the cases and fractures came into play in 12 percent of reported incidents.

Most abrasion/contusions (82 percent) occurred while biking, with the vast majority of these (72 percent) occurring during training, not racing. Most muscle/tendon injuries were related to running, while only 12 percent of those occurred on the bicycle. Injuries to the ligaments of the knee and ankle were most common. There were no ties to

specific activity groups linked to those. Most fractures experienced while training for an Ironman event were linked to riding a bike.

77 percent of all polled Ironman athletes had some complaints about chronic ailments, which are considered pains or pain syndromes

that do not meet an individual's threshold for seeking medical care. The most common problems were associated with lower back pain, knee pain and Achilles tendon issues. Chronic ailments were correlated to the higher intensity of training and racing, large training volumes and the younger age of athletes.

Most injuries related to Ironman activities occurred during training on the bicycle (54.8 percent). Injuries sustained during an event itself were fairly low at 18.7 percent, but considering the ratio of training hours vs competition time per year, it is significantly high. It is interesting to note that the older athletes (40 and over) had a higher chance of sustaining a fracture; this may be linked to lesser bone density, decreased balance or limited bicycle-handling skills. Higher-level athletes (those who completed the event in less than 10 hours) were more likely to suffer a contusion/abrasion or muscle/tendon type of injury. Higher weekly training volume athletes (20+ hour/week) had a greater risk of incurring muscle/tendon injuries.

In summary, ailments related to training and racing in an Ironman event have positive relations to age (younger = abrasion, older = fracture), performance level and weekly training hours. Injury occurrence/frequency did not correlate to the sex of the participants, nor to coaching or medical supervision. The overall



Photo BP Archives

Cycling contributes to most of triathlon injuries

a given sport should allow athletes of any level the opportunity to make meaningful choices and changes to their training regimen to best avoid them.

PS: Ride your bike, don't buy gas!

Egerman M, Brocai D, Lill CA, Schmitt H. *Analysis of Injuries in Long-Distance Triathletes.* International Journal of Sports Medicine 2003; 24: 271-276

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.



Photo courtesy of Heidi Porter

Participants in the 07 Seattle Danskin triathlon

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New Mountain Bike Playground Sees the Day in Burnaby

By JOE SALES

Out on Barnet Hwy, on the north side of Burnaby Mountain looking over towards the North Shore, and just a few kilometers east of the Burnaby velodrome, is a new bicycle facility that is well worth checking out. Burnaby Parks and Recreation teamed up with the Burnaby Mountain Bike Association (BMBA) and built a massive new mountain bike skills park that was officially unveiled to the public on May 31.

The idea for the park was conceived more than two years ago as a new facility for mountain bikers to practice some of the skills required for riding the challenging terrain that British Columbia is famous for. Additionally, motivation was, according to BMBA president Ron Burton, the hope that with the new park there will be a real reduction in the number of dangerous rogue stunts built out on established multi-use trails that thread around the steep and popular mountain.

The park was designed and built by local former Norco pro rider Jay Hoots. In recent years, Hoots has turned his attention towards erecting facilities, and Burnaby marks his 25th completed project. With a large publicly funded budget and a perfect setting that included a

decent slope, Hoots was able to construct a masterpiece bike playground on the two-and-a-half acre site that was formerly home to a gun range.

The basic overall concept behind the design is "progression." Hoots laid out all the features so that there are areas where beginners can try the smaller jumps, drops and skill elements, and progress to the bigger and more challenging jumps as riders' abilities and confidence improve. "It's all about progression, start small, gain confidence and, if you want to, work your way up to the bigger and more challenging features.

Before you know it, you will be able to ride most, if not all, of the stuff out here."

Looking at the jumbotron-size 12-meter wall ride, I'm content, for the time being, to take Hoots' word about elevating my skills to riding that monster. Burton tells me that in the days before the opening of the park, Hoots taught him how to ride the wall. "It's scary, but it's a lot of fun too."

Opening day was marked with the obligatory, but necessary speeches—the politicians showed up and, truth be told, they deserved a day of basking in the glow—while scores of

kids and the young at heart eagerly awaited the go-ahead to start trying out all the stations.

Hoots, still a bike rider at heart, was just like any of the assembled kids and, after all the speeches, hopped on his bike and made his way around the various features, including the impressively large slope-style jumps that start at the highest point of the park. The biggest set of jumps includes two large tabletops followed by two step-ups. Not being a dirt jumper, these things looked huge to me, and it was cool to watch Hoots accelerate down onto the set and gracefully pop into the air with a little mid-flight pump over each successive jump.

In addition to the slopestyle jumps and giant wall, there are log rides, teeter totters, a moat like area—where one can learn how to ride balanced on no more than a chain—two pump tracks (one made out of wood and another of dirt) and a series of tabletops.

The budget also included funds for a paved parking lot, bathrooms, a bike wash area and a

if you do it right you can navigate around the track endlessly without pedaling. But don't be fooled into thinking it is effortless, because although it's really fun it's also a real exhausting workout to go around the roller coaster-like track.

It's going to take me a while to "progress" up to the bigger jumps, but that's fine by me because it seems the real progress here is in the creation of the park itself. All day long on opening day I could hear adults repeating over and over again "these are my tax dollars at work, and I really like it."

Community-based facilities like the new Burnaby Mountain Skills Park certainly aren't cheap or easy to build. It takes a dedicated team of believers to bring something like this to fruition, but judging by all the smiles on opening day, young and old alike, it was money, effort and time well spent.



The dirt pump track = fun for all



One of the many features of the skill portion of the Burnaby park

really cool art sculpture of a metallic alien-like freerider jumping over the entry area.

I've been out to the skills park a couple of times since it opened, trying to learn a few new skills. So far, I really like the wooden pump track—a perpetual motion machine whereby

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

Aromatherapy

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CIVIA



"PORTLAND MTB" FROM PAGE 1

healthy and fun way for people to exercise and enjoy the outdoors. Most mountain bicyclists are commuters as well. Once you're comfortable on a bike on trails—learning how to shift, brake and handle the bike with confidence—it's easy to translate those skills to the road. People learn to appreciate wild spaces by being out in them, not from the pavement or from the couch. Mountain biking is a great way to get kids (of all ages) outside and exploring and learning about the natural environment. More urban riding facilities, such as pump tracks and skills areas, take advantage of underused public spaces, transforming them from urban blights to community assets. Colonnade Bike Park in Seattle is one such facility that we hope to model in other urban areas with limited public open spaces.

BP: What can people do to get involved with increasing mountain bike opportunities in Portland?

JVW: Join PUMP. Get involved in local trail advisory groups. Keep an eye out for other opportunities to get involved.

BP: Is there anything else you feel that the readers of *Bicycle Paper* should know about either the development of the plan or PUMP?

JVW: We're excited to partner with mountain bike advocates, and the bicycling community at large, to get this plan off the ground. We'll need community support, money and political will to make it happen. Portland earning Platinum has provided us with a platform. We congratulate the city on its much-deserved

award, and look to how we can help them maintain the status by showing improvement in off-road opportunities.

Of course, as with any proposed project involving public space, especially natural areas, there are those who are concerned about the potential negative impact of increased access. A current hotspot is Portland's Forest Park, where cyclists wish to go from the fire roads to the trails. In order to ascertain what might be the possible downside of increased mountain biking in the park and in Portland's other wild spaces, I got in touch with Jim Labbe, Urban Conservationist with the Audubon Society of Portland.

BP: Is the Audubon Society opposed to increased mountain biking in Portland's Forest Park? If so, why?

JL: No. In fact, Portland Audubon supported the adoption of the Forest Park Management Plan in 1995 that allows mountain biking on some 28 miles of fire lanes and roads in Forest Park. We support expanded singletrack mountain biking in Forest Park in the appropriate places and with

1) A design that avoids, minimizes and appropriately mitigates impacts to the Park's natural resources [and]

2) Increased resources to manage the existing and added recreational impacts to the park.

BP: Do you think that urban mountain biking can help to improve the state of urban wilderness by increasing awareness of the city's wild places?

JL: Yes, but like all recreational activities

access needs to be balanced with conservation so that we don't love our protected natural areas to death. The city has a 100-plus year history of striking this balance. Singletrack mountain biking—as distinct from mountain biking in general—is a relatively new recreational activity. Even mountain biking was not very widespread when the Forest Park Management Plan was first adopted in the mid-1980s. Unfortunately this history is misunderstood or misconstrued by some singletrack advocates. So, we clearly have a lot to learn about how singletrack can be demonstrably low-impact. Clearly we won't learn more unless we try, and clearly there is growing interest in singletrack. However, we need to proceed cautiously because

1) We don't have a track record with singletrack, and

2) New singletrack facilities will add to the already heavy and under-managed recreational

use of this spectacular natural area park.

BP: How do you feel about mountain bikers' claim that they act as stewards of the places they ride through and therefore help to maintain those places, rather than degrade them?

JL: I would partially agree and partially disagree. Nothing about riding a mountain bike makes anyone more or less a steward. Clearly some singletrack cyclists have demonstrated great enthusiasm for building and maintaining trails in the park. This is fabulous and welcomed.

BP: Is there an environmentally friendly way to mountain bike? If so, what can riders do to ride in an environmentally responsible manner?

JL: Obey the rules about where mountain biking and singletrack in particular are allowed. Some areas are managed primarily for non-mechanical recreation or for wildlife. Respect the rules. Be safe, alert and watch for other recreationalists.

Portland is unquestionably a top tier town when it comes to bike access and opportunity. The city's cyclists are understandably proud of their Platinum status, but many in the community feel that, instead of patting themselves on the back and resting on their saddles, now is the time to push for the kind of experience that will include the opportunity to pedal in all of the city's environments, from the hustle and bustle of the multilane urban jungle to the serene singletrack of the urban wilderness.

To learn more visit PUMP at www.pumpclub.org, or Audubon Society's at www.audubon.org.



Jill Van Winkle riding the Fifteen Mile trail on Mt Hood

RACING

Recycled Cycles Racing Team

By JOEL CAMERON

Bicycle racing can be serious business. Even at the regional level, the competitive spirit is high and riders are passionate and committed to victory. However, although achievement can be measured by one's place in the ranks, it can also be gauged on a more personal level. Accomplishment may be realized by pushing oneself to an individual best time, or by helping a teammate to reach a higher level. Based in Seattle, Wash., the blue-and-yellow clad Recycled Cycles Racing (RCR) team recognizes both types of success and focuses accordingly, helping its members to podium finishes while simultaneously prioritizing both team building and personal progression.

Brought to life in 1996, by Recycled Cycles Bicycle Shop and presented by Raleigh USA, the 42-member squad is, according to team representative Matthew Bianci, dedicated to "fostering a solid core of riders who are passionate about racing for RCR and riding for their teammates, as well as for themselves." So far in 2008 the team counts two wins, four podiums, 16 top fives, and 36 top ten finishes. Josh Simpson says that RCR's focus has a twofold benefit, as not only is it "more fun going to a race with teammates" but, more importantly, "having teammates in the field increases your success rate [and] makes the races more interesting."

Primarily a men's road team, the squad includes a wide array of riders who race in Cat 3, Cat 4/5, Masters and Junior. Ingrid Spies is

the sole woman representative who flies the RCR colors in various disciplines. As Bianci explains, "Our focus has always been primarily on road races and crits. It is what you are basically 'expected' to be involved in at least to some degree." But there is always room for more, and when fall comes around most turn to the mud. "The cyclo-cross scene is where we tend to 'cut loose' and just have fun. As it turns out, that tends to be a recipe for success!" You can also find RCR members going around mountain biking courses in the Sport and Expert classes, as well as on the velodrome. "Track has become a big part of our team in the last few years, with a dedicated core of riders who make it a priority. It has turned into a great venue for our team to shine!" comments Bianci.

While RCR forgoes most formalized strategy and tactical training, preferring that "things be

learned and taught in a more organic environment," according to Bianci, they do hold two to three informal weekend training camps every year to allow riders to concentrate on training without the distractions of everyday life.

The squad is also involved with the health and success of bicycle racing as a whole and the cycling community in general. It supports helmet safety, and was one of the first to embrace the Seattle Lance Armstrong Junior Olympic Race Series. RCR promotes the Brad Lewis Memorial Race (Boat Street Criterium) every April, and is affiliated with cycling organizations such as USA Cycling, the Washington State Bicycle Association, IMBA and NORBA.

Riders interested in learning more can stop by the team tent at any of the races. For more information visit www.recycledcyclesracing.wordpress.com.



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EVENTS

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, for 16 hours. 3-hour and 7-hour options available. Participate solo or in a team of 2-5. Starts at 4pm. Cascade Orienteering Club, nightanddaychallenge.com

AUGUST

Aug 2: Tour de Fat 2008

Seattle, WA. Beer garden, bands, bike rides, live music and entertainment in Seattle's Fremont neighborhood. Starts at 11am, parade at noon. Benefit Bicycle Alliance and Bike Works. New Belgium Brewery, www.newbelgium.com

Aug 16: Tour de Fat 2008

Portland, OR. Beer garden, bands, bike rides, live music and entertainment. Benefit Bicycle Transportation Alliance. New Belgium Brewery, www.newbelgium.com

Aug 23: Tour de Fat 2008

Boise, ID. Beer garden, bands, bike rides, live music and entertainment. Benefit SWIMBA and Treasure Valley Cycling Alliance. New Belgium Brewery, www.newbelgium.com

CAMPS

JULY

Jul 12-13: Dirt Series

Bend, OR. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails. Also available on 7/19-20 in Hood River, OR and on 7/25-26 in Whistler, BC. Dirt Series, 604-905-8876, www.dirtseries.com

AUGUST

Aug 2-3: Dirt Series

Golden, BC. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails. Also available on 8/9-10 in Whistler, BC and in a co-ed format in Blue River, BC on 8/30-31. 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 - Remaining events: 7/12 CT, 7/27 CT, 8/10 TT. WSBA, www.wsbaracing.com/women_cat4.asp

Mar 16-Sep 28: Island Cup Series

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

Mar 16-Aug 3: Oregon Cup - Road Series

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. Remaining events: 8/3 [RR only]. OBRA, www.obra.org

Mar 18-Aug 26: Pacific Raceways RR Series

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

Mar 18-Aug 26: Tuesday PIR Series

Portland, OR. Portland International Raceway. Series for Cat 1/5 men, Women and Juniors. Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. Distances and hot spots vary depending on daylight. Cash and merchandise prizes. Bring can of food and receive discount on entry fee. 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 only \$5. Registration on race day only. Opens at 4:30pm, first start at 5:00pm, last at 7:00pm. Nightly cash and prizes. Pts 6 deep. Pazzo Velo, www.pazzovelo.com

Apr 5-Sep 27: Fluidride Cup

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

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

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

Apr 6-Jul 13: Carnation TT Series

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

Apr 6-Aug 10: Indie MTB Series

Various, WA. Series of 7 events raced/organized by different promoters, but regrouped for 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 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, lostrivercycling.org

Apr 12-Aug 24: Seattle LAJORS Series

Seattle, WA. 5-event series for junior riders. All events are Criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category receive jersey at end of the season. Prizes at each race. Best 4 out of 5 count towards final standings. Event identified as LAJORS. Remaining event 8/24. David Schilling, www.radracingnw.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 run on Saturdays. Identified as WRS. 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. Event and location vary every week. Yellow centerline rule in effect. Award party after the last race. No race on 7/1, 8/5. Baddlands Cycling Club, 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 groups: A, B and C. Points for each race. Team Coastal, 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. Reg. opens at 5:00pm, racing at 6:30pm. Season pass available. No race on 7/11, 7/18, 8/1, 8/8. Jen Featheringill, 503-227-4439, www.obra.org

May 5-Aug 25: Monday PIR

Portland, OR. Races for Masters 30+ men (novice and experienced) and all women (any age/ability, including Juniors) at the Portland International Raceway. 5 categories. Course is a flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Great place to learn bicycle racing. 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 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

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

May 14-Aug 27: Wednesday Night Track Racing

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

May 18-Aug 30: BC Cup DH Series

Various, BC.. Events on 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 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

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

Redmond, WA. Marymoor Velodrome. Track racing for Cat 1/4 men. Entry fee \$15. Spectator admission \$4, under 16 free. USA Cycling required. Kiddie kilo on the 1st and 3rd Friday of the 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. 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 TT 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. Cost includes bike rental & insurance. Chris Alling, 360-609-2660. www.obra.org

Jun 18-Aug 13: High Desert Crit Series

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

Jun 23-Jul 28: Portland MTB ST Series

Portland, OR. Look forward to a fun and challenging 3- to 5-minute lap course with a lot of bumps and turns. Monday night 6:00-8:00pm on the infield of Portland Int'l Raceway. All ages, all abilities. Choice of bike - mountain or cyclo. 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. www.obra.org

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

Various, WA. Series of 3 events (7/19, 8/2 & 23). \$20/race, Juniors \$10/race. Day-of reg. 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.hagensbermcycling.com

Jul 22-Sep 2: Tuesday Nighter Series - Bogus

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

Aug 6-20: CMG Events/Alpine Mtg Series

Hillsboro, OR. Series of 3 Criterium races. Open to Senior and Master men and Women. Registration opens at 5:35pm near start/finish. First race off at 6:05pm. Cash prize to top 5. Technical course: 1.4 mile/lap, surface varies, two 180 degree turns. Butch Martin, 503-807-2471, www.obra.org

Aug 9-Sep 6: Triple Crown Series

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

Aug 10-Sep 14: Pistis Short Track Series

Grants Pass, OR. 5-event series. MTB short track racing. Alternating courses, 9 to 1.5 miles long. Vertical climbs of 100-150 ft/lap. All categories, including a kids race for under 12 group. Trophies and prizes given at last race. This event qualifies toward OBRA point totals if you have a license. Starts at 5:30pm. No race on 8/31. Steve Law, Pistis Ministries, 541-944-5566, www.pistis.us

Sep 4-Oct 2: Thrilla Cross Series

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

MULTISPORT

JULY

Jul 12: Clackamas River Runoff

Estacada, OR. Du: 15-mile MTB & 15-mile trail run. Triathlon: 15km MTB, 15km trail run, 4km kayak. Rogue Multi-sport LLC, 503-327-5531, www.roguemultisport.com

Jul 12: Valley Kids Triathlon

Liberty Lake, WA. Emde Sports, 509-326-6983, www.valleygirtr.com


Jul 13: XTERRA Vashon Off-road Triathlon


Vashon Island, WA. Quartermaster Harbor. Course: 0.5-mi swim, 12-mi MTB, 3.5-mi trail run. Standard USAT categories. Reg. 7:00-8:45am. Start at 9:00am. Relay available. BuDu Racing, 253-833-8866, www.buduracing.com

Jul 19-20: ChelanMan Multisport Weekend

Chelan, WA. Events for all - best of the US championships. Swim in Lake Chelan, run around it and

 Family Friendly Ride or Event

 Supports Bicycle Alliance of WA

 Supports Bicycle Transportation Alliance of Oregon

bike along the Columbia River. Off-road events from short to long. Jonathan Hoskins, Total Health Events, 360-325-0715, chelanman.com

Jul 19-20: Deschutes Dash

Bend, OR. Saturday: Olympic distance triathlon & duathlon, 10km run, kids splash & dash. Sunday: Sprint distances, 5km run. Fresh Air Sports, 541-318-7388, www.freshairsports.com

Jul 19: Hayden Women's Sprint Triathlon

Hayden, ID. Short distance. 500m swim, 12-mile bike, 3-mile run. Jenni Gaertner, Vertical Earth, 208-755-2902, www.verticalearth.com

Jul 20: Whiskey Dick Triathlon

Ellensburg, WA. Individual and team. 1-mi swim in the Columbia River at Vantage, 26.4-mi bike ride, 8.8-mi run. Pick up from 7:00-8:00am. Race 8:30am. Whiskey Dick Triathlon, whiskydick.com

Jul 20: XTERRA Wild Horse Creek

Bozeman, MT. Hyalite Canyon Reservoir. 1200-yard swim, 15-mi MTB, 6-mi trail run. MTB mostly single-track, running through forest. Also short distance and team event. BBQ and award party. Katen Lefebvre, 406-995-7138, www.bigskytr.com

Jul 26: Lake Padden Duathlon

Bellingham, WA. Run 2.6 mi, bike 14.5 mi, run 2.6 mi. Start at 9:00am. Day of registration starts at 7:30am. Lance Romo, Bellingham Park and Recreation, 360-647-7665, www.trithecookie.com

Jul 26: MOMAR - Shawnigan Lake

Shawnigan Lake, BC. Part of Mind Over Mountain Adventure Race series. 40 to 50km course. 10km kayak, 20km MTB, 10km trail run and mystery challenges. For beginners to advanced racers. Moderate navigation. Solo or teams of 2 or 4. Approximated finish time 4-8 hours. MOMAR, 866-912-3331, www.mindovermountain.com

Jul 26: My First Triathlon

Harrison Mills, BC. 60 miles east of Vancouver. Swim 400m, bike 20km, run 5km. Starts at 10:00am. World Endurance Sport, 800-343-4466, www.triathlons.net

Jul 27: Salmon Arm Classic Triathlon

Salmon Arm, BC. In its 25th year, the second oldest triathlon in BC. 1.5km swim out and back on Shuswap Lake - temperature 70 degrees. 10.5km run

CALENDAR

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

Jul 19-20: Canadian XC Nationals
Beaupre, QC. Mt. Ste Anne. XC - World Cup the following weeks. Gestev, www.gestev.com

Jul 19-20: Willamette Pass Super D & DH
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. Randy Rogers, Willamette Pass, 541-345-7669 x 243

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

Jul 26: Galena Grinder Marathon & XC
Galena Summit, ID. Part of the USAC National Marathon Calendar. Marathon XC racing doesn't get any better than Galena. Spectacular course, post race BBQ, awards and unlimited food and fun! XC #5. 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, Squamish single-track. Limit 500 riders. Start at 11:00am from Alice Lake Rd. SORCA, 604-892-9296, www.gearjammer.ca

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

AUGUST

Aug 2: Bromont World Cup
Bromont, QC. UCI World Cup event for XC, DH and 4X. Mondial du Velo, mondialduvelo.com

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

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

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

Aug 9-17: Kokanee Crankworx
Whistler, BC. The most groundbreaking gravity-fueled mountain bike festival in the history of all things badass. 9 action packed days. Events Whistler, 604-938-7376, www.crankworx.com

Aug 10, 17, 24: Pistis Short Track
Grants Pass, OR. See "Race Series" for details. Pistis Ministries, 541-944-5566, www.pistis.us

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

Aug 10-16: TransRockies
Panorama, BC. An epic 7-day MTB stage race through the majestic Canadian Rockies. SOLD OUT, Transrockies Inc, www.transrockies.com

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

Aug 16-17: Willamette Pass Super D & DH #3
Willamette Pass, OR. Saturday: Super D on a 5-mile course with 70-80% downhill, or flat with some short climbs. Beginner, Sport, Expert and Pro classes, plus age groups. Sunday: DH. Randy Rogers, Willamette Pass, 541-345-7669 x 243

Aug 23-24: Fluidride Cup #5
Port Angeles, WA. Practice Friday. DS Saturday. DH Sunday. DH: \$45, DS: \$20, Friday shuttle: \$15. Lars Sternberg, Hurricane Racing, Olympic Dirt Society, 206-384-6228, http://fluidride.com

Aug 23: Seven Summit
Rosland, BC. Marathon event. Revolution Cycles, 250-362-0079, www.revolutioncycles.ca

Aug 30-31: Mt Washington
McCall, ID. State championship finals. Knobby Tire Series Finals. Come join us all for a spectacular weekend of racing at Tamarack Resort. Mountain bike racing at its best. XC, DH, 4X or DS, ST & Super D.

Aug 30-Sep 1: KTS State Championship Finals XC & DH
McCall, ID. State championship finals. Knobby Tire Series Finals. Come join us all for a spectacular weekend of racing at Tamarack Resort. Mountain bike racing at its best. XC, DH, 4X or DS, ST & Super D.

MTB TOURING

JULY

Jul 11-13: Bike and Brew Weekend
Bend, OR. The best that Bend has to offer: mountain biking and beer! Ride single-track and evenings at Bend's favorite breweries. 47 miles of single-track 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! This day is sure to be fun for riders of all abilities. PUMP, www.pumpclub.org

Jul 18-20: Mt Bike Oregon #1
Oakridge, OR. Enjoy 3 full days (or the 5-day option) of unequalled single-track riding in Oakridge, OR that will leave you both exhausted and replenished. Each day offers supported ride options. Limit 300 riders. www.mtbikeoregon.com

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

AUGUST

Aug 9: Tour de Tillamook
Tillamook, OR. Come out for a great day of riding in the Tillamook State Forest. Check out old favorite trails and explore new ones. Ride options for mountain bikers of all abilities with supported food and water breaks! Meet at Gales Creek Campground 8 a.m. PUMP, www.pumpclub.org

Aug 15-17: Mt Bike Oregon #2
Oakridge, OR. Enjoy 3 full days of unequalled single-track riding in Oakridge, OR that will leave you both exhausted and replenished. Each day offers supported ride options. Limit 300 riders. www.mtbikeoregon.com

Aug 22-23: Bike and Brew Weekend
Bend, OR. The best that Bend has to offer: mountain biking and beer! Spend your days riding single-track and evenings at Bend's favorite breweries. 47 miles of single-track over 3 days. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

ROAD RACING

JULY

Jul 1: Pacific Raceways #16 / Women
Kent, WA. See "Race Series" for details. Rory Muller, BuDu Racing, 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. www.yaletowngrandprix.com

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

Jul 2, 9, 16, 23: 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. No race on 10th. Gina Miller, Fresh Air Sports, 541-318-7388, www.freshairsports.com

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

Jul 3, 10, 17, 24, 31: Seward Park Criterium Series
Seattle, WA. Criterium on Thursday night. See "Race Series" for details. Pazzo Velo, www.pazzovelo.com

Jul 3, 10, 17, 24, 31: 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 4: USAC MTB Marathon Nationals
Breckenridge, CO. Runs concurrently with Firecracker 50. www.usacycling.org

Jul 5: Firecracker Criterium
Eugene, OR. Downtown Criterium with food, fireworks and a parade. TT the next day. Cat 4 women series event. 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 from last year. The standard Men & Women senior categories will be offered, along with a Masters B/C category. Omnium based on points. Cat 4 W Series #7. Stewart Bowmer, Shuksan Velo Club, www.shuksanvelo.com

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

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

Jul 7, 14, 21, 28: Monday PIR
Portland, OR. July series - See "Race Series" for details. Jim Anderson, 503-975-8229, www.racemondaynight.com

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

Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Jul 8, 22, 29: Pacific Raceways
Kent, WA. See "Race Series" for details. No race on 15th. Rory Muller, 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 9: High Desert Criterium Series
Bend, OR. See "Race Series" for details. Tim Plummer, 541-610-3322, www.bendcycling.org

Jul 11-13: Tour de Delta - BC Superweek
Delta, BC. Friday: 3km Breco 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, 604-946-3304, www.tourdedelta.bc.ca

Jul 12: Redmond Derby Days
Redmond, WA. America's longest running bicycle race. Some of the fastest cyclists in the Northwest race on a flat fast 0.5-mile loop in downtown Redmond. Racing from 2:00 - 8:00pm. Cat 4 W Series #8 Brian Oster, 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 #1
Eugene, OR. Series of 3 Criteriums. Kay Bork, 541-221-9239, www.obra.org

Jul 16: Tour de Gastown - BC Superweek
Vancouver, BC. Criterium in downtown Vancouver. Race in front of 30000 spectators. Super fast 1.2km course. 2 races, men Pro 1/2, women Pro 1/3. Start at 6:00pm. \$15000 cash prize. Part of BC Superweek. Jonathan Wornell, Wedgewood Cycling Team, www.tourdegastown.com

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

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

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

Jul 19: Boise Wells Fargo Twilight Criterium
Boise, ID. NRC criterium (men only). Flat, 4-corner classic course. 1km loop runs through downtown. 1 hour plus 5 laps for the main event and 30 to 45 minutes plus 1 lap for the preliminary races. Purse of \$20000 in cash and merchandise. Starts at 4:00pm, awards at 10:00pm. 208-343-3782, www.boisewillightcriterium.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. Terri Gooch, 541-760-1024, www.raceacrossoregon.com

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. Redmond Cycling Club, 206-523-7404, www.redmondcyclingclub.org

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

Jul 20: Hell of the Cascades
Hood River, OR. Start at Hood River County 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, www.obra.org

Jul 20: Idaho Criterium Championships
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, wsbaraming.com

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.byrdsycling.com

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

Jul 25-27: BCMCA #12-14
Grand Forks, BC. Friday: 1km hill climb at 7:00pm. Saturday: 74km on rolling terrain. Starts at 10:00am at Hutton School. Sunday: 40km TT flat, starts at 10:00am from the Hutton School. Organized by Grand Forks CC. Saturday/Sunday double points. BC Masters Cycling Association, 250-442-0421, www.bcmasterscycling.net

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

Jul 26: Co-Motion Criterium
Eugene, OR. Same day and course as the Tandem Stage Race Criterium. Race your single, and then stick around to watch the greatest spectacle in bike racing. Sal Collura, Co-Motion Classic Racing, 541-747-3336, www.co-motion.com/ccrit.html

Jul 27: Vancouver Courthouse Crit I
Vancouver, WA. Race to support the WA State School for the Blind. Kids race at 2:00pm, Juniors 2:30pm, last race at 7:00pm. Steve Goodrich, North River Racing, 360-695-8605, www.obra.org

Jul 27-29: WA State Senior Games
Lacey, WA. TT, road and Criterium open to 50+ riders. TT and road race run on a very straight and flat course (slightly undulating) with just 2 turns



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over a 5km loop. Criterium is flat, on a 0.5-mile rectangular circuit on new roads; super flat, fast and smooth. Dan Donahue, Puget Sound Games, www.pugetsoundgames.com

Jul 27: Whale of a Criterium

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

AUGUST

Aug 2-3: High Desert Omnium

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

Aug 2-3: Kelowna Stage Race

Kelowna, BC. www.cyclingbc.net

Aug 2: Lake Washington Velo Circuit #2

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

Aug 3: BCMCA #15

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

Aug 3: OUCH

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

Aug 3: WA State Time Trial

Championships
Tefino, WA. Erik Anderson, www.wsbaracing.com

Aug 4, 11, 18, 25: Monday PIR

Portland, OR. August series - See "Race Series" for details. Jim Anderson, 503-975-8229, www.racemondaynight.com

Aug 5, 12, 19, 26: Pacific Raceways

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

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

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

Aug 5, 12, 19, 26: Tuesday PIR

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

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

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

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

Hillsboro, OR. See "Race Series" for details. Butch Martin, 503-807-2471, www.obra.org

Aug 6, 13: High Desert Criterium Series

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

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

Orange County, CA. www.usacycling.org

Aug 7, 14, 21: Lindsay's TT

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

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

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

Aug 7: So Oregon Champion Series

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

Aug 8: Portland Twilight Criterium

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

Aug 9: BC TT Provincial Champ

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

Aug 9: Cougar Climb for Cancer

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

Aug 9: Mt. Harrison Hill Climb

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

Aug 9: Sunset Criterium

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

Aug 10: Gear Push TT

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

Aug 10: Kirkland Criterium

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

Aug 10: OBRA TT Championships

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

Aug 11: Monday PIR

Portland, OR. August series - See "Race Series" for details. Jim Anderson, 503-975-8229, www.racemondaynight.com

Aug 12, 19, 26: Baddlands Twilight

Spokane, WA. See "Race Series" for more details. No race on 5th. Baddlands Cycling Club, 509.456.0432, www.baddlands.org

Aug 12: Holt Criterium #4

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

Aug 12-16: Southeast ID Senior Games

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

Aug 16-17: BCMCA #16/17

Victoria, BC. Saturday: 40-80km on rolling + hills terrain. Start at Metchosin Rocky Point Rd. at 1:00pm. Sunday: 30-min Criterium in Oak Bay, starts at 9:00am. Double points. BC Masters Cycling Association, www.bcmasterscycling.net

Aug 16: Mary's Peak Hill Climb

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

Aug 16: Oregon Criterium Championships

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

Aug 16: 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

Aug 16: Table Rock Hill Climb

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

Aug 16: WA State Hillclimb TT

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

Aug 17: North Shore Circuit Race

Bellingham, WA. Circuit race. This traditional Bellingham circuit has 575' of climbing per 8-mile lap on quiet country roads on the North Shore of Lake Whatcom. Men 1-5, Women 1-4, Men A, B, C, Women A, B. First start at 9:00am. Day of reg. only, opens at 7:00am. Phil Elsasser, WWU Team, C/O Campus Recreation 847-528-9461, www.wwuycycling.com/events.html

Aug 17: Tom Binny Criterium

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

Aug 17: Vertigo Hill Climb Challenge

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

Aug 17: Woodland Road Race

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

Aug 23: Lake WA Velo Circuit Race #3

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

Aug 24: Comox Valley Road Race #5

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

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

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

Aug 24: Krugers Kermesse Farm Crit

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

Aug 24: OBRA Hillclimb Championships

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

Aug 30: BCMCA #18

Cedar, BC. 63km Criterium on flat roads with some rollers, starts at noon at Cedar School. Mike Sevco, BC Masters Cycling Association, 250-748-6457, www.bcmasterscycling.net

Aug 30-Sep 1: Eugene Celebration Stage Race

Eugene, OR. 4 stages over 3 days, ending on Labor Day. TT, Criterium, road race and circuit race. No major climbs, but still tough so late in the season. Cash prizes. Sal Collura, 541-747-3336, www.obra.org

Aug 31: BCMCA #19

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

Aug 31: Blackberry Criterium

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

ROAD TOURING

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. Event headquarters: Linfield College. Reg. on 7/3, mass start supported routes on 7/4-5. Self-supported on 7/6. Family-oriented and affordable. Benefits BTA, CCC, McMinnville & Oregon Police Dept. Kids Bicycle and Safety Fair. Team Northwest Tandemonium, 503-777-9053, www.nwtr.org/2008

Jul 5-11: Canadian Gulf Islands

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

Jul 5-7: Cascade Hammerhead Tour

Sisters, OR. Fast-paced tour - circumnavigate Oregon's Three Sisters in the majestic Cascade Range while enjoying a soft fluffy bed each night. Travel alongside sparkling mountain lakes, ride through verdant forests and see glistening mountain snowfields. Also available: 8/8. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Jul 6-17: BEARS - Bicycle Extraordinary Alaskan Roads

Fairbanks, AK. Tour through the heart of Alaska, exploring Denali Park, the Matanuska Valley & Kenai Peninsula. Ferry trip through Prince William Sound & more. A fully supported camping tour, cycling Alaska's finest roads. Pedalers Pub & Grille, 352-284-9921, www.pedalerspubandgrille.com

Jul 6-20: Big Ride Alaska

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

Jul 12: 100km Brevet

Seattle, WA. 100km (62mi) brevet. Mark Thomas, Seattle Int'l Randonneurs, 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, 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. Reg. fee \$150 and minimum fundraising \$1500. American Lung Assoc. of WA, 206-441-5100, www.cleanairadventures.org

Jul 12-19: Cycle Washington

Redmond, WA. 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, www.adventurecycling.org

Jul 12: Envision Financial Mayor's Ride

Ladner, BC. Fun family-oriented 20km ride follows the scenic Boundary Bay dyke and finishes at Holly Park School in Ladner. Starts at 10:00am. BBQ, clowns and activities for all. Free. Part of the Tour de Delta. Municipality of Delta, tourdelata.bc.ca

Jul 12-13: Group Health Seattle to Portland Bicycle Classic (STP)

Seattle, WA. SOLD OUT. Ride 200 miles in 1 or 2 days. Cascade Bicycle Club, www.cascade.org

Jul 12-18: Oregon - Crater Lake

Oakridge, OR. Tall timber, clear rivers and snow-capped peaks - tour includes cycling and hiking. Also available 7/26, 8/2, 9, 23, 9/6. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Jul 12-19: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned coastal scenic bike route follows legendary Route 101's twists and turns along the rustic bluffs of the Oregon Coast. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jul 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

Jul 13: Boise Co-op Tour De Boise

Boise, ID. Benefits Meals on Wheels. 208-343-3782, www.boisecoop.com

Jul 13-19: TourBC - The Gold Rush Trail

Hope, BC. 7-day supported on-road bicycle tour following the Gold Rush Trail in beautiful BC. Camping, meals, mechanic, medical and luggage transfer support provided. Motel option available. DPL Consulting, 877-606-2453, www.tourbc.net

Jul 16-20: Cascade Mountains

OR. Explore the Cascade Mountains. One of the jewels of this tour is the Aufderheide 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. Calamont to Hope. Follow Tulameen River Valley, stop at Otter Lake before reaching the Coley Creek Ranch and Coquihalla Lakes. Great Explorations, www.greatexplorations.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 cycling tour through the Columbia Gorge to benefit the NW Sarcoma Foundation and the Children's Cancer Association. Ride will begin and end at the Bonneville Hot Springs Spa. Melissa Hill, Jackson's Tour de Spa, 503-810-3713, www.jacksonstourdespa.org

Jul 19-26: Permaculture & Natural Building

Portland, OR. During this sustainable cycling adventure, contribute to some of Oregon's most well-known eco-villages. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Jul 19: Seattle to Spokane (S2S)

Seattle, WA. Ultramarathon endurance ride/race, 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. Redmond Cycling Club, 206-523-7404, www.redmondcyclingclub.org/index.html

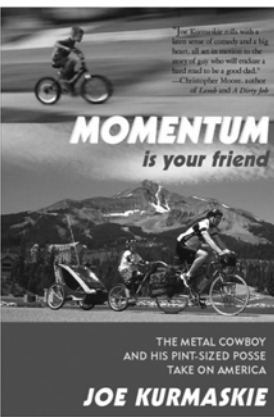
Jul 19: The Dam Brevet

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,

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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. Women only. Changing Gears, changinggears.com

Jul 26: 200km Brevet

Olympia, WA. 200km (124mi) event. Mark Thomas, 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 through global, cutting-edge research. 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 Assoc. www.adventurecycling.org

Jul 26-16: Memory Ride 2008

Devens, MA. 12th Annual. 25-, 62- or 100-mile rides around Devens, MA. Ride individually or form teams. Benefits Memory Ride for Alzheimer's research. Porter Novelli, www.memoryride.org

Jul 26: Pedal the Pinchot

Cougar, WA. Cancel for 2008

Jul 26: Ride for Youth Century

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

Jul 26-Aug 11: Rolling the Islands of the Salish Sea

Seattle, WA. Explore the heart and soul of multicultural western WA/BC. Highlights the cultural heritage and history, the economical and environmental diversity, and the geological complexity. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Jul 26: Tour de Cure- Summit to Surf 13

Welches to Hood River, OR. Fund raising 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 27: Tour de Peaks Bike Ride

North Bend, WA. 20th annual event sponsored by Snoqualmie Valley Hospital. Start at Meadowbrook Farm, check in 7-10:00 am, breakfast & lunch included. Fully supported, spectacular views on hills and flat country roads meandering through Snoqualmie Valley. 5 distances including 4-mile family ride with kid's activities, 8 & 14 miles intermediate ride, 32- and 65-mile distances. Live music, prizes, bike raffle, free event shirt with early registration. Snoqualmie Valley Chamber of Commerce, 425-888-4440, www.tourdepeaks.com

Jul 27: OR 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 Auferderheide 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 BAW

Seattle, WA. 25-, 50- & 100-mile rides 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, seattlecentury.com

Jul 27: Tour de Kitsap BAW

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. Scott Park, West Sound Cycling Club, 360-698-9842, www.westsoundcycling.com

Jul 27-Aug 1: Washington Bicycle Ride

Mead, WA. 7-day, 380-mile, fully-supported ride in NE Washington. Daily mileage 45 to 75 miles. Campsite, most meals, showers, food stops, gear transport. Sandy Green, 800-413-8432, www.oregonbicycleride.org

Jul 31: RAMROD - Ride Around Mt. Rainier, One Day

Enumclaw, WA. Circumnavigate Mt. Rainier for 154 miles and 10000 feet. Elevation gain. Lottery

entry. Incomparable scenery. Redmond Cycling Club, 206-781-3903, www.redmondcyclingclub.org

AUGUST

Aug 1-3: Cycle Oregon: The weekend

OR. The Wild Wheeled West. A family-friendly ride with a variety of course/mileage options each day. The overnight site is located at historic Ft. Stevens State Park on the Oregon Coast. Ingrid Nylen, Cycle Oregon, 503-287-0405, cycleoregon.com

Aug 1-3: Get Your Guts in Gear - GYGIG

Edmonds, WA. 3-day, 210-mile loop ride that tours Whidbey Island, Deception Pass & Snohomish/Skagit backroads. \$85 registration fee, minimum fundraising \$1900/ride prior to ride. Raise funds and awareness for Crohn's disease and ulcerative colitis. Other locations: New York 6/6-8, Texas 10/24-26. Karen Harris, Get Your Guts into Gear, 718-875-2123, www.IBDRide.org

Aug 2: 8 Lakes Leg Aches Bike Ride

Spokane, WA. 30-, 50- or 80-mile route. David's Gourmet Pizza & prizes at the end of the ride. Pledge riders raising \$175 receive 8 Lakes designer jersey. Ride around Spokane and Cheney. Start and finish at Group Health Corp. office. Christie McKee, Sexual Assault & Family Trauma (SAFT) Response Center, 509-343-5020, www.lcsnw.org/events.html

Aug 2-4: Courage Classic BAW

Snoqualmie, WA. A 3-day, 172-mile, fully supported, fundraising bicycle tour to benefit Mary Bridge Children's Hospital. Ride over Snoqualmie, Blewett and Stevens passes. Average 60 miles/day. Great supports and exceptional food stops. Benefits the Child Abuse Intervention Dept. at Mary Bridge. Do it for the kids! Mark Grantor, Mary Bridge Children's Hospital, www.couragelclassic.org

Aug 2: Fish Creek Ride

Pocatello, ID. 120 miles with 6000ft of climbing Idaho Cycling Enthusiasts, www.idahocycling.com

Aug 2-5: Lower Mainland 1000km

tbc, BC. Randonneur event, route negotiable. Eric Fergusson, 604-733-6657, www.randonneurs.bc.ca

Aug 2-9: Oregon Coast Sustainability

Portland, OR. Oregon's world-renowned coastal scenic bike route follows legendary Route 101. Also available 8/22. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Aug 2-9: RAW - Ride Around

Washington Various, WA. RAW route changes every year. Daily mileage will vary from roughly 40 to a bit over 90. Fully supported: meals, showers, luggage. Cascade Bicycle Club, www.cascade.org/raw

Aug 2: Tour de Whatcom

Bellingham, WA. Come join us for Tour de Whatcom in beautiful Bellingham, WA. A bike ride to benefit Boys & Girls Clubs of Whatcom County. Raised over \$15000 for the kids in 2007!! See website for more details. G. Todd Williams, 360-739-9953, www.tourdewhatcom.com/

Aug 8-10: Strawberry Mountain

Sampler Prairie City, OR. Circumnavigate one of the jewels of Eastern Oregon. Travel along quiet, paved forest service roads in this sparsely populated area of Oregon on this camping tour. Also available 9/5. Wild Heart Cycling, 1-877-8GO-WILD, www.wildheartcycling.com

Aug 9: 300km Brevet

Olympia, WA. 300km (186mi) event. Seattle Int'l Randonneurs, www.seattlerando.org

Aug 9-16: Glacier - Banff - Jasper

Whitefish, MT. Fully supported luxury tour of the dazzling national parks in Canadian & U.S. Rockies. Ride the Going-to-the-Sun Road & the Icefields Parkway. Intermediate to advanced levels. Also available: 8/23. Bicycle Adventures, 800-443-6060, www.bicycleadventures.com

Aug 9-26: Permaculture & Natural

Building Portland, OR. During this sustainable cycling adventure, contribute to some of Oregon's most well-known eco-villages. Also available: 8/31. Portland Peace and Justice Center, 503-239-8426, www.portlandpeace.org

Aug 10: American Cancer Society Bike to Battle Cancer

Mt. Vernon, WA. 30- or 50-mile ride. Start at Edgewater Park at 8:00am. Raise awareness and funds for cancer research. Phoebe Ebright, 800-729-5588 x 116, acsevents.org/bike-a-thon

Aug 10: Bike for Your Life

Parkville, BC. Promote good health and a cleaner environment through cycling. Route for all levels. 15km, 35km, 70km, 90km & 120km scenic loops with refreshment stations. Flatter 35km loop. Pancake breakfast, & draw prizes. T-shirt included. Bike For Your Life, www.island.net/~bikelife

Aug 10: Blue Cruise Wheels for Wellness

Meridian, ID. Charity ride. 100, 50, 30 & 15 miles. Each route heads south & loops back. Century elevation 2500' with a few challenging hills. Includes a nice lunch and live blues music. Benefits health education programs. Blue Cross of Idaho Foundation for Health, www.bcidahofoundation.org

Aug 10: Covered Bridge Tour

Albany, OR. Linn County Fairground. Choose from 40-, 68-, 85- & 101-mile distances. Lightly traveled

road in heart of beautiful Willamette Valley. Good food and support. The 40 is flat (2 bridges), the 68 has 1 steep hill and 4 bridges, other distances more challenging with 5 bridges. Mid-Valley Bicycle Club, 541-207-7925, www.mvbc.com

Aug 10: Lakes Loop Ride

Bend, OR. 50-mile ride around Mt. Bachelor. Lots of descending in the first half, but more climbing in the second half. 1 food stop 2/3 around with "better than usual bike ride eats." \$5 entry fee includes maps, energy food and drink. Leaves at 9:00am from Mt. Bachelor main lodge parking lot. Hutch's Bicycles, 530-382-6248, www.hutchsbicycles.com

Aug 10-16: Oregon Bicycle Ride

Cave Junction, OR. 7-day, 375-mile, fully supported ride through SW Oregon and NW California. Daily mileage 45 to 85 miles. Campsite, most meals, showers, food stops, gear transport. Sandy Green, 800-413-8432, www.oregonbicycleride.org

Aug 10: Providence Bridge Pedal

Portland, OR. Community bike ride over all 10 of Portland's Willamette River bridges, including the top decks of the Marquam and Fremont bridges. Route options 14 to 36 miles. Bridge Pedal, Inc., 503-281-9198, www.providence.org/bridgepedal

Aug 10-16: Ride Idaho

Coeur d'Alene, ID. Annual 7-day, fully supported, noncompetitive bicycle tour. Limited to 200 riders, provides cyclists from across the nation with a community on wheels as they tour Idaho, experiencing its beauty and history. Emily Williams, Ride Idaho, 208-344-5502, www.rideidaho.org

Aug 10: Rona MS Bike Tour - Scenic

Vancouver, BC. Gear up for fun, challenge, cure. Minimum fundraising \$100. Food, entertainment, road support crews & awards for fundraising. MS Society of Canada, www.mssociety.ca

Aug 10: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)

Tenino, WA. Revel in the quiet of Thurston and Lewis counties, enjoy views of Mt. Rainier, on 20-, 30-, 50-, 80- and 100-mile loops. The last leg of the shorter 3 distances is along the new trail into Tenino beside McIntosh Lake. Start at Parkside Elementary School. Capital Bicycling Club, www.capitalbicycleride.org

Aug 10-23: Uganda: Pearl of Africa

Uganda. Exploration of western Uganda. Fascinating visit to traditional rural villages, social programs, development projects, schools, national parks, historic sites. Enjoy the wildlife, extraordinary scenery, delicious food. Ibike Cultural Tours, 206-767-0848, www.ibike.org/ibike

Aug 12: Ultimate Island Explorer 2000

Victoria, BC. Starts at 3:00am. Route tbc. Ken Bonner, BC Randonneurs, 250-598-5365, www.randonneurs.bc.ca

Aug 15-17: Recumbent Retreat

Astoria, OR. Fort Stevens State Park. West Coast Recumbent event with rides, games, bike light parade, breakfast rides, potluck & fireside chats. 1 free event T-shirt per registration! Connie McAyeal, www.recumbentretreat.org

Aug 15-16: RSVP - Ride from Seattle to

Vancouver, BC & Party Seattle, WA. 183 miles of scenic backroads in western Washington. Go through Chuckanut Drive. Finish line festival. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Aug 16: Crater Lake Century

Klamath Falls, OR. Start at Fort Klamath Museum. Century and 62-mile rides include a 3000' climb to the Crater Lake Rim and another 3000' over the next 30 miles. Rated as extremely difficult, the half as difficult. Fee includes BBQ. Limited to 225 riders. Bill Haskins, Great Basin Visitor Association, 888-445-6728, <http://craterlakecentury.com>

Aug 16: Hot August Days - Tour of the

Columbia Basin Wenatchee, WA. 50-, 100-, or 150-mile bike ride from Wenatchee to Quincy, Ephrata, Dry Lakes, Waterville, & back. Stops every 25 miles, meal at end of ride. Start at Riverfront Park. Brian Ropp, www.hotaugustdays.com

Aug 16-17: Rona MS Bike Tour - Cowichan Valley

Cowichan Valley, BC. Gear up for fun, for a challenge, for a cure. 2-day event. Minimum fundraising \$250. Food, accommodations, entertainment, road support crews and awards. Great scenery. 1-day option available on the 17th. MS Society of Canada, 604-602-3221, www.mssociety.ca

Aug 16: RUSA 10th Anniversary Brevet

Seattle, WA. 200km brevet to celebrate the Randonneurs USA 10th anniversary. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerandonneur.org

Aug 16: RUSA 10th Anniversary Brevet

Various, OR. 200km. Oregon Randonneurs, 503-628-7324, www.orrandonneurs.org

Aug 16: Stanley Challenge

Boise, ID. Boise to Stanley self supported ride. Jeff Gasser, 208-387-6817

Aug 16: The Vine Ride

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2008 bike. New start location. Benefit the Children's Cancer Association. Karl White, Wheel Help Rides, 800-262-8339, www.vineride.com

Aug 16: Tour of Nanaimo

Nanaimo BC. Starts at Tim Horton's Southgate Mall at 7:00am. Route goes to Genoa Bay and Yellow Point. Stephen Hinde, BC Randonneurs, 250-756-4756, www.randonneurs.bc.ca

Aug 16: Vela Bella

Leavenworth, WA. Ladies ride only. 25, 50, or 75 miles of low-traffic paved roads around Lake Wenatchee. Start at the Lake Wenatchee Recreation Club at 8:00am. Proceeds benefit cancer research. Vela Bella Ride, www.velabellaride.com

Aug 16-23: Volcanoes of Washington

Challenge Seattle, WA. 2 wheels. 4 mountains. 8 days - and a million memories. Washington's Mt. Rainier, Mt. Adams, Mt. St. Helens and Oregon's Mt. Hood, finishing in Portland, OR. Energetic beginner to advanced cyclist. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Aug 18: Ice Cream Classic

Bend, OR. 65-mile ride around Mt. Bachelor followed by ice cream at Goldy's. Starts 9:00am. Fresh Air Sports, www.freshairsports.com

Aug 21-24: 1000km Brevet

Seattle, WA. 1000km (621mi) event. Seattle Int'l Randonneurs, www.seattlerando.org

Aug 23: 400km Brevet

Seattle, WA. 400km (248mi) event. Seattle Int'l Randonneurs, 206-612-4700, seattlerando.org

Aug 23: 600km Brevet

Maple Ridge, BC. Starts at 6:00am at the Petro Canada at the corner of Lougheed Hwy/228th St. This crosses into the USA - bring your passport. Shorter distance 200, 300 and 400 available. BC Randonneurs, www.randonneurs.bc.ca

Aug 23-24: Bike MS: Road, Sweat & Gears

Mc Call, ID. 2 days and many miles of great riding will challenge and reward you like no other cycling event. Willpower versus fatigue. Training versus excuses. It's time to join Bike MS. National MS Society - Idaho Division, 208-388-4253, www.nationalmssociety.org/idi

Aug 23-24: RAPSODY - Ride Around

Puget Sound Tacoma, WA. First ride across the new Tacoma Narrows Bridge. No ferries, great food and lots of hills and will make the 165 miles fly by. It's a challenge in 1 or 2 days. Sponsored by five Puget Sound area bike clubs in support of the BAW's statewide advocacy and education. Bicycle Alliance of Washington, 206-577-6999, www.rapsodybikeride.com

Aug 23: Tour de Lentil

Pullman, WA. 100km ride through the rolling hills of the Palouse region in and around Pullman. Start at 9:00am. National Lentil Festival, 800-365-6948, www.lentilfest.com

Aug 23: Young Life Charity Bike Classic

Auburn, WA. 23, 35 and 65 mile rides. Registration includes T-shirt, water bottle rest stops and BBQ Auburn Young Life House, 253-735-3247

Aug 24: Portland Century

Portland, OR. 25-, 50- and 100-mile rides. The century is on quiet rural roads amidst tree farms and fern-edged woods. Includes 10 mi of slow climbing around Eagle Fern Park and 8 more around Bull Run Lake. Breakfast, gourmet dinner, massage, finish line festival. Start PSU-Smith Hall. Hands on Greater Portland, portlandcentury.com

Aug 24: Second Annual Tour de Muk

Mukilteo, WA. 5-mi fun ride, 16- and 40-mi Puget Sound scenery tour, amazing Sound and Mountain views around Mukilteo and Everett. Begin/end at Mukilteo's Rosehill Community Center. Fun for the whole family: bike safety clinic (check bike & helmet) and a Tike & Bike Rally (prizes & games). Registration starts 6:45am; routes open 7:00am - 11:00am. A Mukilteo Lighthouse Festival Event. Lighthouse Festival, mukilteofestival.org

Aug 24: Summits of Bothell (SOB)

Bothell, WA. Annual "One S.O.B. of a bike ride!" Challenging & scenic 38-mile ride: 8 heart-pounding climbs (some 14-18%), hors categorie descents with views of the Cascades and Olympics. Elevation gain 3250' - 31% more vertical ft/mile than RAMROD! Reg. fee covers drinks/snacks, route map and memorable T-shirt for 1st 250 registrants. Bill Wiselogle, Bothell Arts Council, 425-486-8152, www.ci.bothell.wa.us

Aug 30-Sep 2: 1000 km Brevet

Sorrento, BC. Bob Goodison, BC Randonneurs, 250-675-2879, www.randonneurs.bc.ca

Aug 30-Sep 6: Epic Oregon

Eugene, OR. Tackles some of southern Oregon's most challenging (and spectacular) scenery. Winds over the Coast Range, down the southern coast, inland along the Rogue River, finally finishing at Crater Lake. Experienced/advanced only. Available: 9/13. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Aug 31: Great Northwest Fall Tour

Newport, WA. Choose the 15-, 30-, 50- or 85-mile route on paved county roads. T-shirt option, food/water stops and meal at the finish. Melody Geddes, Newport/Priest River Rotary Club, 509-292-5099, www.gnwft.homestead.com

Aug 31:

On the Paths

By MAYNARD HERSHON

Yesterday as I rode out Denver's Cherry Creek bike path, I said "hi" to a guy who looked like a classy bike rider. We chatted a bit as we rode. He asked me where the path went, and I told him.

I figured he must be from out of town. Local Denver cyclists know where the Cherry Creek path goes; it's perhaps the most-used path here.

"Where're you from?" I asked the guy.

"Oh, I'm from here," he said, "but I've never ridden the bike paths. I don't know my way around on them.

"I just lost my brother-in-law," he said. "He got hit by a Postal Service van out on 32nd. The driver lost control; the van veered all the way across the road. Hit him head-on as he rode, near the opposite curb.

"I loved that guy," he said. "We rode together a lot. I'm not going to stop riding 'cause of what happened to him. But I'm done with the road. I'm getting to know the bike paths."

"I'm the same," I said. "I ride the road as little as I can. We're lucky here to have all the paths. I'm doing more miles than I used to but I'm more at peace, not as angry. I don't feel like a helpless victim. You'll be fine on the paths. Jeez, I'm sorry for your loss..."

I turned off the path to run an errand, but I couldn't stop thinking about that guy.

I figure he's been riding around here for

years, but he didn't know where the Cherry Creek path would take him. My guess is he avoided bike paths. Like a lot of people, he thought paths were for weekend family cycling or for walks with your mother-in-law.

Bike paths were emphatically not for him, not for real riders. If you listen to cycling advocates and experts on what's good for us, you may conclude that he was right.

I don't agree. I love riding bike paths. They've encouraged me to stay on my bike when traffic has nearly succeeded in prying me off it. I'm not saying that the paths are perfect, or that your fears about them are unwarranted.

However, many cyclists feel that the paths are too scary, ruined by their multi-utility; that the paths are obstacle courses or minefields booby-trapped by clueless skaters and dog walkers, by preoccupied, head-setted strollers, and by clueless cyclists.

No doubt many bike paths are crowded, particularly on weekends. They're busier now than ever during the week—in this four-dollar-per-gallon summer. Lots of new cyclists on the paths, huh? Lots of freshly dusted bikes, 10 years old but nearly unriden.

Some of these newcomers, fugitives from Chevron and Texaco, never thought they'd be on bikes. They see they can't afford to continue

driving everywhere. Many are unwilling bike riders, but maybe they're the future of cycling. Who knows?

We do know that plenty of them will be out there on the paths with us. They haven't consulted cycling's wise men, who'd like us to be elements of traffic. They figure the bike paths are there so that cyclists will have a place where they can feel safe.

We can welcome them to the paths and help them learn to be responsible cyclists. Or we can merely tolerate them and hope they learn the ropes from someone else. Anyone else.

Remember, our new bike path brethren were driving yesterday.

Driving, they developed lazy habits that they will continue on their bicycles. I hope that as they watch those of us who've been riding awhile they'll learn from us. To encourage them to do that, we should be on our best bike path behavior.

We can bark at people and convince them in no time that cyclists are elitist and mean, or we can try to make them feel that their flight from driving is sane and sustainable and might be fun. We can pass along some of what we've learned about bike path survival.

Hey, if nice folks like us get along without cars, if we can coexist happily on the bike paths, maybe they can too. With a little help from their friends.



We can warn new riders about the hazards: Long-invisible-leash dog walkers. Joggers who, without a backward glance, suddenly turn around to run home. Skaters who seem lost in the music of the spheres or Cloud Coo-coo Land or wherever they go.

We can remind new cyclists that bikes don't have brake lights, that courteous cyclists do not make turns or u-turns without warning other path users.

We can instruct new cyclists not to pass when passing is recklessly unsafe. We can suggest that they not stop in the path, especially where other cyclists can't see them until they're on top of them.

We can ask new riders to keep right, to stay on their side of the path, especially where the line of sight is limited.

We can carry two spare tubes instead of one, knowing as we do that many new riders will not be as equipped as they should be. We can offer our help to these new riders if we know how to fix a flat and they do not. We can help them put the chain back on the chain rings.

We can ask stopped, frustrated riders if they have a cell phone or would like to borrow ours.

One at a time, we can help the many new riders we'll be seeing on the paths become good bike path citizens. We can show them by example how good bike path citizens behave.

If we do that, we will share our paths with cyclists who are aware, considerate and perhaps willing to help others the way we've helped them. Worth the effort, I'd say.

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