

BICYCLEPAPER

Mud & Pain ----- Page 4

Critical Mass ----- Page 3

Olympic Recap ----- Page 5



37 YEARS AS THE NORTHWEST CYCLING AUTHORITY

WWW.BICYCLEPAPER.COM

FALL 2008 • FREE



Photo courtesy of Joe Sales

The region's only twilight cyclo-cross race, Star Crossed will kick-off the North American Cyclocross Trophy competition on August 20, 2008.

Mount and Dismount with Ease

By CRAIG UNDEM, DEAN OF CYCLE UNIVERSITY

Cyclo-cross, or 'cross, is beauty in motion, a skill-building workout and good, old-fashioned fun. The beauty is how the riders gracefully flow from bike to running, and then effortlessly back on the bike, making the transitions look much easier than they are. This, combined with riding your bike on dirt, pavement and sand from September until January gives a whole-body workout and a never-ending clinic on how to handle a bike. 'Cross is the ideal way to start bike racing as it is you against the course, and you are guaranteed to finish and learn a ton in the process. Here are a few tips from Cycle U's popular Cross Boot Camp and introductory Cross 101 classes to get you started.

To survive a 'cross race you will need to mount and dismount your bike to get over man-made or natural 15-inch high barriers, and run up hills that are too steep to ride. You can use a mountain bike, an old road bike or a 'cross bike.

Dismount

There are two types of dismounts that will get you off the bike correctly: the cowboy and the step-through. The first one is typically used on slower, uphill terrain, while the second comes in handy for fast and flat dismounts, usually into barriers.

To learn either, first ride around on grass and practice swinging your right leg back behind the saddle and over the bike. Coast as you stand with all your weight on the left foot and let the right leg dangle straight down behind your left one. Keep your hands on the hoods and practice cornering and coasting as long as you can in this position.

When this feels comfortable, take your right hand and place it on the bike's top tube (unless you have a mountain bike with a small frame) and apply some pressure.

Once your hand is carrying the weight, unclip the left foot, step the right foot between the left leg and the bike frame and onto the ground completing the step through dismount. For the cowboy dismount, simply step back off the bike. Practice both ways until you feel comfortable, each time just throwing the right leg back over the saddle and remounting at walking speed.

Mount

In learning the remount, begin at a walking pace and practice committing the right inner leg onto the saddle and then starting to pedal. Don't land on your crotch, but on your inner thigh. Keep it very slow until you eliminate repeated hopping on the launching foot. Work toward one smooth lunge onto the right pedal and instantly begin to pedal.

Keep your eyes looking forward—don't look down—use your peripheral vision to help your feet find the pedals. Just keep pedaling; your feet will find them. If you need to take a quick glance at the pedals before you remount, do it. Just like the dismount, once you feel comfortable (or at least not totally spastic) add a little speed, then a flat obstacle (e.g., a line on the ground), and eventually a full, 15-inch high barrier. Practice regularly; it takes considerable training to be fast and smooth but the key is starting off with good technique and adding speed slowly.

Are you ready? Whether you are new to racing and just getting started, or are a seasoned road, track, tri or MTB racer looking to add a secret weapon to your racing arsenal, 'cross is the ticket! It is the easiest way to improve your technical skills, keep intensity in your off-season training and have a great time on your bike.

SEE CYCLO-CROSS ON PAGE 7

Transportation

As the Bike Shops See It

By SARA RAPOSO

Bicycle shop owners across the Northwest region are seeing a surge in business and a rise in profits. With the national gas price average hovering around four dollars, many people are turning towards a more economic and environmentally friendly transportation alternative: pedal power.

"We see a lot more new-comers, a lot more people retrofitting to make their bikes more commuter-friendly," says Scott Martini, the co-founder of Seattle's Recycled Cycles.

Martini estimates that they have seen a 10 to 15 percent increase in both sales and repairs this summer, and explains that the high cost for gas was simply the tipping point for many of his new customers.

"Those people who were sitting on the fence now have a great excuse to buy a bike, and it's a win-win for us."

Vancouver, BC's Rain City Bikes has been experiencing a similar increase in bike sales to first-time cyclists. Shop manager Brian Park has noticed many of their new customers had not seriously considered a bicycle as a commuting alternative before this year. But financial gain isn't the only thing that has Rain City employees excited.

"Selling someone their first bike and getting them into it is one of the most rewarding parts of the job," Park explains.

Susan Bonacker, one of four owners of Sunnyside Sports in Bend, Ore., says that new purchases aren't the only increasing occurrence in her shop. With what Bonacker says has been "the busiest July ever," Sunnyside Sports has been seeing a lot of

SEE BIKE SHOPS ON PAGE 2

Racing

Exciting Track Action in Portland

By DAVE CAMPBELL

The steep Portland track once again played host to some of the world's best track racers at the tenth running of the Alpenrose Velodrome Challenge. \$13,000 in cash prizes was for grab and a strong Northwest contingent held their own against top national and international competitors on July 18-20th. Northwest residents—or riders who began their careers here—won the bulk of the men's events, while regional women athletes won two-third of their races. Highlights of the meet's most spectacular moments follow.

Individual timed events opened the competition and Seattle's Kele Murdin (Verducci Racing) won the 3000-meter Pursuit in 4 minutes 11.72 seconds, in front of fellow Marymoor rider Jennifer Triplett (Broadmark Capital) who rode 4:14.67. The men's 4000-meter Pursuit was dominated by Broadmark Capitals "Rangey Roulers" Daniel Harm. Harm threatened Mike Tillman's 2002

track record (4:54.23) for much of his ride before blustery winds forced him to settle for a time of 4:58.33 to Adrian Hegyvary's 5:03.33 with Oregon and Washington riders occupying the top four places.

19-year-old Canadian Monique Sullivan (PCL), an engineering student from Calgary, Alberta served notice of her immense potential when her smooth pedaling style brought her



Photo courtesy of Tony Halford Photography

Monique Sullivan wins the 500-meter TT

victory in the 500 meters. Her 38.10 was only two-tenths of a second off the

SEE ALPENROSE ON PAGE 6

"BIKE SHOPS" FROM PAGE 1

old and dusty bikes that haven't been used in years come through the doors to get tuned up and ready for daily use. This, Bonacker explains, has caused the shop to order older, "oddball" parts such as 26-inch Schwinn tires.

At Classic Cycles in Bainbridge Island, Wash., owner Jeff Groman believes that it's not just high gas prices that have convinced people to come in and purchase a bike.

"Health," Groman says is one other factor that has driven patrons through his shop's doors. According to census data from 2000, Bainbridge Island residents 45 to 64 years of age make up the largest demographic group. With many of his customers falling into this category, Groman says the need to get into shape and the stress running causes on joints has persuaded many people to purchase a bike.

However it can't be overlooked that many Bainbridge Island locals work off the island and must rely on the ferry system as a part of their daily commute. As a relatively compact island, the Seattle-Bainbridge Island Ferry is only a few miles



Old bikes have been resurfacing on the street and in the shops lately.

away from most homes, a distance Groman says is "doable" by bike.

Dave Guettler, founder of River City Bicycles in Portland, is thankful for the surge in gas prices that have brought "a whole lot more attention of using bicycles as transportation." He says he, too, has noticed the sales of commuter bikes go up, but has also observed a decrease in the number of high-end, expensive bikes.

"On the other hand, people have less disposable income and they either can't or don't think they can make the change from their cars," he says of the affect rising costs of oil have had on the economy.

Portland, arguably one of the most bicycle-friendly cities in the country that boasts strong numbers in bicycle commuters, has nonetheless still benefited from the spike in gas prices.

"The amount of bikes is so visible, there's safety in numbers," comments Guettler. "More people are likely to try it because they can see people riding already."

The bicycle accessory market has also seen a rise in business. Burley, one of the leading manufacturers and

distributors of bicycle trailers, has had a very profitable summer.

"The gas crunch has helped to increase sales," says Amanda Schulze, a marketing manager for Burley. "We see it as a tipping point, gas prices combined with a few other factors like being more socially conscious about the impact we have on the environment, has more people rethinking their options for getting places."

Burley, which is most commonly known for their child trailers, is helping new and seasoned bicycle commuters get to and from their destinations more easily and comfortably. The company's adventure trailers, which are perfect for both cross-country tours and cross-town commutes, "have been outselling our projections for the 2008 season and have surpassed 2007 sales year to date," according to Schulze.

And some shops are even running out of the accessories that make commuting by bike easier and more comfortable. Guettler says his store has had long periods where such accessories have been sold out, such as grocery panniers and Xtracycle kits and bikes.

But when the price of gasoline begins to decline, what will happen to the bicycle market? Some shop owners are more optimistic than others when thinking about the eventual decline in gas prices. Martini jokes, "they're not going to decline, don't say that!" All joking aside, he believes that gas will always remain above

\$3.50, and now that we are used to the shock, the number of orders will decline as well.

Bonacker agrees.

"Unfortunately, I hate to say it, I do think [gas prices and the increase in sales] is directly related," she explains. "It's not like [sales] are going to come crashing down, but I wish I could say that people would keep it up."

Both Martini and Bonacker are prepared for the imminent decline in business once the cost of oil begins its end-of-summer decline. Their strategy? Try to stay on top, remain diverse and respond to the trends, Bonacker explains.

As for Groman and Guettler, they have a more optimistic outlook on the future of the bicycle market.

Groman believes that people won't lock up their bikes just because gas becomes cheaper for a short period of time. Despite the temptation of dropping gas prices, Groman is confident when he states that "after 25 years, business has only been getting better."

Guettler has high hopes for the future of bicycles as prominent modes of transportation in this country, and notes it's only a matter of time before people start to appreciate the potential bicycles possess.

"There's a whole group of younger kids coming in and completely embracing the bicycle," says the life-long bicycle enthusiast. "They really understand the benefits of biking [and] that's probably the most exciting part of this whole change."

NEWS

Racing News—Brief

Single Speed

Carl Decker (Bend, Ore.) claimed the men's division title and Amy Mitchell and Henry Abel won the tandem category at the 2008 Single Speed World Championships presented in Napa Valley, Calif. on August 23–24, 2008.

Track Nationals

Benny Swedberg (Kent, Wash.) was crowned Men's 15–16 Omnium winner at the Junior Track National Championships in mid-August in California. Jacob Rathle (Portland, Ore.) brought back a silver and a bronze in the men's team pursuit and team sprint.

Road Nationals

At Road Nationals, Amara Boursaw (Standwood, Wash) sprinted for the bronze in women's U23 criterium, while Grace Alexander took silver in the women's 13–14 category.

National Team

Ian Boswell (Bend, Ore.) and Max Durtschi (Sun Valley, Idaho) are racing in Europe as part of the final Junior National Team project for the season.

USA Cycling Election

Kendra Wenzel (Portland, Ore.) has been elected to the United States Cycling Federation Board of Trustees.

Meet the Team Rides

If you are thinking about racing in 2009, the "Meet the Team" rides are for you. A different team leads the ride each week and riders of all skill levels are invited. These social events allow the newcomers to meet potential teammates and see if their interests match. Riding lasts for about two hours, rain or shine. For a schedule of the Seattle area events, go to www.wsbaracing.com. For information for Portland, Eugene and Bend visit www.obra.org.

TransRockies

After seven stages, 549.6 kilometers and 17,718 meters of climbing in the BC wilderness, Marzio Deho and Johnny Cattaneo of Italy won the Open Men's division ahead of BC riders Max Plaxton and Kris Sneddon. Marty Lazarski and Stephen Widmer came in third overall.

Winning five of the seven stages, the victory did not come without challenges. Deho last stage was less than comfortable, as he suffered a broken seat at the 10-kilometer mark, a problem that set him and his partner back somewhat.

Bike Commute Challenge

September marks the beginning of the Bicycle Transportation Alliance's Bike Commute Challenge for Oregon and southwest Washington. The month-long competition, in which workplaces compete to see who can bike to work more, attracted 9,746 participants

But the Italians would not be denied; they still rallied the line in 5th place for the day to claim the overall.

Canadian Wendy Simms and husband Norm Thibault easily claimed the Open Mixed title, while powerhouse duo Carey Lowery and Lisa Randall provided the USA with the Open Women's title. Czechmasters, Slow Mo and This2ShallPass won their respective divisions.

For complete results and stage summary visit www.transrockies.com.

in 2007. Over one thousand businesses and 10,000 individuals are expected to take part in the 13th edition of this event. The workplaces compete in different categories and win based on the percentage of trips made by bike. To find out more information and register go to www.bikecommutechallenge.com

Redmond Cycle
425-885-6363

16 pounds, light,
hand built.
FAST!



Complimentary Fit-Kit with all ORBEA purchases.

16205 Redmond Way
Redmond, WA 98052

www.redmondcycle.com

HARVEY GRAD
Attorney at Law

425.204.1100
135 Park Ave. N #200
Renton, WA 98055
harv@lawyerseattle.com

Cycling accident? Injury Claim?

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

J & G CYCLEWEAR



Quality Bicycle Clothing
Made in Oregon

Rainwear • Shorts • Jerseys
Patrol Wear

800-452-3938

bicycleclothing.com

Editorial

Editor Claire Bonin

Copy Editor Sara Raposo

Editorial Intern Sara Raposo

Writers Gordon Black
Dave Campbell
Brian C. Gailey
Maynard Hershon
Joe Kurmaskie
Erik Moen
Craig Udem
Sara Raposo
Joe Sales

Photographers Bicycle Paper
Brian C. Gailey
Tony Halford Photography
Justin Kosman/RedBull
Profiles
Joe Sales
www.CanadianCyclist.com

Art and Production

Design and Production Amy Beardemphl
Rick Peterson

Graphics Intern Kraig Norris
Printing Consolidated Press
Advertising Claire Bonin
Jay Stilwell

Distribution

Distribution & Mailing Seattle Publishing

Front Page

Masthead Photo:

Veteran Dale Knapp showcasing his barrier running skills.
Photo by Joe Sales



Calendar Powered by
Gutenberg
Publishing System

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

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

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



President Jay Stilwell
jay@seattlepub.com

Vice President Ryan Price
ryan@seattlepub.com

Project Coordinator Claire Bonin
claire@seattlepub.com

Production Coordinator Rick Peterson
rick@seattlepub.com

FEATURE

Critical Mass: Help or Hurt the Cause of Bike Advocacy?

By GORDON BLACK

Since its inception in 1992 in San Francisco, Critical Mass, the regularly scheduled but officially unorganized gatherings of bicyclists in urban centers around the world, has attracted its share of scorn and praise. Scorn because many believe the rides, which can draw from a few dozen to many thousand riders who pedal city streets at peak commute times, detract from other advocacy work, which involves working with officialdom. Praise, precisely because the in-the-streets style of Critical Mass takes the issue of inadequate provision for bikes in cities to where it is most visible—city centers. Unlike other forms of protest, Critical Mass has no official leadership, no real agenda and no organizational structure behind it. No one really organizes Critical Mass rides—they merely happen on the last Friday of every month in cities across the globe from Seattle to Winnipeg, London to Melbourne.

The only time I have ridden in one such event was a few years ago in San Francisco. It was a Friday close to Halloween and the costumed riders lent a party revelry to the ride. There were kids in trailers and tow-a-bikes, tattooed messengers, riders in tutus, suited commuters—the whole rainbow of the cycling culture. There were plenty of police but they were smiling and going with the flow of the event. That's the way Critical Mass is most

times—friendly, peaceful and drawing a mix of riders of all ages.

You may have heard how things turned ugly in Seattle at the end of July. Briefly, the Critical Mass participants had blocked a side-street to allow the ride to pass en masse. A driver became irate and let his car roll into some riders. This, in turn, provoked an angry reaction from cyclists who witnessed it. They swarmed his car and began banging on it as the driver attempted to flee. One rider then managed to swing a punch and another slashed a car tire. Windows were broken. It all turned ugly very quickly, apparently because this one driver was impatient, angry and impulsive enough to drive—he claims accidentally—into a group of participants. A cyclist has been charged with assault; the driver has not been charged with anything.

The media has made much out of the incident and it has generated lots of generalized comments about yahoo cyclists who ignore the rules of the road, pay no road tax and so on. Sadly, what has been missing from the conversation is the basis of the original idea behind Critical Mass—to draw attention to transportation policies that are skewed towards serving the private automobile.

You might call this a rights movement—for transportation rights. While the civil rights movement had promoters of non-violent protest, it also attracted a group more willing to

engage in confrontation. Going back in history, Gandhi was the epitome of non-violent civil disobedience but there were also advocates of Indian independence willing to use the bomb. In any movement for social change, a continuum of humanity is inevitably represented. Some are impatient. Some are even violent. The attack on the car driver in Seattle in July can never be condoned. Equally, his willingness to use his car to force his point should never be tolerated either.

We have come a long way since 1992 but there is still plenty of room for more enlightened policies, increased funding for biking improvements and, especially, a more tolerant attitude by all road users towards each other. In any movement seeking change there will also be a flow of opinions about how to affect a shift in policy—almost all advocacy organizations work within the system to influence officials, and lobby for new laws and better funding. They encourage riders to follow the laws, behave reasonably and show tolerance on the road. Even if you don't agree with the concept of Critical Mass, we all should recognize that as bicyclists, we all share in the larger goal of a more balanced approach to transportation. Next time someone complains to you about the Critical Mass incident in Seattle, remind them that you don't condone violence in any form—from drivers or riders with rage. It simply doesn't belong on the road.

Gordon Black has commuted by bike on two continents. He's executive director of the Bicycle Alliance of Washington.

FEATURE

Sweltering Century

By BRIAN C. GAILEY

It was not the record number of riders, the breathtaking view, or the hatch of millions of California Tortoiseshell butterflies (*Nymphalis californica*) that stole the spotlight at the 2008 Crater Lake Century Ride. It was the unexpected record-setting heat that followed the riders everywhere they went.

According to Weather.com the average high temperature recorded at Crater Lake National Park and Fort Klamath / Wood River Valley for August 16 was 81 and 82 degrees, respectively. The official high reached during the ride was 96 degrees. However temperatures ranged from 95 to 105 degrees, depending on where you were on the course.

The extreme heat caused some riders to feel ill; a few were unable to finish. Dehydration was also a serious concern, and one rider was believed to have suffered a heat stroke. After a short rest and the refusal of medical attention, except for the oxygen he received, he climbed back on his bike determined to complete the 100-mile journey around the deepest lake in North America.

"I could have made it all the way, if it was not so hot," says Joan Medlen, one of the riders who succumbed to the high temperatures and was forced to end her ride early.

The organizers were quick to respond to the need for more water and added an impromptu rest stop halfway up the climb, north of Mount Scott on Rim Drive, approximately

six miles before the scheduled Phantom Ship stop. Century riders and other cyclists were thankful for the extra water stop where many not only filled up water bottles, but also showered themselves with the cool, refreshing liquid before continuing on.

The Crater Lake Century Ride offers two similar, yet different, routes. A 62-mile option takes riders from Fort Klamath Museum into Crater Lake and along the East Rim Drive to Phantom Ship Overlook, then back along the same route. The 100-mile riders are treated to a 35-mile warm up through the flats of the Wood River Valley before climbing up into Crater Lake, traveling the entire rim drive, and then returning to the Fort Klamath Museum. The ride offers over 7,000 feet of elevation.

SEE CRATER LAKE ON PAGE 4

BICYCLEPAPER

Northwest Source of Cycling Information since 1972

The Northwest's most comprehensive rides calendar

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

Features all aspects of cycling

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

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

Come along for the ride...
SUBSCRIBE!

Subscribe for (choose one)

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

and receive (choose one)

- Free Tour Guide
- Free Race Guide

name

address

city state zip

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

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



Mud, Pain and All that is Good About Cyclo-Cross

ERIK MOEN PT, CSCS

Time flies! Once again, it is cyclo-cross season and the West coast has a rich history in that discipline. First started as a fun way for road cyclists to break the monotony of winter training, it has since evolved to become its own very popular cycling discipline and attracts anywhere from hundreds to thousands of cyclists at each event.

In the United States the cyclo-cross season typically runs from September through December, with the World Championships held somewhere in Europe during the first week of February.

Preparation for the season requires different training strategies than those for road and mountain racing. Attention to these specific details is often what makes the difference between staying healthy and having reasonable results.

Why cyclo-cross is good for all levels of racers:

- Races last an hour or less.
- Not all races are absolute mud-baths (try racing outside of Seattle and Portland).
- It challenges your balance and coordination better than road cycling would, particularly in regards to the foot, knee, hip, and torso as a result of interacting with various surfaces while running or pedaling.
- It is a great weight-bearing activity which

promotes bone density while road cycling does not.

- No five- or six-hour long road rides required, as it is a shorter, more intense race than the typical stage race or long road race.

Why cyclo-cross is challenging for the road cyclist, but still good:

- It has a higher risk of injuries. Sprains, strains, lacerations/abrasions and contusions are the most common injuries. Frequently sprained/strained areas include the ankle and the Achilles tendon.

It requires good bike handling in all situations. Environmental challenges may include thick mud, loose rock/gravel, sand pits, roots, wet grass and snow to name a few. Cyclo-cross tires are typically 32-35mm wide—Not your average-stable mountain bike tire.

- It wears down bicycle equipment. Cyclo-cross exists in a pretty harsh climate for metal and moving parts. Good maintenance and upkeep of your bicycle is required, and plan to make friends with a mechanic.

Tips to improve and promote a healthy 'cross season:



Embrace the mud!

Stretch!

The demands of road cycling on the legs are different than that of 'cross riders who have much higher demand (range of motion and strength) on hip flexors, hamstrings and the Achilles.

Coordinate!

Jumping off the bike at 20 mph onto wet, slippery and unstable ground requires a high level of coordination. The typical road cyclist is not as coordinated off of the bicycle. Plyometric training is a great start to improving your fall fitness.

Become One with Your Bike!

Participate in at least one specific cyclo-cross practice session per week. It should include: mounts and dismounts, running barricades, shouldering the bike, and run-ups.

Practice!

Focus should be made on staying upright on all surfaces with the ability to maintain momentum through varied terrains (rocks, sand, mud, tree roots, etc).

Strengthen!

Trunk musculature is important for the 'cross athlete. A road cyclist's back muscles are not used to hauling objects uphill while running. Plan to hear some complaining of back pain around the cool down area at most cyclo-cross races. Jumping rope is a reliable means of making quick improvements of calf strength as it relates to the sport.

Run!

Most swimmers and bicyclists look funny when they try to run. Their muscles and joints are not well prepared for their feet to hit the ground with such force. Ease into it. Running for the purposes of cyclo-cross training should start as late as July. Endurance running should occur approximately twice a week; combine a road or track session and an off-road or trail run.

Endurance!

Your weekly training should include an endurance ride lasting between two to four hours depending on your skill, your race level, and seasonal variation—are you a road cyclist currently in an "off-season?"

Cyclo-cross is a great sport as it combines elements of coordination, weight bearing for the lower extremities and spine, aerobic training, and fun in the mud. There are a lot of reasons why a bicyclist should try it. It is a great social outlet in addition to being a great training vehicle. A little bit of preparation will go a long way in your survival of the 'cross season.

Go watch a race if you don't plan to try one out for yourself, and see why the Northwest riders are so good at it.

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 'cross. He may be reached at Corpore Sano in Kenmore, WA or through his website at www.bikept.com.

FEATURE

"CRATER LAKE" FROM PAGE 3

Under normal weather conditions, either ride is difficult and should only be attempted by an experienced rider. The 2008 edition welcomed riders from all over the globe—participants journeyed from Canada and Germany, as well as 17 U.S. states.

To make the tour enjoyable, the organization operated five rest stops which include Mares Egg Springs on Westside Road, Lodgepole picnic area, North Rim Junction, Phantom Ship Overlook and then a return to Lodgepole on the way back to the finish. Local volunteers staffed the various locations where riders could grab peanut butter and jelly sandwiches, Gatorade and salty snacks and refill their water bottles. High-profile volunteers lending a hand this year included: Dawn Brown and Kathy Waters from

Travel Klamath; Kathy Berkey, Joan Harding and Kimry Lee of Coldwell Banker Holman Premier Realty; and Klamath County Commissioner Al Switzer and his wife Vicky.

Only a few changes were made to this year's Crater Lake Century Ride. Among them was the welcome addition of a National Park Ranger Peter Sween, who provided much needed road assistance. Communication was also greatly enhanced, as ride manager Bill Haskins was allowed to use a parks service radio to contact Sween. This

allowed for faster response times and better coverage on the route.



Tandem from Eugene Ore. cycling the north side of Crater Lake

However, the most noticeable change was the introduction of a new T-shirt design. Digital Illusions Photography and Design (www.DigitalIllusions.us) created the new look for the event and developed an updated logo for the shirt and all marketing materials. Cyclists who purchased the new shirt were pleasantly surprised by the quality and originality thanks to High Desert

Printing and Promotion (<http://hdlogos.com>) who produced them.

Klamath Falls sponsors included Campus Blimpies, a sub-sandwich restaurant who provided 100 mini fresh ham and turkey sandwiches to feed the riders along the way, while Wubbas BBQ provided Kansas City style BBQ at the finish line. After the ride, participants were treated to a much-appreciated massage, courtesy of Salon and Day Spa. Mission Hills Mortgage, Wal-Mart and Sherms Thunderbird all contributed to the success of the event.

Overall, it was a great tour with spectacular views and a lot of sun. For more information of the 2009 Crater Lake Century Ride or to see images of this year's event, visit www.CraterLakeCentury.com. For more details on Crater Lake National Park go to www.nps.gov/crla.

Davidson

HANDBUILT BICYCLES


Celebrating our 35th year

Bill Davidson has built exquisitely handcrafted bicycles for discriminating cyclists of all types. Make your next racing, touring, track, or tandem bicycle a Davidson. Titanium specialists



Elliott Bay Bicycles • 206-441-8144
2116 Western Ave, Seattle, WA 98121
2 Blocks North of Pike Place Market
davidsonbicycles.com

The Metal Cowboy is back in the literary saddle—and this time he's carrying lots of "baggage".



MOMENTUM
is your friend

THE METAL COWBOY AND HIS PINT-SIZED POSSE TAKE ON AMERICA
JOE KURMASKIE

What happens when Dad pulls 14 feet of bicycle train and two sons over 12 mountain passes, 17 states and 4,000 miles across America? Find out in "Momentum Is Your Friend"—Joe's latest epic.

All proceeds from book sales at www.metalcowboy.com go to Camp Creative "No Child Left Inside!"

MISSING



OL Case# 4811

ELIZABETH STREET

MISSING FROM: OLLA, LA
MISSING SINCE: 11/20/2007

OPERATION LOOKOUT
National Center for Missing Youth

1-800-LOOKOUT
1-800-566-5688
www.operationlookout.org

Olympics Review—How Did They Do?

By SARA RAPOSO

The 2008 Beijing Olympics, despite all the media attention surrounding athletes' ages, Michael Phelps' record-breaking eight gold medals and the visual and cultural spectacular that was the Opening Ceremony, proved to be a rather exciting showcase of the cycling talents



Kristin Armstrong

who hail from the Pacific Northwest.

One of the few American cyclists to come away with a medal, Kristin Armstrong finished in 25th place in the road race, but was first in the women's time trial.

"It's the most amazing day of my life," said Armstrong of her spectacular win in an interview with the Associated Press.

"I've been working for this for the last eight years, especially the last four, and to time everything right on one day is an accomplishment of its own."

Armstrong can now add a well-deserved Olympic gold to her complete World Time Trial Championships collection of medals, and eighth-place finish at the 2004 Athens Games.

Another U.S. cyclist to visit the podium this

summer was BMX rider Jill Kintner of Seattle. In its Olympic debut, BMX proved to be a thrilling, fan-favorite sport, with Americans taking home three medals. Accomplishing what she said she would, Kintner brought home the bronze in the crash-filled women's final, which she dedicated to her father, who passed away in 2006. She raced with the words "4 Dad" written on her gloves.

In the men's Individual Time Trial (TT), Canadian Svein Tuft ranked an exceptional seventh place after holding the fastest time for most of the race until ProTour riders took over in the second half.

"I played it to the best of my abilities," the first-time Olympian said in an interview with the Canwest News Service. "I was conservative in the first half and then I just left everything else out on the road for the last bit. I'm happy with that."

Tuft's performance in the men's road race contributed to teammate Michael Barry's ninth-place finish, while Tuft himself came in 56th.

On the women's Canadian team, Gina Grain completed the Points Race in ninth place, accumulating six points. A first-time Olympian as well, Grain is proud of her success and looks forward to the London Olympics in 2012.

"The race, as expected, was fast from the gun," she comments to the Canwest News



Service. "I was happy with my strategies. I was in the game and some girls weren't even able to get in the sprints because it was so fast."

The closest to a medal for Canada was Catharine Pendrel. Running third for a large portion of the cross-country race, she experienced shifting problems near the finish line, which opened the door to eventual bronze medal winner Irina Kalentyeva of Russia. Pendrel had to settle for fourth, just nine seconds off the podium, yet an excellent performance for the rising star.

Seattle's Jenny Reed had a rather disappointing turnout. Coming off a bronze medal in the Sprint at the 2008 Track Cycling World Championships in March, Reed had high hopes of bringing a medal home for Team USA. But after falling ill twice since her arrival in Beijing paired with an immense amount of pressure, Reed, who qualified eighth in 11.4 seconds, lost her quarterfinal match to come in seventh overall.

Earning five points in the Madison, Canadian teammates Zach Bell and Martin Gilbert finished in 12th place, three laps down from the surprising gold-medal winners from Argentina. Bell also recorded a very strong seventh place in the Points Race, earning a total of 27 points. As for Bell's future, the 25-year-old hopes to win a medal at the London Games in 2012.



Jill Kintner

Other results include:

BMX

Scott Erwood—Took 26th in the overall men's competition in his first Olympics.

Mountain Biking

Geoff Kabush—Despite an impressive start, he suffered mechanical problems and admitted to not feeling great on race day. He finished 20th in the men's cross-country, despite being a likely contender for the top-15 list.

Seamus McGrath—Also hit by mechanical problems, finished a surprising 44th place, three laps down on the leader. With his intense preparation and experience on the world stage, McGrath was expected to live up to his ninth place finish at the 2004 Games in Athens.

Georgia Gould—Took a respectable eighth place in the women's cross-country, which falls in line with the rest of her season.

Adam Craig—Hoping to leave Beijing with a medal, Craig finished a disappointing 29th, one lap down. He cited a "rookie mistake" as the cause for his lukewarm finish.

Road Racing

Erinne Willock—Played a support role in Beijing and managed a 37th-place finish in the road race. Because of her young age and the experience she accumulated, she could act as the Canadian team's anchor in 2012.

Ryder Hesjedal—Ended up 56th in the road race after being active in a breakaway of 25 riders earlier in the race. He also placed 16th in the TT.

All in all, the Northwest came back from China with two medals and another four top-10 performances.

RECYCLED CYCLES .COM

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

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

NOW HIRING!!

1007 NE Boat Street Seattle WA 98105

www.recycledcycles.com

206.547.4491 877.298.4683

VISIT US ONLINE

BICYCLEPAPER

LINKS PHOTOS ARCHIVES NEWS

LINKS PHOTOS ARCHIVES NEWS

WWW.BICYCLEPAPER.COM

WWW.BICYCLEPAPER.COM

WWW.BICYCLEPAPER.COM

Wallingford

Bicycle Parts

Gear that satisfies.

1-888-731-3537

www.wallbike.com

NEW ORLEANS

Black Diamond Sports Therapy

Biomechanical Services

- Master Bike Fit, before purchase of new Custom Guru bike from Black Diamond
- Pedaling Analysis
- Sport Bike Fit
- Pro Bike Fit with Retul Motion Capture System and Spin Scan Analysis
- Elite Bike Fit (Pro Fit with biomechanical assessment)

GURU
ONE SOUL AT A TIME

We have brought world-class training assessment and technology to North Central Washington riders.

Weekend warriors to professional athletes can benefit from athlete-focused performance testing, analysis, coaching and physical therapy.

With performance testing and analysis you can:

- Increase efficiency and speed
- Train smarter
- Prevent injuries
- Train using heart rate zones, wattage outputs, and lactate levels
- Increase comfort and enjoyment
- Increase performance through nutrition and hydration

Contact Mark Stockman, MSPT or Jason Jablonski at (509) 663-7733
jason@setcoaching.com
147 Easy Street, Wenatchee, WA 98801

"ALPENROSE" FROM PAGE 1

track record, held by none other than Canada's World and Olympic medalist Lori-Ann Muenzer. Early starter Per Bjesse (Bike Central) held the top spot for much of the men's kilometer competition with a time of 1:10.65 until Oregon State Champion Steven Beardsley (Gentle Lovers) laid down a blistering 1:10.38 to claim a popular local victory.

Perhaps the most popular AVC event is the rough and tumble Kierin. The qualifying heats were fairly straightforward with the fastest riders controlling the motor (and the front position) and advancing convincingly: Oregon State Champion Jenn Featheringill (Bike Central), Sullivan, Cari Higgins (America's Dairyland), and multiple World Masters Champion Annette Williams (Avanti). The scrappy Shelly Olds of San José, who raced the Madison with the men, won the first repechage heat, while Murdin and the surprising Cristin Walker of Houston came out of the other two heats to fill out the seven-

motor, she controlled the race all the way to the line despite a late but impressive challenge by Higgins. On the men's side, former Alpenrose



Monique Sullivan (right) edges out Cari Higgins (left) for the win in the Women's Keiren final.

Photo courtesy of Tony Halford Photography

standout Dean Tracy (Team Rubicon) was an impressive and popular winner of the first Kierin heat, while all six men in the second heat sadly and spectacularly crashed on their final lap. Although no one was seriously injured, only Eugene Checherine and Canadian Felix Haspel continued on for the re-ride with Haspel

advancing. Californian "Geo" Giovanni Rey (Montano Velo Track) won the third heat but was relegated for dangerous riding, giving Aaron Kacala of Wisconsin the nod to advance, while 11-time Canadian National Champion Travis Smith dominated the fourth heat. Rey was able to come through the reps along with fellow Californians Kelyn Akuna (Veritas) and Brian Peterson (Webcor/Alto Velo), joining local hero Beardsley for a power-packed final. Tracy accelerated impressively to open an apparent winning gap on the backstretch during the final, with seemingly only Akuna left

to challenge, when Beardsley overcame all odds to close down several bike lengths on the home stretch and blast triumphantly by all to claim victory by a tire width!



Photo courtesy of Tony Halford Photography

Dan Harm and Adrian Hegyvary

rider final. Although Colorado rider Higgins was the defending champion, all eyes were on speedy Sullivan during the final and she did not disappoint. Tearing off the line to grab the

Washington duo Harm and two-time National Hungarian Champion Hegyvary, drawing on their European six-day racing experience, completely dominated the Madison taking two laps and 25 points. The Gentle Lovers team of Beardsley and Mark Blackwelder, both Alpenrose regulars known for their aggressive riding, was second with one lap and 19 points while the versatile and omnipresent Kenny Williams (First Rate Mortgage) of Seattle paired with Emile Abraham (Team Type One) of Trinidad and Tobago claimed third. The only women team event, the Team Sprint, was won by Sullivan and Triplett in 41.71, ahead of the impressively smooth local duo of Jenn Featheringill and Amelia Bjesse-Puffin (Bike Central) who rode 42.01.

Some of the weekend's most exciting racing happened in the men's 10 mile, where Tom Hanley (Indiana Hand Center) racked up the most lap prizes while on the front. Beardsley, perhaps in honor of his fallen teammate Tony Kic (who had worked hard for him before his frightening crash caused a restart) timed his final attack perfectly as the pack bunched at the bell, but was also overcome by the incredible gap-closing sprint of two-time U.S. Olympian Carney who had stayed hidden in the field most of the race.

Some of the closest competition occurred in the Match Sprints with numerous heats requiring photo finishes. Last year's third place finisher, Tracy, qualified first and advanced through the early rounds convincingly. Smith moved on easily in the early rounds until forced to withdraw due to injuries suffered when crashing heavily with Rey during the semi-finals. 16-year-old Benny Swedberg of Seattle (RAD Racing) staged the upset of the weekend by catching Akuna on the line by less than a centimeter to send the second-best qualifier to the repechage heats! Tracy bested Akuna once he had made it through and met Rey in the finals to score an emphatic and popular win. The women's tournament saw six women qualify within

one-tenth of a second of one another, and after many rounds, top qualifiers Sullivan and Higgins were pitted against each other in the finals. The youngster again dominated her more experienced rival. Triplett was third ahead of Featheringill.

The women's 50-lap Points Race saw Pennsylvania rider Erica Allar (Aaron's) take and early flier, rack up points and seize the lead. After reeling her in, the event became a boring sprint-then-bunch affair dominated by Higgins, Olds, and Allar. Boldly attacking out of this stalemate to dramatically enliven the race was local Anita Dilles (Gentle Lovers). Her lengthy excursion off the front, although neutralized in the final mile, netted her 22 points and a popular third place. Allar led into the final double-points sprint, but Olds claimed the final sprint and the victory 43 to 37.

Bringing down the curtain on the AVC each year is the Flying Lap; always a crowd favorite. The long weekend had worn out most of the elite women and few chose to contest the event, but young Sullivan showed no signs of slowing down. She roared to a new track record of 17.09 and received some of the heartiest cheers of the weekend. She took the record away from



Photo courtesy of Tony Halford Photography

A terrible crash in a Keirin qualifier incredibly leaves no one seriously injured.

none other than U.S. Olympian Jennie Reed of Washington.

Beardsley's consistency allowed him to win the Omnium with 19 points followed by track legend Carney. Defending Omnium winner Higgins repeated the feat but by a narrow, single-point margin ahead of 2012 Canadian Olympics hopeful Sullivan.

CYCLING ACCIDENT ATTORNEY



JOHN DUGGAN
CYCLING ATTORNEY

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

206-343-1888 or 206-714-1085

johnd@warrenduggan.com

Free Consultation

RIDE4US RUN4US WALK4US 

RIDE THE NEW NARROWS BRIDGE
SEPTEMBER 20, 2008
TACOMA WASHINGTON | POINT DEFIANCE PARK
Visit us at 4US.ORG for more information

5 ROUTES: 5-62 MILES
REGISTRATION OPEN 7:00 - 10:30
FREE PANCAKE BREAKFAST
COURSES CLOSE AT 2:00
FINISH LINE FESTIVAL UNTIL 4:00

HEART POUNDING HILLS. BREATHTAKING SCENERY. FUN FOR THE WHOLE FAMILY.

The Sun Shines on Team Symmetrics at Superweek

By JOE SALES

Rolling into the Greater Vancouver area every summer is the road racing show known as BC Superweek. The 10-day-long series of eight races is a collection of four different events that are lumped together on the racing calendar in order to draw as much talent to the area as



Photo courtesy of Joe Sales

Team Whistler rides at the front of the Giro de Burnaby

possible. The idea is to give up-and-coming, fast local riders a chance to compete against some of the best racers on the continent. The action takes place all over the lower mainland and includes the three-day stage race Tour de Delta, the perennial crowd pleaser Tour de Gastown, the one day Giro de Burnaby, and the three-day Tour of White Rock.

With only a few slight changes from years past, the eight days of racing that featured over \$70,000 in prize money was notably different in one key aspect: 10 days of perfect weather, giving fans a great chance to soak up the sun and take in some great racing.

Langley, BC-based Team Symmetrics has

become one of the most successful men's teams on the continent and arrived at the start of the week as the 800-pound gorilla with a full roster of riders—including Zach Bell and Svein Tuft, both working on some final fitness before their Olympic debuts. Also on the team were Canadian National Road Champion Christian Meier and multi-time National Champion and former Olympian Eric Wohlberg. Indeed, the team was so powerful and well-coordinated that despite the presence of many other top pro racers, Symmetrics dominated the men's field the entire week and won every race but the final road race of the Tour de White Rock (although they still won the overall event title).

Perhaps the sweetest victory for the team over the course of the week came at the prestigious Tour de Gastown.

Every local rider dreams of winning at Gastown and yet, until this year, Symmetrics had been unable to pull off the feat. Always known as a race with lots of attacks—and crashes—Symmetrics was able to patrol the front of the field and make good use of both Tuft and Bell, as well as the rest of the squad, to deliver a perfect lead-out to teammate and speedy closer Andrew Pinfold. Indeed, an on-form Pinfold was a frequent visitor to the podium all week long, winning not only Gastown but also the Giro de Burnaby, the Tour de Delta road race, and its overall title.

With all this success it would seem Symmetrics has plenty to cheer about, but the team has been in a difficult financial situation this year and has been operating on a greatly reduced budget.

According to team director Kevin Fields, the team found itself in a perfect storm of financial difficulty and started the season with a budget of about one-third of the previous season's total. The rumor mill all week was that the team was finished after Superweek but



Photo courtesy of Joe Sales

Team Symmetrics at the call-up for Giro de Burnaby

Ready 2 Ride?

RATTLESNAKE LAKE CYCLES
www.rattlesnakelakecycles.com

Check out our SUMMER CLOSE-OUT SALE
5-10% Off ALL Bikes in Stock
*Authorized Redline, Ridley, Bianchi and Masi Cyclocross Dealer!

Complete Tune-ups only \$39.95
2-day turnaround

**We match any competitors coupon*

**On sale good for in-stock items only*

425.888.0000
410 Main Ave S. (by Ace Hardware)
North Bend WA 98045
www.rattlesnakelakecycles.com

Hours: 11-7 M-F, 10-5 SAT, 12-4 SUN

that wasn't really the story.

"We were always upfront with the riders about the situation and we decided together to front-load the season rather than try to operate on a reduced budget all-season long, and we anticipated running out of money roughly around BC Superweek."

Part of the reasoning for this strategy was that the team had nine riders on the Canadian Cycling Association's Olympic short list and as a team, they wanted to make sure that the Olympic selection and success was a priority. The strategy appears to have worked with Zach Bell, who made the track team and Svein Tuft, who qualified for the road squad and—just seven weeks before the start of the games—the time trial. Amazingly, up against the best Pro Tour racers, Tuft recorded a brilliant 7th place in his Olympic debut in the time trial.

Symmetrics remains without the sort of financial backing it needs to continue next season, but Fields, along with the team owners, remains optimistic in their continued hunt for new financial backers. The team is scheduled to appear at the Canadian National Track Championships in Burnaby as well as the Tour of Missouri in early September.

In addition to men's racing action, BC Superweek also features some of the best women's road racing on the continent. Present this year was local rider and Canadian Olympic team rider Gina Grain (Webcor).

Looking for some final fitness preparation before racing on the track in Beijing, Grain enthusiastically captured the victory at Gastown

by narrowly defeating Kelly Benjamin (Cheerwine). The two racers dueled again the following night at the Giro de Burnaby and sprinted to a finish so close that officials initially awarded the win to Grain, only to reverse their decision after further analysis of the photo-finish images revealed that Benjamin had won by the slightest of margins.

Also competitive in the women's events all week long was local Team Giant/Whistler as well as the visiting New Zealand-based Team Jazz Apples. The Kiwi women managed to win both the Tour de White Rock and the Tour de Delta overall titles. Team Giant/Whistler riders grabbed the overall team title at the Tour de Delta.

When BC Superweek rolls around again in 2009, we can expect the return of top-level road racing in the Northwest that hopefully includes both the sunshine and another highly successful Team Symmetrics.



Photo courtesy of Joe Sales

Chris Horner's victory at the Tour de Delta RR.

Joe Sales, a BC native, has just returned to Vancouver after 18 years living in the U.S. 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.

FROM PAGE 1

"CYCLO-CROSS" FROM PAGE 1

I guarantee that all other bike racing will seem easy after 'cross.

To improve your bike handling skills, your mounting and dismounting abilities, watch the bests and get some coaching advices on your technique. Go out to Seattle or Portland cyclo-cross races where you will see some of the top racers in the country ride the same course you just finished as a beginner and mentally rehearse smooth transitions. Join us for one of our Cycle U clinics to learn under the watchful eye of a professional expert. Most areas have regular training sessions, and in Seattle we run them on Wednesday nights at the Marymoor velodrome beginning in mid-September. Join us; we will be helping new riders out.

Get ready for some fun and wet conditions because 'cross is enjoyed even more when the mud gets flying. Now get out there and give it a try!



Photo courtesy of Joe Sales

Remounting made easy: run, mount, and pedal away.

Cycle University's Cross Faculty is anchored by the most experienced 'cross coach in the region, Craig Udem: WA State elite champion, 1996 Worlds team member and full-time professional coach since 1997. Our team includes Kristi Berg, five-time WA State Series Champion, and Toby Swanson, Worlds team member, State Champion and 2nd overall in the 2007 Seattle Series. He also has a degree in Sport Science. www.CycleU.com 1-800-476-0681

Living Strong, Wrong, or Bong

By JOE "METAL COWBOY" KURMASKIE

"Yellow bracelet?"

Two racers on a training ride flank me at the red light. We're at the top of the hill. I passed them coming up, but traffic laws allowed them to pull even. As we wait for the green, the one on my left, executing a decent track stand, rephrases the question. It sounds like something closer to an accusation this time.

"You're with Lance's fight against cancer, right!?"

I look at their wrists; yellow plastic loops are on prominent display. I'm down with that, with all my heart really, but what's throwing me into a state of stunned confusion involves guys in that much spandex and wraparound eyewear speaking to me in the first place. Normally, racers talk only among themselves, like ants in a colony (if you look closely you can make out their antennas). They'll occasionally acknowledge my existence with a slight nod if I happen to be wearing one of my sponsor's jerseys and forget my panniers at home. Barring that, I'm dead to them.

But I did just pass these svelte gents on a hill, with loaded bags... on a tandem... attached to a trail-a-bike... which is hooked to a trailer... with three sons in tow. Might this have caused a tectonic shift in our lines of communication?

What I want to say to them is this: "Hey, if blowing you guys off the back on that hill doesn't count as living strong, I doubt a yellow band of plastic is going to tip the balance."

But you don't diss the yellow band and live... long.

I stay mute while they look over at my sons' naked wrists. Quinn models a shark's tooth necklace we searched out in Hawaii, and Enzo fashions a Pokémon decoder ring the size of Delaware on his pointer finger, but no canary-colored bands of courage.

Oh, the shame.

The racer on my right points at his bracelet, nods, then gives me the thumbs up.

Now they're creeping me out—a bit too evangelical about their bracelets for a Saturday morning.

If you haven't seen the ubiquitous yellow plastic on every third wrist in America by now, either you're colorblind or about to walk into traffic due to a chronic lack of attention.

Allow me to recap. Lance Armstrong achieved his victory against cancer through powerful treatment and daily hard work, luck and an ornery "Texas death match" attitude. I can speak to his attitude because I once interviewed this young and improving, cocky racer after the Tour De Pont. The kid showed the right combination of brash self-preservation and enough hutzpah to scare the bejesus out of the most experienced racers that day. Cancer didn't stand a chance. But it did change his physical make-up and softened his outlook on his fellow man, and seven Tour de France victories gave him the platform to help support other cancer victims by creating the yellow

Live Strong wristband. With help from Nike, the bracelet was launched in 2004 and became an instant, worldwide success. Money went to research—and almost 60 million bracelets have been sold so far.

An amazing story—I stand for, around, and behind it...

I just don't like jewelry, or accessories of any sort, stowing away on my person. Hats, I like. Hats, I would wear if I didn't look so foolish in them. Put any make or model on my noggin and immediately it takes 20 IQ points off my appearance. Ball caps are the worst. Pop one on me and I feel the need to chew gum with my mouth open, make change for a \$20 and top off your tank.

I wear a helmet because of gravity and velocity, but I won't be offended if you look away. It's almost too graven an image to force upon the world. The addition of bracelets and I would be absolutely hideous. My only choice would be to go completely over the top; piercings, a tall bike, large tattoos. Or pull a Liberacé—glitter, owl glasses, platform shoes and rings on every finger. No one wants me to go there.

Other concept bracelets I appreciate on paper, but won't wear...

Live Wrong

A black, plastic pirate-theme bracelet featuring a Jolly Roger skull and crossbones on the opposite side from the words. This one set off a firestorm of criticism when the more somber contingent of the Live Strong crowd complained that it was mocking their efforts.

Here's the marketing campaign for the Live Wrong loops:

"Finally, a bracelet that reflects our lifestyle! We party... a little. We eat red meat. We enjoy a beer now and then. We take risks. We like extreme sports. We paintball, snowboard, skateboard, mountain bike, BMX, and rock climb. We stay out late, get up early, work hard, play harder and we love our lifestyle. We live on the edge, and we aren't going to apologize for it. Does this mean we live wrong? You bet it does. And now we want the world to know that we are not ashamed of our lifestyle! Live Wrong... the bracelet for the rest of us."

Sounds a bit like Queen's soundtrack from the film *Highlander*, but when you read it as a goof, as someone having a bit of fun, it's quite clever.

It turns out a lively young cyclist came up with it after a few too many drinks and viewings of *Pirates Of The Caribbean*. He was, in fact, wearing a Live Strong bracelet at the time. The

Internet flaming over these playfully defiant bands of black quieted down when it was discovered that many cancer survivors loved the celebratory attitude, and wore them along side the yellow ones.

"I never thought anyone would buy them, but as I've made clear, I'm wrong about most things," explains the creator of the band.

Others added to the credo, stating on one blog that to live wrong should include:

- Taking a year off of school to travel
- Showing her you love her with something you actually do or make
- Volunteering as your vacation
- Eating local
- Quitting a job you don't believe in
- Riding a bicycle as transportation within a car culture

To me these sound more like "Live Different" or "Live Well," but I could be wrong. Indeed, the gross national product of this country is counting on it.

Live Bong

You'll find this bracelet dangling from relaxed wrists in many beachfront communities and surfing hotspots around the globe. Made from hemp rope and tie dyed or striped with the colors of the Jamaican flag, it predates the Live Strong loops by thirty years or more, though I've never seen similar phrasing on one until I wandered past a surf shack in Jacó, Costa Rica. The place rented boards and sold relaxation therapy one Ziploc bag at a time. As the employee lit up not fifty feet from the policía station, I noticed his bracelet read "Live Bon."

"Yeah, Bra. Someone forgot to stitch in the G. Musta gotten distracted by some em." A long, stoner laugh fills the small shack. It's eight o'clock in the morning. Wake and bake.

"Cops don't hassle you for selling in the open?" I nod over at the policía station.

"Pura vida, man. They're some of my best customers."

Back on the bike, the light turns green. I let the bracelet duo get a good jump on us. I'm about to launch into a discussion with my sons about the pros and cons of overzealous missionary work when a stream of cyclists pedals past. Then more, and more still; all of them sporting yellow bracelets, some wearing yellow T-shirts announcing the event. My world makes sense again. Without realizing it, we've turned onto the route of a Lance Armstrong Foundation Live Strong Challenge Ride.

The next time you see me, I just might be wearing yellow, black and Jacó flag colored bracelets. A hat, even. Perhaps a fedora.

And if you look away, I'll understand.

Literary Rides With



The Metal Cowboy

[800] 682-0570
Toll Free Order Hotline Mon - Fri 9-5 PDT



BIKETIRESDIRECT.COM

Top Gear For
summer cycling

Checkout our everyday low prices on hundreds of cycling items; components, apparel, helmets, accessories, and of course tires!



★ Same Day Shipping

★ 30 Day Satisfaction Guarantee

★ Knowledgeable Staff

Exceptional Customer Service



Tacoma Screw Products, Inc.

Since 1946

Fasteners • Tools

Maintenance & Shop Supplies

Visit **tacomascREW.com**

for store locations

EXPRESS ORDER Call **1 800 562-8192**

Welcome to the Pacific Northwest's Most Comprehensive Bicycle Calendar

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

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

EVENTS

SEPTEMBER

Sep 7: Goldie's Swap Meet and Show
Seattle, WA. Swap meet starts at 10am, Show and Shine at noon. BBQ and bands all day. Renegade Muscle Girls. Bicycle Build off awards at 5pm. Presented at Goldie's on Airport Way. TW, Rat Rod Bikes Renegade, 425-246-9477

Sep 7: SpokeFest and Bike Swap
Spokane, WA. Features a one-mile fun ride for kids and a 21-mile river loop. Bike swap from 9:30am-1pm. www.spokefest.org

OCTOBER

Oct 4: 7th Annual Seattle Walk Now for Autism
Seattle, WA. A 2- to 3-mile walk and Community Resource fair with educational sources, therapists, schools, recreational organizations and creative child-friendly activities. Registration at 9am, Opening ceremonies at 10 am and start at 10:15 a.m. at the University of W Dempsey Arena. Raises funds to support research on autism. Lisa Yeager, Autism Speaks, 866-362-6227, www.autismspeaks.org/walk_events/index.php

Oct 18: Bicycle Alliance Annual Auction
Seattle, WA. Join 450 bicycling enthusiasts at the 16th Annual event. Help raise money to support advocacy in the state of Washington. Seattle Fisher Pavilion. It's a ton of fun. Louise McGrody, 206-224-9252, www.bicycdealiance.org

CAMPS

SEPTEMBER

Sep 10, 17: Alpenrose Cross Clinic
Portland, OR. Start at 6pm. Hone your cross skills with some of the top local crossers and most experienced coaches. Erik Tonkin, 503-233-9392, www.obra.org

Sep 13-14: Dirt Series - (coed)
Blue River, BC. Coed MTB camps. Offers two days of top-notch small group instruction and hours of practice on the trails. Dirt Series, 604-905-8876, www.dirtseries.com

OCTOBER

Oct 18: S. Oregon Outlaw Cyclocross Clinic
Ashland, OR. Clinic to prepare for the series. Jena Jensen, 541-899-9190

RACE SERIES

Mar 16-Sep 28: Island Cup Series
Vancouver Island, BC. Series of 20 events throughout Vancouver Island. CX, DH, Marathon. Overall calculated on points. www.islandcupseries.com/

Apr 5-Sep 27: Fluidride Cup
Port Angeles, WA / Mt Hood, OR. The Fluidride Cup is a new MTB gravity race series in the PNW. The format is 3 races at each venue, with the best 4 of 6 results used for overall standings. The series is designed around the community. Lars Sternberg, Hurricane Racing, Olympic Dirt Society, 206-384-6228, http://fluidride.com/

Apr 6-Sep 17: BC Masters Assoc. Road Series (BCMCA)
Various, BC. Series of 22 races 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 12-Sep 20: Wild Rockies Series
Nampa, ID. 8-event series. NORBA sanctioned. Best 6 out of 8 results count towards final standings. All XC are run on Saturdays. Identified as part of WRS. Wild Rockies, www.wildrockies.com

May 1-Sep 25: Alpenrose Thursday Series
Portland, OR. Alpenrose Velodrome. Event schedule posted on website a few days before each race

night. Mike Murray, OBRA, 4318 SE 8th Ct., Portland, OR, 97080. 503-661-5874, www.obra.org

May 10-Sep 28: Mt Hood Adventure Park DH Series
Mt. Hood, OR. Series of 5 events all on Mt Hood. Event in May, June, July and September. Fluid Cup and NORBA sanctioned. Petr Kowal, Hurricane Racing, 503-272-0146, www.skibowl.com

May 30-Sep 12: Friday Night Track Racing
Redmond, WA. Marymoor Velodrome. Cat 1/4 men. Entry fee \$15. Spectator admission \$4, under 16 free. USA Cycling license required. Kiddie kilo on the 1st and 3rd Friday of each month. Racing starts at 7:30pm. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Aug 10-Sep 14: Pistis Short Track Series
Grants Pass, OR. 5-event series. MTB short track racing. Alternating courses, 0.9 to 1.5 miles long. Vertical climbs of 100-150 ft/lap. Full complement of categories, including a kids race for the under 12 group. Trophies and prizes will be given at last race. This event qualifies toward OBRA point totals if you have a license. Starts at 5:30pm. Steve Law, Pistis Ministries, 541-944-5566, www.pistis.us

Sep 2-23: PIR Handicap Series
Portland, OR. 4-event race series at the speedway track. Handicap format. 3 groups starting 2 minutes apart. Cat 4 riders start first, followed by Cat 3, and Cat 1/2. All riders race the same number of laps, and contest the same sprint. All finish as a single group. Cat 3 riders may choose to start with the 1/2s. Prizes awarded based on points accumulated in primes and at the finish. Start at 6pm. Charles Warner, www.obra.org

Sep 4-Oct 2: Thrilla Cross Series
Bend, OR. Thursday night race series (4 events). At the Cascade Lakes Lodge. Start at 6pm. Categories: A, B and Women. Kevin Gorman, Webcycclery, 541-318-6188, www.webcycclery.com

Sep 28-Dec 7: Seattle Cyclocross Series
Various, WA. Series of 8 events raced around the Seattle area. Open to all categories. Overall calculated on points. Race categories = age as of Dec 31, 2008. MTB without bar ends are ok. Series finals earn double points. Registration closes 20 minutes prior to start. First start 9:30am. All categories, including singlespeed and kids race. Race fee: \$20, Juniors: \$10. www.seattlecyclocross.com

Oct 5-Nov 16: Cross Crusade
Portland, OR. Largest cyclo-cross race series in the nation. Category A, B, C, Beginner and Master 35+. All bikes are legal. Pre-registration recommended, day of race registration available. Overall winner calculated on points. Kiddie Kross for 12 and under, prizes for all categories. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

Oct 25-Nov 22: S. Oregon Cyclocross
Asland, OR. 5-event series in memory of Nick Jensen. First start at 10am, last at 11am. A and B races, plus Juniors and Masters. Prize for overall series based on points. Best 4/5 counts, last race mandatory. Raffles and prizes. Location varies. Benefits Josephine County Search and Rescue. Jena Jensen, 541-899-9190

MULTISPORT

SEPTEMBER

Sep 6: XTC Vancouver - National Championships
Vancouver, BC. Off-road multisport race. Start at Buntzen Lake. 1500m swim, 24km MTB, 10km trail run. Open to all levels, from new-to off-road triathlete to pro athlete. Half XTC also available. Half the distance, same fun. Part of the Triathlon BC Junior Elite Series. Teri Taylor, Cove Communications, 888-788-4645, www.xtccanada.com

Sep 12: Bogus Basin Resort Championship Trail Run
Boise, ID. 10km or 20km trail run options. Start/finish at Bogus Basin Mountain Resort lower lodge at 6pm. 1800 vertical feet over a 10km course that circumnavigates Bogus Basin Resort. Darren Lightfield, Wild Rockies, 3www.wildrockies.com

Sep 13: Flowing Lake Triathlon
Snohomish, WA. Registration from 6:45am. Race starts at 8am. 400m swim, 14-mile bike, 1.9-mile

run. All USAT categories. Rory Muller, BuDu Racing, 253-833-8866, www.buduracing.com

Sep 13: Grand Columbian 2008
Grand Coulee, WA. Ultra, full and half distances. Amazing high desert scenery. Swim in Banks Lake. Ride across the dam. USAT National Championship. Total Health Events, 360-325-0715, www.thegrandcolumbian.com/

Sep 19-21: Port Angeles Senior Games
Port Angeles, WA. The Senior Games are all about encouraging men and women age 50+ to make exercise and fun a year-round habit. 18 different sports! D. Bellamente, 360-457-7004, www.portangelesseniorgames.com

Sep 20: USAT National Age Group Championship
Portland, OR. Distance: 1.5 km/40 km/10 km. Athletes must qualify for this event and be 18+ by year end. Jeff Dyrek, Team USA, 719 597-9090, www.usatriathlon.org/

Sep 21: Oyster Race Series
Seattle, WA. Cure triathlon monotony and the swim-bike-run routine; come have fun with our run-bike-paddle-skate-trek-climb and other stuff that makes this event so darn fun "routine." 3 divisions - traditional, 6-person team and family-fun. Team-Sage Productions, Inc., 970-221-5007, www.oysterracingseries.com

Sep 21: Vancouver Muddy Buddy Ride & Run
N. Vancouver, BC. Get dirty! Start at Camp Brick. Teams of 2, 1 run, 1 biking. Conquer 5 obstacles while you leap frog, switching from biking and running throughout the course. Obstacles consist of tire/hay bale challenges, mud pit, rope challenge, etc. Free kids race. Teri Taylor, Cove Communications, 888-788-4645, www.covecommunications.ca/muddybuddy.htm

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

Sep 27: MOMAR - Cumberland
Cumberland, BC. Part of Mind Over Mountain Adventure Race series. 40-50km course. 10km kayak, 20km MTB, 10km trail running and mystery challenges. For beginners to advance racers. Moderate navigation. Solo or teams of 2 or 4. Approximated finish time 4-8 hours. Bryan Tasaka, MOMAR, www.mindovermountain.com

OCTOBER

Oct 12: Dirty Du
Yamhill, OR. Flying M Ranch. Start time 10am. MTB duathlon: 5-mile trail run, 15-mile MTB leg with 65% single-track. BBQ and camping. X Dog Events, 971-223-2825, www.xdogevents.com

CYCLO-CROSS

SEPTEMBER

Sep 6: Crosstoberfest
Kenmore, WA. St. Edward State Park. Generous cash payouts and swag, pre-race trail run, beer garden and of course, the wild and crazy team relay race. Ragnarok Racing and Second Ascent, 206-291-7773, www.ragnarokracing.com

Sep 6: 542 Cross
Bellingham, WA. Silver Lake State Park. A, B, C classes. First start at 9am. www.cyclocrazed.com/

Sep 7: Krugers Kermesse Farm Crit
Sauvie Island, OR. Criterium-style race on farm roads! Same great location as the Kruger's Crossing cyclo-cross race, so expect a fun and spectator-friendly event. All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007

Sep 8: Vanport Kermesse 2
Portland, OR. 6 km lap. Smooth to rough pavement. Day-of reg only. Jeff Mitchem, 503-233-3636. www.obra.org

Sep 11: Thrilla Cross Series
Bend, OR. See "Race Series" for details. Kevin Gorman, Webcycclery, 541-318-6188, www.webcycclery.com

Sep 13: Pain on the Peak
Hillsboro, OR. Fast and technical course with a mix of narrow trails and open space. First start at 9am. A, B, C Masters, Women and singlespeed. Cash and prizes. Portland Velo and Sunset Cycles. Matt d'Elia, 971-570-7995, www.portlandvelo.net

Sep 13: Team Coastal Cross
Delta, BC. North Delta Watershed Park. First start at 10am. BC Cup #1. teamcoastalcycling.com

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

Sep 14: Krugers Kermesse Farm Crit
Sauvie Island, OR. Criterium-style race on farm roads! Same great location as the Kruger's Crossing cyclo-cross race, so expect a fun and spectator-friendly event. All ages - all levels - all bikes allowed. Kris Schamp, 503-466-9007

Sep 15: Vanport Kermesse 3
Portland, OR. 6 km lap. Smooth to rough pavement. Day-of reg only. Jeff Mitchem, 503-233-3636. www.obra.org

Sep 16: Eugene Short Cross Series
Eugene, OR. At Camp Harlow. First start at 6pm, Men B, Masters, Men C, Women B and Junior W. 6:35pm: Men A, Women A, Single-speed. 1.25 mile course. MTB and cross bike legal. Kav Bork, 541-221-9239, www.obra.org

Sep 18: Thrilla Cross Series
Bend, OR. See "Race Series" for details. Kevin Gorman, Webcycclery, 541-318-6188, www.webcycclery.com

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

Sep 20: Star-Crossed Cyclocross
Redmond, WA. Twilight cyclo-cross event presented at Marymoor Velodrome. Fast and spectator friendly course surrounded by a festive atmosphere. Beer garden, raffle, food and music. Race start at 2:15pm, headlining event starts at 8pm. UCI C2 sanction. NACX Trophy event #1 Terry Buchanan, Broadmark Capital / Lake Washington Velo, www.hagensbermancycling.com

Sep 20: Teton Brewing's Octoberfest
Victor, ID. In conjunction with festival. 1.2 mile laps, 2 run ups and more. www.mooscross.com
Sep 21: Rad Racing Grand Prix
Lakewood, WA. NACX Trophy event #2. UCI category 2 events. Jim Brown, Rad Racing NW, www.radracingsnw.com

Sept 21: KFCX #1
Klamath Falls, OR. Moore Park. See "Race Series" for details. Lilian Schiavo, 541-892-7894, obra.org

Sep 23: Eugene Short Cross Series
Eugene, OR. At Camp Harlow. First start at 6pm, Men B, Masters, Men C, Women B and Junior W. 6:35pm: Men A, Women A, Single-speed. 1.25-mile course. MTB and cross bike legal., Kav Bork, 541-221-9239www.obra.org

Sep 25: Thrilla Cross Series
Bend, OR. See "Race Series" for details. Kevin Gorman, Webcycclery, 541-318-6188, www.webcycclery.com

Sep 27: Eagle Island Cross #1
Eagle, ID. First start at 10:30am.. www.idahocyclocross.com

Sep 27: Escape Velocity 'Cross
Coquitlam, BC. Town Centre Park, BC Cup. First start at 9:30. A, B, C group. BC Cup #2Escape Velocity Club. www.escapevelocity.bc.ca/gpcx

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

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

Sep 28: Seattle Cyclocross Series #1
Snohomish, WA. Evergreen High. Seattle Cyclocross, www.seattlecyclocross.com

Sep 28: KFCX #2
Klamath Falls, OR. Ridgewater location, See "Race Series" for details. Lilian Schiavo, 541-892-7894, www.obra.org

OCTOBER

Oct 2: Thrilla Cross Series
Bend, OR. See "Race Series" for details. Kevin Gorman, Webcycclery, 541-318-6188, www.webcycclery.com

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

Oct 4: Team Peninsula Cycles 'Cross
Surrey, BC. New course. BC Cup #3. http://teampeninsulacycles.ca

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

Oct 4: Bikes and Brews Cross Race
Tamarack Resort, ID. Registration opens at 7:45am. http://idahocyclocross.com

Oct 5: Cross Crusade #1
Portland, OR. See "Race Series" for details - Alpenrose Dairy location. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

Oct 5: KFCX #3
Klamath Falls, OR. Ridgewater location, See "Race Series" for details. Lilian Schiavo, 541-892-7894, www.obra.org

Oct 5: Team Wedgewood 'Cross
Vancouver, BC. Jericho Park. BC Cup #4. Wedgewood Cycling Club, www.teamwedgewood.com

Oct 11-12: Canadian Nat'l Cyclo-cross Championships
Edmonton, AB. UCI Jim Horner GP (open to all) and Nationals presented at Argyll Park. Don Fox, Juventus Cycling Club, www.canadian-cycling.ca

Oct 11: Salem CCX Series #1
Salem, OR. Evan Plews, 503-949-4879

Oct 11-12: Sandy Point Cross #1
Sand Point, ID. Start at 8am. idahocyclocross.com

Oct 12: Cross Crusade #2
Portland, OR. See "Race Series" for details - Location: Wilsonville. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

Oct 12: Seattle Cyclocross Series #2
Seattle, WA. South Seatac location. Seattle Cyclocross, www.seattlecyclocross.com

Oct 12: KFCX #4
Klamath Falls, OR. Ridgewater location, See "Race Series" for details. Lilian Schiavo, 541-892-7894, www.obra.org

Oct 18: Psycho Cross #2
Eugene, OR. Sal Collura, 541-747-3336

Oct 18: Eagle Island Cross #2
Eagle, ID. www.idahocyclocross.com

Oct 18: S. Oregon Cyclocross #1
Ashland, OR. See "Race Series" for details. Jena Jensen, 541-899-9190

Oct 19: Cross Crusade #3
Portland, OR. See "Race Series" for details - location Rainier High School. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

Oct 19: Seattle Cyclocross Series #3
Summer WA. Kelly Creek. Redline Cup event. Tentative - check website to confirm. Seattle Cyclocross, www.seattlecyclocross.com

Oct 19: West Coas Racing 'Cross
Vancouver, BC. Vanier Park. BC Cup. http://westcoastracing.ca

Oct 25: S. Oregon Cyclocross #2
Ashland, OR. See "Race Series" for details. Jena Jensen, 541-899-9190

Oct 25: Salem CCX Series #2
Salem, OR. Evan Plews, 503-949-4879

Oct 25: Belly Cross
Bellingham, WA. Details to follow. http://cascadecross.com

Oct 25-26: Cross Crusade #4/5
Astoria, OR. See "Race Series" for details. Clatsop County Fairgrounds. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

Oct 25-26: Sandy Point Cross #2
Sand Point, ID. Start at 8. idahocyclocross.com

Oct 26: Seattle Cyclocross Series #4
Tacoma, WA. Steilacoom. St Jude's Charity race. Tentative - check website to confirm. Seattle Cyclocross, www.seattlecyclocross.com

Oct 26: Local Ride Pumpkin 'Cross
Maple Ridge, BC. BC Cup.localride.ca.

NOVEMBER

Nov 1: Psycho Cross #3
Eugene, OR. Sal Collura, 541-747-3336

Nov 1: S. Oregon Cyclocross #3
Ashland, OR. See "Race Series" for details. Jena Jensen, 541-899-9190

Nov 1-2: Crosstoberfest
Hailey, ID. http://idahocyclocross.com

Nov 2: Cross Crusade #6
Portland, OR. See "Race Series" for details. Barton Park location. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

Nov 2: Seattle Cyclocross Series #5
Auburn, WA. Donida Farm. FSA feature. Tentative - check website to confirm. Seattle Cyclocross, www.seattlecyclocross.com

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

Nov 8-9: SSCXWC & Cross Crusade #7
Portland, OR. See "Race Series" for details. SS-CXWC qualifier on Saturday, TT style format, most race with same bike on Sunday 60 minute race for men and women. Portland Int'l Raceway. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

Nov 9: Seattle Cyclocross Series #6
Bremerton, WA. Bremerton Fairgrounds Seattle Cyclocross, www.seattlecyclocross.com

Nov 9: Kona Adobe 'Cross
Fort Langley, BC. Aldor Acres Farm, BC Cup. www.steamerracing.ca

Nov 15: Psycho Cross #4
Eugene, OR. Sal Collura, 541-747-3336

Nov 15: S. Oregon Cyclocross #4
Ashland, OR. See "Race Series" for details. Jena Jensen, 541-899-9190

Nov 15: Crossquiltam
Coquitlam, BC. BC Cup. First race at 9:30am. Escape Velocity. www.escapevelocity.bc.ca

Nov 15: Wolley Cross
Bellingham, WA. Details to follow. <http://cascadecross.com>

Nov 15-16: Sandy Point Cross #3
Sand Point, ID. Start at 8. idahocyclocross.com

Nov 16: Cross Crusade #8
Hillsboro, OR. See "Race Series" for details. Washington County Fair Complex. Brad Ross, Club Vivo, 503-806-6943, www.crosscrusade.com

MTB RACING

SEPTEMBER

Sep 6-7: Burn the Winter Coat Weekend
Lacey, WA. Capitol Forest. Saturday: XC race. 15-mile short loop XC, 21-mile long loop. Sunday: Super D - 6-mile + 300-2100' super downhill. Final series award presented. King and Queen \$500. Mattheu Denuelle, Friends of Capitol Forest, 360-204-6207, capitolforest.com/races2008.html

Sep 7: Dash Point Fat Tire Fest
Federal Way, WA. Dash Point State Park. For riders of all ages and abilities. Raise money to maintain the trails and bridges. 2- or 6-mile ride. Poker Run loop. Win prizes and cool stuff. Skills contest, bike toss, Jeep pull. BBQ, snacks and beverages. Phil's South Side Cyclery, www.teamtailwind.com

Sep 7: Pistis Short Track #4
Grants Pass, OR. See "Race Series" for details. Steve Law, Pistis Ministries, 541-944-5566, www.pistis.us

Sep 13-14: Scotty Graham Memorial DH #4
Mt. Hood, OR. Downhill event. Saturday training, Sunday race. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 14: Bogus to Boise BANZAI Super D
Boise, ID. Bogus Basin Mountain Resort. Good fun for beginners to the top pro racers. First timers' classic race. All categories. Start on top of Deer Point chairlift with LeMans 1. Part of WRS. Darren Lightfield, Wild Rockies, www.wildrockies.com

Sep 14: Marathon Duncan
Port Alberni, BC. Cross-country event. Part of Island series. Experience Cycling, www.islandcupseries.com

Sep 14: Mt. Ashland Hill Climb Championships
Ashland, OR. TT up Mt. Ashland. Start at Lithia Park. 18 miles. All categories start at 9am. Registration opens at 7:30am. Follows old Spring Thaw route on 2060, then 2080 to join access road after Bull Gap. Last two miles paved. 6500' elevation. Richard Hogan, 541-664-8751

Sep 14: Pistis Short Track #5
Grants Pass, OR. See "Race Series" for details. Steve Law, Pistis Ministries, 541-944-5566, pistis.us

Sep 20: Cheakamus Challenge Fall Classic
Squamish to Whistler, BC. Oldest, toughest XC race in Canada. Marathon event. Come celebrate pain! Starts at the Squamish airport, finishes in Whistler. Grant Lamont, Endorphin Enterprises, 604-938-1799, www.cheakamuschallenge.com

Sep 20-21: NCCA Collegiate Championships DH, ST and XC
Boise, ID. USA Cycling/NCCA Regional Conference - Bogus Basin Kamikaze DH, Hari-Kari Short Track, ST and Samurai long course XC. Series championship for Wild Rockies and for the Northwest Collegiate Conference. Darren Lightfield, Wild Rockies, www.wildrockies.com

Sep 27-28: Shiloh's Showdown - Series Finals
Mt. Hood, OR. Saturday DH training and Sunday race at Mt. Hood Skibowl. Mt. Hood Skibowl DH Series Finals. FR Cup series finals. Petr Kakes, Hurricane Racing, 503-272-0146, www.skibowl.com

Sep 28: Rhododendron Ramble
Parksville, BC. 60km epic mountain bike ride. Arrowsmith MTB Club, www.arrowsmithmtbclub.com/events.htm

Sep 28: The Ramble
Parksville, BC. Cross-country event. Part of Island series. Arrowsmith MTB Club, islandcupseries.com

OCTOBER

Oct 26-28: USAC Collegiate MTB Nationals
Banner Elk, NC. www.usacycling.org

MTB TOURING

SEPTEMBER

Sep 12-14: Umpqua River MTB Adventure
Bend, OR. Ride 50+ miles of single-track on the technical North Umpqua River Trail. This lush trail ranges from steep climbs to fast, flowing, let-it-rip descents. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com/bike_tours

Sep 21: Olympic Discovery Bike Adventure
Port Angeles, WA. 50 miles Olympic Discovery Trail. Port Angeles to Sequim. MTB with semi-slick or smooth tires. Start at City Pier. City of Port Angeles Park and Rec, 360-417-4550, www.olympicdiscoverybike.com

Sep 28: Rhododendron Ramble
Parksville, BC. 60km epic mountain bike ride. Arrowsmith MTB Club, www.arrowsmithmtbclub.com/events.htm

OCTOBER

Oct 3-5: Bike and Brew Weekend
Bend, OR. The best that Bend has to offer: mountain biking and beer! 47 miles of singletrack over 3 days. Cog Wild Bicycle Tours, 866-610-4822, www.cogwild.com

Oct 3-5: Methow Valley Fall Festival
Winthrop, WA. 3 days of bicycling bliss throughout the Methow Valley! Music, a potato bar, beer garden & random prizes at the Winthrop Barn & Park. Races and tours. Julie Muyllaert, Methow Valley Sport Trails Association, 509-996-3287, www.mvsta.com

Oct 17-19: Bend's Big Fat Tour
Bend, OR. 1, 2, or 3 days of guided mountain bike rides in Central Oregon. Fully supported group rides that encourage you to leave your techno devices at home and just enjoy the ride. Earn your "No Whiners" patch by completing all 3 days. 800-818-1902, www.bendsbigfattour.com

ROAD RACING

SEPTEMBER

Sep 6: 36th Annual Bogus Basin Hillclimb
Boise, ID. Triple Crown #3. Mike, George's Cycles, 208-343-3782, www.georgescycles.com

Sep 6-7: BCMCA #20/21
Mill Bay, BC. Saturday: short hill climb, 600m, starts at 3pm. Sunday: 65km road race on rolling to hilly roads. Starts at Cherry Point Vineyards at 11am. Sunday: double points. Ian Birch, BC Masters Cycling Association, 250-477-6475, www.bcmasterscycling.net

Sep 7: Mt. Baker Hill Climb - Ride 542
Bellingham, WA. 24.5 miles, 4300' of climbing from Glacier to Artist's Point on Route 542. Gradual grades dominate until the last 2.5 miles, where it turns skyward. Recreational riders start at 8am, racers between 8:30 and 9am. Supports the Ken Meyer Memorial Foundation. Charlie Heggem, NorKa Recreation, 360-303-1717, www.norkarecreation.com

Sep 9: PIR Handicap Series #2
Portland, OR. See "Race Series" for details. Charles Warner, www.obra.org

Sep 14, 21, 28: Group Health Kids Bike Series
Spokane, WA. Kids from 5 to 11 years old race various distances, any bike will do. Marla Emde, Emde Sports, www.emdesports.com

Sep 14: Mt. Ashland Hillclimb
Ashland, OR. TT up Mt. Ashland. Starts at Lithia Park. 25 miles. All categories start at 9am. Registration opens at 7:30am. First 10 miles rolling, the rest climb. 6500' elevation. Richard Hogan, 541-664-8751

Sep 16: PIR Handicap Series #2
Portland, OR. See "Race Series" for details. Charles Warner, www.obra.org

Sep 18-21: Times Colonist Cycling Festival
Victoria, BC. Includes the Bear Mountain hill climb on Thursday, a Critrium on Saturday and Bastion Square road race on Sunday. Louise Hodgson Jones, National Team Training Center, 250-744-5531, www.victoriacyclingfestival.com

Sep 19-21: Port Angeles Senior Games
Port Angeles, WA. The Senior Games are open to men and women age 50 +. 20-mile time trial. Course along smooth paved roads with very light auto traffic. D Bellamente, 360-457-7004, www.portangelesseniorgames.com

Sep 20-21: Ring of Fire 12/24hr Time Trial
Maupin, OR. 24-hour racers complete a 157-mile day loop and turn circles around Maupin all night long. 12-hour racers do a shorter version. Register as solo, team or tandem for either event. George Thomas, 541-760-1024, raceacrossoregon.com

Sep 23: PIR Handicap Series #2
Portland, OR. See "Race Series" for details. Charles Warner, www.obra.org

ROAD TOURING

Sep 5-8: Emerald City Lights Bike Ride
Seattle, WA. Features an 18-, 30- or 65-mile routes. 5km walk. Proceeds to benefit "Our Daily Bread Basket," helping to feed families in need. Patricia Hansen, 253-709-1530, www.emeraldcitylights-bikeride.org

Sep 6: 17th Annual Bike the Bluff
Seattle, WA. Popular neighborhood fundraiser gives participants the option to walk or ride a 4- or

6.5-mile loop around Magnolia, then enjoy a picnic and a dip in "Pop" Mounser pool. Start at 10am at the Pop Mounser Pool. Damien, 206-675-7480, www.bikethebluff.org

Sep 6-7: Bicycle Trek for Life and Breath
Fraser Valley, BC. An exhilarating, fully supported, 2-day 200km ride along rural roads with mountain views and waterfront scenery of beautiful British Columbia. Supports long health. Marissa Wag-horn, BC Lung Assoc., www.bicycletrek.ca

Sep 6-13: Cycle Oregon
Various, OR. Weekend at the Beach. A fully supported, 7-day bicycle tour that travels 300-400 miles through Oregon. Spend the night in 5 different communities. Registration includes support, campsites and some of the best scenery in the West! Ingrid Nysten, Cycle Oregon, 503-287-0405, www.cycleoregon.com

Sep 6: Dylan Dean Generosity Bike Ride and Community Picnic
Osburn, ID. A spectacular north Idaho rails-to-trails bike path following the Coeur d'Alene River to the lake. Rides from a few miles to 104. Funds donated to the Shoshone County Cancer Support Organization. Nancy Clough, friendsoftrails.org

Sep 6: GFCC Century Fun Ride
Grand Forks, BC. 50- and 100-km rides through beautiful Grand Forks area. Anton Kew, Grand Forks Cycling Club, grandforkscyclingclub.com

Sep 6-7: Oregon Coast Cycling Festival
Gold Beach, OR. Five separate fully supported routes with numerous rest stop/checkpoints. Chip Weiner, Oregon Coast Cycling Festival, 541-251-0063, oregoncoastcyclingfestival.com

Sep 6: Pedaling the Muse
Seattle, WA. Designed for cyclists who prefer serenity and serenity to crowds and chaos. Limited to 200 riders. Includes ferry ride, T-shirt, finish line reception and 25-miles of cycling on the pristine Olympic Discovery Bicycle Trail. Minimum fundraising \$250 - no entry fee. Benefit PAFAC. PAFAC, www.pafac.org

Sep 6: Quiche Brevet
Peace Region, BC. Randonneur event. 200km Brevet. 75km and 150km also available. Wim Kok, BC Randonneurs, www.randonneurs.bc.ca

Sep 6-29: Ride the West
Portland, OR. Fully supported 23-day, 1400-mile bicycle tour from Portland, OR to Newport Beach, CA. Join the ride for the full distance or just part of it. America by Bicycle, www.abbike.com

Sep 6: Tour de Cariboo
Williams Lake, BC. Fun ride, race or relay that takes participants over beautiful scenery and varied terrain. Banquet following with free overnight accommodation. Big Brothers Big Sisters of Williams Lake, 250-398-8391, www.bbswlake.com

Sep 7: 100km Brevet Mountain
Seattle, WA. The SIR "Mountain 100km (62mi) brevet" climbs every hill we could find in the Issaquah Alps. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Sep 7: Headwaters Century
Enumclaw, WA. 3 gorgeous routes (45, 65 or 100 miles) for beginner and advanced riders near the headwaters of the Green River in King County, including Black Diamond and Maple Valley. Tacoma Wheelmen's Bicycle Club, 253-272-6747, www.twbcc.org

Sep 7: High Pass Challenge - HPC
Seattle, WA. A new challenge, 114mi 7500ft elevation gain event through the pristine Gifford Pinchot Wilderness Area - novices should abstain. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Sep 7: Mt. Baker Hill Climb - Ride 542
Bellingham, WA. 24.5 miles, 4300' of climbing from Glacier to Artist's Point on Route 542. Gradual grades dominate until the last 2.5 miles, where it turns skyward. Recreational riders start at 8am. Supports the Ken Meyer Memorial Foundation. Charlie Heggem, NorKa Recreation, 360-303-1717, www.norkarecreation.com

Sep 7: Rona MS Bike Tour - Kamloops
Kamloops, BC. Gear up for fun, for a challenge, for a cure. Minimum fundraising \$100. Food, entertainment, road support crews and awards for fundraising. Great scenery. MS Society of Canada, 604-602-3221, www.mssociety.ca

Sep 7: Sunnyside Century
Bend, OR. One of the oldest Oregon centuries. 65-mile and century ride around Mt. Bachelor. Susan Bonacker, Sunnyside Sports, 541-382-8018, www.sunnysidesports.com

Sep 7: The Century Ride
Comox, BC. 3 separate loops. 100 or 160km, or shorter distance available. Visit the Comox Valley like never before. Starts at 9am. Supports YANA, a nonprofit organization that support families facing children's medical crisis. Black's Cycle, www.blackscycle.ca

Sep 7: Tour d'Coeur
Osburn, ID. Choose the 33 miles on the Centennial Trail along the scenic beauty of Lake Coeur d'Alene, or the 66-mile loop with grades of up to 14% as it leaves the trail and heads up on the surrounding hills. All routes are paved. Rest

stops fully stocked. Benefit the American Cancer Society. Nancy Clough, American Cancer Society, 208-772-6245, www.acsidaho.org

Sep 13-14: 600km Brevet
Seattle, WA. 600km (373mi) event. Mark Thomas, Seattle Int'l Randonneurs, 206-612-4700, www.seattlerando.org

Sep 13-27: Big Ride Pacific Coast
Seattle, WA. Challenging ride along the coast line from Seattle to San Francisco. Fully supported. 15 days, 960 miles. Registration \$150 and minimum fundraising \$2,000. American Lung Assoc. of WA, www.cleanairadventures.org

Sep 13: Chafe 150
Sandpoint, ID. A one-day bicycle ride just under 150 miles around the perimeter of Scotchman Peaks wilderness area. CHaFE is a new fundraiser organized by the Panhandle Alliance for Education (PAFE) to support early childhood literacy in North Idaho. Brad Williams, Panhandle Alliance for Education, 208-265-5959, chafe150.org

Sep 13-14: Group Health Bike MS Ride
Mt Vernon, WA. Start at Skagit County Fairgrounds. Scenic journey through Skagit, Whatcom, and Island counties. 2-day, fully supported bike tour with route options up to 150 miles. Stocked rest stops every 10 miles, 6 full meals, overnight entertainment. Benefits the National MS Society. Rosanna Jensen, National MS Society of WA, 800-344-4867, www.nationalmssociety.org/was

Sep 13: Tour deVine Bike and Wine Tour
Wenatchee, WA. Bike and wine tour. Wenatchee to Peshatin and back, winding through 50 miles of orchard and vineyard land, ending with a scrumptious feast. Alberg Sports, 509-663-0425, www.tourdevine.com

Sep 14: Cascade Spawning Cycle
Seattle, WA. 30-mile recreational ride around Seattle, following the salmon migration. Great for families. Cascade Bicycle Club, 206-522-3222, www.cascade.org

Sep 14: Chuckanut Century Bicycle Ride
Bellingham, WA. Ride one of the most scenic rides in WA. Distances range from 25, 50, 62, 100 or the double metric century of 124 miles. Ride support and food stops. Doug Schoonover, Mount Baker Cycling Club, www.mtbakerbikeclub.org

Sep 14: Fall Isle-Lander
Victoria, BC. 200km brevet. Start at Moka House on Cook St. Raymond Parker, BC Randonneurs, 250-388-5365, www.randonneurs.bc.ca

Sep 20: 6th Kootenai River Ride
Bonners Ferry, ID. Fall view and spectacular scenery along the Kootenai River and travel to all Boundary County locations. 100, 60 or 16km routes. First start at 8am at the County Fairgrounds. Fully supported, long sleeve T-shirt and baked potato feed included. Bonners Ferry Rotary Club, www.ruralnorthwest.com/rotary

Sep 20-21: 7th Annual Oregon Covered Bridge Festival
Albany, OR. New venue. The guided and self-guided tours of 6 covered bridges now start at Timber Linn Park in historic Albany. Maps for the self-guided tour will be available at the festival grounds. Judy Prindel, Covered Bridge Society of Oregon, 541-928-0911, www.covered-bridges.org

Sep 20-27: Arthritis Foundation's California Coast Classic Bicycle Tour
San Francisco, CA. 8-day tour from SF to LA down the coast that benefits the Arthritis Foundation. Fully supported. Amy Robertson, Arthritis Foundation, 323-954-5760, www.californiacoastclassic.org

Sep 20: Basin Bike & Build
Klamath Falls, OR. Awesome, scenic & flat 12- to 100-mile rides. Well supported, family friendly. Entry fee helps to build simple decent homes. Enjoy cycling our scenic vistas while raising money for affordable housing. Klamath Basin Habitat for Humanity, 541-883-2481, www.klamathbasinhfh.org

Sep 20: Ride the Rogue
Rogue River, OR. Relatively flat, easy terrain through beautiful forests, along rivers, and across valleys of southern Oregon. 100-, 65-, 30-mile or 6-mile family ride available! Starts at Palmerton Park. Benefits the Rogue River Recreational Corridor & Greenway. Shayne Maxwell, Rogue River Greenway Foundation, www.ridetherogue.org

Sep 20: Ride4US F
Tacoma, WA. Heart-pounding hills, breathtaking scenery & fun for the whole family. All new routes - no more ferries! Ride across the new Tacoma Narrows Bridge to Gig Harbor! 5 distances from 5 to 62 miles. Families enjoy Fun4Us festival at Pt. Defiance Park. Fully supported. Kids 10 & under free. Courses open at 7:30am. Diego Wendt, Ride4US, www.ride4us.org

Sep 20-21: Tour des Lacs
Spokane, WA. Ride from Spokane to Coeur d'Alene and back. 2-day cycling tour, multiple route & mileage options, boat cruise on Lake Coeur d'Alene. Wendy Bailey, Round & Round Productions, 509-455-7657, www.roundandround.com

Sep 20-22: Trek Tri Island
Anacortes, WA. 3 days of biking in the beautiful San Juan Islands with a base camp in Friday Harbor. Must raise \$450 to participate. Meals provided. American Lung Assoc. of WA, 206-441-5100, www.cleanairadventures.org/

Sep 21: Fall Flatlander 200
Fort Langley, BC. Starts at 7am at Lion's Hall. Route follows Abbotsford, Chilliwack, Rosedale, Vedder and Huntingdon. 200km. Keith Fletcher, BC Randonneurs, www.randonneurs.bc.ca

Sep 21: Olympic Discovery Bike Adventure
Port Angeles, WA. 50 miles on the Olympic Discovery Trail that winds through valleys and along the shoreline. Port Angeles to Sequim. Start at City Pier. City of Port Angeles Park and Rec, www.olympicdiscoverybike.com

Sep 21: Peach of a Century
Salem, OR. 100-mile and 100km routes. Start/finish at Chemeketa Community College. The 100-mile goes through Jefferson, Roaring River, Mehama & Stayton. The 100km is generally flat and goes through Jefferson and Stayton. Rest stations have food, water & sport drinks, restrooms. Scott McCanna, Salem Bicycle Club, 503-375-6139, www.salembicycleclub.org

Sep 27: Dam2Dam Thumbs Up! Bike Tour
Wenatchee, WA. Help find a cure for paralysis! 25-, 50- or 100-mile ride along the beautiful Columbia River. Rocky Reach Dam to Well Dam and back. Benefits the Mike Utley Foundation for spinal cord research. Mike Utley Foundation, 800-294-4683, www.mikeutley.org

Sep 27: Gran Fondo
Walla Walla, WA. 22-, 30- or 60 mile ride through wine country. Optional stops at wineries. Starts at Walla Walla Community College Campus. Other event include wine tasting, horseback riding, walk of strength. Benefit the patient of the Cancer Center. Mardi Hagerman, Providence St. Mary Regional Cancer Center, www.smmc.com

Sep 27-28: Group Health Wine Country Trek
Yakima, WA. Yakima to Prosser and Back. Fully supported 2-day ride in conjunction with the Prosser Hot Air Balloon Festival. Gourmet Dinner, lots of fun, limited to the first 250 riders \$100 online only Apple Valley Kiwanis, 509-972-8803, www.desertvalley.com/rides

Sep 27: Tour de Whidbey
Whidbey Island, WA. Choose 10-, 40-, 50- or 100-mile routes on mostly rural roads. 50 and 100 are challenging rides and varied terrain. 40 is moderate, 10 family friendly. Beverly Walton, Whidbey General Hospital Foundation, 360-321-7656, <http://whidbeygen.org>

Since 1984 **BICYCLE ADVENTURES**

...a lifetime of memories in a handful of days

800-443-6060
www.BicycleAdventures.com

You got a problem, dude?

By MAYNARD HERSHON

Do you sense an increasing anti-cyclist hostility from our non-riding neighbors? No wonder, as a growing number of our cyclist brethren are doing their daily best to annoy drivers and pedestrians.

And they're succeeding. Drivers are angrier than ever. My walking neighbors are angry, too. They've been scared or startled by cyclists on sidewalks they used to feel safe on.

There have always been resentful motorists who have been affronted on the streets and pedestrians who have been harassed on the sidewalks by cyclists. But never so many as now.

Something has changed. More cyclists feel it's cool to do whatever they want on the streets; no matter who's offended, no matter who's watching, and no matter how in-your-face their acts may be. It's the trend.

They'd deny it though. We're just riding our bikes, they'd say; how you feel about it is your business, dude. Your problem.

Maybe, as minorities in the traffic world, they feel they must push back, refuse to make nice and refuse to follow the dictates of the law or of conventional manners.

Perhaps they feel that as cyclists they are the barons of the boulevard, the Rambos of Maple Street. Whatever fantasies or rationalizations they use to make their scofflaw behavior "cool," they are only "cool" in their bathroom mirrors.

My guess is, they're short-term cyclists. They won't be around long enough to break

in their saddles, let alone watch the backlash they've uncaringly been provoking. While they're around however, they're poisoning our well; they're peeing in the pool.

Writing about them in the BP will accomplish nothing. If there is a power of the pen, and I'm not sure there is, no power in my pen will change the behavior of that segment of the cycling population—not one bit. They would rather upset me than eat a hot meal.

My friend Brendan and I chatted over coffee an hour ago. He suggested that many of these people (the habitual stop-sign-and-red-light runners, wrong-way riders, those who choose busy, urban thoroughfares instead of quiet streets marked "bike route" one block away, sidewalk riders and inappropriate lane riders) are newbies who don't know better.

I don't believe that. We're not talking about folks we've always had among us, guys who lost their licenses, homeless people of a few down-on-their-luck pedalers.

We're talking about people who have made careful choices based on their feeling that they are an urban elite, for whom the rules do not apply.

Ask yourself: When a young man or woman assembles a custom bicycle exclusively for urban use—for dense, unpredictable, stop-start traffic—and that person chooses not to install even one brake, what does that say about the individual?

Look around. Count the brakeless fixies. Note other clichés. The absence of lights, even

tiny blinking taillights. The bare heads. The unusual handlebar shapes, the riveted leather saddles and the riders' pronounced bent-forward positions on their bikes.

Do you believe that those choices were casual? Do you believe that the New Urban Cyclist is too dumb or preoccupied to understand that visibility, head protection and mechanical stopping power could be benefits or even lifesavers?

If a cyclist opts for a brakeless bike, what does that mean about his or her intent to obey the law, to become a part of the normal flow of traffic? If that person's commute involves a dozen stop signs or stop lights, how many of those will he or she obey? Right.

A brake-free cyclist has chosen to blow through signals and signs as a practice. He built up his bike to make riding in traffic a death-defying entertainment. He has moved the Xtreme Games right here to our downtown streets.

To himself and his buddies, he looks like a "rad" outlaw. To drivers, he looks like us.

We've never been loved out there, but we've never insulted drivers so flagrantly or so often. I'm not saying that brakeless, clueless fixie riders are the entire problem. They're merely carrying the flag at the front of the urban habitual violator parade.

Brendan told me he was riding down a hill in Denver and came to a four-way stop. Just as he stopped, two cyclists riding in opposing direc-

tions simultaneously ran the stop signs on the cross-street. Had Brendan also blown through his stop sign, he'd have hit them both.

As I see it, we've got a massive image problem and no hint of a solution; but this column won't help. The offenders will be pleased I wrote about them. Anything I criticize must be cool.

If these people lived and rode in Ghost Town, NM, and their antics only scattered the chickens in the dusty plaza, I would not care. But they don't live in remote New Mexico. They live down the street. They ride past our building. They upset our neighbors.

Maybe if I stay home for a few days and watch a couple of long DVD documentaries, *The Rise and Fall of Whatever* or *The Civil War*, when I go back outside they'll have gone on to whatever's next and forgotten their bikes.

Wouldn't THAT be the day! Glory, hallelujah! Riding in traffic will go back to being merely

dreadful. Whatta relief...

Bulletin: Scott Taylor of Salvagetti Cycles here in Denver tells me that as many as 20% of his urban single-speed customers are coming in to buy touring bikes, notably (at his store) the ready-to-travel Jamis Aurora. He concludes (and I agree): they're into the riding, not just the style.

Is that cool...or what?



MARKET PLACE

WILD HEART CYCLING

Glorious Green Getaways throughout Oregon, California, Vermont and the Willamette Valley Wine Country

Toll free: 877-8-GOWILD (877-846-9453)
New Website www.wildheartcycling.com

perfect wheels

the conscientious bicycle shop.

www.perfectwheels.net 7009 roosevelt wy ne seattle 206.522.1933

CycleItalia.com

MORE

PHOTO GALERIES
LINKS
ARCHIVES
NEWS

VISIT WWW.BICYCLEPAPER.COM

Read

Ride

Subscribe

BICYCLE PAPER

team estrogen.com

Where Style Meets the Road

Visit us online to shop our complete selection of women's cycling, triathlon and fitness apparel.

CALENDAR

OCTOBER

Oct 4: CASA's Ride Through Paradise
Klamath Falls, OR. One of the Northwest's premier cycling events featuring 4 courses (10, 25, 60 & 100 miles) that meander through picturesque Klamath County. Rob Stum, Klamath Falls CASA, 541-891-9530, www.kfcasa.org

Oct 4: Manastash Metric Century **BAW**
Ellensburg, WA. Annual tour through the Kittitas county. 100 miles to Suncadia Resort, 62 miles to Cle Elum, 33 miles to Thorpe, and 11-mile rides available. Weather usually sunny and pleasant. Registration 7:30-9am. Kristine Turley, United Way of Kittitas County, www.drier-ride.org

Oct 4-5: Methow Valley Fall Bike Festival
Winthrop, WA. 2 days of bicycling bliss throughout the Methow Valley! Choose from 2 guided tours on Saturday: 70-mile charity ride navigating the rural roads of the Methow Valley, or century through the Methow and Okanogan Valleys. Methow Valley Sport Trails Association, www.mvsta.com

Oct 5-10: California Redwoods Tour
Santa Rosa, CA. Combines California's Russian River Wine Country, majestic redwood forests and the spectacularly beautiful Lost Coast. Includes hiking and biking. All levels. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 5: Kitsap Color Classic
Edmonds, WA. Multiple loops from 14 to 64 miles

around Kitsap Peninsula. Registration includes ferry fare. Start from Kingston or Edmonds. David Douglas, Cascade Bicycle Club, 206-522-3222, www.cascade.org

Oct 11-18: California Challenge
Santa Rosa, CA. Ride where the professionals train! Goes over California's Coast Range, touches the coast and heads back again, tackling challenging terrain. Levels: intermediate to advanced. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Oct 12: Harvest Century
St. Paul, OR. Celebrate the coming of glorious fall by traversing rolling hills around the bountiful Oregon countryside. The Northwest's last organized ride features 3 pumpkin-marked courses (45, 75, 102 miles), a ferry ride, great support, microbrews and live bluegrass music at the festive finish. Rebecca Miller, www.harvestcentury.org

NOVEMBER

Nov 2-8: Hawaii
Kona, HI. Ride parts of the Ironman course; explore coffee country and the volcano lands and cycle little-known routes many others miss. Luxury tour includes biking, hiking and boat cruise! Budget tour dates also offered. Also available: 11/2, 16, 30; 12/28. Bicycle Adventures, 800-443-6060, www.bicyleadventures.com

Nov 3: Verboort Sausage
Forest Grove, WA. 100km RUSA. Start at Mc-

Menamin's Grand Lodge. Oregon Randonneurs, www.orrandonneurs.org/

TRACK

SEPTEMBER

Sep 5, 12: Friday Night Racing
Redmond, WA. See "Race Series" for details. Marymoor Velodrome Assoc., 206-957-4555, www.velodrome.org

Sep 11, 18, 25: Alpenrose Thursday
Portland, OR. See "Race Series" for details. Mike Murray, OBRA, 4318 SE 8th Ct., Portland, OR, 97080. 503-661-5874, www.obra.org

Sep 11-13: USAC Collegiate Track Nationals
Colorado Spring, CO. 7-Eleven Velodrome. www.usacycling.org

OCTOBER

Oct 1-5: USAC Elite Track Nationals
Carson, CA. ADT Event Center. www.usacycling.org

NOVEMBER

Nov 7-9: Fall Challenge
Burnaby, BC. Racing for A and B categories, including Madison. Includes kiddie kilo. Burnaby Velodrome, burnabyvelodrome.ca

The BICYCLE DOCTOR

Mobile Repair Service

206-789-7336

www.BIKEDOC.com

- Since 1990 / All Work Guaranteed...
- Fast, Friendly, Convenient, On-Site Service
- \$10 Off / 2 Hour Minimum With This Ad



Bike Shop Needed

Snohomish Historic Shopping District. Mecca to weekend bicyclists!

Phone: Patrick Plaza - 206-300-3100

Website: <http://www.MarhartProperties.com>

Form-Fitting



The Civia Hyland's versatile sliding dropouts provide an ideal platform for the Rohloff Speedhub. Also available with Shimano's Alfine hub or XT hub and derailleur—Hyland marries the best to the best. A lot of companies talk about blending form and function; the Hyland exhibits form-fitting function.

Learn how Civia fits your lifestyle at civiacycles.com.

civia

*Gear Up,
Get On and Go
with Greenlight*

Ride into a new realm of action and fun with Greenlight, a free interactive bike network from Civia. Part online game, part real-world competition, Greenlight lets you join teams, create custom leagues and crush rivals from around the world. Loaded with handy calculators and tools, Greenlight makes it easy to chart your progress and set new goals. Share stats and chat with teammates in Greenlight's community forum. Or meet up with local cyclists for the ride to work. However you do it—it's your ride. And Greenlight says go.

Greenlight—It's where
your life is going

www.greenlightride.com



greenlight

START THINKING 2009



Get your event listed in the

2009 Northwest Tour Guide & Northwest Race Guide

Both booklets are invaluable resources used by the region's cyclists to plan their season and discover new events. Make sure they know about yours! It's never too early to submit your dates and information and it is free!

To submit your event go online at www.bicyclepaper.com, send an email to editor@bicyclepaper.com, or mail the details to Bicycle Paper, 68 S. Washington St, Seattle, WA 98104. Guides will be distributed at the end of February 2009.

Have photos of your previous ride? Send them our way; it may land on the cover!

Wish to advertise? Contact sales@bicyclepaper.com or call 206-903-1333

Beyond the Northwest

Don't forget our Rocky Mountain Racing Guide and Tour Guide, to give your event exposure beyond the Northwest, and reach out to riders from Colorado, New Mexico, Utah and Wyoming.

BICYCLEPAPER