

Changing How We See Bikes



Photo courtesy of Ryan Hashagr

Ryan Hashagr, owner of Cascadia Cabs, uses his fleet of pedicabs to easily move people around town while keeping his carbon footprint to a minimum.

By SARA RAPOSO

In recent years, the term “sport utility vehicle” has taken on a new meaning. What once was most routinely referred to as “those gas-guzzling, off-road yet always on-the-road beasts,” can now be applied to a more elegant and compact vehicle: the bike. More and more people are turning to bicycles as their preferred mode of transportation, transforming them into load-carrying vehicles. But unlike their gas-powered brethren, sport utility bikes “SUBs” provide riders with a healthy, low-cost alternative to carrying, towing or storing cargo.

With close to 1.4 billion bikes and only about 400 million automobiles in the world, the bicycle is the most popular vehicle on the planet. In China alone there are more than 500 million bikes in use every day. In America, bicycles have often been perceived as leisurely vehicles, something to ride on the weekends when the weather is nice, or to burn a few extra calories after a week of eating out. To go for a bike ride meant you were participating in a recreational activity or a cycling competition, rather than traveling between locations for any necessary purpose.

In parts of nearly every other continent, riding a bike is something else entirely. In places where roads are marginal, or dense populations and complicated street systems make meandering through traffic rather impossible, bicycles are the go-to method of traveling. Used to transport all kinds of cargo, ranging from meat

to mail, these SUBs make the transfer of goods from one place to another easy, affordable and timely.

From simple handlebar baskets, to rear panniers, to hitched-trailers, the cargo-carrying capacities of some of these bikes are endless. Whether it’s riding down the block, dropping the kids off at school or moving across town, people are now turning to their bikes.

Oakland, California-based Xtracycle is a leading force in transforming the bicycle as simply a means of transportation to a necessary utilitarian vehicle. After 10 years on the forefront of the cargo-carrying bike industry, the company has expanded its product line, which includes hitchless trailers, known as Retrofit Kits, that affix to an existing bike. They also make Complete Kits — bikes designed with trailers already installed. A special kind of hitchless trailer called a Free Radical allows cyclists to carry many cargo items of their everyday life, such as a week’s worth of groceries, a surfboard, even another person.

For those attempting to transport a large load, something more durable and extensive may be required. Colin Stevens, a Seattle-area bike mechanic and custom trailer builder, has taken the cargo-carrying theme to the extreme. Rather than renting a U-Haul, Stevens explains that his heavy-load trailers have been used to move everything from one house to another. Hauling up to almost 1,000 pounds of furniture and boxes at one time,

SEE CARGO BIKES ON PAGE 5

HEALTH

Lactate Testing – Not Just for the Pros Anymore

By JIM HATTORI

A recent video posted on the Carmichael Training System website shows Lance Armstrong undergoing a lactate test in the training studio of his bike shop, Mellow Johnny’s. He is shown pedaling his bike on a stationary trainer while former teammate Kevin Livingston periodically pokes his finger to extract a drop of blood, which is drawn into a handheld lactate tester. Chris Carmichael, Lance’s long time coach, and Dean Golich, an associate of Carmichael, engage in a quick-fire discussion of the results. Golich notes Armstrong’s lactate level is lower than a test performed the week before at the same power output, 425 watts. Carmichael adds that at 300 watts (a level all but professional cyclists would find taxing) Armstrong’s lactate level is the same as his resting

level. The excitement in their voices clearly shows that Armstrong is on the right track in his Rocky Balboa-like comeback bid.

Lance, like many professional cyclists and top endurance athletes, relies on lactate testing to guide his training and measure its effectiveness. For quite awhile, these tests were only available to elite athletes. However, with the advent of affordable lactate analyzers and the development of an innovative measurement protocol, virtually all levels of endurance athletes can take advantage of this proven testing method.

What is lactate and why is measuring it so useful? First, it’s important to clear up some popular misconceptions. The body produces lactate, not

SEE LACTATE TESTING ON PAGE 2

TRANSPORTATION

Recumbent – A Different Looking Bike

By NICOLA FAIRHEAD

There is no denying that recumbent bicycles are ... eye-catching. But what is the appeal of this odd looking invention? What is it that can lure a cyclist off of his upright bike? I spoke to three experts: Gary Dagastine of Northwest Recumbent Cycles Inc., in Post Falls, Idaho; Dale Clark of Angle Lake Cyclery in Seattle, Washington; and Clay Smith, Founder of the Wasco Wild West 75 — a race specifically for tandem and recumbents in The Dalles, Oregon — to discover why anyone would be interested in this type of bike.

Vendors Dagastine and Clark both agreed on the primary appeal — a fairly obvious one — comfort. Gary Dagastine came across this specialized design “by accident.” His wife suffers from MS and doesn’t have the strength

to use a standard bicycle. A recumbent proved to be the perfect alternative. Dagastine also took up the sport and has been a faithful convert ever since. He “wouldn’t even consider riding cross-country on an upright,” but says a comfortable recumbent is a different story.

Even a cursory glance could probably give you an idea of the benefits comfort-wise. For starters, you are sitting on a cushion rather than a “slice of pie,” as Dale Clark puts it. “Early adopters were generally comfort-oriented,” says Clark. Unlike standard bicycles, recumbents provide back support and put less stress on the rider’s neck and wrists. Back and neck pain, as well as numbness, are all but eliminated by the recumbent

SEE RECUMBENTS ON PAGE 8



CAUTIONARY TALE

Manyard comments on poor driving skills while he wishes for an ejection seat.

PG 19



BURN CALORIES

Will you take the Rails-To-Trails pledge and choose to walk and ride more?

PG 4



UP NORTH

Vancouver to turn two traffic lanes over to cyclists to make commuting easier over bridge.

PG 7

"LACTATE TESTING" FROM PAGE 1

lactic acid, and it doesn't cause sore muscles or fatigue. In fact, certain muscles in the body, such as slow-twitch fibers, use lactate as a fuel source. Further more, lactate plays a critical role in replenishing the body's muscle and liver glycogen stores.

At rest or at light activity levels, the lactate produced in our bodies is assimilated through these processes. However, as the activity level is increased, more lactate is produced than can

markers such as heart rate and power output provides a comprehensive view of a person's metabolic efficiency.

In the Carmichael Training System video, the focus was identifying Lance's lactate (or anaerobic) threshold—the level of intensity where his lactate level showed a dramatic increase. Identifying the lactate threshold is useful in designing high intensity workouts and in measuring progress at this intense level of effort. Juerg Feldmann and Herb Chlebek of FaCT Canada have developed another concept, the lactate balance point, which they believe is a more useful measure and one which has more relevance to the everyday athlete.

Feldmann and Chlebek's (FaCT) test for finding the lactate balance point is simple and straightforward. It can be done on a stationary trainer or treadmill and usually takes about 45 minutes to complete. The first part of the test involves a series of three-minute steps at increasing levels of intensity until the effort is strenuous but not all-out.

At this point there should be a high level of lactate in the system and the first lactate sample is taken. Then, the athlete ratchets down the intensity before performing a series of slightly harder efforts. Initially, the lactate level will go down as the body's metabolic system is able to process the accumulated lactate. However, at some point, as the efforts get harder, a greater amount of lactate is produced than can be

processed and the overall lactate level begins to rise.

This lactate balance point represents the maximum intensity, measured by heart rate or power that a person can sustain and still metabolize the lactate being produced by the working muscles. It is typically found in the range of 70-80% of a person's maximum heart rate, but for some people it can be as low as 60% or as high as 90%. Feldmann has coached athletes, like Ryder Hesjedal, of the Garmin-Slipstream team, who have been able to raise their lactate balance point close to their maximum heart rate.

Knowing your lactate balance point will help you become a better rider. You'll know how hard you can go on a climb or during a long time-trial without blowing-up. You could call the lactate balance point your metabolic "sweet spot." Go above it and you'll eventually pay the price in terms of slower speed or fatigue. It will help your training as incorporating some long intervals around the lactate balance point is one of the best ways to improve your overall cycling fitness.

The FaCT test also identifies a set of personalized sports training zones based on the lactate balance point and other data collected during the test. This information can be the cornerstone for developing a comprehensive training program.

Through proper training, a person can raise their lactate balance point in four to six weeks, which means they can go faster or harder before becoming fatigued. A streamlined version of

the FaCT test can document such progress or suggest changes in a person's program. While the elite athlete might undergo follow-up tests



Photo courtesy Heidi Swift Photography

Technological advancements and simpler protocols make lactate testing readily available to all levels of cyclists, no expensive lab necessary.

every two weeks during their peak training, the everyday athlete would get the maximum value by repeating the test two to three times during the course of a season.

Maybe you're looking to upgrade from a Category 4 to a Category 3 road racer, or maybe you're seeking a way to complete your next century ride without hitting the wall at mile 80. If so, take a page from Lance's training guide and see how lactate testing can help you achieve your 2009 cycling goals.

Jim Hattori is owner of Athlos Sports Consulting, LLC, whose mission is to provide state-of-the-art physiological testing to endurance athletes of all levels. He is conducting FaCT lactate tests at Corpore Sano in Kenmore, WA. Questions about lactate testing can be directed to jim@athlossportsconsulting.com



Photo courtesy Heidi Swift Photography

A few drops of blood, a lactate tester and an indoor trainer are the tools required to perform lactate testing.

be directly utilized, so the lactate level rises. We've all experienced what happens next: our breathing becomes labored and our muscles start to fatigue.

Though it's not the cause of the discomfort, sports scientists believe lactate levels are directly correlated with the factors that cause fatigue and limit performance. They have also found that measuring lactate levels against other



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FROM THE EDITOR

Bicycle Paper is Growing

Bicycle Paper welcomed a new staff member during the winter season; Darren Dencklau joined our team last December as Assistant Editor. A recent Colorado transplant, Darren is no stranger to the Northwest region, as he worked and rode in the Portland, Oregon area for a couple of years. An avid mountain biker who enjoys road and off-road touring, he rides and races a singlespeed and commutes to work daily — the winter snow did not



Photo by Bicycle Paper

stop him. Well versed in all facets of the sport and industry, he previously penned a regular cycling column for *The Durango Herald* where he worked as special magazines editor. Darren brings his vast experience of the sport and his writing and editorial skills to the *Bicycle Paper*. A contributor to other cycling publications, his most recent article appeared in *Dirt Rag Magazine*. Darren will be handling advertising sales, contributing to the editorial content and leading the development of a more dynamic and interactive BicyclePaper.com publication.

You can meet and chat with Darren and the staff of Bicycle Paper at the Seattle Bike Expo (booth 49) on March 14-15 or send him an email at Darren@bicyclepaper.com.

The Guides are Out

The 2009 *Northwest Tour Guide* and *Northwest Racing Guides* are now available at your favorite bike shop. We will be handing them out at Bike Expo and they are also available for download from our BicyclePaper.com website. Filled with a complete calendar of events, closer looks at events, and riders and feature stories and tips, the guides are the perfect companions to your cycling season. A Rocky Mountain version of both guides is also available.

TRANSPORTATION

The Fate of the Yellow Bicycle

By NICOLA FAIRHEAD

As bike-sharing networks took center stage at the 2008 Pro Walk/Pro Bike Conference in Seattle, it made me wonder about a past attempt in the Northwest. Whatever happened to Portland's Yellow Bike Project? In late 1994, Portland had the national media buzzing over its new bike-sharing program, but what has happened since then?

The concept behind the program was dazzlingly simple. Collect used bicycles, get them into working order, slap on some yellow paint and release them to the public; no membership fees, no solar-powered holding stations, just a fleet of yellow bicycles.

In an interview by Marla Williams that was published in the *Seattle Times* on December 28, 1994, Yellow Bike Project founder Tom O'Keefe expressed his surprise that "even hard-nose news types" were "blown away" by his idea. "It's like, sharing is radical news," he told Williams.

Williams also spoke to Brian Lacy, then director of Portland's Cycling Community Center (CCC, co-sponsor for the project). Lacy described the project as an example of "common sense to achieve a common good."

The public was so enamored with this project that there was no initial shortage of donations. The paint and signs that adorned the donated bikes were provided free of charge by a sign-making store and two local auto shops. Along with widespread popular support and media attention, the project even received the city's endorsement, complete with a warehouse to work in.

But what became of all those good intentions? Have people actually been "sharing" for the last 14 years?

Unfortunately not.

Though it took place before her time, Alison Hill Graves, current director of community and programs for the CCC, offered an abridged version of the Yellow Bike Project's demise. Managing the project was "very challenging," says Graves. "The funding was incomplete, the maintenance was challenging and people kept keeping the bikes."

"But there was a nugget within the idea that made a lot of sense: some people need bikes, but don't have access to them," she adds. That basic idea has been "revised" and transformed into the CCC's Create-a-Commuter program, part of its larger Earn-a-Bike program. The Create-a-Commuter program allows participants (low-income adults) "to earn their own free bikes while learning basic bike safety." The CCC helps "about 250 people a year" through its various Earn-a-Bike programs, says Graves.

Joe "Metal Cowboy" Kurmaskie is also keeping the spirit of bike sharing alive in Portland, and hopes to ignite it in cities across the U.S. On August 9, 2009 (the day of Bridge Pedal in Portland), Kurmaskie's "One Million Bicycles" will feature upwards of 100 simultaneous cycling rallies across the country, with an ultimate goal of getting one million cyclists together to raise awareness about the numerous benefits of cycling, according to the press re-

lease. Along with providing food, music, activities and presentations on Oregon Congressman Earl Blumenauer's National Bike Bill, the rallies will also feature bicycle giveaways. For every dollar of the five-dollar registration fee of each rally across the U.S., 75 cents will be put towards repairing donated bikes and purchasing new ones for a cross-country giveaway. Through this project, Kurmaskie aspires to provide one million bicycles to create a movement of new riders nationwide.

Other bike sharing reincarnations include the Austin Yellow Bike Project (YBP), founded in 1997 that is still thriving. Unlike the original project, the Austin YBP is a "bicycle collective,"

with a community bike shop that acts as "a free educational facility, open to anyone who wants to learn about fixing and riding bikes," according to their official website. Though the organization continues to release yellow bikes for communal use, the main focus has

shifted to education, especially since many of the bikes released are taken for personal use and painted over.

The original Yellow Bike Project may have been too bare-bone to survive, but its newest variation may have what it takes to last. External funding is proving to be a necessity for successful bike sharing networks such as Montreal's Bixi and Washington, DC's Smart-bike DC. Although the membership fees and time restrictions may seem like a far cry from O'Keefe's original vision, these new networks share the same basic principle: providing bicycles for the public good.

For more info about the One Million Bicycles Movement, visit: onemillionbicycles.org.



Bixi, the newest bike sharing program

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Burn Calories, Not Carbon!™ Committing to Active Transportation

By NICOLA FAIRHEAD

In the face of the numerous crises affecting Americans today, Rails-to-Trails Conservancy (RTC) has devised a simple way for individuals to do their part to help themselves and their communities - an earnest pledge. No donations required, no legally binding contracts, just a simple commitment to walk and bike more and to drive less. As their tagline goes, how else can you "simultaneously tackle high gas prices, an obesity epidemic, budgetary shortfalls and an increasingly polluted planet?"

RTC points out that "nearly half of all trips in the United States are three miles or less, and the vast majority of these trips are still taken by car." Simply choosing to walk or bike rather than drive on smaller trips is a quick and painless way to combat some very serious matters. The pledge drive started in late 2007, after the launch of RTC's 2010 Campaign for Active Transportation at the Trailink 2007 Conference in Portland, Oregon. Since then, over 10,000 people have pledged to burn calories, not carbon.

As well as demonstrating each individual's dedication to healthier and more eco-friendly living, with each pledge "individuals are also sending a message to their political leaders that they want more active [non-motorized] transportation options in their communities," says Kartik Sribarra, manager of policy outreach for RTC. On a larger scale, the Burn Calories not Carbon!™ pledge drive is part of a grassroots movement to show policymakers the extent of public interest in developing transportation alternatives.

A non-profit organization, RTC describes itself as "the largest transportation recycling program in the country - helping turn unused railroad lines into trails." By preserving rail corridors through conversion into trails, RTC

has sought to promote "active transportation" nationally, working on a state and national level to advocate policies that will facilitate human-powered transport.

The benefits are extensive, demonstrating significant positive return as a transportation investment. In October 2008, RTC published a report titled "Active Transportation for America," which quantified the benefits of increased investment in bicycle and pedestrian infrastructure. According to RTC, promoting biking and walking alongside driving and public transit will lead to "increased mobility, improved public health, economic development, cleaner environment and enhanced community." Active transportation is not being put forward as a way to completely eradicate the car, but rather as a way of making travel more fluid altogether. Ideally, new infrastructure will facilitate alternating between methods.

Currently, the 2010 Campaign for Active Transportation is one of RTC's highest priorities. The campaign seeks to build off of the Nonmotorized Transportation Pilot Program featured in the 2005 federal transportation bill - SAFETEA-LU (Safe, Accountable, Flexible and Efficient Transportation Equity Act: A Legacy for Users). The original program awarded \$25 million to four communities (Marin, Calif.; Minneapolis, Minn.; Sheboygan, Wis.; and Columbia, Mo.) to invest in infrastructure that would promote active transportation and urban mobility. As SAFETEA-LU expires in 2009, RTC has seized the opportunity to appeal to Congress before the next federal transportation reauthorization in the hopes of gaining additional funding for more communities. RTC wishes to expand the program from the original four pilot communities to at least forty and to increase each community investment from \$25 million to \$50 million. Sribarra adds that they "aim to



Photo by Bicycle Paper

Use your commute time to improve your health and mood.

cast a wide net to enable those communities that are interested and willing to put in the work to be engaged in order to maximize the return on such an investment." Ultimately, the more communities that express a sincere interest and commitment to the campaign, the more attention it will gain on a national stage.

As part of the campaign, RTC has collected case statements from communities across the country (including Seattle, Puyallup and Spokane, Wash., as well as Eugene and Portland, Ore.) that have essentially spelled out how each would apply \$50 million to promoting active transportation, and what the projected benefits would be. After the application deadline passed on June 30 2008, the collected statements were used to devise the "Active Transportation for America" national case statement that will be put before Congress.

If Congress shows support for the plan, they will then take charge in terms of designating funding and exacting policy. However, Sribarra emphasizes that the future of the campaign remains uncertain: "It's as yet unclear how

many communities will be involved, which communities will be designated, what the level of funding will be, or even if the campaign will be successful at all; our goal is to empower communities to advocate for themselves."

The main priority thus far has been to empower communities to make the case for active transportation on their own. But as Sribarra noted, even if the campaign does not result in targeted active transportation funds, it has still energized communities across the country, uniting them for a common cause and reminding them that active transportation is a wise and essential community amenity that yields significant benefits. Regardless of the outcome in the upcoming federal transportation reauthorization, hopefully the communities that have taken part will continue to promote active transportation - not to completely take over the role of the car - but to act as the Active Transportation report states, as "the missing piece in our transportation system."

For more information on the campaign or to take the pledge, visit www.railstotrails.org

NEWS

BC Bike Race to Start in Vancouver, BC

BC Bike Race (BCBR) is breaking new ground at this year's event with participants riding over the Lions Gate Bridge to reach the legendary trails of the North Shore. The 1938 landmark is the gateway to BC's singletrack and will provide a spectacular start to the event.

"To be the best mountain bike race in the world we must include the North Shore," stated Dean Payne, who originally brainstormed the BCBR.

The North Shore, considered one of mountain biking's birthplaces, has produced numerous professional riders, cultivated a range of riding styles and developed innovative trail building techniques that are currently in use the world over.

Vancouver's North Shore now joins the list of the other amazing BC Bike Race venues that reads like the "where's where" of the finest in West Coast mountain biking - Vancouver Island, Cumberland, the Sunshine Coast, Squamish and, of course, Whistler.

BCBR runs June 28-July 4 and goes from Vancouver to Whistler the long way. Detours include riding through some of the best singletrack trails on Vancouver Island, the Sunshine Coast and Squamish. The event sold out in 2008 and with 68% of the 2009 entries already snapped up, it won't be long before it sells out again. For more information, visit www.bcbikerace.com

National Bike Summit 2009

On March 10-12, bicycle advocates from around the country will converge in Washington, DC, for the National Bike Summit. Led by the League of American Bicyclists, numerous regional and national organizations, such as the International Mountain Bike Association, Bicycle Alliance of Washington and the Bicycle Transportation Alliance of Oregon, and indus-

try leaders will be attending the event to make a strong case for expanding federal support for bicycling as active transportation and recreation. In addition to meeting with Congress representatives, workshops on policies and programs are on the agenda. For additional information about the event and how to get involved visit www.bikeleague.org

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- NEW ORLEANS -

"CARGO BIKES" FROM PAGE 1

the need and expenses for a moving truck were completely eliminated.

"I hope that more and more people will come to find that large cars are not necessary to move things, [and that] you can move things by your own human power," says Stevens.

Bicycles are not only useful for carrying cargo of the inanimate variety. Special trailers and carriages have been created that also allow cyclists to bring along passengers, including family, friends and paying customers.

Burley, a 30-year veteran of the cycling gear and accessory business, is a leader in the manufacturing of child trailers, which gives parents the ability to tow their children. The company has also introduced cargo and adventure trailers



Almost everything can be hauled by bike

and, more recently, pet-specific products. With the Burley, or any other similar equipment, picking up the kids from school, taking them to a friend's house or simply riding around town with them no longer requires car seats or minivans. As Burley's marketing manager Amanda Schulze puts it, "we have a strong customer base of moms and dads who are not only looking for a bicycle trailer, but want one vehicle that can jog, stroll and ski all in one."

Utility bikes have also tapped into the taxicab business, installing rickshaw-like devices on the back of bicycles. Cascadia Cabs, a Bellingham, Washington-based pedicab business, provides taxi services and tours via bicycle, which have become increasingly popular. Company owner Ryan Hashagen's inspiration stems from a desire to make a positive social and environmental impact in our oil-dependent society. Upon hearing that the Washington State Department of Transportation was in talks to rebuild the Alaskan Way Viaduct along Seattle's waterfront, Hashagen decided that simply creating more space for cars was not the answer.

"I thought it was a ridiculous idea and I thought pedicabs should be part of the dialogue about Seattle's transportation infrastructure," Hashagen explains.

Starting with a one-cab force in Bellingham, Hashagen soon expanded Cascadia Cabs, which now operates 46 "urban chariots" in Vancouver, BC; Seattle, Wash.; Portland, and Eugene, Ore. The goal, Hashagen says, is to help "our car-based society and infrastructure transition into a pedestrian society, because we are all pedestrians at our core."

As far as the bicycle's transformation from simply a means of transporting a single rider to now being able to carry large cargo such as passengers, Hashagen explains that it's inevitable. Citing the history of the bicycle's popularity in our country, Hashagen calls the tricycle and the bicycle "some of the most intelligent means of transportation the Industrial Revolution came up with."

However helpful these utilitarian bikes can be, though, they are not for everyone. To carry a load including people, furniture, or even another bicycle, requires a bit more stamina and endurance than carrying say, nothing. Even the strongest and healthiest of riders have difficulty lugging a cargo load up a steep hill.

Enter the electric-assist. These bikes, with the help of an electric motor, make the movement of heavy freight much easier and much less painful.

Segue Fischlin, creator of the Frankentrike, has combined the power of the motor with the

simplicity of the bicycle pedal to help make the transport of large loads easier. The Frankentrike is essentially an assisted trike that can accommodate 500 pounds of cargo.

"These machines are extremely flexible and can fill a wide range of needs," Fischlin explains. "They are a form of motorized transport which is quiet, non-polluting and non-isolating, [and] I can travel a total distance of 350 miles on 70 cents in electricity ... The same distance in my minivan costs \$70 in gas."

Fischlin, who says she builds the Frankentrike to help benefit the community and the environment, has traveled 1,000 miles over the past 18 months on her red trike, covering much of the difficult terrain the Seattle area presents. It's this experience, coupled with feedback from her customers, that has helped the Frankentrike evolve into a vehicle that can accommodate anyone's cargo-carrying needs.

SUBs are paving the way for new and innovative uses of the standard bike, and it seems that America is catching on to the many benefits they offer. Bike riding is moving from leisurely activities or sport, to practical uses, utilizing vehicles that can carry the same loads as any car or truck. As the popularity of trailers, hitches and modified bikes grows, so will their uses.



Xtracycle makes carrying cargo easy

NEWS

Seattle Cyclist Dies After Collision with Automobile

By DARREN DENCKLAU

On Wednesday, Feb. 4, 2009, Kevin Black was killed in an accident involving an automobile while riding his bicycle near a busy intersection in Seattle's Ballard neighborhood. He was traveling southbound when a woman driving a van proceeded to do a u-turn in front of him, forcing the cyclist to abruptly swerve left before colliding with and then going under the van's rear wheels.

Paramedics responded promptly but the injuries were too severe to resuscitate him. He died on the way to Harborview Medical Center shortly after the accident occurred.

An avid cyclist and father of two girls, Kevin was a regular fixture in the local racing scene. He was a team rider for Alki/Rubicon Racing, a local group of riders who compete in cyclocross, road and mountain bike races.

Alki/Rubicon Racing's website states that Kevin was "A proud dad of two future racers, Megan (12) and Emily (9), he cranks out 150-mile weeks commuting with his girls to school, then to work, training during lunch, plus racing on weekends." You can visit the website at www.alkirubiconracing.com.

Aaron Erbeck, a teammate and friend of Kevin's, spoke about his big heart and said, "Kevin was infectious. He was always positive,

the nicest guy you'll ever come across."

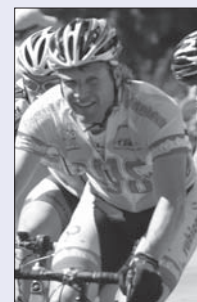
Memorial services for Kevin were held on Saturday, Feb. 7. On the following day more than 200 riders gathered near the site where Kevin died. Many of those who attended did not know the deceased but showed up to give their condolences to the fallen cyclist, the family he leaves behind, and to unite the cycling community. The large group then rode to Golden Gardens Park where a celebration of his life took place.

The story quickly spread throughout the Northwest, particularly in Seattle,

raising heated discussions on topics such as bicycle safety, motorist and bicyclist laws and

proper etiquette. Some debaters on local blog sites have chosen to take sides, adding to the motorist vs. cyclist mentality. Regardless of who was at fault in this tragic accident, if there was, everyone hopes that improvements will be made to ensure it is safer to use alternative modes of transportation like bicycles.

Our condolences go out to Kevin's family, friends, teammates and especially to his two daughters he leaves behind.



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Superman Winters in Costa Rica

By JOE "METAL COWBOY" KURMASKIE

Jesus drives a 1983, midnight blue BMW through dawn's early light at speeds that would frighten a veteran NASA test pilot. We careen for Costa Rica's capital as though pursued by stampeding rhinos or an airborne plague. For some reason I'm not concerned; this is quite out of character. Control freak is on my family crest. See it up there, right below the pint of Guinness and that sack of potatoes? Those are in fact, images of my ancestors' backseat driving from the front seat. At some point my ancestors must have given up all trust in their fellow man and taken up bicycling. Now there's an activity where it's all you. No one to point fingers at, if you misjudge the turn or don't spot the black ice.

This morning, though, I've gone against my DNA. It has to do with the casual posture Jesus assumes behind the wheel. If I didn't have a clear view of his eyes I'd swear my host is asleep. A big man with a bad comb-over, Jesus is Central America's version of Dom De Luise, but damn, the way he's handling himself, so deeply situated in the bucket seat of this mint condition sports car, driving with Steve McQueen offhanded confidence, I can't help but relax. Besides, he assures me that if I had locked my bike up at the bus station in downtown San Jose, it would be a memory upon my return.

And there's always the vagabond traveler's code to consider; the one regarding suspension of common-sense safety rules when on foreign soil. Tourists wear money belts and fanny packs and move about with authorized carriers, I ride with Jesus. Perhaps I shouldn't have told him that I prefer arriving at bus stations early.

Also keeping my fear factor down was growing up in the South, the birthplace of NASCAR. I know from boys and their cars — though I haven't owned one bigger than an appliance box in quite awhile — that Jesus hasn't put this much time and money into his "Beamer," given it a woman's name and air brushed it across the hood; he would do whatever it takes to keep her upright and unblemished. I'm probably just jealous because I named my bicycle after a small dog and there's not enough surface area on a top tube or a stem to airbrush anything cool like a dragon or something.

"Today, you'll become Superman," Jesus says, removing his remaining hand from the wheel to imitate something taking off. "Today, you fly without wings."

And here I thought I was going to a nature park, canopy viewing for wildlife. Sure, there's ropes, pulleys, cables and some aerial swings, but obviously Jesus has a warped view of the scope of his country's canopy tours.

"Not the canopy stuff," he winks as he speaks. In my experience, the winking thing always spells trouble when it's delivered from a portly gentleman with a bad comb-over, before sunrise — regardless of continent or hemisphere.

"I've set it all up. You're going to try out and write about our Superman. It's my cousin's park's crowning achievement."

With this, I nod and grip tightly as Jesus threads the needle between four lanes of bridge traffic, causing me to forget all about Superman.

"Stand on the scale so we can determine which equipment we should use." My guide is holding something that looks like a hang gliding rider sack, harnesses and a three foot long slotted piece of metal. I can't help thinking the sack could double for a body bag.

It's noon.

While the rest of the tourists from the canopy tour eat a barbecue lunch far below, I'm about to "ride" between two towers, soaring 45 stories above a rainforest river. I'm told I will reach speeds of 90 miles and hour for a distance of nearly two miles before being brought to a gentle stop using a specially designed series of leather and block brakes. Because the starting tower is higher than the end tower, they explain that it will feel like I'm flying into the trees and picking up speed, but at that point I will actually be slowing down. I will need to watch the man with the bright orange flags standing on deck at the other tower. If he raises the flags, then I'm to extend my arms out as far as possible and think of my hands as being webbed as I use them to add to the overall wind resistance. Use my what to do what!

I'm already lying on what resembles a cushioned exam table. I lie in the sack on my stomach as an unseen hydraulic device lifts the table into place and then begins tilting the back of the table up. I look up at what I've been attached to - think of a hang glider again, except there's no wing, you and that sack are attached to a fat cable by several industrial-sized bungy cords and that big piece of greased and slotted metal.

An electronic voice counts down in Spanish; Tres, Dos, Uno....

Oh s*!t ... A gate, like the ones used in Olympic downhill, opens as the table retracts and I glide into space, building speed with each passing yard.

It's the silence that hooks me first. Then, shortly after, the feeling that I'm not attached to anything. We've all dreamed of flying, not that Delta Airlines tin can farce, but arms out in front, like - Jesus, you crafty bastard, like Superman. For my money, and I was comped by a magazine, mind you, it was the most liberating 87 seconds since Springsteen encored with a Jungleland/Streets Of Fire/Darkness On The Edge of Town electrified baptism of music during my fifteenth summer on planet Earth.

The river below is a razor-thin line for the first 40 seconds, but as I fly lower, coming in hot and fast over the green canopy, the river swells to flood level and exotic fowl flush from the treetops when I rush over them. One strange bird I am in my Mountain Hardware dry-fit shirt and hiking boots.

My first landing is flawless. The orange flags wave frantically and I web my fingers for all they're worth. I practically run back

up the tower for another ride. It's crack for the *Outside Magazine* crowd. It's not until I'm suspended for the fourth time that I recover my journalistic skills. As the sound of the hydraulic table lifting me up locks in place, I call out to the guide.

"Tell me something. How long has The Superman been in operation?" I ask.

My guide stands up, a wide smile emerging - proudest SOB on the planet. "In September, it will be a full half of one year," he proudly claims.

Never one for numbers, even I'm able to do math this simple.

"One month? This thing has only been running for a

month?" Normally, I prefer a five-year clinical trial but - I did ride with Jesus earlier today.

Tres, Dos, Uno....

I promised myself at that moment that if I lived I would never leave the ground, my bike, or my control behind again.

Joe "Metal Cowboy" Kurmaskie's new stories, rants, riffs and slideshow from his recent Canadian adventure will soon be the book "Mud, Sweat and Gears," due out Spring 2009.

Literary Rides With



The Metal Cowboy

NEWS

Bike Alliance Takes Over Management of Bikestation Seattle

By DARREN DENCKLAU

Management of Bikestation Seattle has been officially taken over by the Bicycle Alliance of Washington. Bikestation offers 24-hour, 7-days a week bicycle parking access with restrooms and lockers, bike stands, basic tools and a vending machine stocked with items such as tubes, tire levers and patches for self repair. They also have a bicycle mechanic and retail store, provided by JRA Bike Shop, that is open during normal business hours to assist its members.

Service plans for the Bikestation start as low as \$15 per month or a \$2 pay per use fee. Members are given an electronic card key for 24-hour entrance to the Bikestation. Parking a bike without a membership or service plan is free from 9 a.m. to 5 p.m. Monday through Friday.

The location of Bikestation is convenient to those who use the Metro Transit system, the train depot, water ferries and for those who work downtown and don't have access to indoor bike storage.

The Bicycle Alliance of Washington is an advocacy organization that promotes ways to make the state more bike-friendly and provides numerous services to the area's cycling population. The program was developed to get more people on their bikes and to provide education and promote programs like Share the Road and Safe Routes to School.

Bikestation is located next door to Bicycle Alliance's headquarters at 311 3rd Avenue South in downtown Seattle. BAW's offices have moved to 309a 3rd Ave. South. For more information on Bikestation and the Bicycle Alliance of Washington, visit bicyclealliance.org or call 206-224-9252.

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Attorney at Law

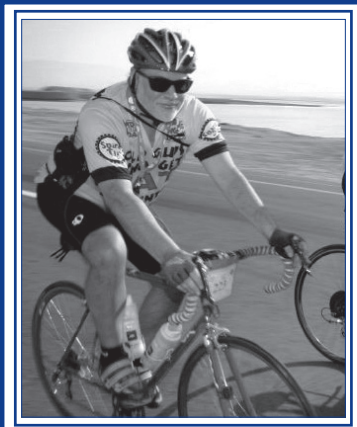
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BICYCLEPAPER

Build It and They Will Come

By JOE SALES

More than a few years ago, while living in the South Bay area of California, I used a multi-use pedestrian and bike path on a daily basis. It was a north-south pathway that wound and undulated along a riverbed, providing cyclists a safe and car-free access across town and, for me, access to mountain biking trails in the Santa Cruz Mountains. There was hardly ever much traffic on the pathway — pedestrian, bike or otherwise. Even so, you really had to pay attention while riding it because of its circuitous nature. There were lots of blind corners and steep ups and downs with sweepers that could easily lead to head-on collisions with other riders, walkers, runners or in-line skaters.

During the last year living there, I was looking for a place to do some speed intervals. I was hoping to carve a little time

off my annual Sea Otter cross-country race time and the pathway was an entirely inappropriate place for going fast in any way whatsoever.

At that time, California was finishing what was then being touted as the last great section of California interstate — an eight-lane connector. The then uncompleted roadway just so happened to cross my usual bike path and one weekend evening, while out riding, temptation got the better of me and I scrambled down the bank and onto the not yet opened freeway.

It was pure road bike glory, eight lanes of perfectly smooth, brand new concrete and not a soul in sight. I could put my head down and ride as hard as I wanted, virtually worry free. The joy of so much protected roadway was, however, never going to last. The freeway was slated to open a few months later, so I decided to ride it as much as I could while it was still possible. My first escapade on the unopened road turned out to be the only time I was the sole cyclist in sight. The next time out, there were a few other riders, and each time after that, more and more cyclists shared the pavement — far more than I had ever seen in almost four years of riding the adjacent bike pathway.

As the weeks crept by there was a real change in the cyclist demographic on the closed freeway. While at first all I saw was lone males out on fancy road bikes, obviously looking for

a workout, it soon began to give way to less experienced riders, and eventually I started to see whole families: fathers teaching kids to ride, mothers with strollers, packs of kids on beat up bikes and decidedly out-of-shape and rather large cyclists out for a bit of safe exercise. It was a karmic convergence of the like-minded,



Photo courtesy Joe Sales

Riding across Burrard St. Bridge - do it at your own risk

all basking in the glory of eight lanes of perfect concrete ribbon and no chance whatsoever of an interaction with a car.

What were the driving forces that so many people to sneak onto the unopened roadway with their bikes? I think the answer is simple: build it, and they will come. The road was safe.

Eventually the local newspaper did a story on the thousands of people making the trek to the unopened road for a bike ride, which was followed shortly thereafter by a follow-up story; the local police department pointed out that the cyclists were in fact trespassing and, effective immediately, anyone caught on the road would receive a fine or worse.

The strong arm of the law hardly mattered though; it was only a question of time before the roadway would open to motorists and bikes would be banned forever — not that anyone sane would ever want to ride on the shoulder of an eight-lane freeway.

Humans, and especially cyclists, are talented risk-assessors in a fundamentally Darwinian manner. Ride with the bulls, die with the bulls. The math is simple; too many risks and you are no longer out on the roadways on your bike, because when a cyclist makes a mistake in traffic, the price is very high and very sudden.

The same rule is not necessarily true when we are in our automobiles — it's quite possible to repeatedly make serious errors and drive away with nothing more than a car insurance claim to file and maybe the imprint of a cyclist on the hood of your car.

After all these years, the lesson of that brief summer moment, when so many cyclists converged on that safe, albeit temporary, road has stayed with me: the lowest common denominator of risk determines how many cyclists will ride and commute. If it is not safe to ride, many will simply park their bikes and drive the car.

In Vancouver, one of those safety bottlenecks is undoubtedly the Burrard Street Bridge. Cyclists, in order to cross the bridge, must ride on the elevated sidewalks shared with pedestrians. Every time I ride over the bridge I am acutely aware of the fact that should I, or any other cyclist, get bumped off the elevated sidewalk by a pedestrian or another cyclist, the likelihood is quite high that you would be hit by a car in the adjacent lane. Not only can it happen, it does happen.

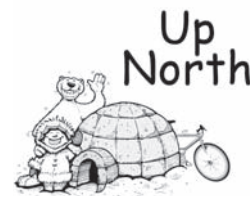
The city has hemmed and hawed for more than 15 years for a solution to this well-known issue, and, under the mayoralship of the recently elected Gregor Robertson, has decided to revisit the idea of closing two of the six lanes to automobiles and turn the lanes over to cyclists. Pending final approval, the city will begin a test project in early March in order to evaluate the impact the traffic revisions will have on both automobile traffic and non-automobile traffic.

The experiment is not without controversy — currently there is a lot of “Chicken Little” clucking about doomsday traffic issues, but the truth is, no one really knows for sure what will happen until the city gives it a try.

I for one am grateful that the new mayor is willing to stick his neck out and attempt to solve the problem in a cost-effective manner. The other solution, a much more costly one, is to build a new car-free bridge in the vicinity, but that scenario would be years away, and in the meantime the bridge crossing would remain dangerous and risky.

The Burrard Street Bridge bike revision trials will reveal much in the coming months. If my past observations are any indication, cyclists will show up in droves if given a safe riding environment. I think the pending test may well show that cyclists have been self-regulating themselves on the Burrard Street Bridge for years, and when it is made safer I believe many more cyclists will leave the car at home and make the trip over the bridge by bike. I know I will, and soon enough we'll all know whether it will become a “bridge of dreams” or just another traffic nightmare. Whatever the result, it's surely worth a try.

Joe Sales, a BC native, returned to Vancouver a year ago 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.



NEWS

Will the Idaho Stop Law Make it into Oregon Legislation?

The Bicycle Transportation Alliance (BTA) is seeking a change in Oregon law that would allow bicyclists to treat stop signs as yield signs, slowing down and safely rolling through if they can see that no other auto, bike or pedestrian traffic is approaching. In 1982, the Idaho legislature passed a nearly identical law, and since then Idaho has experienced no increase in bicycle crashes. Idaho is the only state with this law, but several other states, including California and Montana, are considering it. The Idaho Stop law would

make it much easier for bicyclists to avoid large streets with high auto traffic by biking on quiet residential streets, which often have stop signs placed at every-other intersection. Today, most bicyclists in Oregon towns and cities are forced to choose between slow, time-consuming, but quiet and safe streets; and fast, efficient, but more dangerous and stressful roads. For more information about this proposal and other possible law changes BTA will pursue during this legislative session, visit bta4bikes.org

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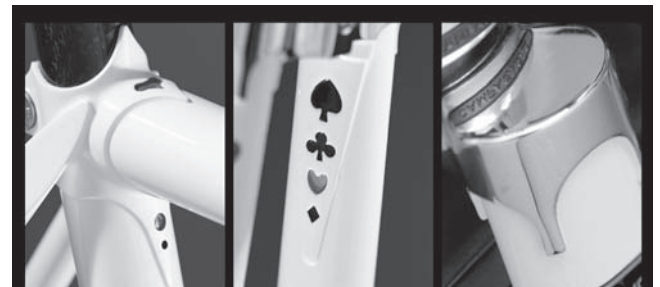
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"RECUMBENTS" FROM PAGE 1

seated position. Smith also agreed with this assessment. Though going over a hard bump on a recumbent occasionally causes his wife discomfort, it isn't comparable to the general wrist and neck pain that she feels when riding a standard bike. In an article written by Gretchen Konrady for the Group Health website titled "Cycling for Health" she reports that asthma sufferers may enjoy improved breathing benefits from the recumbent seated position as it "opens the chest more" than the regular cycling position does.

But as the design evolved, they developed an even greater appeal: speed. Once the frames were scaled down to less than 30 pounds, says Clark, they began to overtake their standard counterparts in flat races. Rather than fighting against the wind, "the wind goes right over you," Clark explains. Because of that fact, he likes to tell customers that recumbents "are better than Lance Armstrong's best tuck" (though he is quick to clarify that he has nothing but the utmost respect for the renowned athlete). The fastest cyclist on the planet is recumbent rider Sam Whittingham of Quadra Island, BC who reached 82.3 mph during the World Human Powered Speed Challenge in Nevada this past September. "It's like the difference between an SUV and a Miata," says Clay Smith, also citing the added advantage that the additional back support increases pedal power.

Before being banned from racing in the 1930s, they dominated over upright bicycles, holding top speed records. Clark thinks the ban was entirely valid. "They are two different animals," says Clark, "and should have their own separate events and venues." In fact there are now annual racing events specifically for this type of bicycle.

Recumbents provide the dual appeal of increased speed and comfort, but the average cyclist may still be a bit wary. The height and

length of these bicycles have long raised concerns about visibility and handling.

In terms of visibility, Clark asserts that you can see over the hood of cars when riding a



Photo courtesy Mike Wilkerson, Bacchetta Bikes

In 2008 John Schlitter became the first solo recumbent rider to complete RAAM

standard recumbent, so cycling in traffic will "not be any more dangerous on a recumbent than a regular bike." The main visibility problems are with lower models, which Clark warns customers about before purchase. In fact, says Clark, "recumbents are almost ideal for cycling in traffic. You generally get more respect on the road, because you are at the same eye-level as drivers." It is a psychological thing, he believes, that drivers are more likely to see recumbent riders as equals on the road because they are at the same head level. Regular bike users would argue to the contrary.



Photo courtesy Mike Wilkerson, Bacchetta Bikes

Get use to seeing more of them on the NW roads

The seat height of a standard recumbent is about 20" off the ground, so riders are usually at eye level with drivers — except for SUVs, minivans and trucks. To address this, some riders also

use flags and, like their upright counterpart, wear bright clothing to increase their visibility to drivers. While no official studies have been conducted to prove that visibility is not an issue

for recumbents, both Smith and Clark report that many riders feel they get more attention because of the recumbent's distinct design.

Smith, having ridden recumbents on and off for the past six years, is comfortable riding with regular traffic, but admits he is "lucky enough to live in an area with open streets." However, he has many recumbent-riding friends who use the more heavily trafficked streets of Portland. According to Smith, they haven't had any more problems than standard bikes, though he recommends that any recumbents on the road use flags to make their presence known. Recumbents are not entirely safe on the road, but no bicycles really are. Realistically, "cars are still a legitimate fear" for any cyclist, says Smith, and will continue to be until more designated bike paths are established.

Clark concedes that recumbents were initially fairly "awkward" to handle. They had longer wheelbases, likening them to limousines. But the original models have been refined, and are now available with shorter wheelbases and with varying seat angles, so handling has greatly improved. However, like any bike, it will take some getting used to for new riders.

As for whether or not they can climb uphill, Smith took particular offense to the question. "It's an old wives tale that a recumbent won't go up a hill," he said arguing that riding uphill on a recumbent develops different leg muscles, so it does take getting used to.

Though they are growing in popularity, Dagastine believes recumbent bicycles are still on the sideline — "there is no way you could make a living just selling recumbents," he says. Though he was first drawn to the recumbent after seeing it in a sci-fi film,

Smith also lamented the fact that many riders are still put off by the fact that it's different but hopes that more riders will eventually discover how fun they are to ride. A long wheelbase recumbent with fairing and a windsock is perfect for Pacific Northwest weather, he pointed out, if only more riders would try it.

Clark, however, is optimistic that recumbents may some day become more mainstream, partly due to the decrease in price. Twenty-five years ago, a basic recumbent started at \$3,000, he recalls. "Now when you look at a \$1,500 standard bike, you can turn around and see the recumbent equivalent for a similar price," he adds. However, Clark also admits that for now, recumbents are still a niche market.

For all of their positive points, recumbents still have some limitations. "As quick and comfortable as they are, they just don't belong on singletrack," says Clark. For that, "nothing beats a mountain bike."

Clark, who sells upright and recumbent bicycles in his shop, still "loves the feel of riding an upright." Ultimately, it should come down



Photo courtesy Mike Wilkerson, Bacchetta Bikes

Like any bike, they need a little getting used to before they feel totally comfortable

to personal preference. Clark's advice: "Go into a shop and try the bikes. Trust yourself and your reason when choosing the bike that's best for you, and walk away with whichever one makes you smile."

MULTI SPORT CALENDAR

MARCH

- Mar 7: Winter Triathlon**
Winthrop, WA. 12-km MTB, ski 20-km, run 8-km. Open to Iron competitors or 2-3 person teams. Start/finish at Winthrop Barn. Julie Muijlaert, Methow Valley Sport Trails Association, 509-996-3287, mvsta.com
- Mar 15: Leprechaun Sprint Duathlon**
Olympia, WA. Staged at Millersylvania State Park. 1-mile run/11.5 bike/ 1 run. Starts at 2pm. Individual or team of 2 or 3. Perfect for beginners or veterans. Bob Green, On the Run Events, 360-273-9684, ontherunevents.com
- Mar 28: Tri-State Outfitters Spring Duathlon**
Lewiston, ID. Staged at Hells Gate State Park. No major climbs. 5-yr age group awards. Starts at 10am. 2-mile run, 12 bike, 2 run. Mike Collins, Lewis Clark State College, 208-792-2308, lcsc.edu/crosscountry/2009funruns.html
- Mar 28: Wenatchee Valley Du**
Wenatchee, WA. Racers to compete in a 3 mile run, 17-mile bike, 3-mile run. Both runs are an out and back format. Start at 10am at Confluence State Park. Chance Harris, NCW Sports Events, 509-662-8799, ncwsporevents.com

APRIL

- Apr 1: BEAST Adventure Race Series**
Seattle, WA. 7-14km mountain biking, 3-7km running/hiking, easy map reading and fun challenges compose this event. 1.5-3.5 hours finish time. beastrace.com
- Apr 3: YMCA Spring Sprint Triathlon**
Boise, ID. Indoor swim on Friday at the YMCA, bike and run on Saturday at 9am at Camels Back Park. Adult and youth divisions. Treasure Valley Family YMCA, ymcatvidaho.org

- Apr 4: Wenatchee World's Junior Ridge to River Relay**
Wenatchee, WA. Focus on fun for "mini" racers who want to test their skills and prepare for future adult events. Teams of school-age children tackle running, paddling, biking and an obstacle course. For kids 5-12. Start at Walla Walla Point Park. r2r.org
- Apr 10-11: Snake River Sprint Triathlon**
Lewiston, ID. Pool swim on Friday, bike and run on Saturday. Lewis-Clark State College, lcsc.edu/crosscountry/2009funruns.html
- Apr 11: Rage in the Sage Duathlon**
Benton City, WA. Kiona Winery and Vineyards. 2.5-mile run, 10-mile MTB. 3 Rivers Road Runners, 3rrr.org
- Apr 19: Alcoa's Ridge to River Relay (R2R)**
Wenatchee, WA. Adult relay event is comprised of nordic ski, alpine ski, run, bike and paddle legs that span the 35-mile Wenatchee course, or shorter 20-mile Columbia course. Racers may enter individually or as a team. r2r.org
- Apr 19: Ski To Sea Race**
Kelowna, BC. Go down 60 miles from Big White to Kelowna. 6 legs - DH ski/snowboard, cross-country ski, MTB, road biking, running, canoeing/kayaking. Team of 2-7. Kelowna Ski to Sea Race Society, ski2sea.ca
- MAY**
- May 2: The Fiasco in Pasco**
Pasco, WA. International XC course on road 36. 5-km run, 30-km on dirt and sand, 5-km run. All age groups. 3 Rivers Road Runners, 3rrr.org
- May 16: Pole, Pedal, Paddle**
Bend, OR. Teams, pairs or individuals alpine ski, cross-country ski, bike, run, canoe/kayak and sprint

- to the finish. Mini version for kids the next day. Mt. Bachelor Sports Education Foundation, mbsef.org
- May 16: Ski To Sea Race - Junior**
Bellingham, WA. At Lake Padden. Elementary, Middle School and Community divisions, running, 3-legged race, bike, soccer and obstacle legs. Bellingham/Whatcom Chamber of Commerce, skitosea.com
- May 17: Spring Thaw Duathlon**
Nine Mile Falls, WA. 2.2-mile run, 9.6-mile bike, 2.2-mile run. Start at the elementary school. Emde Sports, valleygirltr.com
- May 17: Urban Assault**
Seattle, WA. Bike scavenger hunt that involves street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. Urban Assault, urbanassaultrace.com
- May 23: MOMAR - Squamish**
Squamish, BC. 30 to 50-km course. Kayaking, MTB, trail running, bushwacking, rappelling, and mystery challenges. For beginners to advance racers. Solo or teams of 2 or 4. MOMAR, mindovermountain.com
- May 24: Onion Man Triathlon**
Walla Walla, WA. Staged at Bennington Lake. 1500-m swim, 40-km bike, 10-km run. Starts at 9am. www.multisports.com
- May 24: Ski To Sea Race**
Bellingham, WA. Go down 85 miles from Mt Baker Ski Area to Bellingham Bay. 7 legs - XC ski, DH ski/snowboard, running, road bike, canoe, MTB and sea kayaking. Bellingham/Whatcom Chamber of Commerce, skitosea.com
- May 25: Spring Festival**
Moses Lake, WA. Triathlon and duathlon staged at Montlake Park. Age group, 2- & 3-person relay,

- youth categories. Swim 1/4 mile, bike 10, Run 3.1. BuDu Racing, buduracing.com
- May 30: Gap2Gap 2009**
Yakima, WA. 25th annual. Junior and adult version. Team or individual event. Five legs: field run, MTB, kayak/canoe or skate, road bike and run. Junior Gap2Gap for kids 8-14. Junior: team of 2-5. Includes run, bike, rollerblade, paddle and an obstacle course. Start/finish at Sarg Hubbard Park. Yakima Greenway Foundation, yakimagreenway.org/g2g
- May 31: Urban Assault**
Portland, OR. Bike scavenger hunt that involves street-smart riding, obstacle courses, party. Find checkpoints where physical and mental challenges must be completed before moving on. Team event. Urban Assault, urbanassaultrace.com
- JUNE**
- Jun 21: Mountains to Sound Relay**
Seattle, WA. Five legs, 100 miles from Snoqualmie Summit to Golden Gardens, Seattle. 23-mile MTB / 45-mile road bike / 12-mile paddle / half-marathon / 6-mile glory sprint. Enter a 6- or 5-member team, pairs or solo. Multiple divisions. Limit 150 teams, 25 pairs, 50 solo. Start at 8am. Chris Lewis, mountainstosound.com
- Jul 18-19: ChelanMan Multisport Weekend**
Chelan, WA. Events from beginner to Olympic distance triathletes - best of the US championships. Swim in Lake Chelan, run around it and bike along the Columbia River. Off-road events from short to long. Julie Pittsinger, Chelan Multisport Foundation, chelanman.com
- Jul 26: Salmon Arm Classic Triathlon**
Salmon Arm, BC. The second oldest triathlon in BC. 1.5-km swim out and back on Shuswap

- Lake - temperature 70 degrees. 10.5-km run on a hilly course, and 40km mainly flat bike leg. No drafting. Tiffany Lomabert, Salmon Arm Triathlon Association, salmonarmtriathlon.com
- AUGUST**
- Aug 15: Oyster Race Series**
Denver, CO. Cure triathlon monotony and the swim-bike-run routine; come have fun with a run-bike-paddle-skate-trek-climb and other stuff that makes this event anything but "routine." TeamSage Productions, Inc. oysterraceseries.com
- Aug 16: Danskin SheRox Triathlon**
Seattle, WA. Staged at Genesee Park. Swim in Lake Washington. 800-m swim, 12-mile bike, 3.1-mile run. Packet pickup on 15th. Race start at 6:45am. Enter as solo, 2- or 3-person team. danskin.com
- Aug 22-23: Apple Capital Triathlon**
Orlando, WA. Daroga State Park. Sprint and Olympic distances. Swim, bike, run. Sprint and duathlon on Saturday, Olympic distance on Sunday. Jennifer, Wenatchee Triathlon Association, triwenatchee.net
- Aug 29: 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. oysterraceseries.com
- SEPTEMBER**
- Sep 19: Oyster Race Series**
Portland, OR. See description above. TeamSage Productions, Inc. oysterraceseries.com

More events online.

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), **Cyclocross**, **Mountain Bike Racing** (competition featuring singletrack and other off-road riding), **Mountain Bike Touring** (rides featuring singletrack 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.

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EVENTS

MARCH

Mar 5-on going: Noontime Rides
Portland, OR. Short fast rides with hills. Meet at SW corner of Pioneer Courthouse Square (Yamhill & Broadway) between Noon and 12:10 p.m., Mondays and Thursdays. Ray Thomas, 503-228-5222

Mar 7: Alice B. Toelclips Awards & Auction Party
Portland, OR. Honors the individuals, businesses and organizations who worked for better cycling in OR. The auction raises funds to support the advocacy efforts and education work of the BTA. Start at 6pm, tickets required. BTA, 503-226-0498, bta4bikes.org

Mar 10-12: National Bike Summit
Washington, DC. Join the NW advocacy delegations and visit the policy makers in Washington. Visit BAW and BTA website for information on their activities. League of American Bicyclists, bikeleague.org

Mar 14: First to the Line Fundraiser Auction
Seattle, WA. Fundraising event for the junior programs at the velodrome. Special guest speaker Olympic and pro cyclist Mr. John Vande Velde. Starts at 5:30pm, limit 150. Marymoor Velodrome Association, 206-957-4555, velodrome.org

Mar 14-15: Group Health Seattle Bike Expo
Seattle, WA. Gear, active travel, rides and more. Event presented at Magnuson Park - Hangar 30. Photo contest. Cascade Bicycle Club, 206-522-3222, cascade.org

Mar 19: First to the Line Auction
Seattle, WA. Fundraising event for the MVA and junior development programs at the velodrome. Marymoor Velodrome Association, 206-957-4555, velodrome.org

Mar 21: South Lake Union Street Scramble
Seattle, WA. 30 locations circled on a map. Visit as many as you can, in any order, in 90 minutes or 3 hours on foot or on bike. Team and solo. Eric Bone, Meridian Geographics, 206-291-8250, streetscramble.com

Mar 29: 21th Annual Seattle Area Old Bike Swap Meet
Kent, WA. Old, Vintage, Antique, Classic Bicycle Swap Meet and Show. Event is at the Kent National Guard Armory (24410 Military Rd) from 8am-2pm. Jerry Germeau, 206-283-2850, geocities.com/seattleoldbikeswap

Mar 29: Bike Works Dinner & Auction
Seattle, WA. This is our largest fundraising event of the year and a fun night. Takes place at Herban Feast in Sodo. Cost \$70. Auctioning off an assortment of exciting items through a silent and live auction, dinner. Contact us if you are interested in attending, or if want to support Bike Works by volunteering. Johnny Carrillo, Bike Works, 206-725-9408, bikeworks.org

APRIL

Apr 4-5: Walk MS
Various, WA. The walk is presented in various locations around the Puget Sound. See website for closest location. Registration at 8:30am, walk at 9:30am. National Multiple Sclerosis Society of WA, 800-344-4867, nationalmssociety.org/was

Apr 17-23: Filmed by Bike
Portland, OR. Filmmakers and bike enthusiasts bring to light the artistic side of cycling culture with love stories, comedies, animated shorts and documentaries tightly edited into eight minutes or less. The resulting program presents an array of creative films that celebrate bike culture world wide. Presented at the Clinton Street Theater. Event starts at 7pm. Ayleen Crotty, 971-221-7228, filmedbybike.com

Apr 21-22: Oregon Bike Summit
Salem, OR. Don't miss this opportunity to influence the Oregon state legislature and the governor to support a strong bike agenda. Keynote speaker, bike ride, follow up on National Bike Summit. Tara Corbin, Cycle Oregon, 503-287-0405 x 100, bta4bikes.org

Apr 26: Bike Festival
Lewiston, ID. At Kiwanis Park. Gathering of cyclists for fun ride and food. Poker run, bike check and Dogwood Bike Ride. Twin Rivers Cyclists, twinriverscyclists.org

Apr 26: U-District Street Scramble
Seattle, WA. 30 locations circled on a map. Visit as many as you can, in any order, in 90 minutes or 3 hours on foot or on bike. Team and solo. Eric Bone, Meridian Geographics, 206-291-8250, streetscramble.com

Apr 30-May 3: Leadership Training Course - Washington
Port Townsend, WA. Spend three days-plus with some of our most experienced leaders, learning the Adventure Cycling philosophy of leadership and how it applies to both our self-contained and supported bicycle trips. Explore the dynamics of outdoor leadership situations, group motivation, conflict resolution and public relations, along with bicycle repair, camping techniques, food preparation, safety and more, all within the context of a self-contained bike trip. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventure-cycling.org

MAY

May 1-31: Bike to Work Month - Group Health Commuter Challenge
Puget Sound. Ride your bike to work. Join the 30-day Commute Challenge. Challenge your co-workers, your friends and your family to give up the gas and put the pedal to the pavement. Cascade Bicycle Club, 206-517-4826, cascade.org

May 9: Kids Bike Swap
Seattle, WA. Trade outgrown kids' bikes (24" wheels & smaller) for little or no cost! Or buy a bike without trading. It's an affordable way to make sure your kids will keep riding a bike that fits them while they continue to grow. The best way to recycle your bike. Great selection! 10a.m.-4p.m. at Genesee Playfield, S. Genesee St. & 43rd Ave. S. Jayanthi Reddy, Bike Works, 206-725-9408, scn.org/bikeworks

May 10: Larry Kemp Memorial Ride
Seattle, WA. Ride in remembrance of Larry Kemp to raise money for local junior racers. Meet at Leschi, ride starts at 9:15am. We ask for donation to help support the Larry Kemp Memorial Fund for junior (501 C). Jet City Velo / Byrnelvent, info@jetcityvelo.com

May 15: Bike to Work Day
Puget Sound, WA. Ride your bike to work. Stop at any of the commuter booths along the way. Cascade Bicycle Club, 206-517-4826, cascade.org

May 23: Gig Harbor Street Scramble
Gig Harbor, WA. 30 locations circled on a map. Visit as many as you can, in any order, in 90 minutes or 3 hours on foot or on bike. Team and solo. Eric Bone, Meridian Geographics, 206-291-8250, streetscramble.com

JUNE

Jun 6: National Trails Day
Various. A celebration of trails to increase the awareness of community trails and help volunteer trail clubs. imba.com

Jun 11-27: Pedalpalooza
Portland, OR. Two week celebration of bikes. 200 events to choose from. Events include: frame building workshop, Tride, bike art and more. Kick-off parade. Shift to Bike, shift2bikes.org/pedalpalooza

Jun 13: Cirque du Cycling
Portland, OR. Include activities for the entire family. 3-mile bike ride to Peninsula park at 4pm, freak bikes parade, criterium racing, clowns, jugglers and more. Location Mississippi Ave. Benefit Self Enhancement Inc - a youth development organization. 503.459.4508, cyclingcircus.com

Jun 13: Marymoor Little 100
Redmond, WA. 4 riders, 1 singlespeed bike, flat pedals with coaster brake. Each rider must do at least 1 lap - bike hand-offs at exchange. Costume required. Beer garden and live music. Start at 4pm., main at 7pm. Alki Rubicon Team, alkirubiconracing.com

JULY

Jul 11: The Night Ride
Portland, OR. Previously known as Midsummer Night City Bike Tour. Start at the Portland Train Station at 9pm. 15-mile ride. Only group night ride. Music, movies, donut feast and dress up costume contests and more. Good Sports Promotion, 503-459-4508, thenightride.com

AUGUST

Aug 21-21: National Safe Routes to School Conference
Portland, OR. Learn how Safe Route to School programs across the nation are changing habits of an entire generation. Various themes will be covered - Infrastructure, empowering families and youth, education, health and more. BTA, bta4bikes.org

Aug 22: Mitsubishi City Chase
Vancouver, BC. Urban adventure, part obstacle course, part scavenger hunt. 4-6 hour event, 2-person teams run, walk and use public transit to navigate their way throughout the city, as they search for ChasePoints scattered in unknown locations. mitsubishicitychase.com

SEPTEMBER

Sep 1-30: Bike Commute Challenge
Various, OR. Friendly competition - workplace against workplace - with benefits for companies and individual cyclists when employees bike to work during this month. The workplaces with the highest percentage of commutes by bicycle during the month win! Bicycle Transportation Alliance, 503 226 0676, bta4bikes.com

Sep 20: Brew Ha-Ha Street Scramble
Fremont, WA. 30 locations circled on a map. Visit as many as you can, in any order, in 90 minutes on foot. Team and solo. Part of Fremont Oktoberfest. Meridian Geographics, streetscramble.com

OCTOBER

Oct 3: Take a Kid Mountain Biking Day
Various. IMBA, imba.com

Oct 24: Bicycle Alliance of Washington Annual Auction
Seattle, WA. Join 450 bicycling enthusiasts at the 16th Annual Bicycle Alliance Auction and help raise money to support advocacy in the state of Washington. Seattle Fisher Pavilion. It's a ton of fun. Louise McGrody, Bicycle Alliance, 206-224-9252, bicyclealliance.org

Oct 31: Messquerade
Seattle, WA. Tentative. Halloween Bicycle Scavenger Hunt. messmannsmessquerade.net

SERIES

BC Cup XC

May 9-Aug 22
Various, BC. 7-event series. Events organized throughout the province. Points system determines overall winners. 5 out of 7 count. Finals is mandatory. All categories. Leader's jersey for Elite category. Events on 5/9, 6/6, 6/28, 6/19, 7/25, 8/1, 8/22. Event listed as BC Cup XC. Tanya Camposano, Cycling BC, 604-737-3034, cyclingbcmtb.ca

Fluidride Cup

Apr 3; May 1; Jun 12, 26; Jul 10; Aug 21; Sep 25
Port Angeles, WA / Mt Hood, OR. 7-event MTB gravity race series. Races in Mt Hood, OR, Port Angeles, WA and Kellogg, ID. Each venue offers 1,000' of vertical. Courses designed for a 4 min. fast time. Overall calculated on points. Series designed around the community. Friday, training, Saturday: DS, Sunday: DH. Lars Sternberg, Hurricane Racing, Olympic Dirt Society, fluidride.com

Indie MTB Series

Apr 12-Aug 8
Various, WA. Series of 8 events by different promoters, but regrouped for points and awards. Overall

CAMPS

MARCH

Mar 13-22: Cycling Performance Super Camp
Fort Langley, BC. For men and women 16-30, Cat 3 and up. On bike training geared towards road and track riding and fitness development. Jeremy Story, 604-992-7433, bigring54@shaw.ca

MAY

May 14-17: Race Across Oregon Training Camp
Hood River, OR. Ride the 527-mile RAO course in 4 consecutive 100-mile days. Fine tune your RAO preparation. Terri Gooch, Race Across Oregon, 541-760-1024, raceacrossoregon.com

May 16: Cycling for a Cure
Seattle, WA. Ride in support of millions of people living with arthritis in the U.S. A 12-week training program leading up to your choice of the Tour de Kitsap metric century, RAPSody and/or Chuckanut Century. Participants commit to raising funds for the Arthritis Foundation. We provide a custom cycling jersey, weekly training rides, individual coaching and entry fees to the rides. Beginner and experienced riders welcome. Training rides are open to the public so bring a riding buddy. Tai Lee, Arthritis Foundation Pacific Northwest Chapter, 206-547-2707 x 106, pacificnorthwest.arthritis.org

May 23-24: Dirt Series
N. Vancouver, BC. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails. Also available in Whistler, Sun Valley, ID, Bend, OR, Hood River, OR, Fernie, BC. Dirt Series, 604-905-8876, dirtseries.com

May 29-31: DevineRIDE Women's MTB Skills Camp
Rossland, BC. Fun-filled women's weekend, includes skills, trail rides and socializing as well as a bike fit and maintenance seminar for riders of all levels. Cindy Devine, 250-362-7378, devineride.com

JUNE

Jun 12-14: Women's Bicycle Retreat '09
Leavenworth, WA. Perfect for beginners, but all skill levels are welcome. The all-inclusive retreat is filled with bike riding, skill clinics, informative seminars and relaxation time. Learn and practice cycling techniques under the supervision of experienced coaches and staff. Amy Pieper, 425-271-0497, coachlisab.net/bicycle_retreat/

JULY

Jul 10-12: Pedal Pioneers Training
Newtown, PA. A leadership course designed for teachers, youth-group leaders and other passionate adults who want to take groups of kids on over-night bicycle adventures. The course distills three decades' worth of experience in organizing and leading bicycle tours and wraps it into a three-day package that will impart a wealth of knowledge and know-how, laced with a heavy dose of fun and can offer continuing education credits, to boot. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

AUGUST

Aug 20-23: Larry Kemp Jr. Memorial Camp
Cle Elum, WA. The WSBA Junior Program, in conjunction with the Larry Kemp Memorial Fund, is hosting a weekend cycling camp. Enthusiastic cyclists from the ages of 10 to 18 are welcome to join an experienced staff of coaches, team managers, racers and mechanics. Support MTB, road, BMX, track and cyclocross. Includes 3 nights lodging and all meals. WSBA, www.wsbaracing.com

SEPTEMBER

Sep 16-Nov 25: Cyclocross Training
Seattle, WA. Weekly training at Marymoor Velodrome to help improve your skills and abilities. Stiff Wick Productions, stiffwick@comcast.net

CYCLOCROSS

The extensive listing of cyclocross events is available online at BicyclePaper.com or it can be found in the 2009 NW Racing Guide.

SERIES

Cross Crusade

Oct 4, 11, 18, 25; Nov 1, 8, 15
Portland, OR. Largest cyclocross race series in the nation. Category A, B, C, Beginner and Masters 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, crosscrusade.com

Inland NW CX

Oct 17-18, 24-25; Nov 1, 9, 15, 21
TDB, WA. Tentative. Day of registration only, opens 10am. 3 races at each event. Starts 11:30am, 12:30pm and 1:30pm. Points 10 deep. Cash and merchandise at the end of the series. Emde Sports, 509-326-6983, emdesports.com

Seattle Cyclocross Series

Sep 27; Oct 4, 18, 25; Nov 1, 8, 22, 29
Various, WA. Series of 8 events raced around the Seattle area. Open to all categories. Overall calculated on points. Race categories = age as

MOUNTAIN BIKE

standing based on points. No minimum number of races to qualify for overall, but use 6 best results. No need to attend final to qualify for overall. Age categories defined by rider's age as of 12/31/09. Clydesdale 200+ lbs. indieseries.com

Island Cup Series DH

Mar 15-Jun 14
Vancouver Island, BC. 8-event series features some of the best courses on the Island from Victoria to Port Alberni. Open to all. Most races \$10 but shuttle fee may be requested. Start time around noon, training before. Point system determines the winner in each category. Event identified as Island Cup DH in event description. Dates: 3/15, 3/22, 3/29, 4/19, 5/3, 5/24, 6/7, 6/14, islandcupseries.com

Island Cup Series XC

Mar 8-Sep 26
Vancouver Island, BC. 10-event series features some of the best courses on the Island from Victoria to Port Alberni. Open to all. Most races \$10. Start around noon. Point system determines the winner in each category. Identified in event description. Events on 3/8, 4/5, 4/26, 5/10, 5/17, 5/31, 6/6, 6/20, 9/6, 9/26, islandcupseries.com

Jacksonville STXC

May 3, 10, 17, 24
Jacksonville, OR. Series of 4 short track events raced on Sunday evenings. Short loop with some fire roads, singletrack and some climbing. Expert, Sport and Beginner categories. 20- to 40-min races. Scoring on points, tie broken by placing in last race. Joe Davis, 541-951-2831

Knobby Tire Series

May 9-Aug 29
Various, ID. Series of 6 events. Overall standings calculated on points. If move up on point, half points will follow you. Events on 5/9, 5/17, 6/27-28, 7/25, 8/29. Identified as KTS events in description. Davey Moore, Knobby Tire Series, 208-338-1016, knobbytireseries.com

Oregon MTB Series

Feb 22-Jul 4
Various, OR. Series of 14 XC, ST and MXC events, points system to determine overall series winner. Event dates: 2/22, 4/5, 4/25, 4/26, 5/3, 5/10, 5/16, 6/7, 6/21, 6/27, 6/28, 7/4. See individual events for location and start times. 20 categories, individual and team standings. Events identified as OR MTB Series in event description. Mike Ripley, breakawayconsulting.net/oregon_mtb_series.html

MOUNTAIN BIKE RACING CALENDAR

Pistis Short Track Series

Aug 16, 23, 30; Sep 13, 20

Grants Pass, OR. 5-event series. MTB short track racing. Alternating courses, .9 to 1.5 miles long. Vertical climbs of 100-150'/lap. All categories, including kids race for under 12. Trophies and prizes given at last race. This event qualifies toward OBRA point totals if you have a license. Starts 5:30pm. No race on 9/6. Steve Law, Pistis Ministries, 541-944-5566, pistis.us

West Side MTB Series

Feb 22; Mar 1, 8, 29; Apr 5, 11

SeaTac, WA. 6-event series. Points awarded to each finisher at each event. Final standings calculated on top 5 results. U-18, 19-29, 30-39, 40+ divisions, Beginner, Sport, Expert categories. Single-speed class. Stat time Beg: 8:30am, Open/Expert: 9:30am, Sport/Single-speed: 11am. Rory Muller, BuDu Racing, 260-920-3983, buduracing.com

Wild Rockies Series

Apr 11-Sep 20

Nampa, ID. 2 series under one roof. Best 8 out of 10 results count towards final standings for XC series, DH 6 out of 8. Custom medals for top 3, prize drawings at every race. XC events on 4/11, 5/9, 5/23, 6/28, 7/11-12, 9/12, 9/19, 9/20. DH events on: 6/6-7, 7/10-12, 8/1, 8/13, 8/20. Identified as WRS XC or WRS DH in event description. Darren Lighthield, Wild Rockies, 208-388-1971, wildrockies.com

WEEKLY

MONDAY

PIR Short Track XC

June 22-August 3

Portland, OR. Look forward to a fun and challenging 3- to 5-minute lap course with a lot of bumps and turns. Monday night 6-8pm on the infield of Portland Int'l Raceway. All ages, all abilities. Your choice of bike - mountain or cyclo-cross. Overall cash and weekly prizes. Best 5 out of 7. Kris Schamp, 503-466-9007, portlandracing.com

WEDNESDAY

Wednesday Night World Championships

April 1-August 26

Seattle, WA. In its 16th season. Racing at South Seatac starts at 6pm for the beginners and 7pm for the sport and expert riders. Men and women classes. No points, no overall, just plain fun on a course that changes every week. Excellent for training. Big end of year party. \$10/race. Wick, Stiff Wick Productions, 206 919 5741, stiffwick@comcast.net

Wood River Cup

May 27-June 24

Hailey, ID. 8th annual Short Track XC series at the Community Bike Park. C race at 5:30pm (20 min + 1 lap), B at 6pm (30 min + 1 lap), Shimano youth series at 6:40pm, A race at 7pm (40 min + 1 lap). Registration opens at 5pm. New course each week. Prizes for each race and overall series. Best 4 of 5 for overall standings. Bill Olson, Sun Valley Road & Dirt, 208-788-9184, roadanddirt.org

FRIDAY

Central Oregon Short Track Series

May 1-July 21

Bend, OR. 6-event Tuesday night series. Runs on the 1st and 3rd Tuesday of May, June and July. Matt Plummer, Central Oregon Racing, 541-385-7413, centraloregonracing.com

RACING

MARCH

Mar 1: West Side MTB #2

Sammamish, WA. Soaring Eagle Park. See series for details. BuDu Racing, buduracing.com

Mar 7: Dirty Duo

North Vancouver, BC. Cross-country event. Start/finish at Jaycee House on Lillooet Rd. Fun, technical 30km of classic North Shore MTB riding. Running 15, 25 or 50km. Solo or relay - 25km run, 30km bike. Heather MacDonald, 604-990-9815, dirtyduo.com

Mar 8: Port Alberni XC

Port Alberni, BC. Part of Island Cup XC Series. United Riders of Cumberland, islandcupseries.com

Mar 8: West Side MTB #3

Black Diamond, WA. BuDu Racing, See series for details. buduracing.com

Mar 15: Nanaimo Super D

Nanaimo, BC. Category mass start. One run format. Mostly downhill with a couple of steep uphills. Part of Island Cup DH event. Arrowsmith Bikes, islandcupseries.com

Mar 22: Nanaimo Super D

Nanaimo, BC. Part of Island Cup DH series. Oak Bay Bikes, islandcupseries.com

Mar 29: Nanaimo Downhill

Nanaimo, BC. Fast fun DH with shuttle to the top. Part of Island Cup DH series. islandcupseries.com

Mar 29: West Side MTB #4

Sammamish, WA. Soaring Eagle Park. See series for details. BuDu Racing, buduracing.com

APRIL

Apr 3-5: Fluidride Cup #1

Port Angeles, WA. See series for details. Hurricane Racing, Olympic Dirt Society, 206-384-6228, fluidride.com

Apr 5: Cumberland XC

Cumberland, BC. Part of Island Cup XC series. United Riders of Cumberland, islandcupseries.com

Apr 5: Horning's Hustle MTB

North Plains, OR. Held in Horning Hideout. 5-mile clover leaf course with ups and downs, fire roads, water crossing, singletrack and fields. All categories, plus kids and unicycle. Cash prize & product. First race at 11am. Part of OR MTB Series. Tom Hoffman, 503-475-3417, thoffman10@verizon.net

Apr 5: West Side MTB #5

Whidbey Island, WA. Cookin' in the Kettles. See series for details. BuDu Racing, buduracing.com

Apr 11: Barking Spider Bash

Melba, ID. Wild Rockies XC series opener. MTB races around noon. 10.5-mile loop. Beginners do 1 lap, Sport 2 and Expert/Pro 3 laps. Tasty lunch and beverages, free kids race follows awards. Part of WRS XC. Wild Rockies, 208-587-9530, wildrockies.com

Apr 11: West Side MTB #6

SeaTac, WA. South SeaTac Park. See series for details. BuDu Racing, buduracing.com

Apr 12: North Seatac

SeaTac, WA. Part of Indie Series. Brand new course, brand new race just minutes from Seattle. Food drive, bring a can of food and the organizer will match it. Stiff Wick Promotions, 206-824-7666, indieseries.com

Apr 19: Cumberland DH

Cumberland, BC. Part of Island Cup DH series. United Rider of Cumberland, islandcupseries.com

Apr 19: Devil's Slide MTB Race

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

Apr 25-26: Bear Springs MTB

McCubbins Gulch, OR. Saturday short track, Sunday XC. 10, 20 & 30 miles, depending on class. 95% singletrack. 500'-2,000' of elevation. Single

lap format. Part of OR MTB Series. Hurricane Racing, 503-272-0146, skibowl.com

Apr 26: Hammerfest XC

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

MAY

May 1-3: Fluidride Cup #2

Port Angeles, WA. See series for details. Lars Sternberg, Olympic Dirt Society, 206-384-6228, fluidride.com

May 3: Hammerfest DH

Parkville, BC. Part of Island Cup DH series. Arrowsmith MTB Club, islandcupseries.com

May 3: Jacksonville STXC

Jacksonville, OR. See race series for details. Joe Davis, 541-951-2831, obra.org

May 3: Peak Sports Mudslinger

Philomath, OR. Oregon State Championships. New course with some new twists and some of the slickest singletrack ever. Great first timer course, epic battles for the pros. Great Harvest bread and soup after. First start 10am. Beginner 12 miles, others 24. Course located at 35177 Tum Tum Rd. Part of OR MTB Series. Mike Ripley, Mudslinger Events, 541-847-3030, mudslingerevents.com

May 3: The Tucker Classic

SeaTac, WA. Part of Indie Series. South SeaTac, urban MTB oasis. Rolling hills and twisty trails, located close to home. Food drive, bring a can of food and the organizer will match it. Benefit the local food banks. Stiff Wick Promotions, 206-824-7666, indieseries.com

May 9: 12 Hours of South Seatac

Seattle, WA. Race starts at noon and ends at midnight. Solo, 2- and 4-person teams. Lots of singletrack and fun riding. Costume contest. Food drive event, bring a can of food and the organizer will match it and give it to local food bank. Wick, Stiff Wick Productions, 206-919-5741, stiffwick@comcast.net

May 9-10: Rat Race

Roberts Creek, BC. Saturday: Olympic-style cross-country featuring some of the best singletrack. All categories. Sunday: Mach Chicken DH 1.7-km course runs about 3 minutes, mandatory pre-race run. Limit 150 for DH. Kid's race on Sunday. Part of BC Cup XC series. Rod Composano, SCUMB, 604-886-1525, SCURatRace.com

May 9: Sagebrush Scramble

Boise, ID. Wind it up and get it on! Action-packed short track racing just 23 miles SE of Boise. Racing and BBQ starts at noon. Come race, hang out and have fun. KTS series event. Knobby Tire Series, knobbytireseries.com

May 10: Cascade Chainbreaker

Bend, OR. One of the biggest races in Oregon. The course is fun and challenging. Part of OR MTB Series. Kevin Gorman, Webcycley, 888-759-2453, webcycley.com

May 10: Duncan XC

Duncan, BC. Part of Island Cup XC series. Experience Cycling, islandcupseries.com

May 10: Jacksonville STXC

Jacksonville, OR. See race series for details. Joe Davis, 541-951-2831

May 16: Ore Crusher

Squamish, BC. Lap race at Cheekeye. Fan area. Distance: 40km. Test of Metal, 604-898-5195, testofmetal.com

May 16-17: Spring Thaw MTB Festival

Ashland, OR. XC on Saturday at Lithia Park - Beginners start 9am for 9 miles, others at 9:30am for 23.5 miles. Kids race at 1pm. Sunday DH starts 11am, practice starts 9am. Part of the GT Golden Bike Series. DH offers 1.7-miles, with technical sections, tight switchbacks and a slight uphill finish. Classes for every age and ability. First rider off at 11am from Four Corners. Part of OR MTB Series. SOMBRA, somba.org/springthaw

May 17: Avimor Coyote Classic

Boise, ID. High speed rolling double-track. Tight, technical sagebrush singletrack, water crossings, quick steep drops, nasty little granny gear climbs. Singlespeeders' dream. Fat cash for the Pros, great racing for everybody. Part of KTS series. Knobby Tire Series, knobbytireseries.com

May 17: Jacksonville STXC

Jacksonville, OR. See race series for details. Joe Davis, 541-951-2831

May 17: Port Alberni Marathon

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

May 17: Whidbey Island Mudder

Langley, WA. Part of Indie Series. 5.5-mile loop features some climbs, a few fast descents and sections of singletrack. If it's warm and dry, the course can get dusty; watch out for mud if it's wet. Robert Frey, One Speed Promotion, 360-321-5884, indieseries.com

May 23-24: 24 Hours Round the Clock

Spokane, WA. 24-hour race at Riverside State Park. 14-mile loop for all ages and ability levels. Teams of 2, 4, 5 or 10 as well as solo and solo singlespeed. Free kids race. Onsite camping and food vendors. Medals 3 deep. Cash for top 3 in solo divisions. Make your Memorial Day weekend one to remember. Round & Round Productions, 509-455-7657, roundandround.com

May 23: Annual Lava Rama

Lava Hot Springs, ID. Race start and finish in town. Lung busting climbs, sweet single-track. Pro/Expert 21 miles, Sport 17 miles, Beginners 10 miles. Part of WRS XC series. Wild Rockies, wildrockies.com

May 24: Jacksonville STXC

Jacksonville, OR. See race series for details. Joe Davis, 541-951-2831

May 24: Shore Festival

Vancouver, BC. Cycling festival offers something for everyone, from kids to all level of MTB riders. More details to be announced. Part of BC Cup DH series. cycling.bc.ca

May 24: Victoria Super D

Victoria, BC. Part of Island Cup DH series. islandcupseries.com

May 30: Endurance Festival

Eagle, ID. 20-, 40- and 50-mile routes. Stage at the velodrome and cycling park. Peak Inspiration, 866-8-Eco-Fun, EnduranceFestival.com

May 30-31: Falls City MTB Festival

Falls City, OR. Fun and challenging 4.5-mile loop with 1,000' of climbing per lap, great singletrack. Only 1 road climb. Registration opens 8am. First start 10am. DH on Sunday. Part of OR MTB Series. Half Fast Velo, halffastvelo.com

May 31: Marathon Nanaimo

Nanaimo, BC. Part of Island Cup XC series. Arrowsmith Bike Nanaimo, islandcupseries.com

JUNE

Jun 6: Bavarian Bike & Brews Fest

Leavenworth, WA. Part of Indie Series. Gibbs Organic Farms. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 mile with 1,800' of elevation, and features challenging singletrack, creek crossings and spectacular scenery. James Munly, Leavenworth Fat Tire Club, 509-548-5615, dasradhaus.com

Jun 6-7: Port Alice Mountain Bike Festival

Port Alice, BC. XC on Saturday, DH on Sunday. Part of Island Cup DH and XC series. Nitro Club, islandcupseries.com

Jun 6-7: Race the Ranch

Kamloops, BC. Cross-country race in town. Number of laps vary with categories. 7-km loop. Near town DH on a cool and rhythmic course will get your heart pumping. Part of BC Cup XC & DH series. Henry Pejril, cyclingbc.net

Jun 7: Bogus Basin Kamikaze 1

Boise, ID. Start 2:30pm, best out-of-two race format. Technical downhill about 2 minutes long.

Digital chip timing. Part of WRS DH series. Darren Lighthield, Wild Rockies, wildrockies.com

Jun 7: Mad Dash MTB Classic

Athol, ID. 4- and 8-hour races. 10-mile lap. Several categories including husband/wife, 3- and 5-person relay team. Part of the Outdoor Adventure Festival. Staged at the Farragut State Park near Coeur d'Alene. Outdoor Adventure Festival, 208-664-0135, adventuresportsweek.com

Jun 7: Picketts Charge

Bend, OR. XC racing for all levels. Pro/Elite/Expert: 30-35 miles, Sport: 20 miles, Beginner: 10-15 miles. Day of registration opens from 8:30-9:30am. Racing starts 10am. Cash purse and raffles. Part of OR MTB Series. Sunnyside Sports, 541-382-6008, sunnysidesports.com

Jun 8-8: Granite Man

Jacksonville, OR. Start at Hart-Tish Park. 12 miles of singletrack, 3.5 miles of pavement and 2.5 miles of forest roads, stream crossings. Rogue Multi-sport LLC, 503-327-5531, roguemultisport.com

Jun 12-14: Fluidride Cup #4

Kellogg, ID. Silver Mountain. See race series for details. Petr Kakes, Hurricane Racing, 503-272-0146, skibowl.com

Jun 13-14: 12 Mile Super D

Ashland, OR. Drop 5,000' in 12 miles from Mt Ashland Ski resort to downtown. Great singletrack, 600' of climbing. Chainless DH on Saturday. Tita Soriano, Breakaway Events, 541-840-6580, breakaway-events.net

Jun 14: Coast Hill Crush

TBD, OR. Part of OR MTB Series. K. Thompson, obra.org

Jun 14: Port Alberni DH

Port Alberni, BC. Part of Island Cup DH. Nitro Club, islandcupseries.com

Jun 20: 12 Hours of Cumberland Relay

Cumberland, BC. A race on the trails south of Cumberland (access via yellow gate). Laps approximately 1 hour for the average rider. From 8am to 8pm. Part of Island Cup XC series. United Riders of Cumberland, 250-336-8250, islandcupseries.com

Jun 20-21: Arduum Challenge

Mission, BC. On Red mountain in Mission. DH event with steep, technical, off-camber, rooty and flowy trail. Part of BC Cup DH Series. Greg Rector, arduumchallenge.com

Jun 20: Test of Metal

Squamish, BC. Marathon event. Demanding XC course with over 1,200m of climbing & 35km of singletrack. SOLD OUT. testofmetal.com

Jun 21: Idaho City Excellent Adventure

Idaho City, ID. 17.5-mile adventure starts with a 3.5-mile climb before dropping 1,500 vertical feet. Beginner to Pro do same course at the same time. LeMans start at 12pm on Main St. Wild Rockies, wildrockies.com

Jun 21: Methow Cycle & Sport Mountain Challenge

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

Jun 21: Test Of Endurance 50

Blodgett, OR. The sun will be shining on your back as you roll down mile after mile of singletrack in the Oregon Coast Range. 50 miles and 8,000' await. Solo, couple and/or combined time team event. Singlespeed championships running concurrently. Part of OR MTB series. Mike Ripley, Mudslinger Events, 541-342-1493, mudslingerevents.com

Jun 26-28: Fluidride Cup #4

Mt. Hood, OR. Part of Indie series. At Skibowl. Petr Kakes, Hurricane Racing, 503-272-0146, skibowl.com

Jun 27-28: Mad Trapper

Panorama, BC. Fast, technical course. Part of DH BC Cup series. Panorama Resort, panoramaresort.com

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MOUNTAIN BIKE RACING CALENDAR

Jun 27-28: Return on the Jedi

Grants Pass, OR. Saturday DH: Top-rated course finishes on 5 miles of twisting singletrack ("The Jedi Trail"). Saturday: ST. Sunday: XC. Part of OR MTB series. Cliff McCann, 541-659-4104, obra.org

Jun 27-28: Soldier Mountain XC/DH

Fairfield, ID. "Epic" XC on Saturday. "Slaughter" DH on Sunday with rock drop, 1.7-mile, 1,400' vertical drop, two run format. Part of KTS series. Knobby Tire Series, knobbytireseries.com

Jun 28: Cardiac Classic Bike Fest

Burnaby, BC. 3 courses using Burnaby Mountain's trail network. Long course includes leg-crushing climbs and sweet singletrack. Part of BC Cup XC. West Coast Racing, westcoastracing.ca

Jun 28: Jug Mountain Ranch XC

Lava Hot Springs, ID. 10-mile course start and finish at Jug Mt lodge. Great mix of singletrack, double trails, short climbs and descents. All XC races start at noon. Distances vary. Part of WRS XC series. Wild Rockies, wildrockies.com

JULY

Jul 3-5: Psychosis DH

Golden, BC. Tentative. Over 4,000' of technical singletrack downhill. The world's most demanding DH race. Trevor Gavura, psychosis.ca

Jul 4: 8 Hours of Independence

Philomath, OR. 10-12 mile laps with 70% single-track per lap. Start 10am, finish 6pm. Last lap must be completed by 6pm to count. Solo or 2-person divisions. BBQ and fireworks. Registration opens 8am. Part of OR MTB series. Mudslinger Events, mudslingerevents.com

Jul 4: Marathon MTB National

Championship
Breckenridge, CO. Firecracker 50. usacycling.org

Jul 10-12: Fluidride Cup #5

Mt. Hood, OR. See race series for details. Mt. Hood Skibowl. Petr Kakes, Hurricane Racing, 503-272-0146, skibowl.com

Jul 10: Tamarack Resort Double Down DH

McCall, ID. Race start at 5pm. Two runs, two courses, faster combined time wins. First course has some pedaling, second is rocky and technical. Part of WRS DH series. Wild Rockies, wildrockies.com

Jul 11-12: Brundage MTB Festival

McCall, ID. XC, SD, DH events. XC race at 11:30am on Saturday. Racers start out all together, Lemans-style. New course. Super D - Experience a 20-min mix of XC and DH. Free kids' race on Saturday. Brundage Bomber DH starts at 1pm on Sunday. Part of WRS XC & DH series. Wild Rockies, wildrockies.com

Jul 12: Cascade Cream Puff 100

Oakridge, OR. America's toughest 100-mile MTB race. Riders complete three 33-mile loops. Climbing on gravel road, 50% singletrack and 18,000' of climbing. 110-rider limit. Time limit: 15 hours. Scott Taylor, cascadecream puff.com

Jul 12: Kicking Horse DH

Golden, BC. Kicking Horse Resort. Twisty single-track and plunging DH descents. kickinghorseresort.com

Jul 12: Padden MTN Pedal

Bellingham, WA. Part of the Indie Series. The oldest race in Washington for a reason - folks keep coming. Categories for all ages and abilities. Mark Peterson, indieseries.com

Jul 16-19: MTB National Championship

Granby, OR. usacycling.org

Jul 19: Whistler Olympic Park

Whistler, BC. New race in the Callaghan Valley. Part of BC Cup XC series. whistlerolympicpark.com

Jul 25-26: Bear Mountain Challenge

Mission, BC. Nice challenging courses. Open to all categories. Saturday XC, Sunday DH. Part of BC Cup XC series. FVMBA, fvmba.com

Jul 25: Galena Grinder Marathon and XC

Ketchum, ID. Race two 22.5-mile loops with 50% singletrack on each lap. Those who want a shorter distance, do the regular XC. Distance 10 to 22.5 miles depending on category. Part of KTS series. Knobby Tire Series, 208-338-1016, knobbytireseries.com

Jul 25: GearJammer Epic

Squamish, BC. 47-km point-to-point race for single-track lovers. Mass start, race through Squamish trails. Limit 500. Start 11am from Alice Lake Rd. SORCA, gearjammer.ca

Jul 25: Idaho STXC Championship

Hailey, ID. Tentative. Sun Val-Hey Rd & Dirt, roadanddirt.org

Jul 26: Roslyn MTB Festival

Roslyn, WA. Part of Indie Series. Great XC racing on amazing MTB terrain. Sun, fun and good times. Poker ride on 7/25 for the non-indie categories. All proceeds to Roslyn Library. John Deubie, Roslyn Cyclery, roslyncyclery.com

Jul 27-31: Intermontane Challenge

Kamloops, BC. Team and solo divisions. Each day features a new epic loop course with tons of sweet singletrack and off-road riding. Chuck Brennan, Intermontane Challenge, chuck@intermontanechallenge.com

AUGUST

Aug 1-2: Mt Washington

Mount Washington, BC. Vancouver Island premier mountain bike race. Saturday XC: Course is challenging and features tons of singletrack. Sunday DH: fastest time around 4 minutes, tons of singletrack to test your skills. Part of BC Cup XC & DH series. Mount Washington Resort, mounthewashington.ca

Aug 1-2: Pomerelle Pounder DH

Stage Race
Albion, ID. 2-day DH event with 2 different but equally challenging courses. Start times around 1pm on both days. Saturday's race course is steep and rocky, while Sunday is a flat-out speed and tight slalom-style run. Part of WRS series and Utah State Championship DH Series. Darren Lightfield, Wild Rockies, wildrockies.com

Aug 4-6: World Police & Fire Games

Whistler, BC. Blackcomb Mountain location. BC 2009 World Police and Fire Games, 604-659-2009, 2009wpfg.ca

Aug 8-16: Kokanee Crankworx

Whistler, BC. The most groundbreaking gravity-fueled mountain bike festival in the history of all things badass. 9 action-packed days featuring the sport's most fearless and talented athletes. Events Whistler, crankworx.com

Aug 8: White River Revival

Greenwater, WA. Part of Indie Series. Finals. Lisa Miller, Ragnarok Racing, 206-291-7773, indieseries.com

Aug 9-15: TransRockies

Panorama, BC. An epic 7-day MTB stage race through the majestic Canadian Rockies. 550km of wilderness trails, 12,000 vertical meters of elevation, 300 riders spread over 6 categories. Limit 150 teams. Panorama to Fernie with a few detours. Transrockies Inc, transrockies.com

Aug 9: Working 9-5

Jarolimek Memorial

TBC, OR. Cross country race in memory of Brett Jarolimek. Matt Cardinal, 503-313-9800, mgcardinal@yahoo.com

Aug 15-16: Tamarack

Tamarack Resort, ID. Tentative. XC on Saturday, DH on Sunday. knobbytireseries.com

Aug 16: Pistis ST #1

Grants Pass, OR. See race series for details. Steve Law, Pistis Ministries, pistis.us

Aug 21-23: Fluidride Cup #6

Port Angeles, WA. See race series for details. Lars Sternberg, Olympic Dirt Society, 206-384-6228, fluidride.com

Aug 22: Sun Peaks

Kamloops, BC. The course will challenge your technical skills and endurance. Part of BC Cup XC & DH series. Finals. Henry Pejril, cycling.bc.net

Aug 23: High Cascade 100

Bend, OR. 100 dirty miles of 90% singletrack on the best Bend has to offer. Mike Ripley, Mudslinger Events, 541-847-3030, mudslingerevents.com

Aug 23: Pistis ST #2

Grants Pass, OR. See race series for details. Steve Law, Pistis Ministries, pistis.us

Aug 23: Sun Peaks

Kamloops, BC. Presented at Sun Peaks Resort, the course will challenge your technical skills and endurance. 2.6km with 500m of lost elevation. Feature fun, fast, technical sections. BC Cup Finals. Henry Pejril, cycling.bc.ca

Aug 29: Knobby Tire Finals

Avimor, ID. Part of KTS series. Knobby Tire Series, 208-338-1016, knobbytireseries.com

Aug 30: Pistis ST #3

Grants Pass, OR. See race for details. Steve Law, Pistis Ministries, pistis.us

SEPTEMBER

Sep 5: Diamond Lake NW Challenge

Diamond Lake, OR. Cross country event. Mike Allen, northwestchallenge.com

Sep 6: Campbell River Marathon

Campbell River, BC. 50km of superb trails. Part of Island Cup XC series. CR Cycling Club, islandcupseries.com

Sep 12: Endurance Festival

Pocatello, ID. 20-, 40- and 50-mile routes. Great singletrack. Peak Inspiration, 866-8-Eco-Fun, EnduranceFestival.com

Sep 12-13: Mt Hood Skibowl

Mt. Hood, OR. Super D. Timberline to Bridale Trail. Petr Kakes, Hurricane Racing, 503-272-0146, skibowl.com

Sep 12: Samurai XC &

SS Championships

Boise, ID. Climb more than 2,500' per 11-mile lap. Start at 11:30am. Part of WRS series XC. Darren Lightfield, Wild Rockies, wildrockies.com

Sep 13: Bogus Basin Kamikaze 2

Boise, ID. Start 2:30 pm, best out-of-two race format. Technical downhill, 2 minute long. Digital

chip timing. Part of WRS DH series. Wild Rockies, wildrockies.com

Sep 13: Mt. Ashland Hill Climb

Championships
Ashland, OR. TT up Mt. Ashland. Start at Lithia Park. 18 miles. All categories start 9am. Reg. 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, hogie0101@yahoo.com

Sep 13: Pistis ST #4

Grants Pass, OR. See race series for details. Steve Law, Pistis Ministries, pistis.us

Sep 13: Suffer'n on the Summit

TBA, OR. Roger Colwell, Sunset Cycles, sunsetcyclesnw.com

Sep 19: Cheakamus Challenge

Fall Classic
Squamish to Whistler, BC. Oldest, toughest XC race in Canada. Marathon event. Come celebrate pain! Grant Lamont, Endorphin Enterprises, 604-938-1799, cheakamuschallenge.com

Sep 19: Hari-Kari ST and XC

Boise, ID. Bogus Basin Mtn Resort. ST starts at 10am for 20- to 30-min race depending on category. XC 3 starts; C group at 12:30pm, B at 1:15pm, A at 2:15pm. Part of WRS XC series. Wild Rockies, wildrockies.com

Sep 20: Bogus to Boise BANZAI Super D

Boise, ID. Bogus Basin Mtn Resort. New course, new format. Good fun for beginners to the top pro racers. All categories including singlespeeds & 6-in travel. Starts from an undisclosed location. ITT style racing. Part of WRS DH series. Wild Rockies, wildrockies.com

Sep 20: Pistis ST #5

Grants Pass, OR. See race series for details. Steve Law, Pistis Ministries, pistis.us

Sep 25-27: Fluidride Cup #7

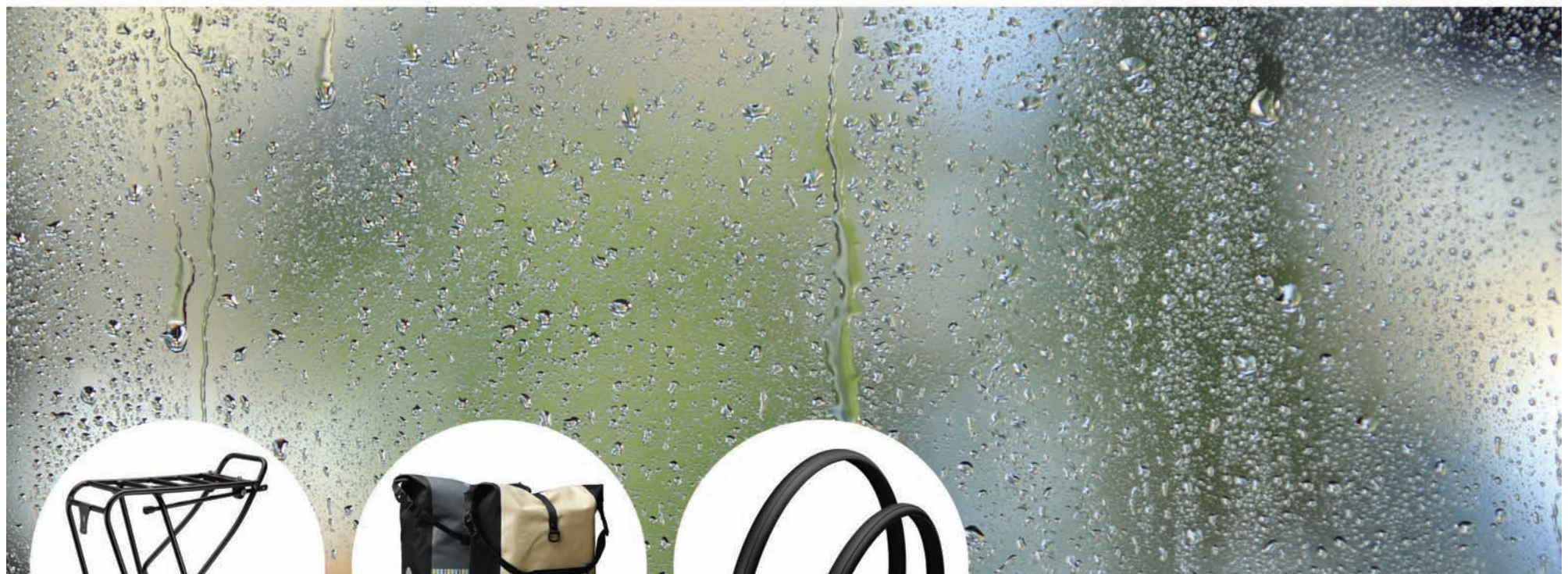
Mt. Hood, OR. Mt. Hood Ski bowl. FluidRide series finals. Petr Kakes, Hurricane Racing, 503-272-0146, skibowl.com

OCTOBER

Oct 2-4: Methow Valley Fall

Bike Festival
Winthrop, WA. This 3-day festival celebrates everything cycling from cycling films, road rides, guided MTB rides, races, skills clinics, kids rodeo and beer gardens. Kristen Smith, MVSTA, 509-996-3287, mvsta.com

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MOUNTAIN BIKE TOURING CALENDAR

Oct 11: Triple Crown

Nelson, BC. Tentative. Climb and descend 3 mountains in a single day, over 7,000 vertical ft. Course connects 3 of Nelson's epic trails in 1 event. NRG Enterprise, 250-352-2099, nrgenterprises.com

Oct 16-18: Collegiate MTB National Championship

Truckee, CA. usacycling.org

TOURING

JUNE

Jun 5-7: Bike and Brew Weekend

Bend, OR. The best that Bend has to offer: mountain biking and beer! Ride cross-country singletrack in the Cascade Mountains by day, visit Bend's favorite breweries at night. 47 miles of singletrack over 3 days. Also available 8/7. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com/bike_tours

Jun 12-14: Umpqua River

MTB Adventure

Bend, OR. Three days of roots, rocks, waterfalls, steep climbs and fast, fun descents on one of IMBA's Epic Rides. Camp on the river with a natural hot spring nearby. Also available 10/2. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

Jun 20-21: 12th Annual Boise 2 Idaho

City MTB Tour

Boise, ID. A recreational adventure with proceeds benefiting SWIMBA, BYRDS and IVCP. Ride begins and ends at Fort Boise Armory. Fully supported, all meals and snacks provided in the cost. Sag wagon available to those who want to do a shorter variation of the tour. 45 miles each day with 18,000' vertical total for the weekend. Darren Lightfield, Wild Rockies, 208-587-9530, swimba.org

JULY

Jul 10-12: Bike and Brew Weekend

Bend, OR. The best that Bend has to offer: mountain biking and beer! Ride cross-country singletrack in the Cascade Mountains by day visit Bend's favorite breweries at night. 47 miles of singletrack over 3 days. Cog Wild Bicycle Tours, cogwild.com/bike_tours

Jul 11-17: Cycle the Divide - Montana

Whitefish, MT. Fully supported and load-free! Riding mostly on abandoned logging roads and even a bit of singletrack. Skirt the boundaries of the Bob Marshall and Scapegoat wilderness areas and crest the Continental Divide before dropping into Lincoln. Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Jul 11-12: Sea to Sky Trail Ride

Squamish, BC. 150km of off-road trail ride in the spectacular Whistler area from D'Arcy to

Squamish. Great Explorations, 800-242-1825, great-explorations.com

Jul 12-25: Denali Adventure

Anchorage, AK. 14-day tour. Set out on the Glenn and Richardson highways, moving from lush farmlands to glacial mountainscapes. Turning west, on the gravel Denali Hwy for 140 miles to Cantwell then join the George Parks Hwy and Denali National Park. Mountain bikes or wide-tired touring bikes are recommended. Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Jul 17-19: Mt. Bike Oregon I

Oakridge, OR. Enjoy 3 full days of unequalled singletrack riding that will leave you both exhausted and replenished. Each day offers supported ride options. The campground is along the bank of the Willamette River. Greenwaters Park, 503-459-4508, mtbikeoregon.com

Jul 19-23: Mt Hood Camping Adventure

Bend, OR. Climb and descend cross-country single-track through old growth forest, riparian areas with photo inducing views and colorful wildflowers. Available 8/2, 9/13. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

Jul 31-Aug 2: Umpqua River

MTB Adventure

Bend, OR. Three days of roots, rocks, waterfalls, steep climbs and fast, fun descents on one of IMBA's Epic Rides. Camp on the river with a natu-

ral hot spring nearby. Available 8/21. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

AUGUST

Aug 8-9: Sunshine Coast Trail Ride

Halfmoon Bay, BC. Beginner to intermediate single-track trails. 90km total. Great Explorations, great-explorations.com

Aug 14-16: Women's Camping

Weekend

Bend, OR. Unforgettable experience will be spent with female guides, enjoying some of the best trails in the Cascade Mountains with some bike skills thrown in. Available 9/11. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

Aug 21-23: Mt. Bike Oregon II

Oakridge, OR. See description July 17-19. mtbikeoregon.com

SEPTEMBER

Sep 6-10: Cascade Mountains

Singletrack Camping

Bend, OR. Explore cross-country singletrack through old growth forests skirting turquoise alpine lakes en route to remote summits. Available 9/20. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

Sep 18-20: Bike and Brew Weekend

Bend, OR. The best that Bend has to offer:

mountain biking and beer! Ride cross-country singletrack in the Cascade Mountains by day visit Bend's favorite breweries at night. 47 miles of singletrack over 3 days. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com/bike_tours

Sep 19-20: Fly and Bike Festival

Chelan, WA. Tentative. A 10-mile ride from Chelan Falls Park up Hwy 150 to Chelan, across the Dan Gorden Bridge and back to the Chelan Falls Park on the old Chelan Falls road. Some race the course while others enjoy a slow, leisurely sight seeing ride. 425-898-8163, chelanflyers.com

OCTOBER

Oct 2-4: Methow Valley Fall

Bike Festival

Winthrop, WA. This 3-day festival celebrates everything cycling: cycling films, road rides, guided mountain bike rides, mountain bike races, mountain bike skills clinics, kids rodeo and beer gardens! Kristen Smith, MVSTA, 509-996-3287, mvsta.com

Oct 16-18: 15th Annual 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 hi-tech devices at home and just enjoy the ride. Earn your "No Whiners" patch by completing all 3 days. 800-818-1902, bendsbigfatour.com

ROAD RACING CALENDAR

SERIES

Banana Belt Series

Mar 1, 8, 15

Forest Grove, OR. 3-event series. Race around the Henry Hagg Lake 11-mile course. 750' elevation gain per lap. Hills are long and steady, but not steep. Open to all categories from Juniors to Masters 60+. Race 1 & 3 go clockwise, #2 counter clockwise. Points system (15 deep) determines the overall winners. Cash prizes. Jeff Mitchem, 503-233-3636, obra.org

BC Masters Assoc.

Apr 19; May 3, 23, 31; Jun 6, 14, 20, 28; Jul 1, 4-5, 18-19, 24-26; Aug 16, 23, 29, 30; Sep 6 Various, BC. Series of 24 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. In 2008 there was an 80-84 category. Relaxed and fun atmosphere. BCMCA membership, CBC Citizen or UCI license needed. Bill Yearwood, 604-267-7338, bcmasterscycling.net

BCC Spring Series

Mar 8-Apr 19

Boise, ID. Series of 4 road events and 1 TT. \$75 for the series, online registration only at sports-baseonline.com, no day of registration. Listed as BCC. Includes Jason Broome ITT (3/8), Slammer RR(3/15), Birds of Prey RR (4/5), Chicken Dinner RR(4/13) & Emmett-Roubaix (4/19). Mike Cooley, Boise CC / George's Cycles, 208-343-3782, georgescycles.com

Carnation Time Trial Series

Mar 29; May 10; Jun 27

Carnation, WA. Consists of 3 separate races on 3/29 (short), 5/10 (hilly) and 6/27 (long). Starts 8am at Tolt Middle School (SR 203). Points awarded to top 10 in each race. Age group U20, 21-39, 40-49, 50+. Neal Goldberg, FootWorks Cycles, LLC, footworkscycles.com/metricral

Cycle U - Wednesday Night Racing

Mar 4, 11, 18, 25

Seattle, WA. Computrainer racing of 10 miles with hills up to 6% or back to back 5-mile flat courses. Alternate each week between hilly course and flat course. Start time every hour from 5-7pm. Cycle University, 800-476-0681, CycleU.com

Estacada TT Series

Apr 5, 19; May 3

Estacada, OR. 3-event series, each offers a 20-mile TT for adult categories, 10-mile for younger Juniors on an out-and-back course. Overall standings and awards at the end of the series. Registration from 8:30-9:30am, first rider off at 10am at Promontory Park. Geri Bossen, Team Bossen, 503-297-2434, obra.org

EV Spring Series

Mar 15, 21-22, 28-29; Apr 2-3, 11-12

Langley, BC. Series of 10 events on 5 consecutive weekends. 3 racing groups: A, B & C at all races and a novice in 5 events on 3/15, 21, 28. Distance varies from 50-140km, 30-35 for novices. Overall calculated on points. Race starts at 10:30am. Escape Velocity, escapevelocity.bc.ca

Garmin Cat 4 Women's Race Series

Mar 14-Aug 1

Various, WA. Series of 10 events. Points to top 15 finishers, plus points for finishing other events. Prizes for top 15 overall. Minimum 2 races to qualify for overall. Listed as Cat 4 W Series in event description. WSBA, wsbaracing.com

Lake Washington Velo Circuit Series

Aug 1, 15, 29

Various, WA. Series of 3 events. \$20/race, Juniors \$10/race. Day-of registration only. Categories: men Cat 1/5, women 1/4, Masters 35+. Cash and merchandise - 5 deep. Points to top 10, more points in last race. Inter-series sprints halfway through each race. Race on 8/1, 8/15, 8/29. Lake Washington Velo, 253-853-5316, hagensberman-cycling.com

Mason Lake RR Series

Mar 7, 14, 21

Mason Lake, WA. Near Shelton. 3 Saturday race series. 12-mile loop around Mason Lake. Rolling hills, no major climbs. Register day of race only at the start line in Mason Lake County Park. Points to top 10. First race starts at 9:30am. Open to all. \$20 per race, UCSF license required for Cat 3+. 1-day license for Cat 5 men and Cat 4 women. David Douglas, 206-932-5921.

Norm Badcock Cat 4 Women Series

Mar 15-Aug 30

Various, OR. 11 events with separate Cat 4 women fields. Sponsored by Veloforma and Garmin. Points to the top 10 in each event. Events on 3/15, 3/29, 4/19, 5/16, 6/28, 7/6, 7/11-12, 7/18, 8/1, 8/15, 8/28-30. Listed as NB Cat 4 W in event description. www.obra.org

Oregon Cup - Road

Mar 15-Jul 12

Various, OR. Series of 7 events for Cat 1/2 men and Cat 1/3 women, overall based on points. Top 20 in each event score point. Cash prizes for top 5 in both categories overall. Events 3/15, 4/11, 4/19, 5/16-17, 5/30, 7/12. Listed as OR Cup in event description. OBRA, obra.org

Seattle LAJRS Series

Apr 12-Sep 6

Seattle, WA. 5-event series for Junior riders. All events are criterium races. Age categories: 10-12, 13-14, 15-16, 17-18. Winners in each category receive jersey at end of the season. Best 4 out of 5 count towards final standings. Event identified as LAJRS. Event on 4/12, 6/20, 7/11, 8/20, 9/6. David Schilling, Northwest Junior Racing Series, 206-619-1355, radracingnw.org

Southern Oregon Time Trial Series

Mar 15-29

Medford, OR. First rider off at 9am, 1-min intervals. Ribbons to top 3 in each class after each event. Raffle after the final race. Money to the top 3 males and females. 3 start locations and distances. All categories including tandem and handcycle. OBRA license required. Amy Warner, 541-601-9663, obra.org

SWICA BAR / BAT Competition

Mar 8-Aug 1

Various, ID. Best all-around rider and team competition. Points allocated based on the level of the event. Open to Idaho riders with USAC road license. 14 different categories. Riders with the most points win. BAT winner is the team with the most combined points from all its eligible riders. Points do not carry over with upgrade. No points for GC in stage race, but for each event. Event listed as ID BAR, idahobikeracing.org

Triple Crown Series

May 16-Sep 5

Boise, ID. Can you climb? Series includes Galena Hill climb (5/16), Mt. Harrison Hill Climb (8/1) and Bogus Basin Hill Climb (9/5), 208-323-2376, lostrivercycling.org

Volkl Cat 3 Women's Race Series

Mar 7-Aug 30

Various, WA. Series of 10 events where Cat 3 women race on their own or with Cat 1/2, but are scored separately. Points to top 10 finishers. Listed as Cat 3 W in event description. Event on: March 7, 14, 21, 28; April 12, 25, 26; June 6; July 12; Aug 30. WSBA, wsbaracing.com/women_cat3.asp

WSBA BARR

May 2-Sep 6

Various, WA. Best All around Road Rider. 11 state championship events counts towards overall BARR results. Points allocated to top 10 in each category. Only WSBA members get points. Team points calculated on sum of top 5 riders. Events on 5/2, 5/16-17, 6/21, 6/28, 7/4, 7/18-19, 7/25, 8/8, 8/22, 9/6. Listed as WA BARR in event description. wsbaracing.com

WEEKLY

MONDAY

Monday PIR

May 4-August 31

Portland, OR. Races for Masters 30+ men (novice and experienced) and all women (any age/ability, including Juniors) at the Portland International Raceway. 5 categories. Course is a flat, wide, 1.9-mile loop, closed to traffic with excellent pavement. No tight corners. Great place to learn bicycle racing. Designed to provide fast, fun and exciting racing. New racers are welcome and encouraged, women first time rider clinics 2nd Monday of each month. Registration at start/finish line open at 5pm, first race at 6:15pm. GC at the end of each month. Jim Anderson, 503-975-8229, racemondaynight.com

TUESDAY

Baddlands Twilight Series

April 14-August 25

Spokane, WA. All races start at 6pm sharp, registration opens at 5pm. Type of event and location vary each week. Yellow centerline rule in effect in all TT and RR. Award party after the last race. Baddlands Cycling Club, 509-456-0432, baddlands.org

Hutch's Hill Climb Series

April 7-28

Eugene, OR. April hill climb series comprised of 4 events on consecutive Tuesdays. Open to all categories. 3.7-mile climb featuring 800' of elevation gain with up to 13% grade. This challenging course up McBeth has been used in the Tour on Willamette and offers a flat start with climbing the rest of the way. Fast times are in the 11's, great times are in the 10's. TT solo starts. All categories. Sal Collura, 541-747-3336, obra.org

Hutch's TT Series

May 5-26

Eugene, OR. Series of 4 events. This flat, windy 15km loop outside of Coburg has become the standard to test one's TT fitness. Bring all of your new equipment. All categories. Sal Collura, 541-747-3336, obra.org

Pacific Raceways Series

March 24-August 25

Kent, WA. Tuesday night racing. Points awarded to top 5. 2.25-mile closed course. Registration from 5:30pm to 6:50pm. Race starts at 7pm, except weeks 1 & 2 - 6:45pm. Course varies every week. Women Cat 3/4 race on 7/7, 7/28 and 8/18.

No race on 7/14. Rory Muller, BuDu Racing, 260-920-3983, buduracing.com

PIR Handicap Series

September 1-29

Portland, OR. 5-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 1/2's. Prizes awarded based on points accumulated in primes and at the finish. Start at 6pm. Charles Warner, 360-624-1801, obra.org

SWICA Criterium Series

May 5-July 14

TDB, ID. Series of 11 Tuesday night races. More information to follow. All events count toward BAR points except for 6/30, 7/7, idahobikeracing.org

Tuesday PIR

April 7-August 25

Portland, OR. Portland International Raceway. Series for Cat 1/3, Cat 3/4, Cat 4/5 regardless of gender. Flat 1.9-mile loop, wide road with excellent pavement, closed to traffic. Distances and hot spots vary depending on daylight. Cash and merchandise prizes. Bring can of food and receive discount on entry fee. First start at 6pm. Benefits the Oregon Food Bank. Jeff Mitchem, 503-233-3636, obra.org

Twilight Criterium Series

June 9-August 25

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

WEDNESDAY

Central Oregon Crit Series

June 10-August 12

Bend, OR. Every Wednesday evening in June, July and first 2 in August. Series punch card available. Matt Plummer, Central Oregon Racing, 541-385-7413, centraloregonracing.com/races/nwxcrit.htm

Central Oregon TT Series

April 29-June 3

Bend, OR. 6-event Wednesday night series. Runs 4/29, 5/6, 5/13, 5/20, 5/27, 6/3. Matt Plummer, Central Oregon Racing, 541-385-7413, centraloregonracing.com

Mt. Tabor Series

June 3-July 8

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

Vanport Summer Kermesse Series

August 5-26

Portland, OR. 4-event series in and around PIR. This course contains no dirt, it will be messy and bumpy and could be raced on either road (w/ 25c+ tires) or cross bike (w/ big ring, no knobies). The road surface is smooth to broken asphalt, with approximately 500m of gravel per lap (good kind). There will be no follow vehicles

and no pits, flat = done. 1 lap = 6km. First start at 9am. Jeff Mitchem, obra.org

THURSDAY

First Rate Mortgage Criterium Series

April 2-September 3

Seattle, WA. Criterium racing every Thursday night. Short 0.8-mile raindrop-shaped loop in the park. Smooth pavement, 200m hill each lap, 140-degree turn. Race directions vary. \$10 per night. Registration on race day only. Opens at 4:30pm, First timers clinic at 5pm, A group at 5:30pm, B at 6pm, C at 7pm. Nightly cash and primes. Pts 6 deep. David Douglas, wsbaracing.com

Fresh Air Time Trial and Duathlon Series

June 11-July 2

Bend, OR. Series of 5-time trial events, with duathlon option. Start Thursday at 6pm on Skyliners Road. Use upper parking lot at Summit High. OBRA full or one-day license required. Gina Miller, Fresh Air Sports, 541-318-7388, freshairsports.com

Hood River Crit Series

April 2-23

Hood River, OR. Fun, low-key early season Crit series. Wide-open flat course, easy turns, lots of room. Good for all, including beginners. 4 Thursday night events - first race off at 5:30pm. Jeff Lorenzen, 541-490-6837, discoverbicycles.com

So Oregon Champion Series

May 21-September 10

Ashland, OR. Thursday night racing. Southern Oregon Dragway - circuit race. Distance varies as daylight permits. A: 18+ laps. B: 5 races each distance - 10, 12, 14 laps. Each lap is 12 miles, with an elevation gain of 50'. A - Cat 1/2/3 B - Cat 4/5. Good event to work on team strategy. No race on 6/4, 7/9. Ed Garfield, 541-840-0713, obra.org

RACING

MARCH

Mar 1: Banana Belt #1

Forest Grove, OR. Circuit race clockwise. Jeff Mitchem, 503-233-3636, obra.org

Mar 1: Ice Breaker TT

Auburn, WA. 10-mile flat out-and-back course on Green Valley Rd. near Flaming Geyser State Park. Check in from 7:15-8:30am. First riders start at 9am. All categories welcome. Erik Olson, Cucina Fresca Cycling Team, 425-444-7115, supersquadra.com

Mar 7: Mason Lake RR #1

Mason Lake, WA. Cat 3 W Series event. David Douglas, Pazzo Velo, 206-932-5921.

Mar 8: Banana Belt #2

Forest Grove, OR. Circuit race counter clockwise. Jeff Mitchem, 503-233-3636, obra.org

Mar 8: Jason Broome TT

Boise, ID. 10-mile time trial. Check in 8:30-9:30am. First rider off at 10am, intervals are 30 seconds. From Junior to Masters 50+. Start at exit 671 on I-84. ID BAR event. BCC#1. Mike Cooley, Boise CC / George's Cycles, 208-343-3782, georgescycles.com

Mar 8: Tour de Dung Road Race #1

Sequim

ROAD RACING CALENDAR

Mar 14: Mason Lake RR #2
Mason Lake, WA. Cat 3 W Series event. Cat 4 W Series event. David Douglas, Pazzo Velo, 206-932-5921

Mar 15: Banana Belt #3
Forest Grove, OR. Circuit race clockwise. NB Cat 4 W event. OR Cup #1. Jeff Mitchem, 503-233-3636, obra.org

Mar 15: EV Spring #1
Langley, BC. River Road - flat, square circuit beside the Fraser River in Langley. A, B, C, Novice. Escape Velocity, escapevelocity.bc.ca

Mar 15: Ravensdale Road Race
Ravensdale, WA. The course is a 9-mile loop on county roads. A few small hills. Registration opens at 7:15am, first group off at 8:30am. Day of race registration only. DuBu Racing, 253-334-4433, buduracing.com

Mar 15: Slammer RR
Boise, ID. Start at the intersection of Pleasant Valley and Ten Mile Creek. Distances vary from 40 to 60 miles. First start at 10am. ID BAR event. BCC #2. Mike Cooley, Boise CC / George's Cycles, 208-343-3782, georgescycles.com

Mar 15: Southern OR TT #1
Medford, OR. Antelope Rd course. 13.4 miles. Team time trial 3-4 person will start last. Time taken on the 3rd rider to cross the line. Amy Warner, 541-601-9663, obra.org

Mar 21-22: EV Spring #2/#3
Langley, BC. Saturday: Zero Ave - rolling circuit with small hills beside the US border. Novice included. Sunday: Armstrong - climbers delight - the infamous Armstrong hill. Escape Velocity, escapevelocity.bc.ca

Mar 21: Mason Lake RR #3
Mason Lake, WA. Cat 3 W Series event. David Douglas, Pazzo Velo, 206-932-5921

Mar 22: Southern OR TT #2
Medford, OR. Griffin Creek course. Start at Griffin Creek Elementary School. 8 miles. Amy Warner, 541-601-9663, obra.org

Mar 22: Tour de Dung Road Race #2
Sequim, WA. A 12-mile very flat, chip-seal surfaced course (2-3 rollers), windy. Day of registration only. First start Dungeness State Park & Rec at 10am. Cat 4 W Series event. Jason Bethel, Garage & Kryki Sports, garagebilliards.com

Mar 28-29: EV Spring #4/#5
Langley, BC. Saturday: River Road course. Novice included. Sunday: Bradner course, challenging road race. Escape Velocity, escapevelocity.bc.ca

Mar 28: Independence Valley Road Race
Rochester, WA. 19.5-mile loop with rolling hills and a few short climbs. All senior and master categories. Distance varies from 39-78 miles. Registration opens at 7:30am. Start at Swede Hall. Cat 3 W Series event. Cat 4 W Series event. Erik Anderson, Sound Velo Cycling, 360-870-5025, soundvelocycling.com

Mar 28: WWU North Shore Circuit Race
Bellingham, WA. Collegiate road event - circuit race. This traditional Bellingham circuit has 575' of climbing per 8-mile lap on quiet country roads on the North Shore of Lake Whatcom. Open to Collegiate, men Cat 1/3, Cat 4/5, Open women. Also TTT - sort of flat out and back course. Phil Elsassner, WWU Team, 847-528-9461, www.cycling.com.events.html

Mar 29: Carnation TT #1
Carnation, WA. Short flat course - 20km. Ideal to get in the rhythm of TT racing. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, footworkscycles.com.timetrail

Mar 29: Piece of Cake RR
Woodland, WA. 17-mile loop west of Woodland, about 30 minutes from Portland. Flat, likely windy and wide roads. Start/finish in front of NW Pet Products. Open to all categories including Juniors. Registration begins at 8am and up to 15 min. before your start. First start at 10am, men Cat 1/2-68 miles. Junior 10-12 do 10 miles. NB Cat 4 W event. Ken Finch, PrestoVelo Cycling Team, 503-235-8050, prestovelo.com

Mar 29: Southern OR TT #3
Medford, OR. Colver Park course, 10.4 miles. Amy Warner, 541-601-9663, obra.org

APRIL

Apr 2-3: EV Spring #6/#7
Abbotsford, BC. Saturday: Atomic Road course. Sunday: Aldergrove Border Crossing - Zero Ave circuit, east of the border crossing. Novice on Sunday. Escape Velocity, 604-734-4241, escapevelocity.bc.ca

Apr 3-5: Cherry Blossom Classic Stage Race
The Dalles, OR. 3-day, 4-stage event in and around The Dalles. Enjoy the dry side of the Cascades. Pro 1-2 men, Pro 1-3 women, Cat 3 men, Cat 4 men, Masters 40+ men, Masters 40+ women, Cat 3-4 women. Chad Sperry, cherryblossomclassic.com

Apr 4-5: Tour of the Frozen Flatlands
Spokane, WA. 20th Annual Cooper Jones Memorial Omnium Saturday: 2.5-mile circuit race on a flat course and TT. Sunday: road race, mostly flat with small risers and uphill finish. Pre-registration only. Baddlands Cycling Club, 509-456-0432, baddlands.org

Apr 5: Birds of Prey RR
Huna, ID. Distance varies from 50 to 80 miles. First start at 10am. Start at Kuna-Mora road at the rail-

road tracks. ID BAR event. BCC #3. Mike Cooley, Boise CC / George's Cycles, georgescycles.com

Apr 5: Estacada TT #1
Estacada, OR. Geri Bossen, Team Bossen, obra.org

Apr 11-12: EV Spring #8, #9 & #10
Langley, BC. Devo Spring Classic - Saturday: Old Yale Criterium (includes novice), and River Road TT - 12km out and back TT near the Fraser River. Sunday: Zero Ave - rolling circuit with small hills beside the US border. Overall based on points. Escape Velocity, 604-734-4241, escapevelocity.bc.ca

Apr 11: George's Kids Races
Middleton, ID. Road race. Mike Cooley, Boise CC / George's Cycles, 208-343-3782, georgescycles.com

Apr 11: Kings Valley RR
Pedee, OR. La Doyenne of Oregon road races. A rolling course perfect for the strong men/women. 19.5-mile loop on good to excellent roads. Registration opens at 9am, race starts at 10am. For Cat 1/5 men, Cat 1/4 women, Masters 40/50+. OR Cup #2. Classic Events, obra.org

Apr 11: Volunteer Park Criterium
Seattle, WA. Criterium on a 0.8-mile loop inside Volunteer Park, with a small 150-yard hill. Cucina Fresca Cycling Team, supersquadra.com

Apr 12: Brad Lewis Memorial Criterium
Seattle, WA. Exciting 1-mile, 3-corner course in U-District offers a challenge for even solid bike handlers. Wide and flat with good pavement. Spectator friendly. Cat 3 W Series & Cat 4 W Series event. LAJRS. Recycled Cycles, recycled-cyclersracing.wordpress.com

Apr 17-19: Tour of Walla Walla Stage Race

Walla Walla, WA. 3- or 4-stage race event. Friday - hilly road race for Pro 1-2 men and optional for Cat 3 men, Cat 1/3 women. Saturday 7.5-mile TT (out and back), 1-2 RRs depending on category and Sunday 6-corner downtown criterium. Distances vary by category. Cash prizes. No day-of-race registration. USCF sanction. Steve Rapp, 509-527-8724, allegrocyclery.com.towww.html

Apr 18: Eugene Roubaix
Eugene, OR. 13-mile loop with one dirt/gravel section, the rest is smooth and mostly flat. Registration off Nielson near parking lot. Registration opens 8:30am. Cat 1/5 men, Cat 1/4 women, Masters men, women 40+. David Kuhns, 503-940-4208, phorapples@msn.com

Apr 18: Tax Day Circuit Race
Pocatello, ID. Mixture of dirt and pavement. UCA points series event. Idaho Cycling Enthusiasts, 208-282-3532, idahocycling.com

Apr 19: BC Masters #1
Abbotsford, BC. 70km road race rolling. Start at Aldergrove Lake Park. Double points. Godron Reddy, BC Masters Cycling Association, 604-857-1801, bcmasterscycling.net

Apr 19: Chicken Dinner Road Race
Nampa, ID. Start at Chicken Dinner and Perch Rd. (south of Nampa). Distance from 39 to 65 miles. ID BAR event. BCC #4. Mike Cooley, Boise CC / George's Cycles, georgescycles.com

Apr 19: Estacada TT #2
Estacada, OR. Geri Bossen, Team Bossen, 503-297-2434, obra.org

Apr 19: Table Rock RR
Medford, OR. Course favors the power climber with nearly 1,000' of gain per 20-mile lap. 2 separate climbs per lap with a hillcrest finish. Great surfaces. Post race BBQ and good times. NB Cat 4 W event. OR Cup #3. Mike Ripley, Mudslinger Events, 541-847-3030, mudslingererevents.com

Apr 23-26: Willamette Stage Race
Coburg, OR. Stage 1 - Coburg RR (pro men/women only). Stage 2 - Wolf Creek RR starts at King Estates Winery. Stage 3 - Alsea Fall RR starts at Philomath Middle School for 96km and 400H of climbing. Stage 4 Corvallis TT, 14.5 miles to finish the weekend. Mike Ripley, Mudslinger Events, 541-847-3030, willamettesr.com

Apr 25-27: Deschutes River Valley Time Trial Festival
Maupin, OR. 3 individual stages over the weekend. Staging at Imperial River Company. Open to all 19+ riders; tandem and recumbent categories. Registration 6:30-8:30am. 1st race - 25 miles at 9am; 2nd - hill climb 8 miles at 3pm; 3rd - 49 miles at 9am on Sunday. Terri Gooch, 541-760-1024, raceacrossoregon.com

Apr 25: Green Valley TT
Auburn, WA. 12-mile course on Green Valley Rd. near Flaming Geyser State Park outside of Auburn. Start/finish at the corner of Green Valley Rd and 218th. Registration from 7:15-8:30am. Race starts at 9am. Cat 4 W Series event. BuDu Racing, 260-920-3983, buduracing.com

Apr 25-26: Race the Ridge - BC Cup RR
Maple Ridge, BC. Stage Race. Road, criterium and time trial. Barry Lyster, Local Ride, 604-466-2016, localride.ca

Apr 26: Byrne Invent Vance Creek RR
Elma, WA. 13 miles of rolling hills combined with flats, twisty roads and one good climb to the finish. Course can be windy. Open to all categories. Distance varies from 26 to 93 miles. Registration open at 8am. Pre-registration encouraged. Cat 3 W Series event. Cat 4 W Series event. Erik Anderson, wsba.org

Apr 26: Emmett-Roubaix RR
Boise, ID. Start at Emmett City Park on Main St. First start at 10:30am, distance between 45-65 miles.

ID BAR event. Mike Cooley, Boise CC / George's Cycles, 208-343-3782, georgescycles.com

Apr 28: FCA Endurance TT
Boise, ID. Hubbard course: 10-mile out-and-back course. Start at Overland Rd. B group = Cat 4/5 men, Masters B men, Cat 3/4 women and Juniors, followed by A group = Cat 3 men, Masters A men, Cat 1/2 men, 1/3 women. First start at 6pm. Limit 75 riders per group. ID BAR event. Team FCA Endurance, 208-861-7227, fcaendurance.com

MAY

May 1-3: Bode TT Festival
Boise, ID. Cash purse. 3 days - Prologue + 3 TTs for overall standings. All categories from Juniors to Pro 1-2. Triathlon class. Prologue: 2-mile HC. Saturday am: 10 miles, Saturday pm: 5 miles non-aero. Sunday: 30 miles. Cost: \$75. Field limit: 300. ID BAR event. Mike Cooley, Georges Cycles & Fitness, 208-343-3782, georgescycles.com

May 2: Glenwood Road Race
Glenwood, WA. Washington State Senior Road Race Championships. Open to Cat 1/5 men, Cat 1/4 women with separate starts for each category. First start at 9am. Distance varies between 40 and 100 miles, raced on a rolling 15.5 mile loop. WA BARR event. Erik Scheller, glenwoodr.blogspot.com

May 2: Twickenham RR
Fossil, OR. Not one flat mile on this course - a hill climber's dream. Course features 3 major climbs including the one to the finish. No category, club/team event only. Results calculated on combined time of lowest 4 riders. Nathan Hobson, 503-652-3763, obra.org

May 3: BC Masters #2
Maple Bay, BC. 65km road race rolling terrain. Start at 12pm at Moose Hall. David Mercer, BC Masters Cycling Association, 778-430-0646, bcmasterscycling.net

May 3: Cottonwood Creek Relay Big Adventure Race
Fossil, OR. Nathan Hobson, 503-652-3763

May 3: Estacada TT #3
Estacada, OR. Geri Bossen, Team Bossen, 503-297-2434, obra.org

May 3: Long Beach RR
Long Beach, WA. 10.5-mile loop starting at the Longbranch Improvement Center. Course is rolling, with 1 steep 1/2-mile climb and 2 gradual 1/4 mile climbs. Registration opens at 7:30am. First start is at 9:30am. Tom Hackleman, 253-759-9707, wsba.org

May 4: Warp Speed TT
Abbotsford, BC. 20.6-km time trial out and back. Cat 1/5 men, 1/4 women, Juniors. Prizes for top 5. Sign in: 8-9am. First rider at 9:15. 1-minute interval. \$20. Doug Preston, Escape Velocity, 604-638-5182, escapevelocity.bc.ca

May 8-10: Collegiate Road National Championship
Fort Collins, CO. usacycling.org

May 9: Nookack Road Race
Bellingham, WA. Robert Trombley, 206-528-2242, wsba.org

May 9-10: Times Colonist Cycling Festival
Victoria, BC. Bastion Square criterium on Sunday, twilight criterium and hill climb to be confirmed. Drew MacKenzie, National Team Training Center, 250-744-3583 x 301, victoriacyclingfestival.com

May 10: Carnation TT #2
Carnation, WA. Hilly course - 23km. Start with 1 mile up a 10% grade. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, footworkscycles.com.timetrail

May 10: Icebreaker Criterium
Eugene, OR. Greenhill Technology Park. Traditional flat 1-km criterium. This 4-corner course is safe and has a wide-open straight finish. Categories/distances: Pro 1/2 - 30 miles, Cat 3 - 25 miles, Cat 4/5 - 15 miles, Women & Masters - 20 miles. Cash prize. Time to break out your fast wheels. Sal Colura, 541-747-3336, obra.org

May 10: Larry Kemp Memorial Ride
Seattle, WA. Ride in remembrance of Larry Kemp to raise money for local Junior racers. Meet at Leschi, ride start at 9:15am. We ask for donations to help support the Larry Kemp Memorial Fund for junior (501 C). Jet City Velo / Byrnelvent, info@jetcityvelo.com

May 16: Endurance Festival
Pocatello, ID. 20-, 40- and 50-mile routes. Peak Inspiration, 866-8-Eco-Fun, EnduranceFestival.com

May 16: Galena Hill Climb
Galena, ID. Galena is located 23 miles north of Ketchum, ID. Race the 5.9-mile hill climb up Galena Pass. First riders start at 10am. All categories. Part of Triple Crown Series. ID BAR event. Richard Feldman, 208-726-7693, durance.com

May 16: Mt. Tabor Circuit Race
Portland, OR. A day of racing in Mt. Tabor Park that entails a tough, 1.3-mile hilly and curvy circuit that encircles the upper reservoir and passes the neck of the ancient volcano that formed Mt. Tabor. Each lap has 136.6' of climbing. NB Cat 4 W event. OR Cup #4. Nathan Hobson, 503-652-3763, obra.org

May 16-17: Wenatchee Omnium Senior State Championships
Wenatchee, WA. TT course - rolling, 9-mile out-and-back. Criterium: 1km, 4 corners, small hill.

Road course - 2 loops: short loop at 12 miles with 1,400' of climbing, or big loop at 27 miles with 2,000' of climbing. Pre-reg by May 13. Enter them all or individually. Must start all 3 to be eligible for overall prize. WA BARR event. Wenatchee Velo Valley, bikewenatchee.org

May 17: Mt. Constitution Hill Climb
Orcas Island, WA. Time trial. 7.5 mile, 2,475' vertical climbing beginning at Rosario Resort and Spa and ending at the top of Mt. Constitution. First rider off at 11am. All categories including recreational division. Paul Hopkins, 360-472-0908, islandathleticvents.com

May 17: Silver Lake TT
Maple Falls, WA. Tentative. Start at Silver Lake Park between 8:30am-noon. Short course: 7-mi, long course: 22 mi. 1-minute intervals. NorKa Recreation, 360-303-1717, norkarecreation.com

May 17: Silverton Road Race
Silverton, OR. Staging of Victor Point Elementary School. Registration opens at 8am. First start at 9am. Juniors to Masters 40+. 17.5-mile loop with few flat sections, couple of extended climbs, fast finish. Pre-reg. recommended. OR Cup #5. Jesse Finch Gnehm, 503-602-2307, obra.org

May 23-24: BC Masters #4/5
Cedar, BC. Saturday 70km circuit race on rolling terrain. Sunday, rolling 16km ITT and flat criterium. Peter Mc Caffery, BC Masters Cycling Association, 250-244-1597, bcmasterscycling.net

May 23-24: Campbell Heights
Surrey, BC. Road race on the 9km course has two small climbs. Cat 4-5 riders may want to have a 23 cog. Tom Binnie criterium on the next day. Kerry Kunzli, Team Coastal Cycling Club, teamcoastalcycling.com

May 23-25: Human Power Challenge '09
Portland, OR. Recumbent Bicycle Races: ITT, 200-m sprint, road race, auto cross, drag races for streamliner, faired, unfaired, men, women, Junior. Thomas Breedlove, OHPV President, Tom Breedlove, 503-771-3778, ohpv.org/HPC/index.html

May 23-24: Lewis & Clark Ultra 12/24
Hockinson, WA. Time trial where participants race for 12 or 24 hours. Those who log the most miles win. Rolling hills, loop is 140 miles long with 5,700' of climbing, 3 aid stations. Start at 6am at the Hockinson Middle School. Men, women, tandem and relay categories. Glenn Johnson, 360-260-5879, Glenn@LACULTRA.com

May 23: Make the Dash Count I
Prosser, WA. 10-, 20-, 50-mile races, wine tasting, BBQ and silent auction. The Dash raises funds for at-risk youth. Visit this beautiful wine region. Also includes kids' events and running race. Richard Beightol, Make the Dash Count Foundation, 253-265-3181, makethedashcount.com

May 23-24: Treasure Valley Stage Race
Boise, ID. Stage 1: RR - 24-mile loop with steep climbs and fast descents. 1.3-mile straightaway across dam to S/F. Stage 2 TT: 10.5-km rolling course with 2 right-hand turns. Stage 3 Crit: 1-km course with many turns. Primes and time bonuses awarded during Criterium. Cash purse. ID BAR event, Team Dobbiano, 208-412-3527, teamdobbiano.com

May 29: Rose Festival
Portland, OR. Criterium in downtown Portland the evening before the Rose Festival Parade. Sal Colura, 541-747-3336, obra.org

May 30: Garden Creek RR
Pocatello, ID. 25-mile lap with an incredible 3-mile climb through Garden Creek Gap, 5.9% grade. 11-mile downhill follows with flats. Finish is flat and straight. UCA Points Series. ID BAR event. Sam Krieg, Idaho Cycling Enthusiasts, 208-282-3532, idahocycling.com

May 30-31: Mutual of Enumclaw Omnium Stage Race
Enumclaw, WA. One of western Washington's largest and most competitive stage race. \$10,000 in prizes and merchandise. Features flat TT, figure-8 Criterium course in downtown on day 1. Sunday

RR up Mud Mountain. Cat 4 W Series event. 425-861-1036, mutualofenumclaw.comstagepace

May 30: Rehearsal RR
Rainier, OR. This is the OBRA State Championship for several categories, and the rehearsal for the Pro 1/2. The 16-mile course offers 1 long steady climb per lap and a short uphill finish. OR Cup #6. Richard Haight, 360-575-1096, threeriverscycling.com

May 31: BC Masters #5
Sidney, BC. 65km rolling road race. Organized by Sidney Velo. Starts at noon at Deep Cove Elementary. Larry Pommen, BC Masters Cycling Association, 250-652-5815, bcmasterscycling.net

May 31: OBRA Team Time Trial Championships
Peoria, OR. Jim Fisher, 541-990-8979, jamesfisher@comcast.net

JUNE

Jun 3-7: Mt. Hood Cycling Classic
Hood River, OR. 5-day, 5-stage event in and around the Columbia River Gorge. Most challenging race in the country. 1 prologue, 2 big RR a flat 8-mile TT, and challenging crit in downtown Hood River. \$20,000 cash prize. Pro 1-2 men, Pro 1-3 women, Cat 3 men, Cat 4 men, Masters 40+ men, Masters 40+ women. Cat 3-4 women. Chad Sperry, Mt. Hood Cycling Classic, 541-980-2344, mhoodcyclingclassic.com

Jun 6: BC Masters #6/7
Shawnigan Lake, BC. Mill Bay 600-m hill climb, start at noon. Followed by 9km hill climb. West Shawnigan Lake Park at 2pm. Grade 5-10%. Tony Hoar, BC Masters Cycling Association, 250-743-9915, bcmasterscycling.net

Jun 6: Lyle Pearson 200-Mile Team Challenge
Boise, ID. USCF-sanctioned event that goes from Boise to Sun Valley. Team of 4 riders (men or women) - sum of each rider's USCF category must be 10 or greater for the team to qualify. 10-section race, each team picks (in advance) which rider is responsible for racing each portion of the course. Limit 60 teams. Mike Cooley, George's Cycles, 208-343-3782, georgescycles.com

Jun 6: NWX Criterium
Bend, OR. Friday evening racing for women, Cat 4/5, Cat 3 and Cat 1/2. Part of the NorthWest Crossing Hullahaloo. Plenty of activities for all including movie, live music and street scramble. Matt Plummer, Central Oregon Racing, centraloregonracing.com.races/nwxcrit.htm

Jun 6: Second Ascent Twilight Criterium
Ballard, WA. 1km, almost flat, 4-corner criterium course. Slight raise to the finish on cobbles. Registration will be at start/finish area day of event only. Cat 5 limited to 50 riders. Cat 3 W Series event. David Douglas, wsbaracing.com

Jun 6: Sunset Criterium
Beaverton, OR. 1-km figure 8 criterium in Bethany Village Shopping Center. Cash prizes. First start at noon, last race at 5:30pm. Registration opens at 10:30am. Michael Manning, CycleOne LLC, 503-330-5531, obra.org

Jun 7: Formwerks Westside Classic - RR Championships
Vancouver, BC. Start at 10th and Sasamat, going counterclockwise around Pacific Spirit Regional Park near UBC. Proceeds go to the BC Cancer Foundation. BC Road Championships. Jonathan Wornell, Team Wedgewood, 604-836-9993, teamwedgewood.com

Jun 7: GSC United Deuces Wild
TBC, OR. Team time trial event. Robin Calver, 503-972-2921, obra.org

Jun 7: Ravensdale Cumberland Road Race
Ravensdale, WA. 28-mile loop features mostly rolling terrain, with 1 short steep hill (0.15 miles at 22%) in southeast King County. Open to Cat 1-5 men, Cat 1-4 women, Masters A-D. Cat 4 W Series event. Michael Kopp, 425-413-3830, 4cornerscycling.com



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ROAD RACING CALENDAR

Jun 12: Tour of Eagle

Eagle, ID. Criterium. ID BAR event. Gary Casella, 208-340-7224, georgescycles.com

Jun 13: Cirque du Cycling Criterium

Portland, OR. Criterium racing - 1st start at 6:45pm for Cat 3/4 men & women. 7:30pm Cat 1/2 men & women. Benefits Self Enhancement Inc, a youth development organization. 503-459-4508, cyclingcircus.com

Jun 13-14: K-Town Classic

Kelowna, BC. Road race, hill climb and criterium in the heart of the Okanagan. Kelowna Cycle, 250-762-2453, kelownacycle.ca/k-town-classic

Jun 13-14: Methow Valley Tour

Stage Race
Winthrop, WA. This two-day stage race spans the length of the Methow Valley. 10-mile out-and-back TT in Mazama, RR through old-time Winthrop, and a classic, small-town criterium through downtown Twisp. Kristen Smith, Lake Washington Velo and the MVSTA, mvsta.comevents

Jun 14: BC Masters #8

Nanaimo, BC. Team time trial, mostly flat on Nanaimo Lakes Rd. Peter Lawless, BC Masters Cycling Association, 250-889-6480, bcmasterscycling.net

Jun 14: Idaho State Road

Championships
TBC, ID. ID BAR event. See series for details. Lost River Cycling, lostrivercycling.org

Jun 16: Team Whistler Criterium

Whistler, BC. Closed circuit at Whistler Olympic Park. Tony Routley, Team Whistler, 604-966-8223, teamwhistler.ca

Jun 16: Team Whistler TT

Whistler, BC. Tony Routley, Team Whistler, 604-966-8223, teamwhistler.ca

Jun 18-21: Banff Stage Race

Banff, AB. Hill climb, ITT, criterium in downtown Banff, and road race. Banff Lake Louise Tourism, banfflakelouise.com

Jun 19-21: Elkhorn Classic Stage Race

Baker City, OR. A 3-day, 4-event, timed stage race. Long, challenging courses with a lot of climbing. Criterium is a 1-mile flat with 6 corners. TT is flat out-and-back course. Men - Pro 1/2, Cat 3, Cat 4/5, Masters 40+, Women Pro 1/2, Cat 3/4. Activities for entire family. Ernie Conway, 503-329-7978, elkhornclassicstagerace.com

Jun 20-21: BC Masters #9/10

Penticton, BC. 10-km hill climb, 10-12% grade on Saturday, starts at 4pm. 80-km road race mostly flat on Sunday starts at 10am. Willowbrook Fire Hall start location. Des Snider, BC Masters Cycling Association, 250-493-3363, bcmasterscycling.net

Jun 20: Capitol Criterium

Olympia, WA. Twisting 0.7-mile course on the Capitol Campus. Fairly technical short uphill just before finish. Counts for WA BARR points. Cat 4 W Series event. LAJRS. Valley Athletic Club, vbaracing.org

Jun 20: Idaho State Time Trial

Championships
Ketchum, ID. 40km or 20km (depending on age) flat TT. ID BAR event. Richard Feldman, 208-726-7693, durance.com

Jun 21: Bastion Grand Prix Criterium

Nanaimo, BC. Criterium. Oak Bay Bikes Wheelers, oakbaybikes.com

Jun 21: Boston Harbor Crit - State

Circuit Championship
Olympia, WA. Boston Harbor Elementary School. 6-mile circuit, fast, rolling hills. Cat 1-5 men, Cat 1-4 women, Master A-D, Master women. 7 starts, first Cat 4/5 at 9am. Distances between 24 to 42 miles. USCF license required for Cat 3+. WA BARR event. Erik Anderson, Valley Athletic Club, vbaracing.com

Jun 27: Cannonball

Seattle, WA. Cross-state ultramarathon, via I-90 over Snoqualmie Pass. 275 miles and approx. 10km of climbing. A timed event. Excellent preparation for S2S. Start at 3am. Duane Wright, Redmond Cycling Club, 206-523-7404, redmond-cyclingclub.org

Jun 27: Carnation TT #3

Carnation, WA. Long course - 46km. Includes a TT event. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, footworkscycles.com/timetrial

Jun 27: Four Mound Prairie Road Race

Spokane, WA. Masters and Junior WA State Championship. 20-mile circuit race using Coulee Hite Road and the hills of Four Mound Prairie. First 5 miles are gentle before a one-mile climb and fast descent before hitting rolling hills. Same weekend as HoopFest, reserve room early. WA BARR event. Spokane Rocket Velo, spokanerocketvelo.com

Jun 27-28: Gate City Grind Stage Race

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

Jun 28: BC Masters #11

Victoria, BC. 40-80km on rolling + hills terrain. Start at Metchosin Rocky Point Rd. at 12pm. Double points. Kim Gard, BC Masters Cycling Association, 250-370-2689, bcmasterscycling.net

Jun 28: Master Road National

Championship
Louisville, KY. usacycling.org

Jun 28: Masters Criterium

Championships
Spokane, WA. Details to be announced. Marla Emde, Emde Sports, 509-326-6983, emdesports.com

Jun 28: Salem Fairview Circuit Race

Salem, OR. NB Cat 4 W event. Jesse Finch Gnehm, 503-602-2307, obra.org

JULY

Jul 1: BC Masters #12

Vernon, BC. Wednesday race. Hill climb,] up Silver Star. Richard, BC Masters Cycling Association, 250-370-2689, bcmasterscycling.net

Jul 1: Yaletown Grand Prix

Vancouver, BC. Downtown Criterium on cool circuit. Fast and exciting action. Spectator-friendly course. Racing from 1pm to 6:30pm. Field limit: 75 riders per race. Cash prize. Supports the Boys' and Girls' of Greater Vancouver. Paul Done, Trek Red Truck, 604-644-5426, yaletowngrandprix.com

Jul 4: 2nd Annual BCRD

Hailey Criterium

Hailey, ID. Exciting four-corner course in downtown Hailey immediately following the 4th of July Parade. Held under USA Cycling event permit, all USCF rules apply. Youth 12 & under race free. Bill Olson, Blaine County Recreation District, 208-788-9184, bcrd.org

Jul 4-5: BC Masters #13/14

Kelowna, BC. Saturday - criterium. Sunday - road race. Eric, BC Masters Cycling Association, 250-764-7313, bcmasterscycling.net

Jul 4: Firecracker Tandem TT

Championships & TT

Peoria, OR. Oregon state tandem TT championships. Also a chance for single bikes to compete on the traditional Peoria 40km course. Firecracker Criterium on Sunday. Flat and fast. NB Cat 4 W event. Sal Collura, 541-747-3336, obra.org

Jul 4: Joe Matava Memorial

Classic Criterium

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

Jul 4-5: Tour de Kootenays

Rosland, BC. Continental Circuit (Americas). Two 1-day UCI events (1.2 ME sanction) set in the heart of the West Kootenays. First day RR - Rosland to Retallack: 178km with 5,571m total ascent. Day 2: Circuit race with 3km 6-degree climb. Rob Hennessy, Intermountain Int'l Bicycle Racing Association, 250-825-4363, ilss2026@shaw.ca

Jul 5: Des Moines Criterium

Des Moines, WA. A challenging (i.e. not flat) downtown criterium. This 4-corner course is sure to test your fitness. King/Queen of the sprints. Rob Anderson, Puget Sound Bicycle Racing, 206-779-0943, psbracing.com

Jul 5: Firecracker Criterium

Eugene, OR. Downtown criterium with food, fireworks and a parade. TT the next day. Flat and fast course. Sal Collura, 541-747-3336, obra.org

Jul 10-12: Tour de Delta - BC

Superweek
Delta, BC. Friday: 3km Brenco TT, Saturday: Lehigh Cement Twilight Criterium, Sunday: White Spot Road Race - 140km Men, 85km Women. Cash prize: \$25,000. Opening weekend of BC Superweek Pro 1-2, Cat 3 men, Open women. Laurie Collicutt, Municipality of Delta, 604-946-3304, tourdedelta.bc.ca

Jul 11: Derby Days

Redmond, WA. America's longest running bicycle race. Some of the fastest cyclists in the Northwest race on a flat, fast 0.5-mile loop in downtown Redmond. Racing from 2-8pm. LAJRS. Brian Oster, Pro-Motion Sports, 206-729-9972, promotionevents.com

Jul 12-13: Race Across Oregon

Hood River, OR. Ultra-cycling event. Challenging 527-mile route through eastern Oregon with more rolling hills, steeper grades and greater isolation than in the past. Climb Mt Hood to Moro, Condon, Heppner to Ruggs, Maupin to finish at Cooper Spur Ski Area. RAAM qualifier. Solo, tandem, Masters, 2- & 4-person relay teams. Terri Gooch, Race Across Oregon, 541-760-1024, raceacrossoregon.com

Jul 12-13: High Desert Omnium

Bend, OR. 3 events. 4.5-mile TT on Saturday morning, Criterium in afternoon. Road race on Sunday. Open to all. OR Cup - RR only. NB Cat 4 W event. OR Cup #7. Cate Hass, obra.org

Jul 12: Yakima River Canyon Time Trial

Yakima, WA. Out-and-back mostly flat course. 40km for all but Junior A/B (20km) and Junior C/D (10km). All categories. Starts from the Roza Recreation. Cat 3 W Series event. Troy Simmons, Chinook Cycling Club, 509-833-5499, chinookcycling.com

Jul 14: Team Whistler Hill Climb

Whistler, BC. Tony Routley, Team Whistler, 604-966-8223, teamwhistler.ca

Jul 15: Tour de Gastown - BC

Superweek
Vancouver, BC. Criterium in downtown Vancouver. Race in front of 30,000 spectators. Super fast 1.2-km course. 2 races, Pro 1/2 men, Cat 1/3 women. Start at 6pm. \$15,000 cash prize. Part of

BC Superweek. Jonathan Wornell, Wedgewood Cycling Team, tourdegastown.com

Jul 16: Giro di Burnaby - BC Superweek

Burnaby, BC. 1.85-km criterium race, with top men and women riders competing for over \$10,000 in cash prizes on a fast, challenging course through-out the Burnaby Heights neighborhood. Rainy Kent, 604-842-7830, girodiburnaby.com

Jul 17-19: Tour de White Rock - BC

Superweek
White Rock, BC. Friday: 2-up hill climb (700m/16%) start at 7pm; Saturday: twilight Criterium - 1km circuit. Sunday: RR with long steep climb and quick descent; \$15,000 in cash. White Rock Leisure Services, 604-541-2161, city.whiterock.bc.ca

Jul 18-19: BC Masters #15/16

Cumberland, BC. Saturday 65km flat to rolling in Dove Creek. Sunday 16km ITT and 12km hill climb up Mt Washington. Charles Sinclair, BC Masters Cycling Association, 250-334-4900, bcmasterscycling.net

Jul 18: Boise Wells Fargo Twilight

Criterium
Boise, ID. NRC category 1.3 event. Criterium (men only). Flat, 4-corner classic course. 1km loop runs through downtown. 1 hour plus 5 laps for the main event and 30 to 45 minutes plus 1 lap for the preliminary races. Purse of \$20,000 in cash and merchandise. Starts at 4pm, awards at 10pm. ID BAR event. Mike Cooley, 208-343-3782, boisetwilightcriterium.com

Jul 18: Seattle to Spokane (S2S)

Seattle, WA. Ultramarathon endurance ride/race, 1-day, 284-mile ride from Seattle to Spokane on SR-2. No support. Total climbing: 12,000'. Start at Lake City Fred Meyer at 2am. No official rest stop. Support drivers allowed. Duane Wright, Redmond Cycling Club, 206-739-8609, redmondcyclingclub.org

Jul 18-19: Skagit Valley Masters /

Junior State Race Championship

Sedro Wooley, WA. WA BARR event. Stewart Bowmer, Shuksan Velo Club, shuksanvelo.com

Jul 19: Intermountain Orthopaedics

State Criterium
Boise, ID. ID BAR event. Lost River Cycling, lostrivercycling.org

Jul 19: Tour of the Bitterroot

Hamilton, MT. Open to all. Criterium and 17-mile TT. Omnium format. Near Missoula. 406-375-0956, tourofthebitterroot.com

Jul 21: Cycle U Street Sprints

Seattle, WA. 100 yards, 2-up sprint contest. Start, round 2 pylons and cross the finish line. Move through the rounds and see if you can win it all. Open to all, messenger category. Part of Cyclefest. Cycle University, 800-476-0681, CycleU.com

Jul 22-26: Cascade Cycling Classic

Bend, OR. NRC event, category 2.3. 30th annual. 5-day stage race for Cat 1 men, Cat 1/2 women, 4 stages for Cat 2/3, 4 and Masters. Chad Sperry, Mt. Bachelor Ski Education Foundation, 541-980-2344, cascade-classic.org

Jul 23-26: BYRDS - Tour of Idaho

Boise, ID. Tentative. A Junior-only event, part of LAJRS. Junior stage race for riders between 10 and 18 years old. (10-14 races only, 7/25-26). 5 stages (TT, circuit race, RR, crit, HC) for 15-18, individual and team awards. Douglas Tobin, 208-343-9130, byrdsycling.com

Jul 24-26: BC Masters #17/18/19

Grand Forks, BC. Friday - 4km ITT. 3km flat + 1km hill climb, starts at 7pm from the Hutton School. Saturday 40km ITT flat, start at 10am. Sunday 74km on rolling terrain. Starts 10am at Hutton School. Double points. Anton Kew, BC Masters Cycling Association, 250-442-0421, bcmasterscycling.net

Jul 25: Tenino ITT State Championships

Tenino, WA. Mostly flat with rolling hills on twisty windy roads. Start 9am at Tenino City Park. Open to all. WA BARR event. wsbaracing.org

Jul 26: OUCH

Corbett, OR. Time trial at Larch Mountain. Ernie Conway, 503-329-7978, obra.org

Jul 28-Aug 2: Junior, U23, Elite Road

National Championships
Bend, OR. Chad Sperry, usacycling.com

AUGUST

Aug 1: Allan Butler Memorial

Twilight Criterium
Idaho Falls, ID. 1km flat L-shape criterium, start in front of Great Harvest Bread Co. Race for Juniors, all senior men and women categories, Masters and kids. First start at 4pm, last start at 8pm. Intermediate primes. ID BAR event. Idaho Cycling Enthusiasts, 208-323-2376, idahocycling.com

Aug 1: Lake Washington Velo Circuit #1

Silvana, WA. A flat course and frequent cross winds make this a fun and fast course. Cat 4 W Series event. Lake Washington Velo, 206-527-9345, hagensberrmancycling.com

Aug 1: Mt. Harrison Hill Climb

Albion, ID. Triple crown series #2. ID BAR event. 208-323-2376, aerocyclos.com

Aug 1-8: Southeast Idaho Senior

Games
Pocatello, ID. Criterium, hill climb, road race and TT. Open to adults 50+. Jody Olson, 208-233-2034, seidahoseniorgames.org

Aug 1: Swan Island Criterium

Portland, OR. Criterium race featuring all categories & kids event. Registration opens at 7am. Course is flat and very safe (only 2 corners), wide-open streets. Racing starts at 8:30am. NB Cat 4 W event. David Hart, obra.org

Aug 2: Cougar Mountain Climb

for Cancer
Issaquah, WA. Individual TT up "Zoo Hill." 2.5-mile, 7.2% average gradient. Start at 9am at SE 54th St and NW Newport Way. In lieu of registration, optional charitable donation to American Cancer Society gladly accepted. Open to all. Course record 11:34. Joel M. Blatt, climb4cancer.net

Aug 2: OBRA Time Trial Championships

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

Aug 3-7: World Police & Fire Games

Vancouver area, BC. BC 2009 World Police and Fire Games, 604-659-2009, 2009wpfg.ca

Aug 7: Healthnet Twilight Criterium

Portland, OR. Friday evening racing with top pros showing off what they are made of. Start/finish near North Park Block. Cash purse and primes. Music at 5pm, race at 6:30pm. Porter Childs, 503-459-4508, portlandtwilight.com

Aug 7: Portland Twilight Criterium

Portland, OR. Friday evening racing. Start/finish near Portland Art Museum. Cash prize and primes. Good Sports Promotions, 503-806-6943, orbike.com

Aug 8: BC Provincial TT Championship

TBC, BC. Time trial event to crown the fastest rider in the province. All categories. Tanya, Cycling BC, cyclingbc.net

Aug 8: Bike for Sight Criterium

Portland, OR. The 1st annual event is part of a full day of cycling activities that includes a family and kids ride, music, bike parade and exhibitors. Event benefits the Oregon Lions Sight and Hearing Foundation, a leading statewide non-profit organization dedicated to providing sight and hearing assistance. Jim Anderson, 503-975-8229, biforsighttrace.org

Aug 8: Elma TT State Championship

Elma, WA. Vance Creek Park. 32-mile out-and-back course, flat. Start at 9am. Team of 3 or 4 members, time taken on 3rd rider to cross the line. WA BARR event. wsba.org

Aug 9: Gresham Criterium

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

Aug 9: Kirkland Crit

Kirkland, WA. Race for Cat 3 men, Cat 1/3 women and Pro 1/2 men. Kids race. First race off at 5:15, last race ends 8:45. Six-corner course. Limit field 100. Start/finish at Central Way/Lake Street. David Vintainer, kirklandcriterium.com

Aug 9: Seymour Challenge

N. Vancouver, BC. 12.2km ascending the steep, unforgiving and twisting road to the summit of Mt. Seymour at 1,020m. Start at Parkgate Community Centre at base of Mt. Seymour. Zimich Coaching, zimich.freeshell.org

Aug 14-16: Senior Championships

Boise, ID. TT and road race event. Mike, George's Cycles, georgescycles.com

Aug 15-16: BC Road Champ.

Abbotsford, BC. South Bradner course. All categories. Team Coastal, teamcoastalcycling.com

Aug 15: Lake Washington Velo Circuit #2

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

Aug 15: OBRA Criterium Championships

Albany, OR. Robert Hughes, 503-481-7662, obra.org

Aug 16: BC Masters #20

Lake Cowichan, BC. 70km road race with 2 big hills. Sign up at Scout Hall. Start at 1pm. Dean Steen, BC Masters Cycling Association, 250-246-3530, bcmasterscycling.net

Aug 16: Oregon Hillclimb

Championship
Government Camp, OR. Time trial. Erik Voldengen, 503-819-4985, obra.org

Aug 18-23: Larry H. Miller Tour of Utah

Nephi, UT. NRC category 2.4 event. Men only. \$75,000 in cash. 5 days, 5 stages (3 RR, 1 TT, 1 Crit), 342 miles, more than 30,000' of climbing. Going from Nephi, Ogden, SL, Deer Valle, Tooele. Criterium for Cat 2/3 men and Masters. Terry McGinnis, 801-558-2136, tourofutah.com

Aug 20-23: Co-Motion Classic Tandem

Stage Race
Eugene, OR. The big daddy of all tandem races is in its 7th year. 5-stage event, a prologue, a TT, a Criterium and 2 road. Sal Collura, 541-747-3336, co-motion.com

Aug 22: Co-Motion Criterium

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

Aug 23: BC Masters #21

Langley, BC. 65km criterium on rolling terrain. Starts at 11am. Peter Reichman, BC Masters Cycling Association, 604-924-3671, bcmasterscycling.net

Aug 23

ROAD TOURING CALENDAR

Sep 20, 27: 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, 509-326-6983, emdesports.com

TOURING

MARCH

Mar 8: RUSA Populaire

Seattle, WA. Open to all. Registration opens at 8am, ride starts at 9am from UW parking lot. The 100-km route takes in some of the best views the city has to offer. Seattle International Randonneurs, seattlerandonneur.org

Mar 14: Solvang Century & Half Century

Solvang, CA. 100- or 50-mile recreational bike ride on the Central Coast of CA. Bicycle Expo, BBQ lunch, live DJ & raffle at the finish line. Rated a top-10 century. Randy Ice P.T., C.C.S., 562-690-3735, bikescor.com

Mar 16-19: Ride Ataxia III

Portland, OR. Ride from Portland to Seattle in 4 days. Fully supported, sag, rest stops every 25 miles. Raise money for the Friedrich's Ataxia research. Starts at OHSU. Limit 100 riders. Kyle Bryant, rideataxia.org

Mar 21: 200km ACP Brevet

Kent, WA. Enjoy a ride that features views of the Sound, quiet roads and a trek into the foothills of Mt. Rainier, all within 200 km. Greg Cox, Seattle International Randonneurs, 253-639-2928, seattlerandonneur.org

Mar 21: McClinchy Mile

Arlington, WA. Scenic Snohomish County loops of easy 20-, flat 34- or challenging 47-mile rolling hill rides. Short & long loops include Centennial Trails. Combine loops for metric century. Start Haller Middle School. Registration 8-11am. Kristin Kinnamon, BIKES Club of Everett, 360-658-2462, bikesclub.org

Mar 22-27: Central California Coast

San Luis Obispo, CA. From Big Sur to Santa Barbara, this area boasts beautiful, unspoiled coastline and inland valleys filled with vineyards. Quiet country roads, wonderful spring and fall weather. All levels. Also available: Apr 19; May 17; Sep 27; Oct 18; Nov 8. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Mar 22: Pre-Season Century

Bend, OR. 100-mile supported ride from Bend to Pineville and back. One long climb, many small ones, 2 food stops. Come prepared for any type of weather. Leaves from Hutch's Bicycles in Bend on 3rd St. at 9am. Fee: \$10. Hutch's Bicycles, 541-382-6248, hutchsbicycles.com

Mar 28: Birkie Brevet

Forest Grove, OR. 200-km brevet starts in Forest Grove and quickly heads into the Coast Range, down to Vernonia and back. Start at McMenamin's Grand Lodge 7am, finish by 8:30pm. Sam Huffman, Oregon Randonneurs, 503-628-7324, orrandonneurs.org

Mar 29: Victoria Populaire

Victoria, BC. Open to all. Starts at 10am for 50- or 100-km ride. Follows Victoria, Saanich route. Raymond Parker, BC Randonneurs, 250-388-5365, randonneurs.bc.ca

APRIL

Apr 4: 300km Brevet

Lacey, WA. Ride from Lacey to Johnson Point & back through rolling countryside. Quick tour of downtown Olympia, south through Capital Forest, down to Vader, Chehalis & Centralia. 7000 ft. of climbing. Lights recommended. Ron Himschoot, Seattle International Randonneurs, 360-561-3028, seattlerandonneur.org

Apr 4: Tulip Pedal 2009

La Conner, WA. Tulip Pedal features 20-, 40- and 60-mile routes near the Skagit Valley tulip fields. Start/finish at La Conner Middle School, course open 7am to 4pm. \$20 fee includes long sleeve T-shirt. Children under 14 ride free. Bill Craig, Skagit County Medic One, 360-428-3236, skagititems.com

Apr 5: Pacific Populaire

Vancouver, BC. Scenic ride through Vancouver and Richmond at the height of Cherry Blossom season. 25-, 50- and 100-km route options. Snacks and finishers pin included. Start 9am at Riley Park Community Center. Danelle Laidlaw, BC Randonneurs CC, 604-421-1717, randonneurs.bc.ca

Apr 6-9: Tulips and Bays

LaConner, WA. Easy and flat 20- to 30-mile scenic tour. Explore colorful tulip fields, quiet coastal roads and inland-forested back roads. Nights stay at LaConner Lodge. Fee includes 3 nights lodging, 3 meals and guides. Ryan Griffith, Spokane Parks and Recreation, 509-625-6246, spokaneparks.org

Apr 11-17: Eau de Hell Week

Chemainus, BC. Randonneur timed brevets (200, 300, 400 & 600km), total 1500km in one week. Pins awarded for each brevet completed, but riders must complete all 4 to receive the Eau de Hell Week pin. Scenic routes on Vancouver Island. BC Randonneurs, 250-598-4135, randonneurs.bc.ca/eau-de-hell-week.html

Apr 11: Three Capes Brevet

Forest Grove, OR. 300km, ACP sanctioned. Starts at McMenamin's Grand Lodge. Cecil Anne, Oregon Randonneurs, 503-628-7324, orrandonneurs.org

Apr 17-19: Fleche Northwest

Port Townsend, WA. 24-hr, team event of at least 360km, 3-5 riders per team. Plan your own route (traditionally point-to-point) to finish in Olympia. Seattle Int'l Randonneurs, 206-612-4700, seattlerando.org

Apr 17-30: Tunisia: Historic North

Tunisia, Africa. Traverse the diverse cultures, fascinating lifestyles & beautiful landscapes of the coastal and Sahara zones of Tunisia. Ibike Cultural Tours, 206-767-0848, ibike.org/ibike

Apr 18-19: 13th Annual Hot Springs Ride

Ravalli, MT. Ride through beautiful countryside past Oreos cows, Fjord horses and herds of llamas to the historic Symes Hotel in Hot Springs. Hot springs, great food and entertainment. 62 miles & 41 miles over 2 days. Pre-registration only by 4/6. Diane Norem, Missoulians On Bicycles, 406-728-4126, missoulabike.org

Apr 18: Buccaneer 200km

Tsawwassen, BC. Start Steveston Hotel at 7am. Finish Steveston Hotel Buck & Ear Pub. Manfred Kuchenmuller, BC Randonneurs, 604-448-8892, randonneurs.bc.ca

Apr 19: Daffodil Classic

Orting, WA. Starts Puyallup Valley, winds through Orting valley and surrounding hills. Choose from 40-, 60- and 100-mile loops or 1- to 30-mile paved trail option. Includes map, sag, fully-stocked rest stops & strawberry shortcake at finish line. Anita Beninger, Tacoma Wheelmen's Bicycle Club, 253-759-2800, twbc.org

Apr 19: Redmond Ride

Bend, OR. Free 30-mile looped ride around the city on secondary roads. Explore new routes beyond the usual "Bend" loops. Maps and course markings provided. Leaves Redmond High School parking lot on Rimrock Ave at 10am. Hutch's Bicycles, 541-382-6248, hutchsbicycles.com

Apr 23-26: Fleche Ouragan

Various, OR. 24-hr team brevet. Destination McMenamin's Grand Lodge in Forest Grove, OR. 3-5 members per team. Susan France, Oregon Randonneurs, 503-628-7324, orrandonneurs.org

Apr 23-27: Northwest Crank

Wenatchee, WA. 5 days of riding (50 to 125 miles) in Wenatchee, Chelan, Plain areas. Great for building spring mileage. Ride options each day, some support. Includes presentation, contests and other events. Begins in East Wenatchee. Mike McHale, Seattle International Randonneurs, northwescrank.com

Apr 25: 200km Signs of Spring

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

Apr 25: 200km Southern Interior

Kamloops, BC. Randonneur event. Starts at 7am. Richard Blair, BC Randonneurs, 250-372-1873, randonneurs.bc.ca

Apr 25: Group Health Yakima Ridges Century

Yakima, WA. Central Washington's premiere bicycle ride. Choose from four scenic routes: 25, 50, 70 or 100 miles. Start/finish at Fred Meyer (40th Ave exit off Hwy 12). \$40 day of registration. Apple Valley Kiwanis, 509-972-8803, desertvalley.com/rides

Apr 25: Hills Are Alive

Victoria, BC. Starts 6am in Victoria West. 300 km brevet, route through Victoria, Duncan, Sooke. Lindsay Martin, BC Randonneurs, 250-208-1756, randonneurs.bc.ca

Apr 25: Munchen Haus Bike Ride

Lake Wenatchee, WA. 40-mile course starts at Lake Wenatchee Recreation Club. Benefits cancer research lab. Playtys Sports, 509-662-2066, alefestbikeride.com

Apr 25: Tour de Lopez

Lopez Island, WA. Make this a weekend getaway with 10-, 17- and 31-mile routes through the scenic landscape of Lopez. Check-in from 9-11am at Odlin County Park, ends at Village Park. Lunch from 1-3pm. Lopez Island Chamber of Commerce, 360-468-4664, lopezisland.com

Apr 26-May 1: Bryce-Zion Bike

St. George, UT. Ride through a panorama of sparkling sunny skies, red rock sculptures, immense canyons and aspen forests. All levels. Also available May, June, Sept., Oct. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Apr 26: Cherry of a Bike Ride

The Dalles, OR. Fully supported bike ride offering 5 scenic loop options (25, 48, 60, 80 or 100 miles) through cherry blossoms in and around the Columbia River Gorge. Fund raiser for St. Mary's Academy. Courses open 6am-5:30pm. Wendy Palmer, St. Mary's Academy, 541-296-6004, cherrycorridor.com

Apr 26: International Discovery Walk Festival Ride

Vancouver, WA. 15-, 25- or 50-km trail around western Vancouver. Start 9am to noon. Some rental bikes available. Registration at Hilton Hotel starts at 7:30am. Walking and swimming activities. Int'l Walk Fest, 877-269-2009, discoverywalk.org

Apr 26: Lilac Century Surprise

Spokane, WA. Choice of 15, 25, 50, 70 or 100 miles through Riverside State Park, scenic river & rural routes northwest of Spokane. Start 7:30am, 9am or 10am at Spokane Falls Community

College. Potato feed & live music at finish. Jim Schindler, Spokane's Aurora Northwest Rotary Club, 509-499-7770, northdivision.com

Apr 26: Monster Cookie Metric Century

Salem, OR. Starts at the State Capitol Plaza Mall on Court Street. Route covers 30 or 62 flat miles north of Salem. Rest stops with snacks, water, toilet facilities. Supports BTA, family friendly. Larry Miles, Salem Bicycle Club, 503-585-8313, salembicycleclub.org

Apr 26: Rhody Bike Tour

Port Townsend, WA. 32-, 45- or 62-mile routes on east Jefferson County's rural roads. Nice hills on the half-metric course, challenging ones on the full century. New 16-mile family course on Larry Scott Trail. Full support. Benefits various non-profits. Port Townsend Bicycle Association, 360-821-1802, ptbikes.org

MAY

May 2: Camano Climb

Camano Island, WA. 28 or 44 scenic miles around Camano Island with views of Cascades and Olympic Mountains. Starts at Camano Center, 7:30-10am. Fee includes support, water bottle and spaghetti dinner. Stanwood-Camano Kiwanis, 360-629-6415, stanwoodvelosport.com

May 2-3: Lower Mainland Spring

300km Brevet
Vancouver, BC. Randonneur event. Start time 6am. BC Randonneurs, 604-222-3587, randonneurs.bc.ca

May 2: RACC - Ride Around

Clark County
Vancouver, WA. Four beautiful and challenging ride options (18, 34, 65- & 100-mile) through scenic Clark County. Scott Martin, Vancouver Bicycle Club, 360-571-0202, vancouverbicycleclub.com

May 3: Bike-A-Roo Breakfast Ride

Bend, OR. Road season kickoff, ride 25 miles. Start at 9am from Shevlin Park, pancake breakfast provided. Susan Bonacker, Sunnyside Sports, 541-382-8018, sunnysidesports.com

May 3: May Day Metric

Federal Way, WA. 3 challenging routes (50, 72 or 104 miles) on back roads of S. Sound. Start 6:30-10am at Phil's S. Side Cyclery. Portion of each entry fee and all residual donated to BAW & Orting Food Bank. Rest stops every 25 miles. Phil's South Side Cyclery, 253-661-3903, maydaymetric.net

May 4-Aug 4: TransAm: Self-Contained

Williamsburg, VA. Ride from VA to Eugene, OR. Camp and cook with riding companions on self-contained trips. Breakfast, lunch & dinner provided daily. Includes Before You Go booklet with packing list, training tips & Tour Information Packet. Elliot Bossett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

May 8-10: Fleche Pacificque

Harrison Hot Springs, BC. Teams of 3-5 bikes compete to cover the most distance in 24 hours. Routes are designed by teams themselves and must be at least 360km. Gary Baker, BC Randonneurs, randonneurs.bc.ca

May 8-10: Robb's Ride

Grand Forks, BC. Anton Kew, Grand Forks Cycling Club, grandforkscyclingclub.com

May 9: Covered Bridges 400

Newberg, OR. 400km ACP brevet. Michael Rasmussen, Oregon Randonneurs, 503-628-7324, orrandonneurs.org

May 9: Group Health Inland Empire

Century
Richland, WA. Ride rivers and wheat fields of eastern WA. Routes through parks & over bridges showcase Columbia and Yakima rivers. New route in Horse Heaven Hills. Ride easy 25- or harder 50-, 75- or 100-mile tour. Fully supported. Mitch Cunningham, Kiwanis of Columbia and Tri-Cities Industry, 509-586-6836, tricitybicycleclub.org/IEC.html

May 9: Skagit Spring Classic

Burlington, WA. 19th annual. 25-, 40-, 65- and 100-mile routes through scenic Skagit and Whatcom Counties. Also family 10-mile trail route. Food stops, post-ride meal. Enjoy Skagit County and Chuckanut Drive. Charlie Schultz, Skagit Bicycle Club, 360-293-0802, skagitbicycleclub.org

May 9-10: STOKR (Scenic Tour of the

Kootenai River)
Libby, MT. 2-day loop tour in scenic western Montana. Great cause, homemade food, no traffic & fantastic community support!. Susie Rice, 406-293-2441, stokr.org

May 10: Larry Kemp Memorial Ride

Seattle, WA. Ride in remembrance of Larry Kemp to raise money for local junior racers. Meet at Leschi, ride starts at 9:15am. We ask for donation to help support the Larry Kemp Memorial Fund for junior (501 C). Jet City Velo / Byrnelvent, info@jetcityvelo.com

May 10-15: Santa Fe-Taos Tour

Santa Fe, NM. Ride New Mexico's High Desert, including Bandelier Nat'l Monument & the Enchanted Circle, feast on epic cuisine, explore ancient cliff dwellings, world famous art & culture. Also

available 5/31, 9/13 & 27. Bicycle Adventures, 800-443-6060, bicycleadventures.com

May 16: 300km Brevet

TBC, BC. Starts at 6am. Richard Blair, BC Randonneurs, 250-372-1873, randonneurs.bc.ca

May 16: 400km ACP Brevet

TBD, WA. Mike Norman, Seattle International Randonneurs, seattlerandonneur.org

May 16-31: Bike Ride Across Scenic

Utah (BRA ~ SU)
St. George, Utah. Adventure of a lifetime includes 5 states, 5 nat'l parks, 5 nat'l monuments, 2 nat'l forests & 4 nations. Limit 50 riders. Fully supported. Bob Kinney, Bike 2 Bike, 801-677-0134, bike2bike.org

May 16: Cycle for Independence

Boise, ID. 3 routes: 10-, 25-mile & metric century. Start/finish at Riverglen Junior High School. Metric century goes through rural Idaho. Lunch provided. Benefits Treasure Valley Chapter of the Nat'l Federation of the Blind of ID. Nat'l Federation for the Blind, 208-343-1377, tvblindidaho.org

May 16: Cycling for a Cure

Seattle, WA. Ride in support of over 46.2 million people living with arthritis in U.S. Join 12 week training/fundraising program that includes choice of Tour de Kitsap metric century, RAPSody and/or Chuckanut Century. All levels welcome. Tai Lee, Arthritis Foundation Pacific Northwest Chapter, 206-547-2707 x 106

May 16: Highway to Hell

Victoria, BC. 400km brevet. Starts at Saanich Plaza in Victoria at 3am. Union Bay route. Mike Croy, BC Randonneurs, 250-385-2769, randonneurs.bc.ca

May 16: Le Petit Tour de Peace -

300km Brevet
Fort St. John, BC. Randonneur event. Ride from Fort St. John to Hope, Chetwynd and back to Fort St. John. Wim Kok, BC Randonneurs, 250-785-4589, randonneurs.bc.ca

May 16: Reach the Beach

Portland, OR. Enjoy 1 of 4 bicycle routes (100, 80, 55 or 26 miles) through Oregon wine country, forests & little-known towns to breathtaking finish point at Pacific City. Start Portland, Salem, Amity or Grand Ronde. Fundraising \$50 min. American Lung Assoc. of OR, 503-459-4508, reachthebeach.org

May 16: Tour de Cure

Redmond, WA. Ride to raise money for a cure for diabetes. 20-, 45-, 70- and 100-mile century, 15-mile family ride. Starts Marymoor Park. Scenic and challenging route takes riders up to Everett and Snohomish. Food, music, beer garden & more. American Diabetes Assoc. of WA, 888-342-2383 x 7203, diabetes.org/tour

May 16-Aug 5: TransAm: Supported

Williamsburg, VA. From VA to Eugene, OR. Spin along the 4,253-mile TransAmerica Bicycle Trail going light and care free! Gear is hauled from campsite to campsite, so the riding day is yours to enjoy on the "granddaddy of all bicycle routes." Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

May 17: CrimeStoppers Canyon for

a Day
Yakima, WA. 35-mile roundtrip ride through Yakima River Canyon. Follows Yakima River up gentle grade with few hills. Highway will be closed to thru traffic. Start at 9am. Robin Karp, CrimeStoppers, 800-248-9980, oc.yakima.wa.us/biketour

May 17: The Santa Fe Century

Santa Fe, NM. 25-, 50-, 75- and 100-mile routes. Flat, rolling, moderately hilly terrain. \$20 entry fee includes century water bottle, ride numbers, maps, route marking, 6 food and beverage stops, full sag support. Santa Fe Century Committee, 505-982-1282, santafecentury.com

May 20: Ride of Silence

Various, WA, OR. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Ride starts at 7pm. Many locations in each state. See event website for a location near you. rideofsilence.org/main.php

May 22-25: Bicycle Wine Tour

Okanagan BC
Okanagan Falls, BC. Explore, taste & experience new and exciting wineries in North America. Find out why this area is a vacation and riding paradise. 4 days of riding, 3 nights lodging, 7 meals, guides & support vehicle. Must be 21 and over. Ryan Griffith, Spokane Parks and Recreation, 509-625-6246, spokaneparks.org

May 22-24: Columbia Gorge Explorer

Vancouver, WA. Moderately paced, 4-day self-supported tour of Columbia Gorge over Memorial Day weekend. 55-65 miles/day, traveling east in WA, crossing the Columbia at Hwy 97, returning OR. Plenty of time for sightseeing. Some hills. Jim O'Horo, Portland Wheelmen Touring Club, 360-449-0804, pwtc.com

May 23-25: Century Ride of the

Centuries (CROC)
Pendleton, OR. 3 days of riding in rolling wheat country and Blue Mountain foothills. Multiple route options, low traffic country roads. Rest stops, sag, mechanical support, gear transport, lunch, BBQ, entertainment, hot spring pools, family 25-mile ride. Evan MacKenzie, Pendleton on Wheels, 541-276-6312, cyclependleton.com

May 23-30: Golden Gate Explorer

San Francisco, CA. 8-day camping tour featuring California Coast vistas, majestic redwood groves, rolling pastoral hills of Marin County & outstanding meals. Also available 6/7, 8/1, 8/16, 9/12. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

May 23: Le Grand Tour de Peace

Fort St John, BC. Randonneur event, 400km brevet. BC Randonneurs, 250-785-4589, randonneurs.bc.ca

May 23: Make the Dash Count

Prosser, WA. 10-, 20- & 50-mile rides, wine tasting, BBQ, silent auction, kids events and running race. Life is not a dress rehearsal, so make your dash count! Raises funds for at-risk youth. Make the Dash Count Foundation, 253-265-3181, makethedashcount.com

May 23-24: Tour des Lacs -

400km Brevet
Vancouver, BC. Lower Mainland Spring. Start 6am. Susan Allen, BC Randonneurs, 604-734-2504, randonneurs.bc.ca

May 24: Glenn Erickson Parkinson's Ride

Redmond, WA. Benefiting the Davis Phinney Foundation. The unique benefit ride offers 3 distances that will appeal to racers and recreational riders. For information on the Davis Phinney Foundation, visit www.davisphinneyfoundation.com. Erickson Cycles, glennbike@comcast.net

May 24: Southside Ride

Bend, OR. Ride 60 miles from Sunriver to Twin Lakes & back. No long climbs but lots of rollers on low-traffic secondary roads. Start 9am at Three Rivers Elementary School in Sunriver Business Park. Hutch's Bicycles, 530-382-6248, hutchsbicycles.com

May 25: 7 Hills of Kirkland

Kirkland, WA. A Northwest premier cycling event! Scenic routes, great food, awesome support, a bagpiper & strawberry shortcake. 3 fabulous routes (40, 60 or 100 miles). Proceeds support KITH's mission to defeat homelessness. Chris Fox, KITH Cares!, 425-576-9531 x 106, 7hillskirkland.org

May 28-31: Spring Dart & Arrow

TBD, WA. Destination McMenamin's Olympic Club Hotel. In conjunction with Oregon Randonneurs. Seattle International Randonneurs, seattlerandonneur.org

May 30: 400km Brevet

TBC, BC. Starts at 5am. BC Randonneurs, 250-372-1873, randonneurs

Jun 6-7: Lower Mainland 600Km Brevet
Abbotsford, BC. Hope Slide, Boston Bar, Tsawwassen. Michel Richard, BC Randonneurs, 604-732-0212, randonneurs.bc.ca

Jun 6: Marilyn Jensen Memorial

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

Jun 6: Race Against Domestic Violence
La Grande, OR. 60- and 100-mile ride circling the beautiful Grande Ronde Valley in eastern Oregon. Start at Riverside Park between 6-10am. Mary Ellen La Berge, 541-377-3175, 3riversrace.com

Jun 6-7: Rona MS Bike Tour - Fraser

Valley Grape Escape
Fraser Valley, BC. Gear up for fun, a challenge and a cure. 2-day event. Minimum fundraising \$250. Food, accommodations, entertainment, road support crews and awards for fundraising. All rest stops are at wineries. MS Society of Canada, 604-602-3221, mssociety.ca

Jun 6-7: Tour de Hood

Hood River, OR. 1- or 2-day tour of alpine settings, highland desert, scenic Columbia River Gorge Historic Hwy. Day 1 follows Wy'East RR course for 90 miles/10,000 ft. Day 2 covers 40 miles on Old Scenic Gorge Hwy from Hood River to The Dalles. Kendra Wenzel, Orange Cat Events LLC / Mt Hood Classic, 541-912-9792, tourdehoodride.com

Jun 6-12: Ultimate Island Explorer

2000km Brevet
Victoria, BC. Experienced randonneurs only! Self-supported grand randonnee of Vancouver Island. All paved roads. Scenic and hilly route. Approximately 65,000 feet of accumulated climbing. Ken Bonner, BC Randonneurs, 250-598-4135, randonneurs.bc.ca

Jun 7: Peninsula Metric Century

BAW
Southworth & Gig Harbor, WA. Challenging ride on scenic Kitsap Peninsula. Waterfront views, rural countryside, rolling hills. Choose from 29-, 44-, 62- or 100-mile routes, two start locations, Southworth & Gig Harbor, sag, rest stops, dessert at finish line. Anita Beninger, Tacoma Wheelmen's Bicycle Club, 253-759-2800, twbc.org

Jun 7-8: Walla Walla Wine and

Bike Tour
Walla Walla, WA. Great wines, wonderful riding, beautiful scenery. Stay at historic Marcus Whitman Hotel, within walking distance of outstanding restaurants. Support vehicle, guides, two meals, one night lodging. Registration deadline May 22. Ryan Griffith, Spokane Parks and Recreation, 509-625-6200, spokaneparks.org

Jun 8-Jul 2: Great Alaska Highway Ride

Dawson Creek, BC. Celebrate 50 years of statehood & ride entire length of famed Al-Can Hwy (Alaska Hwy) from Dawson Creek, BC to Delta Junction, AK. 1400 miles of spruce forests, glacial peaks, rivers, lakes, wildflowers & occasional grizzly bear. Pedalers Pub & Grille, 941-981-1398, pedalerspbandgrille.com

Jun 9: Just for the Hill of It

Grangeville, ID. Tentative. Join riders challenging the switchbacks of the Old White Bird Grade. Experience the gentle climb starting at Hammer Creek at 1600' & continue to the summit at 3800'. All ages welcome. Souvenir T-shirt, rest stops. Start 9am. Conni, Syringa General Hospital

Jun 9: Pioneer Century

Canby, OR. Challenging 55-mile loop into foothills of the Cascades and back. Finish off a great century with a bucolic 45-mile loop in historic Champeog country. Each loop begins and ends at the Clackamas County Fairgrounds. Portland Wheelmen Touring Club, 503-666-5796, pwtc.com

Jun 13: 17th Strawberry Century

BAW
Lebanon, OR. Sample the best routes in Linn County. Scenery, clean air, low-traffic roads, food & strawberry dessert at finish. 13-mile family route follows Santiam River, the 50 to Foster Lake, 70-mile to Brownsville, 100-mile to Lacombe/Scio. Santiam Spokes Bicycle Club, 503-394-3696, santiamspokes.org

Jun 13: 3rd Annual Gorge Ride

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

Jun 13-14: 600km Brevet

TBD, WA. Registration opens 4:15. Ride starts 5am. Albert Meerscheidt, Seattle International Randonneurs, seattlerandonneur.org

Jun 13: 600km Brevet

TBC, BC. Starts at 5am. BC Randonneurs, 250-372-1873, randonneurs.bc.ca

Jun 13: Flying Wheels Summer Century

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

Jun 13-14: Foothills Randonnee

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

Jun 13: The Bob LeBow Bike Tour -

Health Care for All ☐
Nampa, ID. Ride for a healthy lifestyle through beautiful rural Canyon, Owyhee & Malheur Counties. 6 different routes from 3-100 miles. Lunch, water stops, first aid, sag provided. Proceeds benefit Terry Reilly Health Services Zero Pay Fund. Rhiannon Avery, Terry Reilly Health Services, 208-344-3512 x 112, trhs.org

Jun 13: Chafe 150

Sandpoint, ID. Start in beautiful Sandpoint, follow along magnificent Lake Pend Oreille through river valleys & rugged Cabinet Mountains in NW Montana. Return via Purcell Trench. Challenging distance, but no major hills or passes. Brad Williams, Panhandle Alliance for Education, 208-290-1238, chafe150.org

Jun 14-20: Grand Illinois Trail and

Parks (GITAP)
Dixon, IL. Start/end at Seneca High School, extended circular tour through northern Illinois' canal trails and country roads. Generally flat, with hilly options on some days. Basic mileage is 310 miles, but up to 585 miles possible. Fully supported. Limit 160. Chuck Oestreich, League of Illinois Bicyclists, 309-788-1845, bikelib.org/gitap

Jun 14-19: Oregon Coast Budget

Portland, OR. Cycle Oregon's dramatically wild coastline with its rocky cliffs and historic lighthouses. Finish off each day with a hot shower & great meal. Also available: 6/29, 7/20, 8/3, 8/24, 9/7 & 9/21. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jun 14-19: San Juan Islands 6-Day

Anacortes, WA. Ride, hike and sea kayak through the gemlike islands off the Washington State coast. Beaches, forests and panoramic views. Fully supported! Also available in July, Aug. & Sept. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jun 14: Tour of Greater Victoria

Victoria, BC. Start at Cook Street Village at 7am. 200km brevet. Follow the Saanich-Metchosin route. Mike Croy, BC Randonneurs, 250-385-2769, randonneurs.bc.ca

Jun 19-21: Cascade Mountains Sampler

Eugene, OR. Travel in the shadows of the Sisters, ride the Aufderheide Memorial Drive, take a soak in a hot spring. 3-day camping tour. Also available: 6/26, 7/10, 8/7, 8/28, 9/5. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

Jun 19-21: Yakima Valley Wine Bicycle

Tour
Yakima, WA. Enjoy 3-day wine tour through Yakima Valley. 20 prestigious wineries in area. Gear (and wine) transport provided. 2 nights lodging in country inns, sag, 7 meals, guides. Registration by 6/5. Must be 21. Ryan Griffith, Spokane Parks and Recreation, 509-625-6246, spokaneparks.org

Jun 20: Ann Weatherill Cycling Classic

BAW
Walla Walla, WA. Celebrate Ann's life in a metric century ride along fields of wine and wheat. 30- and 100-mile options, supported, lunch buffet at finish featuring L'Ecole 41 wine & great food. Funds go to cycling safety and Share the Road signs. Rebecca Jensen, Wheatland Wheelers CC, 509-337-8668, annweatherillcyclingclassic.blogspot.com

Jun 20-26: Canadian Gulf Islands

Seattle, WA. Energetic beginner to advanced cyclists will enjoy the remote and wild Canadian Gulf Islands beside the San Juan Islands of WA. Includes luxury lodging, dining, Butchart Gardens. Also available: July, Aug., Sept. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jun 20: Chelan Century Challenge

BAW
Chelan, WA. McNeil Canyon is back! Choose from or combine 3 loop options (each 30-40 miles/2500 ft) of challenging hills, scenery, orchards, vineyards. For interested riders there will be a timed hill climb on the 1st and 3rd loops. Lester Cooper, Lake Chelan Rotary, 509-387-0041, chelancenturychallenge.com

Jun 20: Cycle de Vine

Chelan, WA. 45-mile ride. Rest stops at local wineries. Punch card endorsements at wineries and at end of ride allow riders free transport to 3 of the wineries visited, official wine tasting & a free glass of wine. Evening music event. Lester Cooper, Lake Chelan Rotary, 509-387-0041, chelancycledevine.com

Jun 20-26: Cycle Montana

Missoula, MT. Week cycle tour through western and SW Montana. Follow Bitterroot River upstream, climb Lost Trail & Chief Joseph passes, descend Big Hole Valley and spin through Silver Bow, Flint Creek, Clark Fork & Blackfoot valleys. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Jun 20: The Great Owyhee Ride

Ontario, OR. Scenic century ride through rural Oregon. Peter Lawson, Southeast Oregon Regional Food Bank, 541-889-9206, greatowyheeride.roundtablelive.org

Jun 20-23: Hare & Tortoise

1000km Brevet
Victoria, BC. Experienced randonneurs only! Self-supported grand randonnee on Vancouver Island (Victoria to Port Hardy and back). All paved roads. Scenic and hilly route. Near 26,000 feet of accumulated climbing. 75-hour limit. Ken Bonner, BC Randonneurs, 250-598-4135, randonneurs.bc.ca/schedule/sch_main.html

Jun 20: Native Planet Classic

Winthrop, WA. Ride over the beautiful North Cascades Highway. 3 routes: 28 miles, 63 miles over Washington Pass, 128 miles with 10,000+ ft of elevation to Diablo Lake. Start 5:30-9:30am. Benefit Native Planet. Sara Mottaz, Native Planet Outdoor Club, 206-618-3214, npc2009@ride4areason.org

Jun 20: Ride 2 Survive

Kelowna, BC. 5th annual 1-day epic 400-km ride over 2 mountain passes to raise funds for the Canadian Cancer Society. Leaves Kelowna at 4am, arrives in Delta before 10pm. Pedal 15 hrs, climb 12,000 ft. Kerry Kunzli, Team Coastal Cycling Club, 604-590-8340, ride2survive.ca

Jun 20-21: Ride to Conquer Cancer

Vancouver, BC. Vancouver, BC to Seattle, WA. 250 km in 2 days. Minimum fundraising \$2500 CND. Benefit BC Cancer Foundation. 877-699-BIKE, conquercancer.ca

Jun 20: Tour de Blast

Toutle, WA. Ride into the heart of the Mt. St. Helens blast zone! The Spirit Lake Memorial Hwy winds its way up the Toutle Valley to the Johnston Ridge Viewpoint. Open highway ride, with 3 distances suitable for the entire family. Brian Magnuson, Longview Rotary, 360-442-4411, tourdeblast.com

Jun 20: Tour de Fronds

Powers, OR. 6 de options (30, 32, 62, 66, 72, 80 & 140 miles) between Powers and Glendale, OR. Low-traffic paved FS & BLM roads, tall timber, waterfalls, great climbs. Start either at Powers or Goldendale. Umpqua Velo Club, 541-459-1385, tourdefronds.com

Jun 20: Tour of Marsh Creek Valley

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

Jun 20: Wheels to Meals

BAW
Puyallup, WA. 20-, 32-, 56- & 76-mile loops through beautiful Puyallup valley & surrounding area. Min. \$100 in pledges. Mechanic at start, support, finish line festival, BBQ & live music. Start WSU-Puyallup campus. Fundraiser for Food Connection. Kevin Glackin-Coley, The Food Connection, 253 383-5048 ext. 102, wheelstomeals.org

Jun 21-Aug 10: Across America North

Astoria, OR. Terrific touring pace event for those who want to see the USA in the best possible way: from the seat of your bike. For anyone who has ever dreamed of riding coast to coast but didn't want to go it alone. America by Bicycle, 888-797-7057, abbike.com

Jun 21: Le Tour de Okanagan Century

Vernon, BC. New event - Ride along the shores of Kalamalka, Wood & Okanagan Lakes and through Armstrong/ Spallumcheen rural areas. Semi-supported. Start at 7:30am. \$10 fee. members. show.ca/mybike/index.htm

Jun 21: Livestrong Challenge Seattle

Seattle, WA. Signature fundraising event of the Lance Armstrong Foundation for cancer research, held for first time in Seattle. 10-, 40-, 70- or 100-mile bike rides, 5K run/walk, health & wellness expo, family-friendly post-event party. Lance Armstrong Foundation, 888-424-2553, livestrongchallenge.org

Jun 21-29: Northwestern Tour

Astoria, OR. Dip your rear wheel in the Pacific Ocean and begin the trek to Boise, ID. From the mouth of the Columbia River follow the river to Portland & head southeast up through the Cascades and into Idaho. America by Bicycle, 888-797-7057, abbike.com

Jun 27-28: 1000km Brevet

TBD, OR. Susan France, Oregon Randonneurs, 503-628-7324, orrandonneurs.org

Jun 27: Blue Cruise Wheels for Wellness

Meridian, ID. Charity ride. 100, 50, 30 & 15 miles. Each route heads south & loops back. Century elevation 2,500 ft. with a few challenging hills. Includes a nice lunch and live blues music. Benefits health education programs. Blue Cross of Idaho Foundation for Health, 208-331-7317, bcidahoFOUNDATION.org

Jun 27: Mount Adams Country

Bicycle Tour ☐
Trout Lake, WA. 11.5-mile family ride, 51-mile Glenwood-Bz-Trout Lake loop, 54-mile Trout Lake to Trout Lake loop. 105-mile loop combo. Back-country paved roads, fully supported, bento feed at finish. Benefits Trout Lake school, volunteer fire dept, & local grange. Trout Lake Business Owners, 509-395-2468, troutlake.org/biketour

Jun 27-Jul 5: Prairie City Bicycle

Invitational
Prairie City, OR. Day or week self-supported rides around Prairie City, a famous stop along the original 1976 BikeCentennial cross-continent route. Spectacular scenery, traffic-free roads & trails, wildlife, wilderness. No registration fee. Prairie City Community Association, 503-704-4631, prairiecityoregon.com

Jun 27: RUSA Populaire

Olympia, WA. From Olympia to Skookumchuck Dam to Tenino and Tumwater before looping back to Olympia. Seattle International Randonneurs, seattlerandonneur.org

Jun 27: Tsunami

Victoria, BC. Start at Cook Street Village, Moka House, 7am. 300-km brevet to Port Renfrew.

Raymond Parker, BC Randonneurs, 250-388-5365, randonneurs.bc.ca

Jun 28: Bite the Bullet

Lapwai, ID. 70 miles of paved rural, low-traffic roads, challenging climb, +/- 4,000 ft total elevation gain. Free, contribution for sag welcome. Starts 9am. Climbs old Winchester Grade, crosses prairie north, descends to Cleawater River. Corrie Rosetti, Twin Rivers Cyclists, twinriverscyclists.org

Jun 28: Double Dawg Tandem Ride

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

Jun 28: Tour de Pierce

BAW
Puyallup, WA. 12-, 30- & 50-mile routes for all levels of riders. Starts at Fair Grounds. Well-marked course, maps & descriptions, rest stops, sag. Easy & flat 12-mile course, challenging and variable 50-mile route. Pierce County Parks, 253-798-4177, piercecountywa.org/parks

Jun 28: Two County Double Metric

Century
Olympia, WA. Supported ride starts at Millersylvania State Park and passes through Rochester, Litterlock, Vador & Boisfort. 5 loops (20, 35, 70, 85 & 126 miles) to choose from. Great warm-up ride for the STP. Jeff Cook, Capital Cycling Club, 360-561-2567, capitalbicycleclub.org

Jun 28-Jul 4: Wallowa Mountain

Rambler
Baker City, OR. 7-day camping tour. Circumnavigate the Wallowa Mountains, the "Alps of Oregon," ride the rim of Hells Canyon, enjoy delicious meals. Also available: 7/5, 7/26, 8/9, 9/6, 9/13. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

Jun 28-24: Watermelon Rides

Rickreall, OR. Oregon's original one-day double century. Start at Polk County Fairgrounds. 50, 100, 125 or 200 miles. Routes generally flat with some rolling hills through the Willamette Valley. Rest stop. Salem Bicycle Club, salembicycleclub.org

JULY

Jul 1: Canada Day Populaire

Fort Langley, BC. Ride 142km to celebrate Canada's 142th birthday. Diverse terrain and quiet country roads take you from scenic Fort Langley up Sumas Mountain, through Vedder Crossing & Huntington, Aldergrove and back to Fort Langley. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Jul 4: 200km Brevet

Fort St. John, BC. Starts 7am. BC Randonneurs, 250-785-4589, randonneurs.bc.ca

Jul 4-6: Northwest Tandem Rally

Victoria, BC. Start at the University of Victoria. Multiple rides, stunning views, ride to Butchart Garden, trade show, banquet. Choice of 3 fully supported rides per day. Optional 120-km ride on Monday. Benefit the BC Cancer Foundation. Don Stenton, 250-385-9780, nwtr.org/2009

Jul 8-12: Tour de Jasper

Prince George, BC. Ride from Prince George to Jasper and return on a free train ride. Fully supported. Cycle along some of the most beautiful scenery in northern BC. Prince George CC, 250-552-1612, pgcyclingclub.ca

Jul 10-14: Oregon Sampler Bike Tour

Eugene, OR. Delicious local produce, orchards of fruit & nut trees, coastal rain forest, crashing ocean surf. 4-day lodge-based tour. Also available: 7/10, 8/7, 8/28. Wild Heart Cycling, 877-8GO-WILD, wildheartcycling.com

Jul 11: Back Road 400

Mill Bay, BC. Begins at Tim Horton's, 6am. 400-km brevet, Buckley Bay route. BC Randonneurs, 250-208-1756, randonneurs.bc.ca

Jul 11-18: Cycle Washington

Redmond, WA. Scenic ride from Cascade Range's W. flank to arid plains of the E. slope. Spin through Stevens Pass to Lake Wenatchee State Park, follow Methow River to Winthrop, climb N. Cascades Hwy & head down to Puget Sound. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Jul 11-12: Group Health Seattle to

Portland Bicycle Classic (STP)
Seattle, WA. Largest multi-day ride in the Northwest, up to 8000 cyclists. Ride 200 miles in 1 or 2 days. Start University of Washington parking lot. Cascade Bicycle Club, 206-522-3222, cascade.org

Jul 11: Mayor's Ride

BAW
Ladner, BC. Fun family-oriented 20-km ride along scenic Boundary Bay Dyke, finishes at Holly Park School in Ladner. Starts 10am. BBQ, clowns & activities for all. Free. Part of the Tour de Delta. Municipality of Delta, 604-952-3000, tourdedelta.bc.ca

Jul 11-17: Oregon - Crater Lake

Oakridge, OR. Tall timber, clear rivers, snow-clad peaks. Tour includes bicycling and hiking. Cycle over the Cascade Mountains to Crater Lake. Also available mid-July through mid-Sept. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jul 11: South by South West

Happy Valley, WA. 200-km ACP brevet. Oregon Randonneurs, 503-628-7324, orrandonneurs.org

Jul 11: The Night Ride

Portland, OR. Start at the Portland Train Station at 9pm. 15-mile ride. Only group night ride. Music, movies, donut feast, dress-up costume contests & more. 503-459-4508, thenightride.com

Jul 12-25: Denali Adventure

Anchorage, AK. Cyclist's dream ride. 14-day Alaskan tour along Glenn and Richardson highways, lush farmlands, glaciers, mountains. Turn west onto gravel Denali Hwy for 140 miles to Cantwell, George Parks Hwy & Denali National Park. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Jul 12: Huckleberry Ride

Deary Park, ID. 54-mile day ride from Deary City Park (30 miles east of Moscow, ID). Depart 10am, ride 9 miles to Boville, head into the wilds of Idaho, enjoy lunch & huckleberry ice cream in Elk River. Free, sag contribution welcomed. Corrie Rosetti, Twin Rivers Cyclists, twinriverscyclists.org

Jul 12-17: Northwest Passage

Troutdale, OR. 408 miles over 8 days. Trace Lewis & Clark's journey through the Columbia Gorge to Florence. Timberline Adventures, 800-417-2453, timbertours.com

Jul 13-16: San Juan Islands 4-Day

Seattle, WA. Best for people with limited time or who are newer to bicycle touring but want to explore the Islands. Designed for new cyclists. Fully supported. Also available: August and 9/14. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Jul 15-19: RedSpoke

Redmond, WA. Tour beautiful Washington State. 5-day, 300-mile ride from Redmond to Spokane. Enjoy the splendor of the Cascade Mountains, river canyons & rolling wheat fields. Fully supported, limit 100 riders. \$575 fundraising min. required. Redmond Rotary Club, 206-298-9288, redspoke.org

Jul 15-Aug 13: Tetons to Tides

Jackson, WY. Begin in the majestic Grand Teton National Park, head north through parts of Montana and Idaho, cross into Oregon amid mountains and high desert to reach the Coast Range & Pacific Ocean in Eugene, OR. Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Jul 16-18: 1000km ACP Brevet

TBD, WA. Seattle International Randonneurs, seattlerandonneur.org

Jul 17-19: Cycle Oregon:

Jul 20-24: Crater Lake National Park
Medford, OR. Explore Crater Lake National Park. Elevations on this trip range from 2,800 to 7,100'. August departure also available. Western Spirit Cycling, 435-259-8732, westernspirit.com

Jul 21: Cyclefest

Seattle, WA. Enjoy bike polo, big wheel races, street sprints and more for a great Tour de France party. Cascade Bicycle Club, 206-522-3222, cascade.org

Jul 25: 200 km ACP Brevet

TBD, WA. Seattle International Randonneurs, seattlerandonneur.org

Jul 25: 600 km Brevet

TBC, BC. Raymond Parker, BC Randonneurs, 250-388-5365, randonneurs.bc.ca

Jul 25-26: ALS DoubleDay Bike Ride & Fundraiser

Mount Vernon, WA. Pedal 85 miles in 2 days through beautiful Skagit Valley. Fundraiser to empower people with Lou Gehrig's disease & their families and to lead the fight to cure & treat ALS through global, cutting-edge research. Robin Hartman, The ALS Association Evergreen Chapter, 425-656-1650, als-ec.org

Jul 25-Aug 2: Sea-to-Sky

Edmonds, WA. Combine the awesome challenge of Hurricane Ridge in Olympic Nat'l Park and the maritime setting of the Olympic Peninsula. Explore the islands of the Puget Sound. Timberline Adventures, 800-417-2453, timbertours.com

Jul 25: Seattle Century

Seattle, WA. 50- and 100-mile rides along Seattle's favorite routes from Lake Union to Lake Sammamish, Carnation, Duvall Mercer Island and more. Fully supported. Breakfast, gourmet dinner, massage, finish line festival. 503-459-4508, seattlecentury.com

Jul 25: Summer 300km ACP

TBC, OR. 300-km ACP randonneur event. Michael Wolfe, Oregon Randonneurs, orrandonneurs.org

Jul 25: Tour de Cure

Hillsboro, OR. New routes in the Willamette Valley from 10-27, 63 and 100 miles, with fun day in the stadium for kids. Starts at Hillsboro Stadium. Min. \$150 fundraising. Big finish party. Fund raising event of the American Diabetes Association. Kris Bockmier, American Diabetes Assoc. of OR, 503-736-2770 x 7355, tour.diabetes.org

Jul 25-Aug 1: Volcanoes of Washington Challenge

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

Jul 26: 16th Annual Loren Miller Bike Ride

Spokane, WA. Flat 12-mile family ride on less-traveled side roads, harder 50- & 100-mile courses, beautiful scenery amid foothills of the Green Bluff & Mt. Spokane areas. Breakfast & lunch included. Benefits eastern WA, north ID cancer patients. Cancer Patient Care, 509-456-0446, cancerpatientcare.org

Jul 26-31: Family Fun Idaho

Plummer, ID. Explore 2 heralded, car-free rail trails in the West. Trail of the Coeur d'Alenes & Route of the Hiawatha. Enjoy historic towns, swimming holes, spectacular views. Fully-supported event, evening Frisbee, slack lines & card games. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Jul 26: Tour de Kitsap

Silverdale, WA. Scenic 12-, 30-, 65- and 100-mile courses in lovely Kitsap County, rest stops and full sag. New family-friendly route. Run in conjunction with Silverdale Annual Whaling Days Festival. Arrive a day early & join the community events. Scott Park, West Sound Cycling Club, 360-698-9842, westsoundcycling.com

Jul 26-Aug 1: Washington Bicycle Ride

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

Jul 30: RAMROD - Ride Around Mt.

Rainier, One Day

Enumclaw, WA. Circumnavigate Mt. Rainier for 154 miles and 10,000 feet elevation gain. Lottery entry. Incomparable scenery. Registration opens Feb. 1st. Redmond Cycling Club, 206-781-3903, redmondcyclingclub.org

AUGUST

Aug 1-4: 1000km Brevet

TBD, BC. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Aug 1: 8 Lakes Leg Aches Bike Ride

Spokane, WA. 30-, 50- or 80-mile route. David's Gourmet Pizza & prizes at the end of the ride. Pledge riders raising \$175 receive 8 Lakes designer jersey. Ride around Spokane and Cheney. Start and finish at Group Health Corp. office. Christie McKee, Lutheran Community Services NW, 509-343-5020, lcsnw.org/events.html

Aug 1-2: Bike MS 2009: Covering

Bridges

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

Aug 1: CASA's Ride Through Paradise

Klamath Falls, OR. One of the Northwest's premier cycling events with 4 routes that wind through beautiful rustic countryside along seldom traveled roads. "This is the best kept secret in Southern Oregon." Register online. CASA for Children of Klamath County, 541-885-6017, klamathfallscasa.org

Aug 1: Tour de Whatcom

Bellingham, WA. Bike ride to benefit Boys & Girls Clubs of Whatcom County. In 2008 we raised over \$15,000 for the kids! Choose the length of your ride - 25, 50 or 105 miles, perfect for a family outing and serious riders alike. G. Todd Williams, 360-739-9953, tourdewhatcom.com

Aug 1-3: Courage Classic

Snoqualmie, WA. 3-day, 172-mile, fully supported bicycle tour. Ride Snoqualmie, Blewett & Stevens passes, average 60 miles/day, exceptional food stops. Benefits Child Abuse Intervention Dept. at Mary Bridge Children's Hospital. Mark Grantor, Mary Bridge Children's Hospital, 253-403-4374, courageclassic.org

Aug 1-8: Glacier - Banff - Jasper

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

Aug 1-8: Golden Gate Explorer

San Francisco, CA. California Coast vistas, majestic redwood groves, rolling pastoral hills of Marin County and outstanding meals. 8-day camping tour. Also available: 8/16, 9/12. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

Aug 1-7: Oregon - Crater Lake

Oakridge, OR. Tall timber, clear rivers and snow-clad peaks. Tour includes cycling and hiking. Cycle over the Cascade Mountains to Crater Lake. Also available: August through mid-September. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 2: Bike Oregon Wine Country

Rickreall, OR. Intermediate to difficult ride through the scenic Eola Hills and Mid-Willamette Valley Wine Country. Surrounded by lush vineyards and picturesque countryside, ride 45 or 52 miles (Northern Route). Travels through 7 wineries. Starts at 8am. Sag, lunch, BBQ. Also available 8/9, 16, 23 & 30. Eola Hills Wine Cellars Rickreall, OR, 503-623-2405, eolahillswinery.com

Aug 2: Blackberry bRamble Century

Eugene, OR. Full century, metric century and 43-mile routes in beautiful coastal range of SW Eugene. New route in 2009. Fully supported with special blackberry treat and ice cream at the finish. Jamboree 20-mile ride on 8/1. Jim Colbert, GEARs Cycling Club, 541-484-9398, gearride@aol.com

Aug 2: Lakes Loop Ride

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

Aug 2: Mt. Shasta Summit Century

Mt. Shasta, CA. 30-, 60-, 100-, 135-mile routes (16,500' of climbing). Challenging climb, breathtaking views. Mountain Wheelers, 800-326-4865, shastasummitcentury.com

Aug 2-8: RAW - Ride Around

Washington

Various, WA. North Cascade Highway route. Daily mileage vary from 40 to 90 miles. Fully supported. Sold Out. Cascade Bicycle Club, 206-522-BIKE, cascade.org

Aug 2-11: Selkirk Splendor

Sandpoint, ID. 280-mile International Selkirk Loop. Vast playground encompasses 2 countries, 3 states/provinces & more than 65 small towns. Route follows rivers & lakeshores, enjoy meadow & mountain vistas, wildlife at every turn. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Aug 2: Slip N' Ride

Portland, OR. Formerly called the "Hottest Day of the Year Ride," this 15- and 40-mile urban ride starts and finishes at Lucky Labrador Brew Hall. Tons of fun in the sun and water games. Registration opens at 9am. Good Sports Promotion, 503-459-4508, hottestdayride.com

Aug 5-10: Heart of the Underground Railroad

Cincinnati, OH. Encounter many key landmarks along the nation's "road to freedom" on this trip, which promises to be a moving experience in more ways than one. The moderate daily mileage and full support will allow you to truly absorb the social, political and historical significance the route offers. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Aug 7-9: Get Your Guts in Gear -

GYGIG

Edmonds, WA. This 3-day, 210-mile journey begins in Edmonds and loops through Snohomish, Island and Skagit counties. Rest stops, sag, baggage transport, hot breakfasts and dinners. Lunch along the route. Suitable for novice riders with proper training and challenging enough for seasoned cyclists. \$85 reg. fee, plus \$1,800 fundraising. Must be 18+. Raise awareness about Crohn's disease, ulcerative colitis and the needs of people living with ostomies. Karen Harris, Get Your Guts into Gear, 425-879-4756, JBride.org

Aug 7-9: Long Beach Weekend

Long Beach, OR. Saturday's scenic tour heads up the Columbia River to Naselle and beyond, then returns along Willapa Bay. Options of 45-, 50- and 62-mile rides. Sunday's ride is up one side of the Long Beach Peninsula to Oysterville, then returns on the other side. Options from 15 to 35 miles. Bud Rice, Portland Wheelmen Touring Club, 503-667-0683, pwtc.com

Aug 7-11: Oregon Sampler Bike Tour

Eugene, OR. Delicious fresh local produce, orchards of fruit and nut trees, coastal rain forest and crashing ocean surf. 4-day lodge-based tour. Tour is also available 8/28. Wild Heart Cycling, 1-877-8GO-WILD, wildheartcycling.com

Aug 8: 200km Brevet

Fort St. John, BC. BC Randonneurs, 250-785-4589, randonneurs.bc.ca

Aug 8: 300km ACP Brevet

TBD, WA. Starts at 7am. Dan Turner, Seattle International Randonneurs, seattlerandonneur.org

Aug 8: American Cancer Society Bike to

Battle Cancer

Bellingham, WA. 30-mile ride. New staging location in Bellingham, 9am start. Raise awareness and funds for cancer research. Casey Hansen, American Cancer Society, Great West Division, Inc., 800-227-2345, acsevents.org/bike-a-thon

Aug 8: Blue Cruise Wheels for Wellness

Pocatello, ID. Charity ride. 15, 30 & 50 mile options. Includes a nice lunch and live blues music. Benefits health education programs. Karri Ryan, Blue Cross of Idaho Foundation for Health, 208-331-7317, bcidaho.foundation.org

Aug 8: Summer 400km ACP

tbc, OR. 400km ACP randonneur event. Philippe Andree, Oregon Randonneurs, orrandonneurs.org

Aug 9-15: Ride Idaho

Nampa, ID. Annual 7-day, fully supported, bicycle tour. Nampa to Boise the long way. Provide cyclists with a community on wheels as they tour Idaho, experiencing its beauty and history. Limit 240. Emily Williams, Ride Idaho, 208-344-5501, rideidaho.org

Aug 9: 21st Annual Tour de Peaks

North Bend, WA. New Event. Snoqualmie Valley CoC/Tour de Peaks joins Festival at Mt Si and City of North Bend/ Centennial celebrations. New start/finish, Kiwanis pancake breakfast, Rotary beer garden and tour de feast at festival food vendors. Rides meander highways and byways in beautiful Snoqualmie Valley. 4 fully-supported rides - 5-mile family ride w/Kids Zone, 15-mile intermediate, 35-mile half-century and 75-mile century. Check-in from 7-10am. Title sponsor: Snoqualmie Valley Hospital. Karren Granger, Snoqualmie Valley Chamber of Commerce, 425-888-4440, festival@mtsi.org

Aug 9: Bike for Your Life

Parkville, BC. Our 10th anniversary tour offers distances for all levels of experience up to 100km, with prizes, refreshment stations and scenic routes on Vancouver Island. Promote good health and a cleaner environment through cycling. Pancake breakfast, refreshments, prizes, T-shirt. Jim Dimmick, Bike For Your Life, 250-954-2281, bikeforyourlife.org

Aug 9: Covered Bridge Bicycle Tour

Albany, OR. Linn County Fairground. Relaxing country ride event, choose from 40, 68, 85- & 101-mile distances. Lightly-traveled road in heart of beautiful Willamette Valley. Good food and support. The 40 is flat (2 bridges), the 68 has 1 steep hill and 4 bridges, other distances more challenging with 5 bridges. Mid-Valley Bicycle Club, 541-207-7925, mvbc.com

Aug 9-14: Intro to Road Touring -

Oregon

Eugene, OR. As the acknowledged experts on self-contained bicycle travel, AKA would like to share some of what we've learned over the years. Two days of classroom instruction provided by some of our most seasoned trip leaders will be followed by a 4-day tour through the countryside in VA, OR or WI, providing an opportunity to test ride and apply what was learned in class. Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org/tours

Aug 9-15: Oregon Bicycle Ride

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

Aug 9: Providence Bridge Pedal

Portland, OR. Community bike ride over all 10 of Portland's Willamette River bridges, including the top decks of the Marquam and Fremont bridges. Route options 14 to 36 miles. Wellness expo on

Saturday. Bridge Pedal, Inc., 503-281-9198, providence.org/bridgepedal

Aug 9: Rona MS Bike Tour - Scenic City Tour

Vancouver, BC. Gear up for fun, for a challenge, for a cure. 30 or 60 km rides. Minimum fundraising is \$100. Food, entertainment, road support crews and awards for fundraising. MS Society of Canada, 604-602-3200, mssociety.ca

Aug 9: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally)

Tenino, WA. A supported ride that offers 5 loops from 20 to 100 miles. Revel in the quiet of rural Thurston and Lewis Counties, enjoy views of the Skookumchuck and Deschutes River, the Llama farm and Mt. Rainier. All rides are along scenic, low traffic roads. Jeff Cook, Capital Bicycling Club, 360-561-2567, capitalbicycleclub.org

Aug 9-22: Uganda: Pearl of Africa

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

Aug 9-16: Wallowa Mountain Rambler

Baker City, OR. Circumnavigate the Wallowa Mountains, the "Alps of Oregon," ride the rim of Hells Canyon, enjoy delicious meals. 7-day camping tour. Also: 9/6, 9/13. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

Aug 10-13: San Juan Islands 4-Day

San Juan Islands, WA. Ideal for people with limited time or who are newer to bicycle touring, tour takes in the best of Washington's gemlike San Juan Islands while featuring luxurious lodging and fine dining. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Aug 14-16: 11th Annual

Recumbent Retreat

Astoria, OR. Fort Stevens State Park. West Coast Recumbent event with rides, games, bike light parade, breakfast rides, polluck & fireside chats. 1 free event T-shirt per registration. Bob Porter, recumbentretreat.org

Aug 14-15: RSVP - Ride from Seattle to

Vancouver, BC & Party

Seattle, WA. Sold Out. 183 miles of scenic back roads in Western Washington. Finish line festival. Cascade Bicycle Club, 206-522-3222, cascade.org

Aug 15: BCRD Sawtooth Century Tour

Ketchum, ID. Do the Classic 50 miles, the climb of 100km or the Ultimate 100 miles. Enjoy the beauty of the Ketchum, Sun Valley and Boulder Mountains. Fee includes T-shirt and support. Blaine County Recreation Dist, 208-788-9142, bcrd.org

Aug 15: Crater Lake Century

Klamath Falls, OR. 4th annual. Start at Fort Klamath Museum. Century and 62-mile rides include a 3000' climb to the Crater Lake Rim and another 3000' over the next 30 miles. The century is rated as extremely difficult, the half is difficult. Fee includes BBQ. Limited to 225 riders. Bill Haskins, Great Basin Visitor Association, 888-445-6728, craterlakecentury.com

Aug 15: The Vine Ride

Newberg, OR. A bicycle tour of the Northern Willamette Valley wine country. Routes of 35, 65 and 100 miles. Fully supported. Finish line festivities, chance to win a 2009 bike. Start location: Newberg High School. Benefit the Children's Cancer Association. Karl White, Wheel Help Rides, 866-262-8339, vineride.com

Aug 15: Hot August Days - Tour of the

Columbia Basin

Wenatchee, WA. 50-, 100- or 150-mile bike ride from Wenatchee to Quincy, Ephrata, Dry Lakes, Waterville & back. Stops every 25 miles, meal at end of ride. Start at Riverfront Park. Brian Ropp, NWC Sports Events, 509-662-8799, hotaugustdays.com

Aug 15: Rim to Roseburg (tentative)

Roseburg, OR. A gorgeous ride from the Crater Lake Rim to the town of Roseburg. Strenuous 60-mile ride with 6500' vertical. 9am departure. Pizza and beer after the ride. Dave Anderson, Umpqua Velo Club, 541-496-4833

Aug 15-23: Rogue River Rambler

Eugene, OR. Coast and Cascades are joined with an incredible ride along one of the West's great wild and scenic rivers. Trace the Rogue River to its source in the high Cascades near Crater Lake. Mileage: 528. Timberline Adventures, 800-417-2453, timbertours.com

Aug 15: Tour of Nanaimo

Nanaimo, BC. 200km. Nanaimo to Genoa Bay to Yellow Point. Stephen Hinde, BC Randonneurs, 250-756-4756, randonneurs.bc.ca

Aug 16-22: Coastline and

Covered Bridges

Eugene, OR. Alternate between charming back-country roads and picturesque pedaling alongside sandy beaches. Cycle beneath covered bridges and past bucolic Christmas-tree farms and vineyards and ride south down the craggy coastline. The majority of the climbs are relatively gentle. Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

Aug 16: Ice Cream Classic

Bend, OR. 65-mile ride around Mt. Bachelor followed by ice cream at Goldy's. Starts 9am. Gina

Miller, Fresh Air Sports, 541-318-7388, freshairsports.com

Aug 16: Portland Century

Portland, OR. 25-, 50- and 100-mile rides. Mostly flat, take advantage of the city pathways, bike lanes and less-traveled roads that ring Rose City. Finish line feast, massages, festival. Starts at PSU-Smith Hall. 503-459-4508, portlandcentury.com

Aug 20-23: 1000km / 400km ACP Brevet

TBD, WA. Starts at 6am. 400km run in conjunction. Start on 8/22. Elaine Jameson, Seattle International Randonneurs, seattlerandonneur.org

Aug 22: 600km Brevet

Fort Langley, BC. Start at the Lions Hall at 7am. Goes to Glacier, Arlington, Fort Langley and Hope. Cross into the USA. 200 - 400km Brevet also available. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Aug 22-23: RAPSody - Ride Around

Puget Sound

Tacoma, WA. A challenging 1- or 2-day ride. 175 miles of rolling hills. No ferries, uses Narrows bridge. Great food, sag, cue sheet, socks, rest stops. \$10 discount to BAW members. Molly, Bicycle Alliance of Washington, 206-577-6999, rapsodybikeride.com

Aug 22: Blue Cruise Wheels for Wellness

Coeur d'Alene, ID. Charity ride. 62, 30 & 15 miles. Includes a nice lunch and live blues music. Benefits health education programs. Karri Ryan, Blue Cross of Idaho Foundation for Health, 208-331-7317, bcidaho.foundation.org

Aug 22: Tour de Lentil

Pullman, WA. Enjoy the scenic Palouse Hills on this 100km ride. Course is challenging with many hills. Starts at 9am. Part of the National Lentil Festival. Come for the ride, stay for the parade, food and other weekend activities. Mary Barstow, Pullman Chamber of Commerce, 509-334-3565, lentilfest.com

Aug 22-23: Bike MS: Road, Sweat &

Gears Ride

McCall, ID. Spectacular scenery and camaraderie. Routes for all levels, 20-, 40-, 50- and 60-mile options. Saturday's ride heads north to the Burgdorf Hot Springs turn off. Day two goes south toward Donnelly, stopping at beautiful Jug Mountain Ranch, then continues on to Tamarack Resort. Option: MTB ride out of Jug Mountain Ranch on Sunday. Fully supported with Sag vehicles, rest areas and enjoyable meals. You don't want to miss it! Erin Farrell, National MS Society - Idaho Division, 208-388-4253, msidaho.org

Aug 23-Sep 4: The Kootenays & South of the Border

Vernon, BC. A 12-day trip that combines great services with educational and training opportunity. Fully supported and catered. Andrew Sellars, Magic Places Tour, 250-358-7966, magicplaces.ca

ROAD TOURING CALENDAR

Aug 31: Hutch's 100km

Bend, OR. Metric century (62 miles) beginning and ending at Tumalo State Park. Mostly small rollers, has some of the best views of the Cascades. 1 food stop. Entry includes maps, energy food and drink. \$5. Leaves at 9am. Hutch's Bicycles, 530-382-6248, hutchsbicycles.com

SEPTEMBER

Sep 5: 18th 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. Starts at 10am at the Pop Mounser Pool. Damien Godon, 206-675-7480, bikethebluff.org

Sep 5: Emerald City Lights Bike Ride

Auburn, WA. Features 18-, 30- or 65-mile routes. 5km walk. Starts at 8am at the Auburn Game Farm Park. Proceeds to benefit "Our Daily Bread Basket," helping to feed families in need. Patricia Hansen, 253-709-1530, emeraldcitylightsbikeride.org

Sep 5-8: Kamloops - Kootenay 1000

Kamloops, BC. Kamloops, Kelowna, Rock Creek, Salmo, Kaslo, Nakusp, Sicamous and back to Kamloops. 75-hour limit. Richard Blair, BC Randonneurs, 250-372-1873, randonneurs.bc.ca

Sep 5-28: Ride the West

Astoria, OR. An exciting 23-day, 1,375-mile ride to Newport Beach, CA. Tour along beautiful gold coast beaches, enter the Redwood National Forest. The tour is a challenging bicycle ride that has something for every cyclist. America by Bicycle, 888-797-7057, abbike.com

Sep 6: 100km Mountain Populaire

Issaquah, WA. This is the classic Issaquah Alps ride, possibly with a couple extra climbs ad-ded. Seattle Int'l Randonneurs, seattlerandonneur.org

Sep 6: Black Diamond Ride to Cure

Diabetes
Black Diamond, WA. Multiple routes from 20 to 100 miles in scenic Black Diamond area. Raise money and awareness for Juvenile Diabetes Research Foundation. Susan Horst, JDRF, 206-838-5153, jdrfmrwide.org

Sep 6-11: Bryce-Zion Bike

St. George, UT. Ride through a panorama of sparkling sunny skies, red rock sculptures, immense canyons and aspen forests. All levels. Also available: Sept., Oct. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Sep 6-13: Elkhorn Ridge Rambler

Baker City, OR. Ride Oregon's least-traveled paved roads. Impressive canyons, remote mountains, high meadows, outstanding meals. 7-day camping tour. Intermediate and above. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

Sep 6: Great Northwest Fall Tour

Newport, WA. Choose the 15-, 30-, 50- or 85-mile route on paved county roads. T-shirt option, food/water stops and meal at the finish. Starts at the Newport City Park (1st & Calispel). Melody Geddes, Newport/Priest River Rotary Club, 509-292-5099, gnwft.homestead.com

Sep 12: Pedaling the Muse Century

Seattle, WA. A recreational century from the Seattle Art Museum's Olympic Sculpture Park to Webster's Woods Outdoor Sculpture Park in Port Angeles. The most scenic century in the Pacific Northwest, it includes a ferry ride to Bainbridge Island, rural country roads and a spectacular 30-mile finish on the paved (and vehicle-less) Olympic Discovery Trail. The Port Angeles Fine Arts Center, 360-775-4423, pafac.org

Sep 12: Tour de Cariboo

Williams Lake, BC. Fun ride, race or relay that takes participants over beautiful scenery and varied terrain. Banquet following ride with free overnight accommodation. Big Brothers Big Sisters of Williams Lake, 250-398-8391, bbswillake.com

Sep 12-19: Cycle Oregon

Various, OR. 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 Nylen, Cycle Oregon, 503-287-0405, cycleoregon.com

Sep 12: GFCC Century Fun Ride

Grand Forks, BC. "Where did the summer go?" century. Choice of 50 and 100km rides through beautiful Grand Forks area. Anton Kew, Grand Forks CC, grandforkscyclingclub.com

Sep 12: 7th Annual Kootenai River Ride

Bonnets Ferry, ID. Spectacular scenery along the Kootenai River and Boundary County. 100, 60 or 16km routes. Starts at 8am at the County Fairgrounds. Fully supported, long sleeve T-shirt and baked potato feed included. Andrea Kramer, Bonnets Ferry Rotary Club, 208-267-2045, ruralnorthwest.com/rotary

Sep 12-13: Bike MS presented by Point B Solution Group

Mt Vernon, WA. Featuring an unbelievable 2-day ride through Skagit, Whatcom and Island Counties. 6 catered meals, many memorable rest stops, a refreshing beer garden and a full program of events in Columbia Athletic Clubs' Rider Village, this is a can't-miss event! All proceeds benefit the National MS Society. National MS Society of WA, 800-344-4867, nationalmssociety.org/was

Sep 12: Golden Valley Bike Pedal

Goldendale, WA. Tour scenic Klickitat County back roads through fields and canyons. Choose from century, metric century or 35-mile rides and support Soroptimist Int'l of Goldendale's projects, improving the lives of women and children at home and abroad. Naomi Fisher, Soroptimist Int'l of Goldendale, 509-773-6091, goldenbikeride@myway.com

Sep 13: Fall Isle-Lander

Victoria, BC. 200km brevet. Victoria, Sooke, Saanich route. Mike Croy, BC Randonneurs, 250-385-2769, randonneurs.bc.ca

Sep 13: High Pass Challenge - HPC

Seattle, WA. 114 miles with 7500' elevation gain through the pristine Gifford Pinchot Wilderness Area. Novices should abstain. Cascade Bicycle Club, 206-522-3222, cascade.org

Sep 13: 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 Heggen, NorKa Recreation, 360-303-1717, norakarecreation.com

Sep 13: Quiche Brevet

Fort St. John, BC. Randonneur event. 200km brevet. 75km and 150km also available. Wim Kok, BC Randonneurs, 250-785-4589, randonneurs.bc.ca

Sep 13: 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, 250-314-0773, mssociety.ca

Sep 13: SpokeFest

Spokane, WA. 21-mile scenic loop from downtown Spokane to the Spokane River, west of town and back, or a 1-mile loop through Riverfront Park. David Silver, SpokeFest Organization, 509-844-3340, spokefest.org

Sep 13: Sunnyside Century

Bend, OR. One of the oldest Oregon centuries. 100-mile ride around Mt. Bachelor. Susan Bannacker, Sunnyside Sports, 541-382-8018, sunnysidesports.com

Sep 13: The Century Ride

Comox, BC. 3 separate loops. 100 or 160km, or shorter family friendly 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. Les Black, Black's Cycle, 250-339-7011, blackscycle.ca

Sep 13: Tour de Lab

Portland, OR. A bicycle tour for the puppy (18 miles) and the big dogs (30 miles). Visit all 3 Lucky Lab brew pubs. In support of the Don Lewis non-profit animal hospital. Good Sport Promotion, 503-459-4508, tourdelab.com

Sep 16-17: 600km ACP Brevet

TBD, WA. Albert Meerscheidt, Seattle International Randonneurs, seattlerandonneur.org

Sep 19: 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 Palmerston Park. Benefits the Rogue River Recreational Corridor & Greenway. Shayne Maxwell, Rogue River Greenway Foundation, 541-582-4488, ridetherogue.org

Sep 19-20: Ride to Joseph

Lewiston, ID. Goes from the Southway Boat Launch in Lewiston, Idaho across the Snake to Asotin, on to Anatone, Enterprise and finally to Joseph, Oregon. This is a 95-mile one-way with two significant climbs passing into Oregon. The return on Sunday follows the same route but is actually the easier day with only one major climb, Rattlesnake Grade. Free but sag contribution is welcomed. Corrie Rosetti, Twin Rivers Cyclists, twinriverscyclists.org

Sep 19-20: Tour des Lacs

Spokane, WA. Two-day cycling tour from Spokane to Coeur d'Alene & back. Multiple route & mileage options. Boat cruise included on the longer routes. Overnight stay in Coeur d'Alene. Fully supported with food stops every 10-20 miles, sag wagons, breakfast and dinners both days. Beautiful autumn tour. Wendy Bailey, Round & Round Productions, 509-455-7657, roundaround.com

Sep 19: Ride4US

Tacoma, WA. Heart-pounding hills, breathtaking scenery, fun for the whole family! 3 safe, scenic and challenging bike routes (17, 38 and 50 miles) that cross the new Narrows Bridge into Gig Harbor, ride the hills of Tacoma and Gig Harbor. 5-mile family fun ride in Pt. Defiance Park. Fun4US festival includes Run4US or Walk4US. Fully supported: 5 sags, 3 rest stops, free massages. Kids 10 & under free. Benefits Care Net Pregnancy Centers of Pierce County. From 7:30am to 2pm. Start at Pt Defiance Park. Diego Wendt, Ride4US, ride4us.org

Sep 19: Tour de Vine Bike and Wine

Tour
Wenatchee, WA. Bike and wine tour. Wenatchee to Peshatin and back, winding through 50 miles of orchards and vineyards, ending with a scrumptious feast which features wine tasting and live music.

Fully supported. Allberg Sports, 509-663-0425, tourdevine.com

Sep 19: Tour de Vins

Pocatello, ID. 15-, 32- and 60-mile options. Figure 8 loop. Bike tour and wine tasting event. Start/end at Idaho State Univ. PSUB building. Start at 8:30am. Wine tasting from 6:30-9:30pm in historic old town. Sarah Leeds, Family Services Alliance, 208-232-0742, FSAlliance.org

Sep 20: 200km: Fall Flatlander

TBC, BC. Roger Holt, BC Randonneurs, 604-946-8438, randonneurs.bc.ca

Sep 20: Cascade Spawning Cycle

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

Sep 20: Chuckanut Century Ride for

Hospice BAW
Bellingham, WA. Ride one of the most scenic rides in Washington. Distances range from 25, 50, 62, 100 or the double metric century of 124 miles. Ride support and food stops. Doug Schoonover, Mt Baker Cycling Club, 360-410-6431, mtbakerbikeclub.org

Sep 26: 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, mikeutley.org

Sep 26: 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 events include wine tasting, horseback riding, walk of strength. Benefits patients of the Cancer Center. Mardi Hagerman, St. Mary Regional Cancer Center, 509-522-5783, smmc.com

Sep 26-27: 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. \$110 online only. Apple Valley Kiwanis, 509-972-8803, desertvalley.com/rides

Sep 26: Tour de Whidbey

Whidbey Island, WA. Choose 10-, 40-, 50-, 60- or 100-mile routes on mostly rural roads, with beautiful scenery, great rest stops, pancake breakfast, post-ride chili feed. The 50, 60 and 100 are challenging rides with varied terrain. The 40 is moderate and the 10 is family friendly. Supported ride benefits the Whidbey General Hospital Foundation. Anne Hallam, Whidbey General Hospital Foundation, 360-678-7656, whidbeygen.org

Sep 27-Oct 2: California Wine

Country Budget
Santa Rosa, CA. Cycle both Napa and Sonoma Valleys, with sun-drenched roads, abundant route options and marvelous wineries. A vintage tour at a pint price! Bicycle Adventures, 800-443-6060, bicycleadventures.com

Sep 27: Headwaters Century

Enumclaw, WA. Choose from 45-, 65- or 100-mile loops starting at Enumclaw High School. Ride on a plateau in a rural area with little traffic. All routes are generally flat with some rolling hills. There is one 1.5-mile-long hill near Black Diamond. The

100 includes a Mud Mountain Dam climb and descent. 2-3 rest stops per routes, mechanical and sag support. Don't miss the finish line dessert. Anita Beninger, Tacoma Wheelmen's Bicycle Club, 253-759-2800, twbc.org

Sep 27: Olympic Discovery Bike

Adventure
Port Angeles, WA. 10, 25 and 50 miles on the Olympic Discovery Trail that winds through valleys and along shoreline. Port Angeles to Sequim. MTB with semi-slick or smooth tires, or road bike with wider tires recommended. Starts at City Pier. Dan, City of Port Angeles Park and Rec, 360-417-4557, olympicdiscoverybike.com

Sep 27: 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. John Henry Maurice, Salem Bicycle Club, 503-375-6139, salembicycleclub.org

OCTOBER

Oct 2-4: Methow Valley Fall Bike

Festival
Winthrop, WA. This 3-day festival celebrates everything cycling from cycling films, road rides, guided mountain bike rides, mountain bike races, mountain bike skills clinics, kids rodeo and beer gardens. Kristen Smith, MVSTA, 509-996-3287, mvsta.com

Oct 3-10: Arthritis Foundation's

California Coast Classic Bicycle Tour
San Francisco, CA. Incredible, fully supported 8-day, 500-mile coastal charity ride from San Francisco to Los Angeles. Money raised supports the important work of the Arthritis Foundation. It truly is the ride of a lifetime. Amy Robertson, Arthritis Foundation, 323-954-5760, californiacoastclassic.org

Oct 3: Manastash Metric Century

Ellensburg, WA. Annual tour through the Kittitas county. 100 miles to Suncadia, 62 miles to Cle Elum, 33 miles to Thorpe, and 11-mile rides available. Weather is usually sunny and pleasant. Registration 7:30-9am at Wing Central's Roadhouse Grill. Carol Findley, RSVP of Kittitas County, 509-962-4311, rsvp-wa.org/ellensburg

Oct 4-11: 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: Oct 18, 25; Nov, Dec 27. Bicycle Adventures, 800-443-6060, bicycleadventures.com

Oct 4: Kitsap Color Classic

Edmonds, WA. Multiple loops from 14 to 64 miles around Kitsap Peninsula. Registration includes ferry fare. Start from Kingston or Edmonds. Cascade Bicycle Club, 206-522-3222, cascade.org

Oct 10: Harvest Century

Portland, OR. Various routes, 20, 62 and 100 miles. Food stop every 15-20 miles. Well supported, finish line party. Proceeds benefit Community Vision. Rebecca Miller, Community Vision, 503-292-4964 x116, harvestcentury.org

DECEMBER

Dec 31-Jan 1: New Year Revolution

Goodyear, AZ. Ride out the old and in with the new year. Bike 2 Bike, 801-677-0134, bike2bike.org

TRACK CALENDAR

WEEKLY

MONDAY

Monday Night Track Racing

June 1-August 29
Redmond, WA. Track racing for Juniors, Cat 4 women, Cat 5 men. Racing starts at 7pm. \$15 adults, \$5 Juniors. Rental bikes also available, \$10/night. USA Cycling license or one-day license required to race. Cancelled if raining. Events determined nightly. Hyun Lee, Marymoor Velodrome Assoc., 206-957-4555, velodrome.org

TUESDAY

Masters & Juniors Races

June 2-August 25
Portland, OR. Track racing event for Junior and Masters races only. Schedule changes each week. No race on 6/23. Steve Trusdale, 503-232-1704, obra.org

WEDNESDAY

Track Development Class

April 29-August 26
Portland, OR. Weekly events where riders of all ages can learn the basics of track riding and racing. Bike rental available. Safe environment. No class on 6/24. Steve Garcia, 503-293-7247, velodromeracing@yahoo.com

Wednesday Night Track Racing

June 3-August 26
Redmond, WA. Marymoor Velodrome. Women, Cat 4 men and Masters (35+). Starts 7:30pm, finishes 9:30-10pm. USA Cycling license or one-day license required. Cost \$15. Bike rental available, \$10/night. See website for nightly program. Hyun Lee, Marymoor Velodrome Assoc., 206-957-4555, velodrome.org

THURSDAY

Alpenrose Thursday Series

May 7-September 24
Portland, OR. Alpenrose Velodrome. Event schedule posted on website a few days before each race night. Mike Murray, OBRA, 503-661-5874, obra.org

Thursday Night Racing

May 7-September 3
Redmond, WA. Marymoor Velodrome. Tentative. More information to follow. See website. Hyun Lee, Marymoor Velodrome Assoc., 206-957-4555, velodrome.org

FRIDAY

Fast Twitch Fridays

May 1-August 28
Portland, OR. Alpenrose Velodrome. Sprint-oriented racing for all levels, nothing over 30 laps. Match sprint tournament every other Friday.

Separate omnium racing for beginner men and women. Registration opens 5pm, racing starts 6:30pm. Season pass available. No race on 6/26, 7/10, 7/17, 8/7. Jen Featheringill, 503-227-4439, obra.org

Friday Night Racing

June 5-September 11
Redmond, WA. Marymoor Velodrome. Racing for Cat 1/4 men, Cat 1/3 women. Entry fee \$15. Spectator admission \$4, under 16 free. USA Cycling license required. Kiddie kilo on 1st and 3rd Friday of each month. Racing starts at 7:30pm. See website for evening program. No race on 7/31. Hyun Lee, Marymoor Velodrome Assoc., 206-957-4555, velodrome.org

RACING

MAY

May 1: May Days

Burnaby, BC. Burnaby Velodrome Club, burnabyvelodrome.ca

May 9: Eric Kautzky Memorial Race

Portland, OR. Proceeds to benefit Eric Kautzky Memorial Scholarship Fund at Tigard HS. Open to all. Warm-up 9am, racing starts 10am. Events include: paced pts, mile, chariot, scratch, unknown distance, miss and out. Cancelled if raining. Darell Provencher, 503-657-0568, obra.org

JULY

Jul 4: Alpenrose Heatbreaker

Portland, OR. Steven Beardsley, 503-317-5836, obra.org

Jul 5: State Games Track

Portland, OR. Phil Sanders, 503-649-4632, obra.org

Jul 6: OBRA Junior & Team Event Track

Championships
Portland, OR. See OBRA website for complete schedule. Phil Sanders, 503-649-4632, obra.org

Jul 11-12: Oregon State Track

Championships
Portland, OR. Alpenrose velodrome. Exact schedule to be posted on website the week prior to the event. Candy Murray, 503-661-5874, obra.org

Jul 17-19: Alpenrose Challenge

Portland, OR. 3-day racing extravaganza. Includes sprint and endurance events, as well as fastest lap competition and kids races. Charlie Warner, 360-624-1801, obra.org

Jul 22: Junior Track National

Championship
Carson, CA. usacycling.org

Jul 31: Friday Night Cash Race

Victoria, BC. Juan de Fuca Velodrome. Greater Victoria Velodrome Association, gvva.bc.ca

Jul 31-Aug 2: Tandem Sprint

Championships
Trexlerstown, PA. Chad Sperry, usacycling.com

AUGUST

Aug 1-2: BC Provincial Track

Championships
Victoria, BC. Juan de Fuca Velodrome. GVVA, gvva.bc.ca

Aug 8: Team Beer Track Race

Portland, OR. Clint Culpepper, 503-548-8672

Aug 18-23: Masters Track National

Championship
Indianapolis, IN. usacycling.org

Aug 22: Track Nationals Qualifier

Portland, OR. Alpenrose Velodrome. This is a USCF event. Qualification details: Top 3 men/top 2 women in each event qualify for that discipline (sprint or endurance). Jen Featheringill, 503-227-4439, obra.org

Aug 29-30: OBRA Masters Track

Championships
Portland, OR. Candi Murray, obra.org

A Cautionary Tale

By MAYNARD HERSHON

In November 2008 I participated in a 10-day meditation retreat at a kids' summer camp for four days in the sticks near Denver, Colo. The retreat did not go well for me; I got terrible intestinal discomfort right away — from the food, I suppose. I won't bore you further about the retreat but I'd like to talk about my ride home from the site.

A friend had driven us there and because I left early, I had to come up with a way home. The retreat organizer arranged a ride for me but the journey did not promote the "inner quiet" the teachers had in mind.

I rode home with a young lady who had done these retreats before. She did her first in Tibet, "a 10-dayer," she said, and she's done several shorter ones as refreshers since then. Nice woman.

We're not talking about an airhead here. We're talking about a serious-minded young woman in her mid-twenties. She is interested, if not in spiritual pursuits, then certainly in the examined life. If you're a baby-boomer, you could imagine her as your daughter and feel good about it.

We hopped right into her late model, very dirty Volvo sedan. I was immediately afraid. She drove with her phone in her left hand and her instructions on how to reach the retreat site in her right. She was not a natural at using printed directions to the site to help find her way back home. She would only drop the instructions to deal with the radio or CD player. There was no GPS in the Volvo, by the way.

She lives in metro Denver, a mile or so from Tamar's and my place, but she had to ask me where we live in relation to landmarks, a mall maybe, or a major street. East and west were not useful terms. She knows street names near her home but is lost elsewhere. I offered to navigate. "It's okay," she said, graciously.

She seldom drove with both hands on the steering wheel or anything similar to full attention. Far more often she manipulated the phone, studied the instructions, and changed radio stations or swapped CDs, trying to choose music I'd enjoy. I was afraid, as I said before. I would have listened to anything or nothing. I wanted controls for the passenger, driver ed-style, or an ejection seat.

While she attended to the phone, instructions and radio, tasks that were clearly priorities, she did not or could not drive in a straight line. She would veer over the centerline or cross the fog line onto the shoulder. Three times she jerked the wheel to center the car in the lane, apologizing to me each time.

At one point she said: "I guess I shouldn't get into an accident with you in the car. I wouldn't want to kill you." I told her I'd been uncomfortably ill the past four days and had only then remembered that I wanted to live.

When we left the narrow country roads and reached the luxury of Interstate 25, she had more lane options. She passed on either side indiscriminately, tending to use the left lane, driving 5 mph too fast, coming up too fast behind traffic ... Then she'd follow too close while continuing to study her phone or

fiddle with the radio or CD player. Once or twice, traffic slowed; she did not notice until we were alarmingly close to rear-ending the car in front.

There was no predictability, no consistency to her driving. She did what she felt like doing — without a second thought. Doesn't everyone? What's remarkable about that?

I thought of myself on the bicycle or motorcycle, sharing the road with this woman and millions of similarly distracted motorists, far more interested in a phone call or selecting the perfect CD than they are in driving. I've seen countless inattentive drivers, just as you probably have. I want to believe that despite what I've seen, that I caught them in some momentarily preoccupied or disturbed state, surely not in their everyday, careful-motorist mindset.

I want to believe that they are good drivers — but they're not. They're not focusing on driving. They don't care about driving.

So little do they care about driving that, inept as they are, they're untroubled by guilt or embarrassment. They're driving as they always drive — really badly, really dangerously. They don't know another way. They drive that way, irresponsibly, every day. That's how their friends drive. That's how everyone drives, isn't it?

I'm afraid it is. Like that spew about driving as a privilege, about driving defensively, about leaving a gap behind the vehicle in front of you, about braking distances and reflex times

and two hands on the wheel, it's all driving instructor talk. Traffic school talk. Or parent talk, like abstaining from sex until you're married. You think?

When I'm in cars, I feel the inertia, the resistance of huge vehicles to slow down, stop or change course to avoid catastrophe, especially on busy freeways or narrow city streets. I suspect that drivers are not aware of all that inertia, of what happens if all that mass hits someone. If they were aware, they'd be more attentive; they'd exercise due care. Instead, their thoughts are elsewhere.

Luckily, Tamar and I are seldom in cars. We walk in the city and pedal on off-street, paved bike paths. She rides her scooter; I ride my motorcycle. We are not forced day after day to witness from inside the car the general incompetence of drivers. When we do see that inattention and incompetence, we can give drivers the benefit of the doubt. We can't see behind their eyes, after all, to the truth — that they're driving on autopilot. It's a blessing.

We cyclists and motorcyclists absolutely have to take care; our neighbors won't. After the fact, our neighbors may tell the responding officer how upset they are. Before the fact, only moments ago, they couldn't care less. They never imagined they'd get in an accident today, never imagined they'd hit someone. After all, they weren't doing anything wrong, were they?



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