

## Public Land Management Act Affects Mountain Biking



Courtesy of John Zilly / Adventure Press

Fifteen Mile Trail is now under the protection of the Fifteen Mile Creek National Recreation Area designation, providing continued biking access for all to enjoy.

BY MEGHAN McCausland

On March 30, 2009, President Obama signed into law the Omnibus Public Land Management Act. This Act, consisting of 160 different bills, concerns the application of resources, boundaries, protection and regulations to valuable public land.

Translation: Some bills buried deep within the confines of the Act affect mountain biking on public lands. Mountain bikers have struggled to find a suitable place in the use of public lands, often experiencing exclusion due to the boundaries of wilderness areas. Yet advocates like the International Mountain Bicycling Association (IMBA), gained a strong victory through this Act, as many of the bills save a lot of singletrack access.

In President Obama's signing address he marvels at the weight of this Act, saying it's "the largest public land expansion in 15 years" according to political blog The Caucus. He also states, "This legislation guarantees that we will not take our forests, rivers, oceans, national parks, monuments and wilderness areas for granted; but rather we will set them aside and guard their sanctity for everyone to share." The President's inspirational speech may cause some mountain bikers to wince since the words "guarding" and "sanctity" may conjure images of signs reading, "No bicycles! Wilderness Area!" However, by the phrase "everyone to share," the President readily includes cyclists too. The Act actually "creates thousands

of miles of new scenic, historic and recreational trails," Obama claims.

The Omnibus Act passed in the House of Representatives with a 285-140 vote. The impact for the National Park Service (NPS) extends not only to trail development but a number of new resources as well as many areas now included in the National Park System (NPSy). There are 9 new National Heritage Areas as well as 3 new units in the NPSy. The recent units include Paterson Great Falls National Historic Park, The William Jefferson Clinton Birthplace Home National Historic Site and the River Raisin National Battlefield Park. Kate Phillips of The Caucus puts it succinctly: "It will create 2 million acres of wilderness, set aside thousands for scenic rivers, create a new national monument [and] 3 new national parks." The Act also makes permanent the National Landscape Conservation System (NLCS) Act — a collection of 26 million acres of public lands and 800 units combined under the umbrella of the Bureau of Land Management (BLM).

So what does this have to do with mountain biking? Included in this Act, packed next to unrelated bills and cushioned with side-notes, stipulations and jargon, the NPS proposed a rule-change to allow an easier process for opening mountain biking trails. Currently, mounds of red tape and paperwork bar the way to the opening of a lot of singletrack. However, according to IMBA's

SEE MOUNTAIN BIKE ON PAGE 5

### ETIQUETTE

## Rules of the Trail

BY JON KENNEDY,  
EVERGREEN COMMUNICATIONS DIRECTOR

As the sun begins to peak its head from behind the winter clouds and the ground dries up, mountain bikers around the country shake off the cobwebs, pull out their trusty steeds and head to the trails. It's an annual phenomenon that boldly announces the arrival of spring ... and the arrival of mountain biking season.

As we migrate to the hills to get our fix, there are a few things that need to be kept in mind. The Puget Sound region is a densely populated area with many different user groups. The I-90 corridor, for example, serves millions of recreational users each year and many of the trails that we enjoy riding are multi-use, meaning that they're open not only to bikers, but hikers, equestrians, and sometimes motorcycle or ATV use.

That being said, the Evergreen Mountain Bike Alliance has adopted the International Mountain Bike Association's (IMBA) guidelines for

trail etiquette to promote responsible and courteous conduct on shared-use trails. Here are a few things to remember as you head out for rides this season.

### Ride on Open Trails Only

Respect trail and road closures and stay off unauthorized trails. This is very important. Ask a land manager or the Evergreen Mountain Bike Alliance for clarification if you are uncertain about the status of a trail. Do not trespass on private land. Obtain permits or other authorization as may be required. Be aware that bicycles are not permitted in areas protected as state or federal Wilderness.

### Leave No Trace

Be sensitive to the dirt beneath you. Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

SEE TRAIL ON PAGE 3

### INDUSTRY

## Material World – Carbon Fiber Frames

BY DAN TOWLE, R+E CYCLES

In this issue we continue with the second installment of a four-article series on bike frame material. This month Dan addresses the advantages and disadvantages of carbon fiber frames.

### Brief History

Most people think of carbon fiber frames as fairly new to the industry as well as being "uber lightweight." The fact is, there are some very light carbon frames out there, but no lighter than the "uber lightweight" offerings in aluminum, titanium or even steel frames. If weight is important to you then it's important to actually weigh

a frame yourself on a digital scale before you buy it.

I've turned my office upside down looking for one my old copy of *Bicycling Magazine* that had a picture of an old Rodriguez graphite (carbon) frame. Low and behold, in an old dusty filing cabinet behind a wooden dresser in the warehouse, I finally found it.

Here it is, straight from November 1975, a Rodriguez carbon track frame. For those of you who wonder if we've ever built carbon bikes here in Seattle, the answer is yes. (Note: even the 1975 photos were provided by *Bicycle Paper*.) Dennis, our head frame builder, also built a pair of carbon

SEE MATERIAL ON PAGE 8



### BIKE TO WORK

Consideration can spread like a virus and good communication brings about safety.

PG 4



### HEALTH

How should you dose your intensity level for an upcoming event?

PG 5



### BIKE EXPO

How did it come about? The birth and growth of a Seattle tradition.

PG 9



**Publishers** Jay Stilwell  
Ryan Price  
**Associate Publisher** Claire Bonin

## Editorial

**Editor** Claire Bonin  
**Assistant Editor** Darren Dencklau  
**Editorial Intern** Meghan McCausland  
**Writers** Darren Dencklau  
Maynard Hershon  
Jon Kennedy  
Joe Kurmaskie  
Meghan McCausland  
Erik Moen  
Stephanie Noll  
Dan Towle  
**Photographers** Bicycle Paper  
Studio Chaton  
Jones Soda Co.  
Kestrel.com  
Dan Towle  
John Zilly/Adventure Press

## Art and Production

**Design and Production** Amy Beardemphl  
**Printing** Consolidated Press

## Advertising

**Contact** Darren Dencklau  
Claire Bonin  
**Phone** 206.903.1333  
Toll Free: 1-888-836-5720  
**Email** Darren@bicyclepaper.com  
Claire@bicyclepaper.com  
sales@bicyclepaper.com

## Distribution

**Distribution & Mailing** Amber Zapffel  
Seattle Publishing

## Cover Photo



Courtesy of John Zilly/Adventure Press  
www.adventurepress.com  
Photo from the book  
*Kissing the Trail Northwest  
and Central Oregon*



Calendar Powered by  
**Gutenberg**  
Publishing System

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

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

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**President** Jay Stilwell  
jay@seattlepub.com  
**Vice President** Ryan Price  
ryan@seattlepub.com  
**Project Coordinator** Claire Bonin  
claire@seattlepub.com  
**Production Coordinator** Rick Peterson  
rick@seattlepub.com

## READER'S FEEDBACK

### Tunnel Closures on John Wayne Trail Article —

#### May '09 issue

The article on the tunnel was fantastic. So well researched and so many want to know [what] the real deal is.

C. Lewis, CityLeague Sports, Inc.

I disliked the tone of Angela Suchich's [sic] article on the non-future of the John Wayne Trail. Without this trail, the states trail system is hopelessly compromised. A non-motorized cross state trail is essential to the success of bicycling as a whole in Washington State and a \$9,000,000 fix is much less than the cost of a single vehicle bridge or a few miles of roadway. Talk of permanent closures should be out of the question.

If need be, the entire states one year allocation for transportation enhancements should be spent on this one project because it is of vital importance to all agencies in the state for this state route to be viable.

I do believe that the John Wayne should be transferred to WSDOT instead of State Parks because it is a transportation route not a Park. It would not be treated as a poor sister as far as funding if it was a WSDOT responsibility to keep it open and to improve its surfacing materials so it could serve more user groups. Quite simply, the John Wayne Trail is the gem of the states trail system and must be repaired.



Angela has totally underestimated the value of this one trail.

R. James

[Editor's note: We agree with you, the JW Trail is very important. We should have used "may" mean in the headline, as we did in the opening sentence, to not give it such a definitive tone. We will continue to follow this story and keep you informed of the latest developments]

### Maynard's Opinions

I really appreciate the paper's role in spreading awareness of bicycling and connecting cyclists.

[However] I resent Maynard Hershon, and nearly everything he writes. His opinion pieces are little but screeds and epithets, designed to polarize bicyclists and alienate drivers, politicians, and other non-bicyclists who would be our advocates.

I read his piece, "Viva Roadies!" ... in which he sloppily generalizes that his road biking friends wearing lycra jerseys with logos as law-abiding, respectful, life-long riders, while other bicyclists ... are none of those things. On my ride home ... I rode for a while near a man wearing logoeo spandex and riding a carbon bike who blew every [stop] light on a busy street, scraped by pedestrians, cut off cars, and seemed to take every opportunity to be a menace. I watched and considered how this "roadie" put lie to

Maynard Hershon's prejudiced essay, and how destructive that essay is.

... in his piece, "You Got a Problem, Dude?" (Fall 2008) he elaborately discusses how young cyclists who aren't his particular clique are universally rude, uncommitted and dangerous. This article is just another example of his balkanizing propaganda, pitting bicyclists against each other on the basis of lies and stereotypes ...

From his piece, "Are They America?" (Nov. 2007) ... "A black Suburban, Chevy or GMC, passes me. If you're a cyclist, you know Mr. and Ms. GMC; they're vicious and proud of it 'We're America' is their point. 'We've got ours. We didn't get it on any damn bicycle. Get out of the way.'" Gross stereotyping like this only villanizes his targets, and encourages mutual intolerance and hatred. ... Later in the article, he sickeningly equates "bullying" drivers to terrorists and passing close to bicyclists to suicide bombings. This isn't an example of reasoned argument. It is ... a rabid, fearful, hateful person spewing filth, and at worst an unhinged mind fanning fires of intolerance and hatred.

... Please allow your paper to grow into its true potential and stop printing Maynard Hershon.

D. Becker

[Editorial Note: Some love him (like L. Bernhardt from Vancouver, BC, who wrote to us last month) others don't. Maynard's column is an opinion piece and represents his own outlook of cycling in the community he lives, rides and writes from. We know that not everyone agrees with his views, but very few are ambivalent about them.]

## FROM PAGE 1

### "TRAIL" FROM PAGE 1

#### Control Your Bicycle

Inattention for even a moment could put yourself and others at risk. Obey all bicycle speed regulations and recommendations and ride within your limits.

#### Yield to Others

Do your utmost to let your fellow trail users know you're coming — a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists should yield to all other trail users, unless the trail is clearly signed for bike-only travel. Riders traveling downhill should yield to ones headed uphill, unless the trail is clearly signed for one-way or downhill-only

traffic. Strive to make each pass a safe and courteous one.

#### Never Scare Animals

An unannounced approach and/or a sudden movement or a loud noise easily startles animals. Give them enough room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife are serious offenses.

#### Plan Ahead

Know your equipment, your ability, and the area in which you are riding — and prepare accordingly. Strive to be self-sufficient: keep your equipment in good repair and carry necessary

supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear. And don't forget appropriate food and water rations.

Obeying these simple guidelines will help to ensure that you and others have a safe and enjoyable trail experience and that we foster good will with other trail users.

Jon Kennedy is the Communications Director for the Evergreen Mountain Bike Alliance, a Seattle, Washington, based 501(c)(3) non-profit dedicated to creating, protecting and advocating for sustainable mountain biking trails. Jon is a passionate cyclist and has been with Evergreen for four years. He can be reached at jon@bbtc.org. To learn more about Evergreen, visit evergreenmtb.org.



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# Safety in Numbers

By **STEPHANIE NOLL**, BTA PROGRAMS MANAGER

Some people in Portland, Oregon, have a long view of cycling — they grew up here, they watched the signing of Oregon's landmark Bicycle Bill in 1971 and the fight against the Mt. Hood Freeway Expansion, riding 10-speeds on busy streets with no bike lanes. I didn't grow up here; I was just learning to walk in Missouri when the Bike Bill was enacted and was in junior high when Portland bicyclists started to get organized in the late 1980s. So I've never had the experience of being the lone, eccentric cyclist on a Portland road at rush hour.

I arrived in 2001 when hundreds of miles of bikeway network already existed, and I was sure to have the company of other cyclists on the major bike routes. I don't claim to have the long view, but the remarkable thing is, one doesn't have to have lived in Portland for twenty or more years to be able to observe changes. In the past eight years Portland has added surprisingly little bike infrastructure, but the number of bicyclists on the roads and the way they are riding could not be more different.

Every year the City of Portland counts cyclists on the city's bridges and other locations. In 2008 they counted 28% more bicyclists than in the previous year. In fact, in each of the last four years bike traffic across the Portland bridges has shown a double-digit increase, and across the city the number of people saying they primarily get to work by bike rose from 5.4% in 2006 to 8% in 2008. In several inner-Portland

neighborhoods, 13% of residents primarily bike to work. These numbers are impressive, and you can see what they mean when you bike and drive around town — people on bikes are *everywhere*.

As the number of cyclists has gone up, the crash rate has steadily gone down. In 2008 the city observed the lowest crash rate on record. This is certainly a result of greater awareness among drivers (many of whom bike themselves) and of the good work Portland has done to calm traffic and make intersections safer. In my short time in Portland, I have also observed changes in the way people ride their bikes.

The exceptional stories are the ones that usually get told — the stories of the one driver that cut a cyclist off in traffic *and* had the audacity to hurl angry insults at him, or the story of the cyclist who completely blew a stop sign ... at night ... without lights ... and didn't even seem to notice the near miss. I don't imagine we'll ever see a time when the occasional rogue individual doesn't make stupid, oblivious or rude choices.

Stories don't get told about all the people out on the road who are doing the "right" thing, because stories about safe, uneventful traffic interactions are by their nature really mundane. But good behavior, patience and law-following among Portlanders is, in my opinion, increasingly and delightfully pervasive.

Perhaps it's a little late in this article for full disclosure: I teach bike safety for the Bicycle Transportation Alliance (BTA), an advocacy and education non-profit in Oregon.

Whenever I'm talking to a group of new and potential cyclists, I tell them what I fundamentally believe: that most of the road users on our streets are considerate, and that consideration can spread like a virus among them. If when we're bicycling we do a good job of communicating what we're trying to do on the road (for example, putting out our arm to signal a turn), most drivers will give us the space and time to do what we need to do safely.

A few years ago it seemed like the exception to the rule to see a cyclist using hand signals. Now, on my way home from work, it's not uncommon for me to pull up to an intersection in a line of eight to ten cyclists and watch every single cyclist in front of me use a hand signal. And of course, if the first one in line does it, the rest of the line is more likely to follow suit!

I'm not the only one making such observations. Recently a Portland bus driver wrote an open letter to the city's cyclists, saying he was so happy he wanted to throw them all a party "with horns, streamers, and one giant bicycle-shaped cake." Why? In the last six months he has observed a huge jump in the proportion of cyclists using lights at night and in the brightness of their lights.

As the summer cycling season approaches, I must confess I feel a mixture of excitement and dread. If the trend of the last several years continues, and I expect it will, a flock of folks will wobble out onto the streets on bicycles for the first time since they were kids. And it will feel so good and so fun, some of them will forget everything they learned in their years of driving and they will bike like ten-year-olds.

I hope the more seasoned cyclists in town

(whether they have one or twenty years of biking under their belts) give them some extra space in the bike lane, a friendly wave, and a good example to follow. I also hope that drivers can give them a margin of space and time, so that as few of them as possible are discouraged by a close call or an angry driver, and as many of them as possible stick with cycling long enough to get good and strong and skilled on the roads.

The BTA speeds up that learning curve with youth and adult education programs. However, we observe that most learning happens out on the road. And we also see that, as more and more Oregonians have chosen biking as one of their transportation options, a smaller subset of the riders on the road are reckless, rude or unruly. As biking in Oregon becomes normal, respected and safe, the sophistication of the average cyclist goes up. Which in turn attracts more people — normal, respectful, safe people — to get out of their cars and give it a try. Oregon bicyclists are our best advertisers, proselytizers and safety teachers — and in my opinion, you're all doing an excellent job.

*Stephanie Noll manages educational and encouragement programs for the Bicycle Transportation Alliance, and has been an active participant in local bike culture since first moving to Portland in 2001. She holds a particular fondness for the Breakfast on the Bridge crew, the annual spring Bunny on a Bike Ride, and the wacky bicycle events coordinated through Shift. Stephanie has been a bike commuter since she finally got brave enough to remove her training wheels at age eight.*

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## Pace Yourself on Your Way to Success

By **ERIK MOEN, PT**

How hard should I go while performing in an endurance event? What's a good pace for a time trial (TT) or a century ride? Do I go out hard, or should I ease into the race or ride pace? These are all frequently asked questions. I am sure you have discovered by now what happens when you go out too hard — you blow up! On the other hand if you start too conservatively, you sometimes feel like you have fuel left in the tank and you could have gone longer.

What is pace or what does it mean by setting a pace? Pacing is how you dose the exercise intensity for a particular event. Pacing is performed in hopes of maximizing performance and is critical for success in timed individual athletic events such as TTs, triathlons, rowing and long track speed skating to name a few.

A research paper written by Ham and Knez<sup>1</sup> discussed pacing strategies for a 30km TT, an

individual race where you compete against the clock. It requires the athletes to go as fast as they can over a specific distance. We know that in shorter events, such as a 4km, pacing should be approached with a short and powerful start and an above average pace. Ham and Knez looked into a 30km event to best demonstrate the use of pacing. They compared pacing strategies against time to exhaustion values as a means to calculate the best practice for longer races and they discovered that athletes who had faster starts would then have slower completion times. It was suggested that early lactate acid build-up is the reason for impaired performance. Their research suggested that starts for longer time trials should be held closer to projected pacing levels so as to avoid early onset of exhaustion. This would suggest that athletes create an even dose of energy throughout an event. They also found that athletes who varied their TT efforts much more than 5% over their optimal TT pace had slower results.

These results are useful in more applications than just a 30km TT. Think about endurance events such as your local century ride. There is plenty of anecdotal evidence demonstrating the ill effects of going out too hard on those rides — you pay a price. You will find that even pacing strategies will allow for best results on most recreational rides.

To resist the temptation of starting too fast involves knowing a quantity or value that is associated with too hard of a pace. Use metrics of cadence, heart rate and / or power to quantify your effort. We saw in last month's article that power should be used if we can test threshold on a regular basis (due to regular fluctuation of power at threshold values). Heart rate and cadence are easy to monitor. Know your optimal pace. Experiment with various speed levels. This experimentation should lead you to discover what is too hard and what is too easy.

This research encourages the bicyclist to "know thy self." Pacing strategies will help you perform better. The establishment of this

strategy requires work on your part. It includes testing, monitoring, event practice and self-control. Don't leave an important event to chance. Good preparation and strategy have proven to be the best performance enhancement.

### References:

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*Erik Moen PT is a nationally recognized expert on the treatment of bicycling-related injury and bicycle fit. He practices physical therapy in Kenmore WA. He may be reached at Corpore Sano Physical Therapy and Sports Performance, 425-482-2453 or [www.BikePT.com](http://www.BikePT.com).*

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### "MOUNTAIN BIKE" FROM PAGE 1

news release, this rule-change, "authorizes park superintendents to open existing trails to bicycles" so long as it complies with regulations such as those under the National Environmental Protection Agency (NEPA). Many of the bills also renegotiate park borders while still allowing bicycles on much of the singletrack. Traditionally, wilderness areas do not permit access to mountain bikers, while allowing hikers and equestrians. In 1984 the U.S. For-

est Service (USFS) tacked on a regulation to the Wilderness Act, grouping bikers and hang gliders together and outlawing their presence in wilderness areas. However, with the help of cycling advocacy groups, mountain biking and the conservation community have come to more of a compromise.

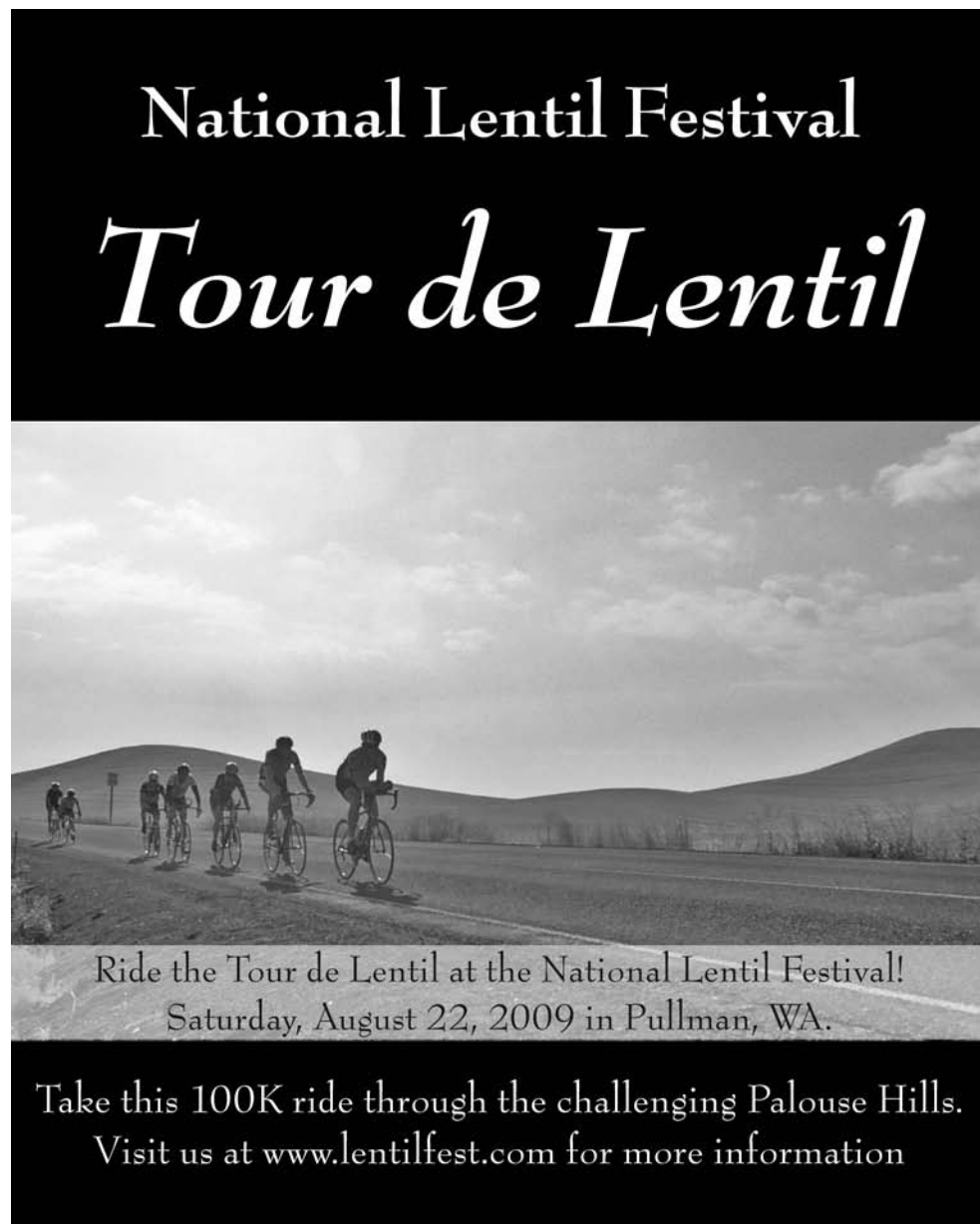
The Omnibus Act is positive for bikers in that it protects the National Parks' resources and much of the singletrack access. IMBA lobb-

ied tirelessly to argue how both aspects may be protected without excluding or harming each other. The association worked closely with the Wilderness Society in order to voice their needs and concerns for conserving natural resources and biking trails. This cooperation allowed the NPS to jump aboard with many of the bills that are beneficial to cyclists. The Oregon Mountain Bike Alliance also lobbied for bills that would protect resources while keeping mountain biking an open option. Or-

gon gained a large victory with the addition of National Recreation Area (NRA) status to key riding areas near Fifteen Mile Creek and Boulder Lake (Mt. Hood).

The states with the most involvement in the bills are Oregon, Virginia, California and Colorado. Although each state lost access to some established trails, West Virginia's 75 miles of singletrack in the Wild Monongahela Wilderness and California's Eastern Sierra and North-

SEE MOUNTAIN BIKE ON PAGE 7



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# Mud, Sweat and Gears: A Rowdy Family's Canadian Adventure On Seven Wheels

By JOE KURMASKIE

[Editorial Note: This is an excerpt from Joe's new book]

## Chapter 2 - Second Wind

"Egg!"  
We're three, maybe four hard-boiled eggs and a few liters of chocolate milk away from Obed Summit, the highest point along Canada's Yellowhead Highway.

While I labor our massive bike train — 18 feet of tandem, trail-a-bike and trailer packed with 450 pounds of gear and three lively sons — my nine-year-old stoker, Quinn, shells another egg by repeatedly smacking it against his bike helmet, it's an artistic combination of force and finesse. His younger brother, Enzo, salts it while perched on the trail-a-bike before the portable protein makes its way back to the front of the vessel sometimes whole, more often with tolls bitten from it. The boys are downing eggs at half my pace, but making up the difference in chocolate milk.

Usually we're on and off the rig a dozen times before noon — sword fights, swimming holes and moose sightings. Not today. Since sunrise, we haven't broken our cadence once. It helps that one-year-old Matteo's buried himself in the caboose, sleeping off a full night of, well, sleeping ... call it the privileges of infancy.

The ramshackle carnival of conversations we've been enjoying across Canada drops off to a word or two — necessary commands only, sometimes a grunt of encouragement. When Enzo points out a hawk standing on a fence post or a circling eagle, heads turn in unison for an appreciative look, we force out a few "ahs," then go back to work.

By perfecting this symphony of egg, milk and muscle, we've managed to best some substantial climbs. While I'm proud as hell of my pint-sized stokers, I see these bumps in the landscape as brutal preliminary heats, testing and toughening us up for a run at the prize, Obed Summit.

"Here it comes, boys." I'm working the gears like a concert pianist discovering Rachmaninoff, trying to find a ratio that rings true to my legs before we run out of momentum off the backside of the last hill. Either I dial in the sweet spot while tearing across what's left of the flats, or gravity bears down before I'm

ready to climb, breaking my spirit and making everyone onboard pay.

"Tighten up, kids. All the Jack Johnson songs in the world won't save us now!"

The boys haven't a clue what I'm going on about, only that I need them as I've never needed them before. I want them radio silent and pedaling like the wind. To believe without hesitation in their youth, in the supple young hearts crashing around in their chests and fueling their lean legs.

We gear down and sit in for the assault on this jagged bit of the Canadian Rockies. There's an instant when I actually start to come out of the saddle. My second-rate racer's body forgets that it's at the head of a mule train hauling half of America behind it. It forgets that I'm not on a lighter than air, blessed by the pope, high performance bike that will leap into action the moment I stand up and hammer it hard enough.

I tell myself to sit down and do the time. Work with the equipment, not against it.

Obed features no switchbacks, just a long straight climb, a false summit and enough plateau to consider one's cursed existence. Then the real work begins.

"Mush!"

Beth, who we kicked off the family train and onto her own touring bike back on day two, catches us while I'm busy marrying the pain and focusing on a spot two feet off my front wheel.

My wife drops in behind the trailer and, like a seasoned coxswain would for rowers on a faltering crew, times her commands to our pace. I've handicapped my lady with four expedition panniers loaded to capacity. The additional weight I added last night after she drifted off to sleep was, I confess now, in expectation of today's climb ... because I can only do so much, because I'm a shameful little man who in my secret heart always wants to top the summit first. Which makes what I'm seeing something out of our favorite movie, *The Princess Bride*, inconceivable! She has no business sitting in on our tail, drafting the chariot trailer, let alone carrying enough energy to pedal solid AND urge us on with the athletic equivalent of catcalls.

Slowly but steadily, thanks to her, we find a rhythm that keeps us upright and rolling.

"Mush!" she barks.

"Mellow!" the boys come back with. Which makes no grammatical sense, but I'm beyond caring. All that matters is our forward progress. Beth's cheerleading finds its way to my legs.

"Mush!"

"Mellow!"

"Mush!"

The boys switch over to "Room!" We ride that trippy mantra for awhile, and, as improbable as it seems, our pace improves.

Then it happens. Rare in life, and even more elusive in the saddle, it's the moment when a group, be it paceline, peloton, breakaway or family bike tour, morphs from teamwork into a single entity for a few golden miles. We all feel it, a chord connecting us so tightly it could be made of steel; I howl, Quinn whoops, Enzo rings his bell and Beth laughs loose and unbridled between commands. Even Matteo is awake now; five part harmony.

When the summit road sign comes into view I spit in the face of years of structural engineering, stand straight up and attempt to hammer everything, everything that matters to me, all my imagined burdens and actual blessings, up and over Obed Pass.

It's irresponsible, even derelict behavior that could snap the chain, if not the frame. Later, Beth will say that when Quinn and Enzo stood up and hammered behind me, she'd never felt so proud.

On top at last, we produce no American flag, peace cranes or those colorful Tibetan cloth squares. Instead, Beth checks the boys for hydration and hypothermia while in their father's care, and nurses the baby, all while passing out plastic lightsabers and power bars with her free hand. Like dandelions, my toe-headed sons spill across a high altitude field in Alberta. I watch them run as I suck air, doubled over my handlebars.

Through my exhaustion I can see Beth, helmet coming off now, in slow motion, long hair spilling over her shoulders. She resembles an Amazonian, Xena Warrior Cyclist perhaps, as sponsored by River City Bicycles — lycra instead of leather, Brooks saddle in lieu of riding bare back on a regal white horse into war and eternal glory.

"This the worst Canada can throw at us?" she asks. We both know the answer, but laugh it off anyway. We can do this because Beth's an

entirely new creature from the one who weaved and wobbled out of America a month earlier. That person concerned herself with whether lycra was a conspiracy specifically against women, or did it make everyone look bad? The individual who wanted to know if she could just leave it in one gear and call it good. The newbie road rebel without a clue who asked,

"Take the lane? Take the Lane? Which f-ing lane!?"

Let's face facts, it's utter folly to road test a perfectly good marriage ... to ask someone who has supported your passions and obsessions for so long, someone who knows your bluffs and can call them out at any time, to join in an unsupported, long distance bicycle adventure, embrace it up close and personal, to, in the words of The Boss, "sweat it out in the streets of a runaway American Dream," this could be the hall of fame of folly ... unless of course, it falls your way.

*Mud, Sweat and Gears will be on bookshelves July 2009. For more information go to [metalcowboy.com](http://metalcowboy.com)*

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## NEWS

# Portland Sunday Parkways


Looking for an opportunity to take the family out for a stroll where there is no traffic? On three occasions this summer the city of Portland will present Sunday Parkways, which offers an opportunity for all non-motorized traffic to enjoy 7-8 miles of marshaled, closed streets in three different neighborhoods. Walkers, joggers, cyclists, rollerbladers and skateboarders are all invited to participate. With activities for all ages, including live music, workshops, food and entertainment, all presented in parks along the way, Sunday Parkways give Portlanders a chance to get out, be active and enjoy the city.

Events are scheduled for:

- June 21 - North Portland area
- July 19 - Northeast Portland
- August 16 - Southeast Portland

For more info visit: [portlandonline.com](http://portlandonline.com)

The Capital Bicycling Club presents the Tenino-Rainier-Yelm-Bucoda Rally (TRYBR) Sunday, Aug. 9, 2009



*A supported ride (food, rest stops and sag support) with courses of 20, 30, 50, 80, and 100 miles of riding fun for the whole family! A great ride through southern Thurston County, WA. Start/finish in Tenino at Parkside Elementary School.*

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Visit [capitalbicyclingclub.org](http://capitalbicyclingclub.org) and click "Events" for details.  
Register at [Active.com](http://Active.com)

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"MOUNTAIN BIKE" FROM PAGE 5

ern San Gabriel Wilderness are two significant areas now off limits to mountain biking.

The effects of the new bills are mostly positive as they were shaped with riders in mind. On the plus side, IMBA lists:

**Lewis and Clark Mount Hood Wilderness Act:** Traditional bike trails such as Surveyors Ridge, 8 Mile, Fifteen Mile, Knebal Springs and Gorge Trail 400, among others, are now protected under the National Recreation Area designation.

**Virginia Ridge and Valley Act:** Includes over 10,000 acres of National Scenic Area that still allows biking.

**Rocky Mountain National Park Wilderness Act:** The Park's boundaries were adjusted in order to complete a 16-mile trail.

**Dominguez-Escalante National Conservation Area Act:** This area in Colorado is designated as a "bike-friendly" zone.

**Riverside Wilderness Act in California:** This also preserves most of the traditional bicycle trails.

**National Landscape Conservation System Act:** Provides greater recognition to millions of acres of lands including many trails important for the sport, such as those near Fruita, Colo.

Four years of diligent work on the part of the Oregon Mountain Bike Alliance finally came to fruition with the Omnibus Act as Oregon experienced a huge growth in public lands. The Lewis and Clark Mount Hood Wilderness Act adds thousands of miles of new wilderness and recreation areas. Senators Ron Wyden and Gordon Smith helped boost the legislation along. Around 127,000 acres of wilderness has been

established around Mount Hood. Also, Senator Wyden's legislation brief announces, "[the Act creates] more than 34,000 acres of Mount Hood National Recreation Area with improved access for mountain biking and other recreation opportunities." The legislation's text (bill number S.647) clearly states that exactly 34,550 acres of the Mount Hood National Recreation Area will open within Mount Hood National Forest: this is good news for mountain bikers eager to experience the new terrain.

Although it is a collaboration between the conservationists and the mountain bike community that brought these bills to pass, cycling has dealt with, and is still facing, a lot of pressure over biking territory. For example, the Montana Mountain Bike Alliance (MMBA) is currently waging a war with the USFS, among others, calling it "The Wilderness Battle." The fight is in regards to the Gallatin National Forest between Bozeman and Yellowstone National Park. The Forest Service proposed to closing 144 miles of singletrack, stirring up a lawsuit with the Montana Wilderness Association (who claimed that 144 miles

was not enough). MMBA continues to battle to keep the precious trails available to bikers.

Not only do mountain bikers struggle against the groups and coalitions intent on protecting the environment (i.e. by excluding bicycles) but hikers and equestrians — those lucky parties able to enjoy many of the areas that are off-limits to anything with two wheels. Some of the complaints have to do with differences in speed. Equestrians complain that mountain bikers are too fast and dangerous to share a trail with a horse, "hikers accuse cyclists of creating erosion ... [while] mountain bikers say hikers are narrow-minded ideologues who see no other way to enjoy the wilderness." (*The Denver Post*).

Whatever the issue may be, it has been difficult for mountain bikers to sustain a place on the heavily protected public lands. However, in the defense of off-road riders, according to one scientific study, it is a toss-up as to who has the most impact on trail erosion and the environment. In 2001 at the University of Guelph, Ontario, botanist Richard Reader and graduate student Eden Thurston conducted a study to help clear up the issue. They published the "Impacts of Experimentally Applied Mountain Biking and

Hiking on Vegetation and Soil of a Deciduous Forest," a study which ultimately concluded that hikers and bikers trample vegetation in equal measures (uoguelph.ca).

Although the signing of the Omnibus Public Land Management Act does not answer this argument about the potential harm to public lands, many of the bills aim to compromise with the growing numbers of mountain bikers eager to utilize the trails. The cycling community finally has cause to clap alongside all the other eager parties affected by the signing. It seems mountain biking is slowly finding a place in the consideration of public lands. This time, there has been enough advocacy and support to turn the heads of congress, ultimately allowing more singletrack access near wilderness areas. This is a positive turn for the off-road community and hopefully they will be able to maintain a stable niche in the delicate balance of preserving and enjoying our land.

**For further information:**

- wyden.senate.gov
- denverpost.com
- govtrack.us
- thecaucus.blogs.nytimes.com
- nytimes.com
- wilderness.org
- whitehouse.gov
- imba.com/news
- doi.gov
- nps.gov
- bikemag.com
- uoguelph.ca
- montananountainbikingalliance.org
- thomas.loc.gov



Courtesy of John Zilly / Adventure Press

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  - July 12: Indie Series Padden MtnBike: [indieseries.com](http://indieseries.com)
  - July 18-19: Juniors/Masters Stage Race: [shuksanvelo.com](http://shuksanvelo.com)
  - August 1: Tour de Whatcom: [tourdewhatcom.com](http://tourdewhatcom.com)
  - September 13: Mt. Baker Hill Climb: [norkarecreation.com](http://norkarecreation.com)

[mtbakerbikeclub.org](http://mtbakerbikeclub.org)

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[www.TourdeWhatcom.com](http://www.TourdeWhatcom.com)

"MATERIAL" FROM PAGE 1

fiber tandems for a world-record setting ride back in 1987. You can read about that at [www.bushnelltandems.com](http://www.bushnelltandems.com).

Now I am not quite as old as those guys, so my history with carbon fiber goes back to the early 1980s when I worked for a Peugeot/Schwinn dealer. They had an extremely expensive Peugeot that was made from carbon fiber, but I wasn't allowed to ride it. I never saw anyone ride it actually, but it sure looked cool on the top rack in the shop.

In the late 1980s I started working at R+E Cycles. We sold Kestrel carbon fiber frames that were roughly three times the price of a nice steel frame. The design was much more like the modern molded and shaped carbon bikes. By comparison, these frames were much lighter than steel at that time, as well as the aluminum Cannondale and Klein frames that we sold too.

During this time I ran the repair department and we assembled all of the upper-end bikes. I got to ride Kestrel frames on several occasions, but never more than five minutes at a time. The ride of those frames was not attractive to me and I could only describe them as "dead." I would say that the ride was as dead as an oversized aluminum frame, but for the rider looking for the lightest frame they could get, this was the best option, if they could afford it.

**Modern Day Carbon Fiber Frames**

Like aluminum, carbon went from being the "untouchable" super light frame on the top rack to a more affordable version. The "uber light" versions are still very expensive, but Taiwan and China are now cranking out heavier, less expensive frames in record numbers. I have never ridden a carbon frame that made me want to buy one, so my experience is limited to that of my customers who do have them.

Carbon fiber as a material is pretty versatile because it can be molded into just about any shape you want. Those shapes can then be used to add strength where needed. It has a very strong strength to weight ratio, and is replacing aluminum in a lot of aircraft manufacturing.

I've seen carbon frames advertised at two pounds, but on my digital scale those same frames weighed 2.5 pounds. When we checked into the discrepancy, we found that the ad-

vertised weights did not include the bottom bracket shell or the dropouts. Most people want to have their cranks and wheels attached to their bicycle, so we always quote weights that include those elements.

**Cost**

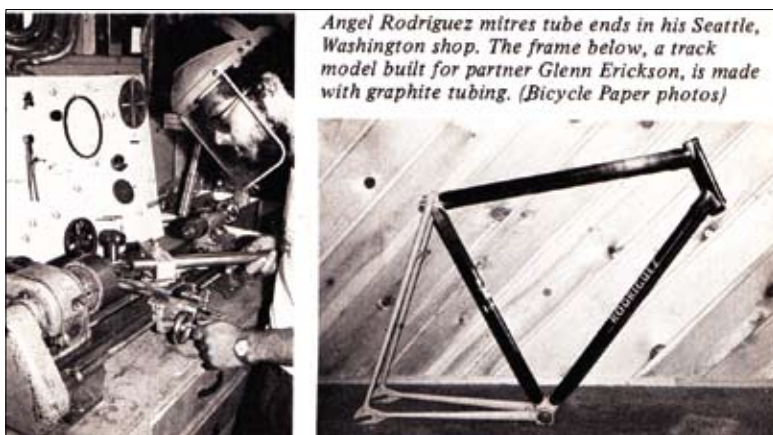
Custom carbon fiber frames are pretty expensive. Mass-produced models have become affordable over the last few years, but in the world of custom bikes, expect to pay about \$2,500 to \$5,000 for a custom carbon fiber frame with fork built to your specifications.

**Durability (longevity)**

I came across an interesting quote while researching for this article.

"Do Carbon Frames Last?"

"Yes. Issac frames are guaranteed for five years of racing and training use. When the primary consideration is performance, carbon



Angel Rodriguez mitres tube ends in his Seattle, Washington shop. The frame below, a track model built for partner Glenn Erickson, is made with graphite tubing. (Bicycle Paper photos)

is the only choice. If you really need your frame to last for fifty years, buy a steel one." (Isaac-carbon.info)

Believe it or not, this quote is posted on a major carbon frame manufacturer in the FAQ section of their website. I think it is worth pointing out that the frame in question is \$4,000, and the manufacturer thinks that five years is a reasonable life for such an expense. Let's see ... \$4,000 over five years = \$67 per month. The warranty excludes damages from "extremes of temperature, or the effects of UV light." Isn't that sunlight? I happen to strongly disagree with the statement "carbon is the only choice for performance."

My personal experience with carbon fiber frames' durability is that when they fail during an impact, it usually looks catastrophic. On one occasion a customer brought her broken frame in for me to see. The frame actually had broken in half after she hit a curb. The two halves were

completely separated. The frame was probably 10 years old, and she did hit a curb going fast, so a frame failure is not surprising. However, this failure was much more dramatic than I've seen on aluminum, titanium or steel frames under any rider accident circumstance.

Side note: I have heard of an occasional aluminum frame breaking in this same catastrophic fashion, but that was due to defective welding, and not due to age, accidents or damage from the sun. In those cases, the frames were virtually new, and failed under normal usage ... not that that's any comfort.

As far as longevity, I don't see a lot of old carbon frames out there. Certainly the ones from the 1970's and 1980's are very, very rare. The occasional old Kestrel rolls in for some repair work, but for the most part I can't say how long a carbon frame will last if ridden all the time. I know that some manufacturers do warranty their carbon frames for 25 years, and some for life, but if you look closely you'll find that there is still some planned obsolescence in a few of those warranties. To explain that understandably, I'd have to delve into proprietary parts manufacturing and that's a whole other article. I want to see a number of old carbon steeds that have been used as commuter bikes for maybe 20 years or so before I can recommend carbon as a very durable custom frame material.

**Versatility**

Modern carbon fiber frames that are mass-produced are built with a mold. This isn't a cost effective way to build a custom frame, as each mold is expensive to make. So, building a custom carbon frame must be done in a different fashion, more like this 1975 model. The tubes are cut and mitered, and then attached together. Some are glued into lugs, but most modern frames are wrapped with carbon fiber fabric and then coated with an adhesive resin.

I think that the versatility of carbon fiber offers a lot of promise. As far as custom frame building goes, there are not a lot of small bicycle frame shops that are insured and set up to build or repair carbon fiber frames. In our shop, we've used a few pre-fabricated carbon rear triangles when requested by our customer, but apart from that, we haven't found the need to switch to the material.

**Repairability**

Every year we have customers who would like to have us paint their carbon fiber frame. Some manufacturers will void their warranties if the frame is re-painted because most methods of removing the old paint will cause structural harm. Sometimes we've painted carbon frames, but more times than not, we can't do it. We won't remove the old paint with chemicals or heat, so paint removal can be very costly. In short, if you're a person who likes to have your bike painted different colors once in a while, don't buy a carbon frame.

As far as frame failure repairs, what I've seen always looked unrepairable. I have a friend whose dog chewed through his frame and it was repaired successfully, but the repair was in a non-crucial area, and the work is kind of bulky and obviously looks like a repair.

Only a few frame shops are set up to do that kind of work, as most of the carbon frame manufacturers are based overseas. So, I would agree with what the carbon frame company quoted earlier and say that carbon frames aren't really meant to last forever. If you end up breaking your frame, you're probably going to need a new one.

**Riding Characteristics**

Carbon fiber frames have evolved a lot since the 1970s. Some are designed to ride smoothly, and others to be light. Since I haven't ridden any that have made me excited enough to buy one, I have to speak from my customers' experiences on this topic. For the most part, modern carbon frames are reported to ride more comfortably than oversize tube aluminum bikes. Most of my clients prefer the ride of steel or titanium frames to the carbon ones, but I do have a few customers who prefer carbon.

Our head frame builder, Dennis, originally built his steel S3 frame with a carbon rear triangle, but after a year, replaced it with an S3 steel rear end. It turned out to be lighter than the carbon one, and he reported an increase in both hill climbing power and responsiveness.

[Editor's note: Next month Dan will tackle the pros and cons of Titanium frames.]

Dan Towle is the owner of R+E Cycles (Rodriguez). He has been fitting, fixing, building, customizing, selling, and loving bikes since the 1970s. He, and his entire staff, can be found at R+E Cycles in Seattle. [www.rodcycle.com](http://www.rodcycle.com)



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# Getting Back to the Essence of Expo

BY MEGHAN MCCAUSLAND

"I take great personal pride and pleasure in welcoming you to the Greater Seattle Bicycle EXPO/89, the first of what I hope will be an annual event," writes Mike Abraham in his opening letter. What co-founder Mike Abraham didn't know is that his welcoming words written 21 years ago would still be ringing today.

At a Christmas dinner in 1988 Abraham and Barclay Kruse huddled around the table with their wives, nursing an idea that would become a Seattle cycling tradition for the next two decades.

The motive behind their idea? "We needed a social event," states Abraham. "People weren't riding as much at that time of the year. It was a reason to get bikers together." The initial grounds behind the founding of the Greater Seattle Bicycling Expo were not money or publicity but simply a medium to gather, socially, as a cycling community.

"Within a matter of minutes we picked up sponsors and it started leaning in the other direction as a commercial thing," adds Abraham. Just after they got the wheels spinning on the idea of the cycling expo, Cascade Bicycle Club (CBC) "gave their blessing" for sponsorship, leaving the next task — finding a venue for the February opening and getting the word out to the cycling community. At that time

Barclay Kruse was publisher/editor of *The Bicycle Paper* and handled much of the publicity for the event.

With February approaching and no venue in sight, Abraham and Kruse earnestly continued scouring Seattle for an affordable and available venue. They settled on the Mountaineers Building to host the first Bicycle Expo.

The turnout was impressive. "We didn't know how many people to expect," Abraham admits. "Half an hour before opening people were lining up outside and I asked, 'What are you people doing?'"

"We are going to Expo!" was the enthusiastic reply. Dave Shaw, an exhibitor at Expo '89 and '90 and later an Expo producer recalls, "It wasn't open an hour when everyone realized it needed to be in a bigger space." Abraham says, "Expo was successful virtually immediately. When it's a good idea people latch onto it and it gets a life of its own."



Bringing back the creativity and fun.

The eager support for Expo '89 clearly showed that Expo '90 was in need of a larger venue. The Northwest Rooms of the Seattle Center hosted the event for several years as the size continued to double and triple.

At the time, Seattle seemed rife with opportunity to create a space for cyclists to interact. "There were already some events like Chilly Hilly but in that era anything you wanted to do could capture people's

imagination about biking," Abraham claims. It was simply a matter of developing an original concept. Therefore, with such an environment, "The vendors got really creative."

The creativity included a human exhibit attempting to break the world record of riding 24 hours straight on rollers. Cheryl Marek became her own exhibit, complete with a support crew, and she rode straight through the night. Participants also set up slide shows of bike tours around the world and Expo began to attract lecturers putting on a number of different seminars and demonstrations.

The atmosphere was that of a festival — a place where one could bump into cycling friends and actually stop for a chat when they may otherwise only wave in passing on a bike trail. "Nothing made me happier than people saying, 'I can't wait for the Expo because I see so many people I know,'" Abraham reminisces. "They felt like they were a community of cyclists. If they were there three hours, an hour and a half of it they talked to friends." In Abraham's opinion, this was the essence of Expo.

The event's growth spurt continued to cause problems with the venues. "Options for a show the size of Expo are very limited in Seattle. As the show grew, we moved several times to accommodate the larger number of exhibitors," states Shaw. In 1995 the show expanded to include the Exhibition Hall and the Mercer Forum Room, adding the Mercer Arena in 1997.

With such a turnout, the Greater Seattle Bicycling Expo became the Seattle International Bicycle Expo in 2000, an idea hatched by '99 Expo director Ernie Grillo. Shaw recalls that the name changed, "as we started to attract exhibitors from outside the country. At one point I

remember thinking we had exhibitors spanning 16 time zones, from Holland to Australia."

After many moves throughout the Seattle Center, the Expo was eventually brought to the Stadium Exhibition Center in 2001, drawing 8,000 attendees and vendors. Shaw recalls, "We had excellent support from the management of the facility and we could afford it by sharing the space with the golf show. It is a very high-profile space in a very well-known location."

The year 2004 brought some changes. CBC took over management of the Expo, and in 2005 they moved it to the Magnuson Park Hangar. In 2008 there was a slight divergence to the cruise terminal only to bring the event back to Magnuson Park this past spring, with a total turnout of 7,292, including vendors and attendees. Unfortunately the rain did much to dampen the spirits of the vendors. Executive director of CBC, Chuck Ayers, claims, "this year would have been more fun if it wasn't such a blistering, rainy day," a risk of outdoor exhibitions in Seattle this time of year.

Just as Abraham and Kruse discovered, it is still a challenge to find a suitable venue for the Expo in the Seattle area. Ayers agrees, saying, "it is difficult finding enough square footage, one that's economical and appealing to the type of folks that want to come to it." Part of CBC's motive for choosing the park is that the environment is not as "sterile" as an exhibition center. The attendees liked the free parking and close access to bike trails as well as its convenient location. However, "in the hangar there were amenities that weren't up to snuff, like the heat," says Ayers.

SEE EXPO ON PAGE 10

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## Platypus Big Zip SL Hydration System

By **DARREN DENCKLAU**

Finally, a few days of nice weather to accomplish a little bona fide product testing from the cockpit of my mountain bike. And testing I did.

Platypus' Big Zip™ SL is a hands-free hydration system capable of holding 60, 70 (the size I tested) or 100 ounces of the fluid of your choice and features their patented SlideLock™ closure that also serves as a carrying handle. The bag itself is BPA-free and is treated with SlimeGuard™, a natural antimicrobial treatment that keeps water "taste-free," as in no plastic residue taste.



Zipper-type closure and SlideLock™ closure (top).

Other features include a right angle shut-off valve at the base of the mouthpiece and a "quick-disconnect" at the base of the hose, both designed to minimize leakage. It also has a small slide-able clip around the hose for easy attachment to the chest strap of your preferred backpack.

The testing grounds my girlfriend Erin and I had the pleasure of riding recently were singletrack trails around Mt. Constitution on Orcas Island, Wash. Since we were unfamiliar with the area's trails we ended up doing everything the hard way – as in climbing. As it went, I drank water, lots of water.

Because of that I could have easily used the 100-ounce bladder.

Filling the Big Zip SL was easy thanks to the wide opening that also makes it possible to throw in a few ice cubes on those astonishingly hot days, plus it makes it simple to clean and then air dry. The bag boasts a zipper-type closure and their SlideLock™ closure, doubling up for a truly sealed hydration bladder/bag.

On the trail, the Big Zip SL did not leak. Period. Platypus really got it right with the bite valve and the shut-off feature and since I drank mostly coffee that entire morning prior to our ride, I needed every ounce of water in the Platypus to fight off dehydration.

The quick-disconnect hose is a great feature, as many of today's mountain biking backpack/hydration bags incorporate feeding the hose through the shoulder straps. The quick-disconnect allows you to take the bag to

a water source, fill it up, and then reconnect without having to "re-feed" the hose through the straps again.

The Big Zip SL is functional, practical and a breeze to use. It does what most manufacturers

of similar products fail to accomplish, and that's keeping liquid inside the bladder and not dripping all over you while riding, hiking or running. The large mouth allows for quick fill ups and easy cleaning and drying. I look forward to summer and using it again and again.

Additionally, Platypus makes a bite valve and tube insulator, sold separately, for winter activities, making it a year-round must have.

MSRP for the 60 or 70 oz bladders is \$29.95, \$32.95 for the 100 oz capacity. For more information visit [cascadedesigns.com/Platypus](http://cascadedesigns.com/Platypus).



Big Zip™ SL is well designed, nicely built and easy to use.

Photo by Bicycle Paper

## FROM PAGE 9

### "Expo" FROM PAGE 9

Despite the Expo's constant moves, Ayers believes, "the event [still] holds its own in a time when more consumer shows are going out of business because the facility costs are skyrocketing." The weather this year caused CBC to make a list of necessary criteria for venues to match in order to make the event more attractive and comfortable for the exhibitors and the attendees. Next year's venues in question include the new cruise terminal (if it's ready for rental) and Qwest Field Exhibition Hall.

Ayers claims that many shows are going out of business, yet next year Seattle must stand for a little competition, as Portland hosts its first Northwest Bike Show at the Portland Expo Center. The date of the Oregon event is February 20-21, 2010, gaining the upper hand on Seattle's current mid-March timing. The show will be right at the beginning of the season, like Seattle Expo's original date. Northwest Bike Show representative Kara Schmidt describes that the need for the event is due to the large

cycling community in Oregon and the lack of a consumer trade show to support it. With room for some 200 exhibitors, they expect 8,000 attendees, that being the conservative number. "It will be an ongoing show," states Schmidt "for the Northwest's newest and greatest to exhibit." The two-day schedule will include presentations, helmet fitting and a performance area where attendees can watch the exciting live tricks of an extreme biking team.

Being Seattle or Portland, bike shows must strive to be something more than just another

consumer show. They should be a place for the cycling community to comfortably interact, connect and enjoy entertaining festivities. Recreating the effervescence of novelty and reinventing itself, Seattle's Expo needs to recall its creativity in order to compete with a fresh Portland show while "[staying] true to the concept nobody knew it had," as Abraham said.

What would you like to see at Expo? Send us your suggestions to [publisher@bicyclepaper.com](mailto:publisher@bicyclepaper.com) or go to [bicyclepaper.com/feedback](http://bicyclepaper.com/feedback).

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# 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

### JUNE

#### Jun 1: Noontime Rides

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

#### 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, trike, bike art and more. Kick-off parade and ride. Shift to Bike, shift2bikes.org

#### Jun 13: Cirque du Cycling

Portland, OR. Includes 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. Benefits Self Enhancement Inc. - a youth development organization. 503-459-4508, cyclingcircus.com

#### Jun 13: Marymoor Little 100

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

### JULY

#### Jul 10: Cyclefest

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

#### 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, costume contests and more. Good Sport Promotion, 503-459-4508, thenightride.com

## CAMPS

### JUNE

#### Jun 12-14: Women's Bicycle Retreat '09

Leavenworth, WA. Perfect for beginners, but all skill levels are welcome. The all-inclusive retreat filled with bike riding, skill clinics, informative seminars, and relaxation time. Learn and practice cycling techniques under the supervision of experienced coaches and staff. Lisa Brudvik, 206-554-1960, coachlisab.net/bicycle\_retreat

### JULY

#### Jul 10-12: Pedal Pioneers Training

Newtown, PA. Pedal Pioneers Training is a leadership course designed for teachers, youth-group leaders, and other passionate adults who want to take groups of kids on overnight 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 too. Elliot Bassett, Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

#### Jul 11-12: Dirt Series

Bend, OR. MTB camps for women. Offers two days of top-notch small group instruction and hours of practice on the trails. Also available 7/18-19 in Hood River, OR; 7/25-26 in Whistler, BC; 8/8-9 in N. Vancouver and 8/29-30 in Fernie, BC. Dirt Series, 604-905-8876, dirtseries.com

## MULTISPORT

### JUNE

#### Jun 5-14: Outdoor Adventure Festival

Athol, ID. Multiple adventure races, mtb events, run and duathlon, off-road triathlon, Xterra, kids challenge and more. Outdoor Adventure Festival, 208-664-0135, adventuresportsweek.com

#### Jun 6: The Great Urban Race

Portland, OR. Teams of two solve twelve clues. Wild city adventure and fun challenges while discovering Portland. Start at noon. Limit 500 teams. The Great Urban Race, greaturbanrace.com

#### Jun 8: Granite Man

Jacksonville, OR. Presented at Applegate Lake. Duathlon: 13-mile mtb & 5-mile trail run. Triathlon: add 750m swim. Rogue Multi-sport LLC, 503-327-5531, roguemultisport.com

#### Jun 9: BEAST Adventure Race Series #3

Seattle, WA. 7-14km mountain biking, 3-7km running/hiking, easy map reading and fun challenges. 1.5-3.5 hour finish time. Eric Bone, MerGeo.com, 206-291-8250, beastrace.com

#### Jun 9: Moses Lake Family Triathlon

Moses Lake, WA. Staging at Blue Heron Park. Age groups, 2- & 3-person relay, youth category. Olympic distances (1, 24, 6.2 miles), Sprint (.5, 12, 3.1 miles), Family (.25, 12, 3.1 miles). Rory Mueller, BuDu Racing, 206-920-3983, buduracing.com

#### Jun 13: Five Mile Lake Sprint Triathlon

Auburn, WA. Age groups, 2- & 3-person relay, Clydesdale and Athena. Course .25, 14, 3.1 miles. Mainly flat and fast courses. Start at 8am. BuDu Racing, 206-920-3983, buduracing.com

#### Jun 13-14: Gerick's Wasa Triathlon

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

#### Jun 13: Ironman 70.3 Boise

Boise, ID. Half Ironman. 1.2-mile swim, 56-mile bike, 13.1-mile run. \$25,000 cash prize. Nick Lynch, Ironman, ironman.com

#### Jun 20: Cascade Edge Triathlon

Enumclaw, WA. Staged at Nolte State Park. 503-644-6822, active.com

#### Jun 20: Five Mile Lake Sprint Women's Triathlon

Federal Way, WA. Course: .25-mile lake swim, 14-mile mtb, 3.1-mile run. Registration opens at 6am, closes at 7:45am. Race start at 8am. Age groups, 2- & 3-person relay, Athena categories. Options available. Rory Muller, BuDu Racing, 206-920-3983, buduracing.com

#### Jun 21: Beat the Train Team Triathlon

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

#### Jun 21: Ford Ironman Coeur D'Alene

Coeur d'Alene, ID. 2.4-mile swim, 112-mile bike, 26.2-mile run. Pre-registration only. Ironman North America, 888-280-9097 x 27, ironmanca.com

#### 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, 206-633-1121, mountaintosound.com

#### Jun 27: Cottage Lake Tri

Woodinville, WA. Swim 400 yards, bike 9 miles, run 2 miles. Mary Meyer Life Fitness, 206-282-3959, marymeyerylifefitness.com/newtri

#### Jun 27: Lake Padden Triathlon

Bellingham, WA. Competitive and recreational categories. Race start 8am - swim 1/2 mile, bike 21 mile, run 5 mile. Afternoon start at 1pm - swim .25, bike 10 mile, run 2.6 mile. Bellingham Parks and Recreation, 360-647-7665, trithecookie.com

## MOUNTAIN BIKE SERIES

### BC Cup DH Series

May; Jun 6-7, 20-21, 27-28; Jul 25-26; Aug 1-2, 22, 23

Series of 7 events raced throughout BC. Best 5 out of 7 results count towards final series standings. Participation in the final event is mandatory. Only full licensed riders are eligible for overall standings. Points to top 59 riders in each race. Cash prize for pro/elite riders. Cycling BC, cyclingbcmib.ca

### BC Cup XC Series

May; Jun 6-7, 28; Jul 19, 25-26; Aug 1-2, 22 Various, BC. 7-event series. Events are organized throughout the province. Points system determine the overall winners. 5 of 7 count. Finals mandatory. All categories. Leader's jersey for Elite category.

Events on 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, cyclingbcmib.ca

### Fluidride Cup

Apr - May; Jun 12-14, 26-28; Jul 10-12; Aug 21-23; Sep 25-27

Port Angeles, WA / Mt Hood, OR. 7-event MTB gravity race series with events at Mt Hood, OR, Port Angeles, WA, and Kellogg, ID. Each venue offers 1,000' of vertical and courses are designed for a 4-minutes fast time. Overall calculated on points. The series is designed around the community. Friday, training, Saturday: DS, Sunday: DH. Lars Sternberg, Hurricane Racing, Olympic Dirt Society, 206-384-6228, fluidride.com

### Indie MTB Series

Apr - May; 17; Jun 6, 21; Jul 12, 26; Aug 8 Various, WA. Series of 8 events raced/organized by different promoters but regrouped for points and awards. Overall standing based on points. No minimum number of races to qualify for overall, but use 6 best results. No need to attend final to qualify for overall. Age categories defined as rider's age as of 12/31/09. Clydesdale 200+ lbs. Lisa Miller, 206-291-7773, indieseries.com

### Island Cup Series DH

Mar - May; Jun 6-7, 14 Vancouver Island, BC. 8-event series that features some of the best courses on the Island from Victoria to Port Albernie. 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. Dates: 6/7, 6/14. islandcupseries.com

### Island Cup Series XC

Mar - May; Jun 6-7, 20; Sep 6 Vancouver Island, BC. 10-event series that features some of the best courses on the Island from Victoria to Port Albernie. Open to all. Most races \$10. Start time around noon. Point system determine the winner in each category. Identified as Island Cup XC. Events on 6/6, 6/20, 9/6, 9/26. islandcupseries.com

### Knobby Tire Series

May; Jun 27-28; Jul 25; 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 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

Apr - May; Jun 7, 14, 21, 27-28; Jul 4 Various, OR. Series of 14 XC, ST and MXC events, with points awarded to overall series winner. Event dates - 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. Mike Ripley, Oregon MTB Series Director, breakawayconsulting.net/oregon\_mtb\_series.html

### Wild Rockies Series

Apr - May; Jun 7, 28; Jul 10, 11-12; Aug 1-2; Sep 12, 13, 19, 20

Nampa, ID. 2 series under one roof. Best 8 out of 10 results count towards final standings for XC series, DH 5 out of 7. Custom medals for top 3, prize drawings at every races. XC events on 6/20, 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. Event identified as WRS XC or WRS DH. Darren Lightfield, Wild Rockies, 208-388-1971, wildrockies.com

## WEEKLY SERIES

### 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 cyclocross. 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, and 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, roandanddirt.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/races/nwxcrit.htm

## RACING

### JUNE

#### Jun 6: Bavarian Bike & Brews Fest - Indie #4

Leavenworth, WA. Gibbs Organic Farms. XC bike race followed by beer festival, live music, food and fun! Each lap is 8.6 miles with 1800' of elevation, and features challenging singletrack, creek crossings and spectacular scenery. Part of Indie MTB Series. Christine or James Munly, Leavenworth Fat Tire Club, 509-548-5615, dasradhaus.com

#### Jun 6-7: Port Alice MTB Festival

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

#### Jun 6-7: Race the Ranch

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

#### Jun 7: Bogus Basin Kamikaze 1

Boise, ID. Start at 2:30pm, best out of two race format. Technical downhill - about 2 minutes long. Digital chip timing. Part of Wild Rockies Series. Darren Lightfield, Wild Rockies, wildrockies.com

#### Jun 7: Mad Dash MTB Classic

Athol, ID. 4 and 8 hour races. 10-mile lap. Several category 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 - OR MTB #9

Bend, OR. XC racing for all levels. Pro/Elite/Expert: 30-35 miles, Sport: 20 miles, Beginner: 10-15 miles. Day of registration opens from 8:30-9:30am. Racing starts at 10am. Cash purse and raffles. Part of Oregon 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 crossing. Rogue Multi-sport LLC, 503-327-5531, roguemultisport.com

#### Jun 11-27: Great Divide Race

Banff, AB. From Banff to Antelop Wells, New Mexico. Self-supported, solo competition, 200,000' of climbing, 2,709 miles, 16+ days. Follows the ACA Divide route. greatdivide.com

#### Jun 12-14: Fluidride Cup #3

Kellogg, ID. Silver Mountain. See race series for details. Petr Kakes, Hurricane Racing, 503-272-0146, fluidride.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. Breakaway Events, 541-840-6580, breakaway-events.net

#### Jun 13: Falls City-Fat Tire XC

Falls City, OR. Part of ORMTB Series. halfastvelo.com

#### Jun 14: Port Alberni DH

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

#### Jun 20: 12 Hours of Cumberland Relay

Cumberland, BC. The 12 Hours of Cumberland is a 12-hour race/relay on the trails south of Cumberland (access via the yellow gate). Laps are approximately 1 hour for the average rider. From 8am to 8pm. Part of Island Cup Series XC. 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 flow. Part of BC Cup DH Series. Greg Rector, arduumchallenge.com

#### Jun 20: Test of Metal

Squamish, BC. Marathon event. 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 1500 vertical feet. Beginner to Pro do the same course at the same time. LeMans start at 12pm on Main Street. Wild Rockies, wildrockies.com

#### Jun 21: Methow Cycle & Sport Mountain Challenge - Indie #5

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

#### Jun 21: Test Of Endurance 50

Blodgett, OR. Always improving. 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 8000' await. Solo, couple and/or combined time team event. Cash and 7 acres of camping. Single Speed Championships running concurrently. Part of Oregon MTB Series. Mike Ripley, Mudslinger Events, 541-342-1493, mudslingerevents.com

#### Jun 26-28: Fluidride Cup #4

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

#### Jun 27-28: Mad Trapper

Panorama, BC. Fast, technical course. Part of BC Cup DH Series. Panorama Resort, 250-341-3019, panoramaresort.com

#### 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") at Sam Brown Campground. Saturday: ST. Sunday: XC. Part of Oregon MTB Series. Cliff McCann, 541-659-4104, obra.org

#### Jun 27-28: Soldier Mountain XC/DH

Fairfield, ID. At Soldier Mountain Resort. "Epic" XC on Saturday. "Slaughter" DH on Sunday with rock drop, 1.7-mile, 1,400' vertical drop, two run format. Part of Knobby Tire Series. Davey Moore, Knobby Tire Series, 208-338-1016, knobbytireseries.com

#### Jun 28: Cardiac Classic Bike Fest

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

#### Jun 28: Jug Mountain Ranch XC

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

### JULY

#### Jul 4: 8 Hours of Independence

Philomath, OR. 10-12 mile laps with 70% great singletrack per lap. Start at 10am, finish at 6pm. Last lap needs to be completed by 6pm to count. Solo or 2 person divisions. BBQ and fireworks. Registration opens at 8am. Part of Oregon MTB Series. Mike Ripley, Mudslinger Events, 541-847-3030, mudslingerevents.com

#### Jul 4: Firecracker 50

Breckenridge, CO. Marathon MTB National Championship. All categories, Juniors and Beginners do 14 miles. Jeff Westcott, Maverick Sports Promotions, usacycling.org

#### Jul 10-12: Fluidride Cup #5

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

#### Jul 11-12: Brundage MTB Festival

McCall, ID. XC, SD, DH. XC race at 11:30am on Saturday. Racers start out all together, Lemans style. New course. After XC race is done move to mass start Super D at 1:30pm, Ride the chairlift and experience the thrill 20-min mix of XC and DH. Free kids' race on Saturday. Brundage Bomber DH starts at 1pm on Sunday. Part of Wild Rockies Series. Darren Lightfield, 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 1,8000' of climbing. 110-rider limit. Time limit: 15 hours. Register early. Scott Taylor, 541-517-4278, cascadecreampuff.com

#### Jul 12: Kicking Horse DH

Golden, BC. Kicking Horse Resort.

# MOUNTAIN BIKE CALENDAR

## Jul 25: Gear Jammer Epic

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

## Jul 26: Roslyn MTB Festival - Indie #7

Roslyn, WA. Some great XC racing on amazing mountain bike terrain. Sun, fun and good times. Poker ride on 7/25 for the non-indie categories. All proceeds to Roslyn Library. Part of Indie MTB Series. John Deubie, Roslyn Cyclery, 509-649-2863, roslyncyclery.com

## Jul 27-31: Intermontane Challenge

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

Family Friendly Ride or Event

Supports Bicycle Alliance of WA

Supports Bicycle Transportation Alliance of Oregon

## 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. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

#### Jun 11: Tour Divide

Banff, AB. From Banff to Antelope Wells, New Mexico. Self-supported, 200,000' of climbing, 2,709 miles. Follows the ACA Divide route. greatdividerace.com

#### 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. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

#### Jun 20-21: 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' total vertical for the weekend. Darren Lightfield, Wild Rockies, 208-587-9530, swimba.org

#### Jun 21: Test Of Endurance 50

Blodgett, OR. Don't feel like racing, do the ride. Benefit IMBA. Mike Ripley, Mudslinger Events, 541-342-1493, mudslingerevents.com

### JULY

#### Jul 6-12: Kettle Valley Trail 1

Castlegar, BC. Tour starts in historical Castlegar and ends in Beaverdel, via Grand Forks, Greenwood and Rock Creek. Great Explorations, greatexplorations.com

#### 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. Cog Wild Bicycle Tours, cogwild.com

#### 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. We'll experience the high country of one of the world's great wildland complexes. Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

#### Jul 11-17: Kettle Valley Trail 2

Beaverdel, BC. Beaverdel to Coalmont. Classic Kettle Valley line with overnights at McCulloch Lake, Chute Lake, West Summerland, Chain Lake and Coalmont. Great Explorations, greatexplorations.com

#### Jul 11-25: Sea to Sky Trail Ride

Squamish, BC. 150km of off-road trails in the spectacular Whistler area from D'Arcy to Squamish. Plenty of food - secure camping at Riverside Campground in Whistler. Limit 250 riders. Great Explorations, greatexplorations.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, adventurecycling.org

## Jul 16-19: Kettle Valley Trail 3

Coalmont, BC. Coalmont to Hope, sampler of the tour. Great Explorations, greatexplorations.com

## Jul 17-19: Mt. Bike Oregon 1

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. Randy Dreiling, 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. Also 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 natural hot spring nearby. Also available in 8/21. Cog Wild Bicycle Tours, 866-610-4822, cogwild.com

## SERIES

### BC Cup Road Series

Apr - May; Jun 1, 13-14; Jul 1, 10-12, 25

Various, BC. Includes 5 road race events. Top caliber racing in BC. Overall standings and prizes based on points. Cat 1/2 men, Cat 1/3 women. Overall standings calculated on points. Top 10 of each criterium or road race earn points. Best 4 out of 5 results count towards final GC. Awards and jerseys presented at Finals for team and individuals. Cash prize. Identified as BC Cup. Cycling BC, 604-737-3137, cycling.bc.ca

### BC Masters Assoc.

Apr - May; Jun 6, 14, 20-21, 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

### Carnation Time Trial Series

Mar - May; Jun 27

Carnation, WA. The series consists of 3 separate races on 3/29 (short), 5/10 (hilly) and 6/27 (long). Starts at 8am at Tolt Middle School (SR 203). \$1,200 in cash for overall men and women top 3. Points awarded to top 10 in each race. Age group U20, 21-39, 40-49, 50+. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, footworkscycles.com/timetrial

### Comox Cup

Apr - May; Jun 14; Jul 11-12; Aug 23

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

### Comox Valley TT Series

Apr - May; Jun 3, 10, 17, 24; Jul 8, 15, 22, 29; Aug 5

Comox, BC. Held every Wednesday. Course varies each week. 16km out and back race on Head-quarters and Rennison Rd, (HQ) on 6/10, 7/15. The more difficult Forbidden Plateau (FP), 12km out and back course is used on 6/24, 7/29. Dove Creek (DC) lap course used on 6/17, 7/22. Double DC (32.5km) on 6/3, 7/8, 8/5. All categories, best time and points awards for overall standings based on number of participants at each event. All categories from 12-13 years old to Masters 70-74. Comox Valley Cycling Club, cvcc.ca

### Garmin Cat 4 Women's Race Series

Mar - May; Jun 7, 20; Aug 1

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

### Norm Babcock Cat 4 Women Series

Mar - May; Jun 28; Jul 6, 12-13; Aug 1, 8, 28-30

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 6/28, 7/6, 7/11-12, 7/18, 8/1, 8/15, 8/28-30. Listed as NB Cat 4 W. Kenji Sugahara, OBRA, www.obra.org

### Oregon Cup - Road

Mar - May; Jul 12-13

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 7/12. Listed as OR Cup. OBRA, obra.org

### Seattle LAJRS Series

Apr; Jun 20; Jul 4; Aug 30; 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 6/20, 7/11, 8/20, 9/6. David Schilling, Northwest Junior Racing Series, 206-619-1355, radracingnw.org

### Volkl Cat 3 Women's Race Series

Mar - Apr; Jun 6; Jul 12

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: June 6, July 12, Aug 30. WSBA, wsbaracing.com/women\_cat3.asp

### WSBA BARR

May; Jun 21, 27, 28; Jul 4, 18-19; Aug 2, 8; Sep 6

Various, WA. Best All around Road Rider. 11 state championships events count 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 6/21, 6/27-28, 7/4, 7/18-19, 7/25, 8/8, 8/22, 9/6. Listed as WA BARR. WSBA, wsbaracing.com

## WEEKLY SERIES

### 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 for any ability, skill and experience level of cyclist. New racers are welcome and encouraged, women first time rider clinics 2nd Monday of each month. Registration at start/finish line 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 every 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

#### EV Tuesday Nighters

May 5-August 25

Vancouver, BC. Road racing every dry Tuesday (rain = no race) from 6:30pm to 8:30pm. Registration starts at 6pm. Women and Men 4/5 race at 6:30pm, Cat 3/4 men at 7pm and Cat 1/2 men at 7:30. Course on the campus of UBC. Escape Velocity, escapevelocity.bc.ca

#### 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 week 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

#### Tuesday PIR

April 7-August 25

Portland, OR. Portland International Raceway. Series for Cat 1/3, Cat 3/4, Cat 5M/4W 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 (first event canceled due to poor weather conditions), 5/6, 5/13, 5/20, 5/27, 6/3. Matt Plummer, Central Oregon Racing, 541-385-7413, centraloregonracing.com/races/nwxcrit.htm

#### Mt. Tabor Series

June 3-July 8

Portland, OR. Challenging 6-week race series held on Wednesday evening on a 1.3-mile hilly loop around the upper reservoir in Mt. Tabor Park in SE Portland. All categories, including fixed-gear. Weekly primes and cash payout to top 3 places, ribbons for top 3 overall. Final race: double points. Race starts at 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, mtaborseries.com

#### Phoenix Velo Wednesday Night Racing

March 11-August 26

Mission, BC. Mission Raceway on Wednesday nights. All ages and abilities to learn group tactics, cornering, sprinting and race simulations. Friendly competitive atmosphere. Licensed and unlicensed riders welcome. Top 5 each night receive points toward overall standings. 3 groups, intensity and distances vary according to ability. Registration starts at 6pm. Bruce Wenting, 604-826-1411, wentingscycle.com

### THURSDAY

#### Coastal Challenge

May 7-August 27

Richmond, BC. Criterium every Thursday evening from May until August. 1.8km flat and fast course with wide turns. Open to all, split into 3 racing groups: A, B and C. New this season - race for Junior U15 and 16-18. Points allocated after each race. Registration opens at 5:30pm. No racing if raining. Location at the Riverside Industrial Park on No#5 Rd and Mochrina. Team Coastal, 604-788-1873, teamcoastalcycling.com

#### 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, pazzovelo.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

#### 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

### JUNE

#### Jun 1: Westside Classic - RR Championships

Vancouver, BC. Start at West 10th and Sasamat, going counterclockwise around Pacific Spirit Regional Park near UBC. Proceeds go to the BC Cancer Foundation. Part of BC Cup Road Series. Jonathan Wornell, Team Wedgewood, 604-836-9993, teamwedgewood.com

#### Jun 3: Comox Valley TT Series

Comox, BC. DC course x 2. See race series for details. Comox Valley Cycling Club, cvcc.ca

#### Jun 3-7: Mt. Hood Cycling Classic

Hood River, OR. 5-day 5-stage event in and around the Columbia River Gorge. Enjoy tremendous scenery and the most challenging race in the country with 1 prologue, 2 big RR a flat 8 mile TT, and challenging crit in downtown Hood River. \$20,000 cash prize list available. Men Pro 1-2, Women Pro 1-3, 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, mthoodcyclingclassic.com

#### Jun 6: BC Masters Assoc. - #6 / 7

Shawnigan Lake, BC. Mill Bay 600m hill climb, start at noon. Followed by 9km hill climb. West Shawnigan Lake Park at 2pm. Grade 5-10%. See race series for details. 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 sections to the race, and each team picks (in advance) which rider is responsible for racing that portion of the course. Limit 60 teams. Mike Cooley, George's Cycles, 208-343-3782, georgescycles.com

#### Jun 6: Rail to Resort Hill Climb

Sandpoint, ID. 2,500' of climbing. 9 miles. Road or MTB options. For all levels. sandpointsports.net

#### 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. Part of Volkl Cat 3 Women's Race Series. David Douglas, pazzovelo.com

#### Jun 6: Sunset Criterium

Bearverton, 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: Ravensdale Cumberland RR

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, Master A-D. Part of Garmin Cat 4 Women's Race Series. Michael Kopp, 425-413-3830, 4cornerscycling.com

#### Jun 10: Comox Valley TT Series

Comox, BC. HQ course. See race series for details. Comox Valley Cycling Club, cvcc.ca

#### Jun 12: Tour of Eagle

Eagle, ID. Criterium. Cancelled.

#### 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. Part of BC Cup Road Series. Kelowna Cycle, 250-762-2453, kelowna-cycle.ca/k-town-classic

## Jul 13-14: Methow Valley Stage Race

Winthrop, WA. This two-day stage race features awe-inspiring scenery and challenging courses that span 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, 509-996-3287, mvsta.com/events

## Jun 14: BC Masters Assoc. - #8

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

## Jun 14: Comox Cup #3

Cumberland, BC. Minto road race. This race is pretty much always decided on Boulder Hill. Distance: A (73km), B (55km) and C (37km). See race series for details. Comox Valley Cycling Club, cvcc.ca

## Jun 14: Idaho State Road Championships

Eagle, ID. ID BAR event. Lost River Cycling, losrivercycling.org

## Jun 16: Team Whistler Time Trial

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

## Jun 17: Comox Valley TT Series

Comox, BC. DC course. See race series for details. Comox Valley Cycling Club, cvcc.ca

10km of climbing. A timed event. Excellent preparation for S2S. Start at 3am. Duane Wright, Redmond Cycling Club, 206-523-7404, redmondcyclingclub.org

**Jun 27: Carnation Time Trial Series #3**  
Carnation, WA. Long course - 46km. Includes a TT event. See race series for details. Neal Goldberg, FootWorks Cycles, LLC, 206-632-4578, footworkscycles.com/fimtrial

**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. Part of WSBA BARR. Spokane Rocket Velo, spokanerocketvelo.com

**Jun 27-28: Gate City Grind Stage Race**  
Pocatello, ID. 2-day classic stage race in scenic southeast Idaho. Marsh Valley RR, Tuckerville TT and Holt Arena criterium. All events within 20 minutes of Pocatello. ID BAR event. Part of UCA Series. David Hachey, Idaho Cycling Enthusiasts, 208-241-0034, idahocycling.com

**Jun 27: Team Whistler Criterium**  
Whistler, BC. Tony Routley, Team Whistler, 604-966-8223, teamwhistler.ca

**Jun 28: BC Masters Assoc. - #11**  
Victoria, BC. 40-80km on rolling + hills terrain. Start at Metchosin Rocky Point Rd. at 12pm. Double points. See race series for details. Kim Gard, BC Masters Cycling Association, 250-370-2689, bcmasterscycling.net

**Jun 28: Cypress Hill Climb**  
North Vancouver, BC. Judy Latoski, Chicks Cycling Club, spokencoaching.com

**Jun 28: Master Road Nationals**  
Louisville, KY. usacycling.org

**Jun 28: Masters Criterium Championships**  
Spokane, WA. Part of WSBA BARR. Marla Emde, Emde Sports, 509-326-6983, emdesports.com

**Jun 28: Salem Fairview Circuit Race**  
Salem, OR. Part of Norm Babcock Cat 4 Women Series. Jesse Finch Gnehm, 503-602-2307, obra.org

## JULY

**Jul 1: BC Masters Assoc. - #12**  
Vernon, BC. Wednesday race. Hill climb, up Silver Star. See race series for details. BC Masters Cycling Assoc., 250-370-2689, bcmasterscycling.net

**Jul 1: Yaletown Grand Prix**  
Vancouver, BC. Downtown Criterium on cool circuit. Fast and exciting, with a lot of action. Spectator-friendly course. Racing from 1pm to 6:30pm. Field limit: 75 rider per race. Cash prize. Supports the Boys' and Girls' of Greater Vancouver. Part of BC Cup Road Series. 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 Assoc. - #13 / 14**  
Kelowna, BC. Saturday - criterium. Sunday - road race. See race series for details. BC Masters Cycling Assoc., 250-764-7313, bcmasterscycling.net

**Jul 4: Joe Matava Memorial Classic Criterium**  
Burien, WA. Junior State Championships. Flat course, non-technical, wide lane on smooth pavement. Part of Seattle LAJRS Series, WSBA BARR. Wheelsport Cycling Team, wheelsportcycling.com

**Jul 4-5: Tour de Kootenays**  
Rossland, BC. CANCELED for '09.

**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 6: Firecracker Tandem TT Championships & TT**  
Peoria, OR. Oregon state tandem TT championships. Also a chance for single bikes to compete on the traditional Peoria 40km course. Firecracker Criterium on Sunday. Flat and fast. NB Cat 4 W event. Part of Norm Babcock Cat 4 Women Series. Sal Collura, 541-747-3336, obra.org

**Jul 8: Comox Valley TT Series**  
Comox, BC. DC course x 2. See race series for details. Comox Valley Cycling Club, cvcc.ca

**Jul 10-12: Tour de Delta - BC Superweek**  
Delta, BC. Friday: 3km Breco TT, Saturday: Lehigh Cement Twilight Criterium, Sunday: White Spot road race - 140km men, 85km women. Cash prize: \$25,000. Opening weekend of BC Superweek. Pro 1-2, Cat 3 men, women open. Road race only part of series. Part of BC Cup Road Series. Laurie Collicutt, Municipality of Delta, 604-946-3304, tourdedelta.bc.ca

**Jul 11-12: Comox Cup #4**  
Comox, BC. 3 stage race. Saturday 16km TT around Dove Creek, Hill climb half way up Mt Washington. Sunday around Dove Creek. See race series for details. Comox Valley Cycling Club, cvcc.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. Brian Oster, Pro-Motion Sports, 206-729-9972, promotionevents.com

**Jul 11-12: 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. Part of Norm Babcock Cat 4 Women Series, Oregon Cup - Road. Cate Hass, obra.org

**Jul 12: Yakima River Canyon TT**  
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. Part of Volk Cat 3 Women's Race Series. 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: Comox Valley TT Series**  
Comox, BC. HQ course. See race series for details. Comox Valley Cycling Club, cvcc.ca

**Jul 15: Tour de Gastown**  
Vancouver, BC. Canceled for 2009.

**Jul 16: Giro di Burnaby - BC Superweek**  
Burnaby, BC. Canceled for 2009.

**Jul 17-19: Tour de White Rock**  
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; \$15000 in cash. White Rock Leisure Services, 604-541-2161, city.whiterock.bc.ca

**Jul 18-19: BC Masters Assoc. - #15 / 16**  
Cumberland, BC. Saturday 65km flat to rolling in Dove Creek. Sunday 16km ITT and 12km hill climb up Mt Washington. See race series for details. 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 & NRC event. Mike Cooley, 208-343-3782, boise twilightcriterium.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. Redmond Cycling Club, 206-739-8609, redmondcyclingclub.org

**Jul 18-19: Skagit Valley Masters / Junior State Race Championship**  
Sedro Woolley, WA. Details to come later. Part of WSBA BARR. 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. All categories. Near Missoula. 406-531-4033, tourofthebitterroot.blogspot.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. NRC event. Chad Sperry, Mt. Bachelor Ski Education Foundation, 541-980-2344, cascade-classic.org

**Jul 22: Comox Valley TT Series**  
Comox, BC. DC course. See race series for details. Comox Valley Cycling Club, cvcc.ca

**Jul 23-26: BYRDS - Tour of Idaho**  
Boise, ID. Junior stage race for riders between 10 and 18 years old. Douglas Tobin, 208-343-9130, byrdsycling.com

**Jul 24-26: BC Masters Assoc. - #17-19**  
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 at 10am, starts at Hutton School. Double points. See race series for details. Anton Kew, BC Masters Cycling Association, 250-442-0421, bcmasterscycling.net

**Jul 25: Sidney Twilight Grand Prix**  
Sidney, BC. Twilight criterium in downtown Sidney on a spectator friendly 1km figure-8 course. Many primes. Cat 5 start at 4pm, Cat 4 W at 4:30pm, Cat 3/4M at 5pm, Cat 1/3 W at 5:45 and Cat 1/2 M at 6:50pm. Part of BC Cup Road Series. Jon Walkin, 250-380-6920, sidneytwilightgp.com

**Jul 26: Oak Bay Bikes - Cops for Cancer Crit**  
Sidney, BC. Raising money for the Vancouver Island kids living with cancer. Entry by donation (\$15 recommended, tax receipt available). Presented at Windsor Park in Oak Bay near Victoria. First start at 8:30am. sidneytwilightgp.com

**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

**Jul 29: Comox Valley TT Series**  
Comox, BC. FP course. See race series for details. Comox Valley Cycling Club, cvcc.ca

## TOURING

### JUNE

**Jun 1-5: Golden Gate Sampler**  
San Francisco, CA. California coast vistas, majestic redwood groves, panoramic Santa Cruz Mountains and delicious meals. 5-day camping tour. Also available 8/10, 9/21. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

**Jun 6: 22nd Apple Century Ride**  
Wenatchee, WA. Enjoy sunny day ride along scenic Columbia & Entiat Rivers. 50- & 100-mile routes for all skill levels. Delicious meal, live music, beer garden. Benefits Challenge Scholarship program for at-risk high school students. Alice Thompson, Wenatchee Sunrise Rotary, 509-888-0386, applebikeride.com

**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 to raise money to fight domestic violence. 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 fundraisers. 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 and scenic Columbia River Gorge Historic Hwy. Follows 2 of the Mt Hood Cycling Classic stages. Day 1 follows Wy'East RR course for 90 miles/9,000'. Day 2 covers 42 miles (4,800') on Old Scenic Gorge Hwy from Hood River to The Dalles. Register for 1 or 2 days. Benefits the Dufur School District, The Dalles Youth Swim Team and Mt Hood Cycling Classic. 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' of accumulated climbing. BC Randonneurs, randonneurs.bc.ca

**Jun 7: Peninsula Metric Century**  
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 & 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. Spokane Parks and Recreation, spokaneparks.org

**Jun 7: Westside Classic Ride**  
Vancouver, BC. Follow the 40km circuit along West 10th Avenue. For all ages and ability levels. \$300 minimum fundraising. Team Wedgewood, 604-836-9993, teamwedgewood.com

**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. 1,400 miles of spruce forests, glacial peaks, rivers, lakes, wildflowers & occasional grizzly bear. Pedalers Pub & Grille, 941-981-1398, pedalerspubandgrille.com

**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 Champoeg country. Each loop begins and ends

at the Clackamas County Fairgrounds. Portland Wheelmen Touring Club, 503-666-5796, pwtc.com

**Jun 13: Just for the Hill of It**  
Grangeville, ID. Join riders challenging the switchbacks of the Old White Bird Grade. Experience the gentle climb starting at Hammer Creek at 1,600' & continue to the summit at 3,800'. All ages welcome. Souvenir T-shirt, rest stops. Start 9am. Conni, Syringa General Hospital

**Jun 13: 17th Strawberry Century**  
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, 50-miler to Foster Lake, 70-miler to Brownsville, 100-miler to Lacombe/Scio. Dennis Murphy, 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 4:15am. Ride starts 5am. Albert Meerscheidt, Seattle International Randonneurs, seattleirandonneur.org

**Jun 13: 600km Brevet**  
TBC, BC. Starts at 5am. Richard Blair, BC Randonneurs, 250-372-1873, randonneurs.bc.ca

**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 13: Flying Wheels Summer Century**  
Redmond, WA. Largest century in Washington state, with 25-, 50- & 70-mile loop options. Start/finish at Marymount Park. Cascade Bicycle Club, 206-522-3222, cascade.org

**Jun 13-14: Foothills Randonneur**  
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 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 14-20: GITAP**  
Dixon, IL. 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. League of Illinois Bicyclists, 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



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**Jun 19–22: Oregon Sampler Bike Tour**  
Eugene, OR. Delicious fresh local produce, orchards of fruit and nut trees, coastal rain forest, crashing ocean surf. 4-day lodge-based tour. Also available: 6/26, 7/10, 8/7, 8/28. Wild Heart Cycling, 1-877-8GO-WILD, wildheartcycling.com

**Jun 19–21: Yakima Valley Wine 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. Clint Froke, 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** **I**  
Chelan, WA. McNeil Canyon is back! Choose from one or combine 3 loop options (each 30-40 miles/2,500') of challenging hills, scenery, orchards, vineyards. For interested riders, there will be a timed hill climb on the 1st and 3rd loops. Lake Chelan Rotary, 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, allows riders free transport to 3 of the wineries visited, official wine tasting & a free glass of wine. Evening music event. Lake Chelan Rotary, 509-387-0041, chelancycledevine.com

**Jun 20–26: Cycle Montana**  
Missoula, MT. Week 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. Adventure Cycling Association, adventurecycling.org

**Jun 20–23: Hare & Tortoise 1000km**  
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' of accumulated climbing. 75-hour limit. Ken Bonner, BC Randonneurs, 250-598-4135, randonneurs.bc.ca

**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'+ of elevation to Diablo Lake. Start 5:30-9:30am. Benefit Native Planet. Sara Mottaz, Native Planet Outdoor Club, 206-618-3214, npc2009@ride4reason.org

**Jun 20: Ride 2 Survive**  
Kelowna, BC. 5th annual 1-day epic 400km 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'. Delta Coastal Cycling Club, 604-590-8340, ride2survive.ca

**Jun 20–21: Ride to Conquer Cancer**  
Vancouver, BC. Vancouver, BC to Seattle, WA. 250km in 2 days. Minimum fundraising \$2,500 CND. Benefits BC Cancer Foundation. BC Cancer Foundation, 877-699-BIKE, conquercancer.ca

**Jun 20: Rock & Ride Through George** **I**  
George, WA. Lengths of 10, 30, 70 & 100 miles of country roads through the Quincy Valley. The routes are flat to rolling hills with one 4-mile climb that can be bypassed. Lunch is supplied after the ride. Non profit ride. Dan Robinson, Quincy Valley Chamber of Commerce, 509-398-1236, quincyvalley.org

**Jun 20: The Great Owyhee Ride**  
Ontario, OR. Scenic century ride through rural Oregon, winds from the base of the Owyhee Dam. All proceeds benefit Southeast Oregon Regional Food Bank. Peter Lawson, Southeast Oregon Regional Food Bank, 541-889-9206, greatowyheeride.roundtablelive.org

**Jun 20: Tour de Blast** **I**  
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. Longview Rotary, 360-442-4411, tourdeblast.com

**Jun 20: Tour de Fronds**  
Powers, OR. 6 ride 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. Dave Anderson, Umpqua Velo Club, 541-459-1385, tourdefronds.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. The Food Connection, wheelstofoods.org

**Jun 21–Aug 10: Across America North**  
Astoria, OR. Terrific touring pace event for cyclists who want to see the US in the best possible way: from the seat of your bicycle. For anyone who has ever dreamed of riding coast to coast but didn't want to go it alone. America by Bicycle, abbike.com

**Jun 21: Le Tour de Okanagan Century**  
Kelowna, 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.shaw.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. Then cross the mountainous route into Idaho. America by Bicycle, 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'. with a few challenging hills. Includes a nice lunch and live blues music. Benefits health education programs. Blue Cross of Idaho Foundation for Health, bcidaho.foundation.org

**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 Bike Centennial cross-continent route. Spectacular scenery, traffic-free roads & trails, wild-life, wilderness. No registration fee. Prairie City Community Association, prairiecityoregon.com

**Jun 27: RATPOD**  
Dillon, MT. 130-mile ride with 5,500' of climbing. Benefits Camp Make-A-Dream, a tuition-free camp for children and young adults with cancer. Camp Make-A-Dream, 406-549-5987, ratpod.org

**Jun 27: RUSA Populaire**  
Olympia, WA. From Olympia to Skookumchuck Dam to Tenino and Tumwater before looping back to Olympia. Paul Johnson, Seattle International Randonneurs, seattleirandonneur.org

**Jun 27: Tsunami**  
Victoria, BC. Start at Cook Street Village, Moka House at 7am. 300km brevet to Port Renfrew. 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' total elevation gain. Free, contribution for sag welcome. Start 9am. Climbs old Winchester Grade, crosses prairie north, descends to Clearwater 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. Start 9am at Hutch's on Columbia St. Hutch's Bicycles, 503-382-6248, hutchsbicycles.com

**Jun 28: Tour de Pierce** **I**  
Puyallup, WA. 12-, 30- & 50-mile routes for all levels of riders. Starts at fairgrounds. Well-marked course, maps & descriptions, rest stops, sag. Easy & flat 12-mile course, challenging and variable 50-mile route option. Cara Cross, 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, Littlerock, Vador & Boisfort. 5 loops (20, 35, 70, 85 & 126 miles) to choose from. Great warm-up ride for the STP. Jeff Cook, Capital Bicycling 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 "Ups of Oregon," ride the rim of Hells Canyon, enjoy delicious meals. Also available: 7/5, 7/26, 8/9. Wild Heart Cycling, 877-846-9453, wildheartcycling.com

**Jun 28: 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 Veddar Crossing & Huntington, Aldergrove and back to Fort Langley. Roger Holt, BC Randonneurs, randonneurs.bc.ca

**Jul 4: 200km Brevet**  
Fort St. John, BC. Starts 7am. Wim Kok, BC Randonneurs, 250-785-4589, randonneurs.bc.ca

**Jul 4–15: BEARS 4 - Bicycle Extraordinary Alaskan Roads**  
Fairbanks, AK. 4th annual bike tour celebrates Alaska's 50th year of statehood. Enjoy historic Talkeetna & Nenana, the famous Richardson Hwy, Denali & Cooper River wildernesses, the Prince William Sound & Fairbanks' 24 hours of daylight. Pedalers Pub & Grille, pedalerspubandgrille.com

**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, nwr.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. Nicole Leblanc, Prince George CC, 250-552-1612, pgcyclingclub.ca

**Jul 10–14: Oregon Sampler Bike Tour**  
Eugene, OR. Delicious fresh local produce, orchards of fruit and nut trees, coastal rain forest, crashing ocean surf. 4-day lodge-based tour. Also available: 7/10, 8/7, 8/28. Wild Heart Cycling, 1-877-8GO-WILD, wildheartcycling.com

**Jul 11: Back Road 400**  
Mill Bay, BC. Begins at Tim Horton's, 6am. 400-km brevet, Buckley Bay route. Lindsay Martin, 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. Adventure Cycling Association, adventurecycling.org

**Jul 11–12: Group Health Seattle to Portland Bicycle Classic (STP)**  
Seattle, WA. Largest multi-day ride in the Northwest, up to 8,000 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** **I**  
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, tourdedelta.bc.ca

**Jul 11: Mount Adams Country Bicycle Tour** **I**  
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

**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** **I**  
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. Denali Hwy for 140 miles to Cantwell, George Parks Hwy & Denali National Park. Adventure Cycling Association, 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**  
Traildale, OR. 408 miles over 8 days. Trace Lewis & Clark's journey through the Columbia Gorge to Florence. Timberline Adventures, timberlineadventures.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, 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, redspoke.org

**Jul 15–Aug 13: Teton to Tides**  
Jackson, WY. Begin in Jackson, WY amid 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, adventurecycling.org

**Jul 17–19: Cycle Oregon: Weekend** **I**  
Monmouth, OR. Cycle Oregon University. A family-friendly ride with a variety of course/mileage options each day. Based on the OU campus, loops rides will bring you through wine country, lower reach of Coast Range and flatland of the Willamette Valley. Ingrid Nylen, Cycle Oregon, 503-287-0405, cycleoregon.com

**Jul 18: Jackson's Ride the Gorge**  
Hood River, OR. Tour the Columbia Gorge to benefit the NW Sarcoma Foundation and the Children's Cancer Association. Ride starts/ends at the Bonneville Hot Springs Spa. 25-, 62- and 100-mile rides. Good Sport Promotions, 503-459-4508, jacksonsridethegorge.org

**Jul 18–30: Rolling the Islands of the Salish Sea**  
Seattle, WA. Explore the heart and soul of multicultural western WA/BC. Highlights the cultural heri-

tage and history, economical and environmental diversity and geological complexity. Ibike Cultural Tours, 206-767-0848, ibike.org/ibike

**Jul 18: Tour des Chutes** **I**  
Bend, OR. Choose from 100-70-, 48-25- & 7-mile rides. Start 8am at the High Lakes Elementary School. \$45 entry fee includes T-shirt, Livestrong bracelet, post-ride lunch, ride support, food & rest stops. Fundraiser for LAF and local charity. Kelly Tanguay, Tour des Chutes committee, 541-382-8018, tourdeschutes.org

**Jul 18: Whatcom Wamble**  
Fort Langley, BC. 300-km brevet. Start at 6am at Marina Park. BC Randonneurs, randonneurs.bc.ca

**Jul 19–24: Idaho Relaxed**  
Plummer, ID. Follows heralded Trail of the Coeur d'Alenes and Route of the Hiawatha. Ride 15-40 miles daily over gentle terrain, pass unforgettable 1.7-mile-long Taft Tunnel, spectacular trestles, marshlands, lakes, meadows & forests. Adventure Cycling Association, adventurecycling.org

**Jul 19: Just Giver for Parkinson's SuperCycle**  
Surrey, BC. 25, 50, 75 or 100-km SuperCycle. Prologue to the 9-day "Just Giver" tour. just-giver.com

**Jul 19: One Helena Hundred**  
Cascade, MT. 100 miles & 100km along the Missouri River. Start at Cascade City Park and travel to Wolf Creek and back for the metric century. The 100-milers continue to Ulm. Small rolling hills. Start between 7-8am. Helena Bicycle Club, helenabicycleclub.org

**Jul 19–25: TourBC - Kootenays**  
Creston, BC. 7 days, 850km from Creston to Kimberly in beautiful BC, cresting Roger Pass. Camping, meals, mechanic, medical and luggage transfer support provided. Hot springs. Motel option available. DPL Consulting, tourbc.net

**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 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. The ALS Association Evergreen Chapter, als-ec.org

**Jul 25–Aug 2: Sea-to-Sky 2009**  
Edmonds, WA. Combine the awesome challenge of Hurricane Ridge in Olympic National Park and the maritime setting of the Olympic Peninsula. Explore a collection of islands in 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. 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** **I**  
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. Kris Bockmier, American Diabetes Assoc. of OR, 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, bicycleadventures.com

**Jul 26: Loreen Miller Bike Ride** **I**  
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. Cliff Evans, Cancer Patient Care, 509-456-0446, cancerpatientcare.org

**Jul 26–31: Family Fun Idaho** **I**  
Plummer, ID. Explore 2 heralded, car-free rail trails in the West, Trail of the Coeur d'Alenes & Route of the Hiawatha. Adventure Cycling Association, 800-744-2453 x 3, adventurecycling.org

**Jul 26: Tour de Kitsap** **I** **BAW**  
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 26–26: 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, oregonbicycleride.org

**Jul 30: RAMROD**  
Enumclaw, WA. Circumnavigate Mt. Rainier for 154 miles and 10,000' elevation gain. Lottery entry. Incomparable scenery. Redmond Cycling Club, 206-781-3903, redmondcyclingclub.org

## WEEKLY SERIES

### 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 a 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 Master 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 at 7:30pm, finishes around 9:30-10pm. USA Cycling license or one-day license required. Cost: \$15. Bike rental available, \$10/night. See the 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. No race on 7/2. Mike Murray, OBRA, 503-661-5874, obra.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 at 5pm, racing starts at 6:30pm. Season pass available. No race on 6/26, 7/10, 7/17, 8/7. Jen Featheringill, 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 the 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

### JUNE

**Jun 29–Jul 4: Alpenrose Six-Day**  
Portland, OR. New Date - The only outdoor 6-day race in North America. Offers a full program of exciting track racing, including Madison events. See website for schedule. Mike Murray, 503-661-5874, obra.org

### JULY

**Jul 2–5: Junior Track Nationals**  
Carson, CA. usacycling.org

**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 24–25: Marymoor Grand Prix**  
Redmond, WA. Elite national qualifier. Minimum \$10,000 cash purse. Daytime features for individual and team timed events. Nighttime racing showcases mass start racing. Open to Elite Men/Women and Masters. Beer garden on both nights. David Mann, Byrne Invents Cycling, 206-621-8868, fsagrandprix.com

**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. usacycling.com

## Basic Stuff – Relax

By MAYNARD HERSHON

Learning the stuff mentioned in this column will help you become a genuine cyclist, not merely a pedaler. You can remain a pedaler for years, no doubt, or you can acquire a few basic skills and, hey, you're a bike rider. You don't need a Cervelo; you need some skills. And you can practice them while you ride — how cool is that?

None of this requires sketchy, scary riding. You don't need to learn how to ride a wire strung across the Grand Canyon. You do need to learn how to ride in a straight line. Not that you hear much about that. We cyclists mostly talk about gear. In a perfect world, cyclists would talk about things to learn instead of things to buy. But I read in the paper this morning that this is not, after all, a perfect world.

So I thought I'd remind you about the practices listed below. They're in no particular order, except the first one. It's rule number one, "The Uno."

Relax on your bike. Everything else about the dynamic physical aspects of cycling begins here. If you are stiff on your bike — tense — you will over-control it. Your bike doesn't like to be micromanaged. Subtle control inputs work best. Practice relaxing when riding.

Your bike will steer itself into and out of corners if you relax. It will glide down the road in a straight line if you relax. It will continue to go straight as you change gears, look back

over your shoulder or grab a water bottle from its cage — if you relax.

Imagine how that will reassure your riding friends, especially those close behind you. If you've been riding a while and can't get a bottle out and drink from it without looking down or changing direction or speed, start practicing today before you hurt someone.

If you relax, your arms and legs will absorb road irregularities and bumps so they do not disturb your smooth progress. Your bicycle will stick to the road in bumpy corners — if you relax. A bumpy road won't beat you up — if you relax. Your bicycle will behave and respond like a thoroughbred — if you relax and don't over-control it. Easy does it. There's hardly any strength necessary.

If you ride tense you slow the blood flow to your muscles; you'll tire sooner and feel that burn earlier. So relax your arms and legs.

You can't think about this stuff enough. In the old days, we did think about it more. New riders would hang a loop of something soft, a toe-strap maybe, from their handlebars. As they pedaled they'd watch the loop to see if it was swaying or bouncing. They'd watch their shadow when the sun was behind them to see if their upper bodies or heads were swaying or bobbing uselessly, wasting energy and sending unwanted disruptive inputs to the bars and frame.

A few old-timers even rode fixed-gear bicycles (imagine that!) because the always-turning

cranks instantly revealed rough spots in their pedaling — times when they were not relaxed. A tense rider on a fixed-gear bike will bounce in the saddle, especially if the gear chosen is low enough for fast pedaling which help build leg-speed and smoothness.

If you resolve to become a better rider this year, focus on loosening your muscles and working with your bike, not bossing it down the bike path.

Learn about pedal speed and cadence. In my view faster is better but only within limits. Slow pedaling in big gears is inefficient and can hurt your legs. Watch good riders; try to match their cadence. If you do a whole club ride in your granny ring, ask yourself if you're passive-aggressive.

Learn to unclip a foot just before you come to a stop. Learn to get your second foot clicked into the pedal right after you begin rolling. Notice your leg extension. Are you sitting too high and rocking in the saddle? Are you sitting too low and over-bending your legs?

Ride to the ride. If you get out with good riders and tell them you're learning about cycling, someone will point out your mistakes. Oh yes they will. Occasionally, they will be right.

Learn to be self-sufficient on your bike. Learn to get your wheels off and back on. Learn to fix a flat. Learn how to lightly brush your tires (safely) with your fingertips to shed thorns and bits of glass before the road grinds them into your tires (and tubes). Learn to pack your under-seat bag so it stays tucked up close under your saddle rails and doesn't rattle. Please. You may look like "Joe Euro-Pro" on your bike but

if your spare bag sways, bounces or rattles, you're a dork. Don't get defensive.

Learn to look back over your shoulder without losing control. Learn how to alert riders behind you to road hazards or threatening traffic without screaming every time you see a pothole. Learn to be predictable and considerate to drivers, pedestrians and other cyclists. Stay off sidewalks.

Ride relaxed, smooth, predictable and watchful. If you ride on narrow bike paths, ride to the right. Don't scare anyone.

Pick your places to pass. If you encounter daddies towing kiddie trailers passing one another, make your move when they're done for chrissakes.

Learn that you're another road user, not *the* road user. Look around. Save the inner focus for meditation sessions. You're out in the world; notice what's happening. Note that there are other folks around. Acknowledge their presence and worth. Give them a break. They may be fighting battles of which you have no clue. Don't automatically think of them as threats — until they prove they are. If they are, get away from them.

Keep your bike clean. You're proud of it, right? You like to look it over every so often and make sure everything's okay — bike-washing day is a good opportunity for this. If you take your bike to the shop for service, wash it before you do so. You don't have to bring a six-pack to your mechanic if he works for real-world wages, but don't deliver him a dirty bike.



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